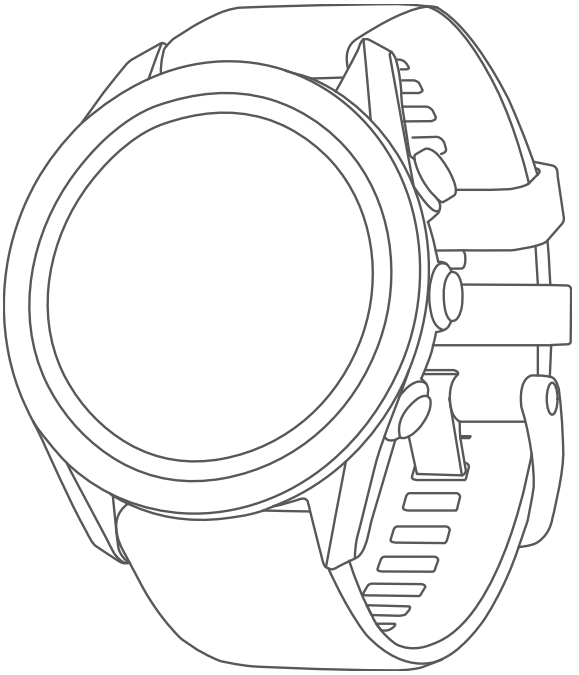
GARMIN®



Owner's Manual

© 2023 Garmin Ltd. or its subsidiaries

All rights reserved. Under the copyright laws, this manual may not be copied, in whole or in part, without the written consent of Garmin. Garmin reserves the right to change or improve its products and to make changes in the content of this manual without obligation to notify any person or organization of such changes or improvements. Go to www.garmin.com for current updates and supplemental information concerning the use of this product.

Garmin®, the Garmin logo, ANT+®, Auto Lap®, Auto Pause®, Edge®, and QuickFit® are trademarks of Garmin Ltd. or its subsidiaries, registered in the USA and other countries. Body Battery™, Connect IQ™, Garmin AutoShot™, Garmin Connect™, Garmin Express™, Garmin Golf™, Garmin Pay™, and tempe™ are trademarks of Garmin Ltd. or its subsidiaries. These trademarks may not be used without the express permission of Garmin.

Android™ is a trademark of Google Inc. The BLUETOOTH® word mark and logos are owned by Bluetooth SIG, Inc. and any use of such marks by Garmin is under license. Advanced heartbeat analytics by Firstbeat. Handicap Index® and Slope Rating® are registered trademarks of the United States Golf Association. iOS® is a registered trademark of Cisco Systems, Inc. used under license by Apple Inc. iPhone® and Mac® are trademarks of Apple Inc., registered in the U.S. and other countries. Windows® is a registered trademark of Microsoft Corporation in the United States and other countries. Other trademarks and trade names are those of their respective owners.

This product is ANT+® certified. Visit www.thisisant.com/directory for a list of compatible products and apps.

M/N: A04431, A04432

Table of Contents

Introduction 1
- Device Overview 1
- Getting Started 1
  - Using the Watch Features 1
- Pairing Your Smartphone 2
- Charging the Watch 2
- Product Updates 2
  - Setting Up Garmin Express 3

Playing Golf 3
- Hole View 3
  - Big Numbers Mode 4
- Golf Menu 5
- Hazards and Layups 5
  - Viewing Hazards and Layups in Big Numbers Mode 5
  - Measuring Distance with Touch Targeting 6
- PlaysLike Distance Icons 6
- Viewing the Green 6
- Virtual Caddie 7
  - Changing the Club Recommendation 7
  - Requesting a Club Recommendation Manually 7
- Changing Holes 8
- Keeping Score 8
  - Enabling Statistics Tracking 8
    - Recording Statistics 8
  - Setting the Scoring Method 8
    - About Stableford Scoring 9
  - Enabling Handicap Scoring 9
- Viewing the Direction to the Pin 9
- Viewing the Wind Speed and Direction 9
- Viewing Round Information 9
- Measuring a Shot with Garmin AutoShot 10
  - Viewing Garmin AutoShot in Big Numbers Mode 10
  - Adding a Shot Manually 10
- Viewing Shot History 10
- Viewing Club Statistics 11
- Saving a Location 11
- Ending a Round 11

Swing Tempo 11
- The Ideal Swing Tempo 12
- Analyzing Your Swing Tempo 12
  - Viewing the Tip Sequence 13

Connectivity 13
- Phone Connectivity Features 13
  - Enabling Bluetooth Notifications 13
    - Managing Notifications 13
  - Using Do Not Disturb Mode 13
  - Turning Off the Bluetooth Smartphone Connection 14
  - Turning On and Off Phone Connection Alerts 14
  - Finding Your Phone 14
- Wi-Fi® Connectivity Features 14
  - Connecting to a Wi-Fi Network 14
- Phone Apps and Computer Applications 14
  - Garmin Golf App 15
    - Automatic Course Updates 15
  - Garmin Connect 15
    - Using the Smartphone Apps 15
    - Using Garmin Connect on Your Computer 15
  - Connect IQ Features 16
    - Downloading Connect IQ Features 16
    - Downloading Connect IQ Features Using Your Computer 16

Garmin Pay™ 16
- Setting Up Your Garmin Pay Wallet 16
- Paying for a Purchase Using Your Watch 17
- Adding a Card to Your Garmin Pay Wallet 17
  - Managing Your Garmin Pay Cards 17
- Changing Your Garmin Pay Passcode 18

Glances 18
- Viewing the Glance Loop 19
  - Customizing the Glance Loop 19
    - Creating Glance Folders 19
- Heart Rate Variability Status 20
  - Using the Stress Level Widget 20

Body Battery 21
Viewing the Body Battery Widget 21
Tips for Improved Body Battery Data 21
Training Status 22
Training Status Levels 23
Tips for Getting Your Training Status 23
Syncing Activities and Performance Measurements 23
Acute Load 24
Training Load Focus 24
Load Ratio 24
About Training Effect 25
Heat and Altitude Performance Acclimation 25
Pausing and Resuming Your Training Status 26
Adding a Stock 26
Using the Jet Lag Adviser 26
Planning a Trip in the Garmin Connect App 26

Heart Rate Features 27

Wrist-based Heart Rate 27
Wearing the Watch 27
Tips for Erratic Heart Rate Data 27
Viewing Heart Rate Information 28
Setting an Abnormal Heart Rate Alert 28
Broadcasting Heart Rate to Garmin Devices 28
Turning Off the Wrist-based Heart Rate Monitor 29
About Heart Rate Zones 29
Setting Your Heart Rate Zones 29
Heart Rate Zone Calculations 30
Pulse Oximeter 30
Getting Pulse Oximeter Readings 30
Turning On Pulse Oximeter Sleep Tracking 30
Tips for Erratic Pulse Oximeter Data 31

Activities and Apps 31

Starting an Activity 31
Tips for Recording Activities 31
Stopping an Activity 31
Indoor Activities 32
Calibrating the Treadmill Distance 32
Going for a Pool Swim 32
Swim Terminology 32
Outdoor Activities 32
Viewing Your Ski Runs 33
Activity Tracking 33
Auto Goal 33
Sleep Tracking 33
Using Automated Sleep Tracking 33

Clocks 33

Setting an Alarm 33
Editing an Alarm 34
Starting the Countdown Timer 34
Deleting a Timer 34
Using the Stopwatch 35
Adding Alternate Time Zones 35
Editing an Alternate Time Zone 36

Training 36

Unified Training Status 36
Syncing Activities and Performance Measurements 36
Workouts 36
Starting a Workout 37
Following a Workout From Garmin Connect 37
Starting an Interval Workout 37
Customizing an Interval Workout 38
Using Virtual Partner® 38
About the Training Calendar 38
Using Garmin Connect Training Plans 38

Music 39

Connecting to a Third-Party Provider 39
Downloading Audio Content from a Third-Party Provider 39
Downloading Personal Audio Content 39
Listening to Music 40
Music Playback Controls 40
Connecting Bluetooth Headphones 40
Changing the Audio Mode 40

Customizing Your Device 41
Changing the Watch Face 41
Golf Settings 41
Customizing the Activities and Apps List 42
Activities and App Settings 42
Customizing the Data Screens 43
Alerts 43
Setting an Alert 44
Setting Up Your User Profile 44
Safety and Tracking Features 44
Notifications and Alerts Settings 45
Turning Off Activity Tracking 45
System Settings 45
Backlight Settings 45
Time Settings 46
Setting the Time Manually 46
Changing the Units of Measure 46
Advanced Settings 46

Wireless Sensors 47
Pairing Your Wireless Sensors 47
Club Sensors 47
HRM-Pro Running Pace and Distance 48
Tips for Recording Running Pace and Distance 48
Using an Optional Bike Speed or Cadence Sensor 48
tempe 48

Device Information 49
Changing the QuickFit® Bands 49
Specifications 49
Device Care 50
Cleaning the Device 50
Long-Term Storage 50
Viewing Device Information 50
Viewing E-label Regulatory and Compliance Information 50
Data Management 50
Deleting Files 51

Troubleshooting 51
Product Updates 51
Getting More Information 51
Maximizing Battery Life 51
My device cannot find nearby golf courses 52
Is my phone compatible with my watch? 52
My phone will not connect to the watch 52
My device is in the wrong language 52
My device displays the wrong units of measure 52
Restarting Your Watch 52
Restoring All Default Settings 53
Acquiring Satellite Signals 53
Improving GPS Satellite Reception 53
Activity Tracking 53
My daily step count does not appear 53
My step count does not seem accurate 53
The step counts on my watch and my Garmin Connect account don't match 54
My intensity minutes are flashing 54

Appendix 54
Data Fields 54
Wheel Size and Circumference 56
Symbol Definitions 58

Introduction

⚠ WARNING

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

Device Overview

① **Touchscreen**: Swipe or tap.

② **Action button**: Press to start a round of golf.

Press to start an activity or app.

③ **Menu button**: Press to turn the device on.

Press to view the controls menu and watch settings.

Press and hold to turn the device off.

④ **Back button**: Press to return to the previous screen.

Getting Started

When using your watch the first time, you should complete these tasks to set it up and get to know the basic features.

1. Press to turn on the watch (*Device Overview*, page 1).
2. Answer the device prompts about your preferred language, units of measure, and driver distance.
3. Pair your smartphone (*Pairing Your Smartphone*, page 2).

   Pairing your smartphone gives you access to the virtual caddie, current wind data, scorecard syncing, and more.
4. Charge the device completely so that you have enough charge for a round of golf (*Charging the Watch*, page 2).

Using the Watch Features

- From the watch face, swipe up to scroll through the widget loop.

  Your watch comes preloaded with widgets that provide at-a-glance information. More widgets are available when you pair your watch with a smartphone.
- From the watch face, press the action button, and select to start an activity or open an app.
- Press , and select **Settings** to adjust settings, customize the watch face, and pair wireless sensors.

Pairing Your Smartphone

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

1 From the app store on your smartphone, install and open the Garmin Golf app.
2 Select an option to enable pairing mode on your device:
   - During the initial setup, select ✔ when you are prompted to pair with your smartphone.
   - If you previously skipped the pairing process, press ☰, and select **Settings** > **Pair Phone**.
3 From the ☰ or ••• menu in the app, select **Garmin Devices** > **Add Device**, and follow the instructions in the app to complete the pairing process.

Charging the Watch

⚠ 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 (*Device Care*, page 50).

1 Plug the cable (▲ end) into the charging port on your watch.

2 Plug the other end of the cable into a USB charging port.
   The watch displays the current battery charge level.

Product Updates

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

This provides easy access to these services for Garmin® devices:

- Software updates
- Course updates
- Data uploads to Garmin Golf
- Product registration

Setting Up Garmin Express

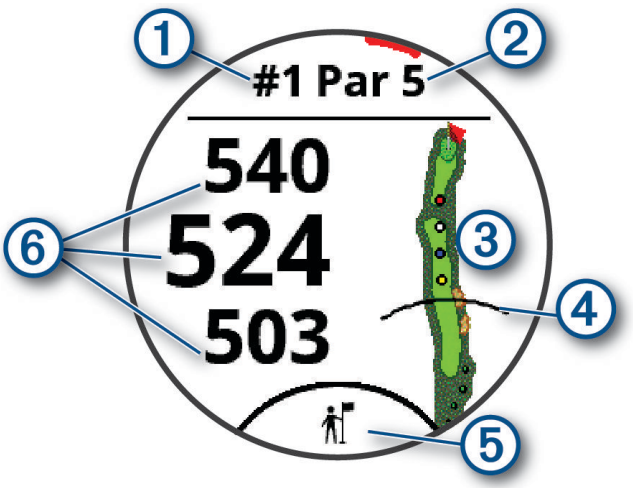
1 Connect the device to your computer using a USB cable.
2 Go to garmin.com/express.
3 Follow the on-screen instructions.

Playing Golf

1 Press the action button.
2 Select **Play Golf**.
   The device locates satellites, calculates your location, and selects a course if there is only one course nearby.
3 If the course list appears, select a course from the list.
4 Select ✔ to keep score.
5 Select a tee box.

Hole View

The device shows the current hole you are playing, and automatically transitions when you move to a new hole. If you are not on a hole (for example, at the clubhouse), the device defaults to hole 1. You can manually change the hole (*Changing Holes*, page 8).

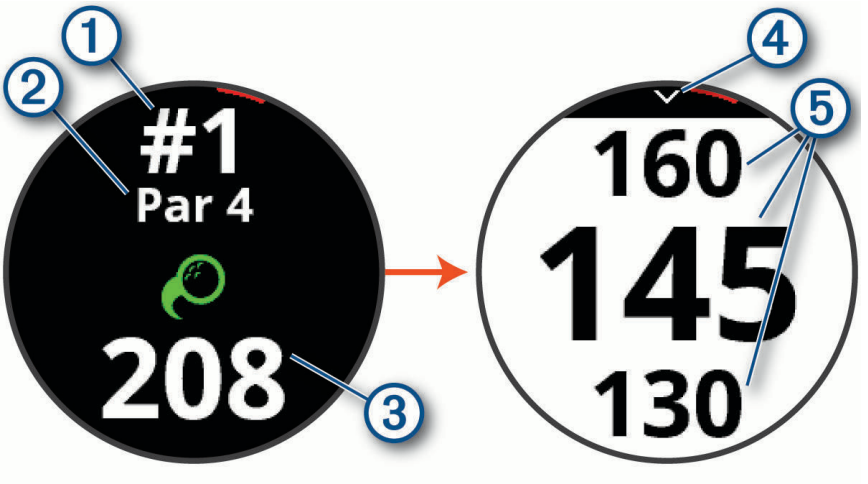


①: Current hole number.
②: Par for the hole.
③: Map of the hole.
   You can tap to view hazards and layups (*Hazards and Layups*, page 5).
④: Driver distance from the tee box.
⑤: Virtual caddie club recommendation (*Virtual Caddie*, page 7).
⑥: Distances to the front, middle, and back of the green.
   You can tap to view the PlaysLike distance (*PlaysLike Distance Icons*, page 6).

