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Quick Start Manual

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.

Device Overview

①	Touchscreen	Swipe left or right to scroll through features, data screens, and menus. Tap to select.
②	Device key	Hold to turn on and off the device. Press to open and close the menu. Press to start and stop the timer.

Activity Tracking and Features

Some features require a paired smartphone.

Time and date: Displays the current time and date. The device updates the time and date when you synchronize your device with a computer or smartphone.

Activity tracking: Tracks your daily step count, floors climbed, distance traveled, calories, and intensity minutes. The move bar displays the amount of time you are inactive.

Goals: Displays your progress toward your activity goals. The device learns and proposes a new step goal for you each day. You can customize goals for daily steps, daily floors climbed, and weekly intensity minutes using your Garmin Connect™ account.

Heart rate: Displays your current heart rate and lowest resting heart rate for today in beats per minute (bpm).

Notifications: Alerts you to notifications from your smartphone, including calls, texts, and social network updates, based on your smartphone notification settings.

Music controls: Provides controls for the music player on your smartphone.

VIRB® remote: Provides remote controls for a paired VIRB action camera.

Pairing Your Smartphone

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

TIP: You can also set up the device on your computer using the Garmin Express™ application.

NOTE: Unlike other Bluetooth® devices that are paired from the Bluetooth settings on your smartphone, your  device must be

paired directly through the Garmin Connect Mobile app.

- 1** Go to www.garminconnect.com/, and follow the on-screen instructions to download the Garmin Connect Mobile app.
- 2** Select an option:
 - During the initial setup, follow the on-screen instructions to pair your device with your smartphone.
 - If you did not pair your device during the initial setup, press the device key to view the menu, and select  to pair your smartphone.
- 3** Open the Garmin Connect Mobile app, and follow the on-screen instructions.

Your device automatically synchronizes with the Garmin Connect Mobile app periodically.

Wearing the Device

- During workouts, wear the device

- See the owner's manual for more 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 press the charger ① until it clicks.

- 3 Charge the device completely.

Device Information

Temperature Specifications

Operating temperature range: From -10° to 60°C (from 14° to 140°F)

Charging temperature range: From 0° to 40°C (from 32° to 104°F)

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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El número de registro COFETEL/IFETEL puede ser revisado en el manual a través de la siguiente página de internet.



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