



Quick Start Manual

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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 features of the device.



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

NOTE: Unlike other Bluetooth® devices that are paired from the Bluetooth settings on your smartphone, your device must be paired directly through the Garmin Connect™ Mobile app.

- 1 Go to www.garminconnect.com and follow the on-screen instructions to download the Garmin Connect Mobile app.
- 2 Select an option:
 - During the initial setup, follow the on-screen 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**.

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

Device Overview

①	Touchscreen	Swipe up or down to scroll through widgets, data screens, and menus. Touch to select. Hold to return to the watch face or time of day screen.
②		Press to return to the previous screen. Hold to view shortcut menu options, including turning the device on and off.
③		Press to open the app list. Press to start or stop activities or apps. Hold to open the menu.

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 sensor and data.

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, text, social network updates, and more, based on your smartphone notification settings.

Weather: Displays the current temperature and weather 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 smartphone.

Activities: Your device comes preloaded with fitness and outdoor activity apps including running, cycling, swimming, golfing, and more.

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

Activities


Your device can be used for indoor, outdoor, a fitness and fitness activities. When you start an activity the device displays and records sensor data. You can save activities and share them with the Garmin Connect community.

You can 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

- 1 Select .
- 2 Select an option:
 - To save the activity and return to watch mode, select .
 - To discard the activity and return to watch mode, select .

Connect IQ Features

You can add Connect IQ features to your watch from Garmin® and other providers using the Garmin Connect Mobile app. You can customize your device with watch faces, data fields, widgets, and apps.

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 press the charger ① until it clicks.

- 3 Charge the device completely.

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

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.tissot.com/directory for a list of compatible products and apps.

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