

GARMIN®



EDGE® 840

Quick Start Manual

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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 	Select to enter sleep mode and wake the device. Hold to turn the device on and off and lock the touchscreen.
② 	Select to mark a new lap.

③ 	Select to start and stop the activity timer.
④ Electrical contacts	Charge using an Edge® external battery pack accessory.

NOTE: Go to www.buy.garmin.com to purchase optional accessories.

Pairing Your Smartphone

To use the connected features of the Edge 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 Hold  to turn on the device.
The first time you turn on the device, you will select the device language. The next screen prompts you to pair with your smartphone.
- 3 Follow the instructions in the app to complete the pairing and setup process.

After you pair successfully, a message appears, and your device syncs automatically with your smartphone.

Installing the Standard Mount

For the best GPS reception, position the bike mount so the front of the device is oriented toward the sky. You can install the bike mount on the stem or the handlebars.

- 1 Select a secure location to mount the device where it does not interfere with the safe operation of your bike.
- 2 Place the rubber disk ① on the back of the bike mount.

The rubber tabs align with the back of the bike mount so it stays in place.



- 3 Place the bike mount on the bike stem.
- 4 Attach the bike mount securely using the two bands ②.

- 5 Align the tabs on the back of the device with the bike mount notches ③.
- 6 Press down slightly and turn the device clockwise until it locks into place.



Installing the Out-Front Mount

NOTE: If you do not have this mount, you can skip this task.

- 1 Select a secure location to mount the Edge device where it does not interfere with the safe operation of your bike.
- 2 Use the hex key to remove the screw ① from the handlebar connector ②.



3 Place the rubber pad around the handlebar:

- If the handlebar diameter is 25.4 mm, use the thicker pad.
- If the handlebar diameter is 31.8 mm, use the thinner pad.

4 Place the handlebar connector around the rubber pad.

5 Replace and tighten the screw.

NOTE: Garmin® recommends tightening the screw so the mount is secure, with a maximum torque specification of 7 lbf-in. (0.8 N-m). You should check the tightness of the screw periodically.

6 Align the tabs on the back of the Edge device with the bike mount notches (3).



7 Press down slightly and turn the Edge device clockwise until it locks into place.

Installing the Mountain Bike Mount

NOTE: If you do not have this mount, you can skip this task.

1 Select a secure location to mount the Edge device where it does not interfere with the safe operation of your bike.

2 Use the 3 mm hex key to remove the screw (1) from the handlebar connector (2).



- 3 Select an option:
 - If the handlebar diameter is 25.4 mm, place the thicker pad around the handlebar.
 - If the handlebar diameter is 31.8 mm, place the thinner pad around the handlebar.
 - If the handlebar diameter is 35 mm, do not use a rubber pad.
- 4 Place the handlebar connector around the handlebar, so that the mount arm is above the bike stem.
- 5 Use the 3 mm hex key to loosen the screw ③ on the mount arm, position the mount arm, and tighten the screw.

NOTE: Garmin recommends tightening the screw so the mount arm is secure, with a maximum torque specification of 20 lbf-in. (2.26 N-m). You should check the tightness of the screw periodically.



- 6 If necessary, use the 2 mm hex key to remove the two screws on the back side of the mount ④, remove and rotate the connector, and replace the screws to change the orientation of the mount.
- 7 Replace and tighten the screw on the handlebar connector.

NOTE: Garmin recommends tightening the screw so the mount is secure, with a maximum torque specification of 7 lbf-in. (0.8 N-m). You

should check the tightness of the screw periodically.

- 8 Align the tabs on the back of the Edge device with the bike mount notches .



- 9 Press down slightly and turn the Edge device clockwise until it locks into place.

Going for a Ride

If you are using a wireless sensor or accessory, it can be paired and activated during initial setup. If your device was packaged with a wireless sensor, they are already paired and can be activated during initial setup.

- 1 Hold  to turn on the device.
- 2 Go outside, and wait while the device locates satellites.

