

GARMIN.

Quick Start Manual

Device Overview

WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

① LIGHT CTRL	Select to turn the backlight on and off. Select to turn the device on. Hold to view the controls menu.
② GPS	Select to view the activity list and start or stop an activity. Select to choose an option in a menu. Hold to view GPS coordinates and save your location.
③ BACK SET	Select to return to the previous screen. Hold to view the clock menu.

<p>④ DOWN ABC</p>	<p>Select to scroll through the widget loop and menus. Hold to view the altimeter, barometer, and compass (ABC) screen.</p>
<p>⑤ UP MENU</p>	<p>Select to scroll through the widget loop and menus. Hold to view the menu.</p>

Pairing Your Smartphone with Your Device

To use the connected features of the Instinct device, it must be paired directly through the

Garmin Connect™ app, instead of from the Bluetooth® settings on your smartphone.

- 1 From the app store on your smartphone, install and open the Garmin Connect app.
- 2 Bring your smartphone within 10 m (33 ft.) of your device.
- 3 Select **CTRL** to turn on the device.

The first time you turn on the device, it is in pairing mode.

- 4 Follow the instructions in the app to complete the pairing and setup process.

Viewing the Controls Menu

The controls menu contains options, such as turning on do not disturb mode, locking the keys, and turning the device off.

- 1 From any screen, hold **CTRL**.



- 2 Select **UP** or **DOWN** to scroll through the options.

Viewing Widgets

Your device comes preloaded with several widgets, and more are available when you pair your device with a smartphone.

- Select **UP** or **DOWN**.
The device scrolls through the widget loop.
- Select **GPS** to view additional options and functions for a widget.

Customizing the Watch

- From the watch face, hold **MENU** to change the watch face.
- From the widget screens, hold **MENU** to customize the widget options.

- From the controls menu, hold **MENU** to add, remove, and reorder the controls.
- From any screen, hold **MENU** to change additional settings.

Activities and Apps

Your device can be used for indoor, outdoor, athletic, 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.

Starting an Activity

- 1** From the watch face, select **GPS**.
- 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 **GPS** to start the timer.

NOTE: The device does not record your activity

data until you start the timer.

Stopping an Activity

- 1 Select **GPS**.
- 2 Select **Save**.

Wearing the Device and Heart Rate

- Wear the Instinct Solar device above your wrist bone.

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

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

- See the owner's manual for more information about wrist-based heart rate.

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.

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- 1** Plug the small end of the USB cable into the charging port on your device.

- 2** Plug the large end of the USB cable into a USB charging port.
- 3** 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 @ 2.4 dBm
nominal

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/instinctsolar.

Viewing Regulatory and Compliance information.

