

GARMIN.



VÍVOMOVE SPORT

Quick Start Manual 1

M/N: AB4224

© 2021 Garmin Ltd. or its subsidiaries

Garmin, the Garmin logo, and vívomove are trademarks of Garmin Ltd. or its subsidiaries, registered in the USA and other countries. Body Battery, Garmin Connect, and Garmin Pay are trademarks of Garmin Ltd. or its subsidiaries. These trademarks may not be used without the express permission of Garmin.

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

M/N: AB4224

EN

Quick Start Manual

EN

Important Safety and Product Information

WARNING

Failure to heed the following warnings could result in an accident or medical event resulting in death or serious injury.

Battery Warnings

A lithium-ion battery is used in this device.

If these guidelines are not followed, batteries may experience a shortened life span or may present a risk of damage to the device, fire, chemical burn, electrolyte leak, and/or injury.

- Do not disassemble, modify, remanufacture, puncture or damage the device or batteries.
 - Do not remove or attempt to remove the non-user-replaceable battery.
 - Do not expose the device or batteries to fire, explosion, or other hazard.
-

Device Warnings

- Do not leave the device exposed to a heat source or in a high-temperature location, such as in the sun in an unattended vehicle. To prevent the possibility of damage, remove the device from the vehicle or store it out of direct sunlight, such as in the glove box.
 - Do not operate the device outside of the temperature ranges specified in the printed manual in the product packaging.
 - When storing the device for an extended time period, store within the temperature ranges specified in the printed manual in the product packaging.
 - Do not use a power cable, data cable and/or power adapter that is not approved or supplied by Garmin.
-

Health Warnings

- The Garmin device, accessories, heart rate monitor,

pulse oximeter sensor, and related data are intended to be used only for recreational purposes and not for medical purposes, and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.

- If you have a pacemaker or other internal electronic device, consult your physician before using a heart rate monitor.
- The Garmin optical wrist heart rate monitor and pulse oximeter sensor emit green, red, and infrared light and flash occasionally. Consult your physician if you have epilepsy or are sensitive to bright or flashing lights.
- Always consult your physician before beginning or modifying any exercise program.
- The heart rate and blood oxygen saturation readings are for reference only, and no responsibility is accepted for the consequences of any erroneous readings.
- While the Garmin optical wrist heart rate monitor technology typically provides an accurate estimate of a user's heart rate, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances, including the user's physical characteristics, fit of the device, and type and intensity of activity.
- While the Garmin pulse oximeter sensor technology typically provides an accurate estimate of a user's blood oxygen saturation, there are inherent limitations with the technology that may cause some of the oxygen saturation readings to be inaccurate under certain circumstances, including the user's physical characteristics, fit of the device, position of the device, and movement.
- Garmin activity trackers rely on sensors that track your movement and other metrics. The data and information provided by these devices is intended to be a close estimation of your activity and metrics tracked, but may not be completely accurate, including step, sleep, distance, heart rate, oxygen saturation, and calorie data.

NOTICE

Failure to heed the following notice could result in personal or property damage, or negatively impact the device functionality.

EN

Battery Notices

- Contact your local waste disposal department to dispose of the device/batteries in accordance with applicable local laws and regulations.

Product Environmental Programs

Information about the Garmin product recycling program and WEEE, RoHS, REACH, and other compliance programs can be found at Garmin.com/aboutGarmin/environment.

Radio Frequency Radiation Exposure

This device is a mobile transmitter and receiver that uses an internal antenna to send and receive low levels of radio frequency (RF) energy for data communications. The device emits RF energy below the published limits when operating in its maximum output power mode and when used with Garmin authorized accessories. To comply with RF exposure compliance requirements, the device should be used as described in the manual. The device should not be used in other configurations. This device must not be co-located or operated in conjunction with any other transmitter or antenna.

Software License Agreement

BY USING THE DEVICE, YOU AGREE TO BE BOUND BY THE TERMS AND CONDITIONS OF THE FOLLOWING SOFTWARE LICENSE AGREEMENT. PLEASE READ THIS AGREEMENT CAREFULLY.

Garmin Ltd. and its subsidiaries ("Garmin") grant you a limited license to use the software embedded in this device (the "Software") in binary executable form in the normal operation of the product. Title, ownership rights, and intellectual property rights in and to the Software remain in Garmin and/or its third-party providers.

You acknowledge that the Software is the property of Garmin and/or its third-party providers and is protected under the United States of America copyright laws and international copyright treaties. You further acknowledge that the structure, organization, and code of the Software,

for which source code is not provided, are valuable trade secrets of Garmin and/or its third-party providers and that the Software in source code form remains a valuable trade secret of Garmin and/or its third-party providers. You agree not to decompile, disassemble, modify, reverse assemble, reverse engineer, or reduce to human readable form the Software or any part thereof or create any derivative works based on the Software. You agree not to export or re-export the Software to any country in violation of the export control laws of the United States of America or the export control laws of any other applicable country.

Limited warranty

The Garmin standard limited warranty. For more information, go to Garmin.com.sg/support/warranty.

Introduction

WARNING

EN

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

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

Turning On and Setting Up the Device

Before you can use your device, you must plug it into a power source to turn it on.

To use the connected features of the vívomove sport device, it must be paired directly through the Garmin Connect app, instead of from the Bluetooth® settings on your smartphone.

- 1 From the app store on your smartphone, install the Garmin Connect app.
- 2 Plug the small end of the USB cable into the charging port on your device.



- 3 Plug the USB cable into a power source to turn on the device ([page 13](#)).

