

# Syncing Peloton to Strava

## Automatically Syncing your Peloton Activities to Strava

- Log into your existing Peloton account or, if you don't have one, create a new account.
- Sign into your Peloton account on the bike.
- Tap the three dots in the bottom right of the screen.
- From the left navigation menu, select **Social > Strava > Connected**.
- Enter the email and password attached to your Strava account.
- Accept the permissions. Specifically, you'll need to allow Peloton to **Upload activities to your profile** in order for activities to sync to Strava automatically.
- Keep in mind, only future activities will be automatically uploaded to your Strava after you enable auto-post.

You can change your automatic share preference from the menu (three dots) in the bottom-right corner of the home screen.

Navigate **Profile > Settings > Social >** and deselect **Automatically post my rides to Strava**.

## Syncing Individual Peloton Activities to Strava

There are two options to share once you've saved your Peloton activity:

- From the workout summary, tap the **Share** option to reveal the option to share to Strava.
- Tap **Account** in the bottom left your dashboard and select **Workout History**.
  - Select the activity you would like to sync to your Strava account.
  - Tap the Share icon in the top right of the activity details page and select **Strava**.