



AA3001



Owner's Manual

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M/N: AA3001

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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.

Getting Started

When using your device the first time, you should complete these tasks to set up the device and learn about the basic features.

- 1 Charge the device ([Charging the Device, page 1](#)).
- 2 Install the device using the standard mount ([Installing the Standard Mount, page 1](#)) or the out-front mount ([Installing the Out-Front Mount, page 1](#)).
- 3 Turn on the device ([Turning On the Device, page 2](#)).
- 4 Locate satellites ([Acquiring Satellite Signals, page 3](#)).
- 5 Go for a ride ([Going for a Ride, page 2](#)).
- 6 Upload your ride to Garmin Connect™ ([Sending Your Ride to Garmin Connect, page 8](#)).

Charging the Device

NOTICE

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

The device is powered by a built-in lithium-ion battery that you can charge using a standard wall outlet or a USB port on your computer.

NOTE: The device will not charge when outside the approved temperature range ([Edge Specifications, page 11](#)).

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



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

About the Battery

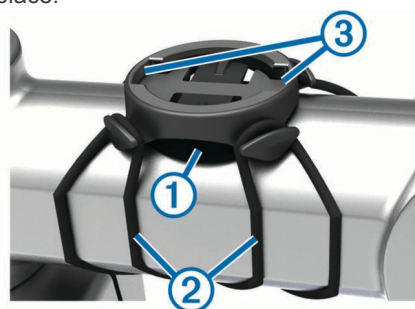
⚠ WARNING

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.

Installing the Standard Mount

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

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



- 3 Place the bike mount on the bike stem.
- 4 Attach the bike mount securely using the two bands ②.
- 5 Align the tabs on the back of the device with the bike mount notches ③.
- 6 Press down slightly and turn the device clockwise until it locks into place.

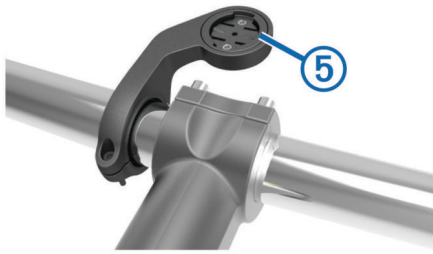


Installing the Out-Front Mount

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



- 3 If necessary, remove the two screws on the back side of the mount ③, rotate the connector ④, and replace the screws to change the orientation of the mount.
- 4 Place the rubber pad around the handlebar:
 - If the handlebar diameter is 25.4 mm, use the thicker pad.
 - If the handlebar diameter is 31.8 mm, use the thinner pad.
- 5 Place the handlebar connector around the rubber pad.
- 6 Replace and tighten the screw.
NOTE: Garmin® recommends a torque specification of 7 lbf-in. (0.8 N-m). You should check the tightness of the screw periodically.
- 7 Align the tabs on the back of the Edge device with the bike mount notches ⑤.



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

Releasing the Edge

- 1 Turn the Edge clockwise to unlock the device.
- 2 Lift the Edge off the mount.

Keys



①		Select to enter sleep mode and wake the device. Hold to turn the device on and off and lock the touchscreen.
②		Select to mark a new lap.
③		Select to start and stop the timer.

Turning On the Device

The first time you turn on the device, you are prompted to configure system settings and profiles.

- 1 Hold .
- 2 Follow the on-screen instructions.

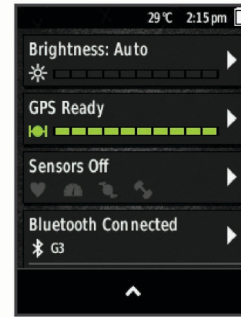
If your device includes ANT+® sensors (such as a heart rate monitor, speed sensor, or cadence sensor), you can activate them during configuration.

For more information about ANT+ sensors, see [ANT+ Sensors, page 7](#).

Viewing the Connections Screen

The connections screen displays the status of the GPS, ANT+ sensors, and wireless connections.

From the home screen or a data screen, swipe down from the top of the screen.



The connections screen appears. A flashing icon means the device is searching.

Home Screen Overview

The home screen gives you quick access to all the features of the Edge device.

	Select to go for a ride.
Where To?	Select to mark a location, search for locations, and create or navigate a course.
Courses	Select to create a new course or access a saved course.
	Select to access your history, training options, personal records, contacts, and settings.
IQ	Select to access your Connect IQ™ apps, widgets, and data fields.

Using the Backlight

You can tap the touchscreen to turn on the backlight.

- 1 From the home screen or a data screen, swipe down from the top of the screen.
- 2 Select **Brightness**.
 - To manually adjust the brightness, use the arrows.
 - To allow the device to automatically adjust the brightness based on the ambient light, select **Auto Brightness**.

NOTE: You can adjust the backlight timeout ([Display Settings, page 10](#)).

Using the Touchscreen

- When the timer is running, tap the screen to view the timer overlay.

The timer overlay allows you to return to the home screen during a ride.
- Select to return to the home screen.
- Swipe or select the arrows to scroll.
- Select to return to the previous page.
- Select to save your changes and close the page.
- Select to close the page and return to the previous page.
- Select to search near a location.
- Select to delete an item.
- Select for more information.

Locking the Touchscreen

You can lock the screen to prevent inadvertent screen touches.

- 1 Hold .
- 2 Select **Lock Screen**.

Navigation

Going for a Ride

If your device was packaged with an ANT+ sensor, they are already paired and can be activated during initial setup.

- 1 Hold to turn on the device.

- 2 Go outside, and wait while the device locates satellites. The satellite bars turn green when the device is ready.
- 3 From the home screen, select .
- 4 Select  to start the timer.

