

GARMIN®



VENU® 3 SERIES

Owner's Manual

Model Number: AA4542

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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.

Overview



- Ⓐ **Action button:** Hold for 2 seconds to turn on the watch.
Press to open the activities and apps menu.
Hold for 2 seconds to view the controls menu, including power.
Hold until the watch vibrates 3 times to request assistance (*Safety and Tracking Features*, page 68).
- Ⓑ **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 watch settings and options for the current screen.
- Ⓒ **Custom/Voice Assistant button:** Press to view the custom shortcut feature (*Setting Up a Shortcut*, page 36).
Hold to activate the voice assistant on your phone.
- 👉 **Touchscreen:** Swipe up, down, left, or right to scroll through glances, features, and menus (*Touchscreen Tips*, page 2).

Touchscreen Tips

- Drag up or down to scroll through lists and menus.
- Swipe up or down to scroll quickly.
- Tap to select an item.
- Tap to wake the watch.
- From the watch face, swipe up or down to scroll through the glances on the watch.
- Tap a glance to view additional information, if available.
- Swipe right to return to the previous screen.
- Tap and hold an item on the watch face to bring up contextual information, such as glances or menus, if available.
- During an activity, swipe up or down to view the next data screen.
- During an activity, swipe right to view the watch face and glances, and swipe left to return to the activity data fields.
- After selecting an activity, swipe up to view the settings and options for that activity.
- When available, select  or swipe up to view additional menu options.
- Perform each menu selection as a separate action.

Locking and Unlocking the Touchscreen

You can lock the touchscreen to prevent inadvertent screen touches.

- 1 Hold  to view the controls menu.
- 2 Select .

The touchscreen locks and does not respond to touches until you unlock it.

- 3 Hold any button to unlock the touchscreen.

Icons

A flashing icon means the watch is searching for a signal. A solid icon means the signal was found or the sensor is connected. A slash through an icon means the feature is turned off.

	Phone connection status
	Heart rate monitor status
	LiveTrack status
	Speed sensor status
	Cadence sensor status
	Varia™ bike light status
	Varia bike radar status
	Smart trainer status
	Power meter status
	tempe™ sensor status

Setting Up Your Watch

To take full advantage of the Venu 3 series features, complete these tasks.

- Pair the watch with your phone using the Garmin Connect™ app ([Pairing Your Phone](#), page 61).
- Set up Wi-Fi® networks ([Connecting to a Wi-Fi Network](#), page 64).
- Set up music ([Music](#), page 57).
- Set up your Garmin Pay™ wallet ([Setting Up Your Garmin Pay Wallet](#), page 36).
- Set up safety features ([Safety and Tracking Features](#), page 68).
- Set up your user profile ([User Profile](#), page 57).
- Go to garmin.com/voicefunctionality/tips for tips about using the voice assistant.

Apps and Activities

Your watch includes a variety of preloaded apps and activities.

Apps: Apps provide interactive features for your watch, such as saving your location or calling someone from your watch ([Apps](#), page 16).

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

For more information about activity tracking and fitness metric accuracy, go to garmin.com/ataccuracy.

Connect IQ™ Apps: You can add features to your watch by installing apps from the Connect IQ app ([Downloading Connect IQ Features](#), page 66).

Starting an Activity

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

- 1 Press **A**.
- 2 Select an option:
 - Select an activity from your favorites.
 - Select **...**, and select an activity from the extended activity list.
- 3 If the activity requires GPS signals, go outside to an area with a clear view of the sky, and wait until the watch is ready.

The watch is ready after it establishes your heart rate, acquires GPS signals (if required), and connects to your wireless sensors (if required).
- 4 Press **A** to start the activity timer.

The watch records activity data only while the activity timer is running.

Tips for Recording Activities

- Charge the watch before starting an activity ([Charging the Watch, page 74](#)).
- Press **B** to record laps, start a new set or pose, or advance to the next workout step.
- Swipe up or down to view additional data screens ([Locking and Unlocking the Touchscreen, page 2](#)).

Stopping an Activity

- 1 Press **A**.
- 2 Select an option:
 - To save the activity, select **✓**.
 - To discard the activity, select **🗑**.
 - To resume the activity, press **A**.

