

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.

Pairing Your Smartphone

You should connect your device to a smartphone to access the full fear res of the device

TIP: You can also set up the d vice on your computer using the Garmin Express™ application.

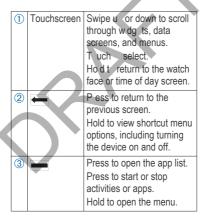
NOTE: Unlike other Bluetooth d vices that are paired from the Blue oth s ttings on your smartphone, your devi e must be paired di ectly throug the Garmin Connect™ Mobile app.

- 1 Go to www.garminconnect.com and follo the on-screen instru tions o download the Garmin Conne t Mobile app.
- 2 Sele t an option:
 - During the initial setup, follow the onscreen instructions to pair your device with your smartphone.
 - If you did not pair your device with your smartphone during the initial setup, hold — on the device, and select Settings > Bluetooth.

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3 Open the Garmin Connect Mobile app, and follow the on-screen instructions

Device Overview



Wearing the Device and Heart Rate

Wear the device above your wrist bone.

NOTE: The device should be snug but comfortable, and it should not move while running or exercising.



- Do not damage the sensor on the device
- See the owner's manual for more information about the sen or and data.

Widgets

Your device comes preloaded th widgets that provide at-a-glance of rmation. Some widgets require a Bluetooth connect to a compatible smartphone.

Notificati ns: A rts you to incoming calls, tex social twork updates, and more, based your smartphone notification set ngs.

Weather: Displays the current temperature and weath forecast.

My day Displays a dynamic summary of your activity today. The metrics include your last recorded sport, intensity minutes, floors climbed, steps, calories burned, and more.

Intensity minutes: Tracks your time spent participating in moderate to vigorous activities, your weekly intensity minutes goal, and progress toward your goal.

- Heart rate: Displays your current heart rate in beats per minute (bpm), lowest resting heart rate for today, and a graph of your heart rate.
- Last sport: Displays a brief summary of your last recorded sport and your total distance for the week

Apps

You can select — to view the apps on your device. Some apps require a Bluetooth connection to a compatible smartphon

Activities: Your device comes pre oaded with fitness and outdoor activity apps including running, cycling, swimm ng, golfing, and more.

Find my phone: You can use the preloaded app to help loca a lost phone hat is connected to your device using Bluetooth wireless technology

Activiti s

Your devi can be used for indoor, outdoor, a hlet and tness activities. When you start an activity the d vice displays and records sensor dat You can save activities and share th m with the Garmin Connect community.

You c n also add Connect IQ™ activity apps to your device using your Garmin Connect account (page 6).

Starting an Activity

When you start an activity, GPS turns on automatically (if required). When you stop the activity, the device returns to watch mode.

1 Select —.

- 2 Select an activity.
- 3 If necessary, follow the on-screen instructions to enter additional information.
- 4 If necessary, wait while the device connects to your ANT+° sensors.
- 5 If the activity requires GPS, go outside, and wait while the device locates satellites.
- 6 Select to start the timer.

NOTE: The device does not record your activity data until you start the time

Stopping an Activity

- Select —
- 2 Select an option:
 - To save the activity a d eturn to watch mode, select .
 - To discard the activity and return to watch mode, sile t n.

Connect IQ Features

You can add Co n ct IQ features to your watch from Garm and other providers using the Garmin Conn ct Mobile app. You can customize your device with watch faces, data ields, widg ts, and apps.

De ic 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.

- 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 Charg the device completely.

Getting the wner's Manual

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

Go to www.garmin.com/manuals

Temperature 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)

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This product is ANT+* certified. Visit www.f. isisan com

/directory for a list of compatible produc's and apps

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