Time
00:01:14
Speed
8.0^m_h
Distance
0.12^m_i
Time of Day
10:51:45^A_M
Calories
2^{ca}_i

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

- 5 Swipe left or right to view additional data screens. You can swipe down from the top of the data screens to view the connections screen.
- 6 If necessary, tap the screen to view the timer overlay.
- 7 Select  to stop the timer.

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

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.

- 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.

Locations

You can record and store locations in the device.

Marking Your Location

Before you can mark a location, you must locate satellites.

If you want to remember landmarks or return to a certain spot, you can mark a location.

- 1 Go for a ride.
- 2 Select **Where To?** >  > **Mark Location** > .

Saving Locations from the Map

- 1 Select **Where To?** >  > **Search Select Area** > **A Map Point**.
- 2 Browse the map for the location.
- 3 Select the location. Location information appears at the top of the map.
- 4 Select the location information.
- 5 Select  > .

Navigating to a Location

- 1 Select **Where To?**.
- 2 Select an option:
 - Select **Search Tools** to navigate to a point of interest, city, intersection, or known coordinates.
 - Select **Addresses** to enter a specific address.

- Select **Saved Locations** to navigate to a saved course or location.
 - Select **Recent Finds** to navigate to one of the last 50 locations you have found.
 - Select  > **Search Select Area** to narrow your search area.
- 3 Select a location.
 - 4 Select **Ride**.
 - 5 Follow the on-screen instructions to your destination.



Navigating to Known Coordinates

- 1 Select **Where To?** > **Search Tools** > **Coordinates**.
- 2 Enter the coordinates, and select .
- 3 Follow the on-screen instructions to your destination.

Navigating Back to Start

At any point during your ride, you can return to the starting point.

- 1 Go for a ride ([Going for a Ride, page 2](#)).
- 2 During your ride, select anywhere on the screen to view the timer overlay.
- 3 Select  > **Where To?** > **Back to Start**.
- 4 Select **Along Same Route** or **Most Direct Route**.
- 5 Select **Ride**. The device navigates you back to the starting point of your ride.

Stopping Navigation

- 1 Select anywhere on the screen to view the timer overlay.
- 2 Scroll to the map.
- 3 Select  > .

Projecting a Location

You can create a new location by projecting the distance and bearing from a marked location to a new location.

- 1 Select **Where To?** > **Saved Locations**.
- 2 Select a location.
- 3 Select the location information at the top of the screen.
- 4 Select  > **Project Location**.
- 5 Enter the bearing and distance to the projected location.
- 6 Select .

Editing Locations

- 1 Select **Where To?** > **Saved Locations**.
- 2 Select a location.
- 3 Select the information bar at the top of the screen.
- 4 Select .
- 5 Select an attribute. For example, select Change Elevation to enter a known altitude for the location.
- 6 Enter the new information, and select .

Deleting a Location

- 1 Select **Where To? > Saved Locations**.
- 2 Select a location.
- 3 Select the location information at the top of the screen.
- 4 Select  > **Delete Location** > .

Courses

You can send a course from your Garmin Connect account to your device. After it is saved to your device, you can navigate the course on your device. You can also create and save a custom course directly on your device.

You can follow a saved course simply because it is a good route. For example, you can save and follow a bike-friendly commute to work.

Following a Course From the Web

Before you can download a course from Garmin Connect, you must have a Garmin Connect account ([Garmin Connect, page 8](#)).

- 1 Connect the device to your computer using the USB cable.
- 2 Go to www.garminconnect.com.
- 3 Create a new course, or select an existing course.
- 4 Select **Send to Device**.
- 5 Disconnect the device, and turn it on.
- 6 Select **Courses > Saved Courses**.
- 7 Select the course.
- 8 Select **Ride**.

Planning and Riding a Course

You can create and ride a custom course. A course is a sequence of waypoints or locations that leads you to your final destination.

- 1 Select **Courses > Course Creator > Add First Location**.
- 2 Select an option:
 - To select your current location on the map, select **Current Location**.
 - To select a saved location, select **Saved**, and select a location.
 - To select a location for which you recently searched, select **Recent Finds**, and select a location.
 - To select a location on the map, select **Use Map**, and select a location.
 - To browse for and select a point of interest, select **POI Categories**, and select a nearby point of interest.
 - To select a city, select **Cities**, and select a nearby city.
 - To select an address, select **Addresses**, and enter the address.
 - To select an intersection, select **Intersections**, and enter the street names.
 - To use coordinates, select **Coordinates**, and enter the coordinates.
- 3 Select **Use**.
- 4 Select **Add Next Location**.
- 5 Repeat steps 2 through 4 until you have selected all locations for the route.
- 6 Select **View Map**.

The device calculates your route, and a map of the route appears.

TIP: You can select  to view an elevation plot of the route.
- 7 Select **Ride**.

Creating and Riding a Round-Trip Course

The device can create a round-trip course based on a specified distance, starting location, and direction of navigation.

- 1 Select **Courses > Round-Trip Course**.
- 2 Select **Distance**, and enter the total distance for the course.
- 3 Select **Start Location**.
- 4 Select an option:
 - To select your current location on the map, select **Current Location**.
 - To select a saved location, select **Saved**, and select a location.
 - To select a location for which you recently searched, select **Recent Finds**, and select a location.
 - To select a location on the map, select **Use Map**, and select a location.
 - To browse for and select a point of interest, select **POI Categories**, and select a nearby point of interest.
 - To select a city, select **Cities**, and select a nearby city.
 - To select an address, select **Addresses**, and enter the address.
 - To select an intersection, select **Intersections**, and enter the street names.
 - To use coordinates, select **Coordinates**, and enter the coordinates.
- 5 Select **Start Direction**, and select a direction heading.
- 6 Select **Search**.

TIP: You can select  to search again.
- 7 Select a course to view it on the map.

TIP: You can select  and  to view the other courses.
- 8 Select **Ride**.