Evaluating an Activity

NOTE: This feature is not available for all activities.

You can customize the self-evaluation setting for certain activities ([Enabling Self Evaluation, page 40](#)).

- 1 After you complete an activity, select **✓** ([Stopping an Activity, page 4](#)).
- 2 Select how you felt during the activity.
- 3 Select a number that corresponds with your perceived effort.

NOTE: You can select **Skip** to skip the self evaluation.

You can view evaluations in the Garmin Connect app.

Indoor Activities

The watch can be used for training indoors, such as running on an indoor track or using a stationary bike or indoor trainer. GPS is turned off for indoor activities ([Activities and App Settings, page 19](#)).

When running or walking with GPS turned off, speed and distance are calculated using the accelerometer in the watch. The accelerometer is self-calibrating. The accuracy of the speed and distance data improves after a few outdoor runs or walks using GPS.

TIP: Holding the handrails of the treadmill reduces accuracy.

When cycling with GPS turned off, speed and distance data are not available unless you have an optional sensor that sends speed and distance data to the watch, such as a speed or cadence sensor.

Recording a Strength Training Activity

You can record sets during a strength training activity. A set is multiple repetitions (reps) of a single move.

- 1 Press **A**.
- 2 Select **Strength**.
- 3 Press **A** to start the activity timer.
- 4 Start your first set.

By default, the watch counts your reps. Your rep count appears when you complete at least four reps. You can disable rep counting in the activity settings (*Activities and App Settings*, page 19).

TIP: The watch can only count reps of a single move for each set. When you want to change moves, you should finish the set and start a new one.

- 5 Press **B** to finish the set.
The watch displays the total reps for the set. After several seconds, the rest timer appears.
- 6 If necessary, edit the number of reps, and select  to add the weight used for the set.
- 7 When you are done resting, press **B** to start your next set.
- 8 Repeat for each strength training set until your activity is complete.
- 9 After you complete your activity, press **A**, and select .

Tips for Recording Strength Training Activities

- Do not look at the watch while performing reps.
You should interact with the watch at the beginning and end of each set, and during rests.
- Focus on your form while performing reps.
- Perform bodyweight or free weight exercises.
- Perform reps with a consistent, wide range of motion.
Each rep is counted when the arm wearing the watch returns to the starting position.
- **NOTE:** Leg exercises may not be counted.
- Turn on automatic set detection to start and stop your sets.
- Save and send your strength training activity to your Garmin Connect account.
You can use the tools in your Garmin Connect account to view and edit activity details.

Recording a HIIT Activity

You can use specialized timers to record a high-intensity interval training (HIIT) activity.

- 1 Press **A**.
- 2 Select **HIIT**.
- 3 Select an option:
 - Select **Free** to record an open, unstructured HIIT activity.
 - Select **HIIT Timers** > **AMRAP** to record as many rounds as possible during a set time period.
 - Select **HIIT Timers** > **EMOM** to record a set number of moves every minute on the minute.
 - Select **HIIT Timers** > **Tabata** to alternate between 20-second intervals of maximum effort with 10 seconds of rest.
 - Select **HIIT Timers** > **Custom** to set your move time, rest time, number of moves, and number of rounds.
 - Select **Workouts** to follow a saved workout.
- 4 If necessary, follow the on-screen instructions.
- 5 Press **A** to start your first round.
The watch displays a countdown timer and your current heart rate.
- 6 If necessary, press **B** to manually move to the next round or rest.
- 7 After you finish the activity, press **A** to stop the activity timer.
- 8 Select .

Calibrating the Treadmill Distance

To record more accurate distances for your treadmill runs, you can calibrate the treadmill distance after you run at least 2.4 km (1.5 mi.) on a treadmill. If you use different treadmills, you can manually calibrate the treadmill distance on each treadmill or after each run.

- 1 Start a treadmill activity (*Starting an Activity, page 4*).
- 2 Run on the treadmill until your Venu 3 series watch records at least 2.4 km (1.5 mi.).
- 3 After you complete your run, press **A**.
- 4 Check the treadmill display for the distance traveled.
- 5 Select an option:
 - To calibrate the first time, enter the treadmill distance on your watch.
 - To manually calibrate after the first-time calibration, swipe up, select **Calibrate & Save**, and enter the treadmill distance on your watch.

