

MARQ (Gen 2)

CARBON

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M/N: AA4263

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.

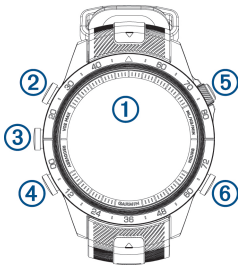
Getting Started

When using your watch the first time, you should complete these tasks to set it up and get to know the basic features.

- 1 Press **LIGHT** to turn on the watch (page 1).
- 2 Follow the on-screen instructions to complete the initial setup.
During the initial setup, you can pair your smartphone with your watch to receive notifications, sync your activities, and more (page 3).
- 3 Charge the device (page 9).

- 4 Start an activity (page 5).

Device Overview



① Touchscreen

- Tap to choose an option in a menu.
- Hold the watch face data to open the glance or feature.
NOTE: This feature is not available on all watch faces.
- Swipe up or down to scroll through the glance loop and menus.
- Swipe right to return to the previous screen.
- Cover the screen with your palm to return to the watch face and turn

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down the screen brightness.

② LIGHT

- Press to turn on the watch.
- Press to turn down the screen brightness.
- Quickly press twice to turn on the flashlight.
- Hold to view the controls menu.

③ UP·MENU

- Press to scroll through the glance loop and menus.
- Hold to view the menu.

④ DOWN

- Press to scroll through the glance loop and menus.
- Hold to view the music controls from any screen.

⑤ START·STOP

- Press to choose an option in a menu.
- Press to view the activity list and start or stop an activity.
- Hold to open the performance glance.

⑥ BACK·LAP

- Press to return to the previous screen.
- Press to record a lap, rest, or transition during a multisport activity.

Enabling and Disabling the Touchscreen

- To temporarily enable or disable the touchscreen, hold **DOWN** and **START**.
- To enable or disable the touchscreen during general use, activities, or sleep, hold **MENU**, select **System** > **Touch**, and select an option.

Using the Watch

- Hold **LIGHT** to view the controls menu.

The controls menu provides quick access to frequently used functions, such as turning on do not disturb mode, saving a location, and turning the watch off.

- From the watch face, press **UP** or **DOWN** to scroll through the glance

loop (page 3).

- From the watch face, press **START** to start an activity or open an app (page 5).
- Hold **MENU** to customize the watch face, adjust settings, and pair wireless sensors.

Viewing the Glance Loop

Glances provide quick access to health data, activity information, built-in sensors, and more. When you pair your watch, you can view data from your phone, such as notifications, weather, and calendar events.

1 Press **UP** or **DOWN**.

The watch scrolls through the glance loop and displays summary data for each glance.



TIP: You can also swipe to scroll or tap to select options.

2 Press **START** to view more information.

3 Select an option:

- Press **DOWN** to view details about a glance.
- Press **START** to view additional options and functions for a glance.

Smart Features

Pairing Your Phone

To use the connected features on your watch, you must pair it directly through the Garmin Connect app, instead of from the Bluetooth® settings on your phone.

- 1 From the app store on your phone, install and open the Garmin Connect app.
- 2 During the initial setup, select **Yes** when you are prompted to pair with your phone.
- 3 Follow the instructions in the app to complete the pairing and setup

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process.

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 Hold **MENU**.
- 2 Select **System > Time > Sync With GPS**.
- 3 Wait while the device locates satellites.

Music

NOTICE

The copyright of music provided by third-party music services are owned by the record companies. The record companies license the music tracks or albums to third-party music services with a time limit, and the music license must be periodically

updated and renewed. If you often listen to downloaded music offline, you will need to reconnect your watch to the internet every 7 days (via Wi-Fi or Garmin Connect) so that you can continue to make use of third-party offline music services.

You can download audio content to your device, so you can listen when your smartphone is not nearby. The Garmin Connect app and Garmin Express application allow you to download audio content from a third-party provider or your computer.

