HOW TO RECORD YOUR WORKOUTS

APPLE HEALTH

Apple users must have an Apple Watch to record their specific workouts. Open the workout app on your watch, scroll to indoor/outdoor run, tap start, exercise, swipe right, & tap the end button when finished!

UNDER ARMOR FITNESS

Quick & easy. Simply click the big green "Start Workout" button in the MapMyRun / MapMyWalk app when you are ready begin your exercise, and "Pause Workout" when you're done!

STRAVA

Locate the record screen by hitting the Record icon in the middle of the dash. Make sure your activity is set to run by selecting the shoe icon, click start when you're ready to run, and finish when you're done!

GARMIN CONNECT

On Garmin, hold the device key to view the menu, select the running person icon to start your timer, and hold the device key until a square appears to end the workout and displays a workout summary!

GOOGLE FIT

Within Google Fit, simply tap "Add Track Workout", click the down arrow to select your activity type (walk/run), click the start button to begin your workout and finish when you're done!

FITBIT

From your app dashboard, scroll to select "Track Your Exercise". In the top right, click the stopwatch icon, hit the start button when you're ready to exercise, and hold down the finish button when you're done!

#DONATEYOURHUSTLE

3RD PARTY CONNECTIVE APPS

If you are tracking a run/workout through a 3rd party app and have established a connection through Apple Health, Strava, or any other of our connective apps, those activities and data will pass through to Kilter and count towards your score and the total leaderboard!

3RD PARTY APP INTEGRATIONS

INCLUDES BUT IS NOT LIMITED TO THE FOLLOWING:

OURA RING

PELOTON

NIKE RUN CLUB

QUESTIONS?

Have a question about your connected devices or the Kilter app?

Contact Information:
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