GARMIN.

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.

Device Overview

① **LIGHT**	Select to turn the backlight on and off. Hold to view the controls menu. Hold to turn the device on.
② ▲	Select to view the activity list and start or stop an activity. Select to choose an option in a menu.
③ **BACK LAP**	Select to return to the previous screen. Select to record a lap, rest, or transition during a multisport activity. Hold to view the watch face from any screen.
④ **DOWN**	Select to scroll through the widget loop and menus. Hold to view the music controls from any screen.
⑤ **UP MENU**	Select to scroll through the widget loop and menus. Hold to view the menu.

Viewing the Controls Menu

The controls menu contains options, such as turning on do not disturb mode, locking the keys, and turning the device off. You can also open the Garmin Pay™ wallet.

NOTE: You can add, reorder, and remove the options in the controls menu (*Customizing the Controls Menu*, page 29).

1 From any screen, hold **LIGHT**.

2 Select **UP** or **DOWN** to scroll through the options.

Viewing Widgets

Your device comes preloaded with several widgets, and more are available when you pair your device with a smartphone.

- Select **UP** or **DOWN**.

  The device scrolls through the widget loop.

- Select ▲ to view additional options and functions for a widget.

- From any screen, hold **BACK** to return to the watch face.

- If you are recording an activity, select **BACK** to return to the activity data pages.

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 appendix.

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.

Pairing Your Smartphone with Your Device

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

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

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

3 Select **LIGHT** to turn on the device.

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

  TIP: You can hold LIGHT and select ☏ to manually enter pairing mode.

4 Select an option to add your device to your Garmin Connect account:

  - If this is the first time you are pairing a device with the Garmin Connect Mobile app, follow the on-screen instructions.

  - If you already paired another device with the Garmin Connect Mobile app, from the ☰ or ••• menu, select **Garmin Devices** > **Add Device**, and follow the on-screen instructions.

Product Updates

On your computer, install Garmin Express™ (www.garmin.com /express). On your smartphone, install the Garmin Connect Mobile app.

This provides easy access to these services for Garmin® devices:

- Software updates
- Map updates
- Data uploads to Garmin Connect
- Product registration

Reset: Allows you to reset user data and settings (*Resetting All Default Settings*, page 35).

Software Update: Allows you to install software updates downloaded using Garmin Express.

Time Settings
Hold **MENU**, and select **Settings** > **System** > **Time**.

Time Format: Sets the device to show time in a 12-hour, 24-hour, or military format.

Set Time: Sets the time zone for the device. The Auto option sets the time zone automatically based on your GPS position.

Time: Allows you to adjust the time if it is set to the Manual option.

Alerts: Allows you to set hourly alerts, as well as sunrise and sunset alerts that sound a specific number of minutes or hours before the actual sunrise or sunset occurs.

Sync With GPS: Allows you to manually sync the time with GPS when you change time zones, and to update for daylight saving time.

Changing the Backlight Settings
1 Hold **MENU**.
2 Select **Settings** > **System** > **Backlight**.
3 Select an option:
   - Select **During Activity**.
   - Select **Not During Activity**.
4 Select an option:
   - Select **Keys** to turn on the backlight for key presses.
   - Select **Alerts** to turn on the backlight for alerts.
   - Select **Gesture** to turn on the backlight by raising and turning your arm to look at your wrist.
   - Select **Timeout** to set the length of time before the backlight turns off.
   - Select **Brightness** to set the brightness level of the backlight.

Customizing the Hot Keys
You can customize the hold function of individual keys and combinations of keys.
1 Hold **MENU**.
2 Select **Settings** > **System** > **Hot Keys**.
3 Select a key or combination of keys to customize.
4 Select a function.

Changing the Units of Measure
You can customize units of measure for distance, pace and speed, elevation, weight, height, and temperature.
1 Hold **MENU**.
2 Select **Settings** > **System** > **Units**.
3 Select a measurement type.
4 Select a unit of measure.

Viewing Device Information
You can view device information, such as the unit ID, software version, regulatory information, and license agreement.
1 Hold **MENU**.
2 Select **Settings** > **About**.

Viewing E-label Regulatory and Compliance Information
The label for this device is provided electronically. The e-label may provide regulatory information, such as identification numbers provided by the FCC or regional compliance markings, as well as applicable product and licensing information.

1 Hold **MENU**.
2 From the settings menu, select **About**.

Wireless Sensors
Your device can be used with wireless ANT+ or Bluetooth sensors. For more information about compatibility and purchasing optional sensors, go to buy.garmin.com.

Pairing Your Wireless Sensors
The first time you connect a wireless sensor to your device using ANT+ or Bluetooth technology, you must pair the device and sensor. After they are paired, the device connects to the sensor automatically when you start an activity and the sensor is active and within range.
1 If you are pairing a heart rate monitor, put on the heart rate monitor (*Putting On the Heart Rate Monitor*, page 11).
   The heart rate monitor does not send or receive data until you put it on.
2 Bring the device within 3 m (10 ft.) of the sensor.
   NOTE: Stay 10 m (33 ft.) away from other wireless sensors while pairing.
3 Hold **MENU**.
4 Select **Settings** > **Sensors & Accessories** > **Add New**.
5 Select an option:
   - Select **Search All**.
   - Select your sensor type.
   After the sensor is paired with your device, the sensor status changes from Searching to Connected. Sensor data appears in the data screen loop or a custom data field.

Extended Display Mode
You can use Extended Display mode to display data screens from your device on a compatible Edge device during a ride or triathlon. See your Edge owner's manual for more information.

Using an Optional Bike Speed or Cadence Sensor
You can use a compatible bike speed or cadence sensor to send data to your device.
- Pair the sensor with your device (*Pairing Your Wireless Sensors*, page 32).
- Set your wheel size (*Wheel Size and Circumference*, page 40).
- Go for a ride (*Starting an Activity*, page 2).

Training with Power Meters
- Go to www.garmin.com/intosports for a list of ANT+ sensors that are compatible with your device (such as Vector™).
- For more information, see the owner's manual for your power meter.
- Adjust your power zones to match your goals and abilities (*Setting Your Power Zones*, page 18).
- Use range alerts to be notified when you reach a specified power zone (*Setting an Alert*, page 26).
- Customize the power data fields (*Customizing the Data Screens*, page 26).

Using Electronic Shifters
Before you can use compatible electronic shifters, such as Shimano® Di2™ shifters, you must pair them with your device (*Pairing Your Wireless Sensors*, page 32). You can customize