

Owner's Manual

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This product is ANT+® certified. Visit www.thisisant.com/directory for a list of compatible products and apps.

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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.

Getting Started

Before you can use the device, you must set up the device on your computer or compatible mobile device.

- 1 Go to www.garminconnect.com/.
- 2 Select an option:
 - If you are using a computer to set up your device, plug the wireless USB ANT Stick™ into an empty USB port, and download and install the Garmin Express™ setup software ([Downloading the Software](#)).
 - If you are using a mobile device to set up your device, install and open the Garmin Connect™ Mobile app ([Downloading the Mobile App](#)).
- 3 Select the device key  to turn on the device.

When you turn on the device for the first time, it is in pairing mode. If your device is not in pairing mode when you turn it on, you must hold the device key until PAIR appears.

NOTE: Until you pair your device and complete the setup process, the device has limited functionality.

- 4 Follow the instructions on your computer or mobile device to pair your device and complete the setup process.

Downloading the Software

- 1 From your computer, go to www.garminconnect.com/.
- 2 Select an option:
 - If you are using a Windows® operating system, select **Download for Windows**, and follow the on-screen instructions.
 - If you are using a Mac® operating system, select **Download for Mac**, and follow the on-screen instructions.

Downloading the Mobile App

You can use the Garmin Connect Mobile app to pair your device and complete the setup process. This allows you to share and analyze data and download software updates from your mobile device. Unlike other Bluetooth® devices that are paired from the Bluetooth settings on your mobile device, your device must be paired directly through the Garmin Connect Mobile app.

NOTE: Your mobile device must support Bluetooth Smart in order to pair with your device and synchronize data. See the application store for your mobile device for compatibility information.

- 1 From your mobile device, go to www.garminconnect.com/#A.
- 2 Select **Get the App**, and follow the on-screen instructions.

Sending Data to Your Computer

Before you send data to your computer, you must plug the USB ANT Stick into a computer USB port, and you must download the Garmin Express setup software ([Downloading the Software](#)).

- 1 Bring the device within 3 m (10 ft.) of your computer.
- 2 Hold the device key until **SYNC** appears.

- 3 View your data at Garmin Connect.

Pairing Your Device with Multiple Computers

You can pair your device with multiple computers. For example, you can pair your device with your home and work computers.

- 1 Plug the USB ANT Stick into a computer USB port.
- 2 Download the Garmin Express setup software for Windows or Mac ([Downloading the Software](#)).
- 3 Hold the device key until **PAIR** appears.
- 4 Follow the instructions on your computer to pair your device and complete the setup process.
- 5 If necessary, repeat steps 1-4 for each additional computer.

NOTE: You can pair only one computer at a time.

Sending Data to Your Mobile Device

Before you can send data to your mobile device, you must pair the device with a compatible mobile device ([Downloading the Mobile App](#)).

Your device synchronizes with the Garmin Connect Mobile app periodically. You can also send data to your mobile device at any time.

- 1 Bring the device within 3 m (10 ft.) of your mobile device.
- 2 Hold the device key until **SYNC** appears.
- 3 View your data in the Garmin Connect Mobile app.


Pairing Multiple Mobile Devices

You can pair your device with multiple mobile devices. For example, you can pair your device with a smartphone and a tablet.

- 1 Install and open the Garmin Connect Mobile app on your mobile device ([Downloading the Mobile App](#)).
- 2 Hold the device key until **PAIR** appears.
- 3 Follow the instructions on your mobile device to pair your device and complete the setup process.
- 4 If necessary, repeat steps 1-3 for each additional mobile device.

NOTE: You can pair only one mobile device at a time.

Wearing the Device

- 1 Select  fits best on you.
- 2 Make sure the pegs on the clasp are fully inserted.
When both pegs are fully inserted, the device fits securely.
- 3 Turn the clasp to the locked position.
Red marks on the clasp indicate the unlocked position.

NOTE: To prevent loss, the clasp must be turned to the locked position.

- 4.

Icons

Icons appear at the bottom of the display. Each icon represents a different feature. You can select the device key to cycle through the different device features.

Device Information

Specifications

Battery type	Two user-replaceable CR1632 batteries
Battery life	Up to 1 yr.
Operating temperature range	From -10° to 60°C (from 14° to 140°F)
Radio frequency/protocol	2.4 GHz ANT+ wireless communications protocol Bluetooth Smart wireless technology
Water rating	5 ATM*

*The device withstands pressure equivalent to a depth of 50 m. For more information, go to www.garmin.com/waterrating.

