



Quick Start Manual

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.

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 mark a new lap.
④		Select to open the menu.

⑤		Select to return to the previous screen. Hold to lock the device keys and touchscreen.
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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 status
	Bluetooth® technology status
	Wi-Fi® technology status
	Heart rate status

Touchscreen Tips

- Swipe the touchscreen to wake up and unlock the device.
- From the watch face, swipe left or right to scroll through the available widgets.
- From the timer screen, swipe left or right to view the next data screen in the loop.
- From a data screen, hold a data field to change it.
- Tap the touchscreen to confirm messages and alerts.
- Swipe up or down to scroll through menus, options, and settings.
- Select ☑ to close a message or confirm a choice.
- Select ☒ to cancel a setting or choice without saving.
- Swipe right to exit a menu.

- Perform each touchscreen selection as a separate action.

Going for a Run

The first fitness activity you record on your device can be a run, ride, or any outdoor activity. The device comes partially charged. You may need to charge the device (page 11) before starting the activity.

- 1 Select , and select an activity profile.
 - 2 Go outside, and wait while the device locates satellites.
 - 3 Select  to start the timer.
 - 4 Go for a run.
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- 5 After you complete your run, select  to stop the timer.
 - 6 Select an option:
 - Select **Save** to save the run and reset the timer. You can select the run to view a summary.

- Select  >  to delete the run.
- Select  to resume the run.

Smart Features

Pairing Your Smartphone

You should connect your device to a smartphone to complete the setup and access the full features of the device.

TIP: You can also complete the setup on your computer using the Garmin Express™ application.

- 1 Go to www.garmin.com/intosports/apps, and download the Garmin Connect™ Mobile app to your smartphone.
- 2 From the device, select **> Settings > Bluetooth > Pair Mobile Device.**
- 3 Open the Garmin Connect Mobile app, and follow the on-screen instructions to connect a device.

The instructions are provided during the initial setup, or can be found in the Garmin Connect Mobile app help.

Widgets

Your device comes preloaded with widgets that provide at-a-glance information. Some widgets require a Bluetooth connection to a compatible smartphone.

Notifications: Alerts you to incoming calls and texts based on your smartphone notification settings.

Calendar: Displays upcoming meetings from your smartphone calendar.

Music controls: Provides music player controls for your smartphone.

Weather: Displays the current temperature and weather forecast.

Activity Tracking: Tracks your daily step count, step goal, distance traveled, calories burned, and sleep statistics.

Sensor Information: Displays information from an internal sensor or a connected ANT+® sensor.

Downloadable Features

You can download Connect IQ™ features such as apps, widgets, and watch faces from Garmin® and other providers using the Garmin Connect Mobile app.

Downloading Connect IQ Features

- 1 From the Garmin Connect Mobile app, select ≡ > **Connect IQ Store**.
- 2 Select your device.

Bluetooth Connected Features

The device has several Bluetooth connected features for your compatible smartphone using the Garmin Connect Mobile app. 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 uploads: Automatically sends your activity to the Garmin Connect Mobile app 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 the Garmin Connect Mobile app.

Notifications: Displays phone notifications and messages on your device.

Wi-Fi Connected Features

The device has Wi-Fi connected features. The Garmin Connect Mobile application is not required for you to use Wi-Fi connectivity.

NOTE: Your device must be connected to a wireless network to take advantage of these features.

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

Courses, workouts, and training plans: Activities previously selected from Garmin Connect are sent wirelessly to your device.

Software updates: Your device wirelessly downloads the latest software update. The next time you turn on the device, you can follow the on-screen instructions to update the software.

Setting Up Wi-Fi Connectivity on Your Device

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

- 1 Go to www.garminconnect.com/start, and download the Garmin Express application.

- 2 In the Garmin Express application, select **Tools**.
- 3 Follow the on-screen instructions to set up a Wi-Fi network.

TIP: You can register your device at this time.

Your device attempts to upload your saved activity to your Garmin Connect account following each activity.

Running Dynamics

You can use your compatible device paired with the accessory to provide real-time feedback about your running form. If your device was packaged with the accessory, the devices are already paired.

The accessory has an accelerometer in the module that measures torso movement in order to calculate six running metrics. For more information about running dynamics, see your owner's manual.

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 for each step.

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 is 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.

Physiological Measurements

These physiological measurements require a compatible heart rate monitor. The measurements are estimates that can help you track and understand your training runs and race performances.

NOTE: The estimates may seem inaccurate at first. The device requires a few runs to learn about your running performance. For more information, see your owner's manual.

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 published data sources to provide a target race time based on your current state of fitness. This projection also presumes you have completed the proper training for the race.

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

Stress score: Stress score measures 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 running for 6 to 12 minutes.

It can be added as a data field so you can view your performance condition during the rest of your run. It compares your real-time condition to your average fitness level.

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

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 Select  > **History** > **Activities**.
- 2 Scroll up and down to view your saved activities.
- 3 Select an activity.
- 4 Select an option:
 - Select **Details** to view additional information about the activity.
 - Select **Laps** to select a lap and view additional information about each lap.
 - Select **Delete** to delete the selected activity.

Sending Data to Your Garmin Connect Account

You can upload all of your activity data to your Garmin Connect account for comprehensive analysis. 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

You can 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 your Garmin Connect account 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, cadence, VO2 max., running dynamics, an overhead map view, pace and speed charts, and customizable reports.

NOTE: Some data requires an optional accessory such as a heart rate monitor.

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

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.

Access the Connect IQ store: You can download apps, watch faces, data fields, and widgets.

Device Information

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 connect the charging clip ① securely to the device.

- 3 Charge the device completely.
- 4 Press ② to remove the charger.

Support and Updates

Garmin Express (www.garmin.com/express) provides easy access to these services for Garmin devices.

- Product registration
- Product manuals
- Software updates

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

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

Go to www.garmin.com/manuals/.

Resetting the Device

If the device stops responding, you may need to reset it.

NOTE: Resetting the device may erase your data or settings.

1 Hold  for 15 seconds.

The device turns off.

2 Hold  for one second to turn on the device.

Temperature Specifications

Operating temperature range: From -20° to 60°C (from -4° to 140°F)

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

Accessory Operating temperature range: From -10° to 50°C (from -14° to 122°F)

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