Gaming

Using the Garmin GameOn™ App

When you pair your watch with your computer, you can record a gaming activity on your watch and view real-time performance metrics on your computer.

- 1 On your computer, go to www.overwolf.com/app/Garmin-Garmin_GameOn and download the Garmin GameOn app.
- 2 Follow the on-screen instructions to complete the installation.
- 3 Launch the Garmin GameOn app.
- 4 When the Garmin GameOn app prompts you to pair your watch, press **A**, and select **Gaming** on your watch.
NOTE: While your watch is connected to the Garmin GameOn app, notifications and other Bluetooth® features are disabled on the watch.
- 5 Select **Pair Now**.
- 6 Select your watch from the list, and follow the on-screen instructions.
TIP: You can click **≡** > **Settings** to customize your settings, reread the tutorial, or remove a watch. The Garmin GameOn app remembers your watch and settings the next time you open the app. If necessary, you can pair your watch to another computer (*Pairing Your Wireless Sensors, page 54*).
- 7 Select an option:
 - On your computer, start a supported game to automatically start the gaming activity.
 - On your watch, start a manual gaming activity (*Recording a Manual Gaming Activity, page 6*).

The Garmin GameOn app shows your real-time performance metrics. When you complete your activity, the Garmin GameOn app displays your gaming activity summary and match information.

Recording a Manual Gaming Activity

You can record a gaming activity on your watch and manually enter stats for each match.

- 1 Press **A**.
- 2 Select **Gaming**.
- 3 Select **Skip**.
- 4 Select a game type.
- 5 Press **A** to start the activity timer.
- 6 Press **B** at the end of the match to record your match result or placement.
- 7 Press **B** to start a new match.
- 8 After you complete your activity, press **A**, and select **✓**.

Going for a Pool Swim

NOTE: The touchscreen is not available during swim activities.

- 1 Press **(A)**.
- 2 Select **Pool Swim**.
- 3 Select your pool size, or enter a custom size.
- 4 Press **(A)** to start the activity timer.
- 5 Start swimming.

The watch automatically records swim intervals and lengths.

- 6 Press **(B)** when you rest.

TIP: You can enable the Auto Rest feature to set the watch to automatically detect when you are resting and create a rest interval (*Swim Auto Rest and Manual Rest*, page 7).

The rest screen appears.

- 7 Press **(B)** to restart the interval timer.
- 8 After you complete your activity, press **(A)** to stop the activity timer.
- 9 Select an option:
 - To save the activity, hold **(A)**.
 - To discard the activity, hold **(B)**.

Setting the Pool Size

The pool size must be correct to display accurate distance.

- 1 Press **(A)**.
- 2 Select **Pool Swim**.
- 3 Swipe up.
- 4 Select **Settings > Pool Size**.
- 5 Select your pool size, or enter a custom size.

TIP: You can select **Prompt** to select the pool size every time you start a pool swim activity.

Swim Terminology

Length: One trip down the pool.

Interval: One or more consecutive lengths. A new interval starts after a rest.

Stroke: A stroke is counted every time your arm wearing the watch completes a full cycle.

Swolf: Your swolf score is the sum of the time for one pool length and the number of strokes for that length.

For example, 30 seconds plus 15 strokes equals a swolf score of 45. For open water swimming, swolf is calculated over 25 meters. Swolf is a measurement of swimming efficiency and, like golf, a lower score is better.

Swim Auto Rest and Manual Rest

The auto rest feature is available only for pool swimming. Your watch automatically detects when you are resting, and the rest screen appears. If you rest for more than 15 seconds, the watch automatically creates a rest interval. When you resume swimming, the watch automatically starts a new swim interval.

TIP: For best results using the auto rest feature, minimize your arm motions while resting.

To use manual rests instead, you can turn off the auto rest feature in the activity options (*Activities and App Settings*, page 19). During a pool or open water swim activity, you can manually mark a rest interval by pressing **(B)**. Swim data is not recorded during a rest interval.

TIP: Use manual rests if you are taking short rests or you want very precise swim interval timing.