Specifications

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For more information, go to www.garmin.com/waterrating.

User Replaceable Batteries

⚠ WARNING

Do not use a sharp object to remove batteries.

Keep the battery away from children.

Never put batteries in mouth. If swallowed, contact your physician or local poison control center.

Replaceable coin cell batteries may contain perchlorate material. Special handling may apply. See www.dtsc.ca.gov/hazardouswaste/perchlorate.

⚠ CAUTION

Contact your local waste disposal department to properly recycle the batteries.

Replacing the Device Batteries

1 Remove the module from the band.

- 2** Use a small Phillips screwdriver to remove the four screws on the front of the module.
- 3** Remove the cover and batteries.



- 4** Insert the new batteries.
NOTE: Do not damage or lose the gasket.
- 5** Replace the front cover and the four screws.
- 6** Insert the module into the band.
The device key on the module must be aligned with the key on the band.

After you replace the device batteries, you must pair the device with your computer or mobile device again.

Turning on the Device

Select the device key .

Device Care

NOTICE

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Avoid pressing the keys under water.

Do not use a sharp object to clean the device.

Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

Cleaning the Device

1 Wipe the device using a cloth dampened with a mild detergent solution.

2 Wipe it dry.

Caring for the Device

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- Rinse after every use.
- Hand wash occasionally, using a tiny amount of mild detergent, such as dishwashing liquid.
NOTE: Using too much detergent may damage the device.
- Do not put in a dryer.
- When drying, hang it up or lay it flat.

Troubleshooting

I don't have a computer or mobile device

You can turn on the device and use it with limited functionality, until you complete the setup process on a computer or mobile device. Prior to setup, you can use only basic functions.

Your device resets once a day.

Your device does not store any history data until setup is complete.

Set up the device on a computer or compatible mobile device ([Getting Started](#)) to use additional device features.

NOTE: Setup is a one-time process, and it allows you to use all available device features.

My device does not display the correct time

The device updates when you synchronize your device to a computer or mobile device. When you change the time zone, you should synchronize your device to the correct time.

Select an option:

- Synchronize your device to a computer ([Sending Data to Your Computer](#)).
- Synchronize your device to a mobile device ([Sending Data to Your Mobile Device](#)).

The time and date are updated automatically.

Software Update

When a software update is available, your device automatically downloads the update when you synchronize your device to your Garmin Connect account.

A countdown appears during the update process. When the update is complete, your device restarts.

Software License Agreement

BY USING THE DEVICE, YOU AGREE TO BE BOUND BY THE TERMS AND CONDITIONS OF THE FOLLOWING SOFTWARE LICENSE AGREEMENT. PLEASE READ THIS AGREEMENT CAREFULLY.

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Limited Warranty

This Garmin product is warranted to be free from defects in materials or workmanship for one year from the date of purchase. Within this period, Garmin will, at its sole option, repair or replace any components that fail in normal use. Such repairs or replacement will be made at no charge to the customer for parts or labor, provided that the customer shall be responsible for any transportation cost. This warranty does not apply to: (i) cosmetic damage, such as scratches, nicks and dents; (ii) consumable parts, such as batteries, unless product damage has occurred due to a defect in materials or workmanship; (iii) damage caused by accident, abuse, misuse, water, flood, fire, or other acts of nature or external causes; (iv) damage caused by service performed by anyone who is not an authorized service provider of Garmin; or (v) damage to a product that has been modified or altered without the written permission of Garmin, or (vi) damage to a product that has been connected to power and/or data cables that are not supplied by Garmin. In addition, Garmin reserves the right to refuse warranty claims against products or services that are obtained and/or used in contravention of the laws of any country.

Our navigation products are intended to be used only as a travel aid and must not be used for any purpose requiring precise measurement of direction, distance, location or topography. Garmin makes no warranty as to the accuracy or completeness of map data.

Repairs have a 90 day warranty. If the unit sent in is still under its original warranty, then the new warranty is 90 days or to the end of the original 1 year warranty, depending upon which is longer.

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To obtain warranty service, contact your local Garmin authorized dealer or call Garmin Product Support for shipping instructions and an RMA tracking number. Securely pack the device and a copy of the original sales receipt, which is required as the proof of purchase for warranty repairs. Write the tracking number clearly on the outside of the package. Send the device, freight charges prepaid, to any Garmin warranty service station.



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