

GARMIN.

Quick Start Manual	4
Manuel de démarrage rapide	11
Manuale di avvio rapido	19
Schnellstartanleitung	26
Guía de inicio rápido	34
Manual de início rápido	41

© 2018 Garmin Ltd. or its subsidiaries

Garmin®, the Garmin logo, and ANT+® are trademarks of Garmin Ltd. or its subsidiaries, registered in the USA and other countries. Garmin Connect™ and Instinct™ are trademarks of Garmin Ltd. or its subsidiaries. These trademarks may not be used without the express permission of Garmin.

The Bluetooth® word mark and logos are owned by the Bluetooth SIG, Inc. and any use of such marks by Garmin is under license. Advanced heartbeat analytics by Firstbeat. Other trademarks and trade names are those of their respective owners.

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

Quick Start Manual

Device Overview



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



① CTRL LIGHT	Select to turn the backlight on and off. Hold to view the controls menu. Hold to turn the device on.
② GPS	Select to view the activity list and start or stop an activity. Select to choose an option in a menu. Hold to save your location.

③ SET BACK	Select to return to the previous screen. Select to record a lap or rest during an activity. Hold to view the set screen.
④ ABC DOWN	Select to scroll through the widget loop and menus. Hold to view the altimeter, barometer, and compass (ABC) screen.

⑤ MENU UP	Select to scroll through the widget loop and menus. Hold to view the menu.
-----------------	---

Pairing Your Smartphone with Your Device

To use the connected features of the Instinct™ device, it must be paired directly through the Garmin Connect™ Mobile app, instead of from the Bluetooth® settings on your smartphone.

- 1 From the app store on your smartphone, install and open the Garmin Connect Mobile app.

- 2 Bring your smartphone within 10 m (33 ft.) of your device.
- 3 Select **CTRL** to turn on the device.
The first time you turn on the device, it is in pairing mode.
- 4 Follow the instructions in the app to complete the pairing and setup process.

Viewing the Controls Menu

The controls menu contains options, such as turning on do not disturb mode, locking the keys, and turning the device off.

- 1 From any screen, hold **CTRL**.



- 2 Select **UP** or **DOWN** to scroll through the options.

Viewing Widgets

Your device comes preloaded with several widgets, and more are available when you pair your device with a smartphone.

- Select **UP** or **DOWN**.

The device scrolls through the widget loop.

- Select **GPS** to view additional options and functions for a widget.

Customizing the Watch

- From the watch face, hold **MENU** to change the watch face.
- From the widget screens, hold **MENU** to customize the widget options.
- From the controls menu, hold **MENU** to add, remove, and reorder the controls.

- From any screen, hold **MENU** to change additional settings.

Activities and Apps

Your device can be used for indoor, outdoor, athletic, and fitness activities. When you start an activity, the device displays and records sensor data. You can save activities and share them with the Garmin Connect community.

Starting an Activity

- 1 From the watch face, select **GPS**.
- 2 Select an activity.

- 3 If necessary, follow the on-screen instructions to enter additional information.
- 4 If necessary, wait while the device connects to your ANT+® sensors.
- 5 If the activity requires GPS, go outside, and wait while the device locates satellites.
- 6 Select **GPS** to start the timer.

NOTE: The device does not record your activity data until you start the timer.

Stopping an Activity

- 1 Select **GPS**.

- 2 Select **Save**.

Wearing the Device and Heart Rate

- Wear the Instinct device above your wrist bone.

NOTE: The device should be snug but comfortable, and it should not move while running or exercising.



NOTE: The heart rate sensor is located on the back of the device.

- See the owner's manual for more information about wrist-based heart rate.

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 small end of the USB cable into the charging port on your device.



- 2 Plug the large end of the USB cable into a USB port on your computer.
- 3 Charge the device completely.

Specifications

Operating temperature

range: From -20° to 50°C
(from -4° to 122°F)

Charging temperature range:

From 0° to 45°C (from 32°
to 113°F)

Wireless frequency/protocol:

2.4 GHz @ 1 dBm nominal

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/instinct.

Manuel de démarrage rapide

Device Overview



WARNING

Consultez le guide *Informations importantes sur le produit et la sécurité* inclus dans l'emballage du produit pour prendre connaissance des avertissements et autres informations importantes sur le produit.



CTRL
LIGHT

Select to turn the
backlight on and off.
Hold to view the
controls menu.
Hold to turn the
device on.

