GARMIN.

Quick Start Manual

Introduction

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

Device Overview

◁𝕯 ó LIGHT	Select to tum the device on. Select to turn 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 ●	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 Icons

The GPS status ring and icons temporarily overlay each data screen. For outdoor activities, the 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
\.	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.

3 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

1 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

1 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 activities.

Triathlon Training

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

1 Select **START> Triathlon.**

2 Select **START** to start the activity timer.

3 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 Bluetooth technology.

Going for a Pool Swim

1 Select **START> Pool Swim.**

2 Select your pool size, or enter a custom size.

3 Select **START.**

4 Start your activity.

The device automatically records swim intervals and lengths.

5 When resting, select **O t o** pause the activity timer.

6 Select **O t 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 Select START.

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**.

2 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 **Training** > **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 .

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

1. Connect the device to your computer using a USB cable.
2. Go to **apps.garmin.com**, and sign in.
3. 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 wrist-based 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 rate-related 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.
1P	Your current Body Battery₈ 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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On a   device, you can download content to your device from your computer or from a third-party 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 •••.

2   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 on-screen 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

1 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 .

1 Hold **DOWN** from any screen to open the
   controls.
2 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

<div style="background:yellow">**&_CAUTION**</div>

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 /nfonnation* guide in the product box for product warnings and other important infonnation.

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 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.

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 0º to 45ºC (from 32º to 113ºF)

Wireless frequency: 2.4 GHz @ +9 dBm nominal

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support.garmin.com