

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.

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 handlebars.

- 1 Select a secure location to mount the device where it does not interfere with the safe operation of your bike.
- 2 Place the rubber disk ① on the back of the bike mount.

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

- 3 Place the bike mount on the bike stem.
- 4 Attach the bike mount securely using the two bands ②.

- 5 Align the tabs on the back of the device with the bike mount notches ③.
- 6 Press down slightly and turn the device clockwise until it locks into place.

Going for a Ride

If you are using an ANT+® sensor or accessory, it can be paired and 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 activity timer.
- 8 Select **Save Ride**.
- 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.

Bluetooth Connected Features

The device has wireless 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 Bluetooth enabled smartphone to take advantage of some features.

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.

GroupTrack: Allows you to keep track of other riders in your group using LiveTrack directly on screen and in real time. You can send preset messages to other riders 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 downloads from Garmin

Connect: Allows you to search for courses on Garmin Connect using your smartphone and 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 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™ smartphones.

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

Assistance: Allows you to send an automated text message with your name and GPS location to your

emergency contacts using the Garmin Connect Mobile app.

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.

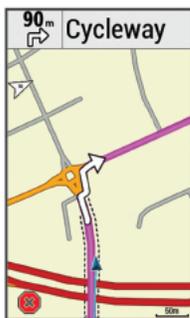
Courses

You can send a course from your Garmin Connect account to your device. After it is saved to your device, you can navigate the course on your device. You can also create and save a custom course directly on your device.

You can follow a saved course simply because it is a good route. For example, you can save and follow a bike-friendly commute to work.

Creating and Riding a Course

- 1 Select **Courses > Course Creator > Add First Location**.
- 2 Select an option.
There are many ways to add a location. For more information, see your owner's manual.
- 3 Select **Use**.
- 4 Select **Add Next Location**.
- 5 Repeat steps 2 through 4 until you have selected all locations for the course.
- 6 Select **View Map**.
The device calculates your route, and a map of the course appears.
TIP: You can select  to view an elevation plot of the course.
- 7 Select **Ride**.
- 8 Follow the on-screen instructions to your destination.



Creating and Riding a Round-Trip Course

The device can create a round-trip course based on a specified distance, starting location, and direction of navigation.

- 1 Select **Courses** > **Round-Trip Course**.
- 2 Select **Distance**, and enter the total distance for the course.
- 3 Select **Start Location**.
- 4 Select an option.
There are many ways to add a location. For more information, see your owner's manual.

- 5 Select **Start Direction**, and select a direction heading.
- 6 Select **Search**.
TIP: You can select  to search again.
- 7 Select a course to view it on the map.
TIP: You can select  and  to view the other courses.
- 8 Select **Ride**.

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 8).

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

- 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.

Specifications

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

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

Wireless frequency/protocol: 2.4 GHz @ 4 dBm nominal

Product Updates

On your computer, install Garmin Express™ (www.garmin.com/express).

This provides easy access to these services for Garmin® devices:

