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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.

Waking Up

Wake up by shaking it vertically or running a few steps.

Pairing with Your Compatible Device

Pairing is the connecting of this [®] wireless sensors with a compatible device. This procedure contains instructions.

[®]If you have another compatible device, see your owner's manual.

- 1 Wake up the device.

- 2 From the compatible device, select **■** , and select a run profile.
- 3 Bring the devices close to each other.
- 4 Wait while the devices connect.
If necessary, you can select **Menu > Settings > Sensors and Accessories > Add New > Search All** to pair and manage wireless sensors.

A message appears, indicates that the device is connected.

After the initial pairing, the device automatically connects to each other when you use them and the device is active and within range.

Dynamics

You can use the device with your other compatible device to provide real-time feedback about your activity. The device has an internal sensor that measures movement in order to calculate six metrics.

NOTE: The dynamics features are available on only some Garmin® devices.

Specifications

Battery type	User-replaceable CR1632
Battery life	1 yr. (approximately 1 hr./day)

Operating temperature range	From -10 to 50 C (from 14 to 122 F)
Radio frequency/protocol	2.4 GHz ANT+ wireless communications protocol
Water rating	1 ATM*

*The device withstands pressure equivalent to a depth of 10 m. For more information, go to www.garmin.com/waterrating.

Replacing the Battery

- 1 Remove the device from the flexible silicone covering by stretching the material.

- 2 On the back of the device, twist the cover ① counter-clockwise to unlock it.

- 3 Remove the cover and the battery ②.

TIP: You can use a piece of tape or a magnet to remove the battery from the cover.

- 4 Wait 30 seconds.

- 5 Insert the new battery into the cover, observing polarity.

NOTE: Do not damage or lose the O-ring gasket.

- 6 Replace the cover, and rotate clockwise to lock it.

NOTE: Do not pinch the O-ring gasket. The O-ring gasket should not be visible when the cover is locked.

- 7 Insert the device into the flexible silicone clip by stretching the material around the device.

The icon on the device must be aligned with the other icon.

Device Care

NOTICE

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

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

Cleaning the Device

NOTICE

Avoid washing the device in the washing machine. The device is designed to withstand occasional, accidental machine washing at a medium or cool temperature. Frequent machine washing, hot washing temperatures, or the dryer may damage the device.



- 1 Wipe the device using a cloth dampened with a mild detergent solution.
- 2 Wipe it dry.

AVERTISSEMENT

Consultez le guide *Informations importantes sur le produit et la sécurité* inclus dans l'emballage du produit pour prendre connaissance des avertissements et autres informations sur le produit.