Big Numbers Mode

You can change the size of the numbers on the hole view screen.

Press ☰, and select **Settings** > **Golf Settings** > **Big Numbers**.



1	Current hole number. You can tap to view the distances to the green.
2	Par for the hole.
3	Distance from the shot location.
4	Arrow you can tap to return to the previous screen.
5	Distances to the front, middle, and back of the green. You can tap to view the PlaysLike distance (*PlaysLike Distance Icons*, page 6).

Golf Menu

During a round, you can press the action button to access additional features in the golf menu.

View Green: Allows you to move the pin location to get a more precise distance measurement (*Viewing the Green*, page 6).

Hazards and Layups: Shows the hazards and layups for the current hole (*Hazards and Layups*, page 5). Appears when big numbers mode is enabled.

Ask Caddie: Requests a club recommendation from the virtual caddie (*Virtual Caddie*, page 7). Appears when the virtual caddie setting is set to Manual or when big numbers mode is enabled.

Change Hole: Allows you to manually change the hole (*Changing Holes*, page 8).

Change Green: Allows you to change the green when more than one green is available for a hole.

Scorecard: Opens the scorecard for the round (*Keeping Score*, page 8).

PinPointer: Opens a compass that shows the direction to the green (*Viewing the Direction to the Pin*, page 9).

Wind: Opens a pointer that shows the wind direction and speed relative to the pin (*Viewing the Wind Speed and Direction*, page 9).

Round Info: Shows your score, statistics, and step information (*Viewing Round Information*, page 9).

Last Shot: Shows the distance of your previous shot recorded with the Garmin AutoShot™ feature (*Viewing Shot History*, page 10). You can also manually record a shot (*Adding a Shot Manually*, page 10).

Club Stats: Shows your statistics with each club (*Viewing Club Statistics*, page 11). Appears when you pair Approach CT10 sensors or enable the Club Prompt setting.

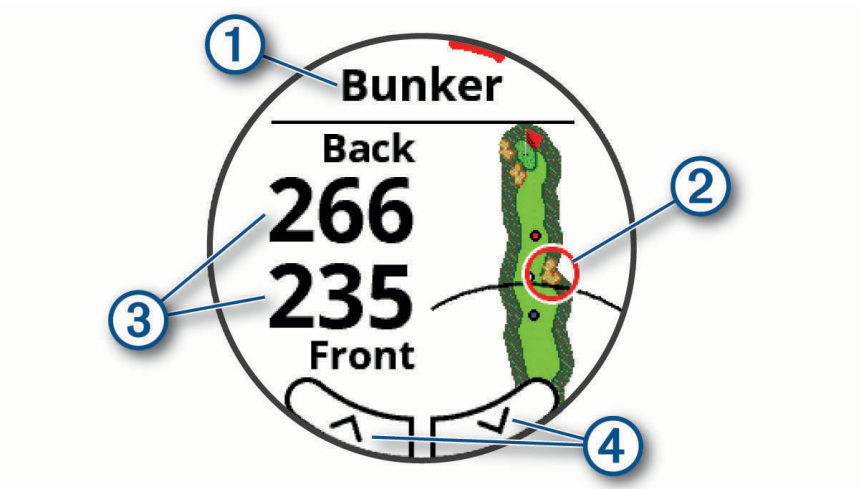
Save Location: Allows you to save a location, such as an object or obstacle, for the current hole (*Saving a Location*, page 11).

Sunrise & Sunset: Shows the sunrise, sunset, and twilight times for the current day.

End Round: Ends the current round (*Ending a Round*, page 11).

Hazards and Layups

You can tap the map to view the hazards and layups for the current hole.



①: The type of hazard or the layup distance.

②: The highlighted location of the hazard or layup.

③: The distance to the layup or to the front and back of the hazard.

④: Arrows you can tap to view other hazards or layups for the hole.

Viewing Hazards and Layups in Big Numbers Mode

1 Press the action button.

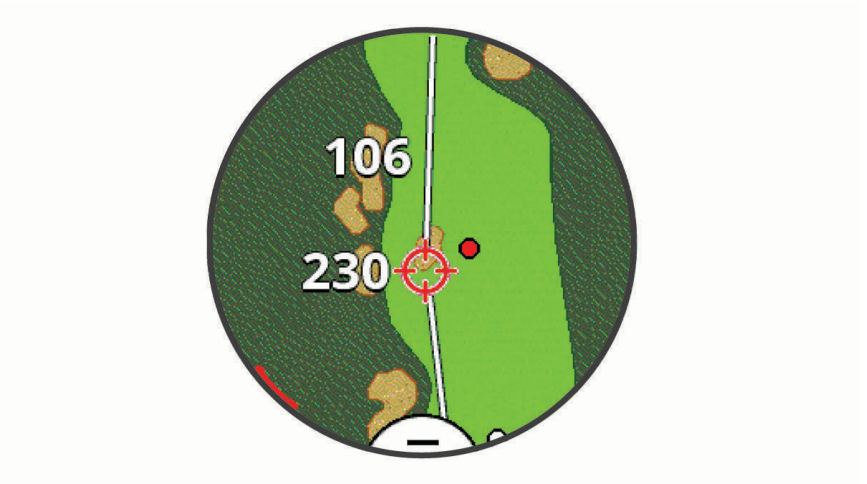
2 Select **Hazards and Layups**.

The device displays hazards and layups for the current hole (*Hazards and Layups*, page 5).

Measuring Distance with Touch Targeting

While playing a game, you can use touch targeting to measure the distance to any point on the map.

1 Tap the map to view the hazards and layups for the current hole.
2 From the hazards and layups screen, tap the map to zoom in.
3 Tap to position the target circle ⌖.



You can view the distance from your current position to the target circle, and from the target circle to the pin location.

4 If necessary, select — or + or to zoom out or in.

PlaysLike Distance Icons

The PlaysLike distance feature accounts for elevation changes on the course by showing the adjusted distance to the green. During a round, you can tap a distance to the green to view the PlaysLike distance.

▲: Distance plays longer than expected due to a change in elevation.

■: Distance plays as expected.

▼: Distance plays shorter than expected due to a change in elevation.

Viewing the Green

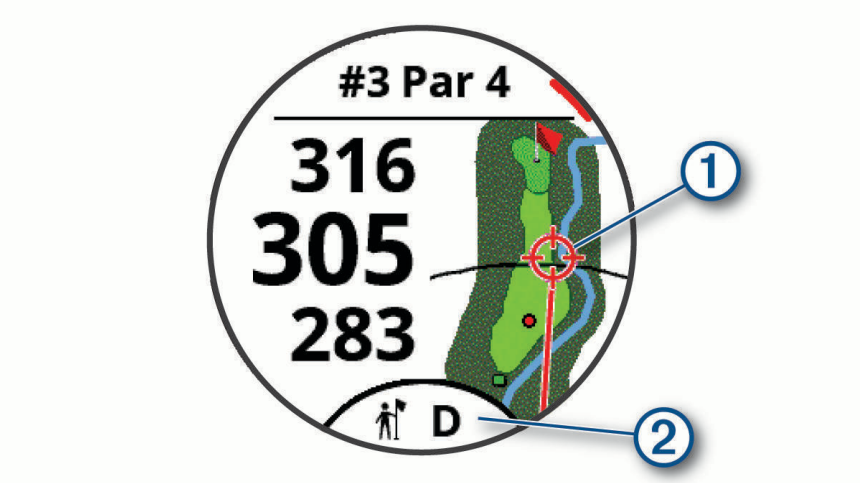
While playing a round, you can take a closer look at the green and move the pin to get a more precise distance measurement.

1 Press the action button.
2 Select **View Green**.
3 Tap or drag to move the pin location.

The distances on the hole view screen are updated to reflect the new pin location. The pin location is saved for only the current round.

Virtual Caddie

Before you can use the virtual caddie, you must play five rounds with Approach CT10 sensors or enable the Club Prompt setting (*Golf Settings*, page 41), and upload your scorecards. For each round, you must connect to a paired smartphone with the Garmin Golf app. The virtual caddie provides recommendations based on the hole, wind data, and your past performance with each club.



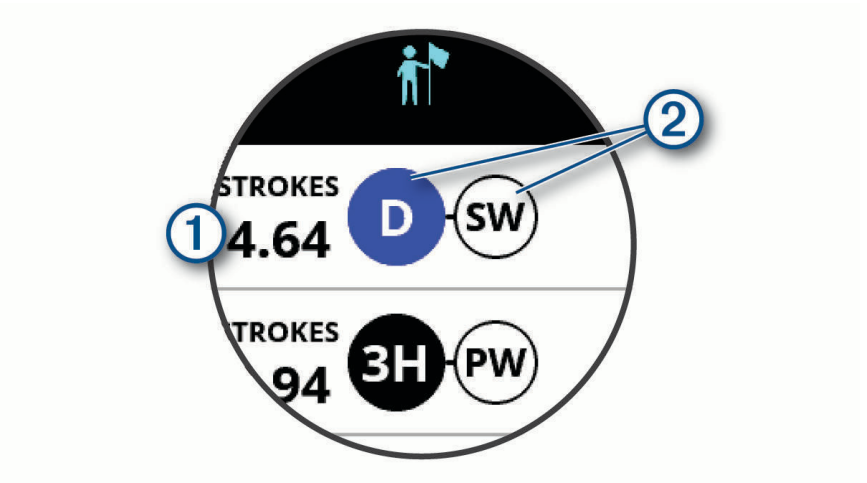
①: The recommended direction to aim.

②: The club recommendation for the shot. You can tap the icon to view more club options.

Changing the Club Recommendation

1 Select .

The device displays the calculated average number of strokes ① for the recommended clubs ②.



2 Select a different club recommendation.

The map updates to show the new shot direction target.

NOTE: The device automatically recalculates the club recommendation as you progress through the course. You can select **Recalculate** to manually update the club recommendation.

Requesting a Club Recommendation Manually

You can request a club recommendation manually when the virtual caddie setting is set to Manual or when big numbers mode is enabled.

1 Press the action button.

2 Select **Ask Caddie**.

The device displays the recommended direction to aim and the club recommendation for the shot.

Changing Holes

You can change holes manually from the hole view screen.

1 Press the action button.
2 Select **Change Hole**.
3 Select + or —.

Keeping Score

1 Press the action button.
2 Select **Scorecard**.
   NOTE: If scoring is not enabled, you can select Start Scoring.
3 Select a hole.
4 Select — or + to set the score.

Enabling Statistics Tracking

When you enable statistics tracking on the device, you can view your statistics for the current round (*Viewing Round Information*, page 9). You can compare rounds and track improvements using the Garmin Golf app.

1 Press ☰.
2 Select **Settings** > **Golf Settings** > **Stat Tracking**.

Recording Statistics

Before you can record statistics, you must enable statistics tracking (*Enabling Statistics Tracking*, page 8).

1 From the scorecard, select a hole.
2 Enter the total number of strokes taken, including putts, and select **Next**.
3 Set the number of putts taken, and select **Next**.
   NOTE: The number of putts taken is used for statistics tracking only and does not increase your score.
4 If necessary, select an option:
   NOTE: If you are on a par 3 hole or using Approach CT10 sensors, fairway information does not appear.
   - If your ball hit the fairway, select ↑.
   - If your ball missed the fairway, select ↰ or ↱.
5 If necessary, enter the number of penalty strokes.

Setting the Scoring Method

You can change the method the device uses to keep score.

1 Press ☰.
2 Select **Settings** > **Golf Settings** > **Scoring Method**.
3 Select a scoring method.

About Stableford Scoring

When you select the Stableford scoring method (*Setting the Scoring Method*, page 8), points are awarded based on the number of strokes taken relative to par. At the end of a round, the highest score wins. The device awards points as specified by the United States Golf Association.

The scorecard for a Stableford scored game shows points instead of strokes.

Points	Strokes Taken Relative to Par
0	2 or more over
1	1 over
2	Par
3	1 under
4	2 under
5	3 under

Enabling Handicap Scoring

1 Press ☰.
2 Select **Settings** > **Golf Settings** > **Handicap Scoring**.
3 Select an option:
   - Select **Local Handicap** to enter the number of strokes to be subtracted from the player's total score.
   - Select **Index/Slope** to enter the player's Handicap Index® to calculate a course handicap for the player.
     NOTE: The Slope Rating® is automatically calculated based on your tee box selection.

   The number of handicap strokes appear as dots on the hole information screen. The scorecard displays your handicap-adjusted score for the round.

Viewing the Direction to the Pin

The PinPointer feature is a compass that provides directional assistance when you are unable to see the green. This feature can help you line up a shot even if you are in the woods or in a deep sand trap.

NOTE: Do not use the PinPointer feature while in a golf cart. Interference from the golf cart can affect the accuracy of the compass.

1 Press the action button.
2 Select **PinPointer**.
   The arrow points to the pin location.

Viewing the Wind Speed and Direction

The wind feature is a pointer that shows the wind speed and direction relative to the pin. The wind feature requires a connection with the Garmin Golf app.

1 Press the action button.
2 Select **Wind**.
   The arrow points to the wind direction relative to the pin.

Viewing Round Information

During a round, you can view your score, statistics, and step information.

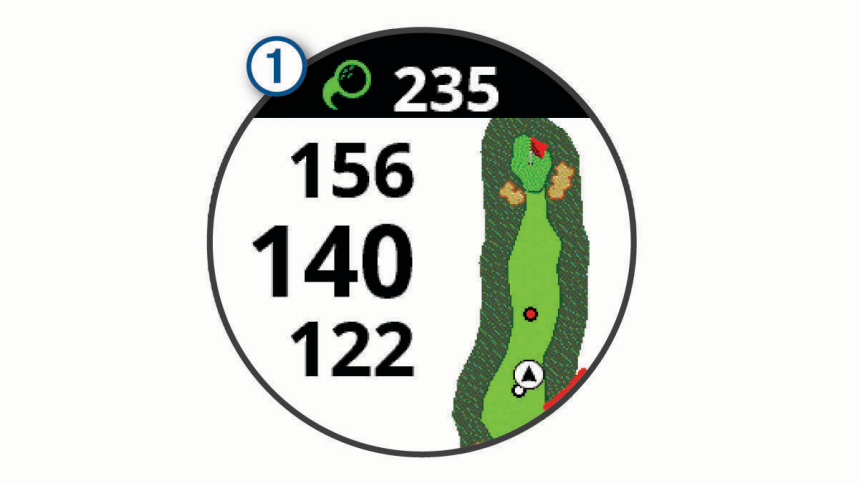
1 Press the action button.
2 Select **Round Info**.
3 Swipe up.

Measuring a Shot with Garmin AutoShot

Each time you take a shot along the fairway, the watch records your shot distance so you can view it later (*Viewing Shot History*, page 10). Putts are not detected.

1 While playing golf, wear the watch on your leading wrist for better shot detection.

When the watch detects a shot, your distance from the shot location appears in the banner ① at the top of the screen.