Outdoor Activities

The Venu 3 series watch comes preloaded with outdoor activities, such as running and biking. GPS is turned on for outdoor activities.

Going for a Run

Before you can use a wireless sensor for your run, you must pair the sensor with your watch ([Pairing Your Wireless Sensors](#), page 54).

- 1 Put on your wireless sensors, such as a heart rate monitor (optional).
- 2 Press **(A)**.
- 3 Select **Run**.
- 4 When using optional wireless sensors, wait while the watch connects to the sensors.
- 5 Go outside, and wait while the watch locates satellites.
- 6 Press **(A)** to start the activity timer.
The watch records activity data only while the activity timer is running.
- 7 Start your activity.
- 8 Press **(B)** to record laps (optional) ([Marking Laps Using the Auto Lap Feature](#), page 22).
- 9 Swipe up or down to scroll through data screens.
- 10 After you complete your activity, press **(A)**, and select .

Going for a Ride

Before you can use a wireless sensor for your ride, you must pair the sensor with your watch ([Pairing Your Wireless Sensors](#), page 54).

- 1 Pair your wireless sensors, such as a heart rate monitor, speed sensor, or cadence sensor (optional).
- 2 Press **(A)**.
- 3 Select **Bike**.
- 4 When using optional wireless sensors, wait while the watch connects to the sensors.
- 5 Go outside, and wait while the watch locates satellites.
- 6 Press **(A)** to start the activity timer.
The watch records activity data only while the activity timer is running.
- 7 Start your activity.
- 8 Swipe up or down to scroll through data screens.
- 9 After you complete your activity, press **(A)**, and select .

Swimming in Open Water

You can record swim data including distance, pace, and stroke rate.

NOTE: The touchscreen is not available during swim activities.

- 1 Press **(A)**.
- 2 Select **Open Water**.
- 3 Go outside and wait while the watch locates satellites.
- 4 Press **(A)** to start the activity timer.
- 5 Start swimming.
- 6 After you complete your activity, hold **(A)**.

Viewing Your Ski Runs

Your watch records the details of each downhill skiing or snowboarding run using the auto run feature. This feature is turned on by default for downhill skiing and snowboarding. It automatically records new ski runs based on your movement. The timer pauses when you stop moving downhill and when you are on a chairlift. The timer remains paused during the chairlift ride. You can start moving downhill to restart the timer. You can view run details from the paused screen or while the timer is running.

- 1 Start a skiing or snowboarding activity.
- 2 Swipe up or down to view details of your last run, your current run, and your total runs.
The run screens include time, distance traveled, maximum speed, average speed, and total descent.

Golfing

Playing Golf

Before you play golf for the first time, you must download the Garmin Golf™ app from the app store on your phone ([Garmin Golf App, page 67](#)).

Before you play golf, you should charge the watch ([Charging the Watch, page 74](#)).

- 1 Press .
- 2 Select **Golf**.
The device locates satellites, calculates your location, and selects a course if there is only one course nearby.
- 3 If the course list appears, select a course from the list.
Courses are updated automatically.
- 4 Press .
- 5 Select  to keep score.

6 Select a tee box.

The hole information screen appears.



①	Current hole number
②	Distance to the back of the green
③	Distance to the middle of the green
④	Distance to the front of the green
⑤	Par for the hole
⑥	Map of the green

NOTE: Because pin locations change, the watch calculates the distance to the front, middle, and back of the green, but not the actual pin location.

7 Select an option:

- Tap the map to view more detail or change the pin location (*Changing the Pin Location, page 11*).
- Press **A** to open the golf menu (*Golf Menu, page 11*).
- Hold **B** to open the golf settings (*Golf Settings, page 15*).

When you move to the next hole, the watch automatically transitions to display the new hole information.

Golf Menu

During a round, you can press **A** to view additional features in the golf menu.

Hazards: Shows the bunkers and water hazards for the current hole.

Layups: Shows the layup and distance options for the current hole (par 4 and par 5 holes only).

Change Hole: Allows you to manually change the hole.

Scorecard: Opens the scorecard for the round (*Keeping Score, page 13*).

