GARMIN.

Forerunner® 35

Owner's Manual

Table of Contents

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	⏻ ☼	Hold to turn the device on and off. Select to turn the backlight on and off.
②	🏃	Select to choose an activity profile. Select to start and stop the timer. Select to choose the highlighted menu item. Select to view more information.
③	V ♫	Select to scroll through the screens, pages, options, and settings. Hold to open the music controls for your smartphone.
④	↰ ≡	Select to return to the previous screen. Select to mark a new lap, when the lap key function is enabled. From the time of day screen, select to view the menu.

Using the Backlight

- At any time, select ☼ to turn on the backlight.

  NOTE: Alerts and messages activate the backlight automatically.
- Customize the backlight behavior during activities (*Customizing the Backlight for Activities*, page 8).

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 Align the charger posts with the contacts on the back of the device, and connect the charging clip ① securely to the device.

2 Plug the USB cable into a USB port on your computer.

3 Charge the device completely.

4 Press ② to remove the charger.

Training

Going for a Run

The first fitness activity you record on your device can be a run, ride, or any outdoor activity. The device comes partially charged. You may need to charge the device (*Charging the Device*, page 1) before starting the activity.

1 Select 🏃, and select an outdoor activity profile.

2 Go outside, and wait while the device locates satellites.

3 Select 🏃 to start the timer.

4 Go for a run.

The timer appears. You can select V to view more data pages.

5 After you complete your run, select 🏃 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 of the run.
- Select **Discard** > **Yes** to delete the run.

Setting the Run Mode

1 Select 🏃, and select a running profile.

2 Select **Options** > **Run Mode**.

3 Select an option:
- Select **Free** to run outdoors or indoors, at your own pace, (*Training Indoors*, page 1) without running mode alerts.
  NOTE: This is the default run mode.
- Select **Run/Walk** to set run and walk intervals for a run (*Using Run and Walk Intervals*, page 2).
- Select **Virtual Pacer** to help improve your pacing ability (*Running With the Virtual Pacer Feature*, page 2).
- Select **Intervals** to create an interval workout based on distance or time (*Interval Workouts*, page 2).

4 Go for a run.

Training Indoors

You can turn off GPS when you are training indoors or to save battery life. When GPS is off, speed and distance are calculated using the accelerometer in the device. The accelerometer is self-calibrating. The accuracy of the speed and distance data improves after a few outdoor runs using GPS.

1 Select 🏃.

2 Select an option:
- Select **Run Indoor** or **Cardio**.
- Select **Walk** > **Options** > **Use Indoors**.

Using Run and Walk Intervals

NOTE: You must set up the run/walk intervals before starting a run. After you start the run timer, you cannot change the settings.

1 Select 🏃, and select a running profile.

   NOTE: Walk break alerts are available only for running profiles.

2 Select **Options** > **Run Mode** > **Run/Walk**.

3 Set the run time for each interval.

4 Set the walk time for each interval.

5 Go for a run.

Each time you complete an interval, a message appears. The device also beeps or vibrates if audible tones are turned on (*Setting the Device Sounds*, page 7). After you turn on the run/walk intervals, it is used each time you go for a run until you turn it off or enable a different run mode.

Virtual Pacer™

Virtual Pacer is a training tool designed to help you improve your performance by encouraging you to run at the pace you set.

Running With the Virtual Pacer Feature

NOTE: You must set up the Virtual Pacer feature before starting a run. After you start the run timer, you cannot change the settings.

1 Select 🏃, and select a running profile.

2 Select **Options** > **Run Mode** > **Virtual Pacer**.

3 Enter your pace.

4 Go for a run.

Each time you exceed or drop below the target pace, a message appears. The device also beeps or vibrates if audible tones are turned on (*Setting the Device Sounds*, page 7). After you turn on the Virtual Pacer feature, it is used each time you go for a run until you turn it off or enable a different run mode.

Interval Workouts

You can create interval workouts based on distance or time. The device saves your custom interval workout until you create another interval workout. You can use open intervals for track workouts and when you are running a known distance.

Creating an Interval Workout

Interval workouts are available for running, biking, or cardio activity profiles.

1 Select 🏃, and select an activity profile.

2 Select **Options**.

   NOTE: If you are using a running profile, the interval workout is a run mode.

3 Select **Intervals** > **Edit** > **Interval**.

4 Select **Distance**, **Time**, or **Open**.

   TIP: You can create an open-ended interval by setting the type to Open. When you select ↰, the device records the interval and moves to the next interval.

