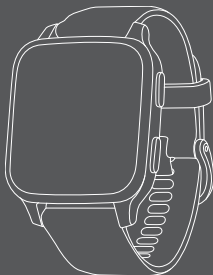


GARMIN.



VENU SQ

Quick Start Manual

M/N: AA3958

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Important Safety and Product Information

WARNING

Failure to heed the following warnings could result in an accident or medical event resulting in death or serious injury.

Battery Warnings

A lithium-ion battery can be 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 disassemble, modify, remanufacture, puncture or damage the device or batteries.
 - Do not remove or attempt to remove the non- user-replaceable battery.
 - Do not expose the device or batteries to fire, explosion, or other hazard.
-

Health Warnings

- If you have a pacemaker or other internal electronic device, consult your physician before using a heart rate monitor.
- The Garmin optical wrist heart rate monitor emits green, red, and infrared light and flashes occasionally. Consult your physician if you have epilepsy or are sensitive to flashing lights.
- Always consult your physician before beginning or modifying any exercise program.
- The Garmin device, accessories, heart rate monitor, and related data are intended to be used only for recreational purposes and not for medical purposes, and are not intended to diagnose, monitor, treat, cure, or prevent any disease or condition.
- The heart rate readings are for reference only, and no responsibility is accepted for the consequences of any erroneous readings.
- While the Garmin optical wrist heart rate monitor

technology typically provides an accurate estimate of a user's heart rate, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances, including the user's physical characteristics, fit of the device, and type and intensity of activity.

- Garmin activity trackers rely on sensors that track your movement and other metrics. The data and information provided by these devices is intended to be a close estimation of your activity and metrics tracked, but may not be completely accurate, including step, sleep, distance, heart rate, and calorie data.

Device Warnings

- Do not leave the device exposed to a heat source or in a high-temperature location, such as in the sun in an unattended vehicle. To prevent the possibility of damage, remove the device from the vehicle or store it out of direct sunlight, such as in the glove box.
- Do not operate the device outside of the temperature ranges specified in the printed manual in the product packaging.
- When storing the device for an extended time period, store within the temperature ranges specified in the printed manual in the product packaging.
- Do not use a power cable, data cable and/or power adapter that is not approved or supplied by Garmin.

Bicycle Warnings

- The device allows you to send your location to an emergency contact. This is a supplemental feature and should not be relied upon as a primary method to obtain emergency assistance. The Garmin Connect™ Mobile app does not contact emergency services on your behalf.
- Always use your best judgement, and operate the bicycle in a safe manner.
- Make sure your bicycle and hardware are properly maintained and that all parts are correctly installed.

Off-Road Navigation Warnings

If your Garmin device is able to suggest off-road routes

for various outdoor activities, such as biking, hiking, and all-terrain vehicles, follow these guidelines to ensure safe off-road navigation.

- Always use your best judgment and exercise common sense when making off-road navigational decisions. The Garmin device is designed to provide route suggestions only. It is not a replacement for attentiveness and proper preparation for outdoor activities. Do not follow the route suggestions if they suggest an illegal course or would put you in an unsafe situation.
- Always carefully compare information displayed on the device to all available navigation sources, including trail signs, trail conditions, weather conditions, and other factors that may affect safety while navigating. For safety, always resolve any discrepancies before continuing navigation, and defer to posted signs and conditions.
- Always be mindful of the effects of the environment and the inherent risks of the activity before embarking on off-road activities, especially the impact that weather and weather-related trail conditions can have on the safety of your activity. Ensure that you have the proper gear and supplies for your activity before navigating along unfamiliar paths and trails.

CAUTION

Failure to heed the following cautions could result in minor or moderate injury.

Skin Irritation

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

NOTICE

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

Battery Notice

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

GPS Notice

The navigation device may experience degraded performance if you use it in proximity to any device that uses a terrestrial broadband network operating close to the frequencies used by any Global Navigation Satellite System (GNSS), such as the Global Positioning Service (GPS). Use of such devices may impair reception of GNSS signals.

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.

Software License Agreement

BY USING THE DEVICE, YOU AGREE TO BE BOUND BY THE TERMS AND CONDITIONS OF THE FOLLOWING SOFTWARE LICENSE AGREEMENT. PLEASE READ THIS AGREEMENT CAREFULLY.

Garmin Ltd. and its subsidiaries ("Garmin") grant you a limited license to use the software embedded in this device (the "Software") in binary executable form in the normal operation of the product. Title, ownership rights, and intellectual property rights in and to the Software remain in Garmin and/or its thirdparty providers.

You acknowledge that the Software is the property of Garmin and/or its third-party providers and is protected under the United States of America copyright laws and international copyright treaties. You further acknowledge that the structure, organization, and code of the Software, for which source code is not provided, are valuable trade secrets of Garmin and/or its third-party providers and that the Software in source code form remains a valuable trade secret of Garmin and/or its third-party providers. You agree not to decompile, disassemble, modify, reverse assemble, reverse engineer, or reduce to human readable form the Software or any part thereof or create any derivative works based on the Software. You agree not to export or re-export the Software to any country in violation of the export control laws of the United States of America or the export control

laws of any other applicable country.

