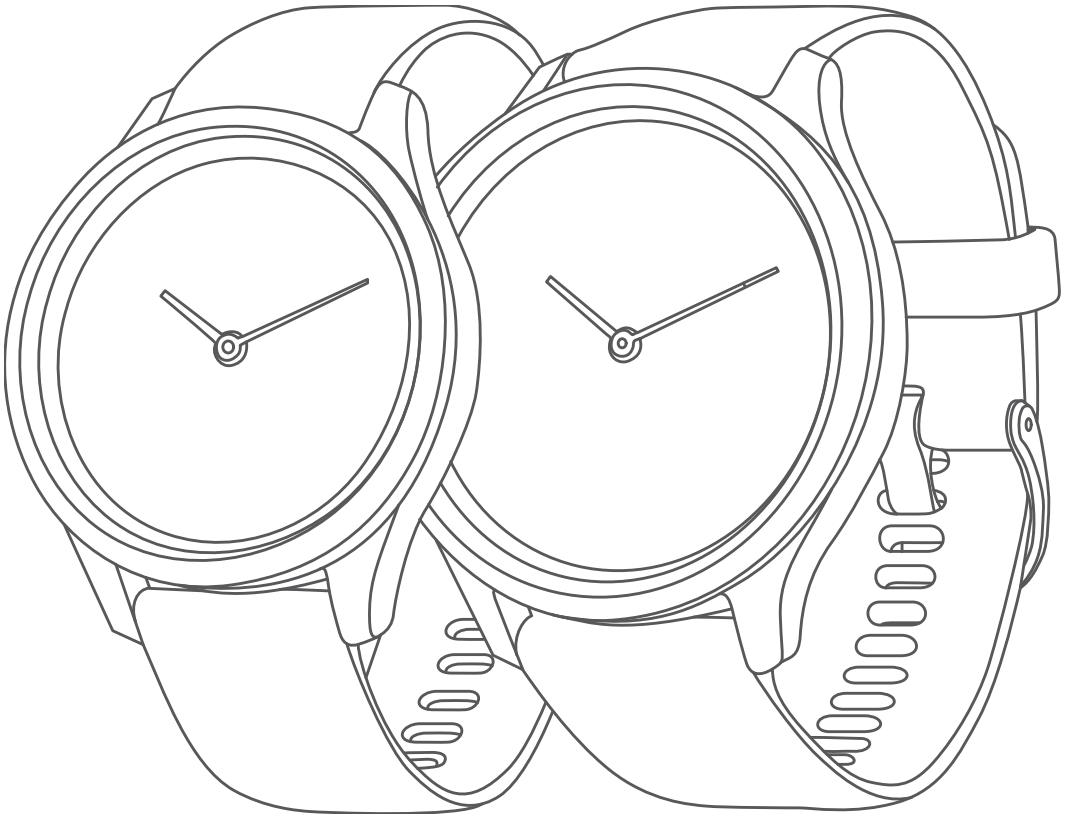
GARMIN



VÍVOMOVE® 3/3S

Owner's Manual

© 2019 Garmin Ltd. or its subsidiaries

All rights reserved. Under the copyright laws, this manual may not be copied, in whole or in part, without the written consent of Garmin. Garmin reserves the right to change or improve its products and to make changes in the content of this manual without obligation to notify any person or organization of such changes or improvements. Go to www.garmin.com for current updates and supplemental information concerning the use of this product.

Garmin®, the Garmin logo, ANT+®, Auto Lap®, Edge®, VIRB®, and vívomove® are trademarks of Garmin Ltd. or its subsidiaries, registered in the USA and other countries. Body Battery™, Connect IQ™, Garmin Connect™, Garmin Express™, Garmin Move IQ™, and Toe-to-Toe™ are trademarks of Garmin Ltd. or its subsidiaries. These trademarks may not be used without the express permission of Garmin.

Android™ is a trademark of Google Inc. Apple® and iPhone® are trademarks of Apple Inc., registered in the U.S. and other countries. The BLUETOOTH® word mark and logos are owned by Bluetooth SIG, Inc. and any use of such marks by Garmin is under license. The Cooper Institute®, as well as any related trademarks, are the property of The Cooper Institute. Advanced heartbeat analytics by Firstbeat. Other trademarks and trade names are those of their respective owners.

