

Color Zone	Percentile in Zone	Cadence Range
 Purple	>95	>183 spm
 Blue	70–95	174–183 spm
 Green	30–69	164–173 spm
 Orange	5–29	153–163 spm
 Red	<5	<153 spm

Using an Optional Bike Speed or Cadence Sensor

You can use a compatible bike speed or cadence sensor to send data to your watch.

- Pair the sensor with your watch (*Pairing Your Wireless Sensors*, page 54).
- Set your wheel size (*Calibrating Your Speed Sensor*, page 56).
- Go for a ride (*Starting an Activity*, page 4).

Calibrating Your Speed Sensor

Before you can calibrate your speed sensor, you must pair your watch with a compatible speed sensor (*Pairing Your Wireless Sensors*, page 54).

Manual calibration is optional and can improve accuracy.

- 1 Hold **(B)**.
- 2 Select **Settings > Accessories > Speed/Cadence > Wheel Size**.
- 3 Select an option:
 - Select **Auto** to automatically calculate your wheel size and calibrate your speed sensor.
 - Select **Manual**, and enter your wheel size to manually calibrate your speed sensor (*Wheel Size and Circumference*, page 84).

Training with Power Meters

- Go to buy.garmin.com for a list of power meters that are compatible with your Venu 3 series device (such as Rally and Vector).
- For more information, see the owner's manual for your power meter.
- Adjust your power zones to match your goals and abilities.
- Use range alerts to be notified when you reach a specified power zone (*Setting an Alert*, page 21).
- Customize the power data fields (*Customizing the Data Screens*, page 20).

Situational Awareness

WARNING

The Varia device can improve situational awareness. It is not a replacement for cyclist attentiveness and good judgment. Always maintain awareness of your surroundings, and operate the bicycle in a safe manner. Failure to do so could result in serious injury or death.

Your Venu 3 series device can be used with the Varia smart bike lights and rearview radar (*Using the Varia Camera Controls*, page 33). See the owner's manual for your Varia device for more information.

tempe

Your device is compatible with the tempe temperature sensor. You can attach the sensor to a secure strap or loop where it is exposed to ambient air, so it provides a consistent source of accurate temperature data. You must pair the tempe sensor with your device to display temperature data. See the instructions for your tempe sensor for more information.

User Profile

You can update your user profile on your watch or on the Garmin Connect app.

Setting Up Your User Profile

You can update your sex, birth year, height, weight, wrist, and heart rate zones ([Setting Your Heart Rate Zones, page 47](#)) settings. The watch uses this information to calculate accurate training data.

- 1 Hold **B**.
- 2 Select **Settings > User Profile**.
- 3 Select an option.

Gender Settings

When you first set up the watch, you must choose a sex. Most fitness and training algorithms are binary. For the most accurate results, Garmin recommends selecting your sex assigned at birth. After the initial setup, you can customize the profile settings in your Garmin Connect account.

Profile & Privacy: Enables you to customize the data on your public profile.

User Settings: Sets your sex. If you select Not Specified, the algorithms that require a binary input will use the sex you specified when you first set up the watch.

Wheelchair Mode

Wheelchair mode updates your glances, apps, and available activities. For example, wheelchair mode has indoor and outdoor push and handcycling activities, such as Push - Run Speed and Push - Walk Speed, instead of running and walking activities. When wheelchair mode is turned on, your Venu 3 series watch tracks your movements as pushes rather than steps. Icons are also updated to represent a wheelchair user. The watch does not update your VO2 max. estimate while in wheelchair mode. Incident detection is also disabled.

The first time you enable wheelchair mode on your watch, you can select your exercise frequency in order to set your activity level to the correct algorithm. While wheelchair mode is turned on, you can pair a cadence sensor to receive distance and speed in activities such as handcycling. For indoor activities, you are prompted to pair a speed sensor for speed data, but a speed sensor is not required to record the activity. For information about specific Garmin sensor compatibility, purchasing, or to view the owner's manual, go to buy.garmin.com for that sensor.

You can turn wheelchair mode on or off in your user profile settings ([Setting Up Your User Profile, page 57](#)).

For more information about wheelchair physiology, go to garmin.com/en-US/garmin-technology/health-science/wheelchair-physiology/.

Music

NOTE: There are three different music playback options for your Venu 3 series watch.

- Third-party provider music
- Personal audio content
- Music stored on your phone

On a Venu 3 series watch, you can download audio content to your watch from your computer or from a third-party provider, so you can listen when your phone is not nearby. To listen to audio content stored on your watch, you can connect Bluetooth headphones. You can also listen to audio content directly through the speaker in your watch.

Downloading Personal Audio Content

Before you can send your personal music to your watch, you must install the Garmin Express™ application on your computer (garmin.com/express).

You can load your personal audio files, such as .mp3 and .m4a files, to a Venu 3 series watch from your computer. For more information, go to garmin.com/musicfiles.

- 1 Connect the watch to your computer using the included USB cable.
- 2 On your computer, open the Garmin Express application, select your watch, and select **Music**.
TIP: For Windows® computers, you can select  and browse to the folder with your audio files. For Apple® computers, the Garmin Express application uses your iTunes® library.
- 3 In the **My Music** or **iTunes Library** list, select an audio file category, such as songs or playlists.
- 4 Select the checkboxes for the audio files, and select **Send to Device**.
- 5 If necessary, in the Venu 3 series list, select a category, select the checkboxes, and select **Remove From Device** to remove audio files.

Connecting to a Third-Party Provider

Before you can download music or other audio files to your watch from a supported third-party provider, you must connect the provider to your watch.

Some third-party music provider options are already installed on your watch.

For more options, you can download the Connect IQ app on your phone ([Downloading Connect IQ Features](#), page 66).

- 1 Press **(A)**.
- 2 Select **Apps > Connect IQ Store**.
- 3 Follow the on-screen instructions to install a third-party music provider.
- 4 From the apps menu on the watch, select **Music**.
- 5 Select the music provider.

NOTE: If you want to select another provider, hold **(B)**, select **Settings > Music > Music Providers**, and follow the on-screen instructions.

Downloading Audio Content from a Third-Party Provider

Before you can download audio content from a third-party provider, you must connect to a Wi-Fi network ([Connecting to a Wi-Fi Network](#), page 64).

- 1 From the apps menu on the watch, select **Music**.
- 2 Hold **(B)**.
- 3 Select **Music Providers**.
- 4 Select a connected provider, or select **Add Music Apps** to add a music provider from the Connect IQ store.
- 5 Select a playlist or other item to download to the watch.
- 6 If necessary, press **(B)** until you are prompted to sync with the service.

NOTE: Downloading audio content can drain the battery. You may be required to connect the watch to an external power source if the battery is low.

Disconnecting from a Third-Party Provider

- 1 From the Garmin Connect app, select **...**.
- 2 Select **Garmin Devices**, and select your watch.
- 3 Select **Music**.
- 4 Select an installed third-party provider, and follow the on-screen instructions to disconnect the third-party provider from your watch.