② GPS	Select to view the activity list and start or stop an activity. Select to choose an option in a menu. Hold to save your location.
③ SET BACK	Select to return to the previous screen. Select to record a lap or rest during an activity. Hold to view the set screen.

④ ABC DOWN	Select to scroll through the widget loop and menus. Hold to view the altimeter, barometer, and compass (ABC) screen.
⑤ MENU UP	Select to scroll through the widget loop and menus. Hold to view the menu.

Couplage de votre smartphone avec votre appareil

Pour que vous puissiez utiliser les fonctions connectées de la

montre Instinct, celle-ci doit être couplée directement via l'application Garmin Connect Mobile et non pas via les paramètres Bluetooth de votre smartphone.

- 1 Depuis la boutique d'applications sur votre smartphone, installez et ouvrez l'application Garmin Connect Mobile.
- 2 Rapprochez votre smartphone à moins de 10 m (33 pi) de votre appareil.
- 3 Maintenez le bouton **CTRL** enfoncé pour mettre l'appareil sous tension.

Lorsque vous allumez l'appareil pour la première fois, celui-ci est réglé sur le mode couplage.

- 4 Suivez les instructions dans l'application pour terminer la procédure de couplage et de réglage.

Affichage du menu des commandes

Le menu des commandes contient des options, comme le mode Ne pas déranger, le verrouillage des boutons et l'arrêt de l'appareil.

- 1 Sur n'importe quel écran, appuyez longuement sur **CTRL**.



- 2** Appuyez sur **UP** ou **DOWN** pour faire défiler les options.

Viewing Widgets

Your device comes preloaded with several widgets, and more are available when you pair your device with a smartphone.

- Select **UP** or **DOWN**.
The device scrolls through the widget loop.

- Select **GPS** to view additional options and functions for a widget.

Personnalisation de la montre

- Depuis le cadran, maintenez le bouton **MENU** enfoncé pour modifier l'image du cadran de la montre.
- Depuis l'écran d'un widget, maintenez le bouton **MENU** enfoncé pour personnaliser les options du widget.
- Depuis le menu des commandes, maintenez le bouton **MENU** enfoncé

pour ajouter, supprimer ou
retrier les commandes.

- Depuis n'importe quel
écran, maintenez le bouton
MENU enfoncé pour
modifier d'autres
paramètres.

Activities and Apps

Your device can be used for indoor, outdoor, athletic, and fitness activities. When you start an activity, the device displays and records sensor data. You can save activities and share them with the Garmin Connect community.

Démarrage d'une activité

- 1** A partir du cadran de la montre, appuyez sur **GPS**.
- 2** Sélectionnez une activité.
- 3** Si besoin, suivez les instructions à l'écran pour saisir des informations complémentaires.
- 4** Si besoin, attendez que l'appareil se connecte aux capteurs ANT+.
- 5** Si votre activité nécessite la fonction GPS, allez dehors, et patientez pendant l'acquisition des signaux satellites.
- 6** Sélectionnez **GPS** pour démarrer le chrono.

REMARQUE : l'appareil n'enregistre pas les données de votre activité tant que vous n'avez pas lancé le chrono.

Arrêt d'une activité

- 1** Sélectionnez **GPS**.
- 2** Sélectionnez **Save**.

Port de l'appareil et fréquence cardiaque

- Portez l'appareil Instinct autour du poignet, au-dessus de l'os.

REMARQUE : l'appareil doit être suffisamment serré pour ne pas bouger lorsque vous courez ou lorsque vous vous

entraînez, tout en restant confortable.



REMARQUE : le capteur de fréquence cardiaque est situé à l'arrière de l'appareil.

- Consultez le manuel d'utilisation pour en savoir plus sur la fréquence cardiaque au poignet.

Informations sur l'appareil

Chargement de l'appareil

AVERTISSEMENT

Cet appareil contient une batterie lithium-ion. Consultez le guide *Informations importantes sur le produit et la sécurité* inclus dans l'emballage du produit pour prendre connaissance des avertissements et autres informations importantes sur le produit.

AVIS

Pour éviter tout risque de corrosion, nettoyez et essuyez

soigneusement les contacts et la surface environnante avant de charger l'appareil ou de le connecter à un ordinateur. Reportez-vous aux instructions de nettoyage du manuel d'utilisation.

- 1 Branchez la petite extrémité du câble USB sur le port situé sur votre appareil.



