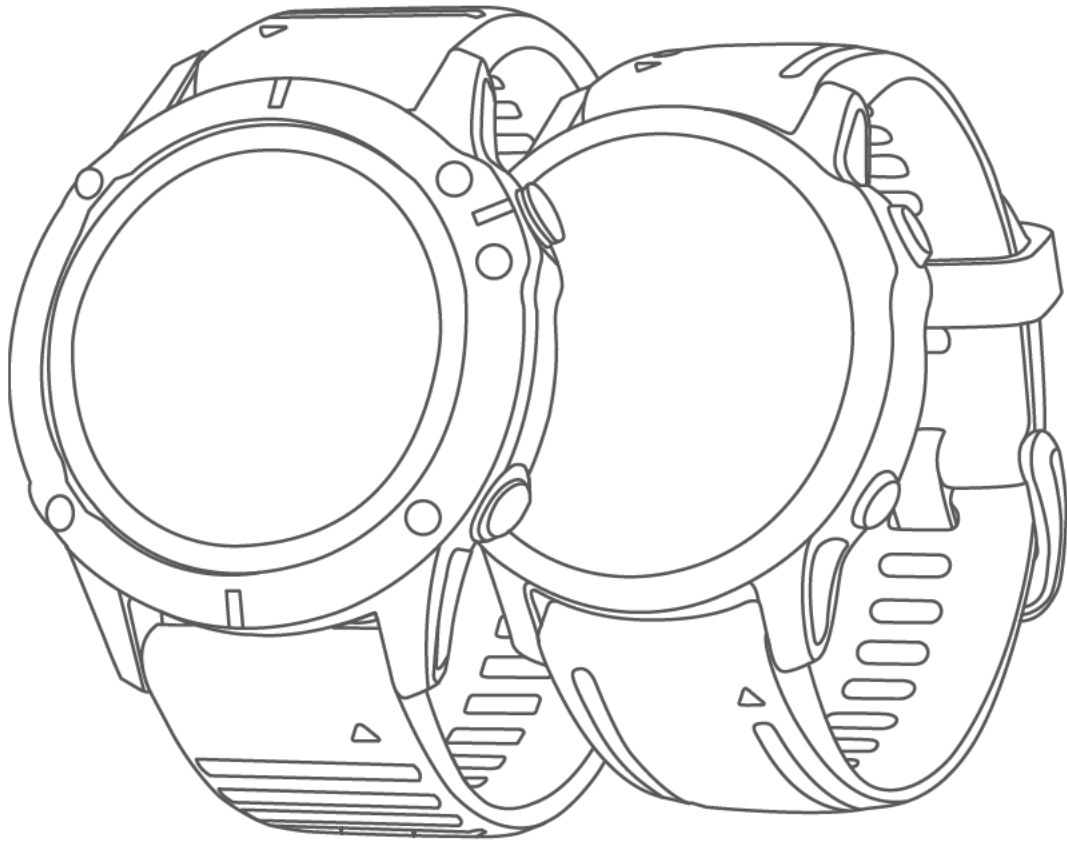


GARMIN.



# FENIX<sup>®</sup> 6 SERIES

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Owner's Manual

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# 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 **LIGHT** to turn on the watch (*Buttons, page 1*).
- 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 (*Pairing Your Smartphone with Your Watch, page 1*).

- 3 Charge the device completely (*Charging the Device, page 2*).
- 4 Start an activity (*Starting an Activity, page 2*).

## Buttons

### ① LIGHT

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

### 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 (*Activities and Apps, page 2*).
- Hold **MENU** to customize the watch face, adjust settings, and pair wireless sensors.

## 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.

**NOTE:** You can add, reorder, and remove the options in the controls menu (*Customizing the Controls Menu, page 31*).

- 1 From any screen, hold **LIGHT**.

- 2 Press **UP** or **DOWN** to scroll through the options.


## Viewing Widgets

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

- Press **UP** or **DOWN**.

The device scrolls through the widget loop and displays summary data for each widget.

- Press  to view widget details.

**TIP:** You can press **DOWN** to view additional screens for a widget, or press  to view additional options and functions for a widget.

- From any screen, hold **BACK** to return to the watch face.
- If you are recording an activity, press **BACK** to return to the activity data pages.

## Customizing the Watch


- From the watch face, hold **MENU** to change the watch face.
- From the widget screens, hold **MENU** to customize the widget options.
- From the controls menu, hold **MENU** to add, remove, and reorder the controls.
- From any screen, hold **MENU** to change additional settings.



## 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.

**TIP:** You can hold LIGHT, and select  to manually enter pairing mode.

- 4 Select an option to add your watch to your Garmin Connect account:
  - If this is the first time you are pairing a device with the Garmin Connect app, follow the on-screen instructions. If you already paired another device with the Garmin Connect app, from the  or  menu, select **Garmin Devices > Add Device**, and follow the on-screen instructions.

## 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 appendix.

- 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.

## Product Updates

On your computer, install Garmin Express™ ([www.garmin.com/express](http://www.garmin.com/express)). On your smartphone, install the Garmin Connect app.

This provides easy access to these services for Garmin® devices:

- Software updates
- Data uploads to Garmin Connect
- Product registration


### Setting Up Garmin Express

- 1 Connect the device to your computer using a USB cable.
- 2 Go to [www.garmin.com/express](http://www.garmin.com/express).
- 3 Follow the on-screen instructions.

## Solar Charging


The solar models have a transparent solar charging lens that charges your watch while you use it.

### Solar Watch Face

The watch face displays a graph of the intensity of solar input for the last 6 hours . You can customize the appearance of the watch face by holding MENU, and selecting the layout, colors, and additional data.

BATT 216

### 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

The fenix 6/6S Solar watch has a transparent solar charging lens that charges your watch while you use it. 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 (*Specifications, page 35*).

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

## 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 (*Connect IQ Features, page 10*).

For more information about activity tracking and fitness metric accuracy, go to [garmin.com/ataccuracy](http://garmin.com/ataccuracy).


### Starting an Activity

When you start an activity, GPS turns on automatically (if required).

- 1 From the watch face, press .
- 2 If this is the first time you have started an activity, select the checkbox next to each activity to add to your favorites, and select **Done**.



### 3 Select an option:

- Select an activity from your favorites.
- Select  and select an activity from the extended activity list.

### 4 If the activity requires GPS signals, go outside to an area with a clear view of the sky, and wait until the device is ready.

The device is ready after it establishes your heart rate, acquires GPS signals (if required), and connects to your wireless sensors (if required).

### 5 Press to start the activity timer.

The device records activity data only while the activity timer is running.

## Tips for Recording Activities

- Charge the device before starting an activity (*Charging the Device, page 2*).
- Press **LAP** to record laps, start a new set or pose, or advance to the next workout step.
- Press **UP** or **DOWN** to view additional data pages.

## Changing the Power Mode

You can change the power mode to extend battery life during an activity.

### 1 During an activity, hold **MENU**.

### 2 Select **Power Mode**.

### 3 Select an option.

The watch displays the hours of battery life gained with the selected power mode.

## Stopping an Activity



### 1 Press .

### 2 Select an option:

- To resume your activity, select **Resume**.
- To save the activity and return to watch mode, select **Save > Done**.
- To suspend your activity and resume it at a later time, select **Resume Later**.
- To mark a lap, select **Lap**.
- To navigate back to the starting point of your activity along the path you traveled, select **Back to Start > TracBack**.  
**NOTE:** This feature is available only for activities that use GPS.
- To navigate back to the starting point of your activity by the most direct path, select **Back to Start > Straight Line**.  
**NOTE:** This feature is available only for activities that use GPS.
- To discard the activity and return to watch mode, select **Discard > Yes**.

**NOTE:** After stopping the activity, the device saves it automatically after 30 minutes.

## Adding or Removing a Favorite Activity

The list of your favorite activities appears when you press  from the watch face, and it provides quick access to the activities you use most frequently. The first time you press  to start an activity, the device prompts you to select your favorite activities. You can add or remove favorite activities at any time.

### 1 Hold **MENU**.

### 2 Select **Activities & Apps**.

Your favorite activities appear at the top of the list with a white background. Other activities appear in the extended list with a black background.

### 3 Select an option:

- To add a favorite activity, select the activity, and select **Set as Favorite**.
- To remove a favorite activity, select the activity, and select **Remove from Favorites**.

## Creating a Custom Activity

### 1 From the watch face, press .

### 2 Select **Add**.

### 3 Select an option:

- Select **Copy Activity** to create your custom activity starting from one of your saved activities.
- Select **Other** to create a new custom activity.

### 4 If necessary, select an activity type.

### 5 Select a name or enter a custom name.

Duplicate activity names include a number, for example: Bike(2).

### 6 Select an option:

- Select an option to customize specific activity settings. For example, you can customize the data screens or auto features.
- Select **Done** to save and use the custom activity.

### 7 Select **Yes** to add the activity to your list of favorites.

## Indoor Activities

The fēnix device can be used for training indoors, such as running on an indoor track or using a stationary bike. GPS is turned off for indoor activities.

When running or walking with GPS turned off, speed, distance, and cadence are calculated using the accelerometer in the device. The accelerometer is self-calibrating. The accuracy of the speed, distance, and cadence data improves after a few outdoor runs or walks using GPS.

**TIP:** Holding the handrails of the treadmill reduces accuracy. You can use an optional foot pod to record pace, distance, and cadence.

When cycling with GPS turned off, speed and distance are not available unless you have an optional sensor that sends speed and distance data to the device (such as a speed or cadence sensor).

## Calibrating the Treadmill Distance

To record more accurate distances for your treadmill runs, you can calibrate the treadmill distance after you run at least 1.5 km (1 mi.) on a treadmill. If you use different treadmills, you can manually calibrate the treadmill distance on each treadmill or after each run.

### 1 Start a treadmill activity (*Starting an Activity, page 2*), and run at least 1.5 km (1 mi.) on the treadmill.

### 2 After you complete your run, select .

### 3 Select an option:

- To calibrate the treadmill distance the first time, select **Save**.  
The device prompts you to complete the treadmill calibration.
- To manually calibrate the treadmill distance after the first-time calibration, select **Calibrate & Save > Yes**.

### 4 Check the treadmill display for the distance traveled, and enter the distance on your device.

## Recording a Strength Training Activity

You can record sets during a strength training activity. A set is multiple repetitions (reps) of a single move.

### 1 From the watch face, press .

### 2 Select **Strength**.

The first time you record a strength training activity, you must select which wrist your watch is on.

3 Press **▲** to start the set timer.

4 Start your first set.

The device counts your reps. Your rep count appears when you complete at least four reps.

**TIP:** The device can only count reps of a single move for each set. When you want to change moves, you should finish the set and start a new one.

5 Press **LAP** to finish the set.

The watch displays the total reps for the set. After several seconds, the rest timer appears.