Connecting Bluetooth Headphones

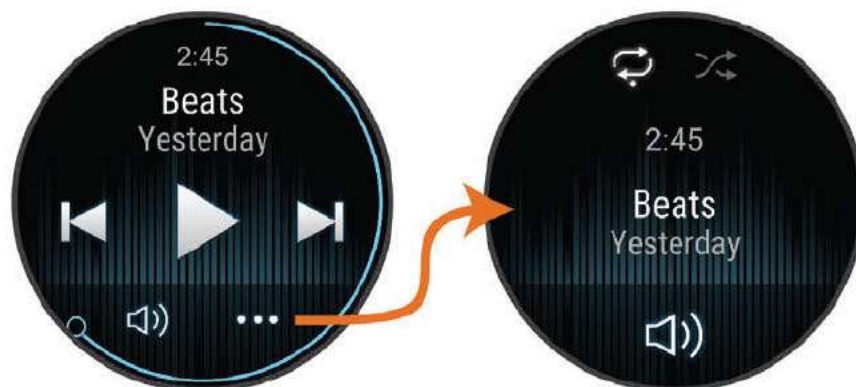
- 1 Bring the headphones within 2 m (6.6 ft.) of your watch.
- 2 Enable pairing mode on the headphones.
- 3 Hold **B**.
- 4 Select **Settings > Music > Headphones > Add New**.
- 5 Select your headphones to complete the pairing process.

Listening to Music

- 1 From the apps menu on the watch, select **Music**.
- 2 Hold **B**.
- 3 Select an option:
 - If this is your first time listening to music, select **Settings > Music > Music Providers**.
 - If this is not your first time listening to music, select **Music Providers**.
- 4 Select an option:
 - To listen to music downloaded to the watch from your computer, select **My Music**, and select an option (*Downloading Personal Audio Content, page 58*).
 - To listen to music from a third-party provider, select the name of the provider, and select a playlist.
 - To control music playback on your phone, select **Phone**.
- 5 If necessary, connect your Bluetooth headphones (*Connecting Bluetooth Headphones, page 59*).
- 6 Select **▶**.

Music Playback Controls

NOTE: Music playback controls may look different, depending on the selected music source.



...	Select to view more music playback controls.
🔊	Select to adjust the volume.
▶	Select to play and pause the current audio file.
▶	Select to skip to the next audio file in the playlist. Hold to fast forward through the current audio file.
◀	Select to restart the current audio file. Select twice to skip to the previous audio file in the playlist. Hold to rewind through the current audio file.
🔄	Select to change the repeat mode.
🔀	Select to change the shuffle mode.

Connectivity

Connectivity features are available for your watch when you pair with your compatible phone ([Pairing Your Phone, page 61](#)). Additional features are available when you connect your watch to a Wi-Fi network ([Connecting to a Wi-Fi Network, page 64](#)).

Phone Connectivity Features

Phone connectivity features are available for your Venu 3 series watch when you pair it using the Garmin Connect app ([Pairing Your Phone, page 61](#)).

- App features from the Garmin Connect app, the Connect IQ app, and more ([Phone Apps and Computer Applications, page 64](#))
- Glances ([Glances, page 24](#))
- Controls menu features ([Controls, page 34](#))
- Safety and tracking features ([Safety and Tracking Features, page 68](#))
- Phone interactions, such as notifications ([Enabling Bluetooth Notifications, page 62](#))

Pairing Your Phone

To set up the Venu 3 series watch, it must be paired directly through the Garmin Connect app and the Bluetooth settings on your phone.

- 1 During the initial setup on your watch, select  when you are prompted to pair with your phone.
NOTE: If you previously skipped the pairing process, you can hold , and select **Settings > System > Connectivity > Phone > Pair Phone** to manually enter pairing mode.
- 2 Scan the QR code with your phone, and follow the on-screen instructions to complete the pairing and setup process.

Viewing Notifications

- 1 From the watch face, swipe up or down to view the notifications glance.
- 2 Select the glance.
- 3 Select a notification to read the full notification.
- 4 Swipe up to view the notification options.
- 5 Select an option:
 - To act on the notification, select an action, such as **Dismiss** or **Reply**.
The available actions depend on the type of notification and your phone operating system. When you dismiss a notification on your phone or the Venu 3 series watch, it no longer appears in the glance.
 - To return to the notification list, swipe right.

Replying with a Customized Text Message

NOTE: This feature is available only if your watch is connected to an Android™ phone using Bluetooth technology.

When you receive a text message notification on your Venu 3 series watch, you can send a quick reply by selecting from a list of messages. You can customize messages in the Garmin Connect app.

NOTE: This feature sends text messages using your phone. Regular text message limits and charges may apply. Contact your mobile carrier for more information.

- 1 Swipe up or down to view the notifications glance.
- 2 Select the glance.
- 3 Select a text message notification.
- 4 Swipe up to view the notification options.
- 5 Select **Reply**.
- 6 Select a message from the list.
Your phone sends the selected message as a text message.

Calling from the Watch

NOTE: This feature is available only if your watch is connected to a compatible phone using Bluetooth technology.

- 1 Press .
- 2 Select **Apps > Phone**.
- 3 Select an option:
 - To dial a phone number using the dial pad, select , dial the phone number, and select .
 - To call a phone number from your contacts, select , select a contact name, and select a phone number (*Adding Contacts*, page 70).
 - To view recent calls made or received on the watch, swipe up.

NOTE: The watch does not sync with the recent calls list on your phone.

TIP: You can select  to hang up before the call connects.

Receiving an Incoming Phone Call

When you receive a phone call on your connected phone, the Venu 3 series watch displays the name or phone number of the caller.

- To accept the call, select .
- To decline the call, select .
- To decline the call and immediately send a text message reply, select , and select a message from the list.

NOTE: To send a text message reply, you must be connected to a compatible Android phone using Bluetooth technology.

Playing Audio Prompts During an Activity

You can enable your Venu 3 series watch to play motivational status announcements during a run or other activity. Audio prompts play on your connected Bluetooth headphones, if available. During an audio prompt, the watch lowers the primary audio volume to play the announcement.

NOTE: This feature is not available for all activities.

- 1 Hold .
- 2 Select **Settings > Audio Prompts**.
- 3 Select an option:
 - To hear a prompt for each lap, select **Lap Alert**.
 - To customize prompts with your pace and speed information, select **Pace/Speed Alert**.
 - To customize prompts with your heart rate information, select **Heart Rate Alert**.
 - To customize prompts with power data, select **Power Alert**.
 - To hear prompts when you start and stop the activity timer, including the Auto Pause feature, select **Timer Events**.
 - To hear workout alerts play as an audio prompt, select **Workout Alerts**.
 - To hear activity alerts play as an audio prompt, select **Activity Alerts** ([Activity Alerts, page 21](#)).
 - To change the language or the dialect of the voice prompts, select **Dialect**.
 - To change the voice of the prompts to male or female, select **Voice**.