TIP: You can tap the banner to hide it for 10 seconds.

2 Hit your next shot.

The watch records the distance of your last shot.

Viewing Garmin AutoShot in Big Numbers Mode

1 While playing golf, wear the device on your leading wrist for better shot detection.

When the device detects a shot, your distance from the shot location is recorded.

2 Tap the arrow at the top of the screen to view the distance of your last shot.

3 Hit your next shot.

Adding a Shot Manually

You can manually add a shot if the device doesn't detect it. You must add the shot from the location of the missed shot.

1 Press the action button.

2 Select **Last Shot** > **Add Shot**.

3 Select ✔ to start a new shot from your current location.

Viewing Shot History

1 After playing a hole, press the action button.

2 Select **Last Shot** to view information for your last shot.

NOTE: You can view distances for all shots detected during the current round. If needed, you can manually add a shot (*Adding a Shot Manually*, page 10).

3 Select **View More** to view information about each shot for a hole.

Viewing Club Statistics

During a round, you can view your club statistics, such as distance and accuracy information.

1 Press the action button.
2 Select **Club Stats**.
3 Select a club.
4 Swipe up.

Saving a Location

While playing a round, you can save up to four locations on each hole. Saving a location is useful for recording objects or obstacles that are not shown on the map. You can view the distance to these locations from the hazards and layups screen (*Hazards and Layups*, page 5).

1 Stand in the location you want to save.

  NOTE: You cannot save a location that is far from the currently selected hole.

2 Press the action button.
3 Select **Save Location**.
4 Select a label for the location.

Ending a Round

1 Press the action button.
2 Select **End Round**.
3 Select an option:
   - To view your statistics and round information, tap your score.
   - To save the round and return to watch mode, select **Save**.
   - To edit your scorecard, select **Edit Score**.
   - To discard the round and return to watch mode, select **Discard**.
   - To pause the round and resume it at a later time, select **Pause**.

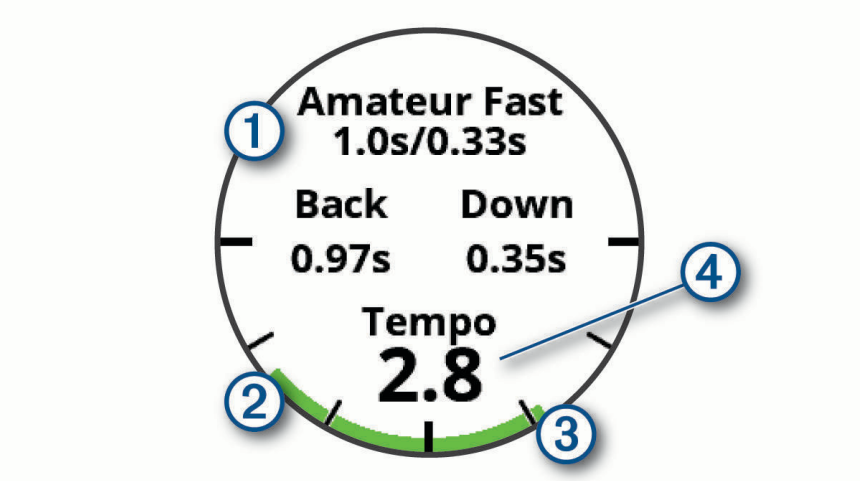
Swing Tempo

The swing tempo app helps you perform a more consistent swing. The device measures and displays your backswing time and downswing time. The device also displays your swing tempo. Swing tempo is the backswing time divided by the downswing time, expressed in a ratio. A 3 to 1 ratio, or 3.0, is the ideal swing tempo based on studies of professional golfers.

The Ideal Swing Tempo

You can achieve the ideal 3.0 tempo using different swing timings, for example, 0.7 sec./0.23 sec. or 1.2 sec./0.4 sec. Each golfer may have a unique swing tempo based on their ability and experience. Garmin provides six different timings.

The device displays a graph that indicates if your backswing or downswing times are too fast, too slow, or just right for the selected timing.



1	Timing choices (backswing to downswing time ratio)
2	Backswing time
3	Downswing time
4	Your tempo
	Good timing
	Too slow
	Too fast

To find your ideal swing timing, you should start with the slowest timing and try it for a few swings. When the tempo graph is consistently green for both your backswing and downswing times, you can move up to the next timing. When you find a timing that is comfortable, you can use it to achieve more consistent swings and performance.

Analyzing Your Swing Tempo

You must hit a ball to view your swing tempo.

1. Press the action button.
2. Select > **Swing Tempo**.
3. Press the action button to view the menu.
4. Select **Swing Speed**, and select an option.
5. Complete a full swing, and hit the ball.
   The device displays your swing analysis.

Viewing the Tip Sequence

The first time you use the swing tempo app, the device displays a tip sequence to explain how your swing is analyzed.

1 From the **Swing Tempo** app, press the action button.
2 Select **Tips**.
3 Tap the screen to view the next tip.

Connectivity

Connectivity features are available for your watch when you pair with your compatible phone (*Pairing Your Smartphone*, page 2). .

Phone Connectivity Features

Phone connectivity features are available for your watch when you pair it using the Garmin Connect™ app (*Pairing Your Smartphone*, page 2).

- App features from the Garmin Connect app, the Connect IQ™ app, and more (*Phone Apps and Computer Applications*, page 14)
- Glances (*Glances*, page 18)
- Controls menu features (,)
- Safety and tracking features (*Safety and Tracking Features*, page 44)
- Phone interactions, such as notifications (*Enabling Bluetooth Notifications*, page 13)

Enabling Bluetooth Notifications

Before you can enable notifications, you must pair the watch with a compatible mobile device (*Pairing Your Smartphone*, page 2).

1 Press ☰.
2 Select **Settings** > **Notifications and Alerts** > **Smart Notifications** > **Status** > **On**.
3 Select **General Use** or **During Activity**.
4 Select a notification type.
5 Select status, tone, and vibration preferences.
6 Press ↩.
7 Select privacy and timeout preferences.
8 Press ↩.
9 Select **Signature** to add a signature to your text message replies.

Managing Notifications

You can use your compatible phone to manage notifications that appear on your watch.

Select an option:

- If you are using an iPhone®, go to the iOS® notifications settings to select the items to show on the watch.
- If you are using an Android™ phone, from the Garmin Connect app, select **Settings** > **Notifications**.

Using Do Not Disturb Mode

You can use do not disturb mode to turn off the backlight and vibration alerts. For example, you can use this mode while sleeping or watching a movie.

NOTE: You can set your normal sleep hours in the user settings on your Garmin Connect account.

1 Press ☰.
2 Select **Do Not Disturb**.

Turning Off the Bluetooth Smartphone Connection

1 Press ☰.
2 Select **Settings**.
3 Select the **Phone** toggle switch to turn off the Bluetooth smartphone connection on your device.
   Refer to the owner's manual for your mobile device to turn off Bluetooth wireless technology on your mobile device.

Turning On and Off Phone Connection Alerts

You can set the watch to alert you when your paired phone connects and disconnects using Bluetooth technology.

NOTE: Phone connection alerts are turned off by default.

1 Hold ☰.
2 Select **Connectivity** > **Phone** > **Alerts**.

Finding Your Phone

You can use this feature to help locate a lost phone that is paired using Bluetooth technology and currently within range.

1 Press ☰.
2 Select ☎?.
   Signal strength bars appear on the screen, and an audible alert sounds on your phone. The bars increase as you move closer to your phone.
3 Press ↩ to stop searching.

Wi-Fi® Connectivity Features

Activity uploads to your Garmin Connect account: Automatically sends your activity to your Garmin Connect account as soon as you finish recording the activity.

Audio content: Allows you to sync audio content from third-party providers.

Software updates: You can download and install the latest software.

Workouts and training plans: You can browse for and select workouts and training plans on the Garmin Connect site. The next time your watch has a Wi-Fi connection, the files are sent to your watch.

Connecting to a Wi-Fi Network

You must connect your watch to the Garmin Connect app on your phone or to the Garmin Express application on your computer before you can connect to a Wi-Fi network.

1 Hold ☰.
2 Select **Connectivity** > **Wi-Fi** > **My Networks** > **Add Network**.
   The watch displays a list of nearby Wi-Fi networks.
3 Select a network.
4 If necessary, enter the password for the network.

The watch connects to the network, and the network is added to the list of saved networks. The watch reconnects to this network automatically when it is within range.

Phone Apps and Computer Applications

You can connect your watch to multiple Garmin phone apps and computer applications using the same Garmin account.

Garmin Golf App

The Garmin Golf app allows you to upload scorecards from your compatible Garmin device to view detailed statistics and shot analyses. Golfers can compete with each other at different courses using the Garmin Golf app. More than 42,000 courses have leaderboards that anyone can join. You can set up a tournament event and invite players to compete.

The Garmin Golf app syncs your data with your Garmin Connect account. You can download the Garmin Golf app from the app store on your phone (garmin.com/golfapp).

Automatic Course Updates

Your device features automatic course updates with the Garmin Golf app. When you connect your device to your smartphone, the golf courses you use most frequently are updated automatically.

Garmin Connect

When you pair your device with your smartphone using the Garmin Golf app, a Garmin Connect account is automatically created. The Garmin Golf app syncs your data with your Garmin Connect account. You can download the Garmin Connect app from the app store on your smartphone.

Your Garmin Connect account allows you to track your performance and connect with your friends. It gives you the tools to track, analyze, share, and encourage each other. You can record the events of your active lifestyle, including runs, rides, swims, and more.

Store your activities: After you complete and save a timed activity with your device, you can upload that activity to your Garmin Connect account and keep it as long as you want.

Analyze your data: You can view more detailed information about your fitness and outdoor activities, including time, distance, heart rate, calories burned, an overhead map view, and pace and speed charts. You can also view customizable reports.

Track your progress: You can track your daily steps, join a friendly competition with your connections, and meet your goals.

Share your activities: You can connect with friends to follow each other's activities or post links to your activities on your favorite social networking sites.

Using the Smartphone Apps

After you pair your device with your smartphone (*Pairing Your Smartphone*, page 2), you can use the Garmin Golf and Garmin Connect apps to upload all of your data to your Garmin account.

1. Open the Garmin Golf or Garmin Connect app on your smartphone.

   TIP: The app can be open or running in the background.
2. Bring your device within 10 m (30 ft.) of your smartphone.

   Your device automatically syncs your data with your account.

Updating the Software Using the Smartphone Apps

After you pair your device with your smartphone (*Pairing Your Smartphone*, page 2), you can use the Garmin Golf and Garmin Connect apps to update your device software.

Sync your device with one of the apps (*Using the Smartphone Apps*, page 15).

When new software is available, the app automatically sends the update to your device.

Using Garmin Connect on Your Computer

The Garmin Express application connects your compatible Garmin golf watch to your Garmin Connect account using a computer.

1. Connect your Garmin golf watch to your computer using the USB cable.
2. Go to garmin.com/express.
3. Download and install the Garmin Express application.
4. Open the Garmin Express application, and select **Add Device**.
5. Follow the on-screen instructions.

Updating the Software Using Garmin Express

Before you can update your watch software, you must download and install the Garmin Express application and add your watch (*Using Garmin Connect on Your Computer*, page 15).

1. Connect the watch to your computer using the USB cable.
   When new software is available, the Garmin Express application sends it to your watch.
2. After the Garmin Express application finishes sending the update, disconnect the watch from your computer.
   Your watch installs the update.

Connect IQ Features

You can add Connect IQ apps, data fields, glances, and watch faces to your watch using the Connect IQ store on your watch or phone (garmin.com/connectiqapp).

Watch Faces: Customize the appearance of the clock.

Device Apps: Add interactive features to your watch, such as glances and new outdoor and fitness activity types.

Data Fields: Download new data fields that present sensor, activity, and history data in new ways. You can add Connect IQ data fields to built-in features and pages.

Music: Add music providers to your watch.

Downloading Connect IQ Features

Before you can download features from the Connect IQ app, you must pair your watch with your phone (*Pairing Your Smartphone*, page 2).

1. From the app store on your phone, install and open the Connect IQ app.
2. If necessary, select your watch.
3. Select a Connect IQ feature.
4. Follow the on-screen instructions.

Downloading Connect IQ Features Using Your Computer

1. Connect the watch to your computer using a USB cable.
2. Go to apps.garmin.com, and sign in.
3. Select a Connect IQ feature, and download it.
4. Follow the on-screen instructions.

Garmin Pay™

The Garmin Pay feature allows you to use your watch to pay for purchases in participating locations using credit or debit cards from a participating financial institution.

Setting Up Your Garmin Pay Wallet

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.

Paying for a Purchase Using Your Watch

Before you can use your watch to pay for purchases, you must set up at least one payment card.

You can use your watch to pay for purchases in a participating location.

1 Press ☰.
2 Select **Wallet**.
3 Enter your four-digit passcode.

   NOTE: If you enter your passcode incorrectly three times, your wallet locks, and you must reset your passcode in the Garmin Connect app.

   Your most recently used payment card appears.

4 If you have added multiple cards to your Garmin Pay wallet, swipe to change to another card (optional).
5 Within 60 seconds, hold your watch near the payment reader, with the watch facing the reader.

   The watch vibrates and displays a check mark when it is finished communicating with the reader.
6 If necessary, follow the instructions on the card reader to complete the transaction.

TIP: After you successfully enter your passcode, you can make payments without a passcode for 24 hours while you continue to wear your watch. If you remove the watch from your wrist or disable heart rate monitoring, you must enter the passcode again before making a payment.

Adding a Card to Your Garmin Pay Wallet

You can add up to 10 credit or debit cards to your Garmin Pay wallet.

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

After the card is added, you can select the card on your watch when you make a payment.

Managing Your Garmin Pay Cards

You can temporarily suspend or delete a card.

NOTE: In some countries, participating financial institutions may restrict the Garmin Pay features.

1 From the Garmin Connect app, select ☰ or •••.
2 Select **Garmin Pay**.
3 Select a card.
4 Select an option:
   - To temporarily suspend or unsuspend the card, select **Suspend Card**.

     The card must be active to make purchases using your watch.
   - To delete the card, select 🗑.

Changing Your Garmin Pay Passcode

You must know your current passcode to change it. If you forget your passcode, you must reset the Garmin Pay feature for your watch, create a new passcode, and reenter your card information.

1 From the device page in the Garmin Connect app, select **Garmin Pay** > **Change Passcode**.
2 Follow the on-screen instructions.

The next time you pay using yourwatch, you must enter the new passcode.

Glances

Your watch comes preloaded with glances that provide quick information (*Viewing the Glance Loop*, page 19). Some glances require a Bluetooth connection to a compatible phone.

Some glances are not visible by default. You can add them to the glance loop manually (*Customizing the Glance Loop*, page 19).

