GARMIN.

Quick Start Manual

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.

Setting Up Your Device with the App

To use the connected features of the device, it must be paired directly through the Garmin Connect™ Mobile app, instead of from the wireless ® settings on your smartphone.

1 From the app store on your smartphone, install the Garmin Connect Mobile app.

2 Pinch the sides of the charging clip to open the arms on the clip.

3 Align the clip with the contacts and release the arms of the clip.

4 Plug the USB cable into a power source to turn on and charge the device (page 7).

NOTE: The device ships in low power mode. The first time you use the device, you must plug it into a power source to turn it on.

5 Open the Garmin Connect Mobile app, and follow the instructions to complete the pairing and setup process.

After you pair successfully, the device restarts. Your device syncs automatically when you open the Garmin Connect Mobile app.

Using the Device

Double tap	Double tap the touchscreen ① to wake the device.
	NOTE: The screen turns off when not in use. When the screen is off, the device is still active and recording data.
	In activity mode, double tap the touchscreen to start and stop an activity.
Wrist gesture	Rotate and lift your wrist toward your body to turn the screen on. Rotate your wrist away from your body to turn the screen off.
Hold	Hold the touchscreen to open and close the menu.
Swipe	Swipe the touchscreen to scroll through widgets and menu options.

Tap	Tap the touchscreen to make a selection. Tap ↰ to return to the previous screen.

Widgets

Your device comes preloaded with widgets that provide at-a-glance information. You can tap widgets to view additional information, such as a graph of your sensor data and your total for the previous day. Some widgets require a paired smartphone.

NOTE: You can use the Garmin Connect Mobile app to customize the display and add or remove widgets, such as controls for your smartphone.

Time and date	The current time and date. The device updates the time and date when you sync your device with a smartphone or computer.

You can view the event type and duration on your Garmin Connect timeline, but they do not appear in your activities list, snapshots, or newsfeed. The Move IQ feature can automatically start a timed activity for walking and running. You can view the full details of timed activities on your Garmin Connect account.

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 Pinch the sides of the charging clip ① to open the arms on the clip.

2 Align the clip with the contacts ②, and release the arms of the clip.

3 Plug the USB cable into a power source.

4 Charge the device completely.

Temperature Specifications

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

Charging temperature range: From 0° to 45°C (from 32° to 113°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**