



Garmin.com/fitandcare



Garmin.com/connectapp

QUICK START MANUAL

support.Garmin.com

© 2025 Garmin Ltd. or its subsidiaries

Garmin, the Garmin logo, ANT+, and Instinct are trademarks of Garmin Ltd. or its subsidiaries, registered in the USA and other countries. Garmin Connect is a trademark of Garmin Ltd. or its subsidiaries.

The BLUETOOTH® word mark and logos are owned by the Bluetooth SIG, Inc. and any use of such marks by Garmin is under license.

M/N: A05049



April 2025
190-03120-2A_0B



INSTINCT CROSSOVER AMOLED
QUICK START MANUAL

