

GARMIN®

Forerunner® 235



Quick Start Manual

DRAFT

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.

Keys



①		Hold to turn the device on and off. Select to turn the backlight on and off.
②		Select to start and stop the timer. Select to choose an option or to acknowledge a message.
③		Select to mark a new lap. Select to return to the previous screen.
④		Select to scroll through the widgets, data screens, options, and settings. After you select an activity profile, select V to open the menu. Hold ^ to view the options menu.

Locking and Unlocking the Device Keys

You can lock the device keys to avoid accidental key presses during an activity or in watch mode.

- 1 Hold **A**.
- 2 Select **Lock Device**.
- 3 Hold **A** to unlock the device keys.

Status Icons

Icons appear at the top of the home screen. A flashing icon means the device is searching for a signal. A solid icon means the signal was found or the sensor is connected.

	GPS status
	Bluetooth® technology status

Wearing the Device and Heart Rate

- During workouts, wear the Forerunner device above your wrist bone, and fasten the band tightly around your wrist.
It should be snug enough to provide proper heart rate detection.



- Do not damage the heart rate sensor on the back of the device.
- See the owner's manual for more information.

Viewing the Heart Rate Widget

The widget displays your current heart rate in beats per minute (bpm), resting heart rate, and a graph of your heart rate for the last four hours.



- 1 From the time of day screen, select **V** twice.




- 2 Select  to view your average resting heart values for the last 7 days.

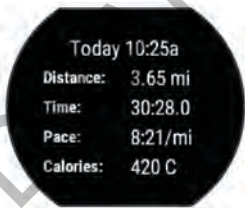
Going for a Run

The first fitness activity you record on your device can be a run, ride, or any outdoor activity. The device comes partially charged. You may need to charge the device (page 10) before starting the activity.

- 1 Select , and select an activity profile.
- 2 Go outside, and wait while the device locates satellites.
- 3 Select  to start the timer.
- 4 Go for a run.



- 5 After you complete your run, select  to stop the timer.
- 6 Select an option:
 - Select **Resume** to restart the timer.
 - Select **Save** to save the run and reset the timer. You can select the run to view a summary.



- Select **Discard** > **Yes** to delete the run.

Smart Features

Pairing Your Smartphone

You should connect your Forerunner device to a smartphone to complete the setup and access the full features of the device.

TIP: You can also complete the setup on your computer using the Garmin Express™ application.

- 1** Go to www.garmin.com/intosports/apps, and download the Garmin Connect™ Mobile app to your smartphone.
- 2** From the Forerunner device, select **Menu > Settings > Bluetooth > Pair Mobile Device**.
- 3** Open the Garmin Connect Mobile app, and follow the on-screen instructions to connect a device.

The instructions are provided during the initial setup, or can be found in the Garmin Connect Mobile app help.

Widgets

Your device comes preloaded with widgets that provide at-a-glance information. Some widgets require a Bluetooth connection to a compatible smartphone.

Notifications: Alerts you to incoming calls and texts based on your smartphone notification settings.

Calendar: Displays upcoming meetings from your smartphone calendar.

Weather: Displays the current temperature and weather forecast.

Activity Tracking: Tracks your daily step count, step goal, distance traveled, calories burned, and sleep statistics.

Controls: Allows you to turn on and off the Bluetooth connectivity and features including do not disturb, find my phone, and manual syncing.

VIRB® controls: Provides camera controls when you have a VIRB device paired with your Forerunner device.

Viewing Widgets

From the time of day screen, select **▲** or **▼**.

Downloadable Features

You can download Connect IQ™ features such as apps, widgets, and watch faces from Garmin® and other providers using the Garmin Connect Mobile app.

Bluetooth Connected Features

The Forerunner device has several Bluetooth connected features for your compatible smartphone using the Garmin Connect Mobile app. For more information, go to www.garmin.com/intosports/apps.

LiveTrack: Allows friends and family to follow your races and training activities in real time. You can invite followers using email or social media, allowing them to view your live data on a Garmin Connect tracking page.

