



A02293 Instructions

WARNING

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

Pairing the Monitor with Your Device

Before you can pair the monitor with your device, you must put on the monitor.

Pairing is the connecting of ANT+® wireless sensors, like your monitor, with a Garmin® compatible device.

NOTE: The pairing instructions differ for each Garmin compatible device. See your owner's manual.

- For most Garmin compatible devices, bring the device within 3 m of the monitor and use the device menu to pair manually.
- For some Garmin compatible devices, bring the device within 1 cm of the monitor to pair automatically.

TIP: Stay 10 m away from other sensors while pairing.

After you pair the first time, your Garmin compatible device automatically recognizes the monitor each time it is activated.

Specifications

Battery type	User-replaceable CR2032, 3 volts
Battery life	Up to 6 months for training (approximately 12 hours per week)
Operating temperature range	From -10° to 50°C (from 14° to 122°F)
Radio frequency/protocol	2.4 GHz wireless communications protocol
Water rating	5 ATM*

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

Limited Warranty

The Garmin standard limited warranty applies to this accessory. For more information, go to www.garmin.com/support/warranty.html.

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This product is certified. Visit /directory for a list of compatible products and apps.

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www.garmin.com/support

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