

GARMIN.

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.

Turning On and Setting Up the Device

Before you can use your device, you must plug it into a power source to turn it on.

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 the Garmin Connect Mobile app.
- 2 Pinch the sides of the charging clip ① to open the arms on the clip.
- 3 Align the clip with the contacts ②, and release the arms of the clip.
- 4 Plug the USB cable into a power source to turn on the device (page 7).

Hello appears when the device turns on.

- 5 Open the Garmin Connect Mobile app, and follow the instructions to complete the pairing and setup process.

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








Using the Device

| | |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Double-tap | Double-tap the touchscreen ① to wake the device. NOTE: The screen turns off when not in use. When the screen is off, the device is still active and recording data. |
| Wrist gesture | Rotate and lift your wrist toward your body to turn the screen on. Rotate your wrist away from your body to turn the screen off. |
| Press | Press  ② to open and close the menu from the main watch face. Press  to return to the previous screen. |
| Swipe | Swipe the touchscreen up or down to scroll through widgets and menu options. |
| Tap | Tap the touchscreen to make a selection. |

Widgets

Your device comes preloaded with widgets that provide at-a-glance information. You can swipe the touchscreen to scroll through the widgets. Some widgets require a paired smartphone.

NOTE: You can use the Garmin Connect Mobile app to select the watch face and add or remove widgets, such as music controls for your smartphone.

| | |
|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | The current time and date. The device updates the time and date when you sync your device with a smartphone or computer. |
|  | The total number of steps taken and your goal for the day. The device learns and proposes a new step goal for you each day. |
|  | The total number of floors climbed and your goal for the day. |
|  | Your intensity minutes total and goal for the week. |
|  | The current temperature and weather forecast from a paired smartphone. |
|  | Your current heart rate in beats per minute (bpm) and seven-day average resting heart rate. |
|  | Your current stress level. The device measures your heart rate variability while you are inactive to estimate your stress level. A lower number indicates a lower stress level. |



Your current energy level. The device calculates your current energy reserves based on sleep, stress, and activity data. A higher number indicates a higher energy reserve.

Menu Options

You can press  to view the menu.

TIP: Swipe to scroll through the menu options.



Displays the timed activity options.



Displays the heart rate features.



Displays the timer, stopwatch, and alarm options.



Displays options for your paired smartphone.







Displays the device settings.

Recording a Timed Activity

You can record a timed activity, which can be saved and sent to your Garmin Connect account.

- 1 Press  to view the menu.
- 2 Select .

3 Swipe to scroll through the activity list, and select an option:

- Select  for walking.
- Select  for running.
- Select  for strength training.
- Select  for a cardio activity.

NOTE: You can use the Garmin Connect Mobile app to add or remove timed activities.




4 Double-tap the touchscreen to start the timer.

5 Start your activity.

6 Tap to view additional data screens, which appear at the top of the touchscreen.


7 After you complete your activity, double-tap the touchscreen to stop the timer.

8 Select an option:

- Select  to save the activity.
- Select  to delete the activity.
- Select  to resume the activity.

Heart Rate Features

The device has a heart rate menu, enabling you to view wrist-based heart rate data.

| | |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| 2 | Displays your current max., which is an indication of athletic performance and should increase as your level of fitness improves. |
|  | Broadcasts your current heart rate to a paired Garmin® device. |

Wearing the Device

- Wear the device above your wrist bone.
NOTE: The device should be snug but comfortable. For more accurate heart rate readings on the device, it should not move while running or exercising. For more accurate readings on the device, you should remain motionless.

NOTE: The optical sensor is located on the back of the device.

- See the owner's manual for more information.

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 Pinch the sides of the charging clip ① to open the arms on the clip.
- 2 Align the clip with the contacts ②, and release the arms of the clip.
- 3 Plug the USB cable into a power source.
- 4 Charge the device completely.

Specifications

Operating temperature range: From -20° to 50°C (from -4° to 122°F)

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

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/.

Getting More Information

- Go to support.garmin.com for additional manuals, articles, and software updates.
- Go to www.garmin.com/intosports.
- Go to www.garmin.com/learningcenter.
- Go to buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.
- Go to www.garmin.com/ataccuracy.





support.garmin.com

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M/N: A03430

Printed in Taiwan
March 2018
190-00000-00