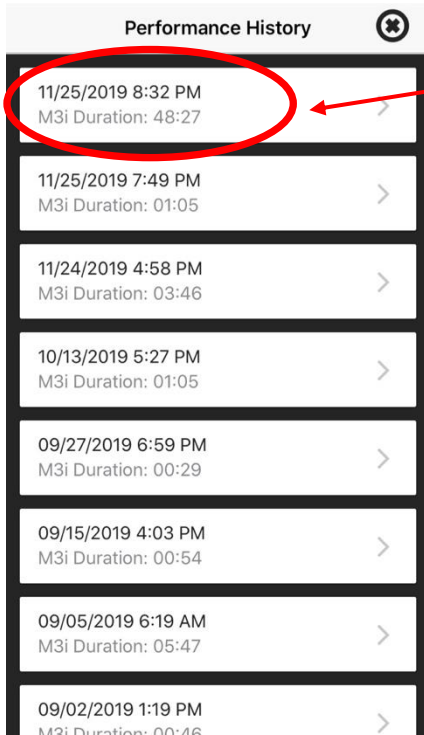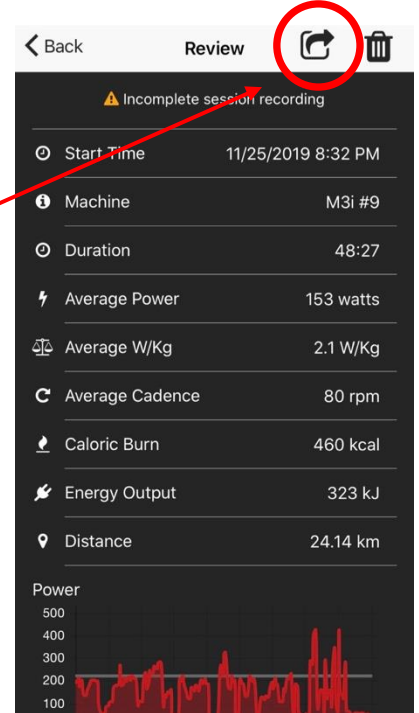# Keiser app export to Garmin Connect
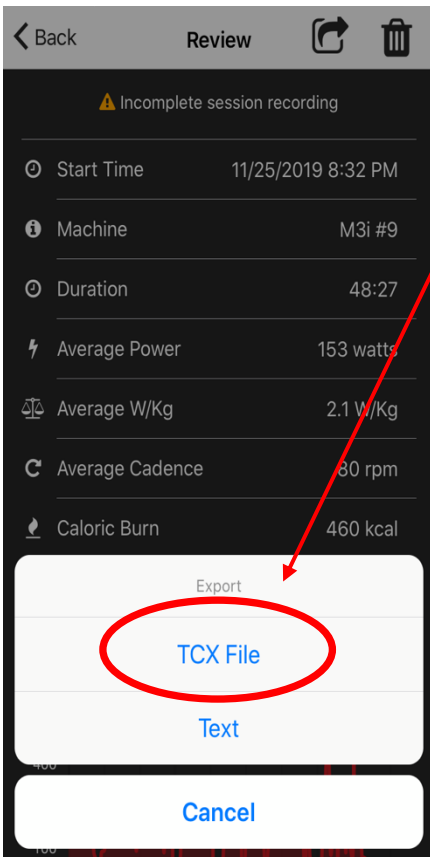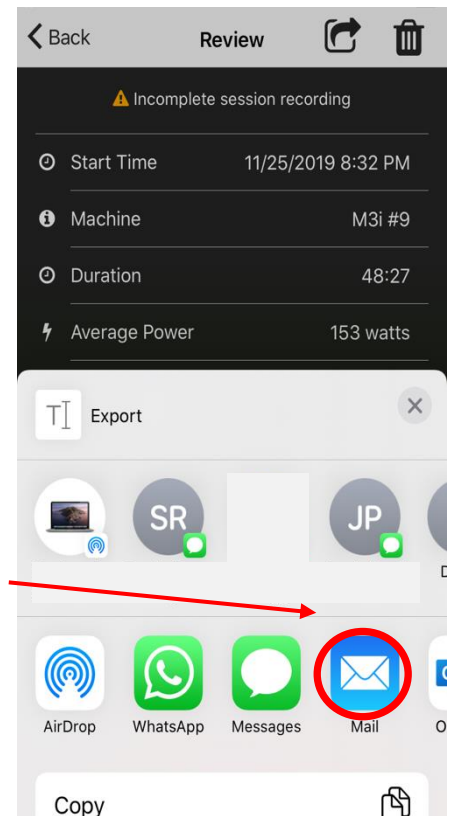
1. Select the activity you want to export

