





Introduction

& WARNING

See the Important Safety and Product Infonnation guide in the product box for product warnings and o her importan! information.

PJways consult your physician before you begin or modify any exercise program.

Device Overview

1	
⊲D ó LIGHT	Select to tum the device on. Select to tum the backlight on and off. Hold to view the controls menu.
@ Start Stop	Select to start and stop the ac ivity timer. Select to choose an option or to acknowledge a message.
@ BACK O	Select to return to the previous screen. Select to record a lap, rest, or transi ion during an activity.

© down n	Select to scroll through the widgets, data screens, options, and settings. Hold to open the controls (page 14).
® UP ₽	Select to scroll through the widgets, data screens, options, and settings. Hold to view the menu. Hold to manually change sports during an activity.

GPS Status and Status I cons

The GPS status ring and icons temporarily overlay each data screen. For outdoor activi ies, he status ring turns green when GPS is ready. A flashing icon means the device is searching for a signal. A solid icon means the signal was found or the sensor is connected.

GPS	GPS status
D	Battery status
١.	Smartphone connection status
	Wi-Fi' technology status
	Heart rate status

Setting Up Your Watch

To take full advantage of the features, complete these tasks.

- Pair your smartphone with the Garmin Connect^N app (page 4).
- Set up safety features (page 16).

- Set up (page 14).
- Set up Wi-Fi networks (page 4).
- Set up your Garmin Pay[™] wallet (page 12).

Pairing Your Smartphone with Your Device

To use the connected features of the 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.
- Select LIGHT 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.

Tips for Existing Garmin Connect Users

- From the Garmin Connect app, select or •••.
- 2 Select Garmin Devices > Add Device.

Connecting to a Wi-Fi Network

- Use the Garmin Connect app.
- Use the Garmin Express[™] application (www.garmin.com/express).

Going for a Run

The first fitness activity you record on your device can be a run, ride, or any outdoor

activity. You may need to charge the device before starting the activity (page 18).

- 1 Select **START**, and select an activity.
- 2 Go outside, and wait while the device locates satellites.
- 3 Select START.
- 4 Go for a run.
- 5 After you complete your run, select STOP.
- 6 Select an option:
 - Select Resume to restart the activity timer.
 - Select Save to save the run and reset the activity timer. You can select the run to view a summary.



Customizing Your Activity List

- From the watch face, hold =.
- 2 Select Settings > Activities & Apps.
- 3 Select an option:
 - Select an activity to customize the settings, set the activity as a favorite, change the order of appearance, and more.

 Select Add to add more activities or create custom activi ies.

Triathlon Training

When you participate in a tria hlon, you can use the triathlon activity to quickly transition to each sport segment, to time each segment, and to save he ac ivity.

- 1 Select START> Triathlon.
- 2 Select START to start the activity timer.
- Select O at the beginning and end of each transition.
- 4 After you complete your activity, select STOP>Save.

Heart Rate While Swimming

The heart rate accessory records and stores your heart rate data while swimming. To view your heart rate data, you can add heart rate data fields. Heart rate data is not visible on compatible devices while the heart rate monitor is underwater.

NOTE: To record heart rate data while swimming, your accessory must be paired to your compatible device using ANT++, rather than Bluetoo h technology.

Going for a Pool Swim

- Select START> Pool Swim.
- Select your pool size, or enter a custom size.
- 3 Select START.
- 4 Start your activity.

The device automatically records swim intervals and lengths.

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- 5 When resting, select Ot o pause the activity timer.
- 6 Select Ot o restart the activity timer.
- 7 After you finish the activity, select STOP > Save.

Going for a Track Run

You can use the track run activity profile to record your outdoor track data including distance in meters, lap splits, and lane number.

- 1 Select START> Track Run.
- 2 Go outside, and wait while the device locates satellites.
- 3 SelectSTART.
- 4 Go for a run.
- 5 After you complete your run, select STOP > Save.

Smart Features

Viewing the Widgets

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

From the watch face, select UP or DOWN.

The device scrolls through the widget loop and displays summary data for each widget. The performance widget requires several activities with heart rate and outdoor runs with GPS. For more information, see the owner's manual.

Select START to view widget details.

TIP: You can press DOWN to view additional screens for a widget.

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. You can also open the Garmin Pay wallet.

1 From any screen, hold LIGHT.

 Press UP or DOWN to scroll through the options.