- 2 Branchez la grande extrémité du câble USB sur un port USB de votre ordinateur.
- 3 Chargez complètement l'appareil.

Specifications

Operating temperature

range: From -20° to 50°C
(from -4° to 122°F)

Charging temperature range:

From 0° to 45°C (from 32°
to 113°F)

Wireless frequency/protocol:

2.4 GHz @ 1 dBm nominal

**Téléchargement du
manuel d'utilisation**

Le manuel d'utilisation comprend des instructions sur la manière d'utiliser des fonctionnalités de l'appareil et d'obtenir des informations de réglementation.

Rendez-vous sur
[www.garmin.com](http://www.garmin.com/manuals/instinct)
[/manuals/instinct](http://www.garmin.com/manuals/instinct).

Manuale di avvio rapido

Device Overview

WARNING

Se guiden *Vigtige oplysninger om sikkerhed og produkter* i æsken med produktet for at se produktadvarsler og andre vigtige oplysninger.



① CTRL LIGHT	Select to turn the backlight on and off. Hold to view the controls menu. Hold to turn the device on.
② GPS	Select to view the activity list and start or stop an activity. Select to choose an option in a menu. Hold to save your location.

③ SET BACK	Select to return to the previous screen. Select to record a lap or rest during an activity. Hold to view the set screen.
④ ABC DOWN	Select to scroll through the widget loop and menus. Hold to view the altimeter, barometer, and compass (ABC) screen.

⑤ MENU UP	Select to scroll through the widget loop and menus. Hold to view the menu.
-----------------	---

Associazione dello smartphone al dispositivo

Per utilizzare le funzioni di connettività del dispositivo Instinct è necessario associarlo direttamente dall'app Garmin Connect Mobile anziché dalle impostazioni Bluetooth sullo smartphone.

- 1 Dall'app store sullo smartphone, installare e

aprire l'app Garmin
Connect Mobile.

- 2** Mantenere lo smartphone a una distanza massima di 10 m (33 piedi) dal dispositivo.
- 3** Selezionare **CTRL** per accendere il dispositivo.
La prima volta che si accende il dispositivo, questo è in modalità di associazione.
- 4** Attenersi alle istruzioni riportate nell'app per completare il processo di associazione e configurazione.

Visualizzazione del menu dei comandi

Il menu dei comandi contiene le opzioni, ad esempio l'attivazione della modalità non disturbare, il blocco dei tasti e lo spegnimento del dispositivo.

- 1** In qualsiasi schermata, tenere premuto **CTRL**.



- 2 Se necessario, selezionare **UP** o **DOWN** per scorrere le opzioni.

Viewing Widgets

Your device comes preloaded with several widgets, and more are available when you pair your device with a smartphone.

- Select **UP** or **DOWN**.
The device scrolls through the widget loop.
- Select **GPS** to view additional options and functions for a widget.

Personalizzare l'orologio

- Dal quadrante dell'orologio, tenere

premuto **MENU** per cambiare il quadrante.

- Dalla schermata dei widget, tenere premuto **MENU** per personalizzare le opzioni dei widget.
- Dal menu dei comandi, tenere premuto **MENU** per aggiungere, rimuovere e riordinare i comandi.
- Da qualsiasi schermata, tenere premuto **MENU** per modificare ulteriori impostazioni.

Activities and Apps

Your device can be used for indoor, outdoor, athletic, and fitness activities. When you

start an activity, the device displays and records sensor data. You can save activities and share them with the Garmin Connect community.

Avvio di un'attività

- 1** Nel quadrante dell'orologio, selezionare **GPS**.
- 2** Selezionare un'attività.
- 3** Se necessario, seguire le istruzioni visualizzate per immettere ulteriori informazioni.
- 4** Se necessario, attendere che il dispositivo si colleghi ai sensori ANT+.

- 5** Se l'attività richiede il GPS, recarsi all'aperto e attendere che il dispositivo termini la ricerca dei satelliti.

- 6** Selezionare **GPS** per avviare il timer.

NOTA: il dispositivo non registra i dati dell'attività finché il timer non viene avviato.

Interruzione di un'attività

- 1** Selezionare **GPS**.
- 2** Selezionare **Save**.

Applicazione del dispositivo con frequenza cardiaca

- Indossare il dispositivo Instinct sopra l'osso del polso.

NOTA: il dispositivo deve aderire comodamente al polso ma non deve muoversi durante la corsa o l'allenamento.



