

**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.




### Keys

①	LIGHT	Select to turn the device on. Select to turn the backlight on and off. Hold to view the controls menu.
②	START STOP	Select to start and stop the timer. Select to choose an option or to acknowledge a message.
③	BACK	Select to return to the previous screen. Select to record a lap during an activity.

④	DOWN	Select to scroll through the widgets, data screens, options, and settings. Hold for music controls on a
⑤	UP	Select to scroll through the widgets, data screens, options, and settings. Hold to view the menu.

### **GPS Status and Status Icons**

The GPS status ring and icons temporarily overlay each data screen. For outdoor activities, the status ring turns green when GPS is ready. A flashing icon means the device is searching for a signal. A solid icon means the signal was found or the sensor is connected.

GPS	GPS status
	Battery status
	Smartphone connection status
	Heart rate status


### **Pairing Your Smartphone with Your Device**

To use the connected features of the device, it must be paired 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 device.
- 3 Select **LIGHT** to turn on the device.  
The first time you turn on the device, it is in pairing mode.
- 4 Follow the instructions in the app to complete the pairing and setup process.

#### ***Tips for Existing Garmin Connect Users***

- 1 From the Garmin Connect app, select  or **•••**.
- 2 Select **Garmin Devices > Add Device**.

#### **Going for a Run**

The first fitness activity you record on your device can be a run, ride, or any outdoor activity. You may need to charge the device (page 12) before starting the activity.

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



- 5 After you complete your run, select **STOP** 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, or select **DOWN** to view more data.



- Select **Discard > Yes** to delete the run.

## Smart Features

### Viewing the Widgets

Your device comes preloaded with widgets that provide at-a-glance information. Some widgets require a Bluetooth connection to a compatible smartphone.

- From the watch face, select **UP** or **DOWN** to view the widgets.  
Available widgets include heart rate and activity tracking. For more information, see the owner's manual.
- Select **START** to view additional options and functions for a widget.

### 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.

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

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

### **Bluetooth Connected Features**

The device has several Bluetooth connected features for your compatible smartphone using the Garmin Connect app. For more information, go to [www.garmin.com / manuals/](http://www.garmin.com/manuals/).

**Activity uploads:** Automatically sends your activity to the Garmin Connect app as soon as you finish recording the activity.

**Audio prompts:** Allows the Garmin Connect app to play status announcements, such as mile splits and other data, on your smartphone during a run or other activity.

**Find my phone:** Locates your lost smartphone that is paired with your device and currently within range.

**LiveTrack:** Allows friends and family to follow your races and training activities in real time. You can invite followers using email or social media, allowing them to view your live data on a Garmin Connect tracking page.

**Music controls:** Allows you to control the music player on your smartphone.

**Phone notifications:** Displays phone notifications and messages on your device.

**Social media interactions:** Allows you to post an update to your favorite social media website when you upload an activity to the Garmin Connect app.

**Software updates:** Allows you to update your device software.

**Weather updates:** Sends real-time weather conditions and notifications to your device.

**Workout downloads:** Allows you to browse for workouts in the Garmin Connect app and wirelessly send them to your device.

## Workouts

You can create custom workouts that include goals for each workout step and for varied distances, times, and calories. You can create workouts using Garmin Connect or select a training plan that has built-in workouts from Garmin Connect, and transfer them to your device.

You can schedule workouts using Garmin Connect. You can plan workouts in advance and store them on your device.

### Following a Workout

Your device can guide you through multiple steps in a workout.

**NOTE:** Before you can download and use a training plan or workout, you must have a Garmin Connect account (page 3).

- 1 Select **START**.
- 2 Select an activity.
- 3 Select **Options > Workouts**.  
**NOTE:** This option appears only when you have workouts loaded on your device for the selected activity.
- 4 Select an option:
  - Select **Intervals** to do or edit an interval workout.
  - Select **My Workouts** to do workouts downloaded from Garmin Connect.
  - Select **Training Calendar** to do or view your scheduled workouts.
- 5 Follow the on-screen instructions.

### **About the Training Calendar**

The training calendar on your device is an extension of the training calendar or schedule you set up in Garmin Connect. After you have added a few workouts to the Garmin Connect calendar, you can send them to your device. All scheduled workouts sent to the device appear in the training calendar list by date. When you select a day in the training calendar, you can view or do the workout. The scheduled workout stays on your device whether you complete it or skip it. When you send scheduled workouts from Garmin Connect, they overwrite the existing training calendar.

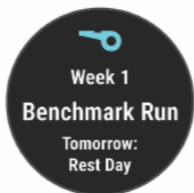
### **Starting Today's Workout**

After you send a Garmin® Coach training plan to your device, the Garmin Coach widget appears in your widget loop.



- 1 From the watch face, select **UP** or **DOWN** to view the Garmin Coach widget.

If a workout for this activity is scheduled for today, the device shows the workout name and prompts you to start it.





- 2 Select **START**.
- 3 Select **View** to view the workout steps (optional).
- 4 Select **Do Workout**.
- 5 Follow the on-screen instructions.

## Heart Rate Features

The device has wrist-based heart rate monitoring, and there are several heart rate-related features available in the default widget loop.



Your current heart rate in beats per minute (bpm). The widget also displays a graph of your heart rate for the last four hours, highlighting your highest and lowest heart rate.

	Your current stress level. The device measures your heart rate variability while you are inactive to estimate your stress level. A lower number indicates a lower stress level.
	Your current Body Battery™ energy level. The device calculates your current energy reserves based on sleep, stress, and activity data. A higher number indicates a higher energy reserve.

## Assistance and Tracking Features

### CAUTION

Incident detection and assistance are supplemental features and should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

The device has assistance and tracking features that must be set up with the Garmin Connect app.

### NOTICE

To use these features, you must be connected to the Garmin Connect app using Bluetooth technology. You can enter emergency contacts in your Garmin Connect account.

**Assistance:** Allows you to send a text message with your name and GPS location to your emergency contacts.

**Incident detection:** Allows the Garmin Connect app to send a message to your

emergency contacts when the device detects an incident.

**LiveTrack:** Allows friends and family to follow your races and training activities in real time. You can invite followers using email or social media, allowing them to view your live data on a Garmin Connect tracking page.

## Garmin Connect

Your Garmin Connect account gives you the tools to track and store your runs, analyze your run data, and download software updates. You can also customize your device settings, including watch faces, visible widgets, workouts, and much more.

## 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 on the device, it should not move while running or exercising.

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

- See the owner's manual for more 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 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.

### **Getting the Owner's Manual**

Go to [www.garmin.com/manuals](http://www.garmin.com/manuals).

### **Getting More Information**

- Go to [support.garmin.com](http://support.garmin.com) for additional manuals, articles, and software updates.

- Go to [www.garmin.com/intosports](http://www.garmin.com/intosports).
- Go to [www.garmin.com/learningcenter](http://www.garmin.com/learningcenter).
- Go to [buy.garmin.com](http://buy.garmin.com), or contact your Garmin dealer for information about optional accessories and replacement parts.

## **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)

**Wireless frequency:** 2.4 GHz @ +4 dBm nominal





**support.garmin.com**

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