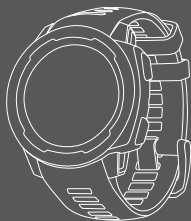


GARMIN.



Quick Start Manual

Introduction

WARNING

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

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

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 8).

4 Start an activity (page 6).

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.

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

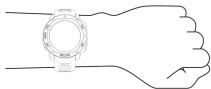
Power modes allow you to quickly adjust system settings, activity settings, and GPS settings to extend battery life during an activity. For example, power modes can disconnect paired sensors and turn on the UltraTrac GPS option. You can also create custom power modes.

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

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.

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)

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.

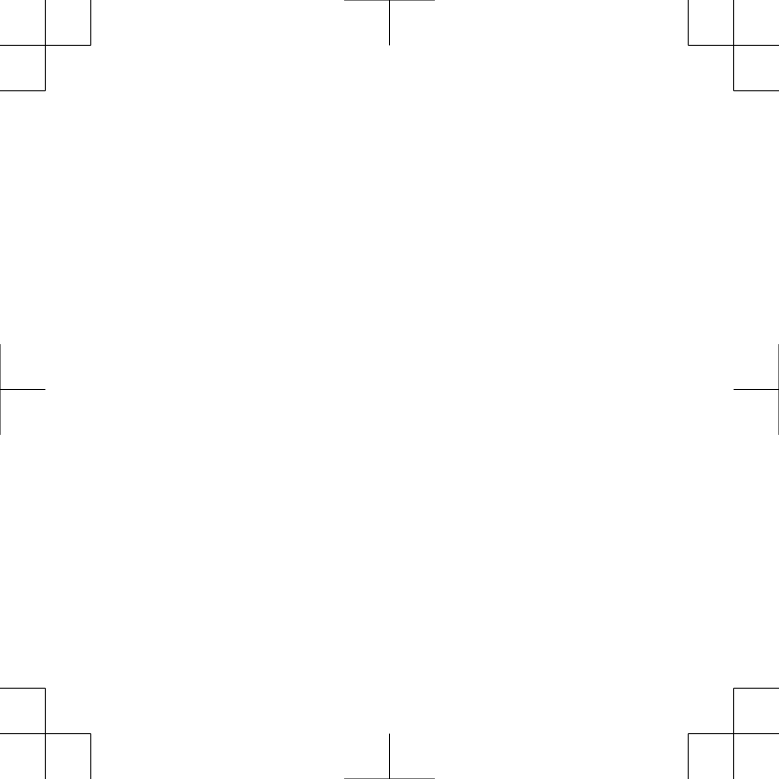
- Go to **support.garmin.com** for additional manuals, articles, and software updates.
- Go to **buy.garmin.com**, or contact your Garmin dealer for information about optional accessories and replacement parts.
- Go to **www.garmin.com/ataccuracy** for information about feature accuracy.

This is not a medical device.

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