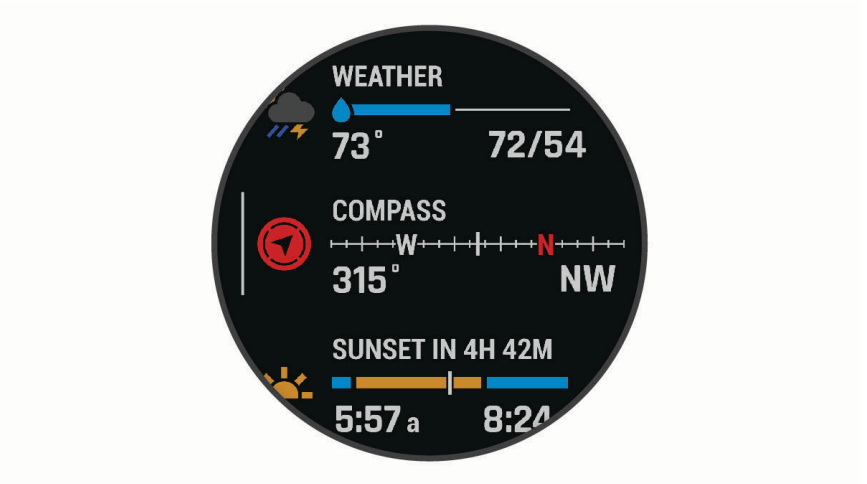
Name	Description
Body Battery™	With all day wear, displays your current Body Battery level and a graph of your level for the last several hours (*Body Battery*, page 21).
Calendar	Displays upcoming meetings from your phone calendar.
Calories	Displays your calorie information for the current day.
Golf	Displays golf scores and statistics for your last round.
Golf performance	Displays golf performance statistics that help you track and understand improvements to your golf game.
Heart rate	Displays your current heart rate in beats per minute (bpm) and a graph of your average resting heart rate (RHR).
Intensity minutes	Tracks your time spent participating in moderate to vigorous activities, your weekly intensity minutes goal, and progress toward your goal.
Last sport	Displays a brief summary of your last recorded activity.
Music controls	Provides music player controls for your phone.
Notifications	Alerts you to incoming calls, texts, social network updates, and more, based on your phone notification settings (*Enabling Bluetooth Notifications*, page 13).
Pulse oximeter	Allows you to take a manual pulse oximeter reading (*Getting Pulse Oximeter Readings*, page 30). If you are too active for the watch to determine your pulse oximeter reading, the measurements are not recorded.
Steps	Tracks your daily step count, step goal, and data for previous days.
Stress	Displays your current stress level and a graph of your stress level. You can do a breathing activity to help you relax. If you are too active for the watch to determine your stress level, stress measurements are not recorded.
Sunrise and sunset	Displays sunrise, sunset, and civil twilight times.
Weather	Displays the current temperature and weather forecast.

Viewing the Glance Loop

Glances provide quick access to health data, activity information, built-in sensors, and more. When you pair your watch, you can view data from your phone, such as notifications, weather, and calendar events.

1 From the watch face, swipe up or down.

The watch scrolls through the glance loop and displays summary data for each glance.



2 Tap the touchscreen to view more information for the glance.

3 Select an option:

- Swipe up to view details about a glance.
- Press the action button to view additional options and functions for a glance.

Customizing the Glance Loop

1 Hold ☰.

2 Select **Appearance** > **Glances**.

3 Select an option:

- To change the location of a glance in the loop, select a glance, and press or .
- To remove a glance from the loop, select a glance, and select 🗑.
- To add a glance to the loop, select **Add**, and select a glance.

  TIP: You can select **CREATE FOLDER** to create folders that contain multiple glances (*Creating Glance Folders*, page 19).

Creating Glance Folders

You can customize the glance loop to create folders of related glances.

1 Hold ☰.

2 Select **Appearance** > **Glances** > **Add** > **CREATE FOLDER**.

3 Select the glances to include in the folder, and select **Done**.

NOTE: If the glances are already in the glance loop, you can move or copy them into the folder.

4 Select or enter a name for the folder.

5 Select an icon for the folder.

6 If necessary, select an option:

- To edit the folder, scroll to the folder in the glance loop, and hold ☰.
- To edit the glances in the folder, open the folder and select **Edit** (*Customizing the Glance Loop*, page 19).

Heart Rate Variability Status

Your watch analyzes your wrist heart rate readings while you are sleeping to determine your heart rate variability (HRV). Training, physical activity, sleep, nutrition, and healthy habits all impact your heart rate variability. HRV values can vary widely based on gender, age, and fitness level. A balanced HRV status may indicate positive signs of health such as good training and recovery balance, greater cardiovascular fitness, and resilience to stress. An unbalanced or poor status may be a sign of fatigue, greater recovery needs, or increased stress. For best results, you should wear the watch while sleeping. The watch requires three weeks of consistent sleep data to display your heart rate variability status.

Color Zone	Status	Description
Green	Balanced	Your seven-day average HRV is within your baseline range.
Orange	Unbalanced	Your seven-day average HRV is above or below your baseline range.
Red	Low	Your seven-day average HRV is well below your baseline range.
No color	Poor No status	Your HRV values are averaging well below the normal range for your age. No status means that there is insufficient data to generate a seven-day average.

You can sync your watch with your Garmin Connect account to view your current heart rate variability status, trends, and educational feedback.

Using the Stress Level Widget

The stress level widget displays your current stress level and a graph of your stress level for the last several hours. It can also guide you through a breathing activity to help you relax.

NOTE: You may need to add the widget to your widget loop (*Customizing the Glance Loop*, page 19).

1. While you are sitting or inactive, swipe up to view the stress level widget.
2. Tap the widget to begin measuring.

   TIP: If you are too active for the watch to determine your stress level, a message appears instead of a stress level number. You can check your stress level again after several minutes of inactivity.
3. Swipe up to view a graph of your stress level for the last several hours.

   Blue bars indicate periods of rest. Yellow bars indicate periods of stress. Gray bars indicate times that you were too active to determine your stress level.
4. To start a breathing activity, swipe up, and select **Yes**.

Body Battery

Your watch analyzes your heart rate variability, stress level, sleep quality, and activity data to determine your overall Body Battery level. Like a gas gauge on a car, it indicates your amount of available reserve energy. The Body Battery level range is from 0 to 100, where 0 to 25 is low reserve energy, 26 to 50 is medium reserve energy, 51 to 75 is high reserve energy, and 76 to 100 is very high reserve energy.

You can sync your watch with your Garmin Connect account to view your most up-to-date Body Battery level, long-term trends, and additional details (*Tips for Improved Body Battery Data*, page 21).

Viewing the Body Battery Widget

The Body Battery widget displays your current Body Battery level and a graph of your Body Battery level for the last several hours.

NOTE: You may need to add the widget to your widget loop (*Customizing the Glance Loop*, page 19).

1. Swipe up to view the Body Battery widget.
2. Tap the widget to view a graph of your body battery level for the last several hours.
3. Swipe up to view a combined graph of your Body Battery and stress level.
4. Swipe up to view your Body Battery data since midnight.

Tips for Improved Body Battery Data

- For more accurate results, wear the watch while sleeping.
- Good sleep charges your Body Battery.
- Strenuous activity and high stress can cause your Body Battery to drain more quickly.
- Food intake, as well as stimulants like caffeine, has no impact on your Body Battery.

Training Status

These measurements are estimates that can help you track and understand your training activities. The measurements require a few activities using wrist-based heart rate or a compatible chest heart rate monitor.

These estimates are provided and supported by Firstbeat Analytics™. For more information, go to garmin.com/performance-data/running.

NOTE: The estimates may seem inaccurate at first. The watch requires you to complete a few activities to learn about your performance.

Training status: Training status shows you how your training affects your fitness and performance. Your training status is based on changes to your VO2 max., acute load, and HRV status over an extended time period.

VO2 max.: VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. Your watch displays heat and altitude corrected VO2 max. values when you are acclimating to high heat environments or high altitude (*Heat and Altitude Performance Acclimation*, page 25).

Acute load: Acute load is a weighted sum of your recent exercise load scores including exercise duration and intensity. (*Acute Load*, page 24).

Training Status Levels

Training status shows you how your training affects your fitness level and performance. Your training status is based on changes to your VO2 max., acute load, and HRV status over an extended time period. You can use your training status to help plan future training and continue improving your fitness level.

No Status: The watch needs you to record multiple activities over two weeks, with VO2 max. results from running or cycling, to determine your training status.

Detraining: You have a break in your training routine or you are training much less than usual for a week or more. Detraining means that you are unable to maintain your fitness level. You can try increasing your training load to see improvement.

Recovery: Your lighter training load is allowing your body to recover, which is essential during extended periods of hard training. You can return to a higher training load when you feel ready.

Maintaining: Your current training load is enough to maintain your fitness level. To see improvement, try adding more variety to your workouts or increasing your training volume.

Productive: Your current training load is moving your fitness level and performance in the right direction. You should plan recovery periods into your training to maintain your fitness level.

Peaking: You are in ideal race condition. Your recently reduced training load is allowing your body to recover and fully compensate for earlier training. You should plan ahead, since this peak state can only be maintained for a short time.

Overreaching: Your training load is very high and counterproductive. Your body needs a rest. You should give yourself time to recover by adding lighter training to your schedule.

Unproductive: Your training load is at a good level, but your fitness is decreasing. Try focusing on rest, nutrition, and stress management.

Strained: There is imbalance between your recovery and training load. It is a normal result after a hard training or major event. Your body may be struggling to recover, so you should pay attention to your overall health.

Tips for Getting Your Training Status

The training status feature depends on updated assessments of your fitness level, including at least one VO2 max. measurement per week. Your VO2 max. estimate is updated after outdoor runs during which your heart rate reached at least 70% of your maximum heart rate for several minutes. Indoor run activities do not generate a VO2 max. estimate in order to preserve the accuracy of your fitness level trend. You can disable VO2 max. recording for ultra run and trail run activities if you do not want those run types to affect your VO2 max. estimate (*Activities and App Settings*, page 42).

To get the most out of the training status feature, you can try these tips.

- At least one time per week, run outdoors and reach a heart rate higher than 70% of your maximum heart rate for at least 10 minutes.

  After using the watch for one week, your training status should be available.
- Record all of your fitness activities on your primary training device, allowing your watch to learn about your performance (*Syncing Activities and Performance Measurements*, page 23).
- Wear the watch consistently while you sleep, to continue generating an up-to-date HRV status. Having a valid HRV status can help maintain a valid training status when you do not have as many activities with VO2 max. measurements.

Syncing Activities and Performance Measurements

You can sync activities and performance measurements from other Garmin devices to your watch using your Garmin Connect account. This allows your watch to more accurately reflect your training status and fitness. For example, you can record a ride with an Edge® bike computer, and view your activity details and overall training load on your watch.

Sync your watch and other Garmin devices to your Garmin Connect account.

TIP: You can set a primary training device and primary wearable in the Garmin Connect app (*Unified Training Status*, page 36).

Recent activities and performance measurements from your other Garmin devices appear on your watch.

Acute Load

Acute load is a weighted sum of your excess post-exercise oxygen consumption (EPOC) for the last several days. The gauge indicates whether your current load is low, optimal, high, or very high. The optimal range is based on your individual fitness level and training history. The range adjusts as your training time and intensity increase or decrease.

Training Load Focus

In order to maximize performance and fitness gains, training should be distributed across three categories: low aerobic, high aerobic, and anaerobic. Training load focus shows you how much of your training is currently in each category and provides training targets. Training load focus requires at least 7 days of training to determine if your training load is low, optimal, or high. After 4 weeks of training history, your training load estimate will have more detailed target information to help you balance your training activities.

Below targets: Your training load is lower than optimal in all intensity categories. Try increasing the duration or frequency of your workouts.

Low aerobic shortage: Try adding more low aerobic activities to provide recovery and balance for your higher intensity activities.

High aerobic shortage: Try adding more high aerobic activities to help improve your lactate threshold and VO2 max. over time.

Anaerobic shortage: Try adding a few more intense, anaerobic activities to improve your speed and anaerobic capacity over time.

Balanced: Your training load is balanced and provides all-around fitness benefits as you continue training.

Low aerobic focus: Your training load is mostly low aerobic activity. This provides a solid foundation and prepares you for adding more intense workouts.

High aerobic focus: Your training load is mostly high aerobic activity. These activities help to improve lactate threshold, VO2 max., and endurance.

Anaerobic focus: Your training load is mostly intense activity. This leads to rapid fitness gains, but should be balanced with low aerobic activities.

Above targets: Your training load is higher than optimal, and you should consider scaling back the duration and frequency of your workouts.

Load Ratio

Load ratio is the ratio of your acute (short-term) training load to your chronic (long-term) training load. It's helpful for tracking your training load changes.

Status	Value	Description
No Status	None	Load ratio will be visible after 2 weeks of training.
Low	Lower than 0.8	Your short-term training load is lower than your long-term training load.
Optimal	0.8 to 1.4	The short-term and long-term training loads are balanced. The optimal range is based on your individual fitness level and training history.
High	1.5 to 1.9	Your short-term training load is higher than your long-term training load.
Very High	2.0 or higher	Your short-term training load is significantly higher than your long-term training load.

About Training Effect

Training Effect measures the impact of an activity on your aerobic and anaerobic fitness. Training Effect accumulates during the activity. As the activity progresses, the Training Effect value increases. Training Effect is determined by your user profile information and training history, and heart rate, duration, and intensity of your activity. There are seven different Training Effect labels to describe the primary benefit of your activity. Each label is color coded and corresponds to your training load focus (*Training Load Focus*, page 24). Each feedback phrase, for example, "Highly Impacting VO2 Max." has a corresponding description in your Garmin Connect activity details.

Aerobic Training Effect uses your heart rate to measure how the accumulated intensity of an exercise affects your aerobic fitness and indicates if the workout had a maintaining or improving effect on your fitness level. Your excess post-exercise oxygen consumption (EPOC) accumulated during exercise is mapped to a range of values that account for your fitness level and training habits. Steady workouts at moderate effort or workouts involving longer intervals (>180 sec) have a positive impact on your aerobic metabolism and result in an improved aerobic Training Effect.

Anaerobic Training Effect uses heart rate and speed (or power) to determine how a workout affects your ability to perform at very high intensity. You receive a value based on the anaerobic contribution to EPOC and the type of activity. Repeated high-intensity intervals of 10 to 120 seconds have a highly beneficial impact on your anaerobic capability and result in an improved anaerobic Training Effect.

You can add Aerobic Training Effect and Anaerobic Training Effect as data fields to one of your training screens to monitor your numbers throughout the activity.

Training Effect	Aerobic Benefit	Anaerobic Benefit
From 0.0 to 0.9	No benefit.	No benefit.
From 1.0 to 1.9	Minor benefit.	Minor benefit.
From 2.0 to 2.9	Maintains your aerobic fitness.	Maintains your anaerobic fitness.
From 3.0 to 3.9	Impacts your aerobic fitness.	Impacts your anaerobic fitness.
From 4.0 to 4.9	Highly impacts your aerobic fitness.	Highly impacts your anaerobic fitness.
5.0	Overreaching and potentially harmful without enough recovery time.	Overreaching and potentially harmful without enough recovery time.