You can use the music controls to control music playback on your smartphone or to play music stored on your device. To listen to audio content stored on your device, you must connect headphones with Bluetooth technology.

Connect IQ Features

You can add Connect IQ apps, data fields, glances, music providers, and watch faces to your watch using the

Connect IQ store on your watch or phone (Garmin.com/connectiqapp).

Activities and Apps

Your watch can be used for indoor, outdoor, athletic, and fitness activities. When you start an activity, the watch displays and records sensor data. You can create custom activities or new activities based on default activities. When you finish your activities, you can save and share them with the Garmin Connect community.

Starting an Activity

- 1 From the watch face, press **START**.
- 2 Select an activity.
- 3 If the activity requires GPS, go outside, and wait while the watch locates satellites.
- 4 Press **START** to start the activity timer.

NOTE: The watch does not record your activity data until you start the activity timer.

- 5 After you complete your activity,

press **STOP** to stop the activity timer.

- 6 Select **Save** to save the activity and review the activity summary.

Going for a Run

- 1 Press **START**.
- 2 Select an activity.
- 3 Go outside, and wait while the device locates satellites.
- 4 If necessary, wait while the device connects to your wireless sensors.
- 5 Press **START** to start the activity timer.

NOTE: The device does not record your activity data until you start the activity timer.
- 6 Go for a run.
- 7 After you complete your run, press **STOP** to stop the activity timer.
- 8 Select **Save**.

Triathlon Training

When you participate in a triathlon, you can use the triathlon activity to quickly

transition to each sport segment, to time each segment, and to save the activity.

- 1 Press **START**.
- 2 Select **Triathlon**.
- 3 Press **START** to start the activity timer.
- 4 Press **LAP** at the beginning and end of each transition.
- 5 After you complete your activity, press **STOP**, and select **Save**.

Physiological Measurements

These performance measurements are estimates that can help you track and understand your training activities and race performances.

These estimates are provided and supported by Firstbeat Analytics.

- Daily suggested workouts
- Functional threshold power (FTP)
- Heat and altitude acclimation
- HRV status
- Lactate threshold
- Performance condition

- Predicted race times
- Recovery time
- Training Effect
- Training Effect and primary benefit
- Training load (acute load)
- Training load focus
- Training status
- VO2 max.

NOTE: The estimates may seem inaccurate at first. The watch requires you to complete a few activities to learn about your performance. For more information, go to [Garmin.com/performance-data/running](https://garmin.com/performance-data/running).

Training Status

Training status shows you how your training affects your fitness level and performance. Your training status is based on changes to your VO2 max., acute load, and HRV status over an extended time period. You can use your training status to help plan future training and continue improving your fitness level.

- Peaking
- Productive
- Maintaining
- Recovery
- Unproductive
- Detraining
- Overreaching
- Strained
- No Status

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 **MENU**.
- 2 Select **System > About**.

About the AMOLED Display

By default, the watch settings are optimized for battery life and performance.

Image persistence, or pixel “burn-in,” is

normal behavior for AMOLED devices. To extend the display life, you should avoid displaying static images at high brightness levels for long time periods. To minimize burn-in, the MARQ Carbon display turns off after the selected timeout. You can turn your wrist toward your body, tap the touchscreen, or press a button to wake the device.

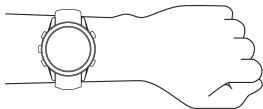
Wearing the Watch



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 pulse oximeter readings, you should remain motionless.

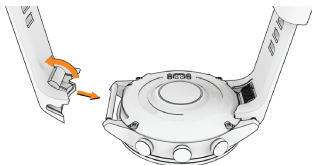


NOTE: The optical sensor is located on the back of the watch.

- See the owner's manual for more information.

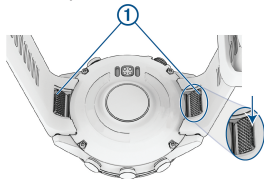
Changing Integrated QuickFit Accessories

- 1 Pull to open the latch, and remove the integrated QuickFit strap or bracelet from the watch.



