F4ARGA00 Quick Start Manual

⚠ WARNING

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

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

Getting Started

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

1. Charge the device (page 6).
2. Put on the optional heart rate monitor (page 7).
3. Go for a run (page 3).
4. Upload your run to Garmin Connect™ (page 6).
5. Get more information (page 10).

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Keys

①		Select to turn the backlight on and off. Hold to turn the device on and off.
②		Select to start and stop the timer. Select to choose the highlighted menu item.
③		Select to scroll through the data screens, options, and settings.
④		Select to scroll through activity monitor data. Select to mark a new lap. Select to return to the previous screen.

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Status Icons

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
	Heart rate status
	Foot pod status

Going For a Run

The device comes partially charged. You may need to charge the device (page 6) before going for a run.

1. Put on the optional heart rate monitor (page 7).
2. Hold ⏻ to turn on the device.
3. Select 🏃.
4. Go outside, and wait while the device locates satellites.

   It may take a few minutes to locate satellite signals. When satellites are located, displays solid.
5. When using a heart rate monitor, wait while the device connects to the sensor.

   When the device detects the heart rate monitor, a message appears and ♥ displays solid.
6. Select **Start** to start the timer.
7. Go for a run.

   Time ①, distance ②, pace ③, calories burned ④, beats per minute ⑤, and heart rate zone ⑥ are recorded while the timer is running.

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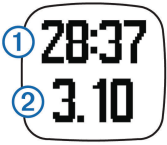

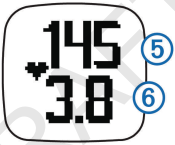

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8 After you complete your run, select 🏃 to stop the timer.

9 Select an option:

- Select **Resume** to restart the timer.

  NOTE: After a few seconds, a summary appears.
- Select **Save** to save the run and reset the timer. A summary appears.

  NOTE: You can now upload your run to Garmin Connect (page 6).
- Select **Discard** to delete the run.

Putting On the Heart Rate Monitor

NOTE: If you do not have a heart rate monitor, you can skip this task.

NOTE: The device may cause chafing when used for long periods of time. To alleviate this issue, apply an anti-friction lubricant or gel to the center of the module where it contacts your skin.

NOTICE

Do not apply anti-friction gel or lubricant on the electrodes.

Do not use gels or lubricants that contain sunscreen.

You should wear the heart rate monitor directly on your skin, just below your breastplate. It should be snug enough to stay in place during your activity.

1. Push one tab ① on the strap through the slot ② in the heart rate monitor module.

2. Press the tab down.
3. Wet the electrodes ③ on the back of the module to create a strong connection between your chest and the heart rate monitor module.

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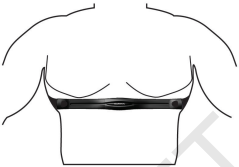
4 Wrap the strap around your chest and attach it to the other side of the heart rate monitor module.



The Garmin® logo should be right-side up.

5 Bring the device within 3 m (10 ft.) of the heart rate monitor.

After you put on the heart rate monitor, it is active and sending data.

Pairing ANT+™ Sensors

The first time you connect an ANT+ sensor to your device, you must pair the device and sensor. After the initial pairing, the device automatically connects to the sensor when you go for a run and the sensor is active and within range.

NOTE: If your device was packaged with a heart rate monitor, the device and sensor are already paired.

1 Put on the heart rate monitor (page 7).

2 Select 🏃.

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3 Bring the device within 1 cm of the center of the heart rate monitor, and wait while the device connects to the sensor.

NOTE: Stay 10 m (33 ft.) away from other ANT+ sensors while pairing.

When the device detects the heart rate monitor, a message appears and ♥ displays solid.

Turning On the Activity Monitor

The activity monitor feature records your daily step count, step goal, distance traveled, and calories burned for each recorded day. Your calories burned includes your base metabolism plus activity calories.

Select an option:

- During the initial setup, select **Yes** to turn on activity monitoring.
- Select ▽ > **Settings** > **Activity Monitor** > **Turn On**.

Your total number of steps taken during the day appears beneath the time of day. The step count is updated periodically.

TIP: You can select 🚶 to scroll through your activity monitor data.

History

You can view your last seven running sessions on your device, and you can upload and view unlimited running sessions on Garmin Connect. When the device memory is full, your oldest data is overwritten.

NOTE: Run history is not recorded while the timer is stopped or paused.

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Viewing History

1 Select ▽ > **History**.

2 Select an option:

- Select **Daily Steps** to view your step count, goal, distance traveled, and calories burned for each recorded day.
- Select **Runs** to view the date, time, distance, pace, calories burned, and lap data for your saved running sessions.

  NOTE: You can also view your average heart rate and heart rate zone for saved running sessions using an optional heart rate monitor.
- Select **Records** to view your personal record time, distance, and pace over various distances.

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Device Information

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.

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.

Temperature Specifications

Operating temperature range: From -20º to 60ºC (from -4º to 140ºF)

Charging temperature range: From 0º to 45ºC (from 32º to 113ºF)

Heart rate monitor operating temperature range: From -10° to 50°C (from 14° to 122°F)

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