

Device Overview

WARNING

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

① LIGHT	Select to turn the backlight on and off. Hold to view short cut menu options, including turning the device on and off.
② START STOP	Select to start or stop an activity. Select to choose a option in a menu
③ BACK LAP	Select to return to the previous page Select to record a lap or a rest during an activity.

<p>④ DOWN</p>	<p>Select to scroll through widgets, menus, and messages. Hold to view the close from any page.</p>
<p>⑤ MENU UP</p>	<p>Select to scroll through widgets, menus, and messages. Select to dismiss a short message or notification. Hold to view the main menu.</p>

Pairing Your Smartphone with Your Device

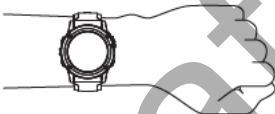
You should connect your device to a smartphone to use the full features of the device.

- 1 Go to **garmin.com/apps**, and download the Garmin Connect™ Mobile app to your smartphone.
- 2 Bring your smartphone within 10 m (33 ft.) of your device.
- 3 On the device, hold **MENU**.
- 4 Select **Settings > Bluetooth > Pair Mobile Device**.
- 5 On your smartphone, open the Garmin Connect Mobile app.
- 6 Follow the on-screen instructions.

Wearing the Device and Heart Rate

- Wear the device above your wrist bone.

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



- Do not damage the heart rate sensor on the back of the device.
- See the owner's manual for more information about wrist-based heart rate.

Metal Watch Band Adjustment

If your watch includes a metal watch band, you should take your watch to a

jeweler or other professional to adjust the length of the metal band.

Changing the Bands



Activities

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™ activity apps to your device using your Garmin Connect account (page 9).

Starting an Activity

When you start an activity, GPS turns on automatically (if required). When you stop the activity, the device returns to watch mode.

- 1** From the clock, select **STAR**.
- 2** Select an activity.
- 3** If necessary, follow the on-screen instructions to enter additional information.
- 4** If necessary, wait while the device connects your ANT+® sensors.

- 5 If the activity requires GPS, go outside, and wait while the device locates satellites.
- 6 Select **START** to start the timer.
NOTE: The device does not record your activity data until you start timer.

Stopping an Activity

- 1 Select **STOP**.
- 2 Select **Save**.

Connect IQ Features

You can add Connect IQ features to your watch from Garmin® and other providers using the Garmin Connect Mobile app. You can customize your device with

watch faces, data fields, widgets, and apps.

Downloading Connect IQ Features

- 1 From the settings in the Garmin Connect Mobile app, select **Connect IQ Store**.
- 2 Follow the on-screen instructions.

Viewing Widgets

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

- 1 From a watch screen, hold **DOWN**.
The clock appears.
- 2 Select **UP** or **DOWN**.

The device cycles through the available widgets.

- 3 If you are recording an activity, select **BACK** to return to the activity data pages.
- 4 Select **START** to view additional options and functions for a widget (optional).

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.

- 1 Align the charger posts with the contacts on the back of the device, and connect the charging clip ① securely to the device.



- 2 Plug the USB cable into a USB port on your computer.
- 3 Charge the device completely.
- 4 Press ② to remove the cover.

Temperature Specifications

operating and storage

temperature range: From 20° to 50°C (from -4° to 122°F)

fēnix Chronos charging temperature range: from 0° to 45°C (from 32° to 113°F)

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

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