Managing Notifications

You can use your compatible phone to manage notifications that appear on your Venu 3 series watch.

Select an option:

- If you are using an iPhone®, go to the iOS® notifications settings to select the items to show on the watch.
- If you are using an Android phone, from the Garmin Connect app, select **••• > Settings > Notifications**.

Enabling Bluetooth Notifications

Before you can enable notifications, you must pair the Venu 3 series watch with a compatible phone ([Pairing Your Phone, page 61](#)).

- 1 Hold .
- 2 Select **Settings > Notifications & Alerts > Smart Notifications**.
- 3 Select an option:
 - Select **General Use** to set preferences for notifications that appear when in watch mode.
 - Select **During Activity** to set preferences for notifications that appear when recording an activity.
 - Select **During Sleep** to turn **Do Not Disturb** on or off.
 - Select **Privacy** to set a privacy preference.

Turning Off the Bluetooth Phone Connection

You can turn off the Bluetooth phone connection from the controls menu.

NOTE: You can add options to the controls menu (*Customizing the Controls Menu*, page 35).

- 1 Hold **A** to view the controls menu.
- 2 Select  to turn off the Bluetooth phone connection on your Venu 3 series watch.
Refer to the owner's manual for your phone to turn off Bluetooth technology on your phone.

Using the Voice Assistant

To use the voice assistant, your watch must be connected to a compatible phone using Bluetooth technology (*Pairing Your Phone*, page 61). Go to garmin.com/voicefunctionality for information about compatible phones.

You can communicate with the voice assistant on your phone using the integrated speaker and microphone in your watch. Go to garmin.com/voicefunctionality/tips for tips about how to set up your voice assistant.

- 1 From any screen, hold **C**.
When connected to the voice assistant on your phone,  appears.
- 2 Say a command phrase, such as *Call Mom* or *Send a text message*.

NOTE: Communication from the voice assistant is audible only.

Turning On and Off Phone Connection Alerts

You can set the Venu 3 series watch to alert you when your paired phone connects and disconnects using Bluetooth technology.

NOTE: Phone connection alerts are turned off by default.

- 1 Hold **B**.
- 2 Select **Settings > System > Connectivity > Phone > Connected Alerts**.

Finding Your Phone

You can use this feature to help locate a lost phone that is paired using Bluetooth technology and currently within range.

- 1 Hold **A**.
- 2 Select .
Signal strength bars appear on the Venu 3 series screen, and an audible alert sounds on your phone. The bars increase as you move closer to your phone.
- 3 Press **B** to stop searching.

Locating a Phone Lost During a GPS Activity

Your Venu 3 series watch automatically stores a GPS location when Bluetooth technology on your paired phone is disconnected during a GPS activity. You can use this feature to help locate a phone that is lost during an activity.

- 1 Start a GPS activity.
- 2 When prompted to navigate to the last known location of your device, select .
- 3 Orient yourself so the bearing pointer turns green, which indicates your direction of travel.
- 4 Swipe down to reconnect your watch with your phone (optional).
An audible alert sounds on your phone.
- 5 Navigate to your phone.
- 6 When your watch is within Bluetooth range of your phone, the Bluetooth signal strength appears on the screen.

The signal strength increases as you move closer to your phone.

Turning Off Find My Phone Alerts

- 1 Hold **B**.
- 2 Select **Settings > System > Connectivity > Phone > Find My Phone Alerts**.

Using Do Not Disturb Mode

You can use do not disturb mode to turn off vibrations and the display for alerts and notifications (*Customizing the Display Settings*, page 72). For example, you can use this mode while sleeping or watching a movie.

- To manually turn on or off do not disturb mode, hold **A**, and select **⊖**.
- To automatically turn on do not disturb mode during your sleep hours, open the device settings in the Garmin Connect app, and select **Notifications and Alerts > Smart Notifications > During Sleep**.

Wi-Fi Connectivity Features

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

Audio content: Allows you to sync audio content from third-party providers.

Software updates: You can download and install the latest software.

Workouts and training plans: You can browse for and select workouts and training plans on the Garmin Connect site. The next time your watch has a Wi-Fi connection, the files are sent to your watch.

Connecting to a Wi-Fi Network

You can connect to a Wi-Fi network from your watch, through the Garmin Connect app on your phone, or through the Garmin Express application on your computer (*Using Garmin Connect on Your Computer*, page 66).

To sync your watch with a third-party music provider, you must connect to a Wi-Fi network. Connecting the watch to a Wi-Fi network also helps to increase the transfer speed of larger files.

- 1 Move within range of a Wi-Fi network.
- 2 To connect from the Garmin Connect app, select **••• > Garmin Devices**, and select your watch.
- 3 Select **System > Connectivity > Wi-Fi > My Networks > Add a Network**.
- 4 Select an available Wi-Fi network, and enter the login details.

Phone and Bluetooth Settings

Hold **B**, and select **Settings > System > Connectivity > Phone**.

Status: Displays the current Bluetooth connection status and allows you to turn Bluetooth technology on or off.

Connected Alerts: Alerts you when your paired phone connects and disconnects.

Pair Phone: Connects your device with a compatible phone equipped with Bluetooth technology.

Sync: Allows you to transfer the data between your device and the Garmin Connect app.

Call Audio: Allows you to enable or disable call audio on your watch.

Phone Apps and Computer Applications

You can connect your watch to multiple Garmin phone apps and computer applications using the same Garmin account.

Garmin Connect

Your Garmin Connect account allows you to track your performance and connect with your friends. It gives you the tools to track, analyze, share, and encourage each other. You can record the events of your active lifestyle, including runs, walks, rides, swims, hikes, golf games, and more.

You can create your free Garmin Connect account when you pair your watch with your phone using the Garmin Connect app. You can also create an account when you set up the Garmin Express application (garmin.com/express).

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

Analyze your data: You can view more detailed information about your fitness and outdoor activities, including time, distance, heart rate, calories burned, cadence, an overhead map view, and pace and speed charts. You can view more detailed information about your golf games, including scorecards, statistics, and course information. You can also view customizable reports.

NOTE: To view some data, you must pair an optional wireless sensor with your watch ([Pairing Your Wireless Sensors](#), page 54).



Track your progress: You can track your daily steps, join a friendly competition with your connections, and meet your goals.

Share your activities: You can connect with friends to follow each other's activities or share links to your activities.

Manage your settings: You can customize your watch and user settings on your Garmin Connect account.

Using the Garmin Connect App

After you pair your watch with your phone ([Pairing Your Phone](#), page 61), you can use the Garmin Connect app to upload all of your activity data to your Garmin Connect account.

1 Verify the Garmin Connect app is running on your phone.

2 Bring your watch within 10 m (30 ft.) of your phone.

Your watch automatically syncs your data with the Garmin Connect app and your Garmin Connect account.

Updating the Software Using the Garmin Connect App

Before you can update your watch software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the watch with a compatible phone ([Pairing Your Phone](#), page 61).