6 If necessary, press **DOWN**, and edit the number of reps.

**TIP:** You can also add the weight used for the set.

7 When you are done resting, press **LAP** to start your next set.

8 Repeat for each strength training set until your activity is complete.

9 After your last set, press **▲** to stop the set timer.

10 Select **Save**.

## Outdoor Activities

The fēnix device comes preloaded with outdoor activities, such as running and cycling. GPS is turned on for outdoor activities. You can add new activities based on default activities, such as walking or rowing. You can also add custom activities to your device (*Creating a Custom Activity*, page 3).

### Viewing Your Ski Runs

Your device records the details of each downhill skiing or snowboarding run using the auto run feature. This feature is turned on by default for downhill skiing and snowboarding. It automatically records new ski runs based on your movement. The timer pauses when you stop moving downhill and when you are on a chairlift. The timer remains paused during the chairlift ride. You can start moving downhill to restart the timer. You can view run details from the paused screen or while the timer is running.

1 Start a skiing or snowboarding activity.

2 Hold **MENU**.

3 Select **View Runs**.

4 Press **UP** and **DOWN** to view details of your last run, your current run, and your total runs.

The run screens include time, distance traveled, maximum speed, average speed, and total descent.

### Using the Metronome

The metronome feature plays tones at a steady rhythm to help you improve your performance by training at a faster, slower, or more consistent cadence.

**NOTE:** This feature is not available for all activities.

1 From the watch face, press **▲**.

2 Select an activity.

3 Hold **MENU**.

4 Select the activity settings.

5 Select **Metronome > Status > On**.

6 Select an option:

- Select **Beats / Minute** to enter a value based on the cadence you want to maintain.
- Select **Alert Frequency** to customize the frequency of the beats.
- Select **Sounds** to customize the metronome tone and vibration.

7 If necessary, select **Preview** to listen to the metronome feature before you run.

8 Go for a run (*Starting an Activity*, page 2).

The metronome starts automatically.

9 During your run, press **UP** or **DOWN** to view the metronome screen.

10 If necessary, hold **MENU** to change the metronome settings.

## Jumpmaster

### ⚠ WARNING

The jumpmaster feature is for use by experienced skydivers only. The jumpmaster feature should not be used as a primary skydiving altimeter. Failure to input the appropriate jump related information can lead to serious personal injury or death.

The jumpmaster feature follows military guidelines for calculating the high altitude release point (HARP). The device detects automatically when you have jumped to begin navigating toward the desired impact point (DIP) using the barometer and electronic compass.

## Multisport

Triathletes, duathletes, and other multisport competitors can take advantage of the multisport activities, such as Triathlon or Swimrun. During a multisport activity, you can transition between activities and continue to view your total time and distance. For example, you can switch from biking to running and view your total time and distance for biking and running throughout the multisport activity.

You can customize a multisport activity, or you can use the default triathlon activity set up for a standard triathlon.

### 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 From the watch face, press **▲**.

2 Select **Triathlon**.

3 Press **▲** to start the activity timer.

4 Press **LAP** at the beginning and end of each transition.

The transition feature can be turned on or off for the triathlon activity settings.

5 After you complete your activity, press **▲**, and select **Save**.

### Creating a Multisport Activity

1 From the watch face, press **▲**.

2 Select **Add > Multisport**.

3 Select a multisport activity type, or enter a custom name.

Duplicate activity names include a number. For example, Triathlon(2).

4 Select two or more activities.

5 Select an option:

- Select an option to customize specific activity settings. For example, you can select whether to include transitions.
- Select **Done** to save and use the multisport activity.

6 Select **Yes** to add the activity to your list of favorites.

## Swimming

### NOTICE

The device is intended for surface swimming. Scuba diving with the device may damage the product and will void the warranty.

### Swim Terminology

**Length:** One trip down the pool.

**Interval:** One or more consecutive lengths. A new interval starts after a rest.

**Stroke:** A stroke is counted every time your arm wearing the device completes a full cycle.

**Swolf:** Your swolf score is the sum of the time for one pool length and the number of strokes for that length. For example, 30 seconds plus 15 strokes equals a swolf score of 45. For open water swimming, swolf is calculated over 25 meters. Swolf is a measurement of swimming efficiency and, like golf, a lower score is better.

## Stroke Types

Stroke type identification is available only for pool swimming. Your stroke type is identified at the end of a length. Stroke types appear in your swimming history and in your Garmin Connect account. You can also select stroke type as a custom data field (*Customizing the Data Screens, page 27*).

Free	Freestyle
Back	Backstroke
Breast	Breaststroke
Fly	Butterfly
Mixed	More than one stroke type in an interval
Drill	Used with drill logging ( <i>Training with the Drill Log, page 5</i> )

## Tips for Swimming Activities

- Before starting a pool swimming activity, follow the on-screen instructions to select your pool size or enter a custom size.  
The next time you start a pool swimming activity, the device uses this pool size. You can hold **MENU**, select the activity settings, and select Pool Size to change the size.
- Press **LAP** to record a rest during pool swimming.  
The device automatically records swim intervals and lengths for pool swimming.
- Press **LAP** to record an interval during open water swimming.

## Resting During Pool Swimming

The default rest screen displays two rest timers. It also displays time and distance for the last completed interval.

**NOTE:** Swim data is not recorded during a rest.

- 1 During your swim activity, press **LAP** to start a rest.  
The display reverses to white text on a black background, and the rest screen appears.
- 2 During a rest, press **UP** or **DOWN** to view other data screens (optional).
- 3 Press **LAP**, and continue swimming.
- 4 Repeat for additional rest intervals.

## Training with the Drill Log

The drill log feature is available only for pool swimming. You can use the drill log feature to manually record kick sets, one-arm swimming, or any type of swimming that is not one of the four major strokes.

- 1 During your pool swim activity, press **UP** or **DOWN** to view the drill log screen.
- 2 Press **LAP** to start the drill timer.
- 3 After you complete a drill interval, press **LAP**.  
The drill timer stops, but the activity timer continues to record the entire swim session.
- 4 Select a distance for the completed drill.  
Distance increments are based on the pool size selected for the activity profile.
- 5 Select an option:
  - To start another drill interval, press **LAP**.

- To start a swim interval, press **UP** or **DOWN** to return to the swim training screens.

## Turning Off Wrist-based Heart Rate While Swimming

Wrist-based heart rate is turned on by default for swim activities. The device is also compatible with the HRM-Tri™ accessory and the HRM-Swim™ accessory. If both wrist-based heart rate and chest heart rate data are available, your device uses the chest heart rate data.



- 1 From the heart rate widget, hold **MENU**.  
**NOTE:** You may need to add the widget to your widget loop (*Customizing the Widget Loop, page 30*).
- 2 Select **Options > While Swimming > Off**.

## Golfing

### Playing Golf

Before you play a course for the first time, you must download it from the Garmin Connect app (*Garmin Connect, page 8*). Courses downloaded from the Garmin Connect app are updated automatically.

Before you play golf, you should charge the device (*Charging the Device, page 2*).

- 1 From the watch face, press .
- 2 Select **Golf**.
- 3 Go outside, and wait while the device locates satellites.
- 4 Select a course from the list of available courses.
- 5 Select **Yes** to keep score.
- 6 Select a tee box.
- 7 Press **UP** or **DOWN** to scroll through the holes.  
The device automatically transitions when you move to the next hole.
- 8 After you complete your round, press , and select **End Round**.

### Hole Information

The device shows the current hole you are playing, and automatically transitions when you move to a new hole.

**NOTE:** Because pin locations change, the device calculates the distance to the front, middle, and back of the green, but not the actual pin location.

①	Current hole number
②	Distance to the back of the green
③	Distance to the middle of the green
④	Distance to the front of the green
⑤	Par for the hole
⑥	Map of the green

### Big Numbers Mode



You can change the size of the numbers on the hole information screen.

Hold **MENU**, select the activity settings, and select **Big Numbers**.

①	The distance to the back of the green
②	The distance to the middle of the green or selected pin position
③	The distance to the front of the green
④	The current hole number
⑤	The par for the current hole

### Moving the Flag


You can take a closer look at the green and move the pin location.

- 1 From the hole information screen, press .
- 2 Select **Move Flag**.
- 3 Press **UP** or **DOWN** to move the pin position.
- 4 Press .

The distances on the hole information screen are updated to show the new pin location. The pin location is saved for only the current round.

### Viewing Hazards

You can view distances to hazards along the fairway for par 4 and 5 holes. Hazards that affect shot selection are displayed individually or in groups to help you determine the distance to layup or carry.

- 1 From the hole information screen, press .
- 2 Select **Hazards**.

- The distances to the front ① and back ② of the nearest hazard appear on the screen.
- The hazard type ③ is listed at the top of the screen.
- The green is represented as a half circle ④ at the top of the screen. The line below the green represents the center of the fairway.
- Hazards ⑤ are shown below the green in approximate locations relative to the fairway.

- 3 Press **UP** or **DOWN** to view other hazards for the current hole.

### Viewing Measured Shots

Before the device can automatically detect and measure shots, you must enable scoring.

Your device features automatic shot detection and recording. Each time you take a shot along the fairway, the device records your shot distance so you can view it later.

**TIP:** Automatic shot detection works best when you wear the device on your leading wrist and make good contact with the ball. Putts are not detected.

- 1 While playing golf, press .

- 2 Select **Measure Shot**.

Your last shot distance appears.

**NOTE:** The distance automatically resets when you hit the ball again, putt on the green, or move to the next hole.

- 3 Press **DOWN** to view all recorded shot distances.

### Viewing Layup and Dogleg Distances

You can view a list of layup and dogleg distances for par 4 and 5 holes. Custom targets also appear in this list.

- 1 From the hole information screen, press .

- 2 Select **Layups**.

Each layup and the distance until you reach each layup appear on the screen.

**NOTE:** Distances are removed from the list as you pass them.

### Saving Custom Targets

While playing a round, you can save up to five custom targets for each hole. Saving a target is useful for recording objects or obstacles that are not shown on the map. You can view the distances to these targets from the layup and dogleg screen ([Viewing Layup and Dogleg Distances, page 6](#)).

- 1 Stand near the target you want to save.

**NOTE:** You cannot save a target that is far from the currently selected hole.

- 2 From the hole information screen, press .

- 3 Select **Custom Targets**.

- 4 Select a target type.

### Keeping Score

- 1 From the hole information screen, press .

- 2 Select **Scorecard**.

The scorecard appears when you are on the green.

- 3 Press **UP** or **DOWN** to scroll through the holes.

- 4 Press  to select a hole.

- 5 Press **UP** or **DOWN** to set the score.

Your total score is updated.

### Updating a Score

- 1 From the hole information screen, press .

- 2 Select **Scorecard**.