5 If necessary, enter a distance or time interval value.

6 Select **Rest**.

7 Select **Distance**, **Time**, or **Open**.

8 If necessary, enter a distance or time value for the rest interval.

9 Select one or more options:

   • To set the number of repetitions, select **Repeat**.

   • To add an open-ended warm up to your workout, select **Warm Up** > **Turn On**.

   • To add an open-ended cool down to your workout, select **Cool Down** > **Turn On**.

Each time you complete an interval, a message appears. The device also beeps or vibrates if audible tones are turned on (*Setting the Device Sounds*, page 7).

Starting an Interval Workout

1 Select 🏃, and select an activity profile.

2 Select **Options**.

   NOTE: If you are using a running profile, the interval workout is a run mode.

3 Select **Intervals** > **Do Workout**.

4 Select 🏃.

5 When your interval workout has a warm up, select ↰ to begin the first interval.

6 Follow the on-screen instructions.

Stopping an Interval Workout

• At any time, select ↰ to end an interval.

• At any time, select 🏃 to stop the timer.

• If you added a cool down to your interval workout, select ↰ to end the interval workout.

Alerts

You can use alerts to train toward specific time, distance, calories, and heart rate goals.

Setting a Recurring Alert

A recurring alert notifies you each time the device records a specified value or interval. For example, you can set the device to alert you every 30 minutes.

1 Select 🏃, and select an activity profile.

2 Select **Options** > **Alerts**.

3 Select **Time**, **Distance**, or **Calories**.

4 Turn on the alert.

5 Select or enter a value.

Each time you reach the alert value, a message appears. The device also beeps or vibrates if audible tones are turned on (*Setting the Device Sounds*, page 7).

Setting Your Heart Rate Alerts

You can set the device to alert you when your heart rate is above or below a target zone or a custom range. For example, you can set the device to alert you when your heart rate is below 150 beats per minute (bpm).

1 Select 🏃, and select an activity profile.

2 Select **Options** > **Alerts** > **HR Alert**.

3 Select an option:

   • To use the range of an existing heart rate zone, select a heart rate zone.

   • To customize the maximum value, select **Custom** > **High** > **Turn On**, and enter a value.

   • To customize the minimum value, select **Custom** > **Low** > **Turn On**, and enter a value.

Each time you exceed or drop below the specified range or custom value, a message appears. The device also beeps or vibrates if audible tones are turned on (*Setting the Device Sounds*, page 7).

Using the Auto Pause® Feature

You can use the Auto Pause feature to pause the timer automatically when you stop moving. This feature is helpful if your activity includes stop lights or other places where you need to stop.

NOTE: History is not recorded while the timer is stopped or paused.

1 Select 🏃, and select an activity profile.

2 Select **Options** > **Auto Pause** > **Turn On**.

The Auto Pause feature stays on for the selected activity profile until you turn it off.

Marking Laps by Distance

You can use the Auto Lap® feature to mark a lap at a specific distance automatically. This feature is helpful for comparing your performance over different parts of a run (for example, every 1 mi. or 1 km).

1 Select 🏃, and select an activity profile.

2 Select **Options** > **Laps** > **Auto Lap** > **Turn On**.

3 If necessary, select a distance.

Each time you complete a lap, a message appears that displays the time for that lap. The device also beeps or vibrates if audible tones are turned on (*Setting the Device Sounds*, page 7).

The Auto Lap feature stays on for the selected activity profile until you turn it off.

If necessary, you can customize the data screens to display additional lap data.

Turning on the Lap Key

You can customize ↰ to function as a lap key during timed activities.

1 Select 🏃, and select an activity profile.

2 Select **Options** > **Laps** > **Lap Key**.

The lap key stays on for the selected activity profile until you turn off the lap key.

Activity Tracking and Features

You can select **V** to view your heart rate, steps for the day, and additional screens. Some features require a Bluetooth® connection to a compatible smartphone.

Time of day: Displays the current time and date. The time and date are set automatically when the device acquires satellite signals and when you sync your device with a smartphone. The move bar displays the amount of time you are inactive.

Heart rate: Displays your current heart rate in beats per minute (bpm) and your resting heart rate for today.

Notifications: Alerts you to view notifications from your smartphone, including calls, texts, social network updates, and more, based on your smartphone notification settings.

Activity tracking: Tracks your daily step count, progress toward your goal, and distance traveled. The device learns and proposes a new step goal for you each day. You can customize goals using your Garmin Connect™ account.

Calories: Displays the total calories burned for the current day, including both active and resting calories.

Intensity minutes: Tracks your time spent participating in moderate to vigorous intensity activities, your weekly intensity minutes goal, and your progress toward your goal.

Last activity: Displays a brief summary of your last recorded activity.