Sync your watch with the Garmin Connect app ([Using the Garmin Connect App](#), page 65).

When new software is available, the Garmin Connect app automatically sends the update to your watch.

The update is applied when you are not actively using the watch. When the update is complete, your watch restarts.

Using Garmin Connect on Your Computer

The Garmin Express application connects your watch to your Garmin Connect account using a computer. You can use the Garmin Express application to upload your activity data to your Garmin Connect account and to send data, such as workouts or training plans, from the Garmin Connect website to your watch. You can also add music to your watch (*Downloading Personal Audio Content*, page 58). You can also install software updates and manage your Connect IQ apps.

- 1 Connect the watch to your computer using the USB cable.
- 2 Go to garmin.com/express.
- 3 Download and install the Garmin Express application.
- 4 Open the Garmin Express application, and select **Add Device**.
- 5 Follow the on-screen instructions.

Updating the Software Using Garmin Express

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.
NOTE: If you have already set up your device with Wi-Fi connectivity, Garmin Connect can automatically download available software updates to your device when it connects using Wi-Fi.

Manually Syncing Data with Garmin Connect

NOTE: You can add options to the controls menu (*Customizing the Controls Menu*, page 35).

- 1 Hold **(A)** to view the controls menu.
- 2 Select **Sync**.

Connect IQ Features

You can add Connect IQ apps, glances, music providers, watch faces, and more to your watch using the Connect IQ store on your watch or phone (garmin.com/connectiqapp).

Watch Faces: Customize the appearance of the clock.

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

Data Fields: 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.

Music: Add music providers to your watch.

Downloading Connect IQ Features

Before you can download features from the Connect IQ app, you must pair your Venu 3 series watch with your phone (*Pairing Your Phone*, page 61).

- 1 From the app store on your phone, install and open the Connect IQ app.
- 2 If necessary, select your watch.
- 3 Select a Connect IQ feature.
- 4 Follow the on-screen instructions.

Downloading Connect IQ Features Using Your Computer

- 1 Connect the watch to your computer using a USB cable.
- 2 Go to apps.garmin.com, and sign in.
- 3 Select a Connect IQ feature, and download it.
- 4 Follow the on-screen instructions.

Garmin Messenger App

WARNING

Before you can use certain inReach® features of the Garmin Messenger app, including SOS, tracking, and inReach Weather, you must have an active satellite subscription and a connected inReach device. Always test the app before you use it outdoors.

With an inReach subscription and a connected inReach device, you can use the Garmin Messenger app for tracking, SOS, inReach Weather, and managing your service plan. You can also use the app to message other inReach device users, as well as friends and family. The app works over both the Iridium® satellite network and the internet (using a wireless connection or cellular data on your phone). Messages sent using a wireless connection or cellular data on your phone do not incur data charges or additional charges on your inReach subscription. Messages received may incur charges if message delivery is attempted over both the Iridium satellite network and the internet. Standard text messaging rates for your cellular data plan apply.

Without an inReach subscription, the app also provides a messaging experience for friends and family. Anyone can download the app and connect their phone, allowing them to communicate with other app users over the internet (no login is required). App users can also create group messaging threads with other SMS phone numbers. New members added to the group message can download the app to see what others are saying.

You can download the Garmin Messenger app from the app store on your phone (garmin.com/messengerapp).

Using the Messenger Feature

CAUTION

The non-satellite messaging features of the Garmin Messenger app alone should not be relied on as a primary method to obtain emergency assistance.

NOTICE

To use the Messenger feature, your Venu 3 series watch must be connected to the Garmin Messenger app on your compatible phone using Bluetooth technology.

The Messenger feature on your watch allows you to view, compose, and reply to messages from the Garmin Messenger phone app.

- 1 From the watch face, swipe up or down to view the **Messenger** glance.

TIP: The Messenger feature is available as a glance or app menu option on your watch.

- 2 Select the glance to open it.
- 3 If this is your first time using the **Messenger** feature, scan the QR code with your phone, and follow the on-screen instructions to complete the pairing and setup process.
- 4 On your watch, select an option:
 - To compose a new message, select **New Message**, select a recipient, and either select a pre-defined message or compose your own.
 - To view a conversation, swipe up or down, and select a conversation.
 - To reply to a message, select a conversation, select **Reply**, and either select a pre-defined message or compose your own.

Garmin Golf App

The Garmin Golf app allows you to upload scorecards from your Venu 3 series device to view detailed statistics and shot analyses. Golfers can compete with each other at different courses using the Garmin Golf app. More than 43,000 courses have leaderboards that anyone can join. You can set up a tournament event and invite players to compete. With a Garmin Golf membership, you can view green contour data on your phone.

The Garmin Golf app syncs your data with your Garmin Connect account. You can download the Garmin Golf app from the app store on your phone (garmin.com/golfapp).

Safety and Tracking Features

CAUTION

The safety and tracking features 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.

Incident detection is not available when the watch is in wheelchair mode.

NOTICE

To use the safety and tracking features, the Venu 3 series watch must be connected to the Garmin Connect app using Bluetooth technology. Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. You can enter emergency contacts in your Garmin Connect account.

For more information about safety and tracking features, go to garmin.com/safety.

Assistance: Allows you to send a message with your name, LiveTrack link, and GPS location (if available) to your emergency contacts.

Incident Detection: When the Venu 3 series watch detects an incident during certain outdoor activities, the watch sends an automated message, LiveTrack link, and GPS location (if available) 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 web page.

Adding Emergency Contacts

Emergency contact phone numbers are used for the safety and tracking features. One phone number from your emergency contacts or an emergency services phone number, such as 911, can be used as your emergency calling number.

- 1 From the Garmin Connect app, select **•••**.
- 2 Select **Safety & Tracking > Safety Features > Emergency Contacts > Add Emergency Contacts**.
- 3 Follow the on-screen instructions.

Your emergency contacts receive a notification when you add them as an emergency contact, and can accept or decline your request. If a contact declines, you must choose another emergency contact.

Incident Detection

CAUTION

Incident detection is a supplemental feature available only for certain outdoor activities. Incident detection should not be relied on as a primary method to obtain emergency assistance.

Incident detection is not available when the watch is in wheelchair mode.

NOTICE

Before you can enable incident detection on your watch, you must set up emergency contacts in the Garmin Connect app ([Adding Emergency Contacts, page 68](#)). Your paired phone 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 emails or text messages (standard text messaging rates may apply).

Turning Incident Detection On and Off

NOTE: Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available.

Before you can enable incident detection on your watch, you must set up emergency contacts in the Garmin Connect app ([Adding Emergency Contacts, page 68](#)). Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

- 1 From the watch face, hold **B**.
- 2 Select **Settings > Safety & Tracking > Incident Detection**.
- 3 Select an activity.

NOTE: Incident detection is available only for certain outdoor activities.