The satellite bars turn green when the device is ready.

- 3 From the home screen, select  or  to select an activity profile.
- 4 Select .
- 5 Select  to start the activity timer.

Time
00:01:14
Speed
8.0 ^m / _h
Distance
0.12 ^m
Time of Day
10:51:45A
Calories
2 ^{cal}

NOTE: History is recorded only while the activity timer is running.

- 6 Swipe left or right to view additional data screens.

You can swipe down from the top of the data screens to view the widgets.

- 7 If necessary, tap the screen to view the timer overlay.
- 8 Select  to stop the activity timer.

TIP: Before you save this ride and share it on your Garmin Connect account, you can change the ride type. Accurate ride type data is important for creating bike friendly courses.

9 Select **Save Ride**.

10 Select ✓.

Viewing Widgets

Your device is preloaded with several widgets, and more are available when you pair your device with a smartphone or other compatible device.

1 From the home screen, swipe down from the top of the screen.



The settings widget appears. A flashing icon means the device is searching for a signal. A solid icon

means the signal was found or the sensor is connected. You can select any icon to change the settings.

2 Swipe left or right to view more widgets.

Bluetooth Connected Features

The Edge device has several Bluetooth connected features for your compatible smartphone using the Garmin Connect and Connect IQ™ apps. Go to www.garmin.com/apps for more information.

Activity uploads to Garmin Connect:

Automatically sends your activity to Garmin Connect as soon as you finish recording the activity.

Assistance: Allows you to send an automated text message with your name and GPS location to your emergency contacts using the Garmin Connect app.

Audio prompts: Allows the Garmin Connect app to play status announcements on your smartphone during a ride.

Connect IQ downloadable features:

Allows you to download Connect IQ features from the Connect IQ app.

Course, segment, and workout downloads from Garmin Connect:

Allows you to search for activities on Garmin Connect using your smartphone and send them to your device.

Device to device transfers: Allows you to wirelessly transfer files to another compatible Edge device.

Find my Edge: Locates your lost Edge device that is paired with your smartphone and currently within range.

GroupTrack: Allows you to keep track of other riders in your group using LiveTrack directly on screen and in real time. You can send preset messages to other riders in your GroupTrack session who have a compatible Edge device.

Incident detection: Allows the Garmin Connect app to send a message to your emergency contacts when the Edge device detects an incident.

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.

Messages: Allows you to reply to an incoming call or text message with a preset text message. This feature is available with compatible Android™ smartphones.

Notifications: Displays phone notifications and messages on your device.

Social media interactions: Allows you to post an update to your favorite social media website when you upload an activity to Garmin Connect.

Weather updates: Sends real-time weather conditions and alerts to your device.

Incident Detection

** CAUTION**

Incident detection is a supplemental feature primarily designed for road use. Incident detection should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect Mobile app does not contact emergency services on your behalf.

When an incident is detected by your Edge device with GPS enabled, the Garmin Connect Mobile app can send an automated text message and email with your name and GPS location to your emergency contacts.

For more information, see your owner's manual.

Assistance

⚠ CAUTION

Assistance is a supplemental feature and should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect Mobile app does not contact emergency services on your behalf.

When your Edge device with GPS enabled is connected to the Garmin Connect Mobile app, you can send an automated text message with your name and GPS location to your emergency contacts.

For more information, see your owner's manual.

Wireless Sensors

Your device can be used with wireless ANT+® or Bluetooth sensors. For more information about compatibility and

purchasing optional sensors, go to buy.garmin.com.

Putting On the Heart Rate Monitor

NOTE: If you do not have a heart rate monitor, you can skip this task.

You should wear the heart rate monitor directly on your skin, just below your sternum. It should be snug enough to stay in place during your activity.

- 1 Snap the heart rate monitor module ① onto the strap.



The Garmin logos on the module and the strap should be right-side up.