Training Effect technology is provided and supported by Firstbeat Analytics. For more information, go to firstbeat.com.

Heat and Altitude Performance Acclimation

Environmental factors such as high temperature and altitude impact your training and performance. For example, high altitude training can have a positive impact on your fitness, but you may notice a temporary VO2 max. decline while exposed to high altitudes. Your watch provides acclimation notifications and corrections to your VO2 max. estimate and training status when the temperature is above 22°C (72°F) and when the altitude is above 800 m (2625 ft.). You can keep track of your heat and altitude acclimation in the training status glance.

NOTE: The heat acclimation feature is available only for GPS activities and requires weather data from your connected phone.

Pausing and Resuming Your Training Status

If you are injured or sick, you can pause your training status. You can continue to record fitness activities, but your training status, training load focus, recovery feedback, and workout recommendations are temporarily disabled.

You can resume your training status when you are ready to start training again. For best results, you need at least one VO2 max. measurement each week.

1 When you want to pause your training status, select an option:
   - From the training status glance, hold ☰, and select **Options** > **Pause Training Status**.
   - From your Garmin Connect settings, select **Performance Stats** > **Training Status** > ⋮ > **Pause Training Status**.
2 Sync your watch with your Garmin Connect account.
3 When you want to resume your training status, select an option:
   - From the training status glance, hold ☰, and select **Options** > **Resume Training Status**.
   - From your Garmin Connect settings, select **Performance Stats** > **Training Status** > ⋮ > **Resume Training Status**.
4 Sync your watch with your Garmin Connect account.

Adding a Stock

Before you can customize the stocks list, you must add the stocks glance to the glance loop (*Customizing the Glance Loop*, page 19).

1 From the watch face, press or to view the stocks glance.
2 Press the action button.
3 Select **Add Stock**.
4 Enter the company name or stock symbol for the stock you want to add, and select ✔.
   The watch displays search results.
5 Select the stock you want to add.
6 Select the stock to view more information.
   TIP: To display the stock on the glance loop, you can press the action button, and select Set as Favorite.

Using the Jet Lag Adviser

Before you can use the Jet Lag Adviser glance, you must plan a trip in the Garmin Connect app (*Planning a Trip in the Garmin Connect App*, page 26).

You can use the Jet Lag Adviser glance while traveling to see how your internal clock compares to the local time, and to receive guidance on how to reduce the effects of jet lag.

1 From the watch face, press or to view the **Jet Lag Adviser** glance.
2 Press the action button to see how your internal clock compares to the local time, and the overall level of your jet lag.
3 Select an option:
   - To see an informational message about your current jet lag level, press the action button.
   - To see a timeline for recommended actions to help reduce symptoms of jet lag, press .

Planning a Trip in the Garmin Connect App

1 From the Garmin Connect app, select ☰ or •••.
2 Select **Training & Planning** > **Jet Lag Adviser** > **Add Trip Details**.
3 Follow the on-screen instructions.

Heart Rate Features

The watch has a wrist-based heart rate monitor and is also compatible with chest heart rate monitors (sold separately). You can view heart rate data on the heart rate glance. If both wrist-based heart rate and chest heart rate data are available when you start an activity, your watch uses the chest heart rate data.

Wrist-based Heart Rate

Wearing the Watch

⚠ CAUTION

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist. For more information, go to garmin.com/fitandcare.

- Wear the watch above your wrist bone.

  NOTE: The watch should be snug but comfortable. For more accurate heart rate readings, the watch should not shift while running or exercising. For pulse oximeter readings, you should remain motionless.

  NOTE: The optical sensor is located on the back of the watch.
- See *Tips for Erratic Heart Rate Data*, page 27 for more information about wrist-based heart rate.
- See *Tips for Erratic Pulse Oximeter Data*, page 31 for more information about the pulse oximeter sensor.
- For more information about accuracy, go to garmin.com/ataccuracy.
- For more information about watch wear and care, go to garmin.com/fitandcare.

Tips for Erratic Heart Rate Data

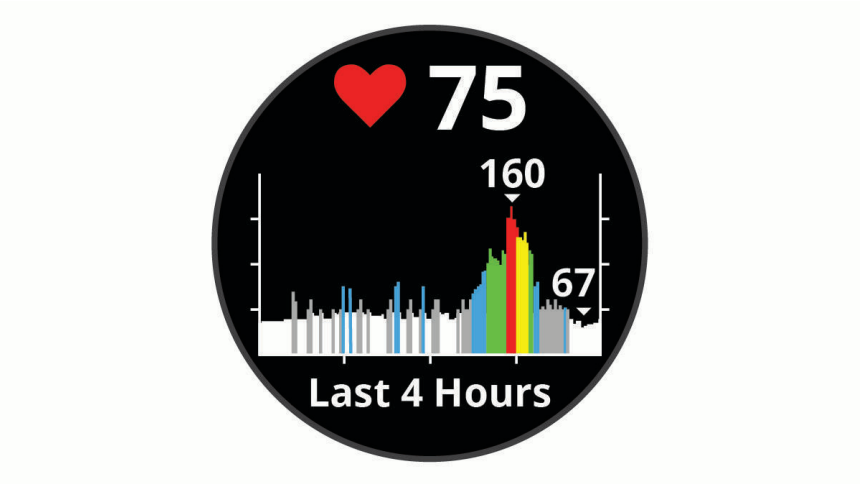
If the heart rate data is erratic or does not appear, you can try these tips.

- Clean and dry your arm before putting on the watch.
- Avoid wearing sunscreen, lotion, and insect repellent under the watch.
- Avoid scratching the heart rate sensor on the back of the watch.
- Wear the watch above your wrist bone. The watch should be snug but comfortable.
- Wait until the ♥ icon is solid before starting your activity.
- Warm up for 5 to 10 minutes and get a heart rate reading before starting your activity.

  NOTE: In cold environments, warm up indoors.
- Rinse the watch with fresh water after each workout.

Viewing Heart Rate Information

1 From the watch face, swipe up or down to view the heart rate glance.
   The heart rate glance displays your current heart rate in beats per minute (bpm).
2 Select the glance to view a graph of your heart rate since midnight.
   The graph shows your recent heart rate activity, high and low heart rate, and color-coded bars to indicate the time spent in each heart rate zone (*Setting Your Heart Rate Zones*, page 29).



3 Swipe up to view your resting heart rate (RHR) values for the last 7 days.

Setting an Abnormal Heart Rate Alert

You can set the device to alert you when your heart rate exceeds a certain number of beats per minute (bpm) after a period of inactivity.

1 Press ☰.
2 Select **Settings** > **Notifications and Alerts**.
3 Select the **Abnormal HR Alert** toggle switch to enable the alert.
4 Select **Abnormal HR Alert** > **Alert Threshold**.
5 Select a heart rate threshold value.

Each time you exceed the custom value, a message appears and the device vibrates.

Broadcasting Heart Rate to Garmin Devices

You can broadcast your heart rate data from your device and view it on paired Garmin devices. For example, you can broadcast your heart rate data to an Edge device while cycling.

NOTE: Broadcasting heart rate data decreases battery life.

1 Press ☰.
2 Select **Settings** > **Sensors & Accessories** > **Heart Rate**.
3 Select an option:
   - Select **Broadcast In Activity** to broadcast heart rate data during timed activities (*Starting an Activity*, page 31).
   - Select **Broadcast** to start broadcasting heart rate data now.
4 Pair your device with your Garmin ANT+® compatible device.
   NOTE: The pairing instructions differ for each Garmin compatible device. See your owner's manual.

Turning Off the Wrist-based Heart Rate Monitor

The wrist-based heart rate monitor is enabled by default. The device automatically uses the wrist-based heart rate monitor unless you pair a chest heart rate monitor to the device. Chest heart rate data is only available during an activity.

NOTE: Disabling the wrist-based heart rate monitor also disables the all-day stress feature, intensity minutes, and the wrist-based pulse oximeter sensor.

1 Press ☰.
2 Select **Settings** > **Sensors & Accessories**.
3 Select the **Heart Rate** toggle switch.

About Heart Rate Zones

Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

Setting Your Heart Rate Zones

The watch uses your user profile information from the initial setup to determine your default heart rate zones. You can set separate heart rate zones for sport profiles, such as running, cycling, and swimming. For the most accurate calorie data during your activity, set your maximum heart rate. You can also set each heart rate zone and enter your resting heart rate manually. You can manually adjust your zones on the watch or using your Garmin Connect account.

1 Hold ☰.
2 Select **User Profile** > **Heart Rate Zones**.
3 Select **Max. HR** > **Max. HR**, and enter your maximum heart rate.

   You can use the Auto Detection feature to automatically record your maximum heart rate during an activity.
4 Select **Resting HR** > **Set Custom**, and enter your resting heart rate.

   You can use the average resting heart rate measured by your watch, or you can set a custom resting heart rate.
5 Select **Zones** > **Based On**.
6 Select an option:
   - Select **BPM** to view and edit the zones in beats per minute.
   - Select **%Max. HR** to view and edit the zones as a percentage of your maximum heart rate.
   - Select **%HRR** to view and edit the zones as a percentage of your heart rate reserve (maximum heart rate minus resting heart rate).
7 Select a zone, and enter a value for each zone.
8 Select **Sport Heart Rate**, and select a sport profile to add separate heart rate zones (optional).
9 Repeat the steps to add sport heart rate zones (optional).

Heart Rate Zone Calculations

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
1	50–60%	Relaxed, easy pace, rhythmic breathing	Beginning-level aerobic training, reduces stress
2	60–70%	Comfortable pace, slightly deeper breathing, conversation possible	Basic cardiovascular training, good recovery pace
3	70–80%	Moderate pace, more difficult to hold conversation	Improved aerobic capacity, optimal cardiovascular training
4	80–90%	Fast pace and a bit uncomfortable, breathing forceful	Improved anaerobic capacity and threshold, improved speed
5	90–100%	Sprinting pace, unsustainable for long period of time, labored breathing	Anaerobic and muscular endurance, increased power

Pulse Oximeter

The watch has a wrist-based pulse oximeter to gauge the saturation of oxygen in your blood. Knowing your oxygen saturation can be valuable in understanding your overall health and help you determine how your body is adapting to altitude. Your watch gauges your blood oxygen level by shining light into the skin and checking how much light is absorbed. This is referred to as SpO_2.

On the watch, your pulse oximeter readings appear as an SpO_2 percentage. On your Garmin Connect account, you can view additional details about your pulse oximeter readings, including trends over multiple days. For more information on pulse oximeter accuracy, go to garmin.com/ataccuracy.

Getting Pulse Oximeter Readings

You can manually begin a pulse oximeter reading from the pulse oximeter glance. The accuracy of the pulse oximeter reading can vary based on your blood flow, the watch placement on your wrist, and your stillness.

NOTE: You may need to add the pulse oximeter glance to the glance loop (*Customizing the Glance Loop*, page 19).

1. While you are sitting or inactive, swipe up or down to view the pulse oximeter glance.
2. Select the glance to begin the reading.
3. Hold the arm wearing the watch at heart level while the watch reads your blood oxygen saturation.
4. Keep still.

   The watch displays your oxygen saturation as a percentage, and a graph of your pulse oximeter readings and heart rate values since midnight.

Turning On Pulse Oximeter Sleep Tracking

You can set your device to continuously measure your blood oxygen saturation while you sleep.

NOTE: Unusual sleep positions can cause abnormally low sleep-time SpO2 readings.

1. Press ☰.
2. Select **Settings** > **Sensors & Accessories** > **Pulse Ox During Sleep**.

Tips for Erratic Pulse Oximeter Data

If the pulse oximeter data is erratic or does not appear, you can try these tips.

- Remain motionless while the watch reads your blood oxygen saturation.
- Wear the watch above your wrist bone. The watch should be snug but comfortable.
- Hold the arm wearing the watch at heart level while the watch reads your blood oxygen saturation.
- Use a silicone or nylon band.
- Clean and dry your arm before putting on the watch.
- Avoid wearing sunscreen, lotion, and insect repellent under the watch.
- Avoid scratching the optical sensor on the back of the watch.
- Rinse the watch with fresh water after each workout.

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.

You can also add Connect IQ activities and apps to your device using the Connect IQ app (*Connect IQ Features*, page 16).

For more information about activity tracking and fitness metric accuracy, go to garmin.com/ataccuracy.

Starting an Activity

When you start an activity, GPS turns on automatically (if required).

1. Press the action button.
2. Select .
3. Select an activity.
4. If the activity requires GPS signals, go outside to an area with a clear view of the sky, and wait until the device is ready.

   The device is ready after it establishes your heart rate, acquires GPS signals (if required), and connects to your wireless sensors (if required).
5. Press the action button to start the activity timer.

   The device records activity data only while the activity timer is running.

Tips for Recording Activities

- Charge the watch before starting an activity (*Charging the Watch*, page 2).
- Press to record laps, start a new set or pose, or advance to the next workout step.
- Swipe up or down to view additional data screens.

Stopping an Activity

1. Press the action button.
2. Select an option:
   - To resume your activity, press the action button.
   - To save the activity and return to watch mode, select **Done** > **Save**.
   - To discard the activity and return to watch mode, select **Done** > > **Discard**.

Indoor Activities

The watch can be used for training indoors, such as running on an indoor track or using a stationary bike or indoor trainer. GPS is turned off for indoor activities (*Activities and App Settings*, page 42).

When running or walking with GPS turned off, speed and distance are calculated using the accelerometer in the watch. The accelerometer is self-calibrating. The accuracy of the speed and distance data improves after a few outdoor runs or walks using GPS.

TIP: Holding the handrails of the treadmill reduces accuracy.

Calibrating the Treadmill Distance

To record more accurate distances for your treadmill activities, you can calibrate the treadmill distance after you travel at least 1.5 km (1 mi.) on a treadmill. If you use different treadmills, you can manually calibrate the treadmill distance on each treadmill or after each activity.

1. Start a treadmill activity (*Starting an Activity*, page 31).
2. Travel on the treadmill until your device records at least 1.5 km (1 mi.).
3. After you complete your activity, press the action button, and select **Done**.
4. Check the treadmill display for the distance traveled.
5. Select an option:
   - To calibrate the first time, select **Save**, and enter the treadmill distance on your device.
   - To manually calibrate after the first-time calibration, select ••• > **Calibrate**, and enter the treadmill distance on your device.

Going for a Pool Swim

1. Press the action button.
2. Select > **Pool Swim**.
3. Select an option:
   - To set the pool size for your first activity, select the size.
   - To change the pool size, select **Pool Size**, and select the size.
4. Press the action button to start the activity timer.
5. Start your activity.

   The device automatically records swim intervals and lengths.
6. Press when you rest.

   The display inverts color, and the rest screen appears.
7. Press to restart the interval timer.
8. After you complete your activity, press the action button to stop the activity timer.
9. Select **Done** > **Save** to save your activity.

Swim Terminology

Length: One trip down the pool.

Interval: One or more consecutive lengths. A new interval starts after a rest.