Map Data Information

Garmin uses a combination of governmental and private data sources. Virtually all data sources contain some inaccurate or incomplete data. In some countries, complete and accurate map information is either not available or is prohibitively expensive.

Limited Warranty

The Garmin standard limited warranty. For more information, go to Garmin.com.sg/support/warranty.

Introduction

WARNING

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

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

Keys



- A Action button:** Press to turn on the device.
Press to start and stop the activity timer.
Hold for 2 seconds to view the controls menu, including device power.
Hold for 5 seconds to request assistance ([page 11](#)).
- B Back button:** Press to return to the previous screen, except during an activity.

During an activity, press to mark a new lap, start a new set or pose, or advance to the next stage of a workout.

Hold to view a menu of device settings and options for the current screen.

Ⓒ Touchscreen: Swipe up or down to scroll through widgets, features, and menus.

Tap to select.

Swipe right to return to the previous screen.

During an activity, swipe right to view the watch face and widgets.

From the watch face, swipe right to view the shortcut feature.

Setting Up Your Watch

To take full advantage of the Venu features, complete these tasks.

- Pair your smartphone with the Garmin Connect app ([page 8](#)).
- Set up your Garmin Pay wallet ([page 10](#)).
- Set up safety features ([page 11](#)).

Pairing Your Smartphone

To set up the Venu device, it must be paired directly through the Garmin Connect app, instead of from the Bluetooth® settings on your smartphone.

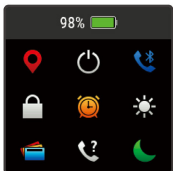
- 1 From the app store on your smartphone, install and open the Garmin Connect app.
- 2 Press **Ⓐ** to turn on the device.

- 3 Follow the instructions in the app to complete the pairing and setup process.

Using the Controls Menu

The controls menu contains customizable shortcuts, such as locking the touchscreen and turning the device off.

- 1 From any screen, hold **A** for 2 seconds.



- 2 Select an option.

Apps and Activities

Your device includes a variety of preloaded apps and activities.

Apps: Apps provide interactive features for your device, such as navigating to saved locations.

Activities: Your device comes preloaded with indoor and outdoor activity apps, including running, cycling, strength training, golfing, and more. When you start an activity, the device displays and records sensor data, which you can save and share with the Garmin Connect community.

Starting an Activity

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

- 1 Press .
- 2 Select an activity.
- 3 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.
- 4 Press  to start the activity timer.
The device records activity data only while the activity timer is running.

Stopping an Activity

- 1 Press .
- 2 Select an option:
 - To save the activity, swipe up.
 - To discard the activity, swipe down.

Setting Up Your Garmin Pay Wallet

The Garmin Pay feature allows you to use your watch to pay for purchases in participating stores. You can add one or more participating credit or debit cards to your Garmin Pay wallet. Go to Garmin.com.sg/garmin-pay 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.

You can open your Garmin Pay wallet from the controls menu on your device. See the owner's manual for more information on

using Garmin Pay.

Safety and Tracking Features

CAUTION

Incident detection and assistance 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.

The Venu Sq device has safety and tracking features that must be set up with the Garmin Connect app.

NOTICE

To use these features, you must be connected to the Garmin Connect app using Bluetooth technology. You can enter emergency contacts in your Garmin Connect account.

Assistance: Allows you to send an automated message with your name, LiveTrack link, and GPS location to your emergency contacts.

Incident detection: When the Venu Sq device detects an incident during an outdoor walk, run, or bike activity, the device sends an automated message, LiveTrack link, and GPS location to your emergency contacts.

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.

Connect IQ Features

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

Syncing the Time with GPS

Each time you turn on the device and acquire satellites, the device automatically detects your time zones and the current time of day. You can also manually sync the time with GPS when you change time zones, and to update for daylight saving time.

- 1 From the watch face, hold **(B)**.
- 2 Select  > **System** > **Time** > **Time Source** > **Auto**.
- 3 From the watch face, hold **(B)** and select  > **Controls Menu**.
- 4 Select a shortcut to remove it, and add **Set Time With GPS** to the controls menu.
- 5 From the watch face, hold **(A)** to enter the controls menu.
- 6 Select  and wait while the device locates satellites.

Device Information

Viewing Device Information

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

- 1 Hold **(B)**.
- 2 Select **⚙️ > System > About**.

Wearing the Device

- Wear the device above your wrist bone.

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



NOTE: The optical sensor is located on the back of the device.

- See the owner's manual for more information.

Charging the Device

⚠️ WARNING

This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the previous pages 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 small end of the USB cable into the charging port on your device.



- 2 Plug the large end of the USB cable into a USB charging port.
- 3 Charge the device completely.

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)

Getting the Owner's Manual

The owner's manual includes instructions for using device features and accessing regulatory information.

Go to Garmin.com.sg/products/wearables/venu-sq-purple or scan the QR code to download the manual.



support.Garmin.com/en-SG

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M/N: AA3958



Printed in Taiwan
May 2020
190-02752-21 Rev. A