This product is ANT+® certified. Visit www.thisisant.com/directory for a list of compatible products and apps.

M/N: A03697, AA3697

Table of Contents

Introduction 1
Turning On and Setting Up the Device 1
Device Modes 1
Using the Device 1
Menu Options 1
Wearing the Device 1

Widgets 2
Auto Goal 2
Move Bar 2
Turning off the Move Alert 2
Intensity Minutes 2
Earning Intensity Minutes 2
Body Battery 2
Viewing the Body Battery Widget 3
Improving Calorie Accuracy 3
Heart Rate Variability and Stress Level 3
Viewing the Stress Level Widget 3
Starting a Relaxation Timer 3
Viewing the Heart Rate Widget 3
Using the Hydration Tracking Widget 3
Menstrual Cycle Tracking 3
Controlling Music Playback 3
Viewing Notifications 3

Training 3
Recording a Timed Activity 3
Recording an Activity with Connected GPS 4
Recording a Strength Training Activity 4
Tips for Recording Strength Training Activities 4
Recording a Swim Activity 4
Starting a Toe-to-Toe Challenge 4

Heart Rate Features 5
Pulse Oximeter 5
Getting Pulse Oximeter Readings 5
Activating Pulse Oximeter Sleep Tracking 5
About VO2 Max. Estimates 5
Getting Your VO2 Max. Estimate 5
Broadcasting Heart Rate Data to Garmin Devices 5
Setting an Abnormal Heart Rate Alert 5

Clock 6
Starting the Countdown Timer 6
Using the Stopwatch 6
Using the Alarm Clock 6

Bluetooth Connected Features 6
Managing Notifications 6
Locating a Lost Smartphone 6
Using Do Not Disturb Mode 6

Garmin Connect 6
Garmin Move IQ™ 7
Connected GPS 7
Sleep Tracking 7
Syncing Your Data with the Garmin Connect App 7
Syncing Your Data with Your Computer 7
Setting Up Garmin Express 7

Customizing Your Device 7
Bluetooth Settings 7
Device Settings 7
Heart Rate and Stress Settings 8
Time Settings 8
Activity Settings 8
Garmin Connect Settings 8
Appearance Settings 8
Alert Settings 8
Customizing Activity Options 8
Activity Tracking Settings 8
User Settings 9
General Settings 9

Device Information 9
Charging the Device 9
Tips for Charging Your Device 9
Device Care 9
Cleaning the Device 10
Cleaning the Leather Bands 10
Changing the Bands 10
Viewing Device Information 10
Specifications 10

Troubleshooting 10
Is my smartphone compatible with my device? 10
My phone will not connect to the device 10
Activity Tracking 10
My step count does not seem accurate 10
The step counts on my device and my Garmin Connect account don't match 10
My stress level does not appear 11
My intensity minutes are flashing 11
The floors climbed amount does not seem accurate 11
Tips for Erratic Heart Rate Data 11
Tips for Improved Body Battery Data 11
Tips for Erratic Pulse Oximeter Data 11
My device does not display the correct time 11
Aligning the Watch Hands 11
Maximizing Battery Life 11
My device display is difficult to see outside 11
Restoring All Default Settings 12
Updating the Software Using the Garmin Connect App 12
Updating the Software Using Garmin Express 12
Product Updates 12
Getting More Information 12
Device Repairs 12

Appendix 12
Fitness Goals 12
About Heart Rate Zones 12
Heart Rate Zone Calculations 12
VO2 Max. Standard Ratings 12

Index 14

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.

Turning On and Setting Up the Device

Before you can use your device, you must plug it into a power source to turn it on.

To use the connected features of the vívomove 3/3S 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 the Garmin Connect app.
2. Plug the small end of the USB cable into the charging port on your device.

3. Plug the USB cable into a power source to turn on the device (*Charging the Device*, page 9).

   Hello! appears when the device turns on.

4. Select an option to add your device to your Garmin Connect account:
   - If this is the first device you have paired with the Garmin Connect app, follow the on-screen instructions.
   - If you have already paired another device with the Garmin Connect app, from the ☰ or ••• menu, select **Garmin Devices** > **Add Device**, and follow the on-screen instructions.