Stroke: A stroke is counted every time your arm wearing the device completes a full cycle.

Swolf: Your swolf score is the sum of the time for one pool length and the number of strokes for that length. For example, 30 seconds plus 15 strokes equals a swolf score of 45. Swolf is a measurement of swimming efficiency and, like golf, a lower score is better.

Outdoor Activities

The watch comes preloaded with apps for outdoor activities, such as running and biking. GPS is turned on for outdoor activities. You can add apps using default activities, such as cardio or rowing.

Viewing Your Ski Runs

Your watch records the details of each downhill skiing or snowboarding run using the auto run feature. This feature is turned on by default for downhill skiing and snowboarding. It automatically records new ski runs based on your movement. The timer pauses when you stop moving downhill and when you are on a chairlift. The timer remains paused during the chairlift ride. You can start moving downhill to restart the timer. You can view run details from the paused screen or while the timer is running.

1 Start a skiing or snowboarding activity.
2 Swipe up or down to view details of your last run, your current run, and your total runs.
   The run screens include time, distance traveled, maximum speed, average speed, and total descent.

Activity Tracking

Auto Goal

Your device creates a daily step goal automatically, based on your previous activity levels. As you move during the day, the device shows your progress toward your daily goal.

If you choose not to use the auto goal feature, you can set a personalized step goal on your Garmin Connect account.

Sleep Tracking

While you are sleeping, the watch automatically detects your sleep and monitors your movement during your normal sleep hours. You can set your normal sleep hours in the user settings on your Garmin Connect account. Sleep statistics include total hours of sleep, sleep stages, sleep movement, and sleep score. You can view your sleep statistics on your Garmin Connect account.

NOTE: Naps are not added to your sleep statistics. You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms (*Using Do Not Disturb Mode*, page 13).

Using Automated Sleep Tracking

1 Wear your watch while sleeping.
2 Upload your sleep tracking data to the Garmin Connect site (*Using the Smartphone Apps*, page 15).
   You can view your sleep statistics on your Garmin Connect account.

Clocks

Setting an Alarm

You can set multiple alarms.

1 From the watch face, hold ☰.
2 Select **Clocks** > **Alarm Clock** > **Add Alarm**.
3 Enter the alarm time.

Editing an Alarm

1 From the watch face, hold ☰.
2 Select **Clocks** > **Alarm Clock** > **Edit**.
3 Select an alarm.
4 Select an option:
   - To turn the alarm on or off, select **Status**.
   - To change the alarm time, select **Time**.
   - To set the alarm to repeat regularly, select **Repeat**, and select when the alarm should repeat.
   - To select the type of alarm notification, select **Sound and Vibe**.
   - To select a description for the alarm, select **Label**.
   - To delete the alarm, select **Delete**.

Starting the Countdown Timer

1 From the watch face, hold ☰.
2 Select **Clocks** > **TIMERS**.
3 Select an option:
   - To set and save a countdown timer for the first time, enter the time, press ☰, and select **Save Timer**.
   - To set and save additional countdown timers, select **Add Timer**, and enter the time.
   - To set a countdown timer without saving it, select **Quick Timer**, and enter the time.
4 If necessary, press ☰, and select an option:
   - Select **Time** to change the time.
   - Select **Restart** > **On** to automatically restart the timer after it expires.
   - Select **Sound and Vibe**, and select a type of notification.
5 Press the action button to start the timer.

Deleting a Timer

1 From the watch face, hold ☰.
2 Select **Clocks** > **TIMERS** > **Edit**.
3 Select a timer.
4 Select **Delete**.

Using the Stopwatch

1 From the watch face, hold ☰.
2 Select **Clocks** > **Stopwatch**.
3 Press the action button to start the timer.
4 Press ↩ to restart the lap timer ①.

The total stopwatch time ② continues running.
5 Press the action button to stop both timers.
6 Select an option:
- To reset both timers, press .
- To save the stopwatch time as an activity, press ☰, and select **Save Activity**.
- To reset the timers and exit the stopwatch, press ☰, and select **Done**.
- To review the lap timers, press ☰, and select **Review**.
  NOTE: The **Review** option only appears if there have been multiple laps.
- To return to the watch face without resetting the timers, press ☰, and select **Go to Watchface**.
- To enable or disable lap recording, press ☰, and select **Lap Key**.

Adding Alternate Time Zones

You can display the current time of day in additional time zones on the alternate time zones glance. You can add up to four alternate time zones.

NOTE: You may need to add the alternate time zones glance to the glance loop (*Customizing the Glance Loop*, page 19).

1 From the watch face, hold ☰.
2 Select **Clocks** > **ALT. TIME ZONES** > **Add Alt. Time Zone**.
3 Select a time zone.
4 If necessary, rename the zone.

Editing an Alternate Time Zone

1 From the watch face, hold ☰.
2 Select **Clocks** > **ALT. TIME ZONES** > **Edit**.
3 Select a time zone.
4 Select an option:
   - To enter a custom name for the time zone, select **Rename Zone**.
   - To change the time zone, select **Change Zone**.
   - To change the location of the time zone in the glance, select **Reorder Zone**.
   - To delete the time zone, select **Delete Zone**.

Training

Unified Training Status

When you use more than one Garmin device with your Garmin Connect account, you can choose which device is the primary data source for everyday use and for training purposes.

From the Garmin Connect app menu, select Settings.

Primary Training Device: Sets the priority data source for training metrics like your training status and load focus.

Primary Wearable: Sets the priority data source for daily health metrics like steps and sleep. This should be the watch you wear most often.

TIP: For the most accurate results, Garmin recommends that you sync often with your Garmin Connect account.

Syncing Activities and Performance Measurements

You can sync activities and performance measurements from other Garmin devices to your watch using your Garmin Connect account. This allows your watch to more accurately reflect your training status and fitness. For example, you can record a ride with an Edge bike computer, and view your activity details and overall training load on your watch.

Sync your watch and other Garmin devices to your Garmin Connect account.

TIP: You can set a primary training device and primary wearable in the Garmin Connect app (*Unified Training Status*, page 36).

Recent activities and performance measurements from your other Garmin devices appear on your watch.

Workouts

You can create custom workouts that include goals for each workout step and for varied distances, times, and calories. During your activity, you can view workout-specific data screens that contain workout step information, such as the workout step distance or average step pace.

You can create and find more workouts using Garmin Connect, or select a training plan that has built-in workouts and transfer them to your watch.

You can schedule workouts using Garmin Connect. You can plan workouts in advance and store them on your watch.

Starting a Workout

Your device can guide you through multiple steps in a workout.

1 Press the action button.
2 Select an activity.
3 Hold ☰.
4 Select **Training** > **My Workouts**.
5 Select a workout.

   NOTE: Only workouts that are compatible with the selected activity appear in the list.

6 Select **View** to view a list of workout steps (optional).

   TIP: While viewing workout steps, you can press the action button to view an animation of the selected exercise, if available.

7 Select **Do Workout**.
8 Press the action button to start the activity timer.

After you begin a workout, the device displays each step of the workout, step notes (optional), the target (optional), and the current workout data. For strength, yoga, cardio, or Pilates activities, an instructional animation appears.

Following a Workout From Garmin Connect

Before you can download a workout from Garmin Connect, you must have a Garmin Connect account (,).

1 Select an option:
   - Open the Garmin Connect app.
   - Go to connect.garmin.com.
2 Select **Training & Planning** > **Workouts**.
3 Find a workout, or create and save a new workout.
4 Select or **Send to Device**.
5 Follow the on-screen instructions.

Starting an Interval Workout

1 Press the action button.
2 Select an activity.
3 Press ☰.
4 Select **Training** > **Intervals** > **Do Workout**.
5 When your interval workout has a warm up, press ↩ to begin the first interval.
6 Follow the on-screen instructions.
7 At any time, press ↩ to stop the current interval or rest period and transition to the next interval or rest period (optional).

After you complete all of the intervals, a message appears.

Customizing an Interval Workout

1 Press the action button.
2 Select an activity.
3 Press ☰.
4 Select **Training** > **Intervals** > **Edit**.
5 Select one or more options:
   - To set the interval duration and type, select **Interval**.
   - To set the rest duration and type, select **Rest**.
   - To set the number of repetitions, select **Repeat**.
   - To add an open-ended warm up to your workout, select **Warm Up** > **On**.
   - To add an open-ended cool down to your workout, select **Cool Down** > **On**.
6 Press ↩.

The watch saves your custom interval workout until you edit the workout again.

Using Virtual Partner®

Your Virtual Partner is a training tool designed to help you meet your goals. You can set a pace for the Virtual Partner and race against it.

NOTE: This feature is not available for all activities.

1 Hold ☰.
2 Select **Activities & Apps**.
3 Select an activity.
4 Select the activity settings.
5 Select **Data Screens** > **Add** > **Virtual Partner**.
6 Enter a pace or speed value.
7 Press **UP** or **DOWN** to change the location of the Virtual Partner screen (optional).
8 Start your activity (,).
9 Press **UP** or **DOWN** to scroll to the Virtual Partner screen and see who is leading.

About the Training Calendar

The training calendar on your watch is an extension of the training calendar or schedule you set up in your Garmin Connect account. After you have added a few workouts to the Garmin Connect calendar, you can send them to your device. All scheduled workouts sent to the device appear in the calendar glance. When you select a day in the calendar, you can view or do the workout. The scheduled workout stays on your watch whether you complete it or skip it. When you send scheduled workouts from Garmin Connect, they overwrite the existing training calendar.

Using Garmin Connect Training Plans

Before you can download and use a training plan, you must have a Garmin Connect account (,), and you must pair the watch with a compatible phone.

1 From the Garmin Connect app, select ☰ or •••.
2 Select **Training & Planning** > **Training Plans**.
3 Select and schedule a training plan.
4 Follow the on-screen instructions.
5 Review the training plan in your calendar.

Adaptive Training Plans

Your Garmin Connect account has an adaptive training plan and Garmin coach to fit your training goals. For example, you can answer a few questions and find a plan to help you complete a 5 km race. The plan adjusts to your current level of fitness, coaching and schedule preferences, and race date. When you start a plan, the Garmin coach glance is added to the glance loop on your watch.

Music

NOTE: There are three different music playback options for your watch.

- Third-party provider music
- Personal audio content
- Music stored on your phone

On a watch, you can download audio content to your watch from your computer or from a third-party provider, so you can listen when your phone is not nearby. To listen to audio content stored on your watch, you can connect Bluetooth headphones.

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 the provider to your watch.

For more options, you can download the Connect IQ app on your phone (*Downloading Connect IQ Features*, page 16).

1. Press the action button.
2. Select **Connect IQ Store**.
3. Follow the on-screen instructions to install a third-party music provider.
4. From the controls menu on the watch, select ♫.
5. Select the music provider.

   NOTE: If you want to select another provider, hold ☰, select Music Providers, and follow the on-screen instructions.

Downloading Audio Content from a Third-Party Provider

Before you can download audio content from a third-party provider, you must connect to a Wi-Fi network (*Connecting to a Wi-Fi Network*, page 14).

1. Open the music controls.
2. Hold ☰.
3. Select **Music Providers**.
4. Select a connected provider, or select **Add Provider** to add a music provider from the Connect IQ store.
5. Select a playlist or other item to download to the watch.
6. If necessary, press ↩ until you are prompted to sync with the service.

NOTE: Downloading audio content can drain the battery. You may be required to connect the watch to an external power source if the battery is low.

Downloading Personal Audio Content

Before you can send your personal music to your watch, you must install the Garmin Express application on your computer (garmin.com/express).

You can load your personal audio files, such as .mp3 and .m4a files, to a watch from your computer. For more information, go to garmin.com/musicfiles.

1. Connect the watch to your computer using the included USB cable.
2. On your computer, open the Garmin Express application, select your watch, and select **Music**.

   TIP: For Windows® computers, you can select ➕ and browse to the folder with your audio files. For Apple® computers, the Garmin Express application uses your iTunes® library.
3. In the **My Music** or **iTunes Library** list, select an audio file category, such as songs or playlists.
4. Select the checkboxes for the audio files, and select **Send to Device**.
5. If necessary, in the list, select a category, select the checkboxes, and select **Remove From Device** to remove audio files.

Listening to Music

1 Open the music controls.
2 If necessary, connect your Bluetooth headphones (*Connecting Bluetooth Headphones*, page 40).
3 Hold ☰.
4 Select **Music Providers**, and select an option:
   - To listen to music downloaded to the watch from your computer, select **My Music** (*Downloading Personal Audio Content*, page 39).
   - To control music playback on your phone, select **Control Phone**.
   - To listen to music from a third-party provider, select the name of the provider, and select a playlist.
5 Select ▶.

Music Playback Controls

NOTE: Music playback controls may look different, depending on the selected music source.

⋮	Select to view more music playback controls.
🔊	Select to adjust the volume.
▶	Select to play and pause the current audio file.
▶|	Select to skip to the next audio file in the playlist. Hold to fast forward through the current audio file.
|◀	Select to restart the current audio file. Select twice to skip to the previous audio file in the playlist. Hold to rewind through the current audio file.
🔁	Select to change the repeat mode.
🔀	Select to change the shuffle mode.

Connecting Bluetooth Headphones

To listen to music loaded onto your watch, you must connect Bluetooth headphones.

1 Bring the headphones within 2 m (6.6 ft.) of your watch.
2 Enable pairing mode on the headphones.
3 Hold ☰.
4 Select **Music** > **Headphones** > **Add New**.
5 Select your headphones to complete the pairing process.

Changing the Audio Mode

You can change the music playback mode from stereo to mono.

1 Hold ☰.
2 Select **Music** > **Audio**.
3 Select an option.

Customizing Your Device

Changing the Watch Face

Your device comes preloaded with several watch faces. You can also install and activate a Connect IQ watch face from the Connect IQ store (*Connect IQ Features*, page 16).

1 Press ☰.
2 Select **Settings** > **Watch Face**.
3 Swipe up or down to view the watch faces.
4 Tap the screen to select a watch face.

Golf Settings

Press ☰, and select **Settings** > **Golf Settings** to customize golf settings and features.

Scoring: Enables scoring.

Stat Tracking: Enables detailed statistics tracking while playing golf. You can also enable penalty stroke tracking.

Club Prompt: Displays a prompt that enables you to enter which club you used after each detected shot.

Scoring Method: Sets the scoring method to stroke play or Stableford scoring.

Virtual Caddie: Allows you to select automatic or manual virtual caddie club recommendations. Appears after you play five rounds of golf, track your clubs, and upload your scorecards to the Garmin Golf app.

Handicap Scoring: Enables handicap scoring. The Local Handicap option allows you to enter the number of strokes to be subtracted from your total score. The Index/Slope option allows you to enter your handicap index so that the device can calculate your course handicap.

Driver Distance: Sets the average distance the ball travels from the tee box on your drive. The driver distance appears as an arc on the map.

Tournament Mode: Disables the PinPointer and PlaysLike distance features. These features are not allowed during sanctioned tournaments or handicap calculation rounds.

