






## 04AWDG01 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

		Select to turn the backlight on and off. Hold to turn the device on and off.
	Action key	Select to start or stop an activity.

		Select to open the menu.
		Select to return to the previous screen.

## Icons

<b>GPS</b>	GPS status
	GPS signal strength
	monitor status
	pod status
	LiveTrack status
	Power meter status
	sensor status

## 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.

The charging cradle contains a magnet. Under certain circumstances, magnets may cause interference with some medical devices, including pacemakers and insulin pumps. Keep the charging cradle away from such medical devices.

### NOTICE


The charging cradle contains a magnet. Under certain circumstances, magnets may cause

damage to some electronic devices, including hard drives in laptop computers. Use caution when the charging cradle is near electronic devices.

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

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- 1 Plug the USB cable into a USB port on your computer.
- 2 Align the charger posts with the contacts on the back of the device, and press the charger  until it clicks.

- 3 Charge the device completely.

### **Pairing Your Device**

- 1 Go to [www.garmin.com/apps](http://www.garmin.com/apps), and download the Garmin Connect™ Mobile app.
- 2 Bring your device within 10 m (33 ft.) of your venu device.
- 3 On the venu device, select  >  > **Bluetooth > Pair Device.**

- 4 Open the Garmin Connect app, and follow the on-screen instructions.

## Apps

You can swipe from the home screen to access the apps on your device. Some apps require a connection to a compatible device.

**Notifications:** Alerts you to incoming notifications.

**Calendar:** Displays your day.

## Activities

Your device can be used for activities.

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## **Garmin Connect**

You can connect with your friends on Garmin Connect. Garmin Connect gives you the tools to track, analyze, and share your data. You can record the events of your active lifestyle. To sign up for a free account, go to [www.garminconnect.com/](http://www.garminconnect.com/).

### **Using Garmin Connect**

You can upload all of your activity data to Garmin Connect for comprehensive analysis. With Garmin Connect, you can view a map of

your activity, and share your activities with friends.

- 1** Connect the device to your computer using the USB cable.
- 2** Go to [www.garminconnect.com/start](http://www.garminconnect.com/start).
- 3** Follow the on-screen instructions.

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## Temperature Specifications

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

**charging temperature range:** From 0°  
to 45°C (from 32° to 113°F)

## Support and Updates

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

- Product registration
- Product manuals
- Software updates

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