



Instructions

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

NOTICE

To prevent corrosion, thoroughly dry the USB port, the weather cap, and the surrounding area before charging or connecting to a computer.

The device is powered by a built-in lithium-ion battery that you can charge using a standard wall outlet or a USB port on your computer.

NOTE: The device will not charge when outside the approved temperature range (page 10).

- 1 Pull up the weather cap from the USB port.
- 2 Plug the small end of the USB cable into the USB port on the device.
- 3 Plug the large end of the USB cable into an AC adapter or a computer USB port.
- 4 Plug the AC adapter into a standard wall outlet.

5 Charge the device completely.

The status LED flashes green while charging.
The status LED is solid green when charging is complete.

Installing the Mount

You can use the mount to install both another ® device and this device.

- 1** Select a secure location to mount another device and this device where they do not interfere with safe operation.
- 2** Use the hex key to remove the screw ① from the connector ②.
- 3** If necessary, remove the two screws on the top of the mount ③, rotate the connector, and replace the screws to change the orientation of the mount for another device.
- 4** Place the rubber pad around the mount area:
 - If the mount diameter is 25.4 mm, use the thicker pad.
 - If the mount diameter is 31.8 mm, use the thinner pad.

- 5 Place the connector around the rubber pad.
- 6 Replace and tighten the screw.
NOTE: Garmin® recommends a torque specification of 7 lbf-in. (0.8 N-m). You should check the tightness of the screw periodically.
- 7 If installing another device, align the tabs on the back of the other device with the notches on the top of the mount ④.
- 8 Press down slightly and the other device and adjust until it locks into place.
- 9 Align the notches on the top of this device with the tabs on the bottom of the mount ⑤.
- 10 Press up slightly and adjust the device until it locks into place.

Status LEDs

LED Activity	Status
Solid red	An error occurred while charging.
Alternating red and green	The device is uploading settings from Garmin Express™.
Flashing green	The device is charging.
Solid green	Charging is complete.
Flashing red	The battery is low.
Flashing blue	The device is in smart mode and can be controlled by a paired wireless remote.

Key Functions

- Hold the device key for 1 second to turn on the device.
- With the device turned off, hold the device key for 1 second to enter smart mode.

The status LED flashes blue. The device can be controlled by a paired wireless remote or other device.

- Select the device key to cycle through the modes.
- Hold the device key for 2 seconds to turn off the device.

Pairing with Your other device

- 1 Bring the other device within range (3 m) of the sensor.

NOTE: Stay 10 m away from other sensors while pairing.

- 2 Turn on the other device.

- 3 From the home screen, select **Sensors > Add Sensor**.

- 4 On the unit, hold the device key for 1 second to enter smart mode.

The status LED flashes blue.

When the sensor is paired with your other device, the status icon appears solid on the connections page.



Device Information

Specifications

Operating temperature range	From -20° to 50°C (from -4° to 122°F)
Charging temperature range	From 0° to 40°C (from 32° to 104°F)

Support and Updates

Garmin Express provides easy access to these services for Garmin devices.

- Product registration
- Product manuals
- Software updates

Getting the Owner's Manual

You can get the most recent owner's manual from the web.

- 1** Go to www.garmin.com/manuals/.
- 2** View or download the full owner's manual in your preferred format.

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