- 3 Press **UP** or **DOWN** to scroll through the holes.

- 4 Press  to select a hole.

- 5 Press **UP** or **DOWN** to change the score for that hole.

Your total score is updated.

### Setting the Scoring Method

You can change the method the device uses to keep score.

- 1 From the hole information screen, hold **MENU**.

- 2 Select the activity settings.

- 3 Select **Scoring Method**.

- 4 Select a scoring method.

### About Stableford Scoring

When you select the Stableford scoring method ([Setting the Scoring Method, page 6](#)), points are awarded based on the number of strokes taken relative to par. At the end of a round, the highest score wins. The device awards points as specified by the United States Golf Association.

The scorecard for a Stableford scored game shows points instead of strokes.

0	Strokes Taken Relative to Pa	2 or more over
11		

Points	Strokes Taken Relative to Par
2	Par
3	1 under
4	2 under
5	3 under

### Setting Your Handicap

- 1 From the hole information screen, hold **MENU**.
- 2 Select the activity settings.
- 3 Select **Handicap Scoring**.
- 4 Select a handicap scoring option:
  - To enter the number of strokes to be subtracted from your total score, select **Local Handicap**.
  - To enter the player's handicap index and the course slope rating used to calculate your course handicap, select **Index/Slope**.
- 5 Set your handicap.

### Enabling Statistics Tracking

The Stat Tracking feature enables detailed statistics tracking while playing golf.

- 1 From the hole information screen, hold **MENU**.
- 2 Select the activity settings.
- 3 Select **Stat Tracking** to enable tracking statistics.

### Recording Statistics

Before you can record statistics, you must enable statistics tracking (*Enabling Statistics Tracking, page 7*).

- 1 From the scorecard, select a hole.
- 2 Enter the number of strokes taken, and press **▲**.
- 3 Set the number of putts taken, and press **▲**.
- 4 If necessary, select an option:

**NOTE:** If you are on a par 3 hole, fairway information does not appear.

  - If your ball hit the fairway, select **In Fairway**.
  - If your ball missed the fairway, select **Missed Right** or **Missed Left**.
- 5 If necessary, enter the number of penalty strokes.

### TruSwing™

The TruSwing feature allows you to view swing metrics recorded from your TruSwing device. Go to [www.garmin.com/golf](http://www.garmin.com/golf) to purchase a TruSwing device.

### Using the Golf Odometer

You can use the odometer to record the time, distance, and steps traveled. The odometer automatically starts and stops when you start or end a round.

- 1 From the hole information screen, press **▲**.
- 2 Select **Odometer**.
- 3 If necessary, select **Reset** to reset the odometer to zero.

### Viewing the Direction to the Pin

The PinPointer feature is a compass that provides directional assistance when you are unable to see the green. This feature can help you line up a shot even if you are in the woods or in a deep sand trap.

**NOTE:** Do not use the PinPointer feature while in a golf cart. Interference from the golf cart can affect the accuracy of the compass.

- 1 From the hole information screen, press **▲**.
- 2 Select **PinPointer**.  
The arrow points to the pin location.

## Starting an Expedition

You can use the **Expedition** app to prolong the battery life while recording a multi-day activity.

- 1 From the watch face, press **▲**.
- 2 Select **Expedition**.
- 3 Press **▲** to start the activity timer.

The device enters low power mode and collects GPS track points once an hour. To maximize battery life, the device turns off all sensors and accessories, including the connection to your smartphone.

### Changing the Track Point Recording Interval

During an expedition, GPS track points are recorded once an hour by default. You can change how often GPS track points are recorded. Recording track points less frequently maximizes battery life.

**NOTE:** To maximize battery life, GPS track points are not recorded after sunset. You can customize this option in the activity settings.

- 1 From the watch face, press **▲**.
- 2 Select **Expedition**.
- 3 Hold **MENU**.
- 4 Select the activity settings.
- 5 Select **Recording Interval**.
- 6 Select an option.

### Recording a Track Point Manually

During an expedition, track points are recorded automatically based on the selected recording interval. You can manually record a track point at any time.

- 1 During an expedition, press **UP** or **DOWN** to view the map page.
- 2 Press **▲**.
- 3 Select **Add Point**.

### Viewing Track Points

- 1 During an expedition, press **UP** or **DOWN** to view the map page.
- 2 Press **▲**.
- 3 Select **View Points**.
- 4 Select a track point from the list.
- 5 Select an option:
  - To start navigating to the track point, select **Go To**.
  - To view detailed information about the track point, select **Details**.

## Connected Features

Connected features are available for your fēnix device when you connect the device to a compatible smartphone using Bluetooth technology. Some features require you to install the Garmin Connect app on the connected smartphone. Go to [www.garmin.com/apps](http://www.garmin.com/apps) for more information.

**Phone notifications:** Displays phone notifications and messages on your fēnix device.

**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.

**GroupTrack:** Allows you to keep track of your connections using LiveTrack directly on screen and in real time.

**Activity uploads to Garmin Connect:** Automatically sends your activity to your Garmin Connect account as soon as you finish recording the activity.

**Connect IQ:** Allows you to extend your device features with new watch faces, widgets, apps, and data fields.

**Software Updates:** Allows you to update your device software.

**Weather:** Allows you to view current weather conditions and weather forecasts.

**Bluetooth sensors:** Allows you to connect Bluetooth compatible sensors, such as a heart rate monitor.

**Find my phone:** Locates your lost smartphone that is paired with your fēnix device and currently within range.


**Find my device:** Locates your lost fēnix device that is paired with your smartphone and currently within range.

## Enabling Bluetooth Notifications

Before you can enable notifications, you must pair the fēnix device with a compatible mobile device (*Pairing Your Smartphone with Your Watch, page 1*).

- 1 Hold **MENU**.
- 2 Select **Phone > Smart Notifications > Status > On**.
- 3 Select **During Activity**.
- 4 Select a notification preference.
- 5 Select a sound preference.
- 6 Select **Not During Activity**.
- 7 Select a notification preference.
- 8 Select a sound preference.
- 9 Select **Privacy**.
- 10 Select a privacy preference.
- 11 Select **Timeout**.
- 12 Select the amount of time the alert for a new notification appears on the screen.
- 13 Select **Signature** to add a signature to your text message replies.

## Viewing Notifications

- 1 From the watch face, press **UP** or **DOWN** to view the notifications widget.
- 2 Press .
- 3 Select a notification.
- 4 Press **DOWN** for more options.
- 5 Press **BACK** to return to the previous screen.

## Receiving an Incoming Phone Call

When you receive a phone call on your connected smartphone, the fēnix device displays the name or phone number of the caller.

- To accept the call, select **Accept**.  
**NOTE:** To talk to the caller, you must use your connected smartphone.
- To decline the call, select **Decline**.
- To decline the call and immediately send a text message reply, select **Reply**, and select a message from the list.  
**NOTE:** This feature is available only if your device is connected to an Android™ smartphone.


## Replying to a Text Message

**NOTE:** This feature is available only for smartphones with Android.

When you receive a text message notification on your fēnix device, you can send a quick reply by selecting from a list of messages. You can customize messages in the Garmin Connect app.

**NOTE:** This feature sends text messages using your phone. Regular text message limits and charges from your carrier and

phone plan may apply. Contact your mobile carrier for more information about text message charges or limits.

- 1 From the watch face, press **UP** or **DOWN** to view the notifications widget.
- 2 Press , and select a text message notification.
- 3 Press **DOWN**.
- 4 Select **Reply**.
- 5 Select a message from the list.  
Your phone sends the selected message as an SMS text message.

## Managing Notifications

You can use your compatible smartphone to manage notifications that appear on your fēnix device.


Select an option:

- If you are using an iPhone® device, go to the notifications settings to select the items to show on the device.
- If you are using an Android smartphone, from the Garmin Connect app, select **Settings > Smart Notifications**.

## Turning Off the Bluetooth Smartphone Connection

You can turn off the Bluetooth smartphone connection from the controls menu.

**NOTE:** You can add options to the controls menu (*Customizing the Controls Menu, page 31*).

- 1 Hold **LIGHT** to view the controls menu.
- 2 Select  to turn off the Bluetooth smartphone connection on your fēnix device.  
Refer to the owner's manual for your mobile device to turn off Bluetooth technology on your mobile device.

## Turning On and Off Smartphone Connection Alerts


You can set the fēnix device to alert you when your paired smartphone connects and disconnects using Bluetooth wireless technology.

**NOTE:** Smartphone connection alerts are turned off by default.

- 1 Hold **MENU**.
- 2 Select **Phone > Alerts**.

## Locating a Lost Mobile Device

You can use this feature to help locate a lost mobile device that is paired using Bluetooth wireless technology and currently within range.

- 1 Hold **LIGHT** to view the controls menu.
- 2 Select .
- The fēnix device begins searching for your paired mobile device. An audible alert sounds on your mobile device, and the Bluetooth signal strength displays on the fēnix device screen. The Bluetooth signal strength increases as you move closer to your mobile device.
- 3 Select **BACK** to stop searching.

## Garmin Connect

Your Garmin Connect account allows you to track your performance and connect with your friends. It gives you the tools to track, analyze, share, and encourage each other. You can record the events of your active lifestyle, including runs, walks, rides, swims, hikes, golf games, and more.

You can create your free Garmin Connect account when you pair your device with your phone using the Garmin Connect app.

You can also create an account when you set up the Garmin Express application ([www.garmin.com/express](http://www.garmin.com/express)).

**Store your activities:** After you complete and save a timed activity with your device, you can upload that activity to your Garmin Connect account and keep it as long as you want.

**Analyze your data:** You can view more detailed information about your fitness and outdoor activities, including time, distance, heart rate, calories burned, cadence, an overhead map view, and pace and speed charts. You can view more detailed information about your golf games, including scorecards, statistics, and course information. You can also view customizable reports.

**NOTE:** To view some data, you must pair an optional wireless sensor with your device (*Pairing Your Wireless Sensors*, page 34).

**Track your progress:** You can track your daily steps, join a friendly competition with your connections, and meet your goals.

**Share your activities:** You can connect with friends to follow each other's activities or post links to your activities on your favorite social networking sites.

**Manage your settings:** You can customize your device and user settings on your Garmin Connect account.

### Updating the Software Using the Garmin Connect App

Before you can update your device software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the device with a compatible smartphone (*Pairing Your Smartphone with Your Watch*, page 1).

Sync your device with the Garmin Connect app (*Manually Syncing Data with Garmin Connect*, page 9).

When new software is available, the Garmin Connect app automatically sends the update to your device.

### Updating the Software Using Garmin Express

Before you can update your device software, you must download and install the Garmin Express application and add your device (*Using Garmin Connect on Your Computer*, page 9).

