



F3ARGD00 Quick Start Manual

WARNING

See the *Important Safety and Product Information* guide in the GPS device 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 device for the first time, you should complete these tasks to set up the device and learn about the basic features.

- 1 Charge the device (page 8).
- 2 Put on the optional heart rate monitor (page 9).
- 3 Go for a run (page 4).
- 4 Upload your run to Garmin Connect™ (page 5).
- 5 Register the device (page 13).
- 6 Get more information (page 13).





Keys



①		Select to turn the backlight on and off. Hold to turn the device on and off.
②		Select to start and stop the timer.
③		Select to open the main menu.
④	 CONNECT	Select to mark a new lap. Select to send your run to Garmin Connect.
⑤		Select to view the time of day.
⑥		Select to return to the previous screen.

Status Icons

Icons appear at the top of the home screen. A flashing icon means the device is searching for a signal. A solid icon means the signal was found or the sensor is connected.

	GPS
	Bluetooth®
	Wi-Fi®
	Heart rate

Touchscreen Tips

Before you go for a run, you should practice using the touchscreen.

- Select a key, and tap the touchscreen to unlock the device.
- Tap the touchscreen to view the next data screen.
- Select the touchscreen to confirm messages and alerts.
- Select the top and bottom of the touchscreen to scroll through menus, options, and settings.

You can also swipe to scroll through the items. You can hold the top and bottom of the touchscreen to scroll faster.


- From a data screen, hold a data field to change it.
- Select ✓ to close a message or confirm a choice.

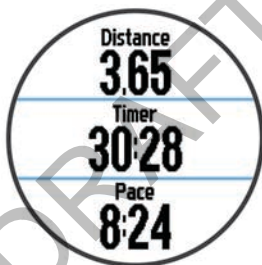
You can also select ↶ to close a message.



- Make each touchscreen selection a separate action.

Going for a Run

The device comes partially charged. You may need to charge the device (page 8) before going for a run.

- 1 Hold  to turn on the device.
- 2 From the time of day screen, select a key, and tap the touchscreen to unlock the device.
- 3 Go outside, and wait while the device locates satellites. It may take 30-60 seconds to locate satellite signals. The satellite bars turn green, and the timer screen appears.



- 4 Select  to start the timer.
- 5 Go for a run.
- 6 After you complete your run, select  to stop the timer.
- 7 Select an option:
 - Select **Save** to save the run and reset the timer. A summary appears.



NOTE: You can now upload your run to Garmin Connect.

- Select **Discard** to delete the run.

Using Garmin Connect

You can upload all of your activity data to Garmin Connect for comprehensive analysis. With Garmin Connect, you can view a map of your activity, and share your activities with friends.

- 1 Connect the device to your computer using the USB cable.
- 2 Go to www.garminconnect.com/start.
- 3 Follow the on-screen instructions.

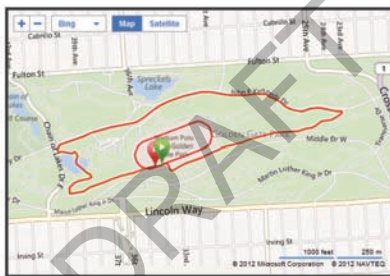
Garmin Connect

Connect with your friends on Garmin Connect. Garmin Connect gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, rides, swims, hikes,

triathlons, and more. To sign up for a free account, go to www.garminconnect.com/start.

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

Analyze your data: You can view more detailed information about your activity, including time, distance, elevation, heart rate, calories burned, an overhead map view, pace and speed charts, and customizable reports.



Plan your training: You can choose a fitness goal and load one of the day-by-day training plans.

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.

Connected Features

The Forerunner has several connected features for your compatible smartphone or wireless device. For more information, go to www.garmin.com/intosports/apps.


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.

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

Social media interactions: Allows you to post an update to your favorite social media website when you upload an activity to Garmin Connect.

Pairing Your Smartphone with Your Forerunner

- 1 Go to www.garmin.com/intosports/apps, and download the Garmin Connect Mobile application to your smartphone.
- 2 Bring your smartphone within 33 ft. (10 m) of your Forerunner.
- 3 From the Forerunner home screen, select  > **Settings > Wireless > Bluetooth > Pair Mobile Device.**
- 4 Open the Garmin Connect Mobile application, and follow the on-screen instructions to connect a device.

The instructions are provided during the initial setup or by selecting  > **My Device.**

Uploading Your Run Wirelessly

Before you can upload an activity wirelessly, you must have a run saved to your device, and the timer must be stopped.

You can use the Garmin Express Fit application to set up your Forerunner to automatically upload activities to Garmin Connect using Wi-Fi.

- 1 Go to www.garminconnect.com/start, and download the Garmin Express Fit application.
- 2 Follow the on-screen instructions to set up Wi-Fi with Garmin Express Fit.

