GARMIN.

F3ARGD01 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 7).

2 Put on the optional heart rate monitor (page 7).

3 Go for a run (page 3).

4 Upload your run to Garmin Connect™ (page 4).

5 Register the device (page 10).

6 Get more information (page 10).

Keys

⏱	⏻ 💡	Select to turn the backlight on and off. Hold to turn the device on and off.
⏱	🏃	Select to unlock the device. Select to start and stop the timer. Select to choose an option or to acknowledge a message.
⏱	⟲ ↩	Select to mark a new lap. Select to return to the previous screen.
⏱	△▽	Select to scroll through the data screens, options, and settings. Hold to scroll quickly.

Status Icons

Icons appear at the top of the home screen. 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
✳	Bluetooth®
♥	Heart rate

Going for a Run

The device comes partially charged. You may need to charge the device (page 7) before going for a run.

1. Hold ⏻ to turn on the device.
2. From the time of day screen, select a key, and select 🏃 to unlock the device.
3. Go outside, and wait while the device locates satellites.

   The satellite bars turn green, and the timer screen appears.

4 Select 🏃 to start the timer.

5 Go for a run.

6 After you complete your run, select 🏃 to stop the timer.

7 Select an option:

  • Select **Resume** to restart the timer.

  • Select **Save** to save the run and reset the timer. A
    summary appears.

  NOTE: You can now upload your run to Garmin
  Connect.

  • Select **Discard** to delete the run.

Using Garmin Connect

You can upload all of your activity data to Garmin Connect
for comprehensive analysis. With Garmin Connect, you can
view a map of your activity, and share your activities with
friends.

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

2 Go to www.garminconnect.com/start.

3 Follow the on-screen instructions.

Garmin Connect

Connect with your friends on Garmin Connect. Garmin Connect gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, rides, swims, hikes, triathlons, and more. To sign up for a free account, go to www.garminconnect.com/start.

Store your activities: After you complete and save an activity with your device, you can upload that activity to Garmin Connect and keep it as long as you want.

Analyze your data: You can view more detailed information about your activity, including time, distance, elevation, heart rate, calories burned, an overhead map view, pace and speed charts, and customizable reports.
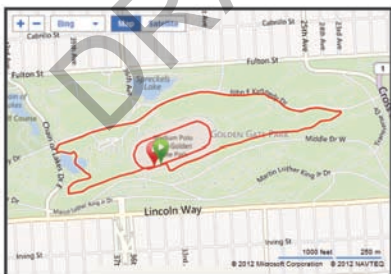
Plan your training: You can choose a fitness goal and load one of the day-by-day training plans.

Share your activities: You can connect with friends to follow each other's activities or post links to your activities on your favorite social networking sites.

Connected Features

The Forerunner has several connected features for your compatible smartphone or wireless device. For more information, go to www.garmin.com/intosports/apps.

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.

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

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

Pairing Your Smartphone with Your Forerunner

1 Go to www.garmin.com/intosports/apps, and download the Garmin Connect Mobile application to your smartphone.

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

3 From the Forerunner home screen, select **Settings** > **Bluetooth** > **Pair Mobile Device**.

4 Open the Garmin Connect Mobile application, and follow the on-screen instructions to connect a device.

The instructions are provided during the initial setup or by selecting ≡ > **My Device**.

Charging the Device

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.

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.
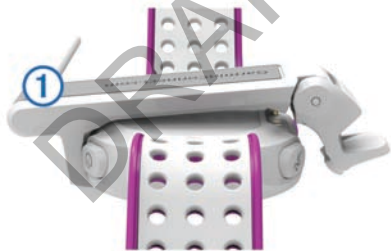
3 Charge the device completely.

Putting On the Heart Rate Monitor

NOTE: If you do not have a heart rate monitor, you can skip this task.

You should wear the heart rate monitor directly on your skin, just below your breastplate. It should be snug enough to stay in place during your activity.

1 Snap the heart rate monitor module ① onto the strap.

The Garmin® logos (on the module and the strap) should be right-side up.

2 Wet the electrodes ② on the back of the strap to create a strong connection between your chest and the transmitter.

3 If the heart rate monitor has a contact patch ①, wet the contact patch.

4 Wrap the strap around your chest, and connect the strap hook ↩ to the loop ↪.

The Garmin logos should be right-side up.

5 Bring the device within 10 ft. (3 m) of the heart rate monitor.

After you put on the heart rate monitor, it is active and sending data.

History

History includes time, distance, calories, average pace or speed, lap data, and optional ANT+™ sensor information.

NOTE: When the device memory is full, your oldest data is overwritten.

Viewing History

1 From the home screen, select **Menu** > **History** > **Activities**.

2 Use △ and ▽ to view your saved activities.

3 Select an activity.

4 Select **Details** and **Laps** to view additional information.

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/intosports.
• 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**.

Switching to Watch Mode

You can put the device into a low-power watch mode that locks the device and maximizes battery life.

1 Select ↰ until 🔒 appears.

The device is in watch-only mode.

2 Select any key (except ☼), and select 🏃 to unlock the device.

Turning Off the Device

For long-term storage and to maximize battery life, you can turn off the device.

Hold ⏻, and select **Yes** to turn off the device.

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