Pin Pointer: The PinPointer feature is a compass that points to the pin location when you are unable to see the green. This feature can help you line up a shot even if you are in the woods or in a deep sand trap.

NOTE: Do not use the PinPointer feature while in a golf cart. Interference from the golf cart can affect the accuracy of the compass.

Round Summary: During a round, view your score, statistics, and step information.

Last Shot: View information for your last shot.

NOTE: You can view distances for all shots detected during the current round. If needed, you can manually add a shot (*Adding a Shot Manually, page 13*).

End Round: Ends the current round.

Viewing the Direction to the Pin

The PinPointer feature is a compass that provides directional assistance when you are unable to see the green. This feature can help you line up a shot even if you are in the woods or in a deep sand trap.

NOTE: Do not use the PinPointer feature while in a golf cart. Interference from the golf cart can affect the accuracy of the compass.

1 Press **A**.

2 Select .

The arrow points to the pin location.

Changing the Pin Location

While playing a game, you can take a closer look at the green and move the pin location.

1 Select the map.

A larger view of the green appears.

2 Touch and drag the pin to the correct location.

 indicates the selected pin location.

3 Press **B** to accept the pin location.

The distances on the hole information screen are updated to reflect the new pin location. The pin location is saved for only the current round.

Viewing Layup and Dogleg Distances

You can view a list of layup and dogleg distances for par 4 and 5 holes.

1 Press **A**.

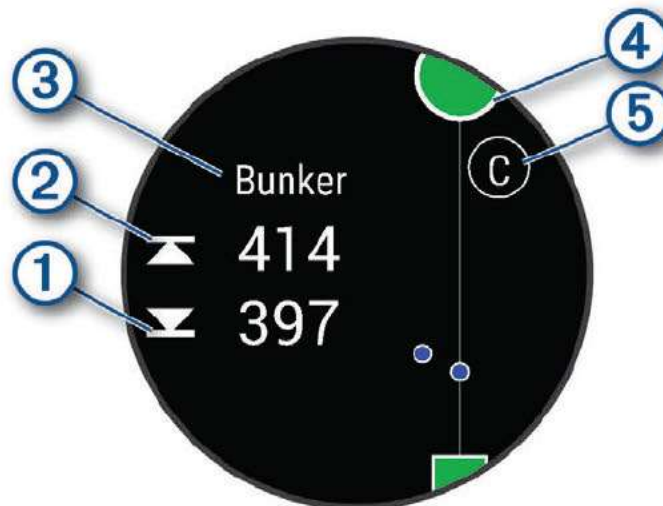
2 Select **Layups**.

NOTE: Distances and locations are removed from the list as you pass them.

Viewing Hazards

You can view distances to hazards along the fairway for par 4 and 5 holes. Hazards that affect shot selection are displayed individually or in groups to help you determine the distance to layup or carry.

- 1 Press **A**.
- 2 Select **Hazards**.



- The distances to the front **1** and back **2** of the nearest hazard appear on the screen.
- The hazard type **3** is listed at the top of the screen.
- The green is represented as a half circle **4** at the top of the screen. The line below the green represents the center of the fairway.
- Hazards **5** are indicated by a letter signifying the order of the hazards on the hole, and are shown below the green in approximate locations relative to the fairway.

Measuring a Shot with Garmin AutoShot™

Each time you take a shot along the fairway, the watch records your shot distance so you can view it later (*Viewing Your Shot History, page 14*). Putts are not detected.

- 1 While playing golf, wear the watch on your leading wrist for better shot detection.
When the watch detects a shot, your distance from the shot location appears in the banner **1** at the top of the screen.



TIP: You can tap the banner to hide it for 10 seconds.

- 2 Hit your next shot.
The watch records the distance of your last shot.

Adding a Shot Manually

You can manually add a shot if the device doesn't detect it. You must add the shot from the location of the missed shot.

- 1 Press **A**.
- 2 Select **Last Shot** >  > **Add Shot**.
- 3 Select  to start a new shot from your current location.

Keeping Score

- 1 While playing golf, press **A**.
- 2 Select **Scorecard**.
- 3 Select a hole.
- 4 Select  or  to set the score.
- 5 Select .

Setting the Scoring Method

You can change the method the watch uses to keep score.

