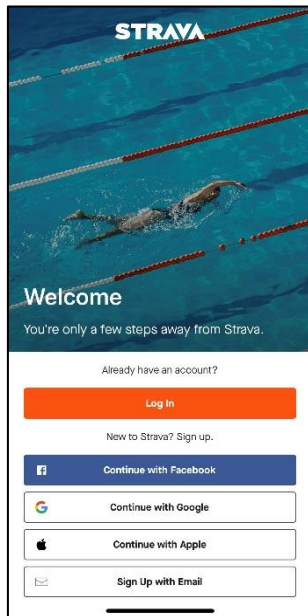


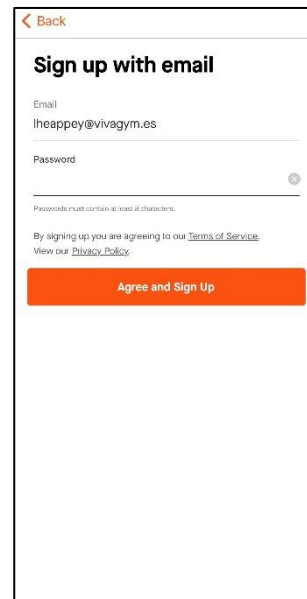
Passos para participar do Clube Strava | VivaGym Group

Paso 1: Aceda a plataforma via <https://www.strava.com/clubs/vvg-iberianrelay>.

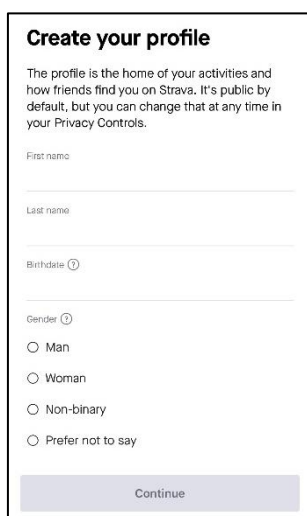
Paso 2: Escolha o método de registo.



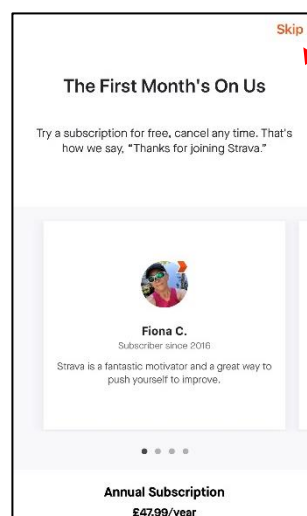
Paso 3: Introduza o seu email e escolha a suo password.



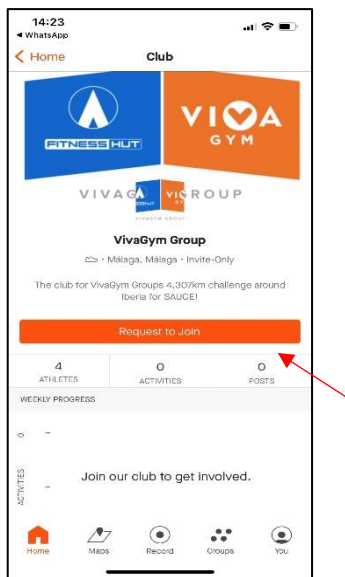
Paso 4: Introduza os seus dados pessoais.



Paso 5: Saltar a assinatura anual, clicando em **Skip**.

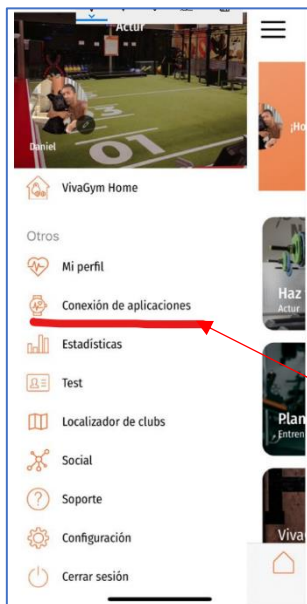


Passo 6: Adira clicando em **Request to Join**.



Pode ligar Strava com a App VivaGym.

Passo 1: A partir do menu, seleccione **Conexión de aplicaciones**.



Passo 2: Seleccionar a aplicação **Strava**.

