



Quick Start Manual

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Introduction

WARNING

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

Always consult your physician before you begin or modify any exercise program.

Keys

①		Hold to turn the device on and off. Select to turn the backlight on and off.
②		Select to unlock the device. Select to start and stop the timer. Select to choose an option or to acknowledge a message.
③		Select to mark a new lap. Select to return to the previous screen.
④		Select to scroll through the widgets, data screens, options, and settings. Hold  to view the shortcut menu options.

Locking and Unlocking the Device Keys

You can lock the device keys to avoid accidental key presses during an activity.

- 1 Hold **A** to view the shortcut menu.
- 2 Select **Clock Options > Lock Device**.
- 3 Hold **A** to unlock the device keys.

Status Icons

Icons appear at the top of the home screen. A flashing icon means the device is searching for a signal. A solid icon means the signal was found or the sensor is connected.

	GPS status
	Bluetooth® technology status
	Heart rate status

Going for a Run

The first fitness activity you record on your device can be a run, ride, or any outdoor activity. The device comes partially charged. You may need to charge the device (page 9) before starting the activity.

- 1 Select  to unlock the screen.
- 2 Select an activity profile.
- 3 Go outside, and wait while the device locates satellites.
- 4 Select  to start the timer.
- 5 Go for a run.

6 After you complete your run, select  to stop the timer.

7 Select an option:

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

- Select **Discard > Yes** to delete the run.

Smart Features

Pairing Your Smartphone

You should connect your device to a smartphone to complete the setup and access the full features of the device.

TIP: You can also complete the setup on your computer using the Garmin Express™ application.

- 1 Go to www.garmin.com/intosports/apps, and download the Garmin Connect™ Mobile app to your smartphone.
- 2 From the device, select **Menu > Settings > Bluetooth > Pair Mobile Device**.
- 3 Open the Garmin Connect Mobile app, and follow the on-screen instructions to connect a device.

The instructions are provided during the initial setup, or can be found in the Garmin Connect Mobile app help.

Widgets

Your device comes preloaded with widgets that provide at-a-glance information. Some widgets require a Bluetooth connection to a compatible smartphone.

Notifications: Alerts you to incoming calls and texts based on your smartphone notification settings.

Calendar: Displays upcoming meetings from your smartphone calendar.

Music controls: Provides music player controls for your smartphone.

Weather: Displays the current temperature and weather forecast.

Activity Tracking: Tracks your daily step count, step goal, distance traveled, calories burned, and sleep statistics.

Sensor Information: Displays information from an internal sensor or a connected ANT+® sensor.

Viewing Widgets

From the time of day screen, select **▲** or **▼**.

Downloadable Features

You can download Connect IQ™ features such as apps, widgets, and watch faces from Garmin® and other providers using the Garmin Connect Mobile app.

Bluetooth Connected Features

The device has several Bluetooth connected features for your compatible smartphone or mobile device using the Garmin Connect Mobile app. For more information, go to www.garmin.com/intosports/apps.

LiveTrack: Allows friends and family to follow your races and training activities in real time. You can invite followers using email or social media, allowing them to view your live data on a Garmin Connect tracking page.

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

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

Physiological Measurements

The following physiological measurements require a compatible heart rate monitor. These estimates can help you track and understand your training runs and race performances.

NOTE: The estimates may seem inaccurate at first. The device requires a few runs to learn about your running performance. For more information, see your owner's manual.

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.

Predicted race times: Your device uses the VO2 max. estimate and published data sources to provide a target race time based on your current state of fitness. This projection also presumes you have completed the proper training for the race.

Recovery advisor: The recovery advisor displays how much time remains before you are fully recovered and ready for the next hard workout.

History

History includes time, distance, calories, average pace or speed, lap data, and optional ANT+ sensor information.

NOTE: When the device memory is full, your oldest data is overwritten.

Viewing History

- 1 Select **Menu** > **History** > **Activities**.
- 2 Select **A** or **V** to view your saved activities.
- 3 Select an activity.
- 4 Select an option:
 - Select **Details** to view additional information about the activity.
 - Select **Laps** to select a lap and view additional information about each lap.
 - Select **Delete** to delete the selected activity.

Using Garmin Connect

You can upload all of your activity data to Garmin Connect for comprehensive analysis. With Garmin Connect, you can view a map of your activity, and share your activities with friends.

- 1 Connect the device to your computer using the USB cable.

2 Go to www.garminconnect.com/start.

3 Follow the on-screen instructions.

Garmin Connect

You can connect with your friends on Garmin Connect.

Garmin Connect gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, rides, swims, hikes, triathlons, and more. To sign up for a free account, go to www.garminconnect.com/start.

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

Analyze your data: You can view more detailed information about your activity, including time, distance, elevation, heart rate, calories burned, cadence, VO2 max., running dynamics, an overhead map view, pace and speed charts, and customizable reports.

NOTE: Some data requires an optional accessory such as a heart rate monitor.

Plan your training: You can choose a fitness goal and load one of the day-by-day training plans.

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.

Device Information

Charging the Device

WARNING

This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions in the owner's manual.

- 1 Plug the USB cable into a USB port on your computer.
- 2 Align the charger posts with the contacts on the back of the device, and connect the charging clip ① securely to the device.
- 3 Charge the device completely.
- 4 Press ② to remove the charger.

Support and Updates

Garmin Express (www.garmin.com/express) provides easy access to these services for Garmin devices.

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

Getting More Information

- Go to www.garmin.com/intosports.
- Go to www.garmin.com/learningcenter.
- Go to <http://buy.garmin.com>, or contact your Garmin dealer for information about optional accessories and replacement parts.

Getting the Owner's Manual

You can get the most recent owner's manual from the web.

- 1 Go to www.garmin.com/manuals/.
- 2 View or download the full owner's manual in your preferred format.

Resetting the Device

If the device stops responding, you may need to reset it.

NOTE: Resetting the device may erase your data or settings.

- 1 Hold  for 15 seconds.
The device turns off.
- 2 Hold  for one second to turn on the device.

Temperature Specifications

Operating temperature range: From -20° to 60°C (from -4° to 140°F)

Charging temperature range: From 0° to 45°C
(from 32° to 113°F)

Accessory (premium) operating temperature range: From -5° to 50°C (from 23° to 122°F)

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