- 2 Wet the electrodes ② and the contact patches ③ on the back of the strap to create a strong connection between your chest and the transmitter.



- 3 Wrap the strap around your chest, and connect the strap hook ④ to the loop ⑤.

NOTE: The care tag should not fold over.

The Garmin logos should be right-side up.

- 4 Bring the device within 3 m (10 ft.) of the heart rate monitor.

After you put on the heart rate monitor, it is active and sending data.

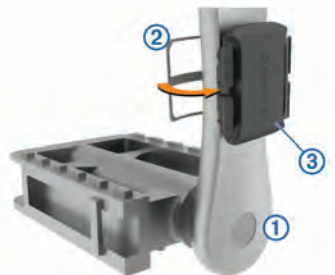
Installing the Cadence Sensor

NOTE: If you do not have this sensor, you can skip this task.

TIP: Garmin recommends you secure your bike on a stand while installing the sensor.

- 1 Select the band size that fits your crank arm ① securely.
The band you select should be the smallest one that stretches across the crank arm.
- 2 On the non-drive side, place and hold the flat side of the cadence sensor on the inside of the crank arm.

- 3 Pull the bands ② around the crank arm, and attach them to the hooks ③ on the sensor.



- 4 Rotate the crank arm to check for clearance.

The sensor and bands should not contact any part of your bike or shoe.

NOTE: The LED flashes green for five seconds to indicate activity after two revolutions.

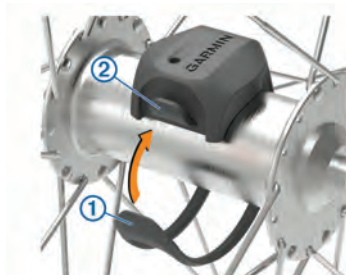
- 5 Take a 15 minute test ride and inspect the sensor and bands to ensure there is no evidence of damage.

Installing the Speed Sensor

NOTE: If you do not have this sensor, you can skip this task.

TIP: Garmin recommends you secure your bike on a stand while installing the sensor.

- 1 Place and hold the speed sensor on top of the wheel hub.
- 2 Pull the strap ① around the wheel hub, and attach it to the hook ② on the sensor.



The sensor may be tilted when installed on an asymmetrical hub. This does not affect operation.

- 3 Rotate the wheel to check for clearance.

The sensor should not contact other parts of your bike.

NOTE: The LED flashes green for five seconds to indicate activity after two revolutions.

Device Information

Charging the Device

NOTE

To prevent corrosion, thoroughly dry the USB port, the weather cap, and the surrounding area before charging or connecting to a computer.

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 will not charge when outside the approved temperature range (page 12).

- 1 Pull up the weather cap ① from the USB port ②.



- 2 Plug the small end of the USB cable into the USB port on the device.
- 3 Plug the large end of the USB cable into an AC adapter or a computer USB port.
- 4 Plug the AC adapter into a standard wall outlet.
When you connect the device to a power source, the device turns on.
- 5 Charge the device completely.

After you charge the device, close the weather cap.

Specifications

Edge operating temperature range:

From -20° to 60°C (from -4° to 140°F)

Edge charging temperature range:

From 0° to 45°C (from 32° to 113°F)

Speed sensor and cadence sensor

operating temperature range: From

-20° to 60°C (from -4° to 140°F)

Heart rate monitor operating

temperature range: From -5° to 50°C

(from 23° to 122°F)

Wireless frequency/protocol:

2.4 GHz
@ 16.4 dBm nominal

Product Updates

On your computer, install Garmin Express™ (www.garmin.com/express). On your smartphone, install the Garmin Connect Mobile app.

This provides easy access to these services for Garmin devices:

- Software updates
- Map updates
- Data uploads to Garmin Connect
- Product registration

Getting More Information

- Go to support.garmin.com for additional manuals, articles, and software updates.
- Go to www.garmin.com/intosports.
- Go to www.garmin.com/learningcenter.
- Go to 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.

support.garmin.com

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