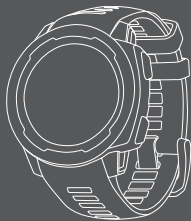


**GARMIN.**



## Quick Start Manual

## Introduction

### **WARNING**

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

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

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### **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 **CTRL** to turn on the watch (page 3).

- 2 Follow the on-screen instructions to complete the initial setup.

During the initial setup, you can install the Garmin Connect™ app and pair your smartphone with your watch to receive notifications and more (page 5).

- 3 Charge the device completely (page 9).
- 4 Start an activity (page 7).

## Buttons



①  
LIGHT  
CTRL

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

②  
GPS

Press to view the  
activity list and  
start or stop an  
activity.  
Press to choose an  
option in a menu.  
Hold to view GPS  
coordinates and  
save your location.

③  
BACK  
SET

Press to return to  
the previous  
screen.  
Hold to view the  
clock menu.

④  
DOWN  
ABC

Press to scroll  
through the widget  
loop and menus.

Hold to view the altimeter, barometer, and compass (ABC) screen.

⑤

UP

MENU

Press to scroll through the widget loop and menus.

Hold to view the menu.

## Using the Watch

- Hold **CTRL** to view the controls menu.  
The controls menu provides quick access to frequently used functions, such as turning on do not

disturb mode, turning on the battery saver feature, 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 **GPS** to start an activity or open an app (page 6).

- Hold **MENU** to customize the watch face, adjust settings, and pair wireless sensors.

## Smart Features

### 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 Press **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.

### 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](http://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.

### **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.

## Starting an Activity

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

## 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. You can also create custom power modes.

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

### Viewing Tide Information

#### **WARNING**

Tide information is for information purposes only. It is your responsibility to heed all posted water-related guidance, to remain aware of your surroundings, and to use safe judgment in, on, and around the water at all times.

Failure to heed this warning could result in serious personal injury or death.

When you pair your device with a smartphone, you can view information about a tide station, including the tide height and when the next high and low tides will occur.

- 1 From the watch face, press **GPS**.
- 2 Select **Tides**.
- 3 Select an option.

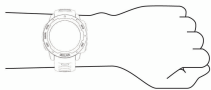
### Device Information

#### 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.

## 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.

### **Solar Charging**

Watch models with solar charging capability allow you

to charge your watch while you use it.

### **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 11).

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

## Specifications

### Operating temperature range:

From -20° to 60°C (from -4° to 140°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  
@ 4 dBm maximum

## Troubleshooting

### Restarting Your Device

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

## 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](http://www.garmin.com/manuals).

## Getting More Information

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

- Go to [support.garmin.com](http://support.garmin.com) for additional manuals, articles, and software updates.
- Go to [buy.garmin.com](http://buy.garmin.com), or contact your Garmin dealer for information about optional

accessories and replacement parts.

- Go to [www.garmin.com /ataccuracy](http://www.garmin.com/ataccuracy) for information about feature accuracy.

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