

GARMIN®



M/N: A04918
Owner's Manual

© 2025 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.

Table of Contents

Introduction	1
Charging the Watch.....	1
Wearing the Watch	1
Pairing Your Phone.....	1
Starting an Activity	2
Viewing Regulatory and Compliance Information	2
Specifications.....	2
 Important Safety and Product Information	 2
Warning	0
Notice	0
Product Environmental Programs.....	3
Declaration of Conformity	3
UK Declaration of Conformity	3
FCC Compliance	3
Radio Frequency Radiation Exposure	3
Innovation, Science and Economic Development Canada Compliance	4

Introduction

⚠ WARNING

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

Charging the Watch

NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer.

- 1 Connect the charger to the watch.
- 2 Plug the other end of the cable into an AC adapter or computer port.
The watch turns on automatically when connected to power and displays the current battery charge level.

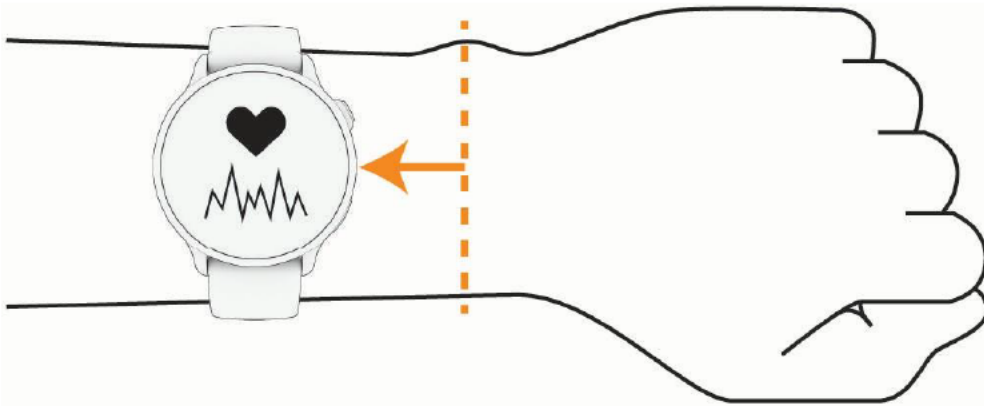
Wearing the Watch

⚠ 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 more information about accuracy, go to garmin.com/ataccuracy.
- For more information about watch wear and care, go to garmin.com/fitandcare.

Pairing Your Phone

- 1 During the initial setup on your watch, scan the QR code with your phone.
- 2 Follow the on-screen instructions to complete the pairing and setup process.

Starting an Activity

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

- 1 From the watch face, press the button.
- 2 Select an activity.
- 3 If the activity requires GPS, go outside, and wait while the device locates satellites.
The watch is ready after it establishes your heart rate, acquires GPS signals (if required), and connects to your wireless sensors (if required).
- 4 Press the button to start the activity timer.
The watch records activity data only while the activity timer is running.

Viewing 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. Not available on all models.

- 1 Select **Settings**.
- 2 Select **System**.
- 3 Select **About**.

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Water rating	5 ATM
Operating temperature range	From -20° to 50°C (from -4° to 122°F)
Charging temperature range	From 0° to 45°C (from 32° to 113°F)
EU wireless frequencies and transmit power	2.4 GHz < 20 dBm 13.56 MHz < 42 dBuA/m @ 10m
EU SAR values	0.040 W/kg head 0.208 W/kg limb

Important Safety and Product Information

WARNING

Failure to heed the following warnings could result in death, serious injury, or property damage.

Battery Warnings

A lithium-ion battery is used in this device.

If these guidelines are not followed, batteries may experience a shortened life span or may present a risk of damage to the device, fire, chemical burn, electrolyte leak, and/or injury.

- Do not force discharge, recharge, disassemble, heat above the temperature ranges specified in the printed manual, or incinerate. Doing so may result in injury due to venting, leakage, or explosion resulting in chemical burns.
- Do not modify, remanufacture, puncture, or damage the device or batteries.
- Do not remove or attempt to remove the non-user-replaceable battery.

NOTICE

Failure to heed the following notices could result in personal or property damage, or negatively impact the device functionality.

Battery Notices

- Contact your local waste disposal department to dispose of the device/batteries in accordance with applicable local laws and regulations.
-

Device Pairing Notice

Not all wireless connections are secure. You should pair devices in a secure location. For more information, see garmin.com/connectiontypes.

Product Environmental Programs

Information about the Garmin® product recycling program and WEEE, RoHS, REACH, and other compliance programs can be found at garmin.com/aboutGarmin/environment.

Declaration of Conformity

Hereby, Garmin declares that this product is in compliance with the Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: garmin.com/compliance.

UK Declaration of Conformity

Hereby, Garmin declares that this product is in compliance with the relevant statutory requirements. The full text of the declaration of conformity is available at the following internet address: garmin.com/compliance.

FCC Compliance

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and may cause harmful interference to radio communications if not installed and used in accordance with the instructions. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This product does not contain any user-serviceable parts. Repairs should only be made by an authorized Garmin service center. Unauthorized repairs or modifications could result in permanent damage to the equipment, and void your warranty and your authority to operate this device under Part 15 regulations.

Radio Frequency Radiation Exposure

This device is a portable transmitter and receiver that uses an internal antenna to send and receive low levels of radio frequency (RF) energy for data communications. The device emits RF energy below the published limits for portable use when operating in its maximum output power mode and when used with Garmin authorized accessories. To comply with RF exposure compliance requirements, the device should be used as described in the manual. The device should not be used in other configurations.

Innovation, Science and Economic Development Canada Compliance

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