When an incident is detected by your Venu 3 series watch and your phone is connected, the Garmin Connect app can send an automated text message and email with your name and GPS location (if available) to your emergency contacts. A message appears on your watch and paired phone indicating your contacts will be informed after 15 seconds have elapsed. If assistance is not needed, you can cancel the automated emergency message. If an emergency calling phone number has been designated, you also have the option to call that phone number from your watch.

Requesting Assistance

⚠ CAUTION

Assistance 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.

NOTICE

Before you can request assistance, you must set up emergency contacts in the Garmin Connect app ([Adding Emergency Contacts, page 68](#)). Your paired phone 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 emails or text messages (standard text messaging rates may apply). If an emergency calling phone number has been designated, you have the option to call that phone number from your watch.

- 1 Hold **A**.
- 2 When you feel three vibrations, release the button to activate the assistance feature.
The countdown screen appears.
- 3 If necessary, select an option before the countdown is complete:
 - To send a customized message with your request, select .
 - To call your emergency calling phone number, select .
 - To cancel the message, select **X**.

Turning On LiveTrack

Before you can start your first LiveTrack session, you must set up contacts in the Garmin Connect app ([Adding Emergency Contacts, page 68](#)).

- 1 Hold **B**.
- 2 Select **Settings > Safety & Tracking > LiveTrack**.
- 3 Select **Auto Start > On** to start a LiveTrack session each time you start an outdoor activity.

Adding Contacts

You can add up to 50 contacts to the Garmin Connect app. Contact emails can be used with the LiveTrack feature.

Three of these contacts can be used as emergency contacts.

One phone number from your emergency contacts or an emergency services phone number, such as 911, can be used as your emergency calling number ([Adding Emergency Contacts, page 68](#)).

- 1 From the Garmin Connect app, select **•••** > **Contacts**.
- 2 Follow the on-screen instructions.

After you add contacts, you must sync your data to apply the changes to your Venu 3 series watch ([Using the Garmin Connect App, page 65](#)).

Clocks

Setting an Alarm

You can set multiple alarms. You can set each alarm to occur once or to repeat regularly.

- 1 Hold **(B)**.
- 2 Select **Clocks** > **Alarms** > **Add Alarm**.
- 3 Enter a time.
- 4 Select the alarm.
- 5 Select **Repeat**, and select an option.
- 6 Select **Sounds**, and select an option.
- 7 Select **Label**, and select a description for the alarm.

Deleting an Alarm

- 1 Hold **(B)**.
- 2 Select **Clocks** > **Alarms**.
- 3 Select an alarm, and select **Delete**.

Using the Stopwatch

- 1 Hold **(B)**.
- 2 Select **Clocks** > **Stopwatch**.
- 3 Press **(A)** to start the timer.
- 4 Press **(B)** to restart the lap timer.
The total stopwatch time continues running.
- 5 Press **(A)** to stop the timer.
- 6 Select an option:
 - To reset the timer, swipe down.
 - To save the stopwatch time as an activity, swipe up, and select **Save**.
 - To review the lap timers, swipe up, and select **Review Laps**.
 - To exit the stopwatch, swipe up, and select **Done**.

Starting the Countdown Timer

- 1 Hold **(B)**.
- 2 Select **Clocks** > **Timer**.
- 3 Enter the time, and select **✓**.
- 4 Press **(A)**.

Syncing the Time with GPS

Each time you turn on the watch and acquire satellites, the watch 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 **(B)**.
- 2 Select **Clocks > Time > Time Sync**.
- 3 Wait while the watch locates satellites (*Acquiring Satellite Signals, page 79*).

Setting the Time Manually

By default, the time is set automatically when the Venu 3 series watch is paired with a phone.

- 1 Hold **(B)**.
- 2 Select **Clocks > Time > Time Source > Manual**.
- 3 Select **Time**, and enter the time of day.

Customizing the Watch

System Settings

Hold **(B)**, and select **Settings > System**.

Display: Sets the display timeout and brightness (*Customizing the Display Settings, page 72*).

Sounds: Sets the watch volume and sounds, such as button and system tones (*Sound Settings, page 72*).

Vibration: Turns vibration on or off and sets the vibration intensity.

Battery Manager: Allows you to monitor battery usage and enable Battery Saver to extend battery life (*Battery Manager Settings, page 72*).

Connectivity: Allows you to pair your phone and manage phone and Wi-Fi settings (*Phone and Bluetooth Settings, page 64*).

Format: Sets the measurement units used to display data (*Changing the Units of Measure, page 72*).

Data Recording: Sets how the device records activity data. The Smart recording option (default) allows for longer activity recordings. The Every Second recording option provides more detailed activity recordings, but may require you to charge the battery more frequently.

Auto Lock: Allows you to lock the buttons and touchscreen automatically to prevent accidental button presses and touchscreen swipes. Use the During Activity option to lock the buttons and touchscreen during a timed activity. You can hold any button to unlock the touchscreen.

Language: Sets the language displayed on the watch.

Reset: Allows you to reset the default settings or delete personal data and reset the settings (*Resetting All Default Settings, page 79*).

NOTE: If you have set up a Garmin Pay wallet, restoring default settings also deletes the wallet from your device.

Software Update: Allows you to check for software updates.

About: Displays the unit ID, software version, regulatory information, and license agreement.

Customizing the Display Settings

- 1 Hold **(B)**.
- 2 Select **Settings > System > Display**.
- 3 Turn **Large Fonts** on to increase the size of the text on the screen.
- 4 Select **Brightness** to set the brightness level of the screen.
- 5 Select **General Use** or **During Activity**.
- 6 Select an option:
 - Select **Timeout** to set the length of time before the screen turns off.
 - Select **Always On** to keep the watch face data visible and turn down the brightness and background. This option impacts the battery and display life (*About the AMOLED Display, page 73*).
 - Select **Gesture** to turn on the screen by raising and turning your arm to look at your wrist.
 - Select **Sensitivity** to adjust the gesture sensitivity to turn on the display more or less often.
 - Select **Red Shift** to turn the screen to shades of red so that you can use the watch in low light conditions and help preserve your night vision.
- 7 Select **During Sleep > Watch Face** to choose a sleep watch face with minimal, dim settings or to keep the default watch face on during your defined sleep window.

Sound Settings

Hold **(B)**, and select **Settings > System > Sounds**.

Volume: Sets the volume for voice and system tones. You can also select Mute to silence all sounds.

System Tones: Turns the system tones on, off, or on only during an activity.

Button Tones: Turns the button tones on or off.

Battery Manager Settings

Hold **(B)**, and select **Settings > System > Battery Manager**.

Battery Saver: Turns off certain features to maximize battery life.

Battery %: Displays the battery life as a remaining percentage.

Battery Est.: Displays the battery life as a remaining time estimate.

Changing the Units of Measure

You can customize units of measure for distance, pace and speed, elevation, and more.

- 1 Hold **(B)**.
- 2 Select **Settings > System > Format**.
- 3 Select an option.
 - Select **Units** to set the primary units of measure for the watch.
 - Select **Pace/Speed** to display your pace or speed in miles or kilometers during a timed activity.

