GARMIN®

A02643

Quick Start 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.

Charging the Device

⚠ WARNING

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

NOTICE

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

1. Plug the 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.

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3 Charge the device completely.

Installing the Standard Mount

For the best GPS reception, position the mount so the front of the device is oriented toward the sky. You can install the mount.

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1 Select a secure location to mount the device where it does not interfere with safe operation.

2 Place the rubber disk ① on the back of the mount.

The rubber tabs align with the back of the mount so it stays in place.

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3 Place the mount on the stem.

4 Attach the mount securely using the two bands ②.

5 Align the tabs on the back of the device with the mount notches ③ .

6 Press down slightly until it locks.

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Releasing the device

1. Turn the device clockwise to unlock the device.
2. Lift the device off the mount.

Keys

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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. Select to choose an option or to acknowledge a message.
③	▼	Select to scroll through the data screens, options, and settings. From the home screen, select to view the device menu.

④	↩	Select to mark a new lap. Select to return to the previous screen.

Using the device

If your device was packaged with an ANT+® sensor, they are already paired and can be activated during initial setup.

1. Hold ⏻ to turn on the device.
2. Go outside, and wait while the device locates satellites.

   The satellite bars are solid when the device is ready.
3. From the home screen, select ▮▶.
4. Select ▮▶ to start the timer.

   NOTE: History is recorded only while the timer is running.
5. Select ▼ for additional data pages.
6. Select ▮▶ to stop the timer.
7. Select **Save**.

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.

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Courses

You can send a course from your Garmin Connect account to your device. After it is saved to your device, you can navigate the course on your device.

You can follow a saved course simply because it is a good route. For example, you can save and follow a friendly commute to work.

You can also follow a saved course, trying to match or exceed previously set performance goals. For example, if the original course was completed in 30 minutes, you can race against a Virtual Partner® trying to complete the course in under 30 minutes.

Following a Course From the Web

Before you can download a course from your Garmin Connect account, you must have a Garmin Connect account (page 5).

1. Connect the device to your computer using the USB cable.
2. Go to www.garminconnect.com.
3. Create a new course, or select an existing course.
4. Select **Send to Device**.
5. Disconnect the device, and turn it on.
6. Select ▼ > **Courses**.
7. Select a course.
8. Select **Do Course**.
9. Select ▮▶ to start the timer.

   The map displays the course and a progress bar at the top of the screen.

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10 If necessary, select ▼ for additional data pages.

ANT+ Sensors

The device can be used with wireless ANT+ sensors. For more information about compatibility and purchasing optional sensors, go to http://buy.garmin.com.

Putting On the Optional Heart Rate Monitor

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

1 Push one tab ① of the strap through the slot ② in the heart rate monitor module.

2 Press the tab down.

3 Wet the electrodes ③ on the back of the module to create a strong connection between your chest and the heart rate monitor module.

4 Wrap the strap around your chest and attach it to the other side of the heart rate monitor module.

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The Garmin® logo should be right-side up.

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

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

Device Information

Temperature Specifications

Operating temperature range: From -15º to 60ºC (from 5º to 140ºF)

Charging temperature range: From 0º to 45ºC (from 32º to 113ºF)

Heart rate monitor operating temperature range: From -10° to 50°C (from 14° to 122°F)

More Information

Your owner's manual contains details about additional features. Go to www.garmin.com/manuals/.

- ® Notifications
- Training options
- Customizing your device

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M/N: A02643

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www.garmin.com/support
Printed in Taiwan
March 2015 190-01884-90_0A