- 1 Connect the device to your computer using the USB cable. When new software is available, the Garmin Express application sends it to your device.
- 2 After the Garmin Express application finishes sending the update, disconnect the device from your computer. Your device installs the update.


### Using Garmin Connect on Your Computer

The Garmin Express application connects your device to your Garmin Connect account using a computer. You can use the Garmin Express application to upload your activity data to your Garmin Connect account and to send data, such as workouts or training plans, from the Garmin Connect website to your device.

You can also install device software updates and manage your Connect IQ apps.

- 1 Connect the device to your computer using the USB cable.
- 2 Go to [www.garmin.com/express](http://www.garmin.com/express).
- 3 Download and install the Garmin Express application.
- 4 Open the Garmin Express application, and select **Add Device**.
- 5 Follow the on-screen instructions.

### Manually Syncing Data with Garmin Connect

- 1 Hold **LIGHT** to view the controls menu.
- 2 Select .

### Garmin Golf™ App

The Garmin Golf app allows you to upload scorecards from your compatible Garmin device to view detailed statistics and shot analyses. Golfers can compete with each other at different courses using the Garmin Golf app. More than 41,000 courses have leaderboards that anyone can join. You can set up a tournament event and invite players to compete.

The Garmin Golf app syncs your data with your Garmin Connect account. You can download the Garmin Golf app from the app store on your smartphone.

### Garmin Explore™

The Garmin Explore website and mobile app allow you to plan trips and use cloud storage for your waypoints, routes, and tracks. They offer advanced planning both online and offline, allowing you to share and sync data with your compatible Garmin device. You can use the mobile app to download maps for offline access, and then navigate anywhere without using your cellular service.

You can download the Garmin Explore app from the app store on your smartphone, or you can go to [explore.garmin.com](http://explore.garmin.com).

## Safety and Tracking Features

### ⚠ CAUTION

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 fēnix 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.

For more information about incident detection and assistance, go to [garmin.com/safety](http://garmin.com/safety).

**Assistance:** Allows you to send an automated message with your name, LiveTrack link, and GPS location to your emergency contacts.

**Incident detection:** When the fēnix 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.


## Adding Emergency Contacts

Emergency contact phone numbers are used for the incident detection and assistance features.

- 1 From the Garmin Connect app, select  or **...**.
- 2 Select **Safety & Tracking > Incident Detection & Assistance > Add Emergency Contact**.
- 3 Follow the on-screen instructions.

## Adding Contacts

You can add up to 50 contacts to the Garmin Connect app. Contact emails can be used with the LiveTrack feature. Three of these contacts can be used as emergency contacts ([Adding Emergency Contacts, page 10](#)).

- 1 From the Garmin Connect app, select  or **...**.
- 2 Select **Contacts**.
- 3 Follow the on-screen instructions.

After you add contacts, you must sync your data to apply the changes to your fēnix device ([Manually Syncing Data with Garmin Connect, page 9](#)).

## Turning Incident Detection On and Off

- 1 Hold **MENU**.
- 2 Select **Safety & Tracking > Incident Detection**.
- 3 Select an activity.

**NOTE:** Incident detection is available only for outdoor walk, run, and bike activities.

When an incident is detected by your fēnix device with GPS enabled, the Garmin Connect app can send an automated text message and email with your name and GPS location to your emergency contacts. A message appears indicating your contacts will be informed after 30 seconds have elapsed. You can select **Cancel** before the countdown is complete to cancel the message.

## Requesting Assistance

Before you can request assistance, you must set up emergency contacts ([Adding Emergency Contacts, page 10](#)).

- 1 Hold the **LIGHT** key.
- 2 When you feel three vibrations, release the key to activate the assistance feature.

The countdown screen appears.

**TIP:** You can select **Cancel** before the countdown is complete to cancel the message.

## Starting a GroupTrack Session

Before you can start a GroupTrack session, you must have a Garmin Connect account, a compatible smartphone, and the Garmin Connect app.

These instructions are for starting a GroupTrack session with fēnix devices. If your connections have other compatible devices, you can see them on the map. The other devices may not be able to display GroupTrack riders on the map.

- 1 Go outside, and turn on the fēnix device.
- 2 Pair your smartphone with the fēnix device ([Pairing Your Smartphone with Your Watch, page 1](#)).
- 3 On the fēnix device, hold **MENU**, and select **Safety & Tracking > GroupTrack > Show on Map** to enable viewing connections on the map screen.

- 4 In the Garmin Connect app, from the settings menu, select **Safety & Tracking > LiveTrack > GroupTrack**.
- 5 If you have more than one compatible device, select a device for the GroupTrack session.
- 6 Select **Visible to > All Connections**.
- 7 Select **Start LiveTrack**.
- 8 On the fēnix device, start an activity.
- 9 Scroll to the map to view your connections.

**TIP:** From the map, you can hold **MENU** and select **Nearby Connections** to view distance, direction, and pace or speed information for other connections in the GroupTrack session.

## Tips for GroupTrack Sessions

The GroupTrack feature allows you to keep track of other connections in your group using LiveTrack directly on the screen. All members of the group must be your connections in your Garmin Connect account.

- Start your activity outside using GPS.
- Pair your fēnix device with your smartphone using Bluetooth technology.
- In the Garmin Connect app, from the settings menu, select **Connections** to update the list of connections for your GroupTrack session.
- Make sure all of your connections pair to their smartphones and start a LiveTrack session in the Garmin Connect app.
- Make sure all your connections are in range (40 km or 25 mi.).
- During a GroupTrack session, scroll to the map to view your connections ([Adding a Map to an Activity, page 27](#)).

## GroupTrack Settings

Hold **MENU**, and select **Safety & Tracking > GroupTrack**.

**Show on Map:** Enables you to view connections on the map screen during a GroupTrack session.

**Activity Types:** Allows you to select which activity types appear on the map screen during a GroupTrack session.

## 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.

**Watch Faces:** Allow you to customize the appearance of the clock.

**Data Fields:** Allow you to download new data fields that present sensor, activity, and history data in new ways. You can add Connect IQ data fields to built-in features and pages.

**Widgets:** Provide information at a glance, including sensor data and notifications.

**Apps:** Add interactive features to your watch, such as new outdoor and fitness activity types.

## Downloading Connect IQ Features

Before you can download features from the Connect IQ app, you must pair your fēnix device with your smartphone ([Pairing Your Smartphone with Your Watch, page 1](#)).

- 1 From the app store on your smartphone, install and open the Connect IQ app.
- 2 If necessary, select your device.
- 3 Select a Connect IQ feature.
- 4 Follow the on-screen instructions.



## Downloading Connect IQ Features Using Your Computer



- 1 Connect the device to your computer using a USB cable.
- 2 Go to [apps.garmin.com](https://apps.garmin.com), and sign in.
- 3 Select a Connect IQ feature, and download it.
- 4 Follow the on-screen instructions.

## Garmin Pay

The Garmin Pay feature allows you to use your watch to pay for purchases in participating stores using credit or debit cards from a participating financial institution.

### Setting Up Your Garmin Pay Wallet


You can add one or more participating credit or debit cards to your Garmin Pay wallet. Go to [garmin.com/garminpay/banks](https://garmin.com/garminpay/banks) to find participating financial institutions.

- 1 From the Garmin Connect app, select  or .
- 2 Select **Garmin Devices**, and select your fēnix device.
- 3 Select **Garmin Pay > Create Your Wallet**.
- 4 Follow the on-screen instructions.

### Paying for a Purchase Using Your Watch

Before you can use your watch to pay for purchases, you must set up at least one payment card.


You can use your watch to pay for purchases in a participating store.

- 1 Hold **LIGHT**.
- 2 Select .
- 3 Enter your four-digit passcode.  
**NOTE:** If you enter your passcode incorrectly three times, your wallet locks, and you must reset your passcode in the Garmin Connect app.  
Your most recently used payment card appears.
- 4 If you have added multiple cards to your Garmin Pay wallet, select **DOWN** to change to another card (optional).
- 5 Within 60 seconds, hold your watch near the payment reader, with the watch facing the reader.  
The watch vibrates and displays a check mark when it is finished communicating with the reader.
- 6 If necessary, follow the instructions on the card reader to complete the transaction.

**TIP:** After you successfully enter your passcode, you can make payments without a passcode for 24 hours while you continue to wear your watch. If you remove the watch from your wrist or disable heart rate monitoring, you must enter the passcode again before making a payment.

### Adding a Card to Your Garmin Pay Wallet

You can add up to ten credit or debit cards to your Garmin Pay wallet.

- 1 From the fēnix device page in the Garmin Connect app, select **Garmin Pay >** .
- 2 Follow the on-screen instructions to enter the card information and add the card to your wallet.

After the card is added, you can select the card on your watch when you make a payment.

### Managing Your Garmin Pay Wallet

You can view detailed information about each of your payment cards, and you can suspend, activate, or delete a card. You can also suspend or delete your whole Garmin Pay wallet.

**NOTE:** In some countries, participating financial institutions may restrict the wallet features.

- 1 From the fēnix device page in the Garmin Connect app, select **Garmin Pay > Manage Your Wallet**.
- 2 Select an option:
  - To suspend a specific card, select the card, and select **Suspend**.  
The card must be active to make purchases using your fēnix device.
  - To temporarily suspend all cards in your wallet, select **Suspend Wallet**.  
You cannot pay using your fēnix device until you unsuspend at least one card using the app.
  - To unsuspend your suspended wallet, select **Unsuspend Wallet**.
  - To delete a specific card, select the card, and select **Delete**.  
The card is completely deleted from your wallet. If you want to add this card to your wallet in the future, you must enter the card information again.
  - To delete all cards in your wallet, select **Delete Wallet**.  
Your Garmin Pay wallet and all the card information associated with it are deleted. You cannot pay using your fēnix device until you create a new wallet and add a card.

### Changing Your Garmin Pay Passcode

You must know your current passcode to change it. Your passcode cannot be recovered. If you forget your passcode, you must delete your wallet, create a new one, and reenter your card information.

You can change the passcode required to access your Garmin Pay wallet on your fēnix device.

- 1 From the fēnix device page in the Garmin Connect app, select **Garmin Pay > Reset Passcode**.
- 2 Follow the on-screen instructions.

The next time you pay using your fēnix device, you must enter the new passcode.

## Heart Rate Features

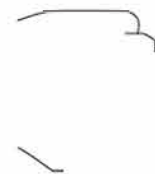
The fēnix device has a wrist-based heart rate monitor and is also compatible with chest heart rate monitors (sold separately). You can view heart rate data on the heart rate widget. If both wrist-based heart rate and chest heart rate data are available, your device uses the chest heart rate data.

### Wrist-based Heart Rate

#### 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 [Tips for Erratic Heart Rate Data](#), page 12 for more information about wrist-based heart rate.
- See [Tips for Erratic Pulse Oximeter Data](#), page 19 for more information about the pulse oximeter sensor.
- For more information about accuracy, go to [garmin.com/ataccuracy](http://garmin.com/ataccuracy).