- Software updates
- Map updates
- Product registration

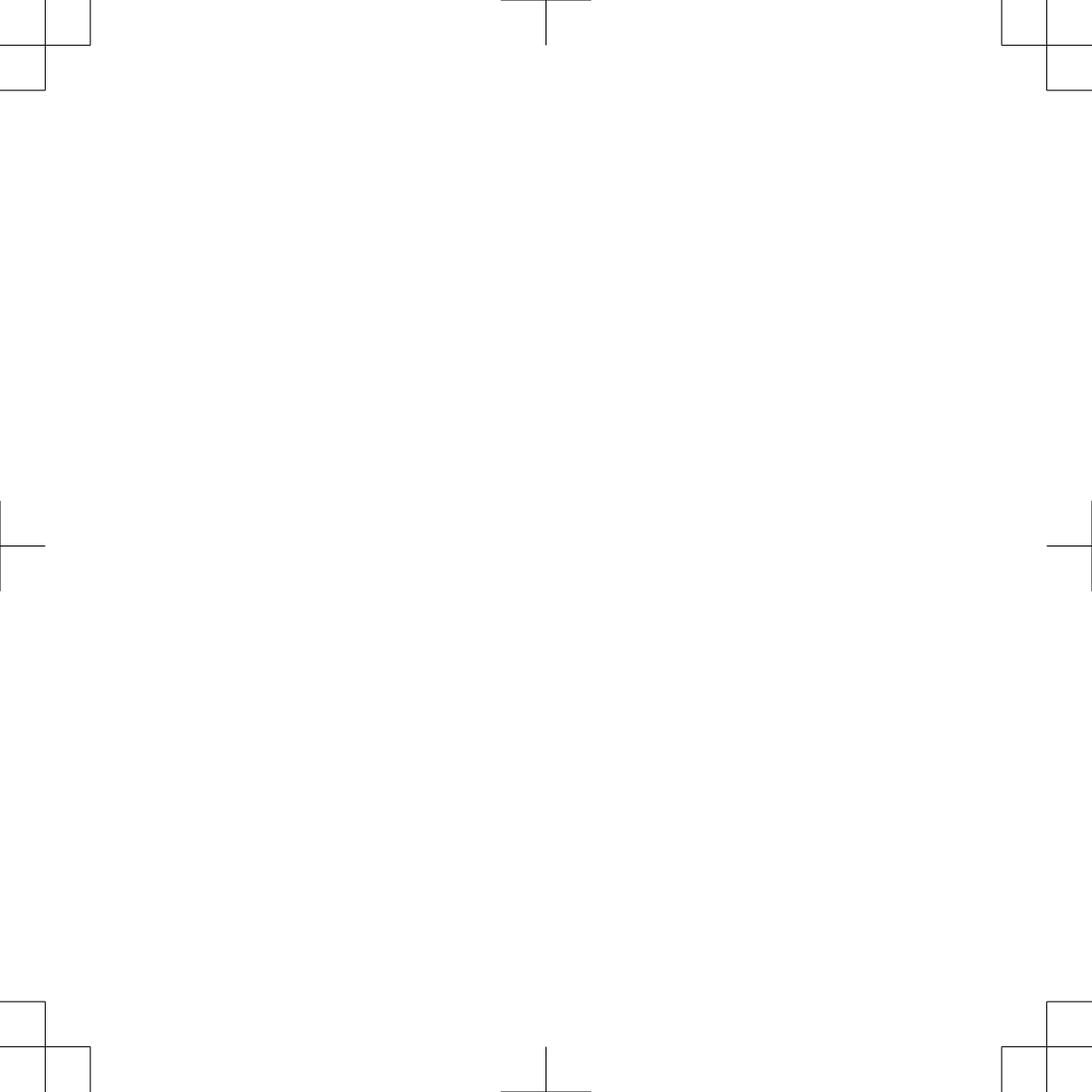
Getting More Information

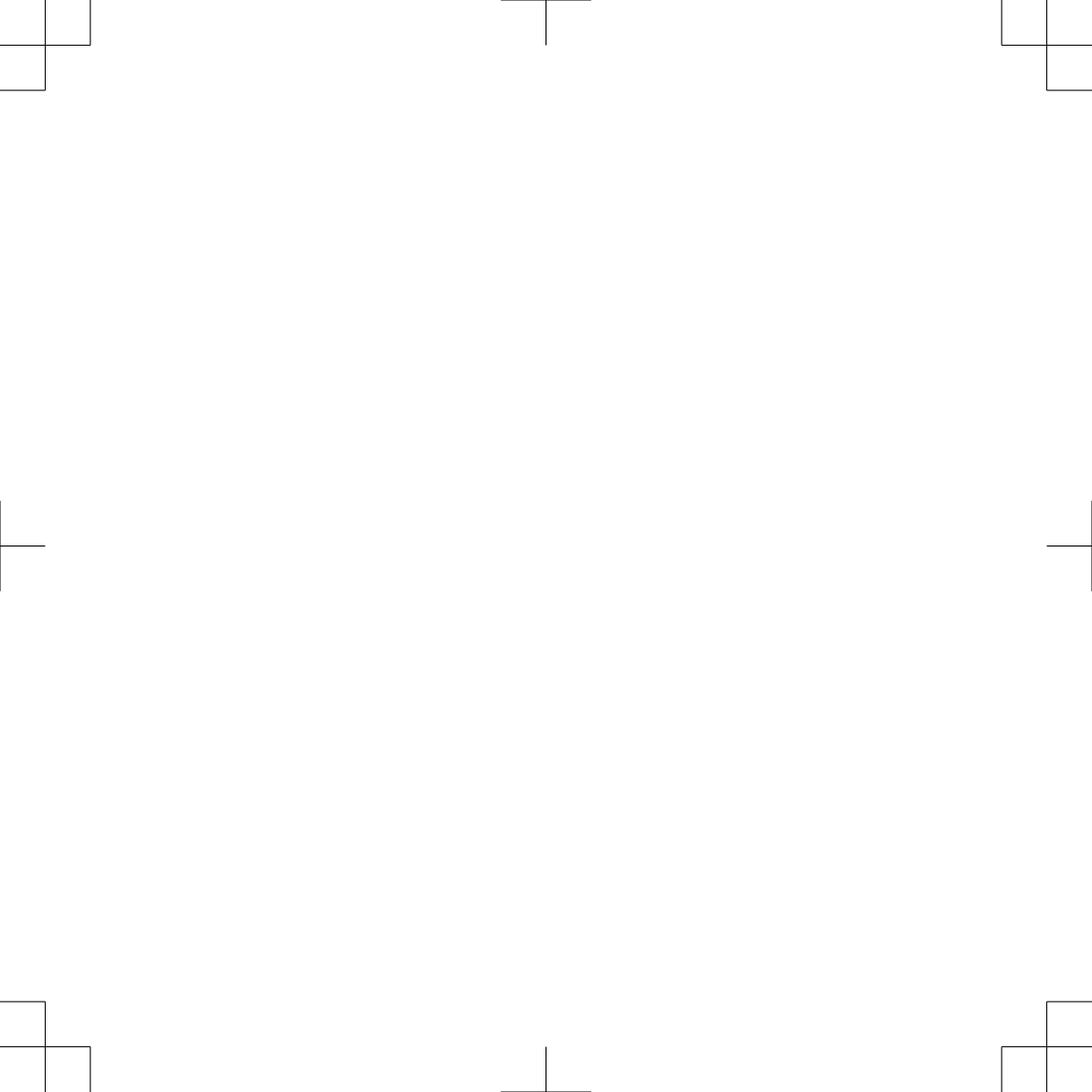
- Go to support.garmin.com for additional manuals, articles, and software updates.
- Go to www.garmin.com/intosports.
- Go to www.garmin.com/learningcenter.
- Go to buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.

Getting the Owner's Manual

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

Go to garmin.com/manuals





support.garmin.com

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