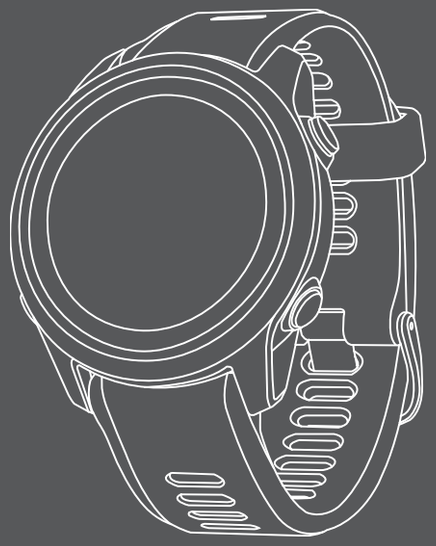
GARMIN®



FORERUNNER® 945 LTE

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 ⏻ LIGHT	Select to turn the device on. Select to turn the backlight on and off. Hold to view the controls menu.
2 START STOP	Select to start and stop the activity timer. Select to choose an option or to acknowledge a message.
3 BACK ↩	Select to return to the previous screen. Select to record a lap, rest, or transition during an activity.

④ DOWN ♫	Select to scroll through the widgets, data screens, options, and settings. Hold to open the music controls (page 15).
⑤ UP ≡	Select to scroll through the widgets, data screens, options, and settings. Hold to view the menu. Hold to manually change sports during an activity.

GPS Status and Status Icons

The GPS status ring and icons temporarily overlay each data screen. For outdoor activities, the status ring turns green when GPS is ready. 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	GPS status
	Battery status
	Smartphone connection status
	Wi-Fi® technology status

	LTE status
	Heart rate status

Setting Up Your Watch

To take full advantage of the Forerunner features, complete these tasks.

- Pair the Forerunner device with your smartphone using the Garmin Connect™ app (page 4).
- Set up your LTE Subscription (page 10).
- Set up safety features (page 12).
- Set up Wi-Fi networks (page 5).
- Set up your Garmin Pay™ wallet (page 11).

Pairing Your Smartphone with Your Device

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

1. From the app store on your smartphone, install and open the Garmin Connect app.
2. Bring your smartphone within 10 m (33 ft.) of your device.

3 Select **LIGHT** 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.

Tips for Existing Garmin Connect Users

1 From the Garmin Connect app, select ☰ or •••.

2 Select **Garmin Devices** > **Add Device**.

Connecting to a Wi-Fi Network

- Use the Garmin Connect app.
- Use the Garmin Express™ application (**www.garmin.com/express**).

Going for a Run

The first fitness activity you record on your device can be a run, ride, or any outdoor activity. You may need to charge the device before starting the activity (page 18).

1 Select **START**, and select an activity.

2 Go outside, and wait while the device locates satellites.

3 Select **START**.

4 Go for a run.

5 After you complete your run, select **STOP**.

6 Select an option:

- Select **Resume** to restart the activity timer.
- Select **Save** to save the run and reset the activity timer. You can select the run to view a summary.

Triathlon Training

When you participate in a triathlon, you can use the triathlon activity to quickly transition to each sport segment, to time each segment, and to save the activity.

1 Select **START** > **Triathlon**.

2 Select **START** to start the activity timer.

3 Select ⟲ at the beginning and end of each transition.

4 After you complete your activity, select **STOP** > **Save**.

Heart Rate While Swimming

NOTE: If both wrist-based heart rate and chest heart rate data are available, your device uses the chest heart rate data.

To view your heart rate data, you can add heart rate data fields. Heart rate data is not visible while the heart rate accessory is underwater.

Going for a Pool Swim

1. Select **START** > **Pool Swim**.
2. Select your pool size, or enter a custom size.
3. Select **START**.
4. Start your activity.

   The device automatically records swim intervals and lengths.
5. When resting, select ⟲ to pause the activity timer.
6. Select ⟲ to restart the activity timer.
7. After you finish the activity, select **STOP** > **Save**.

Smart Features

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 **START** to view additional options and functions for a widget.

Viewing the Controls Menu

The controls menu contains options, such as turning on the assistance feature (page 12), locking the keys, and turning the device off. You can also open the Garmin Pay wallet.

1. From any screen, hold **LIGHT**.

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

Physiological Measurements

These performance measurements are estimates that can help you track and understand your training activities and race performances. These estimates are provided and

supported by Firstbeat Analytics.

- Daily suggested workouts
- Functional threshold power (FTP)
- Heat and altitude acclimation
- HRV stress test
- Lactate threshold
- Performance condition
- Predicted race times
- Recovery time
- Training Effect and primary benefit
- Training load and focus
- Training status
- VO2 max.

NOTE: The estimates may seem inaccurate at first. The device requires you to complete a few activities to learn about your performance. For more information, go to www.garmin.com/performance-data/running/.

Running Dynamics

You can use your compatible Forerunner device paired with a running dynamics accessory to provide real-time feedback about your running form. The running dynamics accessory has an accelerometer that measures torso movement in order to calculate six running metrics.

- Cadence
- Vertical oscillation
- Ground contact time
- Ground contact time balance
- Stride length
- Vertical ratio

NOTE: For more information, go to www.garmin.com /performance-data/running/.

LTE Connected Features

This Forerunner device has certain features that require an LTE Subscription and must be set up using the Garmin Connect app. For subscription information, go to garmin.com /subscriptions.

- Assistance Plus
- Assistance
- Incident detection
- LiveTrack
- Live Event Sharing
- Spectator messages

Bluetooth Connected Features

The Forerunner device has several Bluetooth connected features for your compatible smartphone using the Garmin Connect app.