### Tips for Erratic Heart Rate Data

If the heart rate data is erratic or does not appear, you can try these tips.

- Clean and dry your arm before putting on the device.
- Avoid wearing sunscreen, lotion, and insect repellent under the device.
- Avoid scratching the heart rate sensor on the back of the device.
- Wear the device above your wrist bone. The device should be snug but comfortable.
- Wait until the ♥ icon is solid before starting your activity.
- Warm up for 5 to 10 minutes and get a heart rate reading before starting your activity.
  - NOTE:** In cold environments, warm up indoors.
- Rinse the device with fresh water after each workout.
- While exercising, use a silicone band.

### Viewing the Heart Rate Widget

- 1 From the watch face, press **UP** or **DOWN** to view the heart rate widget.

**NOTE:** You may need to add the widget to your widget loop ([Customizing the Widget Loop](#), page 30).

- 2 Press **▲** to view your current heart rate in beats per minute (bpm) and a graph of your heart rate for the last 4 hours.
- 3 Press **DOWN** to view your average resting heart rate values for the last 7 days.

### Broadcasting Heart Rate Data to Garmin Devices

You can broadcast your heart rate data from your fēnix device and view it on paired Garmin devices.

**NOTE:** Broadcasting heart rate data decreases battery life.

- 1 From the heart rate widget, hold **MENU**.
- 2 Select **Options > Broadcast Heart Rate**.  
The fēnix device starts broadcasting your heart rate data, and (♥) appears.

**NOTE:** You can view only the heart rate widget while broadcasting heart rate data from the heart rate widget.

- 3 Pair your fēnix device with your Garmin ANT+® compatible device.

**NOTE:** The pairing instructions differ for each Garmin compatible device. See your owner's manual.

**TIP:** To stop broadcasting your heart rate data, press any button, and select Yes.

### Broadcasting Heart Rate Data During an Activity

You can set up your fēnix device to broadcast your heart rate data automatically when you begin an activity. For example, you can broadcast your heart rate data to an Edge® device while cycling, or to a VIRB® action camera during an activity.

**NOTE:** Broadcasting heart rate data decreases battery life.

- 1 From the heart rate widget, hold **MENU**.
- 2 Select **Options > Broadcast During Activity**.
- 3 Begin an activity ([Starting an Activity](#), page 2).

The fēnix device starts broadcasting your heart rate data in the background.

**NOTE:** There is no indication that the device is broadcasting your heart rate data during an activity.

- 4 If necessary, pair your fēnix device with your Garmin ANT+ compatible device.

**NOTE:** The pairing instructions differ for each Garmin compatible device. See your owner's manual.

**TIP:** To stop broadcasting your heart rate data, stop the activity ([Stopping an Activity](#), page 3).

### Setting an Abnormal Heart Rate Alert

You can set the device to alert you when your heart rate exceeds a certain number of beats per minute (bpm) after a period of inactivity.

- 1 From the heart rate widget, hold **MENU**.
- 2 Select **Options > Abnormal HR Alert > Status > On**.
- 3 Select **Alert Threshold**.
- 4 Select a heart rate threshold value.

Each time you exceed the threshold value, a message appears and the device vibrates.

### Turning Off the Wrist-based Heart Rate Monitor

The default value for the Wrist Heart Rate setting is Auto. The device automatically uses the wrist-based heart rate monitor unless you pair an ANT+ heart rate monitor to the device.

**NOTE:** Disabling the wrist-based heart rate monitor also disables the wrist-based pulse oximeter sensor. You can perform a manual reading from the pulse oximeter widget.

- 1 From the heart rate widget, hold **MENU**.
- 2 Select **Options > Status > Off**.

### Running Dynamics

You can use your compatible fēnix device paired with the HRM-Tri accessory or other 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:** Cadence is the number of steps per minute. It displays the total steps (right and left combined).

**Vertical oscillation:** Vertical oscillation is your bounce while running. It displays the vertical motion of your torso, measured in centimeters.

**Ground contact time:** Ground contact time is the amount of time in each step that you spend on the ground while running. It is measured in milliseconds.

**NOTE:** Ground contact time and balance are not available while walking.

**Ground contact time balance:** Ground contact time balance displays the left/right balance of your ground contact time while running. It displays a percentage. For example, 53.2 with an arrow pointing left or right.

**Stride length:** Stride length is the length of your stride from one footfall to the next. It is measured in meters.

**Vertical ratio:** Vertical ratio is the ratio of vertical oscillation to stride length. It displays a percentage. A lower number typically indicates better running form.

### Training with Running Dynamics

Before you can view running dynamics, you must put on a running dynamics accessory, such as the HRM-Tri accessory, and pair it with your device ([Pairing Your Wireless Sensors](#), page 34).

- 1 Hold **MENU**.
- 2 Select **Activities & Apps**.
- 3 Select an activity.
- 4 Select the activity settings.
- 5 Select **Data Screens > Add New**.

6 Select a running dynamics data screen.

**NOTE:** The running dynamics screens are not available for all activities.

7 Go for a run (*Starting an Activity*, page 2).

8 Select **UP** or **DOWN** to open a running dynamics screen to view your metrics.

### Color Gauges and Running Dynamics Data

The running dynamics screens display a color gauge for the primary metric. You can display cadence, vertical oscillation, ground contact time, ground contact time balance, or vertical ratio as the primary metric. The color gauge shows you how your running dynamics data compare to those of other runners. The color zones are based on percentiles.

Garmin has researched many runners of all different levels. The data values in the red or orange zones are typical for less experienced or slower runners. The data values in the green, blue, or purple zones are typical for more experienced or faster runners. More experienced runners tend to exhibit shorter ground contact times, lower vertical oscillation, lower vertical ratio, and higher cadence than less experienced runners. However, taller runners typically have slightly slower cadences, longer strides, and slightly higher vertical oscillation. Vertical ratio is your vertical oscillation divided by stride length. It is not correlated with height.

Go to [www.garmin.com/runningdynamics](http://www.garmin.com/runningdynamics) for more information on running dynamics. For additional theories and interpretations of running dynamics data, you can search reputable running publications and websites.

Color Zone	Percentile in Zone	Cadence Range	Ground Contact Time Range
Purple	>95	>183 spm	<218 ms
Blue	70–95	174–183 spm	218–248 ms
Green	30–69	164–173 spm	249–277 ms
Orange	5–29	153–163 spm	278–308 ms
Red	<5	<153 spm	>308 ms

### Ground Contact Time Balance Data

Ground contact time balance measures your running symmetry and appears as a percentage of your total ground contact time. For example, 51.3% with an arrow pointing left indicates the runner is spending more time on the ground when on the left foot. If your data screen displays both numbers, for example 48–52, 48% is the left foot and 52% is the right foot.

Color Zone	Red	Orange	Green	Orange	Red
<b>Symmetry</b>	Poor	Fair	Good	Fair	Poor
<b>Percent of Other Runners</b>	5%	25%	40%	25%	5%
<b>Ground Contact Time Balance</b>	>52.2% L	50.8–52.2% L	50.7% L–50.7% R	50.8–52.2% R	>52.2% R

While developing and testing running dynamics, the Garmin team found correlations between injuries and greater imbalances with certain runners. For many runners, ground contact time balance tends to deviate further from 50–50 when running up or down hills. Most running coaches agree that a symmetrical running form is good. Elite runners tend to have quick and balanced strides.

You can watch the color gauge or data field during your run or view the summary on your Garmin Connect account after your run. As with the other running dynamics data, ground contact time balance is a quantitative measurement to help you learn about your running form.


### Vertical Oscillation and Vertical Ratio Data

The data ranges for vertical oscillation and vertical ratio are slightly different depending on the sensor and whether it is positioned at the chest (HRM-Tri or HRM-Run™ accessories) or at the waist (Running Dynamics Pod accessory).

Color Zone	Percentile in Zone	Vertical Oscillation Range at Chest	Vertical Oscillation Range at Waist	Vertical Ratio at Chest	Vertical Ratio at Waist
Purple	>95	<6.4 cm	<6.8 cm	<6.1%	<6.5%
Blue	70–95	6.4–8.1 cm	6.8–8.9 cm	6.1–7.4%	6.5–8.3%
Green	30–69	8.2–9.7 cm	9.0–10.9 cm	7.5–8.6%	8.4–10.0%
Orange	5–29	9.8–11.5 cm	11.0–13.0 cm	8.7–10.1%	10.1–11.9%
Red	<5	>11.5 cm	>13.0 cm	>10.1%	>11.9%

### Tips for Missing Running Dynamics Data

If running dynamics data does not appear, you can try these tips.

- Make sure you have a running dynamics accessory, such as the HRM-Tri accessory.  
Accessories with running dynamics have  on the front of the module.
- Pair the running dynamics accessory with your fēnix device again, according to the instructions.
- If the running dynamics data display shows only zeros, make sure the accessory is worn right-side up.  
**NOTE:** Ground contact time and balance appears only while running. It is not calculated while walking.

### Performance Measurements

These performance measurements are estimates that can help you track and understand your training activities and race performances. The measurements require a few activities using wrist-based heart rate or a compatible chest heart rate monitor. Cycling performance measurements require a heart rate monitor and a power meter.

These estimates are provided and supported by Firstbeat. For more information, go to [garmin.com/performance-data/running](http://garmin.com/performance-data/running).

**NOTE:** The estimates may seem inaccurate at first. The device requires you to complete a few activities to learn about your performance.

**VO2 max.:** VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance.

**Predicted race times:** Your device uses the VO2 max. estimate and your training history to provide a target race time based on your current state of fitness.

**HRV stress test:** The heart rate variability (HRV) stress test requires a Garmin chest heart rate monitor. The device records your heart rate variability while standing still for 3 minutes. It provides your overall stress level. The scale is 1 to 100, and a lower score indicates a lower stress level.

**Performance condition:** Your performance condition is a real-time assessment after 6 to 20 minutes of activity. It can be added as a data field so you can view your performance condition during the rest of your activity. It compares your real-time condition to your average fitness level.

**Functional threshold power (FTP):** The device uses your user profile information from the initial setup to estimate your FTP. For a more accurate rating, you can conduct a guided test.

**Lactate threshold:** Lactate threshold requires a chest heart rate monitor. Lactate threshold is the point where your muscles start to rapidly fatigue. Your device measures your lactate threshold level using heart rate data and pace.

### Turning Off Performance Notifications

Some performance notifications appear upon completion of your activity. Some performance notifications appear during an activity or when you achieve a new performance measurement, such as a new VO2 max. estimate. You can turn off the performance condition feature to avoid some of these notifications.

