



## A02740 Quick Start Manual

### WARNING

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




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

### Getting Started

When using your device for the first time, you should complete these tasks to set up the device and learn about the basic features.


- 1 Charge the device (page 6).
- 2 Put on the optional sensor monitor (page 7).
- 3 Use the device (page 3).
- 4 Upload your data to Garmin (page 4).
- 5 Register the device (page 8).
- 6 Get more information (page 9).


## Keys



①		Select to turn the backlight on and off. Hold to turn the device on and off.
②		Select to unlock the device. Select to start and stop the timer. Select to choose an option or to acknowledge a message.
③		Select to mark a new use. Select to return to the previous screen.
④		Select to scroll through the data screens, options, and settings. Hold to scroll quickly.

## Using the device

The device comes partially charged. You may need to charge the device (page 6) before using.

**NOTE:** The device turns on automatically while charging. If you do not charge the device before using, hold  to turn on the device.

- 1 From the time of day screen, select  to unlock the device.
- 2 Go outside, and wait while the device locates satellites. It may take 30-60 seconds to locate satellite signals. The satellite bars turn green, and the timer screen appears.

- 3 Select  to start the timer.
- 4 Use the device.
- 5 After using, select  to stop the timer.
- 6 Select an option:
  - Select **Resume** to restart.

- Select **Save** to save data and reset.  
You can now upload your data to Garmin.
- Select **Discard** to delete the data.

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## Charging the Device

### WARNING

This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

### NOTICE

To prevent corrosion, thoroughly dry the contacts and the surrounding area before charging or connecting to a computer.

- 1 Plug the USB cable into a USB port on your computer.
- 2 Align the charger posts with the contacts on the back of the device, and press the charger ① until it clicks.
- 3 Charge the device completely.

## Troubleshooting

### Registering Your Device

Help us better support you by completing our online registration today.

- Go to <http://my.garmin.com>.

- Keep the original sales receipt, or a photocopy, in a safe place.

### **Getting More Information**

- Go to [www.garmin.com/intosports](http://www.garmin.com/intosports).
- Go to [www.garmin.com/learningcenter](http://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 latest owner's manual from the web.

- 1 Go to [www.garmin.com/support](http://www.garmin.com/support).
- 2 Select **Manuals**.
- 3 Follow the on-screen instructions to select your product.

### **Resetting the Device**




If the device stops responding, you may need to reset it. This does not erase any of your data or settings.

- 1 Hold  for 15 seconds.  
The device turns off.
- 2 Hold  for one second to turn on the device.

### **Clearing User Data**

You can restore all of the device settings to the factory default values.

**NOTE:** This deletes all user-entered information, but it does not delete your history.

- 1 Hold , and select **Yes** to turn off the device.
- 2 While holding , hold  to turn on the device.
- 3 Select **Yes**.

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