Weather: Displays the current temperature and weather forecast.

Icons

Icons represent different device features. Some features require a paired smartphone.

❤	Your current heart rate in beats per minute (bpm) and resting heart rate for today. A flashing icon means the device is acquiring your heart rate data. A solid icon means the device is locked on to your heart rate.
💬	Notifications received from a paired smartphone.
👣	The total number of steps taken for the day, your step goal for the day, and your progress toward your goal.
🧭	The distance traveled in kilometers or miles.
🔥	The total calories burned for the current day, including both active and resting calories.
⏱	Your time spent participating in moderate to vigorous intensity activities, your weekly intensity minutes goal, and your progress toward your goal.
🌥	The current temperature and weather forecast from a paired smartphone.

Auto Goal

Your device creates a daily step goal automatically, based on your previous activity levels. As you move during the day, the device shows your progress toward your daily goal ①.

If you choose not to use the auto goal feature, you can set a personalized step goal on your Garmin Connect account.

Move Bar

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move bar reminds you to keep moving. After one hour of inactivity, the move bar ① appears. Additional segments ② appear after every 15 minutes of inactivity.

You can reset the move bar by walking a short distance.

Intensity Minutes

To improve your health, organizations such as the U.S. Centers for Disease Control and Prevention, the American Heart Association®, and the World Health Organization, recommend at least 150 minutes per week of moderate intensity activity, such as brisk walking, or 75 minutes per week of vigorous intensity activity, such as running.

The device monitors your activity intensity and tracks your time spent participating in moderate to vigorous intensity activities (heart rate data is required to quantify vigorous intensity). You can work toward achieving your weekly intensity minutes goal by participating in at least 10 consecutive minutes of moderate to vigorous intensity activities. The device adds the amount of moderate activity minutes with the amount of vigorous activity

minutes. Your total vigorous intensity minutes are doubled when added.

Earning Intensity Minutes

Your Forerunner device calculates intensity minutes by comparing your heart rate data during an activity to your average resting heart rate. If heart rate is turned off, the device calculates moderate intensity minutes by analyzing your steps per minute.

- Start a timed activity for the most accurate calculation of intensity minutes.
- Exercise for at least 10 consecutive minutes at a moderate or vigorous intensity level.

Sleep Tracking

While you are sleeping, the device monitors your movement. Sleep statistics include total hours of sleep, sleep levels, and sleep movement. You can set your normal sleep hours in the user settings on your Garmin Connect account. You can view your sleep statistics on your Garmin Connect account.

Heart Rate Features

The Forerunner 35 has a wrist-based heart rate monitor and is compatible with ANT+® heart rate monitors. You must have a heart rate monitor to use the features described in this section.

Wearing the Device and Heart Rate

- Wear the Forerunner device above your wrist bone.

  NOTE: The device should be snug but comfortable, and it should not move while running or exercising.
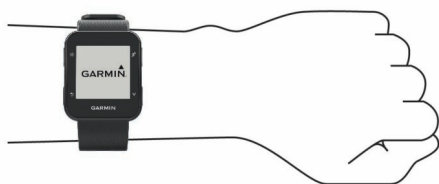
  NOTE: The heart rate sensor is located on the back of the device.
- See (*Troubleshooting*, page 8) for more information about wrist-based heart rate.

Viewing Your Heart Rate Data

The heart rate screen displays your current heart rate in beats per minute (bpm) and your average resting heart rate for the last 7 days.

1. From the time of day screen, select **V**.

2. Select 🏃 to view your heart rate data for the last 4 hours.

Broadcasting Heart Rate Data to Garmin® Devices

You can broadcast your heart rate data from your Forerunner device and view it on paired Garmin devices. For example, you can broadcast your heart rate data to an Edge® device while cycling, or to a VIRB® action camera.

NOTE: Broadcasting heart rate data decreases battery life.

1. Select **V** to view the heart rate screen.
2. Select 🏃 twice.
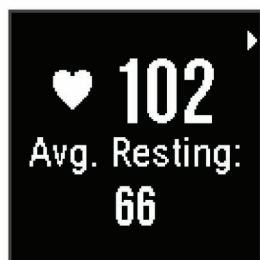3. Select **Broadcast HR**.

   The Forerunner device starts broadcasting your heart rate data, and (((♥ appears.

   NOTE: You can view only the heart rate screen while broadcasting heart rate data.
4. Pair your Forerunner device with your Garmin ANT+ compatible device.

   NOTE: The pairing instructions differ for each Garmin compatible device. See your owner's manual.

   TIP: To stop broadcasting your heart rate data, select any key, and select Yes.