- 1) Hold Menu.
- 2) Select Settings > About

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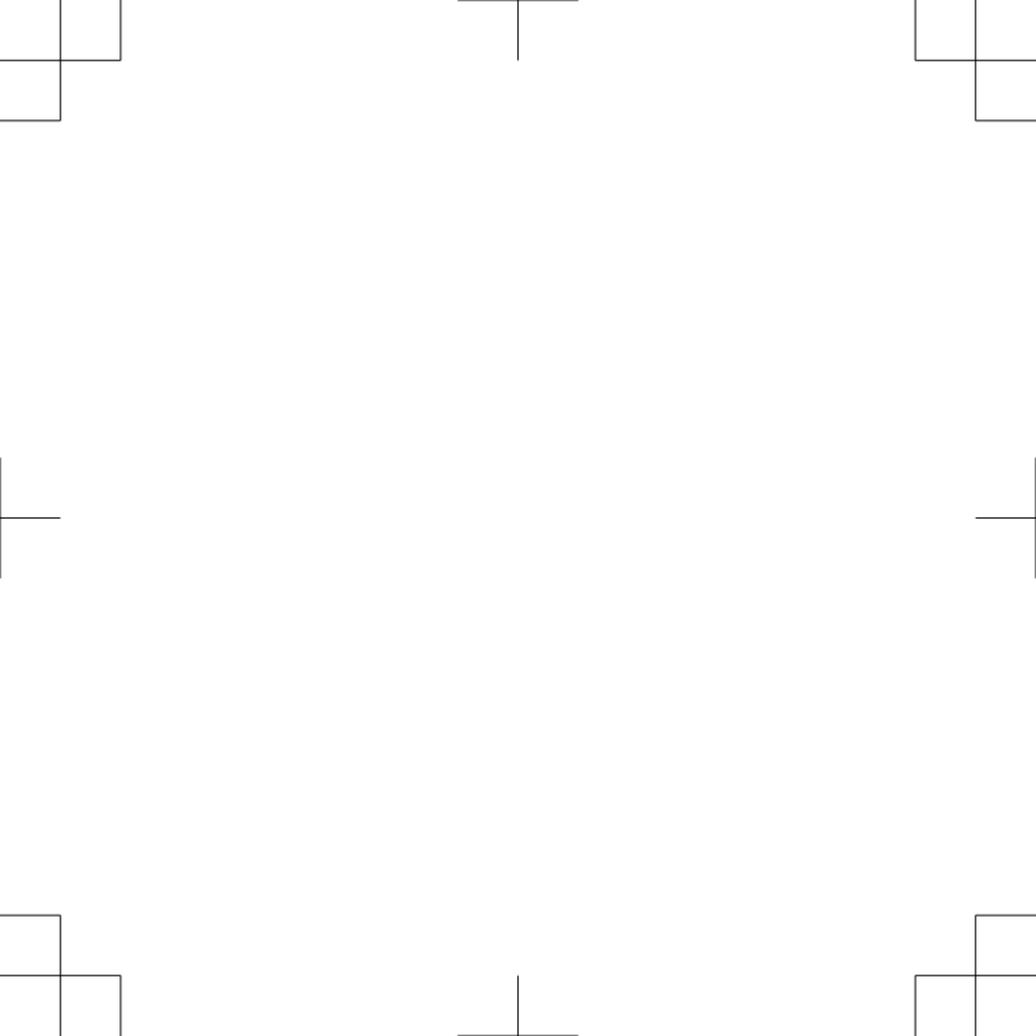
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