- 1 Hold **MENU**.
- 2 Select **Physiological Metrics > Perf. Condition**.

### Detecting Performance Measurements Automatically

The Auto Detection feature is turned on by default. The device can automatically detect your maximum heart rate and lactate threshold during an activity. When paired with a compatible power meter, the device can automatically detect your functional threshold power (FTP) during an activity.

**NOTE:** The device detects a maximum heart rate only when your heart rate is higher than the value set in your user profile.

- 1 Hold **MENU**.
- 2 Select **Physiological Metrics > Auto Detection**.
- 3 Select an option.

### Syncing Activities and Performance Measurements

You can sync activities and performance measurements from other Garmin devices to your fēnix device using your Garmin Connect account. This allows your device to more accurately reflect your training status and fitness. For example, you can record a ride with an Edge device, and view your activity details and overall training load on your fēnix device.






- 1 Hold **MENU**.
- 2 Select **Physiological Metrics > TrueUp**.

When you sync your device with your smartphone, recent activities and performance measurements from your other Garmin devices appear on your fēnix device.

### About VO2 Max. Estimates

VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. In simple terms, VO2 max. is an indication of athletic performance and should increase as your level of fitness improves. The fēnix device requires wrist-based heart rate or a compatible chest heart rate monitor to display your VO2 max. estimate. The device has separate VO2 max. estimates for running and cycling. You must run either outside with GPS or ride with a compatible power meter at a moderate level of intensity for several minutes to get an accurate VO2 max. estimate.

On the device, your VO2 max. estimate appears as a number, description, and position on the color gauge. On your Garmin Connect account, you can view additional details about your VO2 max. estimate, including your fitness age. Your fitness age gives you an idea of how your fitness compares with a person of the same gender and different age. As you exercise, your fitness age can decrease over time.


 Purple	Superior
 Blue	Excellent
 Green	Good
 Orange	Fair
 Red	Poor

VO2 max. data is provided by FirstBeat. VO2 max. analysis is provided with permission from The Cooper Institute®. For more information, see the appendix (*VO2 Max. Standard Ratings*, page 42), and go to [www.CooperInstitute.org](http://www.CooperInstitute.org).

### Getting Your VO2 Max. Estimate for Running

This feature requires wrist-based heart rate or a compatible chest heart rate monitor. If you are using a chest heart rate monitor, you must put it on and pair it with your device (*Pairing Your Wireless Sensors*, page 34).


For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile*, page 19), and set your maximum heart rate (*Setting Your Heart Rate Zones*, page 19). The estimate may seem inaccurate at first. The device requires a few runs to learn about your running performance.

- 1 Run for at least 10 minutes outdoors.
- 2 After your run, select **Save**.
- 3 Select  to scroll through the performance measurements.

### Getting Your VO2 Max. Estimate for Cycling

This feature requires a power meter and wrist-based heart rate or a compatible chest heart rate monitor. The power meter must be paired with your fēnix device (*Pairing Your Wireless Sensors*, page 34). If you are using a chest heart rate monitor, you must put it on and pair it with your device.

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile*, page 19) and set your maximum heart rate (*Setting Your Heart Rate Zones*, page 19). The estimate may seem inaccurate at first. The device requires a few rides to learn about your cycling performance.

- 1 Ride at a steady, high intensity for at least 20 minutes.
- 2 After your ride, select **Save**.
- 3 Select  to scroll through the performance measurements.


### Viewing Your Predicted Race Times

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile*, page 19), and set your maximum heart rate (*Setting Your Heart Rate Zones*, page 19).

Your device uses the VO2 max. estimate (*About VO2 Max. Estimates*, page 14) and your training history to provide a target race time. The device analyzes several weeks of your training data to refine the race time estimates.

**TIP:** If you have more than one Garmin device, you can enable the Physio TrueUp™ feature, which allows your device to sync

activities, history, and data from other devices (*Syncing Activities and Performance Measurements*, page 14).

- 1 From the watch face, select **UP** or **DOWN** to view the performance widget.
- 2 Select  to scroll through the performance measurements. Your projected race times appear for 5K, 10K, half marathon, and marathon distances.

**NOTE:** The projections may seem inaccurate at first. The device requires a few runs to learn about your running performance.

### About Training Effect

Training Effect measures the impact of an activity on your aerobic and anaerobic fitness. Training Effect accumulates during the activity. As the activity progresses, the Training Effect value increases. Training Effect is determined by your user profile information and training history, and heart rate, duration, and intensity of your activity. There are seven different Training Effect labels to describe the primary benefit of your activity. Each label is color coded and corresponds to your training load focus (*Training Load Focus*, page 17). Each feedback phrase, for example, "Highly Impacting VO2 Max." has a corresponding description in your Garmin Connect activity details.

Aerobic Training Effect uses your heart rate to measure how the accumulated intensity of an exercise affects your aerobic fitness and indicates if the workout had a maintaining or improving effect on your fitness level. Your excess post-exercise oxygen consumption (EPOC) accumulated during exercise is mapped to a range of values that account for your fitness level and training habits. Steady workouts at moderate effort or workouts involving longer intervals (>180 sec) have a positive impact on your aerobic metabolism and result in an improved aerobic Training Effect.

Anaerobic Training Effect uses heart rate and speed (or power) to determine how a workout affects your ability to perform at very high intensity. You receive a value based on the anaerobic contribution to EPOC and the type of activity. Repeated high-intensity intervals of 10 to 120 seconds have a highly beneficial impact on your anaerobic capability and result in an improved anaerobic Training Effect.

You can add Aerobic Training Effect and Anaerobic Training Effect as data fields to one of your training screens to monitor your numbers throughout the activity.

Training Effect	Aerobic Benefit	Anaerobic Benefit
From 0.0 to 0.9	No benefit.	No benefit.
From 1.0 to 1.9	Minor benefit.	Minor benefit.
From 2.0 to 2.9	Maintains your aerobic fitness.	Maintains your anaerobic fitness.
From 3.0 to 3.9	Impacts your aerobic fitness.	Impacts your anaerobic fitness.
From 4.0 to 4.9	Highly impacts your aerobic fitness.	Highly impacts your anaerobic fitness.
5.0	Overreaching and potentially harmful without enough recovery time.	Overreaching and potentially harmful without enough recovery time.

Training Effect technology is provided and supported by Firstbeat Technologies Ltd. For more information, go to [www.firstbeat.com](http://www.firstbeat.com).




### Heart Rate Variability and Stress Level

Stress level is the result of a three-minute test performed while standing still, where the fenix device analyzes heart rate variability to determine your overall stress. Training, sleep, nutrition, and general life stress all impact how a runner performs. The stress level range is from 1 to 100, where 1 is a very low stress state and 100 is a very high stress state. Knowing your stress level can help you decide if your body is ready for a tough training run or yoga.

### Viewing Your Heart Rate Variability and Stress Level

This feature requires a Garmin chest heart rate monitor. Before you can view your heart rate variability (HRV) stress level, you must put on a heart rate monitor and pair it with your device (*Pairing Your Wireless Sensors*, page 34).

**TIP:** Garmin recommends that you measure your stress level at approximately the same time and under the same conditions every day.

- 1 If necessary, select  > **Add** > **HRV Stress** to add the stress app to the apps list.
- 2 Select **Yes** to add the app to your list of favorites.
- 3 From the watch face, select  > **HRV Stress** > .
- 4 Stand still, and rest for 3 minutes.

### Performance Condition

As you complete your activity, such as running or cycling, the performance condition feature analyzes your pace, heart rate, and heart rate variability to make a real-time assessment of your ability to perform compared to your average fitness level. It is approximately your real-time percentage deviation from your baseline VO2 max. estimate.

Performance condition values range from -20 to +20. After the first 6 to 20 minutes of your activity, the device displays your performance condition score. For example, a score of +5 means that you are rested, fresh, and capable of a good run or ride. You can add performance condition as a data field to one of your training screens to monitor your ability throughout the activity. Performance condition can also be an indicator of fatigue level, especially at the end of a long training run or ride.

**NOTE:** The device requires a few runs or rides with a heart rate monitor to get an accurate VO2 max. estimate and learn about your running or riding ability (*About VO2 Max. Estimates*, page 14).

### Viewing Your Performance Condition

This feature requires wrist-based heart rate or a compatible chest heart rate monitor.

- 1 Add **Performance Condition** to a data screen (*Customizing the Data Screens*, page 27).
- 2 Go for a run or ride. After 6 to 20 minutes, your performance condition appears.
- 3 Scroll to the data screen to view your performance condition throughout the run or ride.

### Lactate Threshold

Lactate threshold is the exercise intensity at which lactate (lactic acid) starts to accumulate in the bloodstream. In running, it is the estimated level of effort or pace. When a runner exceeds the threshold, fatigue starts to increase at an accelerating rate. For experienced runners, the threshold occurs at approximately 90% of their maximum heart rate and between 10k and half-marathon race pace. For average runners, the lactate threshold often occurs well below 90% of maximum heart rate. Knowing your lactate threshold can help you determine how hard to train or when to push yourself during a race.


If you already know your lactate threshold heart rate value, you can enter it in your user profile settings (*Setting Your Heart Rate Zones*, page 19).

### Performing a Guided Test to Determine Your Lactate Threshold

This feature requires a Garmin chest heart rate monitor. Before you can perform the guided test, you must put on a heart rate monitor and pair it with your device (*Pairing Your Wireless Sensors*, page 34).

The device uses your user profile information from the initial setup and your VO2 max. estimate to estimate your lactate threshold. The device will automatically detect your lactate threshold during runs at a steady, high intensity with heart rate.

**TIP:** The device requires a few runs with a chest heart rate monitor to get an accurate maximum heart rate value and VO2 max. estimate. If you are having trouble getting a lactate threshold estimate, try manually lowering your maximum heart rate value.

- 1 From the watch face, select .
- 2 Select an outdoor running activity.  
GPS is required to complete the test.
- 3 Hold **MENU**.
- 4 Select **Training > Lactate Threshold Guided Test**.
- 5 Start the timer, and follow the on-screen instructions.

After you begin your run, the device displays each step duration, the target, and current heart rate data. A message appears when the test is complete.


- 6 After you complete the guided test, stop the timer and save the activity.

If this is your first lactate threshold estimate, the device prompts you to update your heart rate zones based on your lactate threshold heart rate. For each additional lactate threshold estimate, the device prompts you to accept or decline the estimate.






### Getting Your FTP Estimate

Before you can get your functional threshold power (FTP) estimate, you must pair a chest heart rate monitor and power meter with your device (*Pairing Your Wireless Sensors, page 34*), and you must get your VO2 max. estimate (*Getting Your VO2 Max. Estimate for Cycling, page 14*).

The device uses your user profile information from the initial setup and your VO2 max. estimate to estimate your FTP. The device will automatically detect your FTP during rides at a steady, high intensity with heart rate and power.