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

Device Modes

Glance	The watch hands show the current time, and the device is locked.
Interactive	The watch hands move away from the touchscreen, and the device unlocks.
Watch only	When the battery is low, the watch hands show the current time, and the touchscreen is off until you charge the device.

Using the Device

Double-tap: Double-tap the touchscreen ① to wake the device.

NOTE: The screen turns off when not in use. When the screen is off, the device is still active and recording data.

Wrist gesture: Rotate and lift your wrist toward your body to turn the screen on. Rotate your wrist away from your body to turn the screen off.

Swipe: When the screen is on, swipe the touchscreen to unlock the device.

Swipe the touchscreen to scroll through widgets and menu options.

Hold: When the device is unlocked, hold the touchscreen to open the menu.

Tap: Tap the touchscreen to make a selection.

Tap ↩ to return to the previous screen.

Menu Options

You can hold the touchscreen to view the menu.

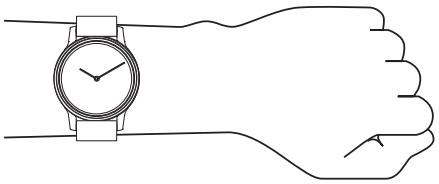
TIP: Swipe to scroll through the menu options.

	Displays the timed activity options.
	Displays the heart rate features.
	Displays the countdown timer, stopwatch, and alarm options.
	Displays the options for your Bluetooth paired smartphone.
	Displays the device settings.

Wearing the Device

- Wear the device above your wrist bone.

  NOTE: The device should be snug but comfortable. For more accurate heart rate readings, the device should not move while running or exercising. For pulse oximeter readings, you should remain motionless.



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

- See *Troubleshooting*, page 10 for more information about wrist-based heart rate.
- See *Tips for Erratic Pulse Oximeter Data*, page 11 for more information about the pulse oximeter sensor.
- For more information about accuracy, go to garmin.com/ataccuracy.

Widgets

Your device comes preloaded with widgets that provide at-a-glance information. You can swipe the touchscreen to scroll through the widgets. Some widgets require a paired smartphone.

NOTE: You can use the Garmin Connect app to select the watch face and add or remove widgets.

Status and time	The current time, date, and battery status. The time and date are set automatically when the device syncs with your Garmin Connect account.
	The total number of steps taken and your goal for the day. The device learns and proposes a new step goal for you each day.
	The total number of floors climbed and your goal for the day.
	Your intensity minutes total and goal for the week.
	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.
	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.
	The total amount of water consumed and your goal for the day.
	The distance traveled in kilometers or miles for the day.
	The amount of total calories burned for the day, including both active and resting calories.
	Your current heart rate in beats per minute (bpm) and seven-day average resting heart rate.
	Your current respiration rate in breaths per minute and seven-day average. The device measures your breathing rate while you are inactive to detect any unusual breathing activity, as well as how it changes in relation to stress.
	Controls for the music player on your smartphone.
	The current temperature and weather forecast from a paired smartphone.
	Status of your current monthly menstrual cycle. You can view and log your daily symptoms.
	Upcoming appointments from your smartphone calendar.
	Notifications from your smartphone, including calls, texts, social network updates, and more, based on your smartphone notification settings.

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.

Turning off the Move Alert

1. Hold the touchscreen to view the menu.
2. Select > > > **Move Alert**.

The alert icon appears with a slash through it.

Intensity Minutes

To improve your health, organizations such as 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 vívomove 3/3S device calculates intensity minutes by comparing your heart rate data 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.
- Wear your device all day and night for the most accurate resting heart rate.

Body Battery

Your device analyzes your heart rate variability, stress level, sleep quality, and activity data to determine your overall Body Battery level. Like a gas gauge on a car, it indicates your amount of available reserve energy. The Body Battery level range is from 0 to 100, where 0 to 25 is low reserve energy, 26

to 50 is medium reserve energy, 51 to 75 is high reserve energy, and 76 to 100 is very high reserve energy.

You can sync your device with your Garmin Connect account to view your most up-to-date Body Battery level, long-term trends, and additional details (*Tips for Improved Body Battery Data*, page 11).

