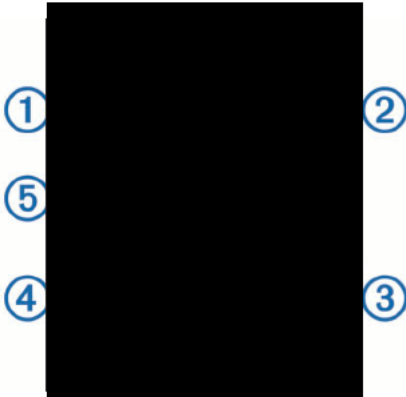GARMIN.

DRAFT

Quick Start Manual

## Getting Started

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

### Keys



| | | |
|---|---|---|
| ① | LIGHT | Select to turn the backlight on and off. |
| | | Hold to turn the device on and off. |
| ② | START STOP | Select to start or stop an activity. |
| | | Select to choose an option in a menu. |
| ③ | BACK LAP | Select to return to the previous page. |
| | | Select to record a lap or a rest during an activity. |
| ④ | DOWN | Select to scroll through the data pages, options, messages, and settings. |
| | | Select to read a long message or notification. |
| ⑤ | UP | Select to scroll through the data pages, options, messages, and settings. |
| | | Select to dismiss a short message or notification. |
| | | Hold to view the main menu. |

### Charging the Device

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

The device is powered by a built-in lithium-ion battery that you can charge using a standard wall outlet or a USB port on your computer.

1 Plug the USB end of the cable into the AC adapter or a computer USB port.
2 Plug the AC adapter into a standard wall outlet.
3 Align the hinged side of the charging cradle ① with the groove on the bottom of the device.



4 Snap the top of the charger ② onto the device.

When you connect the device to a power source, the device turns on.
5 Charge the device completely.

▯ indicates the battery charge level.

### Pairing Your Smartphone with Your ▮ Device

**NOTE:** The device cannot connect to ANT+® sensors while Bluetooth® wireless technology is turned on.

1 Bring your smartphone within 10 m (33 ft.) of your ▮ device.
2 On the ▮ device, hold ≡.
3 Select **Settings** > **Bluetooth**.
4 Complete an action:
   - If this is the first time you have paired a phone with your device, select **OK**.
   - If you have already paired another phone with your device, select **Pair Mobile Device**.
5 On your smartphone, go to the Bluetooth settings menu, and search for nearby devices.

See the smartphone owner's manual for more information.
6 Select your ▮ device from the list of nearby devices.

A passkey appears on the ▮ screen.
7 On your smartphone, enter the passkey.
8 On your ▮ device, select **Always On**, **In Activity**, or **Not in Activity**, and select **OK**.

The device turns Bluetooth wireless technology on and off automatically based on your selection.
9 Select **Show** or **Hide** to show or hide smartphone notifications on the ▮ screen.
10 Go to www.garmin.com/apps, and download the Garmin Connect™ Mobile app or the BaseCamp™ Mobile app to your smartphone (optional).

### ANT+ Sensors

Your device can be used with wireless ANT+ sensors. For more information about compatibility and purchasing optional sensors, go to http://buy.garmin.com.

#### Heart Rate Monitor

If a heart rate monitor was bundled with your device, the included heart rate monitor is already paired with your device.

If you are starting an activity that uses the heart rate monitor, you must first put it on. The monitor does not send or receive data until you put it on.

#### Putting On the Heart Rate Monitor

You should wear the heart rate monitor directly on your skin, just below your sternum. It should be snug enough to stay in place during your activity.
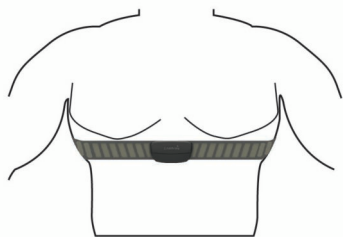
1 Snap the heart rate monitor module ① onto the strap.



The Garmin® logos (on the module and the strap) should be right-side up.
2 Wet the electrodes ② and the contact patches ③ on the back of the strap to create a strong connection between your chest and the transmitter.



3 Wear the heart rate monitor with the Garmin logos facing right-side up.

The hook ④ and loop ⑤ connection should be on your right side.

4  Wrap the strap around your chest, and connect the strap hook to the loop.

**NOTE:** Make sure the care tag does not fold over.

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

### Getting the Owner's Manual

You can get the most recent owner's manual from the web.

1  Go to ▮▮▮▮▮▮▮▮▮▮▮▮▮▮▮▮ .
2  View or download the full owner's manual in your preferred format.

## Downloadable Features

You can download features such as apps, widgets, and watch faces from Garmin and other providers using the Garmin Connect Mobile app.

### Widgets

Your device comes preloaded with widgets that provide at-a-glance information. Some widgets require a Bluetooth connection to a compatible smartphone.

**Notifications**: Alerts you to incoming calls and texts according to your smartphone notification settings.

**Calendar**: Displays upcoming meetings from your smartphone calendar.

**Weather**: Displays the current temperature and weather forecast.

**Activity Tracking**: Tracks your daily step count, step goal, distance traveled, calories burned, and sleep statistics.

**Sensor Information**: Displays information from an internal sensor or a connected ANT+ sensor.

**Compass**: Displays an electronic compass.

**Map**: Displays your location on the map.

#### Viewing Widgets

From the clock, select **UP** or **DOWN**.

## Activities

Your device can be used for outdoor, athletic, and fitness activities. When you start an activity, the device displays and records sensor data. You can save activities and share them with the Garmin Connect community.

### Starting an Activity

When you start an activity, GPS turns on automatically (if required). When you stop the activity, the device returns to watch mode.

1  Select **START**.
2  Select an activity.
3  If necessary, follow the on-screen instructions to enter additional information.
4  If necessary, wait while the device connects to your ANT+ sensors.

5  If the activity requires GPS, go outside, and wait while the device locates satellites.
6  Select **START** to start the timer.

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

### Stopping an Activity

**NOTE:** Some options are not available for some activities.

1  Select **START**.
2  Select an option:
   • To follow your track back to the starting point of your activity, select **TracBack**.
   • To resume your activity, select **Resume**.
   • To save the activity and return to watch mode, select **Save**.
   • To discard the activity and return to watch mode, select **Discard**.

## Temperature Specifications

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

▮▮ **charging temperature range**: From 5º to 40ºC (from 41º to 104ºF)

**Heart rate monitor operating temperature range**: From -5° to 50°C (from 23° to 122°F)

# www.garmin.com/support

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|---------|-------|
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| Belgium | + 32 2 672 52 54 |
| Brazil | 0800 770 4960 |
| Canada | 1-866-429-9296 |
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| Czech Republic | +420 221 985466 / +420 221 985465 |
| Denmark | + 45 4810 5050 |
| Finland | + 358 9 6937 9758 |
| France | + 331 55 69 33 99 |
| Italy | + 39 02 36 699699 |
| Mexico | (+52) 001-855-792-7671 |
| Netherlands | 0800 0233937 |
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| USA | 913-397-8200 / 1-800-800-1020 |

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