Tips for Training with Courses

- Use turn guidance ([Course Options, page 5](#)).
- If you include a warmup, select  to begin the course, and warm up as normal.
- Stay away from your course path as you warm up. When you are ready to begin, head toward your course. When you are on any part of the course path, a message appears.
- Scroll to the map to view the course map.

If you stray from the course, a message appears.

Viewing Course Details

- 1 Select **Where To? > Courses > Saved Courses**.
- 2 Select a course.
- 3 Select an option:
 - Select **Summary** to view details about the course.
 - Select **Map** to view the course on the map.
 - Select **Elevation** to view an elevation plot of the course.
 - Select **Laps** to select a lap and view additional information about each lap.

Displaying a Course on the Map

For each course saved to your device, you can customize how it appears on the map. For example, you can set your commute course to always display on the map in yellow. You can have an alternate course display in green. This allows you to see the courses while you are riding, but not follow or navigate a particular course.

- 1 Select **Where To? > Courses > Saved Courses**.
- 2 Select the course.
- 3 Select **Settings**.

- 4 Select **Always Display** to make the course appear on the map.
- 5 Select **Color**, and select a color.
- 6 Select **Course Points** to include course points on the map. The next time you ride near the course, it appears on the map.

Stopping a Course

- 1 Scroll to the map.
- 2 Select > ✓.

Deleting a Course

- 1 Select **Where To?** > **Courses** > **Saved Courses**.
- 2 Select a course.
- 3 Select > ✓.

Course Options

Select **Courses** > **Saved Courses** > > **Course Options**.

Turn Guidance: Enables or disables turn prompts.

Off Crs. Warnings: Alerts you if you stray from the course.

Search: Allows you to search for saved courses by name.

Delete: Allows you to delete all or multiple saved courses from the device.

Route Settings

Select > **Settings** > **Activity Settings** > **Navigation** > **Routing**.

Routing Mode: Sets the transportation method to optimize your route.

Calculation Method: Sets the method used to calculate your route.

Lock on Road: Locks the position icon, which represents your position on the map, onto the nearest road.

Recalculation: Automatically recalculates the route when you deviate from the route.

Avoidance Setup: Sets the road types to avoid while navigating.

Selecting an Activity for Route Calculation

You can set the device to calculate the route based on activity type.

- 1 Select > **Settings** > **Activity Settings**.
- 2 Select **Navigation** > **Routing** > **Routing Mode**.
- 3 Select an option to calculate your route.

For example, you can select Tour Cycling for on-road navigation or Mountain Biking for off-road navigation.

Map Settings

Select > **Settings** > **Activity Settings** > **Navigation** > **Map**.

Orientation: Sets how the map is shown on the page.

Auto Zoom: Automatically selects a zoom level for the map. When Off is selected, you must zoom in or out manually.

Map Detail: Sets the level of detail on the map. More detail may cause the map to draw slower.

Guide Text: Sets when the turn-by-turn navigation prompts are shown (requires routable maps).

Map Visibility: Allows you to set advanced map features.

Map Information: Enables or disables the maps currently loaded on the device.

Changing the Map Orientation

- 1 Select > **Settings** > **Activity Settings**.
- 2 Select **Navigation** > **Map** > **Orientation**.
- 3 Select an option:

- Select **North Up** to show north at the top of the page.
- Select **Track Up** to show your current direction of travel at the top of the page.
- Select **3D Mode** to display the map in three dimensions.

Bluetooth® Connected Features

The Edge device has Bluetooth connected features for your compatible smartphone or fitness device. Some features require you to install Garmin Connect mobile on your smartphone. Go to www.garmin.com/intosports/apps for more information.

NOTE: Your device must be connected to your Bluetooth enabled smartphone to take advantage of some features.

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.

GroupTrack: Allows you to keep track of other riders in your group using LiveTrack directly on screen and in real time.

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

Course downloads from Garmin Connect: Allows you to search for courses on Garmin Connect using your smartphone and send them to your device.

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

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

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

Notifications: Displays phone notifications and messages on your device.

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

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

Pairing Your Smartphone

- 1 Go to www.garmin.com/intosports/apps, and download the Garmin Connect Mobile app to your smartphone.
- 2 Bring your smartphone within 10 m (33 ft.) of your device.
- 3 From your device, select > **Settings** > **Bluetooth** > **Enable** > **Pair Smartphone**, and follow the on-screen instructions.
- 4 Open the Garmin Connect Mobile app.
- 5 Select an option to add your device to your Garmin Connect account:
 - If this is the first device you have paired with the Garmin Connect Mobile app, follow the on-screen instructions.
 - If you have already paired another device with the Garmin Connect Mobile app, from the settings menu, select **Garmin Devices** > in the Garmin Connect Mobile app, and follow the on-screen instructions.
- 6 Follow the on-screen instructions to enable phone notifications (optional).

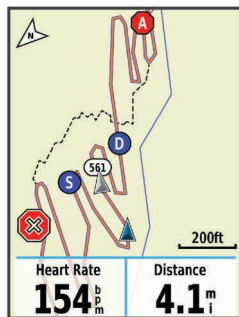
NOTE: Phone notifications require a compatible smartphone equipped with Bluetooth Smart wireless technology. Go to www.garmin.com/ble for compatibility information.

Starting a GroupTrack Session

Before you can start a GroupTrack session, you must have a Garmin Connect account, a compatible smartphone, and the Garmin Connect Mobile app.

These instructions are for starting a GroupTrack session with Edge AA3001 devices. If riders in your group have other Edge models, you can see them on the map. The other Edge models cannot display GroupTrack riders on the map.