Viewing the Body Battery Widget

The Body Battery widget displays your current Body Battery level.

1. Swipe to view the Body Battery widget.
2. Tap the touchscreen to view the Body Battery graph.

   The graph displays your recent Body Battery activity, and high and low levels for the last hour.

Improving Calorie Accuracy

The device displays an estimate of your total calories burned for the current day. You can improve the accuracy of this estimate by walking briskly for up to 15 minutes.

1. Swipe to view the calories screen.
2. Select ⓘ.

   NOTE: ⓘ appears when calories need to be calibrated. This calibration process only needs to be completed once. If you have already recorded a timed walk or run, ⓘ may not appear.
3. Follow the on-screen instructions.

Heart Rate Variability and Stress Level

Your device analyzes your heart rate variability while you are inactive to determine your overall stress. Training, physical activity, sleep, nutrition, and general life stress all impact your stress level. The stress level range is from 0 to 100, where 0 to 25 is a resting state, 26 to 50 is low stress, 51 to 75 is medium stress, and 76 to 100 is a high stress state. Knowing your stress level can help you identify stressful moments throughout your day. For best results, you should wear the device while sleeping.

You can sync your device with your Garmin Connect account to view your all-day stress level, long-term trends, and additional details.

Viewing the Stress Level Widget

The stress level widget displays your current stress level.

1. Swipe to view the stress level widget.
2. Tap the touchscreen to view the stress level graph.

   The stress level graph displays your stress readings, and high and low levels for the last hour.

Starting a Relaxation Timer

You can start the relaxation timer to begin a guided breathing exercise.

1. Swipe to view the stress level widget.
2. Tap the touchscreen.

   The stress level graph appears.
3. Swipe to select **Relax Timer**.
4. Tap the touchscreen to move to the next screen.
5. Double-tap the touchscreen to start the relaxation timer.
6. Follow the on-screen instructions.
7. Double-tap the touchscreen to stop the relaxation timer.
8. Select ✓.

Your updated stress level appears.

Viewing the Heart Rate Widget

The heart rate widget displays your current heart rate in beats per minute (bpm). For more information on heart rate accuracy, go to garmin.com/ataccuracy.

1. Swipe to view the heart rate widget.

   The widget displays your current heart rate and your average resting heart rate (RHR) value for the last 7 days.
2. Tap the touchscreen to view the heart rate graph.

   The graph displays your recent heart rate activity, and high and low heart rate for the last hour.

Using the Hydration Tracking Widget

The hydration tracking widget displays your fluid intake and your daily hydration goal.

1. Swipe to view the hydration widget.
2. Select + for each serving of fluid you consume (1 cup, 8 oz., or 250 mL).

   TIP: You can customize your hydration settings, such as units used and daily goal, on your Garmin Connect account.

Menstrual Cycle Tracking

Your menstrual cycle is an important part of your health. You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app.

- Menstrual cycle tracking and details
- Physical and emotional symptoms
- Period and fertility predictions
- Health and nutrition information

NOTE: You can use the Garmin Connect app to add and remove widgets.

Controlling Music Playback

The music control widget allows you to control music on your smartphone using your vívomove 3/3S device. The widget controls the currently active or most recently active media player app on your smartphone. If no media player is active, the widget does not display track information, and you must start playback from your phone.

1. On your smartphone, start playing a song or playlist.
2. On your vívomove 3/3S device, swipe to view the music control widget.

Viewing Notifications

When your device is paired with the Garmin Connect app, you can view notifications from your smartphone on your device, such as text messages and emails.

1. Swipe to view the notifications widget.
2. Select **View**.

   The most recent notification appears in the center of the touchscreen.
3. Tap the touchscreen to select the notification.

   TIP: Swipe to view older notifications.

   The entire message scrolls on the device.
4. Tap the touchscreen, and select ✓ to dismiss the notification.

Training

Recording a Timed Activity

You can record a timed activity, which can be saved and sent to your Garmin Connect account.