2. Select Share

3. Select TCX File

4. Select email

DULWICH COLLEGE
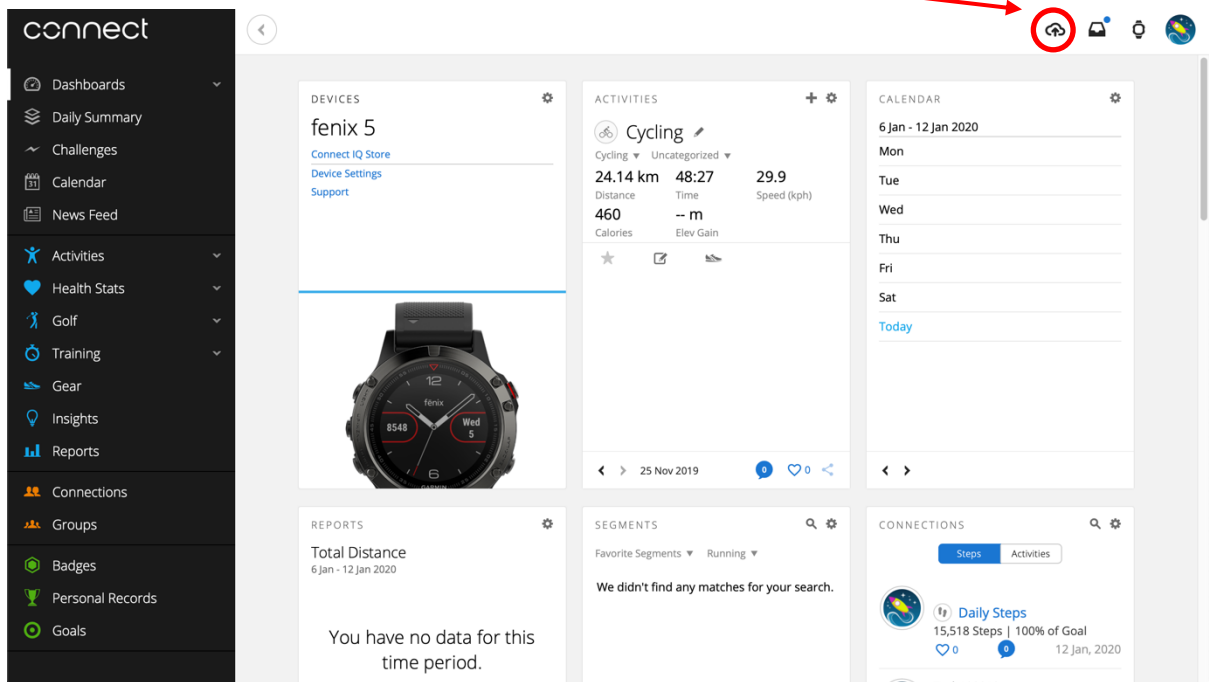THE SPORTS CLUB

5. Download TCX file from email onto computer/ desktop/ laptop.

6. Go to https://connect.garmin.com/modern/

7. Select Import data

8. Drag and drop TCX file from downloads folder.