Hello! appears when the device turns on.

- 4 Open the Garmin Connect app, and follow the instructions to complete the pairing and setup process.

After you pair successfully, a message appears, and your device syncs automatically with your smartphone.

Device Modes

| | |
|-------------|---|
| Glance | The watch hands show the current time, and the device is locked. |
| Interactive | The watch hands move away from the touchscreen, and the device unlocks. |
| Watch only | When the battery is low, the watch hands show the current time, and the touchscreen is off until you charge the device. |

Using the Device



Double-tap: Double-tap the touchscreen ① to wake the device.

NOTE: The screen turns off when not in use. When the screen is off, the device is still active and recording data.

Wrist gesture: Rotate and lift your wrist toward your body to turn the screen on. Rotate your wrist away from your body to turn the screen off.

Swipe: When the screen is on, swipe the touchscreen to scroll through widgets and menu options.

Hold: When the device is unlocked, hold the touchscreen to open the menu.

Tap: Tap the touchscreen to make a selection.

Tap  to return to the previous screen.

Widgets

Your device comes preloaded with widgets that provide at-a-glance information. You can swipe the touchscreen to scroll through the widgets. Some widgets require a paired smartphone.

NOTE: You can use the Garmin Connect app to select the watch face and add or remove widgets.

| | |
|---|---|
| Status and time | The current time, date, and battery status. The time and date are set automatically when the device syncs with your Garmin Connect account. |
|  | The total number of steps taken and your goal for the day. |

| | |
|---|---|
|  | The total number of floors climbed and your goal for the day. |
|  | Your intensity minutes total and goal for the week. |
|  | Your current Body Battery energy level. |
|  | Your current stress level. |
|  | The total amount of water consumed and your goal for the day. |
|  | Your current heart rate in beats per minute (bpm) and seven-day average resting heart rate. |
|  | Controls for the music player on your smartphone. |
|  | The current temperature and weather forecast from a paired smartphone. |
|  | Status of your current monthly menstrual cycle. You can view and log your daily symptoms. |
|  | Upcoming appointments from your smartphone calendar. |
|  | Notifications from your smartphone, including calls, texts, social network updates, and more, based on your smartphone notification settings. |

Menu Options

You can hold the touchscreen to view the menu.

TIP: Swipe to scroll through the menu options.



EN

| | |
|---|---|
|  | Displays the timed activity options. |
|  | Displays the heart rate features. |
|  | Displays the countdown timer, stopwatch, and alarm options. |
|  | Displays the options for your Bluetooth paired smartphone. |
|  | Displays the device settings. |

Heart Rate Features

The vívomove sport device has a heart rate menu, enabling you to view wrist-based heart rate data.

| | |
|---|--|
|  | Monitors the saturation of oxygen in your blood. Knowing your oxygen saturation can help you determine how your body is adapting to exercise and stress. NOTE: The pulse oximeter sensor is located on the back of the device. |
| VO₂ | Displays your current VO ₂ max., which is an indication of athletic performance and should increase as your level of fitness improves. |
|  | Broadcasts your current heart rate to a paired Garmin device. |

Aligning the Watch Hands

If the watch hands do not match the digital time, you should align them manually.

TIP: Alignment of the watch hands may be necessary after an intense workout.

- 1 Hold the touchscreen to view the menu.
- 2 Select  >  > **Align Hands to 12:00.**
- 3 Tap  (or ) until the minute hand points to the 12 o'clock position.
- 4 Select .
- 5 Tap  (or ) until the hour hand points to the 12 o'clock position.
- 6 Select .

The message **Alignment Complete** appears.

Wearing the Device

- Wear the device above your wrist bone.

NOTE: The device should be snug but comfortable. For more accurate heart rate readings, the device should not move while running or exercising. For pulse oximeter readings, you should remain motionless.



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

- See the owner's manual for more information.

Recording a Timed Activity

You can record a timed activity, which can be saved and sent to your Garmin Connect account.

- 1 Hold the touchscreen to view the menu.
- 2 Select .
- 3 Swipe to scroll through the activity list, and select an option:
 - Select  for walking.
 - Select  for running.
 - Select  for a cardio activity.
 - Select  for strength training.
 - Select  for a yoga activity.
 - Select  for other activity types.

NOTE: You can use the Garmin Connect app to add or remove activities.

- 4 Double-tap the touchscreen to start the activity timer.
- 5 Start your activity.
- 6 Swipe to view additional data screens.
- 7 After you complete your activity, double tap the touchscreen to stop the activity timer.
- 8 Select an option:
 - Select  to save the activity.
 - Select  to delete the activity.
 - Select  to resume the activity.

Device Information

Viewing Device Information

You can view the E-label, unit ID, software

version, and regulatory information.

- 1 Hold the touchscreen to view the menu.
- 2 Select  > .
- 3 Swipe to view the information.

EN

Charging the Device

WARNING

This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the previous pages for product warnings and other important information.

NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions in the owner's manual.

- 1 Plug the small end of the USB cable into the charging port on your device.



- 2 Plug the large end of the USB cable into a USB charging port.
- 3 Charge the device completely.

EN Specifications

Operating temperature range: From -10° to 55°C (from 14° to 131°F)

Charging temperature range: From 0° to 45°C (from 32° to 113°F)

Getting the Owner's Manual

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

Go to Garmin.com.sg/products/wearables/vivomove-sport or scan the QR code to download the manual.



support.Garmin.com/en-SG



Printed in Taiwan
May 2021
190-02588-25

