

GARMIN[®]
Forerunner[®] 310XT



[quick release instructions](#)

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See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Quick Release Kit

- Quick release bracket
- Bike mount
- Wristband
- Cable ties (4)
- Extra wrist mount and spring pins (2)
- Spring pin tool

The Quick Release Kit is perfect for athletes who use their Forerunner for both running and biking. This kit also contains an extra wrist mount that can be used for other activities or with other compatible wristbands. When the bracket and mounts are properly installed, you can move your Forerunner quickly from your handlebars to your wrist.



NOTE: For more information, see the *Forerunner 310XT Owner's Manual*.

Step 1: Remove the Wristband

1. Insert the tip of the spring pin tool in the pin access hole.
2. Push inward towards the wristband, and then release the spring pin outward.
3. Repeat for the other spring pin. Be careful not to lose the spring pins.



Step 2: Install the Quick Release Bracket

1. Verify that the arrow on the back of the quick release bracket is pointing up and your Garmin device is facing up.
2. Use the spring pin tool to install the bottom spring pin back into the Forerunner.
3. Insert the top spring pin into the top slot of the quick release bracket.

4. Slide the open end (bottom) of the quick release bracket onto the bottom spring pin of the Forerunner.

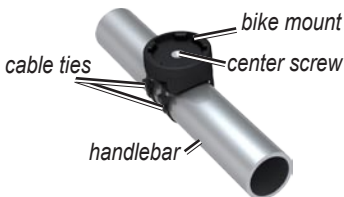


5. Using the spring pin tool, install the top spring pin of the quick release bracket into the top slot of the Forerunner. Your Forerunner and the bracket are now one movable unit.

Step 3: Install the Bike Mount

You can install the bike mount on any part of your handlebars or on the stem. Ensure that the Garmin unit is facing up for the best GPS reception.

1. Place the bike mount on your handlebars or stem.
2. Attach the bike mount securely using two cable ties.



For vertical bars: remove the center screw, turn the front plate 90 degrees, and replace the center screw.

Now you can attach the Forerunner to the bike mount.

3. Align the quick release bracket with the front plate of the bike mount so that the unit is vertical.
4. Press and turn the unit clockwise until the it snaps into place horizontally.



Step 4: Move the Forerunner From the Bike Mount to the Wrist Mount

1. Turn the Forerunner 90 degrees counterclockwise to separate it from the bike mount.
2. Align the quick release bracket with the front of the wrist mount so that the unit is horizontal.



3. Press and turn the unit 90 degrees clockwise until it snaps into place vertically.



Limited Warranty

Garmin's standard limited warranty applies to this accessory. For more information, see the *Important Safety and Product Information* in the Garmin product box.

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