About Heart Rate Zones

Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

Fitness Goals

Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles.

- Your heart rate is a good measure of exercise intensity.
- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.
- Knowing your heart rate zones can prevent you from overtraining and can decrease your risk of injury.

If you know your maximum heart rate, you can use the table (*Heart Rate Zone Calculations*, page 10) to determine the best heart rate zone for your fitness objectives.

If you do not know your maximum heart rate, use one of the calculators available on the Internet. Some gyms and health centers can provide a test that measures maximum heart rate. The default maximum heart rate is 220 minus your age.

Setting Your Maximum Heart Rate

The device uses your user profile information from the initial setup to estimate your maximum heart rate and determine your default heart rate zones. The default maximum heart rate is 220 minus your age. For the most accurate calorie data during your activity, you should set your maximum heart rate (if known).

1. Select ≡ > **Settings** > **User Profile** > **Max. HR**.
2. Enter your maximum heart rate.

Letting the Device Set Your Heart Rate Zones

The default settings allow the device to detect your maximum heart rate and set your heart rate zones as a percentage of your maximum heart rate.

- Verify that your user profile settings are accurate (*Setting Your User Profile*, page 7).
- Run often with the wrist or chest heart rate monitor.
- Try a few heart rate training plans, available from your Garmin Connect account.
- View your heart rate trends and time in zones using your Garmin Connect account.

Smart Features

Bluetooth Connected Features

The Forerunner device has several Bluetooth connected features for your compatible smartphone or mobile device using

the Garmin Connect Mobile app. 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 uploads: Automatically sends your activity to Garmin Connect Mobile 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 Mobile.

Notifications: Displays phone notifications and messages on your Forerunner device.

Turning On the Smartphone Connection Alert

You can set the Forerunner device to alert you when your paired smartphone connects and disconnects using Bluetooth wireless technology.

Select ≡ > **Settings** > **Bluetooth** > **Connection Alert** > **Turn On**.

Locating a Lost Smartphone

You can use this feature to help locate a lost mobile device that is paired using Bluetooth wireless technology and currently within range.

1 Select ≡ > **Find My Phone**.

The Forerunner device begins searching for your paired mobile device. Bars appear on the Forerunner device screen corresponding to Bluetooth signal strength, and an audible alert sounds on your mobile device.

2 Select ↰ to stop searching.

Turning Off Bluetooth Technology

• From the Forerunner device, select ≡ > **Settings** > **Bluetooth** > **Turn Off**.

• See the owner's manual for your smartphone to turn off Bluetooth wireless technology.

Pairing Your Smartphone

Your Forerunner device must be paired directly through the Garmin Connect Mobile app, instead of from the Bluetooth settings on your smartphone. You can pair your Forerunner device with your smartphone during the initial setup or through the Bluetooth menu.

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

You can go to www.garminconnect.com/forerunner for additional information on pairing and setup.

2 Follow the on-screen instructions to create an account using your email address, and connect the Forerunner device to your account.

3 From the Forerunner device, select ≡ > **Settings** > **Bluetooth** > **Pair Smartphone**.

After you pair successfully, a message appears, and your device syncs automatically with your smartphone.

Synchronizing Your Data with the Garmin Connect Mobile App

Your device periodically synchronizes data with the Garmin Connect Mobile app automatically. You can also manually synchronize your data at any time.

1 Bring the device within 3 m (10 ft.) of your smartphone.

2 Select ≡ > **Sync**.

3 View your current data in the Garmin Connect Mobile app.

Updating the Software Using Garmin Connect Mobile

Before you can update your device software using the Garmin Connect Mobile app, you must have a Garmin Connect account, and you must pair the device with a compatible smartphone (*Pairing Your Smartphone*, page 5).

1 Synchronize your device with the Garmin Connect Mobile app (*Synchronizing Your Data with the Garmin Connect Mobile App*, page 5).

When new software is available, the Garmin Connect Mobile app automatically sends the update to your device.

2 Follow the on-screen instructions.

Phone Notifications

Phone notifications require a compatible smartphone to be paired with the Forerunner device. When your phone receives messages, it sends notifications to your device.

Enabling Notifications

1 Select ≡ > **Settings** > **Bluetooth** > **Smart Notifications**.

2 Select **During Activity** > **Alerts**.

NOTE: During Activity means you are recording a timed activity.

3 Select **Off**, **Show Calls Only**, or **Show All**.

4 Select **Not During Activity** > **Alerts**.

NOTE: Not During Activity means normal watch use.

5 Select **Off**, **Show Calls Only**, or **Show All**.

NOTE: You can change the audible sounds for notifications.