NOTA: il sensore della frequenza cardiaca è situato sul retro del dispositivo.

- Consultare il Manuale Utente per ulteriori informazioni sulla frequenza cardiaca rilevata dal polso.

Info sul dispositivo

Caricamento del dispositivo



AVVERTENZA

Questo dispositivo è dotato di una batteria agli ioni di litio. Se guiden *Vigtige oplysninger om sikkerhed og produkter* i æsken med produktet for at se

produktadvarsler og andre vigtige oplysninger.

AVVISO

Per evitare la corrosione, pulire e asciugare accuratamente i contatti e l'area circostante prima del caricamento o del collegamento a un computer. Consultare le istruzioni sulla pulizia nel Manuale Utente.

- 1 Collegare l'estremità più piccola del cavo USB alla porta di ricarica del dispositivo.



- 2 Collegare l'estremità grande del cavo USB a una porta USB sul computer.
- 3 Caricare completamente il dispositivo.

Specifications

Operating temperature

range: From -20° to 50°C
(from -4° to 122°F)

Charging temperature range:

From 0° to 45°C (from 32°
to 113°F)

Wireless frequency/protocol:

2.4 GHz @ 1 dBm nominal

Manuale Utente

Il Manuale Utente include le istruzioni per l'utilizzo delle funzioni del dispositivo e l'accesso alle informazioni sulle normative.

Visitare il sito Web
[www.garmin.com](http://www.garmin.com/manuals/instinct)
[/manuals/instinct](http://www.garmin.com/manuals/instinct).

Instinct™**Schnellstartanleitung****Device Overview****WARNING**

Lesen Sie alle Produktwarnungen und sonstigen wichtigen Informationen der Anleitung "*Wichtige Sicherheits- und Produktinformationen*", die dem Produkt beiliegt.



① CTRL LIGHT	Select to turn the backlight on and off. Hold to view the controls menu. Hold to turn the device on.
--------------------	---

② GPS	Select to view the activity list and start or stop an activity. Select to choose an option in a menu. Hold to save your location.
③ SET BACK	Select to return to the previous screen. Select to record a lap or rest during an activity. Hold to view the set screen.

④ ABC DOWN	Select to scroll through the widget loop and menus. Hold to view the altimeter, barometer, and compass (ABC) screen.
⑤ MENU UP	Select to scroll through the widget loop and menus. Hold to view the menu.

Koppeln des Smartphones mit dem Gerät

Zur Verwendung der Online-Funktionen des Instinct Geräts

muss es direkt über die Garmin Connect Mobile App gekoppelt werden und nicht über die Bluetooth Einstellungen des Smartphones.

- 1 Installieren Sie über den App-Shop des Smartphones die Garmin Connect Mobile App, und öffnen Sie sie.
- 2 Achten Sie darauf, dass das Smartphone und das Gerät nicht weiter als 10 m (33 Fuß) voneinander entfernt sind.
- 3 Wählen Sie **CTRL**, um das Gerät einzuschalten.

Wenn Sie das Gerät zum ersten Mal einschalten, befindet es sich im Kopplungsmodus.

- 4 Folgen Sie den Anweisungen in der App, um die Kopplung und die Einrichtung abzuschließen.

Anzeigen des Steuerungsmenüs

Das Steuerungsmenü enthält Optionen, beispielsweise zum Aktivieren des DND-Modus, zum Sperren der Tasten und zum Ausschalten des Geräts.

- 1 Halten Sie auf einer beliebigen Seite die Taste **CTRL** gedrückt.



- 2 Wählen Sie **UP** bzw. **DOWN**, um die Optionen zu durchblättern.

Viewing Widgets

Your device comes preloaded with several widgets, and more are available when you pair your device with a smartphone.

- Select **UP** or **DOWN**.
The device scrolls through the widget loop.

- Select **GPS** to view additional options and functions for a widget.

Anpassen der Uhr

- Halten Sie auf dem Displaydesign die Taste **MENU** gedrückt, um das Displaydesign zu ändern.
- Halten Sie auf den Widget-Seiten die Taste **MENU** gedrückt, um die Widget-Optionen anzupassen.
- Halten Sie im Steuerungsmenü die Taste **MENU** gedrückt, um Steuerungen hinzuzufügen, zu entfernen und neu anzuordnen.

- Halten Sie auf einer beliebigen Seite die Taste **MENU** gedrückt, um weitere Einstellungen zu ändern.