- 1 Go outside, and turn on the Edge device.
- 2 Pair your smartphone with the Edge device ([Pairing Your Smartphone, page 5](#)).
- 3 On the Edge device, select **≡** > **Settings** > **GroupTrack** to enable viewing connections on the map screen.
- 4 In the Garmin Connect Mobile app, from the settings menu, select **LiveTrack** > **GroupTrack**.
- 5 Select **Visible to** > **All Connections**.
NOTE: If you have more than one compatible device, you must select a device for the GroupTrack session.
- 6 Select **Start LiveTrack**.
- 7 On the Edge device, select **▶**, and go for a ride.
- 8 Scroll to the map to view your connections.



You can tap an icon on the map to view location and heading information for other riders in the GroupTrack session.

- 9 Scroll to the GroupTrack list.

You can select a rider from the list, and that rider appears centered on the map.

Tips for GroupTrack Sessions

The GroupTrack feature allows you to keep track of other riders in your group using LiveTrack directly on the screen. All riders in the group must be your connections in your Garmin Connect account.

- Pair your Edge device with your smartphone using Bluetooth technology.
- In the Garmin Connect Mobile app, from the settings menu, select **Connections** to update the list of riders for your GroupTrack session.
- Make sure all of your connections pair to their smartphones and start a LiveTrack session in the Garmin Connect Mobile app.
- Make sure all your connections are in range (16 km or 10 mi.).
- During a GroupTrack session, scroll to the map to view your connections.
- Stop riding before you attempt to view location and heading information for other riders in the GroupTrack session.

Transferring Files to Another Edge Device

You can transfer files wirelessly from one compatible Edge device to another using Bluetooth technology.

- 1 Turn on both Edge devices, and bring them within range (3 m) of each other.

- 2 From the device that contains the files, select **≡** > **Device Transfers** > **Share Files** > **✓**.
- 3 Select one or more files to transfer, and select **✓**.
- 4 From the device that receives the files, select **≡** > **Device Transfers**.
- 5 Select a nearby connection.
- 6 Select one or more files to receive, and select **✓**.

A message appears on both devices after the file transfer is complete.

Incident Detection

⚠ CAUTION

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

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

A message appears on your device and paired smartphone indicating your contacts will be informed after 30 seconds have elapsed. If assistance is not needed, you can cancel the automated emergency message.

Before you can enable incident detection on your device, you must set up emergency contact information in the Garmin Connect Mobile app. Your paired smartphone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive text messages (standard text messaging rates may apply).

Setting Up Incident Detection

- 1 Go to www.garmin.com/intosports/apps, and download the Garmin Connect Mobile app to your smartphone.
- 2 Pair your smartphone with your device ([Pairing Your Smartphone, page 5](#)).
- 3 Set up your emergency contacts and rider information in the Garmin Connect Mobile app ([Setting Up Rider Information and Emergency Contacts, page 6](#)).
- 4 Enable incident detection on your device ([Turning Incident Detection On and Off, page 6](#)).
- 5 Enable GPS on your device ([Changing the Satellite Setting, page 10](#)).

Setting Up Rider Information and Emergency Contacts

- 1 Open the Garmin Connect Mobile app on your smartphone.
- 2 From the app settings, select **Incident Detection**.
- 3 Enter your rider information and your emergency contacts.
Your selected contacts receive a message identifying them as emergency contacts for incident detection.

Turning Incident Detection On and Off

Select **≡** > **Settings** > **System** > **Incident Detection**.

Viewing Your Emergency Contacts

Before you can view your emergency contacts on your device, you must set up your rider information and emergency contacts in the Garmin Connect Mobile app.

Select **≡** > **Contacts**.

Your emergency contacts' names and phone numbers appear.

Cancelling an Automated Message

When an incident is detected by your device, you can cancel the automated emergency message on your device or your paired smartphone before it is sent to your emergency contacts.

Select **Cancel** > ✓ before the end of the 30-second countdown.

Sending a Status Update After an Incident

Before you can send a status update to your emergency contacts, your device must detect an incident and send an automated emergency message to your emergency contacts.

You can send a status update to your emergency contacts informing them you are not in need of assistance.

1 Swipe down from the top of the screen to view the connections screen.

2 Select **Incident Detected** > **Send I'm Okay**.

A message is sent to all emergency contacts.

ANT+ Sensors

Your device can be used with wireless ANT+ sensors. For more information about compatibility and purchasing optional sensors, go to <http://buy.garmin.com>.

Pairing Your ANT+ Sensors

Before you can pair, you must put on the heart rate monitor or install the sensor.

Pairing is the connecting of ANT+ wireless sensors, for example, connecting a heart rate monitor with your Garmin device.

1 Bring the device within 3 m (10 ft.) of the sensor.

NOTE: Stay 10 m (33 ft.) away from other riders' ANT+ sensors while pairing.

2 Select  > **Settings** > **Sensors** > **Add Sensor**.

3 Select an option:

- Select a sensor type.
- Select **Search All** to search for all nearby sensors.

A list of available sensors appears.

4 Select one or more sensors to pair with your device.

5 Select **Add**.

When the sensor is paired with your device, the sensor status is **Connected**. You can customize a data field to display sensor data.

Setting Your Heart Rate Zones

The device uses your user profile information from the initial setup to determine your heart rate zones. You can manually adjust the heart rate zones according to your fitness goals ([Fitness Goals, page 7](#)). For the most accurate calorie data during your activity, you should set your maximum heart rate, resting heart rate, and heart rate zones.

1 Select  > **My Stats** > **Training Zones** > **Heart Rate Zones**.

2 Enter your maximum and resting heart rate values.

The zone values update automatically, but you can also edit each value manually.

3 Select **Based On:**.

4 Select an option:

- Select **BPM** to view and edit the zones in beats per minute.
- Select **% Max.** 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 resting heart rate.

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.

Fitness Goals

Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles.