Managing Notifications

You can use your compatible smartphone to manage notifications that appear on your Forerunner device.

Select an option:

• If you are using an Apple® device, use the notification center settings on your smartphone to select the items to show on the device.

• If you are using an Android™ device, use the app settings in the Garmin Connect Mobile app to select the items to show on the device.

Turning Off Notifications

Select ≡ > **Settings** > **Bluetooth** > **Smart Notifications** > **Turn Off**.

Garmin Connect

You can connect with your friends on your Garmin Connect account. 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, hikes, and more. To sign up for a free account, go to www.garminconnect.com/forerunner.

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

Analyze your data: You can view more detailed information about your activity, including time, distance, heart rate, calories burned, cadence, an overhead map view, pace and speed charts, and customizable reports.
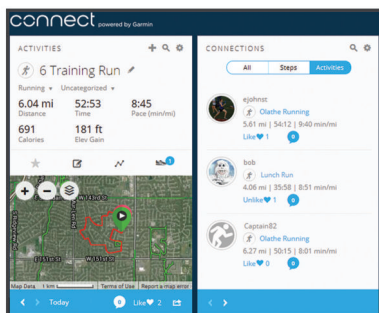
Track your progress: You can track your daily steps, join a friendly competition with your connections, and meet your goals.

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.

Manage your settings: You can customize your device and user settings on your Garmin Connect account.

Using Garmin Connect

1 Connect the device to your computer using the USB cable.
2 Go to www.garminconnect.com/start.
3 Follow the on-screen instructions.

Synchronizing Your Data with Your Computer

You should synchronize your data regularly to track your progress in the Garmin Connect application.

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

 The Garmin Express™ application synchronizes your data.

2 View your current data in the Garmin Connect application.

Playing Audio Prompts During Your Activity

Before you can set up audio prompts, you must have a smartphone with the Garmin Connect Mobile app paired to your Forerunner device.

You can set the Garmin Connect Mobile app to play motivational status announcements on your smartphone during a run or other activity. Audio prompts include the lap number and lap time, pace or speed, and ANT+ sensor data. During an audio prompt, the Garmin Connect mobile app mutes the primary audio of the smartphone to play the announcement. You can customize the volume levels on the Garmin Connect Mobile app.

1 From the settings in the Garmin Connect Mobile app, select **Garmin Devices**.
2 Select your device.
3 Select **Activity Options** > **Audio Prompts**.

History

You can view your last seven timed activities and seven days of activity tracking data on your Forerunner device. You can upload and view unlimited running sessions and activity tracking data on Garmin Connect. When the device memory is full, your oldest data is overwritten.

NOTE: History is not recorded while the timer is stopped or paused.

Viewing History

1 Select ≡ > **History**.
2 Select an option:
 • Select **Activities** to view additional information about the activity.
 • Select **Records** to view your personal record time and distance over various distances.

Deleting a Run from History

NOTE: Deleting a run or activity from your device history does not delete it from your Garmin Connect account.

1 Select ≡ > **History** > **Activities**.
2 Select an activity.
3 Select 🏃 > **Discard** > **Yes**.

Personal Records

When you complete a run, the device displays any new personal records you achieved during that run. Personal records include your fastest time over several typical race distances and longest run.

Viewing Your Personal Records

1 Select ≡ > **History** > **Records**.
2 Select a sport.
3 Select **V** to view your personal records.

Clearing a Personal Record

1 Select ≡ > **History** > **Records**.
2 Select a sport.
3 Select a record.
4 Select an option, for example **Clear Longest Run** > **Yes**.

 NOTE: This does not delete any saved activities.

Restoring a Personal Record

You can set each personal record back to the one previously recorded.

1 Select ≡ > **History** > **Records**.
2 Select a sport.
3 Select a record.
4 Select **Use Previous** > **Use Record**.

 NOTE: This does not delete any saved activities.

Garmin Move IQ™ Events

The Move IQ feature automatically detects activity patterns, such as walking, running, biking, swimming, and elliptical training, for at least 10 minutes. You can view the event type and duration on your Garmin Connect timeline, but they do not appear in your activities list, snapshots, or newsfeed. For more detail and accuracy, you can record a timed activity on your device.

Data Management

NOTE: The device is not compatible with Windows® 95, 98, Me, Windows NT®, and Mac® OS 10.3 and earlier.

Deleting Files

NOTICE

If you do not know the purpose of a file, do not delete it. Your device memory contains important system files that should not be deleted.

1 Open the **Garmin** drive or volume.
2 If necessary, open a folder or volume.
3 Select a file.
4 Press the **Delete** key on your keyboard.