- Activity uploads
- Audio prompts
- Assistance
- Connect IQ™

- Find my phone
- Find my watch
- Incident detection
- GroupTrack
- LiveTrack
- Live Event Sharing
- Music controls
- Phone notifications
- Social media interactions
- Software updates
- Weather updates
- Workout, course, and PacePro downloads

Setting Up Your Garmin Pay Wallet

The Garmin Pay feature allows you to use your watch to pay for purchases in participating stores. You can add one or more participating credit or debit cards to your Garmin Pay wallet. Go to garmin.com /garminpay/banks to find participating financial institutions.

1. From the Garmin Connect app, select ☰ or •••.
2. Select **Garmin Pay** > **Get Started**.
3. Follow the on-screen instructions.

You can open your Garmin Pay wallet from the controls menu on your device. See the owner's manual for more information on using the Garmin Pay feature.

Safety and Tracking Features

⚠ CAUTION

All of the safety and tracking features must be set up using the Garmin Connect app.

Assistance Plus is available only when you obtain an LTE Subscription. The Assistance Plus feature is not available in every market where this product is sold.

Assistance, incident detection, and LiveTrack are available when your Forerunner device is connected to the Garmin Connect app using Bluetooth technology, or when you obtain an LTE Subscription.

Assistance Plus: If you have an active LTE Subscription, are within an LTE network coverage area, and Assistance Plus is enabled, your Forerunner device can contact the International Emergency Response

Coordination Center (IERCC) emergency response team if an incident is detected or if you need emergency assistance. An IERCC response team member will attempt to contact emergency services on your behalf and may contact one or more of your emergency contacts.

Assistance: If an incident is detected or if you need assistance, your Forerunner device can send an automated message with your name, LiveTrack link, and GPS location to your emergency contacts. Assistance does not contact the IERCC emergency response team or emergency services on your behalf.

Incident Detection: When the Forerunner device detects an incident during an outdoor walk, run, or bike activity, the device automatically starts an Assistance Plus or assistance request.

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.

Adding Emergency Contacts

Emergency contact phone numbers are used for the safety and tracking features.

1. From the Garmin Connect app, select ☰ or •••.
2. Select **Safety & Tracking** > **Incident Detection & Assistance** > **Add Emergency Contact**.
3. Follow the on-screen instructions.

Requesting Assistance

Before you can request assistance or Assistance Plus, you must set up the safety and tracking features (page 12).

1. Hold the ⏻ key.
2. When you feel three vibrations, release the key to activate the assistance feature.

   The countdown screen appears.

   TIP: You can select **Cancel** before the countdown is complete to cancel the message.

Music

You can download audio content to your device, so you can listen when your smartphone is not nearby. The Garmin Connect app and Garmin Express application allow you to download audio content from a third-party provider or your computer.

You can use the music controls to control music playback on your smartphone or to play music stored on your device. To listen to audio content stored on your device, you must connect headphones with Bluetooth technology.

Connecting to a Third-Party Provider

Before you can download music or other audio files to your watch from a supported third-party provider, you must connect to the provider to your device.

Some third-party music provider options are already installed on your device. For more options, you can download the Connect IQ app.

1. Hold **DOWN** from any screen to open the music controls.
2. Select IQ.

3 Select the name of the provider, and follow the on-screen instructions.

Downloading Personal Audio Content

1 Install the Garmin Express application on your computer (**www.garmin.com/express**).

2 Connect the device to your computer using the included USB cable.

3 Open the Garmin Express application, select your device, and select **Music**.

Connecting Bluetooth Headphones

To listen to music loaded onto your Forerunner device, you must connect headphones using Bluetooth technology.

1 Bring the headphones within 2 m (6.6 ft.) of your device.

2 Enable pairing mode on the headphones.

3 Hold ≡.

4 Select **Settings** > **Music** > **Headphones** > **Add New**.

5 Select your headphones to complete the pairing process.

Listening to Music

1. Hold **DOWN** from any screen to open the music controls.
2. Connect your headphones with Bluetooth technology.
3. Hold ☰.
4. Select **Music Providers**, and select an option:
   - To listen to music downloaded to the watch from your computer, select **My Music**.
   - To control music playback on your smartphone, select **Control Phone**.
   - To listen to music from a third-party provider, select the name of the provider.
5. Select ⋮ to open the music playback controls.

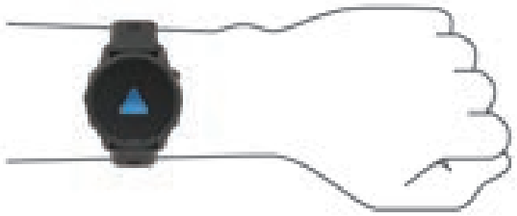
Device Information

Wearing the Device

- Wear the device above your wrist bone.

  NOTE: The device should be snug but comfortable. For more accurate heart rate readings, the device should not move while running or exercising. For pulse oximeter readings,

you should remain motionless.



NOTE: The optical sensor is located on the back of 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 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 charging port.

3 Charge the device completely.

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 /forerunner945LTE**.

Getting More Information

- Go to **support.garmin.com** for additional manuals, articles, and software updates.
- Go to **buy.garmin.com**, or contact your Garmin® dealer for information about optional accessories and replacement parts.
- Go to **www.garmin.com /ataccuracy**.

  This is not a medical device. The pulse oximeter

feature is not available in all countries.

Specifications

Forerunner operating temperature range: From -20º to 60ºC (from -4º to 140ºF)

Forerunner charging temperature range: From 0º to 45ºC (from 32º to 113ºF)

Heart rate monitor operating temperature range: From -10º to 50ºC (from 1º to 122ºF)

Wireless frequency: 1950 MHz @ 23 dBm maximum

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