- 1 During a round, hold **B**.
- 2 Select **Golf Settings** > **Scoring** > **Scoring Method**.
- 3 Select a scoring method.

About Stableford Scoring

When you select the Stableford scoring method ([Setting the Scoring Method, page 13](#)), points are awarded based on the number of strokes taken relative to par. At the end of a round, the highest score wins. The device awards points as specified by the United States Golf Association.

The scorecard for a Stableford scored game shows points instead of strokes.

Points	Strokes Taken Relative to Par
0	2 or more over
1	1 over
2	Par
3	1 under
4	2 under
5	3 under

Tracking Golf Statistics

When you enable statistics tracking on the watch, you can view your statistics for the current round ([Viewing Your Round Summary, page 14](#)). You can compare rounds and track improvements using the Garmin Golf app.

- 1 Press **A**.
- 2 Select **Golf**.
The device locates satellites, calculates your location, and selects a course if there is only one course nearby.
- 3 If the course list appears, select a course from the list.
Courses are updated automatically.
- 4 Select  > **Settings** > **Scoring** > **Stat Tracking**.

Recording Golf Statistics

Before you can record statistics, you must enable statistics tracking (*Tracking Golf Statistics*, page 13).

- 1 From the scorecard, select a hole.
- 2 Set the number of strokes taken, including putts, and select ✓.
- 3 Set the number of putts taken, and select ✓.

NOTE: The number of putts taken is used for statistics tracking only and does not increase your score.

- 4 Select an option:
 - If your ball hit the fairway, select ↑.
 - If your ball missed the fairway, select ↶ or ↷.
- 5 Select ✓.

Viewing Your Shot History

- 1 After playing a hole, press (A).
- 2 Select **Last Shot** to view information for your last shot.

Viewing Your Round Summary

During a round, you can view your score, statistics, and step information.

- 1 Press (A).
- 2 Select **Round Summary**.
- 3 Swipe up or down to view more information.

Ending a Round

- 1 Press (A).
- 2 Select **End Round**.
- 3 Swipe up.
- 4 Select an option:
 - To save the round and return to watch mode, select **Save**.
 - To edit your scorecard, select **Edit Score**.
 - To discard the round and return to watch mode, select **Discard**.
 - To pause the round and resume it at a later time, select **Pause**.

Customizing Your Golf Club List

After you pair your compatible golf device with your smartphone using the Garmin Golf app, you can use the app to customize the default golf club list.

- 1 Open the Garmin Golf app on your smartphone.
- 2 From the ••• or ≡ menu, select **My Bag**.
- 3 Select an option to add, edit, remove, or retire a club.
- 4 Sync your compatible Garmin® golf device with the Garmin Golf app.

The updated golf club list appears on your golf device.

Golf Settings

Press , select **Golf**, select your golf course, and select  > **Settings** to customize golf settings and features.

Broadcast Heart Rate: Allows you to begin broadcasting your heart rate data to a paired device.

Scoring: Allows you to set your scoring preferences and turn on statistics tracking.

Distance Unit: Sets the unit of measure for distance.

Driver Distance: Sets the average distance the ball travels from the tee box on your drive.

Tournament Mode: Disables the PinPointer and PlaysLike distance features. These features are not allowed during sanctioned tournaments or handicap calculation rounds.

Club Prompt: Displays a prompt that enables you to enter which club you used after each detected shot.

Record Activity: Enables activity FIT file recording for golf activities. FIT files record fitness information that is tailored for the Garmin Connect app.

Rename: Sets the activity name.

Health Snapshot™

The Health Snapshot feature records several key health metrics while you hold still for two minutes. It provides a glimpse of your overall cardiovascular status. The watch records metrics such as your average heart rate, stress level, and respiration rate. You can add the Health Snapshot feature to the list of your favorite apps (*Customizing the Activities and Apps List*, page 19).

Adding a Custom Activity

You can create a custom activity and add it to the activity list.

- 1 Press .
- 2 Select  >  > .
- 3 Select an activity type to copy.
- 4 Select an activity name.
- 5 If necessary, edit the activity app settings (*Activities and App Settings*, page 19).
- 6 When you are finished editing, select **Done**.