TIP: You can register your device at this time.

Your Forerunner will now attempt to upload your saved activity to Garmin Connect following each run. You can also select **CONNECT** on your Forerunner to start uploading your saved activities.

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.

The charging cradle contains a magnet. Under certain circumstances, magnets may cause interference with some medical devices, including pacemakers and insulin pumps. Keep the charging cradle away from such medical devices.

NOTICE

The charging cradle contains a magnet. Under certain circumstances, magnets may cause damage to some electronic devices, including hard drives in laptop computers. Use caution when the charging cradle is near electronic devices.

To prevent corrosion, thoroughly dry the contacts and the surrounding area before charging or connecting to a computer.

- 1 Plug the USB cable into a USB port on your computer.

- 2 Align the charger posts with the contacts on the back of the device, and press the charger ① until it clicks.



- 3 Charge the device completely.

Putting On the Heart Rate Monitor

NOTE: If you do not have a heart rate monitor, you can skip this task.

You should wear the heart rate monitor directly on your skin, just below your breastplate. It should be snug enough to stay in place during your activity.

- 1 Snap the heart rate monitor module ① onto the strap.



The Garmin® logos (on the module and the strap) should be right-side up.

- 2 Wet the electrodes ② on the back of the strap to create a strong connection between your chest and the transmitter.



- 3 If the heart rate monitor has a contact patch ③, wet the contact patch.
- 4 Wrap the strap around your chest, and connect the strap hook ④ to the loop ⑤.



The Garmin logos should be right-side up.

- 5 Bring the device within 10 ft. (3 m) of the heart rate monitor.

After you put on the heart rate monitor, it is active and sending data.

Running Dynamics

You can use your compatible Forerunner paired with the HRM-Run accessory to provide real-time feedback about your running form. HRM-Run has an accelerometer in the module that measures torso movement in order to calculate three running metrics: cadence, vertical oscillation, and ground contact time. For more information about running dynamics, see your owner's manual.

NOTE: The HRM-Run accessory is compatible with several ANT+™ fitness products and can display heart rate data when paired. The running dynamics features are available only on certain Garmin Forerunner devices.

Cadence: Cadence is the number of steps per minute. It displays total steps (right and left combined).

Vertical oscillation: Vertical oscillation is the bounce in your running motion. 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.

About VO2 Max. Estimates

You can use your Garmin device paired with the heart rate monitor to display your VO2 max. estimate. 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. VO2 max. estimates are provided and supported by Firstbeat® Technologies Ltd.

Recovery Advisor

You can use your Garmin device paired with the heart rate monitor to display how much time remains before you are fully recovered and ready for the next hard workout. The recovery advisor feature includes recovery time and recovery check. Recovery advisor technology is provided and supported by Firstbeat Technologies Ltd.

Recovery check: The recovery check provides a real-time indication of your state of recovery within the first several minutes of a run.


Recovery time: The recovery time appears immediately following a run. The time counts down until it is optimal for you to attempt another hard workout.

History

History includes time, distance, calories, average pace or speed, lap data, and optional ANT+ sensor information.

NOTE: When the device memory is full, your oldest data is overwritten.

Viewing History

- 1 From the home screen, select  > **History** > **Activities**.
- 2 Scroll up and down to view your saved activities.
- 3 Select an activity.
- 4 Select **Details** and **Laps** to view additional information.

Troubleshooting

Registering Your Device

Help us better support you by completing our online registration today.

- Go to <http://my.garmin.com>.
- Keep the original sales receipt, or a photocopy, in a safe place.

Getting More Information

- Go to www.garmin.com/intosports.
- Go to www.garmin.com/learningcenter.
- Go to <http://buy.garmin.com>, or contact your Garmin dealer for information about optional accessories and replacement parts.



Getting the Owner's Manual

You can get the latest owner's manual from the web.

- 1 Go to www.garmin.com/support.
- 2 Select **Manuals**.
- 3 Follow the on-screen instructions to select your product.

Resetting the Device




If the device stops responding, you may need to reset it. This does not erase any of your data or settings.

- 1 Hold  for 15 seconds.
The device turns off.
- 2 Hold  for one second to turn on the device.

Clearing User Data




You can restore all of the device settings to the factory default values.

NOTE: This deletes all user-entered information, but it does not delete your history.

- 1 Hold , and select **Yes** to turn off the device.
- 2 While holding , hold  to turn on the device.
- 3 Select **Yes**.

Switching to Watch Mode

You can put the device into a low-power watch mode that locks the touchscreen and maximizes battery life.

- 1 Select  until  appears.
The device is in watch-only mode.
- 2 Select any key (except ) and tap the touchscreen to unlock the device.

Turning Off the Device

For long-term storage and to maximize battery life, you can turn off the device.

Hold , and select **Yes** to turn off the device.

DRAFT

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