- 2 Pull to open the latch on the integrated strap or bracelet, and align it with the watch.
- 3 Close the latch over the watch pin.

NOTE: Make sure the strap or bracelet is secure. There should be a small gap ① between the latch and the strap or bracelet.



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.

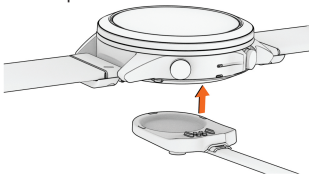
Both the device and its charger contain magnets. Under certain circumstances, magnets may cause interference with some medical devices, including pacemakers and insulin pumps. Devices and chargers that contain magnets should be kept away from such medical devices.

NOTICE

Both the device and its charger contain magnets. Under certain circumstances, magnets may cause damage to some electronic devices, including hard drives in laptop computers. Use caution when devices and chargers that contain magnets are near electronic devices.

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 Align the charger with the back of the device, and press the charger into place.



- 2 Plug the USB cable into a USB charging port.

The watch displays the current battery charge level.

Specifications

NOTE: Visit the product page for full 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)

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Troubleshooting

Restarting Your Watch

- 1 Hold **LIGHT** until the watch turns off.
- 2 Hold **LIGHT** to turn on the watch.

Getting the Owner's Manual

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

Go to Garmin.com/manuals/MARQCarbonGen2 or scan the QR code to download the manual.



Getting More Information

You can find more information about this product on the Garmin website.

- Go to support.Garmin.com for additional manuals, articles, and software updates.
 - Go to buy.Garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.
 - Go to Garmin.com/ataccuracy for information about feature accuracy.
- This is not a medical device.

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

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.

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 and pulse oximeter sensor emit green, red, and infrared light and flash occasionally. Consult your physician if you have epilepsy or are sensitive to bright or flashing lights.
- Always consult your physician before beginning or modifying any exercise program.
- The Garmin device, accessories, heart rate monitor, pulse oximeter sensor, 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 and blood oxygen saturation 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

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to be inaccurate under certain circumstances, including the user's physical characteristics, fit of the device, and type and intensity of activity.

- While the Garmin pulse oximeter sensor technology typically provides an accurate estimate of a user's blood oxygen saturation, there are inherent limitations with the technology that may cause some of the oxygen saturation readings to be inaccurate under certain circumstances, including the user's physical characteristics, fit of the device, position of the device, and movement.
- 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, oxygen saturation, and calorie data.

Safety and Tracking Warning

The assistance feature 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 app does not contact emergency services on your behalf. The incident detection feature is only available while you are tracking certain outdoor activities on your Garmin device. For more information, see the device owner's manual.

Bicycle Warnings

- 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.

Navigation Warnings

If your Garmin device uses or accepts map data, follow these guidelines to ensure safe navigating.

- Always carefully compare information displayed on the device to all available navigation sources, including information from visual sightings, local waterway rules and restrictions, and maps. For safety, always resolve any discrepancies or questions before continuing navigation, and defer to posted signs and conditions.
- Use this device only as a navigational aid. Do not attempt to use the device for any purpose requiring precise measurement of direction, distance, location, or topography.

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.

Magnet Warning

Both the device and its charger may contain magnets. Under certain circumstances, magnets may cause interference with some medical devices, including pacemakers and insulin pumps. Devices and chargers that contain magnets should be kept away from such medical devices.



CAUTION

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

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/fitandcare](https://www.garmin.com/fitandcare).

NOTICE

Failure to heed the following notice 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.

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.

Magnet Notice

Both the device and its charger may contain magnets. Under certain circumstances, magnets may cause damage to some electronic devices, including hard drives in laptop computers. Use caution when devices and chargers that contain magnets are near electronic devices.

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.

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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.

MARQ Limited Warranty

MARQ series are warranted to be free from defects in materials or workmanship for two years from the date of purchase. The Garmin standard limited warranty. For more information, go to Garmin.com/support/warranty.



support.Garmin.com
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