



F3ARGD00 Quick Start Manual

WARNING

See the *Important Safety and Product Information* guide in the GPS device product box for product warnings and other important information.






Always consult your physician before you begin or modify any exercise program.

Getting Started

When using your device for the first time, you should complete these tasks to set up the device and learn about the basic features.

- 1 Charge the device (page 3).
- 2 Use the device (page 3).
- 3 Upload your data to Garmin (page 4).
- 4 Register the device (page 11).
- 5 Get more information (page 11).

Keys

①		Select to turn the backlight on and off. Hold to turn the device on and off.
②		Select to start and stop the device.
③		Select to open the main menu.
④		Select to mark a new data point. Select to send your data to Garmin
⑤		Select to view the time of day.
⑥		Select to return to the previous screen.

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.

The charging cradle contains a magnet. Under certain circumstances, magnets may cause interference with some medical devices, including pacemakers and insulin pumps. Keep the charging cradle away from such medical devices.

NOTICE

The charging cradle contains a magnet. Under certain circumstances, magnets may cause damage to some electronic devices, including hard drives in laptop

computers. Use caution when the charging cradle is near electronic devices.

To prevent corrosion, thoroughly dry the contacts and the surrounding area before charging or connecting to a computer.

- 1 Plug the USB cable into a USB port on your computer.
- 2 Align the charger posts with the contacts on the back of the device, and press the charger ① until it clicks.
- 3 Charge the device completely.

Troubleshooting

Registering Your Device

Help us better support you by completing our online registration today.

- Go to <http://my.garmin.com>.
- Keep the original sales receipt, or a photocopy, in a safe place.

Getting More Information

- Go to www.garmin.com/learningcenter.

- Go to <http://buy.garmin.com>, or contact your Garmin dealer for information about optional accessories and replacement parts.



Getting the Owner's Manual

You can get the latest owner's manual from the web.

- 1 Go to www.garmin.com/support.
- 2 Select **Manuals**.
- 3 Follow the on-screen instructions to select your product.

Resetting the Device




If the device stops responding, you may need to reset it. This does not erase any of your data or settings.

- 1 Hold  for 15 seconds.
The device turns off.
- 2 Hold  for one second to turn on the device.

Clearing User Data

You can restore all of the device settings to the factory default values.

NOTE: This deletes all user-entered information, but it does not delete your history.

- 1 Hold , and select **Yes** to turn off the device.
- 2 While holding , hold  to turn on the device.
- 3 Select **Yes**.

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