Activity uploads: Automatically sends your activity to the Garmin Connect Mobile app as soon as you finish recording the activity.

Software updates: Your device wirelessly downloads the latest software update. The next time you turn on the device, you can follow the on-screen instructions to update the software.

Workout downloads: Allows you to browse for workouts in the Garmin Connect Mobile app and wirelessly send them to your device.

Social media interactions: Allows you to post an update to your favorite social media website when you upload an activity to the Garmin Connect Mobile app.

Notifications: Displays phone notifications and messages on your Forerunner device.

History

History includes time, distance, calories, average pace or speed, lap data, and optional ANT+® sensor information.

NOTE: When the device memory is full, your oldest data is overwritten.

Viewing History

- 1 Select **Menu** > **History** > **Activities**.
- 2 Select **▲** or **▼** to view your saved activities.
- 3 Select an activity.
- 4 Select an option:
 - Select **Details** to view additional information about the activity.
 - Select **Laps** to select a lap and view additional information about each lap.
 - Select **Time in Zone** to view your time in each heart rate zone.
 - Select **Delete** to delete the selected activity.

Sending Data to Your Garmin Connect Account

You can upload all of your activity data to your Garmin Connect account for comprehensive analysis. You can view a map of your activity and share your activities with friends.

- 1 Connect the device to your computer using the USB cable.
- 2 Go to www.garminconnect.com/start.
- 3 Follow the on-screen instructions.

Garmin Connect

You can connect with your friends on Garmin Connect. Garmin Connect gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, rides, swims, hikes, triathlons, and more. To sign up for a free account, go to www.garminconnect.com/start.

Store your activities: After you complete and save an activity with your device, you can upload that activity to your Garmin Connect account and keep it as long as you want.

Analyze your data: You can view more detailed information about your activity, including time, distance, elevation, heart rate, calories burned, an overhead map view, pace and speed charts, and customizable reports.

NOTE: Some data requires an optional accessory such as a heart rate monitor.



Plan your training: You can choose a fitness goal and load one of the day-by-day training plans.

Track your progress: You can track your daily steps, join a friendly competition with your connections, and meet your goals.

Share your activities: You can connect with friends to follow each other's activities or post links to your activities on your favorite social networking sites.

Manage your settings: You can customize your device and user settings on your Garmin Connect account.

Access the Connect IQ store: You can download apps, watch faces, data fields, and widgets.

Device Information

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 clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions in the owner's manual.

- 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 connect the charging clip ① securely to the device.



- 3 Charge the device completely.
- 4 Press ② to remove the charger.

Support and Updates

Garmin Express (www.garmin.com/express) provides easy access to these services for Garmin devices.

- Product registration
- Product manuals
- Software updates
- Data uploads to Garmin Connect

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



The owner's manual includes instructions for using device features and accessing regulatory information.

Go to www.garmin.com/manuals/forerunner235.

Resetting the Device

If the device stops responding, you may need to reset it.

NOTE: Resetting the device may erase your data or settings.

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

Temperature Specifications

Forerunner operating temperature range: From -20° to 60°C (from -4° to 140°F)

Forerunner charging temperature range: From 0° to 45°C (from 32° to 113°F)

Garmin®, Garmin logo, ANT®, Forerunner®, and VIRB® are trademarks of Garmin Ltd. or its subsidiaries, registered in the USA and other countries. Garmin Connect™ and Garmin Express™ are trademarks of Garmin Ltd. or its subsidiaries. These trademarks may not be used without the express permission of Garmin.

The Bluetooth® word mark and logos are owned by the Bluetooth SIG, Inc. and any use of such marks by Garmin is under license. Advanced heartbeat analytics by Firstbeat. Other trademarks and trade names are those of their respective owners.

This product may contain a library (Kiss FFT) licensed by Mark Borgerding under the 3-Clause BSD License (<http://opensource.org/licenses/BSD-3-Clause>).

M/N: AA2758

DRAFT



© 2015 Garmin Ltd. or its subsidiaries

Printed in Taiwan

www.garmin.com/support

September 2015

190-01955-02_0A