- Your heart rate is a good measure of exercise intensity.
- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.
- Knowing your heart rate zones can prevent you from overtraining and can decrease your risk of injury.

If you know your maximum heart rate, you can use the table ([Heart Rate Zone Calculations, page 13](#)) to determine the best heart rate zone for your fitness objectives.

If you do not know your maximum heart rate, use one of the calculators available on the Internet. Some gyms and health centers can provide a test that measures maximum heart rate. The default maximum heart rate is 220 minus your age.

Situational Awareness

Your Edge device can be used with the Varia Vision™ device, Varia™ smart bike lights, and rearview radar to improve situational awareness. See the owner's manual for your Varia device for more information.

NOTE: You may need to update the Edge software before pairing Varia devices ([Updating the Software, page 12](#)).

History

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

NOTE: History is not recorded while the timer is stopped or paused.

When the device memory is full, a message appears. The device does not automatically delete or overwrite your history. Upload your history to Garmin Connect periodically to keep track of all your ride data.

Viewing Your Ride

1 Select  > **History** > **Rides**.

2 Select a ride.

3 Select an option.

Viewing Data Totals

You can view the accumulated data you have saved to the device, including the number of rides, time, distance, and calories.

Select  > **History** > **Totals**.

Viewing Your Time in Each Heart Rate Zone

Before you can view your time in each training zone, you must pair your device with a compatible heart rate monitor, complete an activity, and save the activity.

Viewing your time in each heart rate zone can help you adjust your training intensity. You can adjust your heart rate zones ([Setting Your Heart Rate Zones, page 7](#)) to match your goals and abilities. You can customize a data field to display your time in training zones during your ride ([Customizing the Data Screens, page 9](#)).

1 Select  > **History** > **Rides**.

2 Select a ride.

- 3 Select **Time in HR Zone**.

Deleting a Ride

- 1 Select  > **History** > **Rides**.
- 2 Select  > **Delete**.
- 3 Select a ride.
- 4 Select .

Personal Records

When you complete a ride, the device displays any new personal records you achieved during that ride. Personal records include your fastest time over a standard distance, longest ride, and most ascent gained during a ride.

Viewing Your Personal Records

Select  > **My Stats** > **Personal Records**.

Reverting a Personal Record

You can set each personal record back to the one previously recorded.

- 1 Select  > **My Stats** > **Personal Records**.
- 2 Select a record to revert.
- 3 Select **Previous Record** > .

NOTE: This does not delete any saved activities.

Deleting a Personal Record

- 1 Select  > **My Stats** > **Personal Records**.
- 2 Select a personal record.
- 3 Select  > .

Sending Your Ride to Garmin Connect

NOTICE

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

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



- 2 Plug the small end of the USB cable into the USB port on the device.
- 3 Plug the large end of the USB cable into a computer USB port.
- 4 Go to www.garminconnect.com/start.
- 5 Follow the on-screen instructions.

Garmin Connect

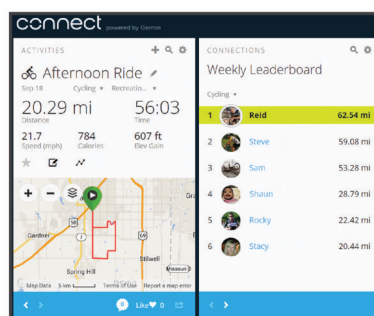
You can connect with your friends on Garmin Connect. Garmin Connect gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, rides, swims, hikes, triathlons, and more. To sign up for a free account, go to www.garminconnect.com/start.

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, an overhead map view, pace and speed charts, and customizable reports.

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



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.

Data Management

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

Connecting the Device to Your Computer

NOTICE

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

- 1 Pull up the weather cap from the mini-USB port.
- 2 Plug the small end of the USB cable into the mini-USB port.
- 3 Plug the large end of the USB cable into a computer USB port.

Your device appears as a removable drive in My Computer on Windows computers and as a mounted volume on Mac computers.

Transferring Files to Your Device

- 1 Connect the device to your computer.

On Windows computers, the device appears as a removable drive or a portable device. On Mac computers, the device appears as a mounted volume.

NOTE: Some computers with multiple network drives may not display device drives properly. See your operating system documentation to learn how to map the drive.

- 2 On your computer, open the file browser.
- 3 Select a file.
- 4 Select **Edit** > **Copy**.
- 5 Open the portable device, drive, or volume for the device.
- 6 Browse to a folder.
- 7 Select **Edit** > **Paste**.

The file appears in the list of files in the device memory.

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.

Disconnecting the USB Cable

If your device is connected to your computer as a removable drive or volume, you must safely disconnect your device from your computer to avoid data loss. If your device is connected to your Windows computer as a portable device, it is not necessary to safely disconnect.

- 1 Complete an action:
 - For Windows computers, select the **Safely Remove Hardware** icon in the system tray, and select your device.
 - For Mac computers, drag the volume icon to the trash.
- 2 Disconnect the cable from your computer.

Customizing Your Device

Connect IQ Downloadable Features

You can add Connect IQ features to your device from Garmin and other providers using the Garmin Connect Mobile app. You can customize your device with data fields, widgets, and apps.

Data Fields: Allow you to 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.

Widgets: Provide information at a glance, including sensor data and notifications.

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

Setting Up Your User Profile

You can update your gender, age, weight, height, and lifetime athlete settings. The device uses this information to calculate accurate ride data.

- 1 Select  > **My Stats** > **User Profile**.
- 2 Select an option.

About Lifetime Athletes

A lifetime athlete is an individual who has trained intensely for many years (with the exception of minor injuries) and has a resting heart rate of 60 beats per minute (bpm) or less.

