



## Instructions

### 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.

### Charging the Device

#### NOTICE

To prevent corrosion, thoroughly dry the USB port, the weather cap, and the surrounding area before charging or connecting to a computer.

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.

**NOTE:** The device will not charge when outside the approved temperature range (page 10).

- 1 Pull up the weather cap from the USB port.
- 2 Plug the small end of the USB cable into the USB port on the device.
- 3 Plug the large end of the USB cable into an AC adapter or a computer USB port.
- 4 Plug the AC adapter into a standard wall outlet.

## 5 Charge the device completely.

The status LED flashes green while charging. The status LED is solid green when charging is complete.

## Installing the Mount

You can use the mount to install both another ® device and this device.

- 1 Select a secure location to mount another device and this device where they do not interfere with safe operation.
- 2 Use the hex key to remove the screw ① from the connector ②.

- 3 If necessary, remove the two screws on the top of the mount ③, rotate the connector, and replace the screws to change the orientation of the mount for another device.

- 4 Place the rubber pad around the mount area:
  - If the mount diameter is 25.4 mm, use the thicker pad.
  - If the mount diameter is 31.8 mm, use the thinner pad.

- 5 Place the connector around the rubber pad.
- 6 Replace and tighten the screw.  
**NOTE:** Garmin® recommends a torque specification of 7 lbf-in. (0.8 N-m). You should check the tightness of the screw periodically.
- 7 If installing another device, align the tabs on the back of the other device with the notches on the top of the mount ④.

- 8 Press down slightly and the other device and adjust until it locks into place.
- 9 Align the notches on the top of this device with the tabs on the bottom of the mount ⑤.
- 10 Press up slightly and adjust the device until it locks into place.

## Status LEDs

LED Activity	Status
Solid red	An error occurred while charging.
Alternating red and green	The device is uploading settings from Garmin Express™.
Flashing green	The device is charging.
Solid green	Charging is complete.
Flashing red	The battery is low.
Flashing blue	The device is in smart mode and can be controlled by a paired wireless remote.

## Key Functions

- Hold the device key for 1 second to turn on the device.
- With the device turned off, hold the device key for 1 second to enter smart mode.

The status LED flashes blue. The device can be controlled by a paired wireless remote or other device.

- Select the device key to cycle through the modes.
- Hold the device key for 2 seconds to turn off the device.

### **Pairing with Your other device**

- 1** Bring the other device within range (3 m) of the sensor.

**NOTE:** Stay 10 m away from other sensors while pairing. ®

- 2** Turn on the other device.
- 3** From the home screen, select **Sensors > Add Sensor.**
- 4** On the unit, hold the device key for 1 second to enter smart mode.

The status LED flashes blue.

When the sensor is paired with your other device, the status icon appears solid on the connections page.



## Device Information

### Specifications

Operating temperature range	From -20° to 50°C (from -4° to 122°F)
Charging temperature range	From 0° to 40°C (from 32° to 104°F)

## **Support and Updates**

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

- Product registration
- Product manuals
- Software updates

## **Getting the Owner's Manual**

You can get the most recent owner's manual from the web.

- 1** Go to [www.garmin.com/manuals/](http://www.garmin.com/manuals/).
- 2** View or download the full owner's manual in your preferred format.

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