Time Zones

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

Calibrating the Barometer

Your watch was already calibrated at the factory, and the watch uses automatic calibration at your GPS starting point by default. You can manually calibrate the barometer if you know the correct elevation or the correct sea level pressure.

- 1 Hold **(B)**.
- 2 Select **Settings > Watch Sensors > Barometer**.
- 3 Select an option:
 - To enter the current elevation and sea level pressure (optional), select **Manual**.
 - To calibrate automatically from your GPS starting point, select **Use GPS**.

Garmin Connect Settings

You can change your watch settings from your Garmin Connect account, using either the Garmin Connect app or the Garmin Connect website. Some settings are available only using your Garmin Connect account and cannot be changed on your watch.

- From the Garmin Connect app, select **••• > Garmin Devices**, and select your watch.
- From the devices widget in the Garmin Connect application, select your watch.

After customizing settings, sync your data to apply the changes to your watch ([Using the Garmin Connect App, page 65](#), [Using Garmin Connect on Your Computer, page 66](#)).

Device Information

About the AMOLED Display

By default, the watch settings are optimized for battery life and performance ([Maximizing Battery Life, page 78](#)).

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 Venu 3 series display turns off after the selected timeout ([Customizing the Display Settings, page 72](#)). You can turn your wrist toward your body, tap the touchscreen, or press a button to wake the watch.

Charging the Watch

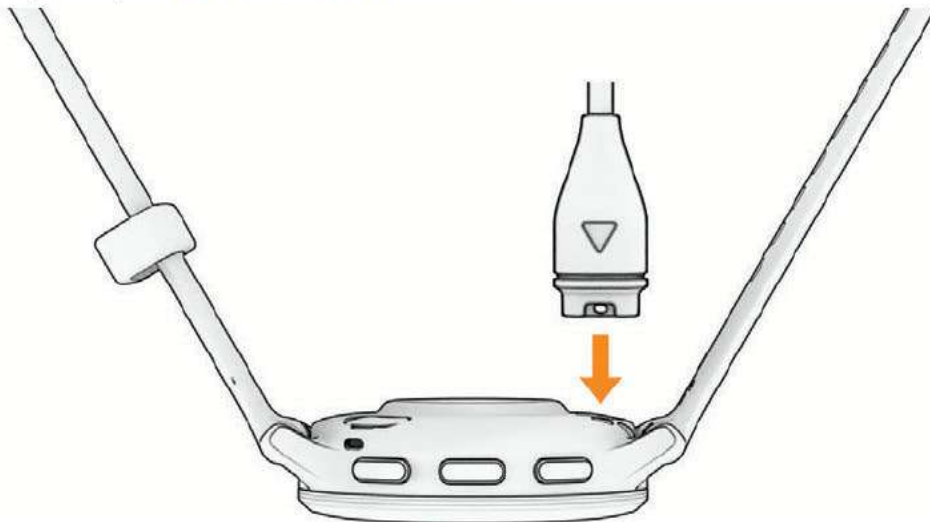
⚠ WARNING

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

NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions ([Device Care, page 75](#)).

- 1 Plug the cable (▲ end) into the charging port on your watch.



- 2 Plug the other end of the cable into a USB charging port.
The watch displays the current battery charge level.

Changing the Bands

The watch is compatible with standard quick-release bands. Venu 3S has 18 mm wide bands, and Venu 3 has 22 mm wide bands.

- 1 Slide the quick-release pin on the spring bar to remove the band.



- 2 Insert one side of the spring bar for the new band into the watch.
- 3 Slide the quick-release pin, and align the spring bar with the opposite side of the watch.
- 4 Repeat steps 1 through 3 to change the other band.

Viewing Device Information

You can view the unit ID, software version, regulatory information, and license agreement.

- 1 Hold **B**.
- 2 Select **Settings > System > About**.

Viewing E-label Regulatory and Compliance Information

The label for this device is provided electronically. The e-label may provide regulatory information, such as identification numbers provided by the FCC or regional compliance markings, as well as applicable product and licensing information.

Hold **B** for 10 seconds.

Device Care

NOTICE

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Avoid pressing the buttons under water.

Do not use a sharp object to clean the device.

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.

Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.

Keep the leather band clean and dry. Avoid swimming or showering with the leather band. Exposure to water or sweat can damage or discolor the leather band. Use silicone bands as an alternative.

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

Cleaning the Watch

⚠ CAUTION

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.

NOTICE

Even small amounts of sweat or moisture can cause corrosion of the electrical contacts when connected to a charger. Corrosion can prevent charging and data transfer.

TIP: For more information, go to garmin.com/fitandcare.

- 1 Rinse with water, or use a damp lint-free cloth.
- 2 Allow the watch to dry completely.

Cleaning the Leather Bands

- 1 Wipe the leather bands with a dry cloth.
- 2 Use a leather conditioner to clean the leather bands.

Product Updates

Your device automatically checks for updates when connected to Bluetooth or Wi-Fi. You can manually check for updates from the system settings ([System Settings, page 71](#)). On your computer, install Garmin Express (garmin.com/express). On your phone, install the Garmin Connect app.

This provides easy access to these services for Garmin devices:

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

Setting Up Garmin Express

- 1 Connect the device to your computer using a USB cable.
- 2 Go to garmin.com/express.
- 3 Follow the on-screen instructions.

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to 14 days in smartwatch mode for Venu 3 Up to 10 days in smartwatch mode for Venu 3S
Operating temperature range	From -20° to 55°C (from -4° to 131°F)
Charging temperature range	From 0° to 45°C (from 32° to 113°F)
Water rating	Swim, 5 ATM ¹

Battery Life Information

The actual battery life depends on the features enabled on your watch, such as activity tracking, wrist-based heart rate, phone notifications, GPS, and connected sensors.

Mode	Venu 3S Battery Life	Venu 3 Battery Life
Smartwatch mode with activity tracking and continuous wrist-based heart rate	Up to 10 days	Up to 14 days
Smartwatch mode with battery saver	Up to 20 days	Up to 26 days
GPS Only mode	Up to 21 hr.	Up to 26 hr.
All Systems GPS mode	Up to 15 hr.	Up to 20 hr.
All Systems GPS mode with music playback	Up to 8 hr.	Up to 11 hr.
Always On display mode	Up to 5 days	Up to 5 days

¹ The device withstands pressure equivalent to a depth of 50 m. For more information, go to www.garmin.com/waterrating.

Troubleshooting

Is my phone compatible with my watch?

The Venu 3 series watch is compatible with phones using Bluetooth technology.

Go to garmin.com/ble for Bluetooth compatibility information.

Go to garmin.com/voicefunctionality for voice functionality compatibility information.

My phone will not connect to the watch

If your phone will not connect to the watch, you can try these tips.

