



## Quick Start Manual




### Introduction



#### 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.

### Keys

①	 	Hold to turn the device on and off. Select to turn the backlight 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		<p>Select to return to the previous screen.</p> <p>Select to scroll through display screen options.</p> <p>Select to mark a new lap, when lap key function is enabled.</p>

### Turning on Activity Tracker

The activity tracking 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.

Activity tracking can be enabled during the initial device setup, or at any time.

Select **V** > **Settings** > **Activity Tracking** > **Turn On**.






Your step count does not appear until the device acquires GPS signals and sets the time automatically. The device may need a clear view of the sky to acquire GPS signals.

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 tracking data.



### Going for a Run

The device comes partially charged. You may need to charge the device (page 4) before going for a run.

- 1 Hold  to turn on the device.
- 2 Select .
- 3 Go outside, and wait while the device locates GPS signal.  
It may take a few minutes to locate GPS signals. When GPS is located,  appears solid.
- 4 Select  to start the timer.
- 5 Go for a run.
- 6 After you complete your run, select  to stop the timer.
- 7 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™.
  - Select **Discard** to delete the run.

## Putting On the Optional 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 Push one tab  of the strap through the slot  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.



- 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.

### 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 clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions in the owner's manual.

- 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 ① until it clicks.

- 3 Charge the device completely.

### **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.

### **Device Information**

#### **More Information**

Your owner's manual contains details about additional features. Go to [www.garmin.com/manuals/](http://www.garmin.com/manuals/).

- Bluetooth® notifications from your smartphone
- Pairing ANT+® sensors

- Training options
- Customizing your device

### **Temperature Specifications**

**Operating temperature range:**

From -15° to 60°C (from 5° to 140°F)

**Charging temperature range:**

From 0° to 45°C (from 32° to 113°F)

**Heart rate monitor operating temperature**

**range:** From -10 to 50 C (from 14 to 122 F)

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