Big Numbers: Changes the size of the numbers on the hole view screen.

Record Activity: Enables activity FIT file recording for golf activities. FIT files record fitness information that is tailored for Garmin Connect.

Club Sensors: Allows you to set up your Approach CT10 club sensors.

Customizing the Activities and Apps List

1 Press the action button.
2 Select > **Edit**.
   Enabled activities and apps appear in the list with a —, and disabled activities and apps appear in the list with a +.
3 Select an option:
   - To add an activity or app, select +.
   - To remove an activity or app, select —.
   - To reorder the list, tap an enabled activity or app name, scroll to the desired location, and select ✓.

Activities and App Settings

These settings allow you to customize each preloaded activity app based on your needs. For example, you can customize data pages and enable alerts and training features. Not all settings are available for all activity types.

From the watch face, press the action button, select , select an activity, select , and select the activity settings.

TIP: You can also edit the activity settings while you are exercising. During an activity, press , select **Settings**, and select the activity settings.

Data Screens: Enables you to customize data screens and add new data screens for the activity (*Customizing the Data Screens*, page 43).

Alerts: Sets the training or navigation alerts for the activity (*Alerts*, page 43).

Laps: Sets the device to mark laps automatically with the Auto Lap® feature or manually when you press the button. The Auto Lap feature marks laps at a specific distance automatically. This feature is helpful for comparing your performance over different parts of an activity (for example, every 1 mile or 5 kilometers).

Auto Pause: Sets the device to stop recording data when you stop moving or when you drop below a specified speed. This feature is helpful if your activity includes stop lights or other places where you must stop.

Auto Run: Enables the device to detect ski runs automatically using the built-in accelerometer.

Auto Scroll: Enables you to move through all of the activity data screens automatically while the timer is running.

GPS: Sets the activity to use GPS satellite signals. You can turn off GPS when you are training indoors or to save battery life. By default, GPS is turned off for indoor activities.

Pool Size: Sets the pool length for pool swimming.

Background: Sets the background color of each activity to black or white.

Accent Color: Sets the accent color of each activity to help identify which activity is active.

Customizing the Data Screens

You can show, hide, and change the layout and content of the data screens for each activity.

1 Press the action button.
2 Select .
3 Select an activity.
4 Select **Settings** > **Data Screens**.
5 Select **Layout** to adjust the number of data fields on the data screens.
6 If necessary, select the toggle switch to enable a data screen.
7 Select a data screen to customize.
8 Select **Edit Data Fields**, and select a field to change the data that appears in the field.

Alerts

You can set alerts for each activity, which can help you to train toward specific goals. Some alerts are available only for specific activities. Some alerts require optional accessories, such as a heart rate monitor or cadence sensor. There are three types of alerts: event alerts, range alerts, and recurring alerts.

Event alert: An event alert notifies you one time. The event is a specific value. For example, you can set the watch to alert you when you burn a specified number of calories.

Range alert: A range alert notifies you each time the watch is above or below a specified range of values. For example, you can set the watch to alert you when your heart rate is below 60 beats per minute (bpm) and over 210 bpm.

Recurring alert: A recurring alert notifies you each time the watch records a specified value or interval. For example, you can set the watch to alert you every 30 minutes.

Alert Name	Alert Type	Description
Cadence	Range	You can set minimum and maximum cadence values.
Calories	Event, recurring	You can set the number of calories.
Custom	Event, recurring	You can select an existing message or create a custom message and select an alert type.
Distance	Recurring	You can set a distance interval.
Heart Rate	Range	You can set minimum and maximum heart rate values or select zone changes.
Pace	Range	You can set minimum and maximum pace values.
Run/Walk	Recurring	You can set timed walking breaks at regular intervals.
Speed	Range	You can set minimum and maximum speed values.
Stroke Rate	Range	You can set high or low strokes per minute.
Time	Event, recurring	You can set a time interval.

Setting an Alert

1 Press the action button.
2 Select .
3 Select an activity.
4 Select the **Settings** > **Alerts**.
5 Select an option:
   - Select **Add New** to add a new alert for the activity.
   - Select the alert name to edit an existing alert.
6 If necessary, select the type of alert.
7 Select a zone, enter the minimum and maximum values, or enter a custom value for the alert.
8 If necessary, turn on the alert.

For event and recurring alerts, a message appears each time you reach the alert value. For range alerts, a message appears each time you exceed or drop below the specified range (minimum and maximum values).

Setting Up Your User Profile

You can update your sex, birth year, height, weight, wrist, and heart rate zones (*Setting Your Heart Rate Zones*, page 29) settings. The watch uses this information to calculate accurate training data.

1 Press .
2 Select **Settings** > **User Profile**.
3 Select an option.

Safety and Tracking Features

⚠ CAUTION

The safety and tracking features are supplemental features and should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

NOTICE

To use the safety and tracking features, the watch must be connected to the Garmin Connect app using Bluetooth technology. Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. You can enter emergency contacts in your Garmin Connect account.

For more information about safety and tracking features, go to garmin.com/safety.

Incident detection: When the watch detects an incident during certain outdoor activities, the watch sends an automated message, LiveTrack link, and GPS location (if available) to your emergency contacts.

Notifications and Alerts Settings

Press ☰, and select **Settings** > **Notifications and Alerts**.

Smart Notifications: Allows you to set preferences for notifications from your paired smartphone (*Enabling Bluetooth Notifications*, page 13).

Phone Connection: Displays a message when your paired smartphone connects and disconnects using Bluetooth technology (,).

Move Alert: Displays reminders to move throughout the day. After one hour of inactivity, a Move! message appears, and the red bar move bar appears on the steps widget. Additional segments appear after every 15 minutes of inactivity. The device also vibrates if vibration is turned on.

Goal Alerts: Displays a message when you reach your daily steps goal or weekly intensity minutes goal.

Sunrise Alert: Displays a message a specific number of minutes or hours before the actual sunrise occurs.

Sunset Alert: Displays a message a specific number of minutes or hours before the actual sunset occurs.

Relax Reminder: Displays a message when your stress level is elevated.

Abnormal HR Alert: Displays a message you when your heart rate exceeds a certain number of beats per minute (bpm) after a period of inactivity (*Setting an Abnormal Heart Rate Alert*, page 28).

Vibration: Turns vibration on or off and sets the vibration intensity.

Reset Notification Settings: Allows you to reset all notifications and alerts settings back to the default values.

Turning Off Activity Tracking

When you turn off activity tracking, your steps, intensity minutes, and sleep tracking are not recorded.

1 Press ☰.
2 Select **Settings** > **Activity Tracking**.

System Settings

Press ☰, and select **Settings** > **System**.

Auto Lock: Allows you to lock the touchscreen automatically to prevent accidental touches. Use the During Activity option to lock the touchscreen during a timed activity. Use the Watch Mode option to lock the touchscreen when you are not recording a timed activity.

Backlight: Adjusts the backlight settings (*Backlight Settings*, page 45).

Language: Sets the language displayed on the device.

Time: Adjusts the time settings (*Time Settings*, page 46).

Units: Sets the units of measure used on the device (*Changing the Units of Measure*, page 46).

Reset: Allows you to reset user data and settings (*Restoring All Default Settings*, page 53).

Software Update: Allows you to install software updates downloaded using Garmin Express.

About: Displays device, software, license, and regulatory information.

Advanced: Sets advanced system settings (*Advanced Settings*, page 46).

Backlight Settings

Press ☰, and select **Settings** > **System** > **Backlight**.

Toggle switch: Allows you to turn the backlight on for interactions. Interactions include the buttons, touchscreen, and notifications.

Gesture: Sets the backlight to turn on for wrist gestures. Gestures include rotating your wrist toward your body to view the device. You can use the Only During Activity option to use gestures only during timed activities.

Timeout: Sets the length of time before the backlight turns off.

Brightness: Sets the brightness level of the backlight.

Time Settings

Press ☰, and select **Settings** > **System** > **Time**.

Time Format: Sets the device to show time in a 12-hour or 24-hour format.

Time Source: Sets the time source for the device. The Auto option sets the time automatically based on your GPS position. The Manual option allows you to adjust the time (*Setting the Time Manually*, page 46).

Set Time with GPS: Allows the device to set the time of day automatically based on your GPS position.

Setting the Time Manually

By default, the time is set automatically when the device acquires satellite signals.

1. Press ☰.
2. Select **Settings** > **System** > **Time** > **Time Source** > **Manual** > **Time**.
3. Select + and — to set the hour, minutes, and AM or PM.
4. Select ✓.

Changing the Units of Measure

You can customize units of measure for distance, pace and speed, elevation, weight, height, and temperature.

1. Press ☰.
2. Select **Settings** > **System** > **Units**.
3. Select a measurement type.
4. Select a unit of measure.

Advanced Settings

Press ☰, and select **Settings** > **System** > **Advanced**.

Data Recording: Sets how the device records activity data. The Smart recording option (default) allows for longer activity recordings. The Every Second recording option provides more detailed activity recordings, but may not record entire activities that last for longer periods of time.

USB Mode: Sets the device to use MTP (media transfer protocol) or Garmin mode when connected to a computer. Garmin mode allows you to continue using the device while it is plugged in to a power source.

Wireless Sensors

Your watch can be paired and used with wireless sensors using ANT+ or Bluetooth technology (*Wireless Sensors*, page 47). After the devices are paired, you can customize the optional data fields (*Customizing the Data Screens*, page 43). If your watch was packaged with a sensor, they are already paired.

For information about specific Garmin sensor compatibility, purchasing, or to view the owner's manual, go to buy.garmin.com for that sensor.

Sensor Type	Description
Club Sensors	You can use Approach CT10 golf club sensors to automatically track your golf shots, including location, distance, and club type.
eBike	You can use your watch with your eBike and view bike data, such as battery and shifting information, during your rides.
External Heart Rate	You can use an external sensor, such as the HRM-Pro™ or HRM-Dual™ heart rate monitor, to view heart rate data during your activities.
Foot Pod	You can use a foot pod to record pace and distance instead of using GPS when you are training indoors or when your GPS signal is weak.
Headphones	You can use Bluetooth headphones to listen to music loaded onto your watch (*Connecting Bluetooth Headphones*, page 40).
Speed/Cadence	You can attach speed or cadence sensors to your bike and view the data during your ride. If necessary, you can manually enter your wheel circumference (*Wheel Size and Circumference*, page 56).
Tempe	You can attach the tempe™ temperature sensor to a secure strap or loop where it is exposed to ambient air, so it provides a consistent source of accurate temperature data.

Pairing Your Wireless Sensors

The first time you connect a wireless ANT+ or Bluetooth sensor to your Garmin device, you must pair the device and sensor. After they are paired, the device connects to the sensor automatically when you start an activity and the sensor is active and within range.

TIP: Some ANT+ sensors pair with your device automatically when you start an activity with the sensor turned on and near the device.

1. Move at least 10 m (33 ft.) away from other wireless sensors.
2. If you are pairing a heart rate monitor, put on the heart rate monitor.
   The heart rate monitor does not send or receive data until you put it on.
3. Press ☰.
4. Select **Settings** > **Sensors & Accessories**.
5. Select an option:
   - To pair a club sensor, select **Club Sensors** > **Add New**.
   - To pair a different sensor, select **Add New**, and select the sensor type.
6. Bring the device within 3 m (10 ft.) of the sensor, and wait while the device pairs with the sensor.
   After the device connects to the sensor, an icon appears at the top of the screen.

Club Sensors

Your device is compatible with Approach CT10 golf club sensors. You can use paired club sensors to automatically track your golf shots, including location, distance, and club type. See the owner's manual for your club sensors for more information (garmin.com/manuals/ApproachCT10).

HRM-Pro Running Pace and Distance

The HRM-Pro series accessory calculates your running pace and distance based on your user profile and the motion measured by the sensor on every stride. The heart rate monitor provides running pace and distance when GPS is not available, such as during treadmill running. You can view your running pace and distance on your compatible watch when connected using ANT+ technology. You can also view it on compatible third-party training apps when connected using Bluetooth technology.

The pace and distance accuracy improves with calibration.

Automatic calibration: The default setting for your watch is **Auto Calibrate**. The HRM-Pro series accessory calibrates each time you run outside with it connected to your compatible watch.

NOTE: Automatic calibration does not work for indoor, trail, or ultra run activity profiles (*Tips for Recording Running Pace and Distance*, page 48).

Manual calibration: You can select **Calibrate & Save** after a treadmill run with your connected HRM-Pro series accessory (*Calibrating the Treadmill Distance*, page 32).

Tips for Recording Running Pace and Distance

- Update your watch software (*Product Updates*, page 51).
- Complete several outdoor runs with GPS and your connected HRM-Pro series accessory. It's important that your outdoor range of paces matches your range of paces on the treadmill.
- If your run includes sand or deep snow, go to the sensor settings, and turn off **Auto Calibrate**.
- If you previously connected a compatible foot pod using ANT+ technology, set the foot pod status to **Off**, or remove it from the list of connected sensors.
- Complete a treadmill run with manual calibration (*Calibrating the Treadmill Distance*, page 32).
- If automatic and manual calibrations don't seem accurate, go to the sensor settings, and select **HRM Pace & Distance** > **Reset Calibration Data**.
  NOTE: You can try turning off **Auto Calibrate**, and then manually calibrate again (*Calibrating the Treadmill Distance*, page 32).

Using an Optional Bike Speed or Cadence Sensor

You can use a compatible bike speed or cadence sensor to send data to your watch.

- Pair the sensor with your watch (*Wireless Sensors*, page 47).
- Set your wheel size (*Wheel Size and Circumference*, page 56).
- Go for a ride (*Starting an Activity*, page 31).

tempe

Your device is compatible with the tempe temperature sensor. You can attach the sensor to a secure strap or loop where it is exposed to ambient air, so it provides a consistent source of accurate temperature data. You must pair the tempe sensor with your device to display temperature data. See the instructions for your tempe sensor for more information (garmin.com/manuals/tempe).

Device Information

Changing the QuickFit® Bands

1 Slide the latch on the QuickFit band, and remove the band from the watch.

2 Align the new band with the watch.
3 Press the band into place.
NOTE: Make sure the band is secure. The latch should close over the watch pin.
4 Repeat steps 1 through 3 to change the other band.

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Water rating	10 ATM[1]
Operating and storage temperature range	A04431: From -20° to 55°C (from -4° to 131°F); A04432: From -20° to 60°C (from -4° to 140°F)
USB charging temperature range	From 0° to 45°C (from 32° to 113°F)
European Union (EU) wireless frequencies (power)	A04431 2.4 GHz @ 15.84 dBm maximum; A04432: 2.4 GHz @ 17.42 dBm maximum A04431: 13.56 MHz @ -40 dBm maximum; A04432: 13.56 MHz @ -40 dBm maximum
EU SAR values	A04431:0.27 limb, 0.42 torso; A04432: 1.20 limb, 0.47 torso

[1] The device withstands pressure equivalent to a depth of 100 m. For more information, go to www.garmin.com/waterrating.