- Turn off your phone and your watch, and turn them back on again.
- Enable Bluetooth technology on your phone.
- Update the Garmin Connect app to the latest version.
- Remove your watch from the Garmin Connect app and the Bluetooth settings on your phone to retry the pairing process.
- If you bought a new phone, remove your watch from the Garmin Connect app on the phone you intend to stop using.
- Bring your phone within 10 m (33 ft.) of the watch.
- On your phone, open the Garmin Connect app, select  or , and select **Garmin Devices > Add Device** to enter pairing mode.
- From the watch face, hold , and select **Settings > System > Connectivity > Phone > Pair Phone**.

My headphones will not connect to the watch

If your Bluetooth headphones were previously connected to your phone, they may connect to your phone automatically instead of connecting to your watch. You can try these tips.

- Turn off Bluetooth technology on your phone.
Refer to the owner's manual for your phone for more information.
- Stay 10 m (33 ft.) away from your phone while connecting your headphones to your watch.
- Pair your headphones with your watch (*Connecting Bluetooth Headphones*, page 59).

My music cuts out or my headphones won't stay connected

When using a Venu 3 series watch connected to Bluetooth headphones, the signal is strongest when there is a direct line of sight between the watch and the antenna on the headphones.

- If the signal passes through your body, you may experience signal loss or your headphones may become disconnected.
- If you wear your Venu 3 series watch on your left wrist, you should make sure the headphone's Bluetooth antenna is on your left ear.
- Since headphones vary by model, you can try wearing the watch on your other wrist.
- If you are using metal or leather watch bands, you can switch to silicone watch bands to improve signal strength.

My watch is in the wrong language

You can change the language selection if you have accidentally selected the wrong language on the watch.

- 1 Hold .
- 2 Scroll down to the last item in the list, and select it.
- 3 Scroll down to the last item in the list, and select it.
- 4 Scroll down to the ninth item in the list, and select it.
- 5 Select your language.

My watch does not display the correct time

The watch updates the time and date when it syncs with your phone or when the watch acquires GPS signals. You should sync your watch to receive the correct time when you change time zones and to update for daylight saving time.

- 1 Hold **(B)**, and select **Clocks > Time**.
- 2 Verify the **Auto** option for **Time Source** is enabled.
- 3 Select an option:
 - To sync the time with your phone, select **Time Sync** and wait while your watch automatically starts syncing with your phone.
 - To sync time using satellite signals, select **Time Sync > Use GPS**, go outdoors to an open area with a clear view of the sky, and wait while the watch acquires satellite signals.

The heart rate on my watch is not accurate

For more information on your heart rate sensor, go to garmin.com/heartrate.

Maximizing Battery Life

You can do several things to extend the life of the battery.

- Turn on **Battery Saver** (*Battery Manager Settings, page 72*).
- Stop using the **Always On** display timeout option, and select a shorter display timeout (*Customizing the Display Settings, page 72*).
- Reduce the display brightness (*Customizing the Display Settings, page 72*).
- Switch from a live watch face to a watch face with a static background (*Changing the Watch Face, page 23*).
- Turn off Bluetooth technology when you are not using connected features (*Turning Off the Bluetooth Phone Connection, page 63*).
- Turn off activity tracking (*Activity Tracking Settings, page 40*).
- Limit the type of phone notifications (*Managing Notifications, page 62*).
- Stop broadcasting heart rate data to paired Garmin devices (*Broadcasting Heart Rate to Garmin Devices, page 47*).
- Turn off wrist-based heart rate monitoring (*Turning Off the Wrist-based Heart Rate Monitor, page 47*).
- Turn off automatic pulse oximeter readings (*Changing the Pulse Oximeter Tracking Mode, page 51*).

Restarting the Watch

If the watch stops responding, you may need to restart it.

NOTE: Restarting the watch may erase your data or settings.

- 1 Hold **(A)** for 15 seconds.
The watch turns off.
- 2 Hold **(A)** for one second to turn on the watch.

Resetting All Default Settings

Before you reset all default settings, you should sync the watch with the Garmin Connect app to upload your activity data.

You can reset all of the watch settings to the factory default values.

- 1 Hold **B**.
- 2 Select **Settings > System > Reset**.
- 3 Select an option:
 - To reset all of the watch settings to the factory default values, including user profile data, but save activity history and downloaded apps and files, select **Reset Default Settings**.
 - To reset all of the watch settings to the factory default values and delete all user-entered information and activity history, select **Delete Data and Reset Settings**.

NOTE: If you have set up a Garmin Pay wallet, this option deletes the wallet from your watch. If you have music stored on your watch, this option deletes your stored music.

Acquiring Satellite Signals

The watch may need a clear view of the sky to acquire satellite signals.

- 1 Go outdoors to an open area.

The front of the watch should be oriented toward the sky.
- 2 Wait while the watch locates satellites.

It may take 30 to 60 seconds to locate satellite signals.

Improving GPS Satellite Reception

- Frequently sync the device to your Garmin account:
 - Connect your device to a computer using the USB cable and the Garmin Express application.
 - Sync your device to the Garmin Connect app using your Bluetooth enabled phone.
 - Connect your device to your Garmin account using a Wi-Fi wireless network.

While connected to your Garmin 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.

Activity Tracking

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

My step count does not seem accurate

If your step count does not seem accurate, you can try these tips.

- Wear the watch on your non-dominant wrist.
- Carry the watch in your pocket when pushing a stroller or lawn mower.
- Carry the watch in your pocket when actively using your hands or arms only.

NOTE: The watch may interpret some repetitive motions, such as washing dishes, folding laundry, or clapping your hands, as steps.

The floors climbed amount does not seem accurate

Your watch uses an internal barometer to measure elevation changes as you climb floors. A floor climbed is equal to 3 m (10 ft.).

- Locate the small barometer holes on the back of the watch, near the charging contacts, and clean the area around the charging contacts.

The barometer performance may be affected if the barometer holes are obstructed. You can rinse the watch with water to clean the area.

After cleaning, allow the watch to dry completely.

- Avoid holding handrails or skipping steps while climbing stairs.
- In windy environments, cover the watch with your sleeve or jacket as strong gusts can cause erratic readings.

Exiting Demo Mode

Demo mode shows a preview of features on your watch.

- 1 Press  eight times.
- 2 Select .

Getting More Information

- 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 www.garmin.com/ataccuracy.

This is not a medical device. The pulse oximeter feature is not available in all countries.

Appendix

Data Fields

Some data fields require ANT+ accessories to display data.

24-Hour Max.: The maximum temperature recorded in the last 24 hours from a compatible temperature sensor.

24-Hour Min.: The minimum temperature recorded in the last 24 hours from a compatible temperature sensor.

500M Pace: The current rowing pace per 500 meters.

Active Time: The total time of active movement for the current activity.

Average Cadence: Cycling. The average cadence for the current activity.

Average Cadence: Running. The average cadence for the current activity.

Average HR: The average heart rate for the current activity.

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

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

Average Move Time: The average move time for the current activity.

Average Pose Time: The average pose time for the current activity.