1. Hold the touchscreen to view the menu.

2. Select .
3. Swipe to scroll through the activity list, and select an option:
   - Select for walking.
   - Select for running.
   - Select for a cardio activity.
   - Select for strength training.
   - Select for a yoga activity.
   - Select for other activity types.
   - Select for an elliptical trainer activity.
   - Select for pool swimming.
   - Select for a stair stepper activity.
   - Select for Toe-to-Toe™ step challenge.

   NOTE: You can use the Garmin Connect app to add or remove activities.
4. Double-tap the touchscreen to start the activity timer.
5. Start your activity.
6. Swipe to view additional data screens.
7. After you complete your activity, double-tap the touchscreen to stop the activity timer.
8. Select an option:
   - Select to save the activity.
   - Select to delete the activity.
   - Select to resume the activity.

Recording an Activity with Connected GPS

You can connect the device to your smartphone to record GPS data for your walk or run activity.

1. Hold the touchscreen to view the menu.
2. Select .
3. Select or .
4. Select ✓ to connect the device to your Garmin Connect account.

   ✓ appears on the device when you are connected.

   NOTE: If you cannot connect the device to your smartphone, tap the touchscreen and select ✓ to continue the activity. GPS data will not be recorded.
5. Double-tap the touchscreen to start the activity timer.
6. Start your activity.

   Your phone must be in range during the activity.
7. After you complete your activity, double-tap the touchscreen to stop the activity timer.
8. Select an option:
   - Select to save the activity.
   - Select to delete the activity.
   - Select to resume the activity.

Recording a Strength Training Activity

You can record sets during a strength training activity. A set is multiple repetitions (reps) of a single move.

1. Hold the touchscreen to view the menu.
2. Select > .
3. If necessary, select to turn on **Rep Counting**.
4. Double-tap the touchscreen to start the activity timer.
5. Start your first set.

   The device counts your reps.
6. Swipe to view additional data screens.
7. Select to finish a set.

   A rest timer appears.
8. During a rest, select an option:
   - To view additional data screens, swipe the touchscreen.
   - To edit your rep count, swipe left, select , swipe to select the number, and tap the center of the touchscreen.
9. Select to start your next set.
10. Repeat steps 6 through 8 until your activity is complete.
11. Double-tap the touchscreen to stop the activity timer.
12. Select an option:
    - Select to save the activity.
    - Select to delete the activity.
    - Select to resume the activity.

Tips for Recording Strength Training Activities

- Do not look at the device while performing reps.

  You should interact with the device at the beginning and end of each set, and during rests.
- Focus on your form while performing reps.
- Perform bodyweight or free weight exercises.
- Perform reps with a consistent, wide range of motion.

  Each rep is counted when the arm wearing the device returns to the starting position.

  NOTE: Leg exercises may not be counted.
- Save and send your strength training activity to your Garmin Connect account.

  You can use the tools in your Garmin Connect account to view and edit activity details.

Recording a Swim Activity

NOTE: Heart rate is not available while swimming.

1. Hold the touchscreen to view the menu.
2. Select > .
3. Select a **Skill Level**.
4. If necessary, select to edit the pool size.
5. Double-tap the touchscreen to start the activity timer.
6. Start your activity.

   The device automatically records swim intervals, or pool lengths, which you can view by swiping the touchscreen.
7. After you complete your activity, double-tap the touchscreen to stop the activity timer.
8. Select an option:
   - Select to save the activity.
   - Select to delete the activity.
   - Select to resume the activity.
   - Select to edit the pool lengths.

Starting a Toe-to-Toe Challenge

You can start a 2-minute, Toe-to-Toe challenge with a friend who has a compatible device.

1. Hold the touchscreen to view the menu.
2. Select > to challenge another player in range (3 m).

   NOTE: Both players must start a challenge on their device.

   If the device cannot find any players within 30 seconds, the challenge times out.
3. Select the player's name.

   The device counts down for 3 seconds before the timer starts.
4. Get steps for 2 minutes.

   The screen displays the timer and the number of steps.
5. Bring the devices in range (3 m).

The screen displays the steps for each player.

Players can select ↺ to start another challenge or select ↩ to exit the menu.

Heart Rate Features

The vívomove 3/3S device has a heart rate menu, enabling you to view wrist-based heart rate data.

