

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.

Keys

①		Select to enter sleep mode and wake the device. Hold to turn the device on and off and lock the touchscreen.
②		Select to mark a new lap.
③		Select to start and stop the activity timer.

Pairing Your Smartphone

To use the connected features of the [®] device, it must be paired directly through the Garmin Connect™ Mobile app, instead of from the [®] settings on your smartphone.

- 1 From the app store on your smartphone, install and open the Garmin Connect Mobile app.
- 2 Hold  to turn on the device.
The first time you turn on the device, you will select the device language. The next screen prompts you to pair with your smartphone.
- 3 Follow the instructions in the app to complete the pairing and setup process.

After you pair successfully, a message appears, and your device syncs automatically with your smartphone.

Installing the Standard Mount

For the best GPS reception, position the mount so the front of the device is oriented toward the sky. You can install the mount on the stem or the bars.

- 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.

Two rubber disks are included, and you can select the disk that best fits. The rubber tabs align with the back of the mount so it stays in place.

- 3 Place the mount on the tem.
- 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 and turn the device clockwise until it locks into place.

Installing the Out-Front Mount

- 1 Select a secure location to mount the device where it does not interfere with safe operation.
- 2 Use the hex key to remove the screw ① from the connector ②.

- 3 Place the rubber pad around the bar:
 - If the bar diameter is 25.4 mm, use the thicker pad.
 - If the bar diameter is 31.8 mm, use the thinner pad.

- 4 Place the bar connector around the rubber pad.

- 5 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.

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

- 7 Press down slightly and turn the device clockwise until it locks into place.



Using the device

If your device was packaged with an ANT+® 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  to start the activity timer.

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

- 5 Swipe left or right to view additional data screens.

You can swipe down from the top of the data screens to view the settings widget.

- 6 If necessary, tap the screen to view the timer overlay.
- 7 Select  to stop the timer.
- 8 Select **Save**.
- 9 Select .

Viewing Widgets

Your device is preloaded with several widgets, and more are available when you

pair your device with a smartphone or other compatible device.

- 1 From the home screen, swipe down from the top of the screen.

The settings widget appears. A flashing icon means the device is searching. You can select any icon to change the settings.

- 2 Swipe left or right to view more widgets.

Connected Features

The device has connected features for your compatible smartphone or fitness device. Some features require you to install the Garmin Connect Mobile app on your smartphone. Go to

www.garmin.com/intosports/apps for more information.

NOTE: Your device must be connected to your enabled smartphone to take advantage of some features.

LiveTrack: Allows friends and family to follow your 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.

GroupTrack: Allows you to keep track of others in your group using LiveTrack directly on screen and in real time. You can send preset messages to others in your GroupTrack session who have a compatible device.

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

Course and workout downloads from Garmin Connect: Allows you to search for activities on Garmin Connect using your smartphone and send them to your device.

Connect IQ™ downloadable features: Allows you to download Connect IQ features from the Garmin Connect Mobile app.

Device to device transfers: Allows you to wirelessly transfer files to another compatible device.

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

Weather updates: Sends real-time weather conditions and alerts to your device.

Notifications: Displays phone notifications and messages on your device.

Messages: Allows you to reply to an incoming call or text message with a preset text message. This feature is available with compatible Android™ or Windows® smartphones.

Audio prompts: Allows the Garmin Connect Mobile app to play status announcements on your smartphone during use.

Incident detection: Allows the Garmin Connect Mobile app to send a message to your emergency contacts when the device detects an incident.

Incident Detection

⚠ CAUTION

Incident detection is a supplemental feature primarily designed for road use. Incident detection should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect Mobile app does not contact emergency services on your behalf.

When an incident is detected by your device with GPS enabled, the Garmin Connect Mobile app can send an automated text message and email with your name and GPS location to your emergency contacts.

For more information, see your owner's manual.

ANT+ Sensors

Your device can be used with wireless ANT+ 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.

Device Information

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 11).

- 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.

Temperature Specifications

Operating temperature range:

From -20° to 60°C (from -4° to 140°F)

Charging temperature range:

0° to 45°C (from 32° to 113°F)

Heart rate monitor operating

temperature range: From -5° to 50°C
(from 23° to 122°F)

Product Updates

On your computer, install Garmin Express™ (www.garmin.com/express). On your smartphone, install the Garmin Connect Mobile app.

This provides easy access to these services for Garmin devices:

- Software updates
- Map updates
- Data uploads to Garmin Connect

- Product registration

Getting More Information

- Go to www.support.garmin.com for additional manuals, articles, and software updates.
- 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