



Quick Start Manual

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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.

Device Overview

①	Touchscreen	Swipe to scroll through features, data screens, and menus. Tap to select.
②	Device key	Hold to lock the screen and turn the device on and off. Press to open and close the menu. Press to start and stop the timer.

Screen Orientation

You can customize the screen orientation in the device settings on your Garmin Connect™ account. The device can display data in landscape or portrait orientation.

Pairing Your Smartphone

You should pair your device with a smartphone to access the full features of the device.

TIP: You can also set up the device on your computer using the Garmin Express™ application.

NOTE: Unlike other Bluetooth® devices that are paired from the Bluetooth settings on your smartphone, your device must be paired directly through the Garmin Connect Mobile app.

- 1 Go to www.garminconnect.com /, and follow the on-screen instructions to download the Garmin Connect Mobile app.
- 2 Follow the instructions on your device during the initial setup to pair your device with your smartphone.

TIP: If you did not pair your device during the initial setup, press the device key to view the menu, and select **⌘ > Pair Smartphone**.

- 3 Open the Garmin Connect Mobile app, and follow the on-screen instructions.

Your device automatically synchronizes with the Garmin Connect Mobile app periodically.

Activity Tracking and Features

Some features require a paired smartphone.

Time and date: Displays the current time and date. The time and date are set automatically when the device acquires satellite signals and when you sync your device with a smartphone.

Activity tracking: Tracks your daily step count, floors climbed, distance traveled, calories, and intensity minutes. The move bar

displays the amount of time you are inactive.

Goals: Displays your progress toward your activity goals. The device learns and proposes a new step goal for you each day. You can customize goals for daily steps, daily floors climbed, and weekly intensity minutes using your Garmin Connect account.

Rate: Displays your current rate and seven-day average rate. You can tap the screen to view a graph of your rate.

Notifications: Alerts you to notifications from your smartphone, including calls, texts, social network updates, and more, based on your smartphone notification settings.


Music controls: Provides controls for the music player on your smartphone.


VIRB® remote: Provides remote controls for a paired VIRB action camera (sold separately).




Weather: Displays the current temperature. You can tap the screen to view a four-day weather forecast.

Recording a Fitness Activity

You can record a timed activity, which can be saved and sent to your Garmin Connect account.

- 1** Press the device key to view the menu.
- 2** Select .
- 3** Select **Run**, **Cardio**, or **Other**.

TIP: You can change your location from indoor to outdoor by selecting .

- 4 If your location is set to outdoor, go outside, and wait while the device locates GPS satellites.
It may take a few minutes to locate satellite signals. When satellites are located,  appears solid.
- 5 Press the device key to start the timer.
- 6 Start your activity.
- 7 Swipe left or right to view additional data screens.
- 8 After you complete your activity, press the device key to stop the timer.
- 9 Select an option:
 - Press the device key to resume the timer.
 - Select  to save the activity and reset the timer. A summary appears.
 - Select  to delete the activity.

Wearing the Device

- Wear the device above your wrist bone.

NOTE: The device should be snug but comfortable, and it should not move while running or exercising.

- Do not damage the sensor on the back of the device.
- See the owner's manual for more information .


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  until it clicks.

- 3 Charge the device completely.

Device Information

Temperature Specifications

Operating temperature range: From -10° to 60°C (from 14° to 140°F)

Charging temperature range: From 0° to 40°C (from 32° to 104°F)

Getting the Owner's Manual

The owner's manual includes instructions for using device features and accessing regulatory information.

Go to www.garmin.com/manuals /.

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