



How to Sign Up to Strava with iPhone

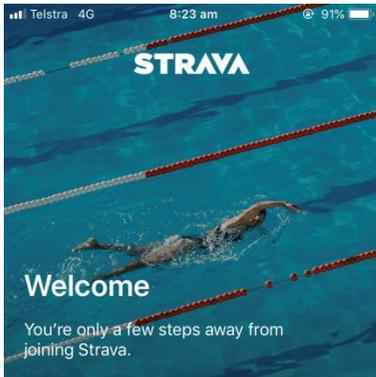
Step 1: Download the Strava App



from the App Store



Step 2: Sign up for a Strava account



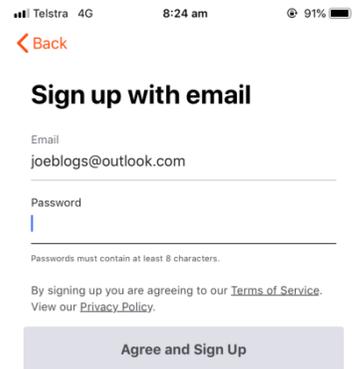
Continue with Facebook

Continue with Google

or

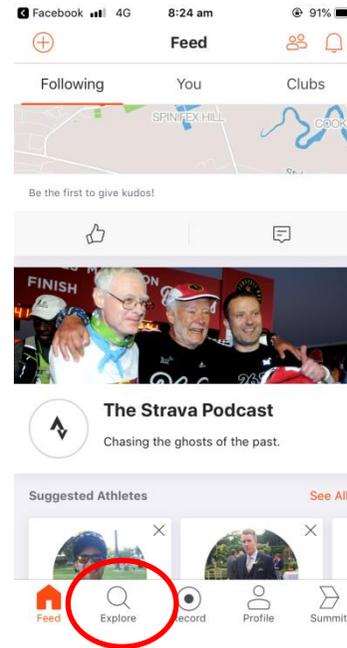
Sign Up with Email

Already a member? Log In



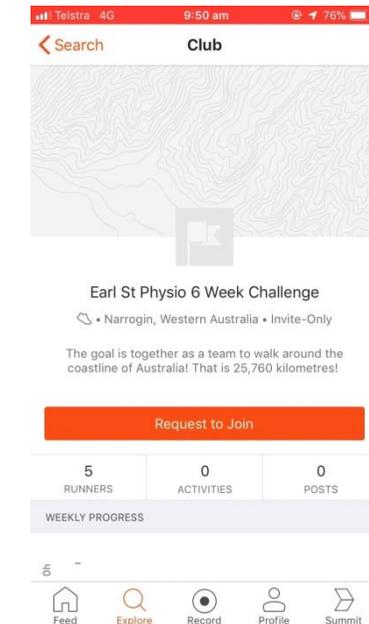
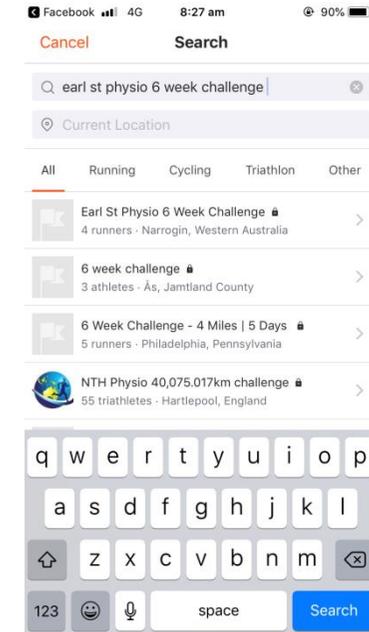
Step 3:

- Join the challenge group.
- Click the explore button on the bottom menu bar
- Then click clubs and search Earl St Physio 6 Week Challenge



Step 4:

- Click request to join club
- You will receive an email once we have approved the request

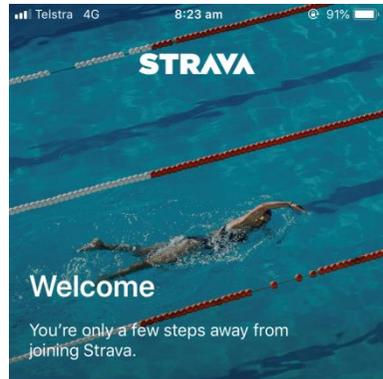




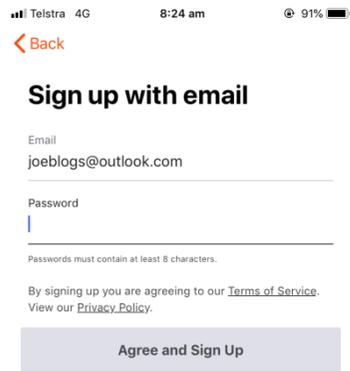
How to Sign Up to Strava with Android

Step 1: Download the Strava App  from your preferred App Store

Step 2: Sign up for a Strava account

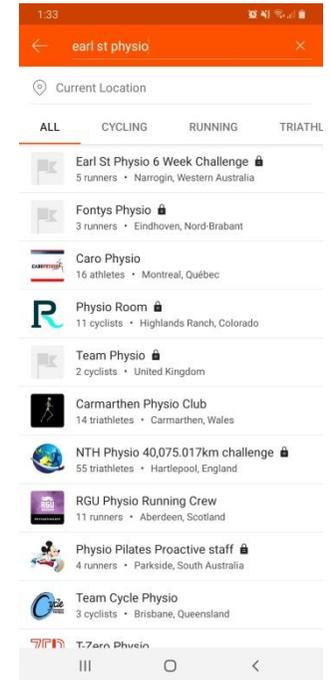
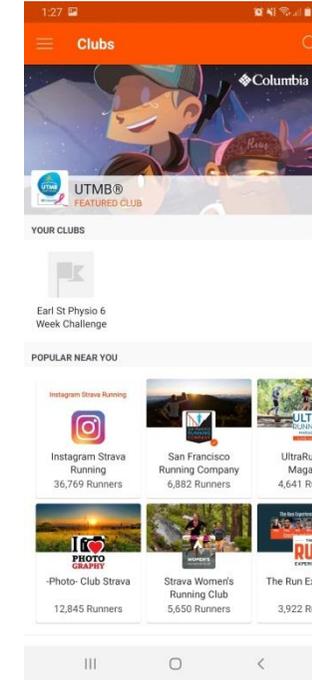
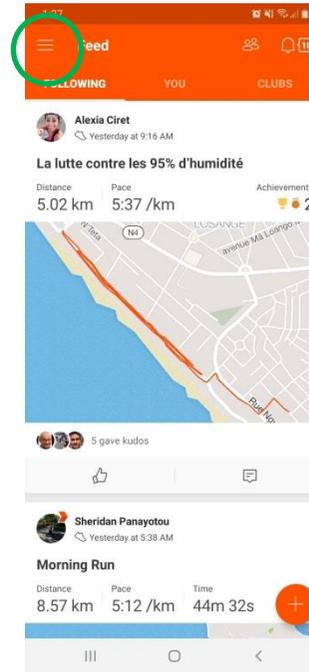


Already a member? [Log In](#)



Step 3:

- Join the challenge group.
- Click the explore button on the left side of screen menu bar
- Then click clubs and search Earl St Physio 6 Week Challenge



Step 4:

- Click request to join club
- You will receive an email once we have approved the request