Following a Daily Suggested Workout Before the device can suggest a daily workout, you must have a training status estimate.

- 1 From the watch face, select START.
- 2 Select an activity.
- 3 Hold
- 4 Select Fraining > My Workouts >

Suggested Workout.

5 Select Do Workout.

The suggested workout updates automatically to changes in training habits, recovery time.

Bluetooth Connected Features

The device has several Bluetooth connected features for your compatible smartphone using the Garmin Connect app. For more information, go to www.garmin.com /manuals/ Activity uploads: Automatically sends your

activity to the Garmin Connect app as soon as you finish recording the activity.

Audio prompts: Allows the Garmin Connect app to play status announcements, such as mile splits and other data, on your smartphone during a run or other activity.

Bluetooth sensors: Allows you to connect Bluetooth compatible sensors, such as a heart rate monitor.

Connect IQ[™]: Allows you to extend your device features with new watch faces, widgets, apps, and data fields.

Find my phone: Locates your lost smartphone that is paired with your device and currently within range.

Find my watch: Locates your lost device that is paired with your smartphone and currently within range.

GroupTrack: Allows you join a group using LiveTrack, so others can view your position directly on screen and in real time.

Phone notifications: Displays phone notifications and messages on your device.

Safety and tracking features: Allows you to send messages and alerts to friends and

family, as well as request assistance from emergency contacts set up in the Garmin Connect app. For more information, go to (page 16).

- Social media interactions: Allows you to post an update to your favorite social media website when you upload an activity to the Garmin Connect app.
- Software updates: Allows you to update your device software.
- Weather updates: Sends real-time weather conditions and notifications to your device.
- Workout and course downloads: Allows you to browse for workouts and courses in the Garmin Connect app and wirelessly send them to your device.

Downloadable Features

You can download features such as apps, widgets, and watch faces from Garmin[®] and other providers using the Connect IQ app.

Downloading Connect IQ Features Using Your Computer

- Connect the device to your computer using a USB cable.
- 2 Go to apps.garmin.com, and sign in.
- Select a Connect IQ feature, and download it.
- 4 Follow the on-screen instructions.

Physiological Measurements

These performance measurements are estimates that can help you track and understand your training activities and race performances. These estimates are provided and supported by Firstbeat.

NOTE: The estimates may seem inaccurate at first. The device requires you to complete a few activities to learn about your performance. For more information, go to www.garmin.com /physio.

Recovery Time

You can use your Garmin device with wristbased heart rate or a compatible chest heart rate monitor to display how much time remains before you are fully recovered and ready for the next hard workout.

NOTE: The recovery time recommendation uses your estimate and may seem inaccurate at first. The device requires you to complete a few activities to learn about your performance. The recovery time appears immediately following an activity. The time counts down until it is optimal for you to attempt another hard workout. The device updates your recovery time throughout the day based on changes in sleep, stress, relaxation, and physical activity.

Running Dynamics

You can use your compatible device paired with a running dynamics accessory to provide real-time feedback about your running form. The running dynamics accessory has an accelerometer that measures torso movement in order to calculate six running metrics.

- Cadence
- Vertical oscillation
- · Ground contact time
- · Ground contact time balance
- Stride length
- Vertical ratio

NOTE: For more information, go to www.garmin.com/runningdynamics.

Heart Rate Features

The device has wrist-based heart rate monitoring, and there are several heart raterelated features available in the default widget loop.

	Your current heart rate in beats per minute (bpm). The widget also displays a graph of your heart rate for the last four hours. highlighting your highest and lowest heart rate.
a	Your current stress level. The device measures your heart rate variability while you are inac ive to estimate your stress level. A lower number indicates a lower stress level.
11	Your current Body Batterys energy level. The device calculates your current energy reserves based on sleep, stress, and activity data. A higher number indicates a higher energy reserve.
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Quick Start Manual

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On a device, you can download content to your device from your computer or from a thirdparty provider.

Connecting to a Third-Party Provider

Before you can download files to your compatible watch from a supported third-party provider, you must connect to the provider using the Garmin Connect app.

1 From the Garmin Connect app, select

or •••.

- Select Garmin Devices, and select your device.
- 3 Select . 4

Select an option:

- To connect to an installed provider, select a provider, and follow the onscreen instructions.
- To connect to a new provider, select Get Apps, locate a provider, and follow the on-screen instructions.

Downloading Content from Before you can download content from, you must connect to a Wi-Fi network (page 4).

