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.

Using the Watch

• Hold **LIGHT** to view the controls menu.

  The controls menu provides quick access to frequently used functions, such as opening the Garmin Pay™ wallet, turning on do not disturb mode, and turning the watch off.

• Press **UP** or **DOWN** to scroll through the widget loop.

  Your watch comes preloaded with widgets that provide at-a-glance information. More widgets are available when you pair your watch with a smartphone.

• Press ▲ to start an activity or open an app (page 6).

• Hold **MENU** to customize the watch face, adjust settings, and pair wireless sensors.

Buttons

① LIGHT

- Press to turn the backlight on and off.
- Hold to view the controls menu.
- Hold to turn the device on.

② UP·MENU

- Press to scroll through the widget loop and menus.
- Hold to view the menu.

DOWN

③
- Press to scroll through the widget loop and menus.
- Press to view the activity list and start or stop an activity.

④ ▲

- Press to choose an option in a menu.

⑤ **BACK·LAP**

- Press to return to the previous screen.

- Press to record a lap, rest, or transition during a multisport activity.

- Hold to view the watch face from any screen.

Smart Features

Pairing Your Smartphone with Your Watch

To use the connected features on your watch, you must pair it directly through the Garmin Connect™ app, instead of from the Bluetooth® settings on your smartphone.

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

2 Bring your smartphone within 10 m (33 ft.) of your watch.

3 Press **LIGHT** to turn on the watch.

The first time you turn on the watch, it is in pairing mode.

4 Follow the instructions in the app to complete the pairing and setup process.

Setting Up Your Garmin Pay Wallet

The Garmin Pay feature allows you to use your watch to pay for purchases in participating stores. You can add one or more participating credit or debit cards to your Garmin Pay wallet. Go to garmin.com /garminpay/banks to find participating financial institutions.

1 From the Garmin Connect app, select ☰ or •••.
2 Select **Garmin Devices**, and select your device.
3 Select **Garmin Pay** > **Create Your Wallet**.
4 Follow the on-screen instructions.

You can open your Garmin Pay wallet from the controls menu on your device. See the owner's manual for more information on using Garmin Pay.

Connect IQ™ Features

You can add Connect IQ features to your watch from Garmin® and other providers using the Connect IQ website. You can customize your device with watch faces, data fields, widgets, and apps.

Downloading Connect IQ Features Using Your Computer

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

2 Go to **apps.garmin.com**, and sign in.

3 Select a Connect IQ feature, and download it.

4 Follow the on-screen instructions.

Activities and Apps

Your device can be used for indoor, outdoor, athletic, and fitness activities. When you start an activity, the device displays and records sensor data. You can save activities and share them with the Garmin Connect community.

You can also add Connect IQ activities and apps to your device using the Connect IQ website (page 5).

Starting an Activity

1 From the watch face, press ▲.

2 The first time you start an activity, select the checkbox next to each of your favorites, and select **Done**.

Your favorite activities appear at the top of the list, providing quick access

to the ones you use most. Additional activities appear in the extended list.

3 Select an activity.

4 If the activity requires GPS, go outside, and wait while the device locates satellites.

5 Press ⬣ to start the timer.

   NOTE: The device does not record your activity data until you start the timer.

6 After you complete your activity, press ⬣ to stop the timer.

7 Select **Save** to save the activity and review the activity summary.

Battery Modes

Battery modes allow you to quickly adjust system settings, activity settings, and GPS settings to extend battery life. For example, battery modes can disconnect paired sensors and turn on the UltraTrac GPS option. The watch displays the hours of battery life gained with each battery mode. You can also create custom battery modes.
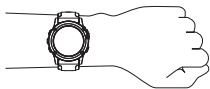
During an activity, hold **MENU**, select **Battery Mode**, and select an option.

Device Information

Wearing the Device

- Wear the device above your wrist bone.

  NOTE: The device should be snug but comfortable. For more accurate heart rate readings, the device should not move while running or exercising. For pulse oximeter readings, you should remain motionless.

NOTE: The optical sensor is located on the back of the device.

- See the owner's manual for more information.

Changing the QuickFit® Bands

Charging the Device

1 Plug the small end of the USB cable into the charging port on your device.

2 Plug the large end of the USB cable into a USB charging port.

3 Charge the device completely.

Specifications

Operating temperature range: From -20 to 50°C (from -4 to 122°F)

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

Wireless frequencies/ protocols: 2.4 GHz

Troubleshooting

Restarting Your Device

1 Hold **LIGHT** until the device turns off.
2 Hold **LIGHT** to turn on the device.

My device is in the wrong language

Go to **garmin.com /manuals/ /language** for more information on changing your device language.

Getting the Owner's Manual

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

Go to **garmin.com /manuals/**