- 1 Select **UP** or **DOWN** to view the performance widget.
- 2 Select  to scroll through the performance measurements.

Your FTP estimate appears as a value measured in watts per kilogram, your power output in watts, and a position on the color gauge.

	Purple	Superior
	Blue	Excellent
	Green	Good
	Orange	Fair
	Red	Untrained


For more information, see the appendix (*FTP Ratings, page 42*).

**NOTE:** When a performance notification alerts you to a new FTP, you can select Accept to save the new FTP, or Decline to keep your current FTP.

### Conducting an FTP Test

Before you can conduct a test to determine your functional threshold power (FTP), you must pair a chest heart rate monitor and a power meter with your device (*Pairing Your Wireless Sensors, page 34*), and you must get your VO2 max. estimate (*Getting Your VO2 Max. Estimate for Cycling, page 14*).

**NOTE:** The FTP test is a challenging workout that takes about 30 minutes to complete. Choose a practical and mostly flat route that allows you to ride at a steadily increasing effort, similar to a time trial.

- 1 From the watch face, select .
- 2 Select a cycling activity.
- 3 Hold **MENU**.
- 4 Select **Training > FTP Guided Test**.
- 5 Follow the on-screen instructions.

After you begin your ride, the device displays each step duration, the target, and current power data. A message appears when the test is complete.

- 6 After you complete the guided test, complete the cool down, stop the timer, and save the activity.

Your FTP appears as a value measured in watts per kilogram, your power output in watts, and a position on the color gauge.

- 7 Select an option:
  - Select **Accept** to save the new FTP.
  - Select **Decline** to keep your current FTP.

### Training Status

These measurements are estimates that can help you track and understand your training activities. The measurements require a few activities using wrist-based heart rate or a compatible chest heart rate monitor. Cycling performance measurements require a heart rate monitor and a power meter.

These estimates are provided and supported by Firstbeat. For more information, go to [garmin.com/performance-data/running](https://garmin.com/performance-data/running).

Training Status  
Productive

**NOTE:** The estimates may seem inaccurate at first. The device requires you to complete a few activities to learn about your performance.

**Training status:** Training status shows you how your training affects your fitness and performance. Your training status is based on changes to your training load and VO2 max. over an extended time period.

**VO2 max.:** VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. Your device displays heat and altitude corrected VO2 max. values when you are acclimating to high heat environments or high altitude.

**Training load:** Training load is the sum of your excess post-exercise oxygen consumption (EPOC) over the last 7 days. EPOC is an estimate of how much energy it takes for your body to recover after exercise.

**Training load focus:** Your device analyzes and distributes your training load into different categories based on the intensity and structure of each activity recorded. Training load focus includes the total load accumulated per category, and the focus of the training. Your device displays your load distribution over the last 4 weeks.

**Recovery time:** The recovery time displays how much time remains before you are fully recovered and ready for the next hard workout.

### Training Status Levels

Training status shows you how your training affects your fitness level and performance. Your training status is based on changes to your training load and VO2 max. over an extended time period. You can use your training status to help plan future training and continue improving your fitness level.

**Peaking:** Peaking means that you are in ideal race condition. Your recently reduced training load is allowing your body to recover and fully compensate for earlier training. You should plan ahead, since this peak state can only be maintained for a short time.

**Productive:** Your current training load is moving your fitness level and performance in the right direction. You should plan recovery periods into your training to maintain your fitness level.

**Maintaining:** Your current training load is enough to maintain your fitness level. To see improvement, try adding more variety to your workouts or increasing your training volume.

**Recovery:** Your lighter training load is allowing your body to recover, which is essential during extended periods of hard training. You can return to a higher training load when you feel ready.

**Unproductive:** Your training load is at a good level, but your fitness is decreasing. Your body may be struggling to recover, so you should pay attention to your overall health including stress, nutrition, and rest.

**Detraining:** Detraining occurs when you are training much less than usual for a week or more, and it is affecting your fitness level. You can try increasing your training load to see improvement.

**Overreaching:** Your training load is very high and counterproductive. Your body needs a rest. You should give yourself time to recover by adding lighter training to your schedule.

**No Status:** The device needs one or two weeks of training history, including activities with VO2 max. results from running or cycling, to determine your training status.

### **Tips for Getting Your Training Status**

The training status feature depends on updated assessments of your fitness level, including at least two VO2 max. measurements per week. Your VO2 max. estimate is updated after outdoor runs or rides with power during which your heart rate reached at least 70% of your maximum heart rate for several minutes. The trail run and indoor run activities do not generate a VO2 max. estimate in order to preserve the accuracy of your fitness level trend.

To get the most out of the training status feature, you can try these tips.

- At least two times per week, run or ride outdoors with a power meter, and reach a heart rate higher than 70% of your maximum heart rate for at least 10 minutes.

After using the device for one week, your training status should be available.

- Record all of your fitness activities on this device, or enable the Physio TrueUp feature, allowing your device to learn about your performance ([Syncing Activities and Performance Measurements](#), page 14).

### **Heat and Altitude Performance Acclimation**

Environmental factors such as high temperature and altitude impact your training and performance. For example, high altitude training can have a positive impact on your fitness, but you may notice a temporary VO2 max. decline while exposed to high altitudes. Your fēnix device provides acclimation notifications and corrections to your VO2 max. estimate and training status when the temperature is above 22°C (72°F) and when the altitude is above 800 m (2625 ft.). You can keep track of your heat and altitude acclimation in the training status widget.

**NOTE:** The heat acclimation feature is available only for GPS activities and requires weather data from your connected smartphone. Full acclimation takes a minimum of 4 training days.

### **Training Load**

Training load is a measurement of your training volume over the last seven days. It is the sum of your excess post-exercise oxygen consumption (EPOC) measurements for the last seven days. The gauge indicates whether your current load is low,

high, or within the optimal range to maintain or improve your fitness level. The optimal range is determined based on your individual fitness level and training history. The range adjusts as your training time and intensity increase or decrease.

### **Training Load Focus**

In order to maximize performance and fitness gains, training should be distributed across three categories: low aerobic, high aerobic, and anaerobic. Training load focus shows you how much of your training is currently in each category and provides training targets. Training load focus requires at least 7 days of training to determine if your training load is low, optimal, or high. After 4 weeks of training history, your training load estimate will have more detailed target information to help you balance your training activities.

**Below targets:** Your training load is lower than optimal in all intensity categories. Try increasing the duration or frequency of your workouts.

**Low aerobic shortage:** Try adding more low aerobic activities to provide recovery and balance for your higher intensity activities.

**High aerobic shortage:** Try adding more high aerobic activities to help improve your lactate threshold and VO2 max. over time.

**Anaerobic shortage:** Try adding a few more intense, anaerobic activities to improve your speed and anaerobic capacity over time.

**Balanced:** Your training load is balanced and provides all-around fitness benefits as you continue training.

**Low aerobic focus:** Your training load is mostly low aerobic activity. This provides a solid foundation and prepares you for adding more intense workouts.

**High aerobic focus:** Your training load is mostly high aerobic activity. These activities help to improve lactate threshold, VO2 max., and endurance.

**Anaerobic focus:** Your training load is mostly intense activity. This leads to rapid fitness gains, but should be balanced with low aerobic activities.

**Above targets:** Your training load is higher than optimal, and you should consider scaling back the duration and frequency of your workouts.

### **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 VO2 max. 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.


### **Viewing Your Recovery Time**

For the most accurate estimate, complete the user profile setup ([Setting Up Your User Profile](#), page 19), and set your maximum heart rate ([Setting Your Heart Rate Zones](#), page 19).

1 Go for a run.

2 After your run, select **Save**.

The recovery time appears. The maximum time is 4 days.

**NOTE:** From the watch face, you can select UP or DOWN to view the training status widget, and select  to scroll through the metrics to view your recovery time.

## Recovery Heart Rate

If you are training with wrist-based heart rate or a compatible chest heart rate monitor, you can check your recovery heart rate value after each activity. Recovery heart rate is the difference between your exercising heart rate and your heart rate two minutes after the exercise has stopped. For example, after a typical training run, you stop the timer. Your heart rate is 140 bpm. After two minutes of no activity or cool down, your heart rate is 90 bpm. Your recovery heart rate is 50 bpm (140 minus 90). Some studies have linked recovery heart rate to cardiac health. Higher numbers generally indicate healthier hearts.

**TIP:** For best results, you should stop moving for two minutes while the device calculates your recovery heart rate value. You can save or discard the activity after this value appears.

## Body Battery™

Your device analyzes your heart rate variability, stress level, sleep quality, and activity data to determine your overall Body Battery level. Like a gas gauge on a car, it indicates your amount of available reserve energy. The Body Battery level range is from 0 to 100, where 0 to 25 is low reserve energy, 26 to 50 is medium reserve energy, 51 to 75 is high reserve energy, and 76 to 100 is very high reserve energy.


You can sync your device with your Garmin Connect account to view your most up-to-date Body Battery level, long-term trends, and additional details (*Tips for Improved Body Battery Data*, page 18).

### Viewing the Body Battery Widget

The Body Battery widget displays your current Body Battery level and a graph of your Body Battery level for the last several hours.

- 1 Press **UP** or **DOWN** to view the Body Battery widget.

**NOTE:** You may need to add the widget to your widget loop (*Customizing the Widget Loop*, page 30).

- 2 Press  to view a graph of your body battery level for the last four hours.

- 3 Press **DOWN** to view a combined graph of your Body Battery and stress levels.

Blue bars indicate periods of rest. Orange bars indicate periods of stress. Gray bars indicate times when you were too active to determine your stress level.

- 4 Press **DOWN** to see your Body Battery data since midnight.

### Tips for Improved Body Battery Data

- Your Body Battery level updates when you sync your device with your Garmin Connect account.
- For more accurate results, wear the device while sleeping.
- Rest and good sleep charge your Body Battery.
- Strenuous activity, high stress, and poor sleep can cause your Body Battery to drain.
- Food intake, as well as stimulants like caffeine, has no impact on your Body Battery.

## Pulse Oximeter

The fēnix device has a wrist-based pulse oximeter to gauge the peripheral saturation of oxygen in your blood. Knowing your oxygen saturation can help you determine how your body is acclimating to high altitudes for alpine sport and expedition.

You can manually begin a pulse oximeter reading by viewing the pulse oximeter widget (*Getting Pulse Oximeter Readings*, page 18). You can also turn on all-day readings (*Turning On All-Day Pulse Oximeter Readings*, page 18). When you remain motionless, your device analyzes your oxygen saturation and your elevation. The elevation profile helps indicate how your

pulse oximeter readings are changing, relative to your to elevation.

On the device, your pulse oximeter reading appears as an oxygen saturation percentage and color on the graph. On your Garmin Connect account, you can view additional details about your pulse oximeter readings, including trends over multiple days.