Disconnecting the USB Cable

If your device is connected to your computer as a removable drive or volume, you must safely disconnect your device from your computer to avoid data loss. If your device is connected to your Windows computer as a portable device, it is not necessary to safely disconnect.

1 Complete an action:
  • For Windows computers, select the **Safely Remove Hardware** icon in the system tray, and select your device.
  • For Mac computers, drag the volume icon to the trash.
2 Disconnect the cable from your computer.

Customizing Your Device

Setting Your User Profile

You can update your gender, birth year, height, weight, and maximum heart rate settings (*Setting Your Maximum Heart Rate*, page 4). The device uses this information to calculate accurate training data.

1 Select ☰ > **Settings** > **User Profile**.
2 Select an option.

Changing the Watch Face

You can use the digital or analog watch face.
  Select ☰ > **Settings** > **Watch Face**.

Activity Profiles

Activity profiles are a collection of settings that optimize your device based on how you are using it. For example, the settings and data screens are different when you are using the device for running than for riding your bike.

When you are using a profile and you change settings such as data fields or alerts, the changes are saved automatically as part of the profile.

Changing Your Activity Profile

Your device has default activity profiles. You can modify each of the saved profiles.
  Select ⚡, and select an activity profile.

Displaying Pace or Speed

You can change the type of information that appears in the pace or speed data field.

1 Select ⚡, and select an activity profile.
2 Select **Options** > **Pace/Speed**.
3 Select an option.

Customizing the Data Fields

You can customize data fields based on your training goals or optional accessories. For example, you can customize data fields to display your lap pace and heart rate zone.

1 Select ⚡, and select an activity profile.
2 Select **Options** > **Data Fields**.
3 Select a page.
4 Select a data field to change it.

Garmin Connect Settings

You can customize your device settings and user settings on your Garmin Connect account.

  • From the settings menu in the Garmin Connect Mobile app, select **Garmin Devices**, and select your device.
  • From the devices widget in the Garmin Connect application, select **Device Settings**.

After customizing settings, sync your data to apply the changes to your device (*Synchronizing Your Data with the Garmin Connect Mobile App*, page 5).

Activity Tracking Settings

Select ☰ > **Settings** > **Activity Tracking**.

Turn Off: Turns off the activity tracking feature.

Move Alert: Displays a message and move bar on the digital watch face and steps screen. The device also beeps or vibrates if audible tones are turned on (*Setting the Device Sounds*, page 7).

Goal Alerts: Allows you to turn on and off goal alerts or disable goal alerts during a timed activity.

System Settings

Select ☰ > **Settings** > **System**.

Language: Sets the language displayed on the device.

Time: Adjusts the time of day settings (*Time Settings*, page 7).

Sounds: Sets the device sounds, such as key tones and alerts (*Setting the Device Sounds*, page 7).

Backlight During Activity: Sets the backlight behavior during an activity (*Customizing the Backlight for Activities*, page 8).

Units: Sets the units of measure used on the device.

Software Update: Allows you to install software updates downloaded using the Garmin Express application or Garmin Connect Mobile app (*Updating the Software*, page 8).

Restore Defaults: Allows you to clear user data and activity history (*Restoring All Default Settings*, page 8).

About: Displays device, software, and regulatory information (*Viewing Device Information*, page 8).

Time Settings

Select ☰ > **Settings** > **System** > **Time**.

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

Set Time: Allows you to set the time manually or automatically based on your paired mobile device or GPS location.

Time Zones

Each time you turn on the device and acquire satellites or sync with your smartphone, the device automatically detects your time zone and the current time of day.

Using Do Not Disturb Mode

You can use do not disturb mode to turn off tones, vibrations, and the backlight for alerts and notifications. For example, you can use this mode while sleeping or watching a movie.

NOTE: The device automatically enters do not disturb mode during your normal sleep hours. You can set your normal sleep hours in the user settings on your Garmin Connect account.

  Select ☰ > **Do Not Disturb** > **Turn On**.

  TIP: To exit do not disturb mode, you can select ☰ > **Do Not Disturb** > **Turn Off**.

Setting an Alarm

1 Select ☰ > **Alarm** > **Add New**.
2 Select **Time**, and enter a time.
3 Select **Sounds**, and select an option.
4 Select **Repeat**, and select an option.

Deleting an Alarm

1 Select ☰ > **Alarm**.
2 Select an alarm.
3 Select **Remove** > **Yes**.

Setting the Device Sounds

The device sounds include key tones, alert tones, and vibrations.

  Select ☰ > **Settings** > **System** > **Sounds**.

Customizing the Backlight for Activities

You can customize the backlight behavior during timed activities.