Activities and Apps

Your device can be used for indoor, outdoor, athletic, and fitness activities. When you start an activity, the device displays and records sensor data. You can save activities and share them with the Garmin Connect community.

Starten von Aktivitäten

- 1 Halten Sie auf dem Displaydesign die Taste **GPS** gedrückt.

- 2** Wählen Sie eine Aktivität aus.
- 3** Folgen Sie bei Bedarf den Anweisungen auf dem Display, um weitere Informationen einzugeben.
- 4** Warten Sie bei Bedarf, während das Gerät eine Verbindung mit den ANT+ Sensoren herstellt.
- 5** Wenn für die Aktivität GPS erforderlich ist, gehen Sie nach draußen, und warten Sie, während das Gerät Satellitensignale erfasst.
- 6** Wählen Sie **GPS**, um den Timer zu starten.

HINWEIS: Das Gerät zeichnet erst Aktivitätsdaten auf, wenn der Timer gestartet wird.

Beenden von Aktivitäten

- 1** Wählen Sie **GPS**.
- 2** Wählen Sie **Save**.

Tragen des Geräts und Messen der Herzfrequenz

- Tragen Sie das Instinct Gerät oberhalb des Handgelenkknochens.

HINWEIS: Das Gerät sollte dicht anliegen, aber angenehm zu tragen sein. Außerdem sollte es beim Laufen oder Trainieren nicht verrutschen.



HINWEIS: Der Herzfrequenzsensor befindet sich auf der Rückseite des Geräts.

- Weitere Informationen zur Herzfrequenzmessung am Handgelenk finden Sie im Benutzerhandbuch.

Geräteinformationen

Aufladen des Geräts

WARNUNG

Dieses Gerät ist mit einem Lithium-Ionen-Akku ausgestattet. Lesen Sie alle Produktwarnungen und sonstigen wichtigen Informationen der Anleitung "*Wichtige Sicherheits- und Produktinformationen*", die dem Produkt beiliegt.

HINWEIS

Zum Schutz vor Korrosion sollten Sie die Kontakte und den umliegenden Bereich vor dem Aufladen oder dem

Anschließen an einen Computer sorgfältig reinigen und trocknen. Weitere Informationen finden Sie im Benutzerhandbuch in den Anweisungen zum Reinigen.

- 1 Stecken Sie das schmale Ende des USB-Kabels in den Ladeanschluss am Gerät.



- 2 Stecken Sie das breite Ende des USB-Kabels in einen USB-Anschluss des Computers.
- 3 Laden Sie das Gerät vollständig auf.

Specifications

Operating temperature

range: From -20° to 50°C
(from -4° to 122°F)

Charging temperature range:

From 0° to 45°C (from 32°
to 113°F)

Wireless frequency/protocol:

2.4 GHz @ 1 dBm nominal

Benutzerhandbuch

Das Benutzerhandbuch enthält Anweisungen zum Verwenden

von Gerätefunktionen sowie für den Zugriff auf aufsichtsrechtliche Informationen.

Rufen Sie die Website
www.garmin.com
/manuals/instinct auf.

Instinct™ Guía de inicio rápido

Device Overview

WARNING

Consulta la guía *Información importante sobre el producto y tu seguridad* que se incluye en la caja del producto y en la que encontrarás advertencias e

información importante sobre el producto.



①

CTRL
LIGHT

Select to turn the
backlight on and off.
Hold to view the
controls menu.
Hold to turn the
device on.

② GPS	Select to view the activity list and start or stop an activity. Select to choose an option in a menu. Hold to save your location.
③ SET BACK	Select to return to the previous screen. Select to record a lap or rest during an activity. Hold to view the set screen.

④ ABC DOWN	Select to scroll through the widget loop and menus. Hold to view the altimeter, barometer, and compass (ABC) screen.
⑤ MENU UP	Select to scroll through the widget loop and menus. Hold to view the menu.

Vincular tu smartphone con el dispositivo

Para utilizar las funciones de conexión del dispositivo Instinct, debes vincularlo

directamente a través de la aplicación Garmin Connect Mobile y no desde la configuración de Bluetooth tu smartphone.

- 1** Desde la tienda de aplicaciones de tu smartphone, instala y abre la aplicación Garmin Connect Mobile.
- 2** Sitúa tu smartphone a menos de 10 m (33 ft) de tu dispositivo.
- 3** Pulsa **CTRL** para encender el dispositivo.
La primera vez que se enciende el dispositivo, está en modo vinculación.