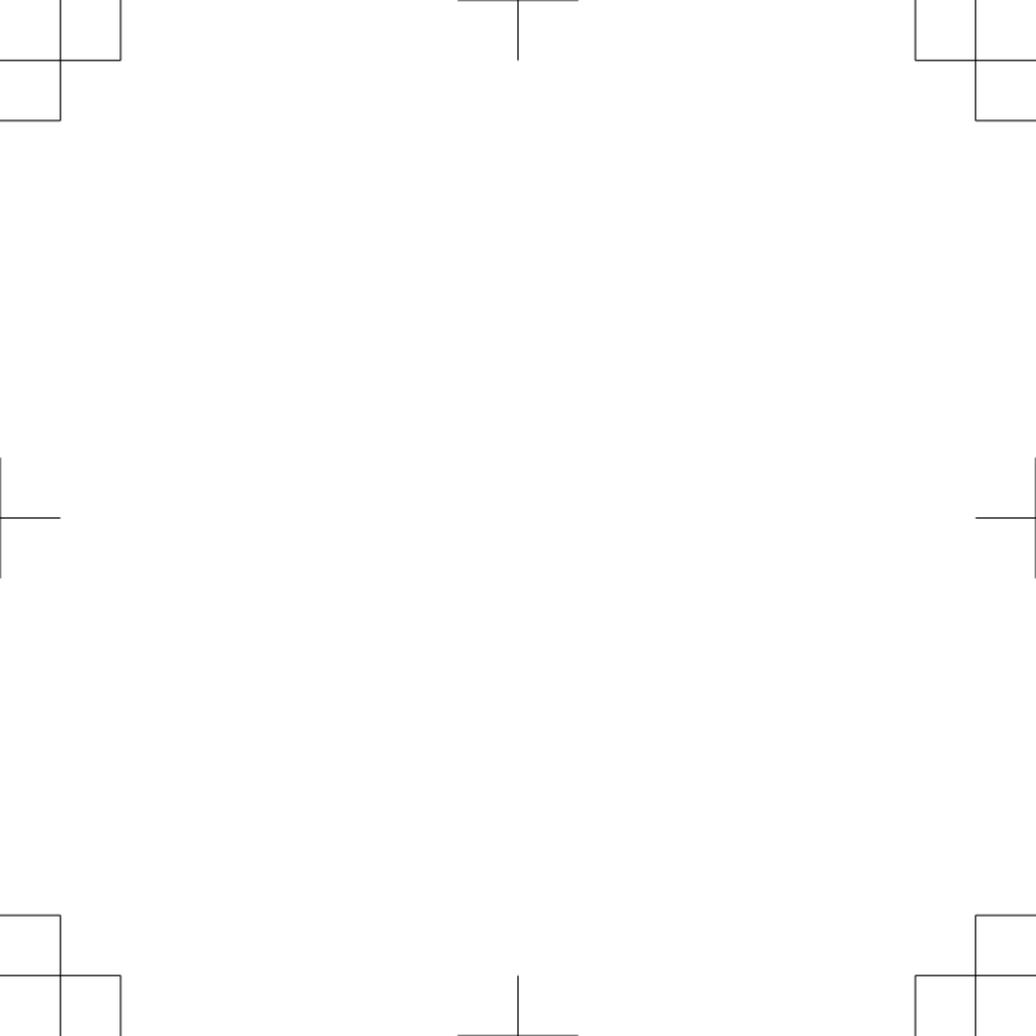
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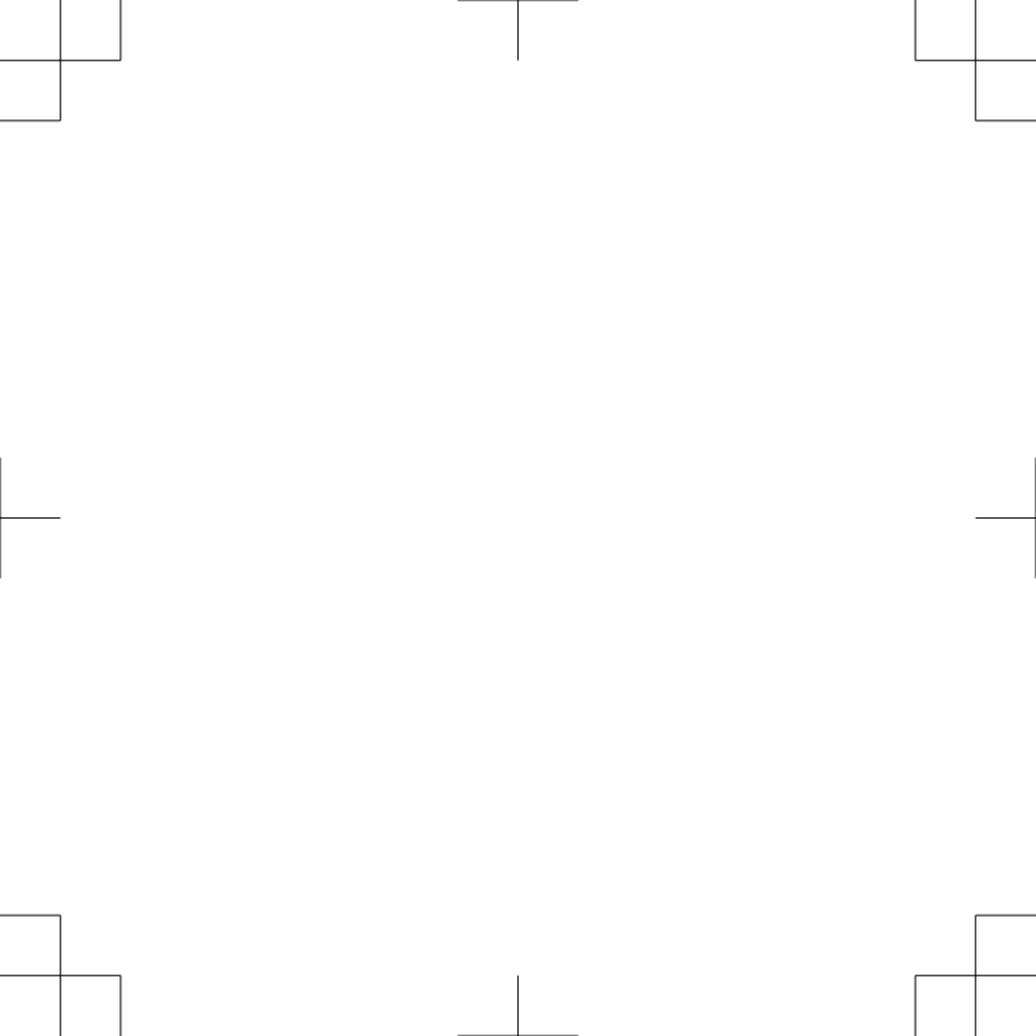
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