Updating Your Activity Settings

- 1 Select  > **Settings** > **Activity Settings**.
- 2 Select an option:
 - Select **Data Screens** to customize the data screens and data fields ([Customizing the Data Screens, page 9](#)).
 - Select **Default Ride Type** to set the type of ride that is typical for you, such as commuting.
TIP: After a ride that is not typical, you can manually update the ride type. Accurate ride type data is important for creating bike friendly courses.
 - Select **Navigation** to customize the map settings ([Map Settings, page 5](#)) and routing settings ([Route Settings, page 5](#)).
 - Select **Alerts** to customize your training alerts ([Alerts, page 9](#)).
 - Select **Auto Features** > **Auto Lap** to set how laps are triggered ([Marking Laps by Position, page 9](#)).
 - Select **Auto Features** > **Auto Pause** to change when the timer automatically pauses ([Using Auto Pause, page 10](#)).
 - Select **Auto Features** > **Auto Sleep** to automatically enter sleep mode after five minutes of inactivity ([Using Auto Sleep, page 10](#)).
 - Select **Auto Features** > **Auto Scroll** to customize the display of the training data pages when the timer is running ([Using Auto Scroll, page 10](#)).

- Select **Timer Start Mode** to customize how the device detects the start of a ride and automatically starts the timer ([Starting the Timer Automatically, page 10](#)).

All changes are saved to the activity settings.

Customizing the Data Screens

You can customize data screens for each activity profile.

- 1 Select  > **Settings** > **Activity Settings**.
- 2 Select **Data Screens**.
- 3 Select a data screen.
- 4 If necessary, enable the data screen.
- 5 Select the number of data fields to appear on the screen.
- 6 Select .
- 7 Select a data field to change it.
- 8 Select .

Alerts

You can use alerts to train toward specific time, distance, calorie, heart rate, and cadence goals.

Setting Range Alerts

If you have an optional heart rate monitor or cadence sensor, you can set up range alerts. A range alert notifies you when the device measurement is above or below a specified range of values. For example, you can set the device to alert you when your heart rate is below 90 BPM and over 160 BPM ([Setting Your Heart Rate Zones, page 7](#)).

- 1 Select  > **Settings** > **Activity Settings** > **Alerts**.
- 2 Select **Heart Rate Alert** or **Cadence Alert**.
- 3 If necessary, turn on the alert.
- 4 Select the minimum and maximum values, or select zones.
- 5 If necessary, select .

Each time you exceed or drop below the specified range, a message appears. The device also beeps if audible tones are turned on ([Turning the Device Tones On and Off, page 11](#)).

Setting a Recurring Alert

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

- 1 Select  > **Settings** > **Activity Settings**.
- 2 Select **Alerts**.
- 3 Select **Time Alert**, **Distance Alert**, or **Calorie Alert**.
- 4 Turn on the alert.
- 5 Enter a value.
- 6 Select .

Each time you reach the alert value, a message appears. The device also beeps if audible tones are turned on ([Turning the Device Tones On and Off, page 11](#)).

Auto Lap®

Marking Laps by Position

You can use the Auto Lap feature to mark the lap at a specific position automatically. This feature is helpful for comparing your performance over different parts of a ride (for example, a long climb or training sprints). During courses, you can use the By Position option to trigger laps at all of the lap positions saved in the course.

- 1 Select  > **Settings** > **Activity Settings**.
- 2 Select **Auto Lap** > **Auto Lap Trigger** > **By Position** > **Lap At**.

3 Select an option:

- Select **Lap Press Only** to trigger the lap counter each time you select  and each time you pass any of those locations again.
- Select **Start and Lap** to trigger the lap counter at the GPS location where you select  and at any location during the ride where you select .
- Select **Mark and Lap** to trigger the lap counter at a specific GPS location marked before the ride and at any location during the ride where you select .

4 If necessary, customize the lap data fields ([Customizing the Data Screens, page 9](#)).

Marking Laps by Distance

You can use the Auto Lap feature to mark the lap at a specific distance automatically. This feature is helpful for comparing your performance over different parts of a ride (for example, every 10 miles or 40 kilometers).

1 Select > Settings > Activity Settings.

2 Select **Auto Features > Auto Lap > Auto Lap Trigger > By Distance > Lap At**.

3 Enter a value.

4 If necessary, customize the lap data fields ([Customizing the Data Screens, page 9](#)).

Using Auto Pause

You can use the Auto Pause® feature to pause the timer automatically when you stop moving or when your speed drops below a specified value. This feature is helpful if your ride includes stop lights or other places where you need to slow down or stop.

NOTE: History is not recorded while the timer is stopped or paused.

1 Select > Settings > Activity Settings.

2 Select **Auto Features > Auto Pause**.

3 Select an option:

- Select **When Stopped** to pause the timer automatically when you stop moving.
- Select **Custom Speed** to pause the timer automatically when your speed drops below a specified value.

4 If necessary, customize optional time data fields ([Customizing the Data Screens, page 9](#)).

Using Auto Sleep

You can use the Auto Sleep feature to automatically enter sleep mode after 5 minutes of inactivity. During sleep mode, the screen is turned off and the ANT+ sensors, Bluetooth, and GPS are disconnected.

1 Select > Settings > Activity Settings.

2 Select **Auto Features > Auto Sleep**.

Using Auto Scroll

You can use the Auto Scroll feature to automatically cycle through all of the training data screens while the timer is running.

1 Select > Settings > Activity Settings.

2 Select **Auto Features > Auto Scroll**.

3 Select a display speed.

Starting the Timer Automatically

This feature automatically detects when your device has acquired satellites and is moving. It starts the timer or reminds you to start the timer so you can record your ride data.

1 Select > Settings > Activity Settings.

2 Select **Timer Start Mode**.

3 Select an option:

- Select **Manual**, and select  to start the timer.
- Select **Prompted** to display a visual reminder when you reach the start notice speed.
- Select **Auto** to start the timer automatically when you reach the start notice speed.