- 4** Sigue las instrucciones de la aplicación para completar el proceso de vinculación y configuración.

Consultar el menú de controles

El menú de controles contiene las opciones, como activar el modo no molestar, bloquear los botones o apagar el dispositivo.

- 1** Desde cualquier pantalla, mantén pulsado **CTRL**.



- 2** Pulsa **UP** o **DOWN** para desplazarte por las opciones.

Viewing Widgets

Your device comes preloaded with several widgets, and more are available when you pair your device with a smartphone.

- Select **UP** or **DOWN**.
The device scrolls through the widget loop.

- Select **GPS** to view additional options and functions for a widget.

Personalizar el reloj

- Desde la pantalla del reloj, mantén pulsado **MENU** para cambiar de pantalla.
- Desde las pantallas de widgets, mantén pulsado **MENU** para personalizar las opciones de widgets.
- Desde el menú de controles, mantén pulsado **MENU** para añadir, borrar y reordenar los controles.
- Desde cualquier pantalla, mantén pulsado **MENU**

para cambiar la configuración adicional.

Activities and Apps

Your device can be used for indoor, outdoor, athletic, and fitness activities. When you start an activity, the device displays and records sensor data. You can save activities and share them with the Garmin Connect community.

Iniciar una actividad

- 1 Desde la pantalla del reloj, selecciona **GPS**.
- 2 Selecciona una actividad.
- 3 Si es necesario, sigue las instrucciones en pantalla

para introducir información adicional.

- 4 Si es necesario, espera a que el dispositivo se conecte a los sensores ANT+.
- 5 Si la actividad requiere GPS, sal al exterior y espera hasta que el dispositivo localice satélites.
- 6 Selecciona **GPS** para iniciar el cronómetro.

NOTA: el dispositivo no registra los datos de la actividad hasta que no se inicia el cronómetro.

Detener una actividad

1 Selecciona **GPS**.

2 Selecciona **Save**.

Colocarse el dispositivo y detectar la frecuencia cardiaca

- Ponte el dispositivo Instinct en la muñeca.

NOTA: el dispositivo debe quedar ajustado pero cómodo y no debe moverse durante la carrera o el ejercicio.



NOTA: el sensor de frecuencia cardiaca está ubicado en la parte trasera del dispositivo.

- Consulta el manual del usuario para obtener más información acerca de la frecuencia cardiaca a través de la muñeca.

Información del dispositivo

Cargar el dispositivo

ADVERTENCIA

Este dispositivo contiene una batería de ión-litio. Consulta la guía *Información importante sobre el producto y tu seguridad* que se incluye en la caja del producto y en la que encontrarás advertencias e información importante sobre el producto.

AVISO

Para evitar la corrosión, limpia y seca totalmente los contactos y la zona que los

rodea antes de cargar el dispositivo o conectarlo a un ordenador. Consulta las instrucciones de limpieza en el manual del usuario.

- 1 Conecta el extremo pequeño del cable USB al puerto de carga del dispositivo.



- 2 Conecta el extremo grande del cable USB en un puerto USB del ordenador.
- 3 Carga por completo el dispositivo.

Specifications

Operating temperature

range: From -20° to 50°C
(from -4° to 122°F)

Charging temperature range:

From 0° to 45°C (from 32°
to 113°F)

Wireless frequency/protocol:

2.4 GHz @ 1 dBm nominal

Cómo obtener el manual del usuario

El manual del usuario incluye instrucciones para utilizar las

funciones del dispositivo y acceder a la información sobre las normativas vigentes.

Visita **[www.garmin.com](http://www.garmin.com/manuals/instinct)**
/manuals/instinct.

Instinct™

Manual de início rápido

Device Overview

WARNING

Consulte o guia *Informações importantes sobre segurança e sobre o produto* na caixa do produto para obter mais detalhes sobre avisos e outras informações importantes.



① CTRL LIGHT	Select to turn the backlight on and off. Hold to view the controls menu. Hold to turn the device on.
--------------------	---

② GPS	Select to view the activity list and start or stop an activity. Select to choose an option in a menu. Hold to save your location.
③ SET BACK	Select to return to the previous screen. Select to record a lap or rest during an activity. Hold to view the set screen.

