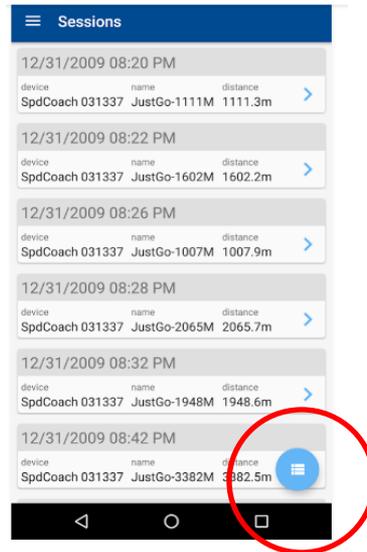
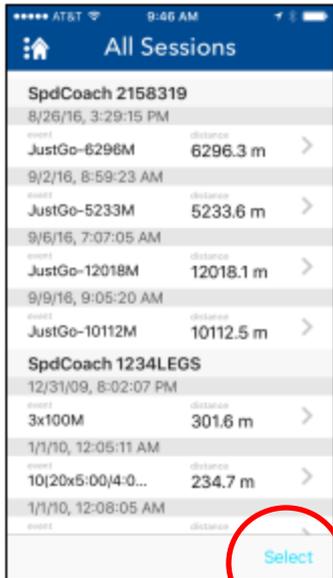
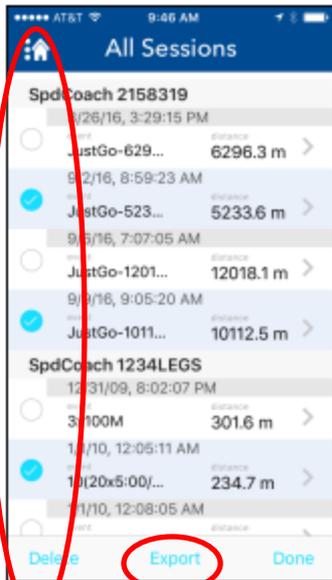


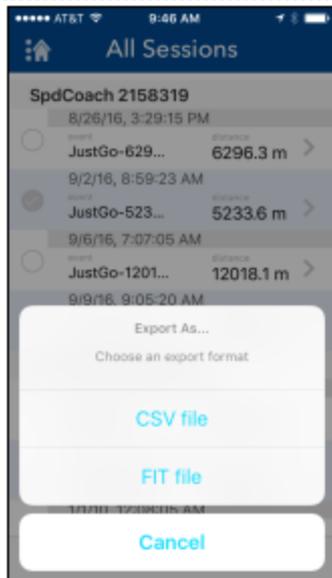
In the app, click the house in the top left corner to get the sidebar. Once it pops out, select “Sessions”



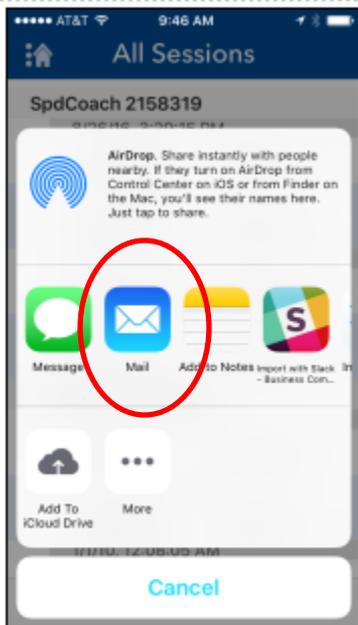
This is a list of ALL of the workouts you’ve uploaded to the app. From here, choose “Select” in the bottom right corner if you are on an iOS device, and the blue menu stack in the bottom right on an Android device



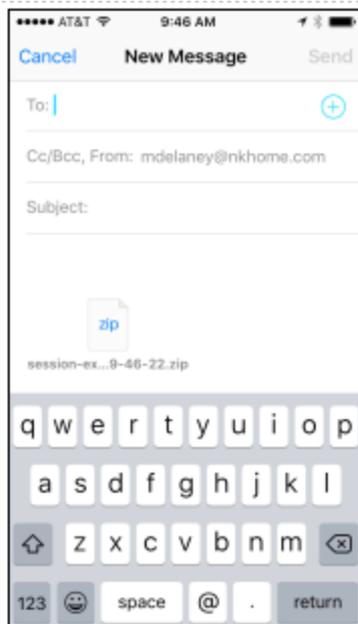
On this screen, you can select as many sessions as you would like to either delete or export by clicking the circles to the left of the workout. Once you've selected the workouts you'd like to export, click "Export" at the bottom of the screen.



From here you can choose to export as either a CSV or FIT file (unfortunately, at this time you can only select one at a time)



Your device will then give you your export options. For email, select your chosen Mail option.



All files will be condensed to a zip file and you are ready to send your email! You can also subscribe to programs like GOTOES and Tapiriik to easily email your workouts to sites you Strava, Endomondo, and TrainingPeaks.