Bluetooth Settings

Select  > Settings > Bluetooth.

Enable: Enables Bluetooth wireless technology.

NOTE: Other Bluetooth settings appear only when Bluetooth wireless technology is enabled.

Friendly Name: Allows you to enter a friendly name that identifies your devices with Bluetooth wireless technology.

Pair Smartphone: Connects your device with a compatible Bluetooth enabled smartphone. This setting allows you to use Bluetooth connected features, including LiveTrack and activity uploads to Garmin Connect.

Call and Text Alerts: Allows you to enable phone notifications from your compatible smartphone.

Missed Calls and Texts: Displays missed phone notifications from your compatible smartphone.

System Settings

Select  > Settings > System.

- Display Settings ([Display Settings, page 10](#))
- Data Recording Settings ([Data Recording Settings, page 10](#))
- Unit Settings ([Changing the Units of Measure, page 11](#))
- Tone Settings ([Turning the Device Tones On and Off, page 11](#))
- Language Settings ([Changing the Device Language, page 11](#))

Changing the Satellite Setting

For increased performance in challenging environments and faster GPS position location, you can enable GPS+GLONASS. Using the GPS+GLONASS setting reduces battery life more quickly than using only GPS.

1 Select > Settings > Activity Settings.

2 Select a profile.

3 Select **GPS Mode**.

4 Select an option.

Changing the Accent Color

You can change the accent color on the device.

1 Select > Settings > System > Color.

2 Select an accent color.

Display Settings

Select  > Settings > System > Display.

Brightness: Sets the backlight brightness.

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

Color Mode: Sets the device to display day or night colors. You can select the Auto option to allow the device to set day or night colors automatically based on the time of day.

Screen Capture: Allows you to save the image of the device screen.

Data Recording Settings

Select  > Settings > System > Data Recording.

Recording Interval: Controls how the device records activity data. The Smart option records key points where you change direction, speed, or heart rate. The 1 Sec option records

points every second. It creates a very detailed record of your activity and increases the size of the stored activity file.

Cadence Averaging: Controls whether the device includes zero values for cadence data that occur when you are not pedaling. The default setting excludes zero values that occur when you are not pedaling.

Changing the Units of Measure

You can customize units of measure for distance and speed, elevation, temperature, weight, position format, and time format.

- 1 Select  > **Settings** > **System** > **Units**.
- 2 Select a measurement type.
- 3 Select a unit of measure for the setting.

Turning the Device Tones On and Off

Select  > **Settings** > **System** > **Tones**.

Changing the Device Language

Select  > **Settings** > **System** > **Language**.

Changing the Configuration Settings

You can modify all of the settings you configured in the initial setup.

- 1 Select  > **Settings** > **System** > **Device Reset** > **Initial Setup**.
- 2 Follow the on-screen instructions.

Time Zones

Each time you turn on the device and acquire satellites or sync with your smartphone, the device automatically detects your time zone and the current time of day.

Device Information

Edge Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	12 hr., typical usage
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)
Radio frequency/protocol	2.4 GHz ANT+ wireless communications protocol Bluetooth Smart wireless technology
Water rating	IEC 60529 IPX7*

*The device withstands incidental exposure to water of up to 1 m for up to 30 min. For more information, go to www.garmin.com/waterrating.

Device Care

NOTICE

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

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.

Secure the weather cap tightly to prevent damage to the USB port.

Cleaning the Device

- 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.

Troubleshooting

Resetting the Device

If the device stops responding, you may need to reset it. This does not erase any of your data or settings.

Hold  for 10 seconds.

The device resets and turns on.

Clearing User Data

You can restore all of the device settings to the factory default values.

NOTE: This deletes all user-entered information, but it does not delete your history.

Select  > **Settings** > **System** > **Device Reset** > **Factory Reset** > .

Maximizing Battery Life

- Turn on **Battery Save Mode** ([Turning On Battery Save Mode, page 11](#)).
- Decrease the backlight brightness ([Using the Backlight, page 2](#)) or shorten the backlight timeout ([Display Settings, page 10](#)).
- Select the **Smart** recording interval ([Data Recording Settings, page 10](#)).
- Turn on the **Auto Sleep** feature ([Using Auto Sleep, page 10](#)).
- Turn off the **Bluetooth** wireless feature ([Bluetooth Settings, page 10](#)).
- Select the **GPS** setting ([Changing the Satellite Setting, page 10](#)).

Turning On Battery Save Mode

Battery save mode adjusts the settings automatically to extend the battery life for longer rides. During an activity, the screen turns off. You can enable automatic alerts and tap the screen to wake it up. Battery save mode records GPS track points and sensor data less frequently. Speed, distance, and track data accuracy are reduced.

NOTE: History is recorded in battery save mode when the timer is running.

- 1 Select  > **Settings** > **Battery Save Mode** > **Enable**.
- 2 Select the alerts that wake up the screen during an activity.

Improving GPS Satellite Reception

- Frequently sync the device to your Garmin Connect account:
 - Connect your device to a computer using the USB cable and the Garmin Express™ application.
 - Sync your device to the Garmin Connect Mobile app using your Bluetooth enabled smartphone.

While connected to your Garmin Connect account, the device downloads several days of satellite data, allowing it to quickly locate satellite signals.

- Take your device outside to an open area away from tall buildings and trees.
- Remain stationary for a few minutes.

Setting Your Elevation

If you have accurate elevation data for your present location, you can manually calibrate the altimeter on your device.

- 1 Select  > **Set Elevation**.
- 2 Enter the elevation, and select .

Temperature Readings

NOTE: Temperature readings are available only on the Edge Touring Plus.

The device may display temperature readings that are higher than the actual air temperature if the device is placed in direct sunlight, held in your hand, or is charging with an external battery pack. Also, the device adjusts slowly to significant changes in temperature.