For more information about pulse oximeter accuracy, go to [garmin.com/ataccuracy](https://garmin.com/ataccuracy).

①	The oxygen saturation percentage scale.
②	A graph of your average oxygen saturation readings for the last 24 hours.
③	Your most recent oxygen saturation reading.
④	The elevation scale.
⑤	A graph of your elevation readings for the last 24 hours.

## Getting Pulse Oximeter Readings

You can manually begin a pulse oximeter reading by viewing the pulse oximeter widget. The widget displays your most recent blood oxygen saturation percentage, a graph of your hourly average readings for the last 24 hours, and a graph of your elevation for the last 24 hours.

**NOTE:** The first time you view the pulse oximeter widget, the device must acquire satellite signals to determine your elevation. You should go outside, and wait while the device locates satellites.

- 1 While you are sitting or inactive, press **UP** or **DOWN** to view the pulse oximeter widget.

- 2 Press  to view widget details and begin a pulse oximeter reading.

- 3 Remain motionless for up to 30 seconds.

**NOTE:** If you are too active for the watch to get a pulse oximeter reading, a message appears instead of a percentage. You can check again after several minutes of inactivity. For best results, hold the arm wearing the device at heart level while the device reads your blood oxygen saturation.

- 4 Press **DOWN** to view a graph of your pulse oximeter readings for the last seven days.

## Turning On All-Day Pulse Oximeter Readings

- 1 From the pulse oximeter widget, hold **MENU**.
- 2 Select **Options > Pulse Ox Mode > All Day**.

The device automatically analyzes your oxygen saturation throughout the day, when you are not moving.

**NOTE:** Turning on all-day acclimation mode decreases battery life.

## Turning Off Automatic Pulse Oximeter Readings

- 1 From the pulse oximeter widget, hold **MENU**.
- 2 Select **Options > Pulse Ox Mode > Off**.



The device turns off automatic pulse oximeter readings. The device begins a pulse oximeter reading when you view the pulse oximeter widget.

## Turning On Pulse Oximeter Sleep Tracking

You can set your device to continuously measure your blood oxygen saturation while you sleep.

**NOTE:** Unusual sleep positions can cause abnormally low sleep-time SpO2 readings.

- 1 From the pulse oximeter widget, hold **MENU**.
- 2 Select **Options > Pulse Ox Mode > During Sleep**.

## Tips for Erratic Pulse Oximeter Data

If the pulse oximeter data is erratic or does not appear, you can try these tips.

- Remain motionless while the device reads your blood oxygen saturation.
- Wear the device above your wrist bone. The device should be snug but comfortable.
- Hold the arm wearing the device at heart level while the device reads your blood oxygen saturation.
- Use a silicone band.
- Clean and dry your arm before putting on the device.
- Avoid wearing sunscreen, lotion, and insect repellent under the device.
- Avoid scratching the optical sensor on the back of the device.
- Rinse the device with fresh water after each workout.

# Training

## Setting Up Your User Profile

You can update your gender, birth year, height, weight, heart rate zone, and power zone settings. The device uses this information to calculate accurate training data.

- 1 Hold **MENU**.
- 2 Select **User Profile**.
- 3 Select an option.

## Fitness Goals

Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles.

- Your heart rate is a good measure of exercise intensity.
- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.

If you know your maximum heart rate, you can use the table ([Heart Rate Zone Calculations, page 19](#)) to determine the best heart rate zone for your fitness objectives.

If you do not know your maximum heart rate, use one of the calculators available on the Internet. Some gyms and health centers can provide a test that measures maximum heart rate. The default maximum heart rate is 220 minus your age.

## About Heart Rate Zones

Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

## Setting Your Heart Rate Zones

The device uses your user profile information from the initial setup to determine your default heart rate zones. You can set separate heart rate zones for sport profiles, such as running,

cycling, and swimming. For the most accurate calorie data during your activity, set your maximum heart rate. You can also set each heart rate zone and enter your resting heart rate manually. You can manually adjust your zones on the device or using your Garmin Connect account.

- 1 Hold **MENU**.
- 2 Select **User Profile > Heart Rate**.
- 3 Select **Max. HR**, and enter your maximum heart rate.  
You can use the Auto Detection feature to automatically record your maximum heart rate during an activity ([Detecting Performance Measurements Automatically, page 14](#)).
- 4 Select **LTHR > Enter Manually**, and enter your lactate threshold heart rate.  
You can perform a guided test to estimate your lactate threshold ([Lactate Threshold, page 15](#)). You can use the Auto Detection feature to automatically record your lactate threshold during an activity ([Detecting Performance Measurements Automatically, page 14](#)).
- 5 Select **Resting HR**, and enter your resting heart rate.  
You can use the average resting heart rate measured by your device, or you can set a custom resting heart rate.
- 6 Select **Zones > Based On**.
- 7 Select an option:
  - Select **BPM** to view and edit the zones in beats per minute.
  - Select **%Max. HR** to view and edit the zones as a percentage of your maximum heart rate.
  - Select **%HRR** to view and edit the zones as a percentage of your heart rate reserve (maximum heart rate minus resting heart rate).
  - Select **%LTHR** to view and edit the zones as a percentage of your lactate threshold heart rate.
- 8 Select a zone, and enter a value for each zone.
- 9 Select **Add Sport Heart Rate**, and select a sport profile to add separate heart rate zones (optional).
- 10 Repeat the steps to add sport heart rate zones (optional).

## Letting the Device Set Your Heart Rate Zones

The default settings allow the device to detect your maximum heart rate and set your heart rate zones as a percentage of your maximum heart rate.

- Verify that your user profile settings are accurate ([Setting Up Your User Profile, page 19](#)).
- Run often with the wrist or chest heart rate monitor.
- Try a few heart rate training plans, available from your Garmin Connect account.
- View your heart rate trends and time in zones using your Garmin Connect account.

## Heart Rate Zone Calculations

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
1	50–60%	Relaxed, easy pace, rhythmic breathing	Beginning-level aerobic training, reduces stress
2	60–70%	Comfortable pace, slightly deeper breathing, conversation possible	Basic cardiovascular training, good recovery pace
3	70–80%	Moderate pace, more difficult to hold conversation	Improved aerobic capacity, optimal cardiovascular training

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
4	80–90%	Fast pace and a bit uncomfortable, breathing forceful	Improved anaerobic capacity and threshold, improved speed
5	90–100%	Sprinting pace, unsustainable for long period of time, labored breathing	Anaerobic and muscular endurance, increased power

## Setting Your Power Zones

The values for the zones are default values based on gender, weight, and average ability, and may not match your personal abilities. If you know your functional threshold power (FTP) value, you can enter it and allow the software to calculate your power zones automatically. You can manually adjust your zones on the device or using your Garmin Connect account.

- 1 Hold **MENU**.
- 2 Select **User Profile > Power Zones > Based On**.
- 3 Select an option:
  - Select **Watts** to view and edit the zones in watts.
  - Select **% FTP** to view and edit the zones as a percentage of your functional threshold power.
- 4 Select **FTP**, and enter your FTP value.
- 5 Select a zone, and enter a value for each zone.
- 6 If necessary, select **Minimum**, and enter a minimum power value.

## Activity Tracking

The activity tracking feature records your daily step count, distance traveled, intensity minutes, floors climbed, calories burned, and sleep statistics for each recorded day. Your calories burned includes your base metabolism plus activity calories.

The number of steps taken during the day appears on the steps widget. The step count is updated periodically.

For more information about activity tracking and fitness metric accuracy, go to [garmin.com/ataccuracy](http://garmin.com/ataccuracy).

### Auto Goal

Your device creates a daily step goal automatically, based on your previous activity levels. As you move during the day, the device shows your progress toward your daily goal ①.

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If you choose not to use the auto goal feature, you can set a personalized step goal on your Garmin Connect account.

### Using the Move Alert

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move alert reminds you to keep moving. After one hour of inactivity, Move! and the red bar appear. Additional segments appear after every 15 minutes of inactivity. The device also beeps or vibrates if audible tones are turned on (*System Settings, page 33*).

Go for a short walk (at least a couple of minutes) to reset the move alert.

## Sleep Tracking

While you are sleeping, the device automatically detects your sleep and monitors your movement during your normal sleep hours. You can set your normal sleep hours in the user settings on your Garmin Connect account. Sleep statistics include total hours of sleep, sleep levels, and sleep movement. You can view your sleep statistics on your Garmin Connect account.

**NOTE:** Naps are not added to your sleep statistics. You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms (*Using Do Not Disturb Mode, page 20*).

### Using Automated Sleep Tracking

- 1 Wear your device while sleeping.
- 2 Upload your sleep tracking data to the Garmin Connect site (*Manually Syncing Data with Garmin Connect, page 9*).  
You can view your sleep statistics on your Garmin Connect account.

### Using Do Not Disturb Mode

You can use do not disturb mode to turn off the backlight, tone alerts, and vibration alerts. For example, you can use this mode while sleeping or watching a movie.

**NOTE:** You can set your normal sleep hours in the user settings on your Garmin Connect account. You can enable the During Sleep option in the system settings to automatically enter do not disturb mode during your normal sleep hours (*System Settings, page 33*).

- 1 Hold **LIGHT**.
- 2 Select .

## Intensity Minutes

To improve your health, organizations such as the World Health Organization recommend at least 150 minutes per week of moderate intensity activity, such as brisk walking, or 75 minutes per week of vigorous intensity activity, such as running.

The device monitors your activity intensity and tracks your time spent participating in moderate to vigorous intensity activities (heart rate data is required to quantify vigorous intensity). You can work toward achieving your weekly intensity minutes goal by participating in at least 10 consecutive minutes of moderate to vigorous intensity activities. The device adds the amount of moderate activity minutes with the amount of vigorous activity minutes. Your total vigorous intensity minutes are doubled when added.

### Earning Intensity Minutes

Your fēnix device calculates intensity minutes by comparing your heart rate data to your average resting heart rate. If heart rate is turned off, the device calculates moderate intensity minutes by analyzing your steps per minute.

- Start a timed activity for the most accurate calculation of intensity minutes.
- Exercise for at least 10 consecutive minutes at a moderate or vigorous intensity level.
- Wear your device all day and night for the most accurate resting heart rate.

### Garmin Move IQ™

When your movements match familiar exercise patterns, the Move IQ feature automatically detects the event and displays it in your timeline. The Move IQ events show activity type and duration, but they do not appear in your activities list or newsfeed. For more detail and accuracy, you can record a timed activity on your device.

### Activity Tracking Settings

Hold **MENU**, and select **Activity Tracking**.

**Status:** Turns off the activity tracking features.

**Move Alert:** Displays a message and the move bar on the digital watch face and steps screen. The device also beeps