Device Care

NOTICE
Avoid extreme shock and harsh treatment, because it can degrade the life of the product.
Avoid pressing the buttons under water.
Do not use a sharp object to clean the device.
Never use a hard or sharp object to operate the touchscreen, or damage may result.
Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.
Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.
Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

Cleaning the Device

NOTICE
Even small amounts of sweat or moisture can cause corrosion of the electrical contacts when connected to a charger. Corrosion can prevent charging and data transfer.

1 Wipe the device using a cloth dampened with a mild detergent solution.
2 Wipe it dry.

After cleaning, allow the device to dry completely.

TIP: For more information, go to garmin.com/fitandcare.

Long-Term Storage

When you do not plan to use the device for several months, you should charge the battery to at least 50% before you store the device. You should store the device in a cool, dry place with temperatures around the typical household level. After storage, you should fully recharge the device before using it.

Viewing Device Information

You can view device information, such as the unit ID, software version, regulatory information, and license agreement.

1 Press ☰.
2 Select **Settings** > **System** > **About**.

Viewing E-label Regulatory and Compliance Information

The label for this device is provided electronically. The e-label may provide regulatory information, such as identification numbers provided by the FCC or regional compliance markings, as well as applicable product and licensing information.

1 Press ☰.
2 Select **Settings** > **System** > **About**.

Data Management

NOTE: The device is not compatible with Windows 95, 98, Me, Windows NT®, and Mac® OS 10.3 and earlier.

Deleting Files

NOTICE

If you do not know the purpose of a file, do not delete it. Your device memory contains important system files that should not be deleted.

1. Open the **Garmin** drive or volume.
2. If necessary, open a folder or volume.
3. Select a file.
4. Press the **Delete** key on your keyboard.

   NOTE: Mac operating systems provide limited support for MTP file transfer mode. You must open the Garmin drive on a Windows operating system. You should use the Garmin Express application to remove music files from your device.

Troubleshooting

Product Updates

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

This provides easy access to these services for Garmin devices:

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

Getting More Information

You can find more information about this product on the Garmin website.

- 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 for information about feature accuracy.

  This is not a medical device.

Maximizing Battery Life

You can do several things to extend the life of the battery.

- Reduce the backlight timeout (*Backlight Settings*, page 45).
- Reduce the backlight brightness (*Backlight Settings*, page 45).
- Turn off wrist gestures (*Backlight Settings*, page 45).
- Turn off Bluetooth wireless technology when you are not using connected features (*Turning Off the Bluetooth Smartphone Connection*, page 14).
- Use a Connect IQ watch face that is not updated every second.

  For example, use a watch face without a second hand (*Changing the Watch Face*, page 41).
- Limit the smartphone notifications the device displays (*Managing Notifications*, page 13).
- Stop broadcasting heart rate data to paired Garmin devices (*Broadcasting Heart Rate to Garmin Devices*, page 28).
- Turn off wrist-based heart rate monitoring (*Turning Off the Wrist-based Heart Rate Monitor*, page 29).

My device cannot find nearby golf courses

If a course update is interrupted or canceled before it completes, your device may be missing course data. To repair missing course data, you must update the courses again.

1. Download and install course updates from the Garmin Express application (*Updating the Software Using Garmin Express*, page 16).
2. Safely disconnect your device.
3. Go outside, and start a test round of golf to verify the device finds nearby courses.

Is my phone compatible with my watch?

The watch is compatible with phones using Bluetooth technology.

Go to garmin.com/ble for Bluetooth compatibility information.

My phone will not connect to the watch

If your phone will not connect to the watch, you can try these tips.

- Turn off your phone and your watch, and turn them back on again.
- Enable Bluetooth technology on your phone.
- Update the Garmin Golf app to the latest version.
- Remove your watch from the Garmin Golf app and the Bluetooth settings on your phone to retry the pairing process.
- If you bought a new phone, remove your watch from the Garmin Golf app on the phone you intend to stop using.
- Bring your phone within 10 m (33 ft.) of the watch.
- On your phone, open the Garmin Golf app, select ☰ or •••, and select **Garmin Devices** > **Add Device** to enter pairing mode.
- Press ☰, and select **Settings** > **Phone** > **Pair Phone**.

My device is in the wrong language

1. Press ☰.
2. Select ⚙.
3. Scroll down to the last item in the list, and select it.
4. Scroll down to the third item in the list, and select it.
5. Select your language.

My device displays the wrong units of measure

- Verify you selected the correct units of measure setting on the device (*Changing the Units of Measure*, page 46).
- Verify you selected the correct units of measure setting on your Garmin Golf account.

  If the units of measure on the device do not match your Garmin Golf account, your device settings may be overwritten when you sync your device.

Restarting Your Watch

1. Press and hold ☰ until the device turns off.
2. Press ☰ to turn on the device.

Restoring All Default Settings

You can reset all of the device settings to the factory default values. You should sync your device with the Garmin Connect app to upload your activity data before you reset the device.

1 Press ☰.
2 Select **Settings** > **System** > **Reset**.
3 Select an option:
   - To reset all of the device settings to the factory default values and delete all user-entered information and activity history, select **Delete Data and Reset Settings**.

     NOTE: If you have set up a Garmin Pay wallet, this option deletes the wallet from your device. If you have music stored on your device, this option deletes your stored music.
   - To reset all of the device settings to the factory default values and save all user-entered information and activity history, select **Reset Default Settings**.

Acquiring Satellite Signals

The device may need a clear view of the sky to acquire satellite signals. The time and date are set automatically based on the GPS position.

TIP: For more information about GPS, go to garmin.com/aboutGPS.

1 Go outdoors to an open area.

   The front of the device should be oriented toward the sky.
2 Wait while the device locates satellites.

   It may take 30–60 seconds to locate satellite signals.

Improving GPS Satellite Reception

- Frequently sync the watch to your Garmin account:
  - Connect your watch to a computer using the USB cable and the Garmin Express application.
  - Sync your watch to the Garmin Golf app using your Bluetooth enabled phone.

  While connected to your Garmin account, the watch downloads several days of satellite data, allowing it to quickly locate satellite signals.
- Take your watch outside to an open area away from tall buildings and trees.
- Remain stationary for a few minutes.

Activity Tracking

For more information about activity tracking accuracy, go to garmin.com/ataccuracy.

My daily step count does not appear

The daily step count is reset every night at midnight.

If dashes appear instead of your step count, allow the device to acquire satellite signals and set the time automatically.

My step count does not seem accurate

If your step count does not seem accurate, you can try these tips.

- Wear the watch on your non-dominant wrist.
- Carry the watch in your pocket when pushing a stroller or lawn mower.
- Carry the watch in your pocket when actively using your hands or arms only.

  NOTE: The watch may interpret some repetitive motions, such as washing dishes, folding laundry, or clapping your hands, as steps.

The step counts on my watch and my Garmin Connect account don't match

The step count on your Garmin Connect account updates when you sync your watch.

1 Select an option:
   - Sync your step count with the Garmin Express application (*Using Garmin Connect on Your Computer*, page 15).
   - Sync your step count with the Garmin Connect app (*Using the Smartphone Apps*, page 15).
2 Wait while your data syncs.

   Syncing can take several minutes.

   NOTE: Refreshing the Garmin Connect app or the Garmin Express application does not sync your data or update your step count.

My intensity minutes are flashing

When you exercise at an intensity level that qualifies toward your intensity minutes goal, the intensity minutes flash.

Appendix

Data Fields

Some data fields require ANT+ accessories to display data.

24-Hour Max.: The maximum temperature recorded in the last 24 hours from a compatible temperature sensor.

24-Hour Min.: The minimum temperature recorded in the last 24 hours from a compatible temperature sensor.

30s Avg. Vertical Speed: The 30-second moving average of vertical speed.

500m Pace: The current swimming pace per 500 meters.

Average Cadence: Cycling. The average cadence for the current activity.

Average Cadence: Running. The average cadence for the current activity.

Average HR: The average heart rate for the current activity.

Average HR %Max.: The average percentage of maximum heart rate for the current activity.

Average Lap Time: The average lap time for the current activity.

Average Speed: The average speed for the current activity.

Average Swolf: The average swolf score for the current activity. Your swolf score is the sum of the time for one length plus the number of strokes for that length (*Swim Terminology*, page 32).

Avg. 500m Pace: The average swimming pace per 500 meters for the current activity.

Avg. Dist./Stk.: Paddle sports. The average distance traveled per stroke during the current activity.

Avg. Pace: The average pace for the current activity.

Avg. Stks./Len.: The average number of strokes per length during the current activity.

Avg. Stroke Rate: Swimming. The average number of strokes per minute (spm) during the current activity.

Avg. Stroke Rate: Paddle sports. The average number of strokes per minute (spm) during the current activity.

Cadence: Cycling. The number of revolutions of the crank arm. Your device must be connected to a cadence accessory for this data to appear.

Cadence: Running. The steps per minute (right and left).

Calories: The amount of total calories burned.

Dist. Per Stroke: The distance traveled per stroke.

Distance: The distance traveled for the current track or activity.

Elapsed Time: The total time recorded. For example, if you start the timer and run for 10 minutes, then stop the timer for 5 minutes, then start the timer and run for 20 minutes, your elapsed time is 35 minutes.

Elevation: The altitude of your current location above or below sea level.

Heading: The direction you are moving.

Heart Rate: Your heart rate in beats per minute (bpm). Your device must be connected to a compatible heart rate monitor.

HR %Max.: The percentage of maximum heart rate.

HR Zone: The current range of your heart rate (1 to 5). The default zones are based on your user profile and maximum heart rate (220 minus your age).

Int. Dist./Stk.: The average distance traveled per stroke during the current interval.

Int. Stks./Len.: The average number of strokes per length during the current interval.

Int. Stroke Rate: The average number of strokes per minute (spm) during the current interval.

Int. Strokes: The total number of strokes for the current interval.

Interval Distance: The distance traveled for the current interval.

Interval Lengths: The number of pool lengths completed during the current interval.

Interval Pace: The average pace for the current interval.

Interval Swolf: The average swolf score for the current interval.

Interval Time: The stopwatch time for the current interval.

Int Strk Type: The current stroke type for the interval.

L. Int. Dist./Stk.: The average distance traveled per stroke during the last completed interval.

L. Int. Stk. Rate: The average number of strokes per minute (spm) during the last completed interval.

L. Int. Stk. Type: The stroke type used during the last completed interval.

L. Int. Strokes: The total number of strokes for the last completed interval.

L. Len. Stk. Rate: The average number strokes per minute (spm) during the last completed pool length.

L. Len. Stk. Type: The stroke type used during the last completed pool length.

L. Len. Strokes: The total number of strokes for the last completed pool length.

Lap 500m Pace: The average swimming pace per 500 meters for the current lap.

Lap Cadence: Cycling. The average cadence for the current lap.

Lap Cadence: Running. The average cadence for the current lap.

Lap Distance: The distance traveled for the current lap.

Lap HR: The average heart rate for the current lap.

Lap HR %Max.: The average percentage of maximum heart rate for the current lap.

Lap Pace: The average pace for the current lap.

Laps: The number of laps completed for the current activity.

Lap Speed: The average speed for the current lap.

Lap Steps: The number of steps during the current lap.

Lap Time: The stopwatch time for the current lap.

Last Lap 500m Pace: The average swimming pace per 500 meters for the last lap.

Last Lap Cadence: Cycling. The average cadence for the last completed lap.

Last Lap Cadence: Running. The average cadence for the last completed lap.

Last Lap Dist.: The distance traveled for the last completed lap.

Last Lap Pace: The average pace for the last completed lap.

Last Lap Speed: The average speed for the last completed lap.

Last Lap Time: The stopwatch time for the last completed lap.

Last Len. Swolf: The swolf score for the last completed pool length.

Last Length Pace: The average pace for your last completed pool length.

Lengths: The number of pool lengths completed during the current activity.

Maximum Speed: The top speed for the current activity.

Nautical Distance: The distance traveled in nautical meters or nautical feet.

Pace: The current pace.

Speed: The current rate of travel.

Steps: The number of steps during the current activity.

Stroke Rate: Swimming. The number of strokes per minute (spm).

Stroke Rate: Paddle sports. The number of strokes per minute (spm).

Strokes: Paddle sports. The total number of strokes for the current activity.

Sunrise: The time of sunrise based on your GPS position.

Sunset: The time of sunset based on your GPS position.

Temperature: The temperature of the air. Your body temperature affects the temperature sensor. Your device must be connected to a tempe sensor for this data to appear.

Time in Zone: The time elapsed in each heart rate zone.

Time of Day: The time of day based on your current location and time settings (format, time zone, daylight saving time).

Timer: The stopwatch time for the current activity.

Total Ascent: The total elevation distance ascended during the activity or since the last reset.

Total Descent: The total elevation distance descended during the activity or since the last reset.

Vertical Speed: The rate of ascent or descent over time.

Wheel Size and Circumference

Your speed sensor automatically detects your wheel size. If necessary, you can manually enter your wheel circumference in the speed sensor settings.

The tire size is marked on both sides of the tire. This is not a comprehensive list. You can also measure the circumference of your wheel or use one of the calculators available on the internet.

Tire Size	Wheel Circumference (mm)
20 × 1.75	1515
20 × 1-3/8	1615
22 × 1-3/8	1770
22 × 1-1/2	1785
24 × 1	1753
24 × 3/4 Tubular	1785
24 × 1-1/8	1795
24 × 1.75	1890
24 × 1-1/4	1905
24 × 2.00	1925
24 × 2.125	1965
26 × 7/8	1920
26 × 1-1.0	1913
26 × 1	1952
26 × 1.25	1953
26 × 1-1/8	1970
26 × 1.40	2005
26 × 1.50	2010
26 × 1.75	2023
26 × 1.95	2050
26 × 2.00	2055
26 × 1-3/8	2068
26 × 2.10	2068
26 × 2.125	2070
26 × 2.35	2083
26 × 1-1/2	2100
26 × 3.00	2170
27 × 1	2145
27 × 1-1/8	2155
27 × 1-1/4	2161
27 × 1-3/8	2169
29 x 2.1	2288

Tire Size	Wheel Circumference (mm)
29 x 2.2	2298
29 x 2.3	2326
650 x 20C	1938
650 x 23C	1944
650 × 35A	2090
650 × 38B	2105
650 × 38A	2125
700 × 18C	2070
700 × 19C	2080
700 × 20C	2086
700 × 23C	2096
700 × 25C	2105
700C Tubular	2130
700 × 28C	2136
700 × 30C	2146
700 × 32C	2155
700 × 35C	2168
700 × 38C	2180
700 × 40C	2200
700 × 44C	2235
700 × 45C	2242
700 × 47C	2268

Symbol Definitions

These symbols may appear on the device or accessory labels.

WEEE disposal and recycling symbol. The WEEE symbol is attached to the product in compliance with the EU directive 2012/19/EU on Waste Electrical and Electronic Equipment (WEEE). It is intended to deter the improper disposal of this product and to promote reuse and recycling.