GARMIN.

Quick Start Manual

DRAFT

Introduction

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.

Keys

①	⏻ ☀	Hold to turn the device on and off. Select to turn the backlight on and off.
②	🏃 ▶	Select to choose an activity profile. Select to start and stop the timer. Select to choose the highlighted menu item. Select to view more information.
③	V ♫	Select to scroll through the screens, pages, options, and settings. Hold to open the music controls .

④	↰	Select to return to the previous screen.
	☰	Select to mark a new lap, when the lap key function is enabled. From the time of day screen, select to view the menu.

Going for a Run

The first fitness activity you record on your device can be a run, ride, or any outdoor activity. The device comes partially charged. You may need to charge the device (page 7) before starting the activity.

1 Select 🏃, and select an activity profile.
2 Go outside, and wait while the device locates satellites.
3 Select 🏃 to start the timer.
4 Go for a run.

```
26:08
3.10
```

5 After you complete your run, select 🏃 to stop the timer.
6 Select an option:
   • Select **Resume** to restart the timer.

- Select **Save** to save the run and reset the timer. You can view a summary of the run.

Activity Tracking and Features

You can select **V** to view your steps for the day and additional screens. Some features require a ®connection to a compatible device.

Time of day: 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. The move bar displays the amount of time you are inactive.

Heart rate: Displays your current heart rate in beats per minute (bpm) and your resting heart rate for today.

Notifications: Alerts you to notifications.

Activity tracking: Tracks your daily step count, progress toward your goal, and distance traveled. The device learns and proposes a new step goal for you each day. You can customize goals using your Garmin Connect™ account.

Calories: Displays the total amount of calories burned for the current day, including both active and resting calories.

Intensity minutes: Tracks your time spent participating in moderate to vigorous intensity activities, your weekly intensity

minutes goal, and your progress toward your goal.

Last sport: Displays a brief summary of your last recorded sport and your total distance for the week.

Weather: Displays the current temperature and weather forecast.

Calendar: Displays upcoming meetings from your calendar.

Using Garmin Connect Mobile

Your Forerunner device must be paired directly through the Garmin Connect Mobile app, instead of from the settings on your device. You can pair your device with your equipment during the initial setup or through the device menu.

1 From the app store, install and open the Garmin Connect Mobile app.

   You can go o www.garminconnect.com for additional nfo mation on pairing and setup.

2 Follow the on-screen instructions to create an account using your email address, and connect the Forerunner device to your account.

3 From the device, select ☰ > **Settings** > **Phone** > **Pair Smartphone**.

After you have paired your device with the Garmin Connect Mobile app, a message appears.

Sending Data to Your Garmin Connect Account

You can upload all of your activity data to your Garmin Connect account for comprehensive analysis. You can view a map of your activity and share your activities with friends.

1 Connect the device to your computer using the USB cable.

2 Go to **www.garminconnect.com**.

3 Follow the on-screen instructions.

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.

Viewing Your Data

1 From the time of day screen, select ∨.

2 Select 🏃 to view your data for the last 4 hours.

Device 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 ① until it clicks.

3 Charge the device completely.

More Information

Your owner's manual contains details about additional features. Go to www.garmin.com/manuals/.

- notifications from your device
- Pairing   ® sensors
- Training options
- Customizing your device

Temperature Specifications

Operating temperature range: From -20º to 50ºC (from -4º to 122ºF)

Charging temperature range: From 0º to 45ºC (from 32º to 113ºF)

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