## DULWICH COLLEGE THE SPORTS CLUB

## Keiser app export to Garmin Connect

Performance History	۲
11/25/2019 8:32 PM M3i Duration: 48:27	>
<b>11/25/2019 7:49 PM</b> M3i Duration: 01:05	>
<b>11/24/2019 4:58 PM</b> M3i Duration: 03:46	>
<b>10/13/2019 5:27 PM</b> M3i Duration: 01:05	>
<b>09/27/2019 6:59 PM</b> M3i Duration: 00:29	>
<b>09/15/2019 4:03 PM</b> M3i Duration: 00:54	>
<b>09/05/2019 6:19 AM</b> M3i Duration: 05:47	>
09/02/2019 1:19 PM	>

<b>く</b> Ba	ack Rev	view 🚺 🛍	
A Incomplete session recording			
0	Start Time	11/25/2019 8:32 PM	
0	Machine	M3i #9	
0	Duration	48:27	
4	Average Power	153 watts	
<u>4</u> 14	Average W/Kg	2.1 W/Kg	
G	Average Cadence	80 rpm	
<u>•</u>	Caloric Burn	460 kcal	
Export			
TCX File			
40	Text		
	Ca	ncel	

3.

Select

4.

TCX File

- 1. Select the activity you want to export
  - 2. Select Share



- K Back C Ô Review A Incomplete session recording ❷ Start Time 11/25/2019 8:32 PM Machine M3i #9 O Duration 48:27 Average Power 153 watts × ⊤] Export SR and the Select email  $( \bigcirc$ AirDrop WhatsApp Messages A Сору
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- 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.