Average Speed: The average speed for the current activity.

Average Swolf: The average swolf score for the current activity. Your swolf score is the sum of the time for one length plus the number of strokes for that length ([Swim Terminology, page 7](#)).

Avg. 500M Pace: The average rowing pace per 500 meters for the current activity.

Avg. Dist./Stk.: The average distance traveled per stroke during the current activity.

Avg. Pace: The average pace for the current activity.

Avg. Power: The average power output for the current activity.

Avg. Stks./Len.: The average number of strokes per length during the current activity.

Avg. Stroke Rate: The average number of strokes per minute (spm) during the current activity.

Body Battery: Gaming. The amount of energy reserves you have remaining for the rest of the day.

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: Running. The steps per minute (right and left).

Calories: The amount of total calories burned.

Dist. Per Stroke: The distance traveled per stroke.

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

eBike Battery: The remaining battery power of an eBike.

eBike Range: The estimated distance you can travel based on the current eBike settings and remaining battery power.

Elapsed Time: 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.

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

Floors Climbed: The total number of floors climbed up for the day.

Floors Descended: The total number of floors climbed down for the day.

Floors per Minute: The number of floors climbed up per minute.

Game Power: Gaming. The estimated power remaining during the current activity.

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 %Max.: The percentage of maximum heart rate.

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).

Int. Stks./Len.: The average number of strokes per length during the current interval.

Interval Distance: The distance traveled for the current interval.

Interval Lengths: The number of pool lengths completed during the current interval.

Interval Pace: The average pace for the current interval.

Interval Swolf: The average swolf score for the current interval.

Interval Time: The stopwatch time for the current interval.

Int Strk Type: The current stroke type for the interval.

L. Lap Dist./Stk.: Paddle sports. The average distance traveled per stroke for the last completed lap.

L. Lap HR %Max.: The average percentage of maximum heart rate for the last completed lap.

L. Len. Stk. Rate: The average number of strokes per minute (spm) during the last completed pool length.

L. Len. Stk. Type: The stroke type used during the last completed pool length.

L. Len. Strokes: The total number of strokes for the last completed pool length.

L. Move HR %Max.: The average percentage of maximum heart rate for the last completed move.

Lap 500M Pace: The average rowing pace per 500 meters for the current lap.

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

Lap Cadence: Running. The average cadence for the current lap.

Lap Dist./Stk.: Paddle sports. The average distance traveled per stroke for the current lap.

Lap Distance: The distance traveled for the current lap.

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

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

Lap Pace: The average pace for the current lap.

Lap Power: The average power output for the current lap.

Lap Pushes: The number of wheelchair pushes in the current lap.

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

Lap Speed: The average speed for the current lap.

Lap Steps: The number of steps during the current lap.

Lap Time: The stopwatch time for the current lap.

Last Int. Swolf: The average swolf score for the last completed interval.

Last Lap 500M Pace: The average rowing pace per 500 meters for the last lap.

Last Lap Cadence: Cycling. The average cadence for the last completed lap.

Last Lap Cadence: Running. The average cadence for the last completed lap.

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

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

Last Lap Pace: The average pace for the last completed lap.

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

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

Last Len. Swolf: The swolf score for the last completed pool length.

Last Length Pace: The average pace for your last completed pool length.

Last Move Dist.: The distance traveled for the last completed move.

Last Move HR: The average heart rate for the last completed move.

Last Move Pace: The average pace for the last completed move.

Last Move Speed: The average speed for the last completed move.

Last Move Time: The stopwatch time for the last completed move.

Last Pose Time: The stopwatch time for the last completed pose.

Last Round Reps: The number of repetitions in the last round of the activity.

Lengths: The number of pool lengths completed during the current activity.

Main: Gaming. The primary training data screen.

Maximum Speed: The top speed for the current activity.

Moderate Minutes: The number of moderate intensity minutes.

Move Distance: The distance traveled for the current move.

Move HR: The average heart rate for the current move.

Move HR %Max.: The average percentage of maximum heart rate for the current move.

Move Pace: The average pace for the current move.

Moves: The total number of moves completed during the current activity.

Move Speed: The average speed for the current move.

Move Time: The stopwatch time for the current move.

Pace: The current pace.

Pose Time: The stopwatch time for the current pose.

Power: Cycling and running. The current power output in watts.

Pushes: The number of wheelchair pushes in the current activity.

Reps: During a gym activity, the number of repetitions in a workout set.

Respiration Rate: Your respiration rate in breaths per minute (brpm).

Rounds: The number of exercise groups performed in an activity, such as jump rope.

Set Timer: During a strength training activity, the amount of time spent in the current workout set.

Speed: The current rate of travel.

Steps: The number of steps during the current activity.

Stress: Your current stress level.

Stroke Rate: The number of strokes per minute (spm).

Strokes: The total number of strokes for the current activity.

Sunrise: The time of sunrise based on your GPS position.

Sunset: The time of sunset based on your GPS position.

Swim Time: The swimming time for the current activity, not including rest time.

Temperature: The temperature of the air. Your body temperature affects the temperature sensor. Your device must be connected to a temperature sensor for this data to appear.

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

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

Timer: The stopwatch time for the current activity.

Timer: The current time of the activity timer.

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

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

Total Minutes: The total number of intensity minutes.

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

Vigorous Minutes: The number of vigorous intensity minutes.

VO2 Max. Standard Ratings

These tables include standardized classifications for VO2 max. estimates by age and sex.

NOTE: VO2 max. is not available when the watch is in wheelchair mode.

Males	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	55.4	54	52.5	48.9	45.7	42.1
Excellent	80	51.1	48.3	46.4	43.4	39.5	36.7
Good	60	45.4	44	42.4	39.2	35.5	32.3
Fair	40	41.7	40.5	38.5	35.6	32.3	29.4
Poor	0–40	<41.7	<40.5	<38.5	<35.6	<32.3	<29.4

Females	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	49.6	47.4	45.3	41.1	37.8	36.7
Excellent	80	43.9	42.4	39.7	36.7	33	30.9
Good	60	39.5	37.8	36.3	33	30	28.1
Fair	40	36.1	34.4	33	30.1	27.5	25.9
Poor	0–40	<36.1	<34.4	<33	<30.1	<27.5	<25.9

Data reprinted with permission from The Cooper Institute. For more information, go to www.CooperInstitute.org.

Wheel Size and Circumference

When used for cycling, your speed sensor automatically detects your wheel size. If necessary, you can manually enter your wheel circumference in the speed sensor settings.

The tire size for cycling is marked on both sides of the tire. You can measure the circumference of your wheel or use one of the calculators available on the internet.

Symbol Definitions

These symbols may appear on the device or accessory labels.



WEEE disposal and recycling symbol. The WEEE symbol is attached to the product in compliance with the EU directive 2012/19/EU on Waste Electrical and Electronic Equipment (WEEE). It is intended to deter the improper disposal of this product and to promote reuse and recycling.