Replacement O-rings

Replacement bands (O-rings) are available for the mounts.

NOTE: Use Ethylene Propylene Diene Monomer (EPDM) replacement bands only. Go to <http://buy.garmin.com>, or contact your Garmin dealer.

Viewing Device Information

- 1 Select  > **Settings** > **System** > **About**.
- 2 Select an option.
 - Select **Copyright Info** to view software information, the unit ID, and the license agreement.
 - Select **Regulatory Info** to view the regulatory information and model number.

Updating the Software

Before you can update your device software, you must have a Garmin Connect account, and you must download the Garmin Express application.

- 1 Connect the device to your computer using the USB cable.
When new software is available, Garmin Express sends it to your device.
- 2 Follow the on-screen instructions.
- 3 Do not disconnect your device from the computer during the update process.

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
- Map, chart, or course updates

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.

Appendix

Data Fields

Some data fields require ANT+ accessories to display data.

Battery Level: The remaining battery power.

Battery Status: The remaining battery power of a bike light accessory.

Beam Angle Status: The headlight beam mode.

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 - Avg.: Cycling. The average cadence for the current activity.

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

Calories: The amount of total calories burned.

Course Pt. Dist.: The remaining distance to the next point on the course.

Di2 Battery Level: The remaining battery power of a Di2 sensor.

Dist. - Lap: The distance traveled for the current lap.

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

Dist. to Dest.: The remaining distance to the final destination.
You must be navigating for this data to appear.

Dist. to Go: During a course, the remaining distance when you are using a distance target.

Dist. to Next: The remaining distance to the next waypoint on the route. You must be navigating for this data to appear.

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

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

ETA at Destination: The estimated time of day when you will reach the final destination (adjusted to the local time of the destination). You must be navigating for this data to appear.

ETA at Next: The estimated time of day when you will reach the next waypoint on the route (adjusted to the local time of the waypoint). You must be navigating for this data to appear.

Front Gear: The front bike gear from a gear position sensor.

Gear Battery: The battery status of a gear position sensor.

Gear Combo: The current gear combination from a gear position sensor.

Gear Ratio: The number of teeth on the front and rear bike gears, as detected by a gear position sensor.

Gears: The front and rear bike gears from a gear position sensor.

GPS Accuracy: The margin of error for your exact location. For example, your GPS location is accurate to within +/- 3.65 m (12 ft.).

GPS Signal Strength: The strength of the GPS satellite signal.

Grade: The calculation of rise (elevation) over run (distance).
For example, if for every 3 m (10 ft.) you climb you travel 60 m (200 ft.), the grade is 5%.

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 - %HRR: The percentage of heart rate reserve (maximum heart rate minus resting heart rate).

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

HR - Avg.: The average heart rate for the current activity.

HR - Avg. %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current activity.

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

HR Graph: A line graph showing your current heart rate zone (1 to 5).

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

HR - Lap %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current lap.

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

HR - Last Lap: The average heart rate for the last completed lap.

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).

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

Light Mode: The light network configuration mode.

Lights Connected: The number of connected lights.

Location at Dest.: The last point on the route or course.

Location at Next: The next point on the route or course.

Odometer: A running tally of distance traveled for all trips. This total does not clear when resetting the trip data.

Rear Gear: The rear bike gear from a gear position sensor.

Speed: The current rate of travel.

Speed - Avg.: The average speed for the current activity.

Speed - Lap: The average speed for the current lap.

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

Speed - Max.: The top speed 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.

Time: The stopwatch time for the current activity.

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

Time - Elapsed: 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.

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

Time - Lap: The stopwatch time for the current lap.

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

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

Time to Dest.: The estimated time remaining before you reach the destination. You must be navigating for this data to appear.

Time to Go: During a course, the remaining time when you are using a time target.

Time to Next: The estimated time remaining before you reach the next waypoint in the route. You must be navigating for this data to appear.

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

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

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

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

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

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
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

Wheel Size and Circumference

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

Wheel Size	L (mm)
12 × 1.75	935
14 × 1.5	1020
14 × 1.75	1055
16 × 1.5	1185
16 × 1.75	1195
18 × 1.5	1340
18 × 1.75	1350
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 × 1-1/4	1905
24 × 1.75	1890
24 × 2.00	1925
24 × 2.125	1965
26 × 7/8	1920
26 × 1(59)	1913
26 × 1(65)	1952
26 × 1.25	1953
26 × 1-1/8	1970
26 × 1-3/8	2068
26 × 1-1/2	2100
26 × 1.40	2005
26 × 1.50	2010
26 × 1.75	2023
26 × 1.95	2050
26 × 2.00	2055
26 × 2.10	2068
26 × 2.125	2070
26 × 2.35	2083
26 × 3.00	2170
27 × 1	2145
27 × 1-1/8	2155
27 × 1-1/4	2161
27 × 1-3/8	2169
650 × 35A	2090
650 × 38A	2125
650 × 38B	2105

Wheel Size	L (mm)
700 × 18C	2070
700 × 19C	2080
700 × 20C	2086
700 × 23C	2096
700 × 25C	2105
700 × 28C	2136
700 × 30C	2170
700 × 32C	2155
700C Tubular	2130
700 × 35C	2168
700 × 38C	2180
700 × 40C	2200

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Radio Frequency Exposure

This device is a mobile transmitter and receiver that uses its antenna to send and receive low levels of radio frequency (RF) energy for voice and data communications. The device emits RF energy below the published limits when operating in its maximum output power mode and when used with Garmin authorized accessories. To comply with FCC RF exposure compliance requirements, the device should be used in a compatible mount or as mounted per the installation instructions only. The device should not be used in other configurations.

This device must not be co-located or operated in conjunction with any other transmitter or antenna.

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