1 Select ☰ > **Settings** > **System** > **Backlight During Activity**.
2 Select an option:
   • Select **Auto** to automatically turn on the backlight for alerts, messages, and key presses.
     NOTE: The backlight turns off automatically.
   • Select **Stays On** to manually turn on and off the backlight.

ANT+ Sensors

Your device can be used with wireless ANT+ sensors. For more information about compatibility and purchasing optional sensors, go to http://buy.garmin.com.

Pairing ANT+ Sensors

Pairing is the connecting of ANT+ wireless sensors, for example, connecting a heart rate monitor with your Garmin device. The first time you connect an ANT+ sensor to your device, you must pair the device and sensor. After the initial pairing, the device automatically connects to the sensor when you start your activity and the sensor is active and within range.

1 Select 🏃, and select an activity profile.
2 Install the sensor or put on the heart rate monitor.
3 Bring the device within 1 cm of the sensor, and wait while the device connects to the sensor.
   When the device detects the sensor, a message appears. You can customize a data field to display sensor data.
4 If necessary, select ☰ > **Settings** > **Sensors** to manage ANT+ sensors.

Foot Pod

Your device is compatible with the foot pod. You can use the foot pod to record pace and distance instead of using GPS when you are training indoors or when your GPS signal is weak. The foot pod is on standby and ready to send data (like the heart rate monitor).

After 30 minutes of inactivity, the foot pod powers off to conserve the battery. When the battery is low, a message appears on your device. Approximately five hours of battery life remain.

Going for a Run Using a Foot Pod

Before you go for a run, you must pair the foot pod with your Forerunner device (*Pairing ANT+ Sensors*, page 8).

You can run indoors using a foot pod to record pace, distance, and cadence. You can also run outdoors using a foot pod to record cadence data with your GPS pace and distance.

1 Install your foot pod according to the accessory instructions.
2 Select the **Run Indoor** activity profile.
3 Go for a run.

Foot Pod Calibration

The foot pod is self-calibrating. The accuracy of the speed and distance data improves after a few outdoor runs using GPS.

Device Information

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to 9 days for watch mode, includes smart notifications, activity tracking, and wrist heart rate Up to 13 hr. for GPS training mode
Operating temperature range	From -20º to 50ºC (from -4º to 122ºF)
Charging temperature range	From 0º to 45ºC (from 32º to 113ºF)
Radio frequency/ protocol	2.4 GHz ANT+ wireless communications protocol Bluetooth Smart wireless technology
Water rating	Swim, 5 ATM*

*The device withstands pressure equivalent to a depth of 50 m. For more information, go to www.garmin.com/waterrating.

Troubleshooting

Support and Updates

Garmin Express (www.garmin.com/express) provides easy access to these services for Garmin devices.

• Product registration
• Product manuals
• Software updates
• Data uploads to Garmin Connect

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.

Resetting the Device

If the device stops responding, you may need to reset it.

NOTE: Resetting the device may erase your data or settings.

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

Restoring All Default Settings

NOTE: This deletes all user-entered information and activity history.

You can reset all settings back to the factory default values.

   Select ☰ > **Settings** > **System** > **Restore Defaults** > **Yes**.

Viewing Device Information

You can view the unit ID, software information, and regulatory information.

1 Select ☰ > **Settings** > **System** > **About**.
2 Select ∨.

Updating the Software

Before you can update your device software, you must have a Garmin Connect account, and you must download the Garmin Express application.

1 Connect the device to your computer using the USB cable.
   When new software is available, the Garmin Express application sends it to your device.
2 Follow the on-screen instructions.

3 Do not disconnect your device from the computer while the Garmin Express application downloads the software.

TIP: If you are having trouble updating the software with the Garmin Express application, you may need to upload your activity history to the Garmin Connect application and delete your activity history from the device. This should provide sufficient memory space for the update.

Maximizing Battery Life

- Turn off smart notifications (*Turning Off Notifications*, page 5).
- Turn off the Bluetooth wireless feature (*Turning Off Bluetooth Technology*, page 5).
- Turn off activity tracking (*Activity Tracking Settings*, page 7).
- Stop broadcasting heart rate data to paired Garmin devices (*Broadcasting Heart Rate Data to Garmin® Devices*, page 4).
- Turn off wrist-based heart rate monitoring (*Garmin Connect Settings*, page 7).

NOTE: Wrist-based heart rate monitoring is used to calculate vigorous intensity minutes and calories burned.

Acquiring Satellite Signals

The device may need a clear view of the sky to acquire satellite signals. The time and date are set automatically based on the GPS position.

