



F4XRG T00

WARNING

See the *Important Safety and Product Information* guide in the GPS device product box for product warnings and other important information.

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

Getting Started

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

- 1 Charge the device (page 10).
- 2 Put on the optional monitor (page 11).
- 3 Use the device (page 3).
- 4 Upload to Garmin Connect™ (page 6).
- 5 Register your device (page 15).
- 6 Get more information (page 16).

Keys

①		Select to turn the backlight on and off. Hold to turn the device on and off.
②		Select to scroll through activity profiles, menus, summary details, and settings. Hold to scroll quickly through the settings. Select to scroll through training pages during an activity.
③	 ENTER	Select to start and stop the timer.

④	 BACK	Select to mark a new lap. Select to return to the previous screen. Hold to return to the time of day screen and lock the device.
⑤		Select to switch between the activity screen, main menu, and timer screen. Hold to send your activity to Garmin Connect.

Status Icons

Icons appear at the top of the activity profile and training screens. A flashing icon means the device is searching for a signal. A solid icon means the signal was found or the sensor is connected.

	GPS status
	Transmitter technology status
	Transmitter technology status
	Sensor status
	Sensor status
	Sensor status
	Power status

Using the device

The first fitness activity you record on your device can be a any outdoor activity. The device comes partially charged. You may need to charge the device (page 10) before using.

- 1 Hold  to turn on the device.
- 2 Select  and  to view the activity profiles.
- 3 Select **ENTER**.
The activity profile is active, and the timer page appears.

- 4 Go outside, and wait while the device locates satellites. It may take a few minutes to locate satellite signals. The satellite bars turn green.
- 5 Select  to start the timer.
- 6 Start your activity.
- 7 After you complete your activity, select  to stop the timer.
- 8 Select **Save** to save the activity and reset the timer. A summary appears.
NOTE: You can upload your activity to Garmin Connect (page 6).

Training

When you participate in training, you can use the training activity profile to quickly transition to each segment.

- 1 Select  > **Training**.
-

- 2 Select  to start the timer.
- 3 Select  at the beginning and end of each transition.
- 4 After you complete your activity, select  > **Save**.

You can record your data including distance, pace, stroke count, and stroke type.

- 1 Select  > **m**.
- 2 Select  to start the timer.
- 3 Select  at the beginning and end of each event.
- 4 After you complete your activity, select  > **Save**.

⋮

DRAFT



Garmin Connect

You can connect with your friends on Garmin Connect. Garmin Connect gives you the tools to track, analyze, share, and encourage each other. Record the events of your device. To sign up for a free account, go to www.garminconnect.com/start.

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

- 1 Connect the device to your computer using the USB cable.
- 2 Go to www.garminconnect.com/start.
- 3 Follow the on-screen instructions.

DRAFT

Your device attempts to upload your saved activity to the Garmin Connect website following each activity. You can also hold  on your device to start uploading your saved activities.

Charging the Device

WARNING

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

NOTICE

To prevent corrosion, thoroughly dry the contacts and the surrounding area before charging or connecting to a computer.

- 1 Plug the USB cable into a USB port on your computer.
- 2 Align the charger posts with the contacts on the device, and connect the charging clip  securely to the device.
- 3 Charge the device completely.
- 4 Remove the charger.

History

NOTE: When the device memory is full, your oldest data is overwritten.

Viewing History

- 1 Select **> History > Activities**.
- 2 Select an activity.
- 3 Select an option:
 - Select **Details** to view additional information about the activity.
 - Select **Laps** to select a lap and view additional information about each lap.
 - Select **Delete** to delete the selected activity.

Troubleshooting

Support and Updates

Garmin Express provides easy access to these services for Garmin devices.

- Product registration
 - Product manuals
 - Software updates
-

Getting More Information

- Go to www.garmin.com/intosports.
- Go to www.garmin.com/learningcenter.
- Go to <http://buy.garmin.com>, or contact your Garmin dealer for information about optional accessories and replacement parts.

Getting the Owner's Manual

You can get the latest owner's manual from the web.

- 1 Go to www.garmin.com/support.
- 2 Select **Manuals**.
- 3 Follow the on-screen instructions to select your product.

Resetting the Device

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

- 1 Hold  for 15 seconds.
The device turns off.
- 2 Hold  for one second to turn on the device.

Clearing User Data

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

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

- 1 Hold .
 - 2 Select **Yes** to turn off the device.
 - 3 While holding , hold  to turn on the device.
 - 4 Select **Yes**.
-

Temperature Specifications

Operating temperature range: From -20° to 60°C (from -4° to 140°F)

Charging temperature range: From 0° to 40°C (from 32° to 104°F)

DRAFT

Garmin® and the Garmin logo are trademarks of Garmin Ltd. or its subsidiaries, registered in the USA and other countries. Garmin Connect™, and Garmin Express™ are trademarks of Garmin Ltd. or its subsidiaries. These trademarks may not be used without the express permission of Garmin.

Other trademarks and trade names are those of their respective owners.

DRAFT

© 2014 Garmin Ltd. or its subsidiaries

www.garmin.com/support

July 2014

190-01765-01_01

Printed in Taiwan