



Instructions

Introduction

WARNING

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

Charging the Device

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.

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 does not charge when outside the approved temperature range (page 5).

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

- 3 Release the buttons.
- 4 Plug the large end of the USB cable into an AC adapter or a computer USB port.
- 5 Plug the AC adapter into a standard wall outlet.
- 6 Charge the device completely.

Device Overview

①	Power key	Hold to turn the device on and off.
②	Ambient light sensor	Automatically detects available light and adjusts the brightness of the display.
③	Touch panel	Swipe to scroll through data screens, options, and settings (page 2).
④	Lens	Adjustable magnifying lens display.

Using the Touch Panel

You can use the touch panel to interact with many device features. You can operate the

touch panel with your finger tip or while wearing gloves.

- Swipe the touch panel to scroll through data screens, options, and settings. You can swipe from left to right or right to left.
- Swipe the touch panel to dismiss notifications.
- Tap the touch panel to select highlighted options.
- Tap the touch panel to acknowledge notifications and alerts.
- Double-tap the touch panel to wake up and put the device into sleep mode.

Installing the Mount

- 1 Select a band size that fits.
NOTE: The band should be tight so the device does not move.
- 2 Place the flat side of the mount against the arm.
- 3 Hook the first band on the top knob and pull it around the arm.
- 4 Hook the other side of the band on the bottom knob.

- 5 Repeat steps 2 and 3 for the second band.

Installing the Device on the Mount

Before you can install the device on the mount, you must install the mount on your arm

- 1 Align the notches on the mount and the device.
- 2 Press down slightly and turn the device until it locks into place

- 3 Adjust the front of the display
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Pairing the Device with Your Garmin® Device

Pairing is the process of connecting an ANT+® accessory, such as the device, with a Garmin ANT+ compatible device such as the Edge 1000.

NOTE: The pairing instructions differ for each Garmin compatible device. See your owner's manual.

- Bring the Garmin compatible device within 3 m of the ANT+ accessory.
- Stay 10 m away from other ANT+ sensors while pairing.

After you pair the first time, your Garmin compatible device automatically recognizes the ANT+ accessory each time it is activated.

Device Information

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to 8 hr.
Water rating	IEC 60529 IPX7*
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)
Radio frequency/protocol	2.4 GHz ANT+ wireless communications protocol

*The device withstands incidental exposure to water of up to 1 m for up to 30 min. For more information, go to www.garmin.com/waterrating.

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 the Owner's Manual

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

Go to www.garmin.com/manuals

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