④ ABC DOWN	Select to scroll through the widget loop and menus. Hold to view the altimeter, barometer, and compass (ABC) screen.
⑤ MENU UP	Select to scroll through the widget loop and menus. Hold to view the menu.

Emparelhando seu smartphone com seu dispositivo

Para usar os recursos conectados do dispositivo

Instinct, ele deve ser emparelhado diretamente pelo aplicativo Garmin Connect Mobile, ao invés das configurações do Bluetooth no seu smartphone.

- 1 Através da loja de aplicativos em seu smartphone, instale e abra o aplicativo Garmin Connect Mobile.
- 2 Coloque seu smartphone em um raio de até 10 metros (33 pés) do seu dispositivo.
- 3 Selecione **CTRL** para ligar o dispositivo.

Na primeira vez que você ligar o dispositivo, ele entra no modo de emparelhamento.

- 4 Siga as instruções no aplicativo para concluir o processo de emparelhamento e configuração.

Visualizando o menu de controles

O menu de controles contém opções, tais como ativar o modo Não perturbe, bloquear as teclas e desligar o dispositivo.

- 1 Em qualquer tela, mantenha **CTRL** pressionado.



- 2 Selecione **UP** ou **DOWN** para navegar pelas opções.

Viewing Widgets

Your device comes preloaded with several widgets, and more are available when you pair your device with a smartphone.

- Select **UP** or **DOWN**.
The device scrolls through the widget loop.
- Select **GPS** to view additional options and functions for a widget.

Personalizando o relógio

- Na tela de hora, mantenha **MENU** pressionado para alterar a tela de relógio.
- Nas telas de widget, mantenha **MENU** pressionado para personalizar as opções de widget.
- Do menu de controles, mantenha **MENU** pressionado para

adicionar, remover e reorganizar os controles.

- Em qualquer tela, mantenha **MENU** pressionado para alterar configurações adicionais.

Activities and Apps

Your device can be used for indoor, outdoor, athletic, and fitness activities. When you start an activity, the device displays and records sensor data. You can save activities and share them with the Garmin Connect community.

Iniciar uma atividade

- 1 Na tela de relógio, selecione **GPS**.

- 2 Selecione uma atividade.
- 3 Se necessário, siga as instruções na tela para inserir informações adicionais.
- 4 Se necessário, aguarde até que o dispositivo se conecte aos seus sensores ANT+.
- 5 Se o uso do GPS for necessário, vá para fora e espere enquanto o dispositivo localiza os satélites.
- 6 Selecione **GPS** para iniciar o timer.

OBSERVAÇÃO: o dispositivo não registra

seus dados de atividade até que o temporizador seja iniciado.

Parar uma atividade

- 1 Selecione **GPS**.
- 2 Selecione **Save**.

Usando o dispositivo e frequência cardíaca

- Use o dispositivo Instinct acima do seu pulso.

OBSERVAÇÃO: o dispositivo deve estar justo, mas confortável; ele não deve se mover durante a corrida ou exercícios.



OBSERVAÇÃO: o sensor de frequência cardíaca encontra-se na parte de trás do dispositivo.

- Consulte o manual do proprietário para obter mais informações sobre a pulseira medidora de frequência cardíaca.

Informações sobre o dispositivo

Carregando o dispositivo

ATENÇÃO

Este dispositivo contém uma bateria de íon-lítio. Consulte o guia *Informações importantes sobre segurança e sobre o produto* na caixa do produto para obter mais detalhes sobre avisos e outras informações importantes.

AVISO

Para evitar a corrosão, limpe e seque totalmente os contatos e a área subjacente antes de carregar ou conectar a um

computador. Consulte as instruções de limpeza no manual do proprietário.

- 1 Conecte a extremidade menor do cabo USB na porta de carregamento no seu dispositivo.



- 2 Conecte a extremidade maior do cabo USB a uma porta USB no seu computador.

- 3 Carregue o dispositivo completamente.

Specifications

Operating temperature

range: From -20° to 50°C
(from -4° to 122°F)

Charging temperature range:

From 0° to 45°C (from 32°
to 113°F)

Wireless frequency/protocol:

2.4 GHz @ 1 dBm nominal

Introdução ao Manual do proprietário

O manual do proprietário inclui instruções para usar os recursos do dispositivo e acessar informações regulamentares.

Acesse **www.garmin.com**
/manuals/instinct.





support.garmin.com



Printed in Taiwan
July 2018
I90-02354-90_0A

