GARMIN.

DRAFT

Quick Start Manual

Introduction

⚠ WARNING

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

Always consult your physician before you begin or modify any exercise program.

Charging the Device

NOTICE

To prevent corrosion, thoroughly dry the USB port, the weather cap, and the surrounding area before charging or connecting to a computer.

The device is powered by a built-in lithium-ion battery that you can charge using a standard wall outlet or a USB port on your computer.

NOTE: The device will not charge when outside the approved temperature range (page 9).

1 Pull up the weather cap ① from the USB port ②.

2 Plug the small end of the USB cable into the USB port on the device.

3 Plug the large end of the USB cable into an AC adapter or a computer USB port.

4 Plug the AC adapter into a standard wall outlet.

   When you connect the device to a power source, the device turns on.

5 Charge the device completely.

Installing the Standard Mount

For the best GPS reception, position the mount so the front of the device is oriented toward the sky.

1 Select a secure location to mount the device where it does not interfere with safe operation.

2 Place the rubber disk ① on the back of the mount.

The rubber tabs align with the back of the mount so it stays in place.

3 Place the mount on the product.

4 Attach the mount securely using the two bands ②.

5 Align the tabs on the back of the device with the mount notches ③.

6 Press down slightly until it locks into place.

.

Installing the Other Mount

1 Select a secure location to mount the other device where it does not interfere with the safe operation

.

2 Use the hex key to remove the screw ① from the connector ② .

3 If necessary, remove the two screws on the back side of the mount ③, rotate the connector ④, and replace the screws to change the orientation of the mount.

4 Place the rubber pad around the product:

- If the diameter is 25.4 mm, use the thicker pad.
- If the diameter is 31.8 mm, use the thinner pad.

5 Place the connector around the rubber pad.

6 Replace and tighten the screw.

NOTE: Garmin® recommends a torque specification of 7 lbf-in. (0.8 N-m). You should check the tightness of the screw periodically.

7 Align the tabs on the back of the other device with the mount notches ⑤.

8 Press down slightly until it locks into place.
.

Keys

①	☀ ⏻	Select to adjust the backlight brightness. Hold to turn the device on and off.
②	▲	Select to scroll through the data screens, options, and settings. From the home screen, select to view the connections page.
③	▼	Select to scroll through the data screens, options, and settings. From the home screen, select to view the device menu.
④	⟳	Select to mark a new lap.

⑤	▌▶	Select to start and stop the timer.
⑥	↰	Select to return to the previous screen.
⑦	⤵	Select to choose an option or to acknowledge a message. During use, select to view menu options and data fields.

.

If your device was packaged with an
. ® sensor, they are already paired and can be activated during initial setup.

1 Hold ⏻ to turn on the device.

2 Go outside, and wait while the device locates satellites.

The satellite bars turn green when the device is ready.

3 From the home screen, select ⤵.

4 Select an activity profile.

5 Select ▌▶ to start the timer.

NOTE: History is recorded only while the timer is running.

6 Select ▲ or ▼ for additional data pages.

7 If necessary, select ⤵ to view menu options such as alerts and data fields.

8 Select ▌▶ to stop the timer.

9 Select **Save**.

Sending to Garmin Connect™

NOTICE

To prevent corrosion, thoroughly dry the USB port, the weather cap, and the surrounding area before charging or connecting to a computer.

1 Pull up the weather cap ① from the USB port ②.

2 Plug the small end of the USB cable into the USB port on the device.
3 Plug the large end of the USB cable into a computer USB port.
4 Go to www.garminconnect.com/start.
5 Follow the on-screen instructions.

"

.

Notifications: Displays notifications and messages on your device.

Sensors

Your device can be used with wireless sensors. For more information about compatibility and purchasing optional sensors, go to http://buy.garmin.com.

Putting On the Heart Rate Monitor

NOTE: If you do not have a heart rate monitor, you can skip this task.

You should wear the heart rate monitor directly on your skin, just below your sternum. It should be snug enough to stay in place during your activity.

1 Snap the heart rate monitor module ① onto the strap.

The Garmin logos on the module and the strap should be right-side up.

2 Wet the electrodes ② and the contact patches ③ on the back of the strap to create a strong connection between your chest and the transmitter.

3 Wrap the strap around your chest, and connect the strap hook ④ to the loop ⑤.

NOTE: The care tag should not fold over.

The Garmin logos should be right-side up.

4 Bring the device within 3 m (10 ft.) of the heart rate monitor.

After you put on the heart rate monitor, it is active and sending data.

Charging temperature range: From
  0º to 45ºC (from 32º to 113ºF)

Getting More Information

• Go to www.garmin.com/intosports.

• Go to www.garmin.com/learningcenter.

• Go to http://buy.garmin.com, or contact
  your Garmin dealer for information
  about optional accessories and
  replacement parts.

Getting the Owner's Manual

You can get the most recent owner's
manual from the web.

1 Go to www.garmin.com/manuals
  /.

2 View or download the full owner's
  manual in your preferred format.

.

Device Information
Device Information

Temperature Specifications
Operating temperature range:
  From -20º to 60ºC (from -4º to 140ºF)

www.garmin.com/support

🇦🇹	+43 (0) 820 220230	🇧🇪	+ 32 2 672 52 54
🇧🇷	0800 770 4960	🇨🇦	1-866-429-9296
🇭🇷	+385 1 5508 272 +385 1 5508 271	🇨🇿	+420 221 985466 +420 221 985465
🇩🇰	+ 45 4810 5050	🇫🇮	+ 358 9 6937 9758
🇫🇷	+ 331 55 69 33 99	🇮🇹	+ 39 02 36 699699
🇲🇽	(+52) 001-855-792-7671	🇳🇱	0800 0233937
🇳🇴	+47 815 69 555	🇵🇱	00800 4412 454 +44 2380 662 915
🇵🇹	(+35) 1214 447 460	🇸🇮	+386 4 27 92 500
🇿🇦	0861 GARMIN (427 646) +27 (0)11 251 9999	🇪🇸	+34 93 275 44 97
🇸🇪	+ 46 7744 52020	🇹🇼	+886 2 2642-9199 ext 2
🇬🇧	0808 238 0000 +44 (0) 870 8501242	🇩🇪	+49 (0)180 6 427646 20 ct./Anruf. a. d. deutschen Festnetz, Mobilfunk max. 60 ct./Anruf
🇺🇸	913-397-8200 1-800-800-1020		