1 Go outdoors to an open area.

The front of the device should be oriented toward the sky.

2 Wait while the device locates satellites.

It may take 30–60 seconds to locate satellite signals.

Improving GPS Satellite Reception

- Frequently sync the device to your Garmin Connect account:
  - ◦ Connect your device to a computer using the USB cable and the Garmin Express application.
  - ◦ Sync your device to the Garmin Connect Mobile app using your Bluetooth enabled smartphone.

  While connected to your Garmin Connect account, the device downloads several days of satellite data, allowing it to quickly locate satellite signals.
- Take your device outside to an open area away from tall buildings and trees.
- Remain stationary for a few minutes.

When does my step count reset?

The daily step count resets every night at midnight.

My step count does not seem accurate

If your step count does not seem accurate, you can try these tips.

- Wear the device on your non-dominant wrist.
- Carry the device in your pocket when actively using your hands or arms only.

  NOTE: The device may interpret some repetitive motions, such as clapping your hands or brushing your teeth, as steps.

My intensity minutes are flashing

When you exercise at an intensity level that qualifies toward your intensity minutes goal, the intensity minutes flash.

Exercise for at least 10 consecutive minutes at a moderate or vigorous intensity level.

Tips for Erratic Heart Rate Data

If the heart rate data is erratic or does not appear, you can try these tips.

- Clean and dry your arm before putting on the device.
- Avoid wearing sunscreen, lotion, and insect repellent under the device.

- Avoid scratching the heart rate sensor on the back of the device.
- Wear the device above your wrist bone. The device should be snug but comfortable.
- Wait until the ♥ icon is solid before starting your activity.
- Warm up for 5 to 10 minutes and get a heart rate reading before starting your activity.

  NOTE: In cold environments, warm up indoors.
- Rinse the device with fresh water after each workout.

Can I use the cardio profile outdoors?

You can turn on GPS and use the cardio profile for an outdoor activity.

1 Select 🏃 > **Cardio** > **Options** > **Use Outdoors**.

2 Go outside, and wait while the device locates satellites.

3 Select 🏃 to start the timer.

GPS stays on for the selected activity profile until you turn it off.

Appendix

Data Fields

Some data fields require ANT+ accessories to display data.

Avg. Pace: The average pace for the current activity.

Avg. Speed: The average speed for the current activity.

Cadence: Cycling. The number of revolutions of the crank arm. Your device must be connected to a cadence accessory for this data to appear.

Cadence: Running. The steps per minute (right and left).

Calories: The total calories burned.

Distance: The distance traveled for the current track or activity.

Heart Rate: Your heart rate in beats per minute (bpm).

HR Zone: The current range of your heart rate (1 to 5). The default zones are based on your user profile and maximum heart rate (220 minus your age).

Lap Distance: The distance traveled for the current lap.

Lap Pace: The average pace for the current lap.

Lap Speed: The average speed for the current lap.

Lap Time: The stopwatch time for the current lap.

Pace: The current pace.

Speed: The current rate of travel.

Time: The stopwatch time for the current activity.

Device Care

NOTICE
Avoid extreme shock and harsh treatment, because it can degrade the life of the product.
Avoid pressing the keys under water.
Do not use a sharp object to clean the device.
Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.
Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.
Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.
Do not remove the bands.

Cleaning the Device

> **NOTICE**
>
> Even small amounts of sweat or moisture can cause corrosion of the electrical contacts when connected to a charger. Corrosion can prevent charging and data transfer.

1 Wipe the device using a cloth dampened with a mild detergent solution.
2 Wipe it dry.

After cleaning, allow the device to dry completely.

TIP: For more information, go to www.garmin.com/fitandcare.

Heart Rate Zone Calculations

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
1	50–60%	Relaxed, easy pace, rhythmic breathing	Beginning-level aerobic training, reduces stress
2	60–70%	Comfortable pace, slightly deeper breathing, conversation possible	Basic cardiovascular training, good recovery pace
3	70–80%	Moderate pace, more difficult to hold conversation	Improved aerobic capacity, optimal cardiovascular training
4	80–90%	Fast pace and a bit uncomfortable, breathing forceful	Improved anaerobic capacity and threshold, improved speed
5	90–100%	Sprinting pace, unsustainable for long period of time, labored breathing	Anaerobic and muscular endurance, increased power

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Symbol Definitions

These symbols may appear on the device or accessory labels.

🗑	WEEE disposal and recycling symbol. The WEEE symbol is attached to the product in compliance with the EU directive 2012/19/EU on Waste Electrical and Electronic Equipment (WEEE). It is intended to deter the improper disposal of this product and to promote reuse and recycling.

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