

GARMIN.



A03992

Quick Start Manual

Introduction

WARNING

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

Getting Started

When using your watch the first time, you should complete these tasks to set it up and get to know the basic features.

- 1 Press **LIGHT** to turn on the watch (page 3).
- 2 Follow the on-screen instructions to complete the initial setup.

During the initial setup, you can pair your smartphone with your watch to receive notifications, set up your Garmin Pay™ wallet, and more (page 6).

- 3 Charge the device completely (page 11).
- 4 Start an activity (page 8).

Buttons



① LIGHT

- Press to turn the backlight on and off.
- Hold to view the controls menu.
- Hold to turn the device on.

② UP-MENU

- Press to scroll through the widget loop and menus.
- Hold to view the menu.

③ DOWN

- Press to scroll through the widget loop and menus.

④ ▲

- Press to view the activity list and start or stop an activity.
- Press to choose an option in a menu.


⑤ BACK-LAP

- Press to return to the previous screen.
- Press to record a lap, rest, or transition during a multisport activity.
- Hold to view the watch face from any screen.

Using the Watch


- Hold **LIGHT** to view the controls menu.
The controls menu provides quick access to frequently used functions, such as opening the Garmin Pay wallet, turning

on do not disturb mode, and turning the watch off.

- From the watch face, press **UP** or **DOWN** to scroll through the widget loop.
Your watch comes preloaded with widgets that provide at-a-glance information. More widgets are available when you pair your watch with a smartphone.
- From the watch face, press  to start an activity or open an app (page 8).
- Hold **MENU** to customize the watch face, adjust

settings, and pair wireless sensors.

Viewing the Solar Widget

- 1 From the watch face, press **UP** or **DOWN** to scroll to the solar widget.
- 2 Press  to view a graph of the intensity of solar input for the last 6 hours.



Tips for Solar Charging

To maximize the battery life of your watch, follow these tips.

- When you are wearing the watch, avoid covering the face with your sleeve.
- When you are not wearing the watch, point the face toward a source of bright light, such as sunlight or fluorescent light.

The watch will charge faster when exposed to sunlight, because the solar charging lens is optimized for the spectrum of sunlight.

- For maximum battery performance, charge the watch in bright sunlight.

NOTE: The watch protects itself from overheating and stops charging automatically if the internal temperature exceeds the solar charging temperature threshold (page 12).

NOTE: The watch does not solar charge when connected to an external power source or when the battery is full.

Smart Features

Pairing Your Smartphone with Your Watch



To use the connected features on your watch, you must pair it 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 watch.
- 3 Press **LIGHT** to turn on the watch.
The first time you turn on the watch, it is in pairing mode.
- 4 Follow the instructions in the app to complete the pairing and setup process.

Setting Up Your Garmin Pay Wallet

The Garmin Pay feature allows you to use your watch to pay for purchases in participating stores. You can add one or more participating credit or debit cards to your Garmin Pay wallet. Go to garmin.com/garminpay/banks to find participating financial institutions.

- 1 From the Garmin Connect app, select  or .
- 2 Select **Garmin Pay > Get Started**.
- 3 Follow the on-screen instructions.

You can open your Garmin Pay wallet from the controls menu on your device. See the owner's manual for more information on using the Garmin Pay feature.

Connect IQ™ Features

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

Downloading Connect IQ Features

- 1 From the app store on your smartphone, install and open the Connect IQ app.



- 2 Follow the on-screen instructions.

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.

You can also add Connect IQ activities and apps to your device using the Connect IQ app (page 7).

Starting an Activity

- 1 From the watch face, press .
- 2 The first time you start an activity, select the checkbox next to each of your favorites, and select **Done**.
Your favorite activities appear at the top of the list, providing quick access to the ones you use most. Additional activities appear in the extended list.
- 3 Select an activity.
- 4 If the activity requires GPS, go outside, and wait while the device locates satellites.
- 5 Press  to start the timer.

- NOTE:** The device does not record your activity data until you start the timer.
- 6 After you complete your activity, press **▲** to stop the timer.
 - 7 Select **Save** to save the activity and review the activity summary.

Recording an Ultra Run Activity

- 1 Press **▲**.
- 2 Select **Ultra Run > ▲**.
- 3 Start running.

- 4 If resting, select **BACK-LAP** to create a rest interval.

The display reverses to white text on a black background, and the rest screen appears.

- 5 From resting, select **BACK-LAP** to resume running and create a new interval.
- 6 After you complete your activity, press **▲**, and select **Done > Save**.

Power Modes

Power modes allow you to quickly adjust system settings, activity settings, and GPS

settings to extend battery life during an activity. For example, power modes can disconnect paired sensors and turn on the UltraTrac GPS option. The watch displays the hours of battery life gained with each power mode. You can also create custom power modes.

During an activity, hold **MENU**, select **Power Mode**, and select an option.

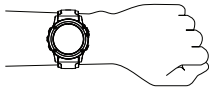
Device Information

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. For pulse oximeter readings, you should remain motionless.



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

- See the owner's manual for more information.

Changing the UltraFit Nylon Strap



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 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 45°C (from -4 to 113°F)

Charging temperature range:

USB charging: from 0 to 45°C (from 32 to 113°F)

Solar charging: from 0 to 60°C (from 32 to 140°F)

Wireless frequency: 2.4 GHz @ -1.5 dBm maximum, 13.56 MHz @ -37.8 dBm maximum

Troubleshooting

Restarting Your Device

- 1 Hold **LIGHT** until the device turns off.
- 2 Hold **LIGHT** to turn on the device.

My device is in the wrong language

Go to garmin.com/manuals/enduro/language for more information on changing your device language.

Getting the Owner's Manual

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

Go to garmin.com/manuals/enduro.

Getting More Information

You can find more information about this product on the Garmin website.

- 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 for information about feature accuracy.

This is not a medical device.

trade names are those of their respective owners.

© 2021 Garmin Ltd. or its subsidiaries
Garmin®, the Garmin logo, ANT+®, and QuickFit® are trademarks of Garmin Ltd. or its subsidiaries, registered in the USA and other countries. Connect IQ™, Enduro™, Garmin Connect™, and Garmin Pay™ are trademarks of Garmin Ltd. or its subsidiaries. These trademarks may not be used without the express permission of Garmin.

The BLUETOOTH® word mark and logos are owned by the Bluetooth SIG, Inc. and any use of such marks by Garmin is under license. Advanced heartbeat analytics by Firstbeat. Other trademarks and



support.garmin.com



Printed in Taiwan
January 2021
I90-02558-99_0A

