

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 Select to start or STOP stop an activity. Select to choose an option in a

menu

BACK Select to return to the previous page.
 Select to record during an activity.

 DOWN Select to scroll

through the data pages, options, messages, and settings.
Select to read a long message or notification. © 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.

Getting Started

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.

- Plug the USB end of the cable into the AC adapter or a computer USB port.
- Plug the AC adapter into a standard wall outlet.
- 3 Use the sides of the charging cradle

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

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.

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

 Setting 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.
- 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.
- of 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.

Getting the Owner's Manual

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

- 1 Go to www.garmin.com/manuals.
- 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®

Downloadable Features

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

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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.

Select START.

2 Select an activity.

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**.

Q

- 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

Activities 9

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

- To resume your activity, select Resume.
- To save the activity and return to lowpower mode, select

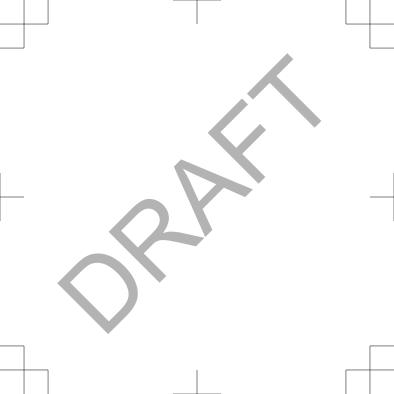
 Save
- To discard the activity and return to lowpower mode, select Discard.
- To suspend your activity and resume at a later time, select Resume Later.

Temperature Specifications

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

charging

- temperature range: From 5° to 40°C (from 41° to 104°F)
- sensor operating temperature range: From -5° to 50°C (from 23° to 122°F)



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October 2014 190-01840-01_0A

