GARMIN®

A02557

Quick Start Manual

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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.

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③	BACK	Select to return to the previous page. Select to record 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 MENU	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.

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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. Use the sides of the charging cradle
4. With the contacts aligned, place the device into the cradle hold the device in place.

   When you connect the device to a power source, the device turns on, and

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the battery charge level appears on the screen.

5 Charge the device completely.

Pairing with Your Device

To access the full features of your device, you must connect it to your device.

1 Go to www.garmin.com /apps.
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2 Bring your device within 10 m (33 ft.) of your device.

3 On the device, hold **MENU**.

4 Select **Settings** > .

5 Select an action:

- If this is the first time you have paired with your device, select **OK**.
- If you have already paired with your device, select **Pair Device**.

6 Open the Garmin Connect Mobile app.

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7 Select an option to add your device to your Garmin Connect account:

- If this is the first device you have paired with the Garmin app, follow the on-screen instructions.
- If you have already paired another device with the Garmin app, select ☰ > +, and follow the on-screen instructions.

Sensors

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

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Getting the Owner's Manual

You can get the latest owner's manual from the web.

1. Go to www.garmin.com/manuals.
2. View or download the full owner's manual in your preferred format.

Downloadable Features

You can download features such as apps and widgets from Garmin® and other providers using the Garmin app.

Widgets

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

Notifications: Alerts you according to your notification settings.

Calendar: Displays calendar.

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Tracking: Tracks

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

Compass: Displays an electronic compass.

Viewing Widgets

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

Activities

Your device can be used for 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, sensors turn on automatically (if required). When you stop the activity, the device returns to normal mode.

1. Select **START**.
2. Select an activity.

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3 If necessary, follow the on-screen instructions to enter additional information.

4 If necessary, wait while the device connects to your sensors.

5 If the activity requires go outside, and wait .

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 **STOP**.

2 Select an option:

- To reset your activity, select **Reset**.

  This resets the timer and clears all recorded data since you started the activity.
- To record select .
- To follow your track back to the starting

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point of your activity, select **TracBack**.

- To resume your activity, select **Resume**.
- To save the activity and return to low-power mode, select **Save**.
- To discard the activity and return to low-power mode, select **Discard**.
- To suspend your activity and resume at a later time, select **Resume Later**.

Temperature Specifications

operating

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

charging

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

sensor operating

temperature range: From -5° to 50°C (from 23° to 122°F)

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Printed in Taiwan
October 2014
www.garmin.com/support
190-01840-01_0A