1 Hold DOWN from any screen to open the

controls.

2 Hold UP.

3 Select Providers >

- 4 Select Add .
- 5 Select a playlist or other item to download to the device.

NOTE: Downloading content can drain the battery. You may need to connect the device to an external power source if the remaining battery life is insufficient.

Downloading Personal Content

- Install the Garmin Express application on your computer (www.garmin.com /express).
- 2 Connect the device to your computer using the included USB cable.
- 3 Open the Garmin Express application, select your device, and select .

- Hold DOWN from any screen to open the controls.
- Connect your device with Bluetooth technology.
- 3 Hold:=.
- 4 Select Providers, and select an option:
 - To listen to downloaded to the watch from your computer, select My (page 15).
 - To control on your smartphone, select Control.
 - To a third-party provider, select the name of the provider.
- 5 Select : to open the file controls.

Safety and Tracking Features

&_CAUTION

Incident detection and assistance are supplemental features and should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

The device has safety and tracking features that must be set up with the Garmin Connect app.

NOTICE

To use these features, you must be connected to the Garmin Connect app using Bluetooth technology. You can enter emergency contacts in your Garmin Connect account.

- Assistance: Allows you to send an automated message with your name, LiveTrack link, and GPS location to your emergency contacts.
- Incident detection: When the device detects an incident during an outdoor walk, run, or bike activity, the device sends an automated message, LiveTrack link, and GPS location to your emergency contacts.
- 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.
- Live Event Sharing: Allows you to send messages to friends and family during an event, providing real-time updates.

NOTE: This feature is available only if your device is connected to an Android[™] smartphone.

GroupTrack: Allows you to keep track of your connections using LiveTrack directly on screen and in real time.

Garmin Connect

Your Garmin Connect account gives you the tools to track and store your runs, analyze your run data, and download software updates. You can also customize your device settings, including watch faces, visible widgets, workouts, and much more.

Device Information

Wearing the Device

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

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

 See the owner's manual for more infonnation.

Charging the Device

🛆 WARNING

This device contains a lithium-ion battery. See the *Imporlant 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 small end of the USB cable into the charging port on your device.

- Plug the large end of the USB cable into a USB charging port.
- 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/.

Getting More Information

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

Go to www.garmin.com/ataccuracy.

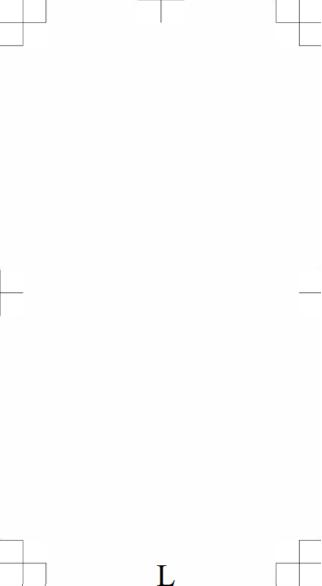
This is not a medical device. The pulse oximeter feature is not available in all countries.

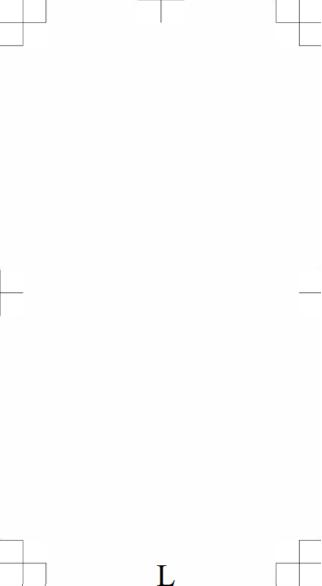
Specifications

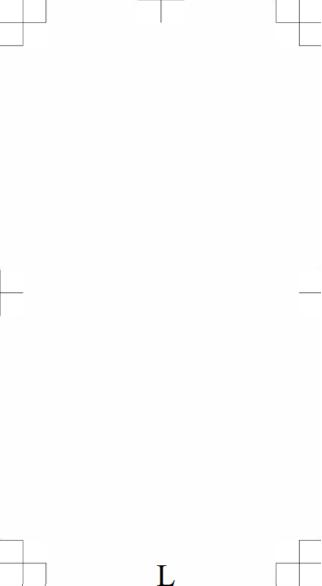
operating temperature range:

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: 2.4 GHz @ +9 dBm nominal







support.garmin.com

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> Printed in Taiwan April 2020 190-02737-DNU