	Monitors the saturation of oxygen in your blood. Knowing your oxygen saturation can help you determine how your body is adapting to exercise and stress. **NOTE:** The pulse oximeter sensor is located on the back of the device.
VO2	Displays your current VO2 max., which is an indication of athletic performance and should increase as your level of fitness improves.
	Broadcasts your current heart rate to a paired Garmin® device.

Pulse Oximeter

The device has a wrist-based pulse oximeter to gauge the saturation of oxygen in your blood. Knowing your oxygen saturation can help you determine how your body is adapting to exercise and stress. Your device gauges your blood oxygen level by shining light into the skin and checking how much light is absorbed. This is referred to as SpO_2.

On the device, your pulse oximeter readings appear as an SpO_2 percentage. On your Garmin Connect account, you can view additional details about your pulse oximeter readings, including trends over multiple days (*Activating Pulse Oximeter Sleep Tracking*, page 5). For more information on pulse oximeter accuracy, go to garmin.com/ataccuracy.

Getting Pulse Oximeter Readings

You can manually begin a pulse oximeter reading on your device at any time. The accuracy of these readings can vary based on your blood flow, the device placement on your wrist, and your stillness.

1. Wear the device above your wrist bone.

   The device should be snug but comfortable.
2. Hold the touchscreen to view the menu.
3. Select ❤ > .
4. Hold the arm wearing the device at heart level while the device reads your blood oxygen saturation.
5. Keep still.

The device displays your oxygen saturation as a percentage.

NOTE: You can turn on and view pulse oximeter sleep data in your Garmin Connect account (*Activating Pulse Oximeter Sleep Tracking*, page 5).

Activating Pulse Oximeter Sleep Tracking

You can set your device to continuously measure your blood oxygen level, or SpO_2, while you sleep (*Tips for Erratic Pulse Oximeter Data*, page 11).

1. From the settings menu in the Garmin Connect Mobile app, select **Garmin Devices**.
2. Select your device.
3. Select **Activity Tracking** > **Pulse Ox**.
4. Select **Pulse Ox Sleep Tracking**.

   NOTE: Unusual sleep positions could cause abnormally low sleep-time SpO_2 readings.

About VO2 Max. Estimates

VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. In simple terms, VO2 max. is an indication of athletic performance and should increase as your level of fitness improves.

On the device, your VO2 max. estimate appears as a number and description. On your Garmin Connect account, you can view additional details about your VO2 max. estimate, including your fitness age. Your fitness age gives you an idea of how your fitness compares with a person of the same gender and different age. As you exercise, your fitness age can decrease over time.

VO2 max. data is provided by FirstBeat. VO2 max. analysis is provided with permission from The Cooper Institute®. For more information, see the appendix (*VO2 Max. Standard Ratings*, page 12), and go to www.CooperInstitute.org.

Getting Your VO2 Max. Estimate

The device requires wrist-based heart rate data and a timed 15 minute brisk walk or run to display your VO2 max. estimate.

1. Hold the touchscreen to view the menu.
2. Select ❤ > VO2.

   If you have already recorded a 15 minute brisk walk or run, your VO2 max. estimate may appear. The device updates your VO2 max. estimate each time you complete a timed walk or run.
3. Select ⏩ to start the timer.

   A message appears when the test is complete.
4. To manually start a VO2 max. test to get an updated estimate, tap your current reading and follow the on-screen instructions.

   The device updates your VO2 max. estimate.

Broadcasting Heart Rate Data to Garmin Devices

You can broadcast your heart rate data from your vívomove 3/3S 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 during an activity.

NOTE: Broadcasting heart rate data decreases battery life.

1. Hold the touchscreen to view the menu.
2. Select ❤ > .

   The vívomove 3/3S device starts broadcasting your heart rate data.

   NOTE: You can view only the heart rate monitoring screen while broadcasting heart rate data.
3. Pair your vívomove 3/3S device with your Garmin ANT+® compatible device.

   NOTE: The pairing instructions differ for each Garmin compatible device. See your owner's manual.
4. Tap the heart rate monitoring screen, and select ✓ to stop broadcasting your heart rate data.

Setting an Abnormal Heart Rate Alert

⚠ CAUTION

This feature only alerts you when your heart rate exceeds or drops below a certain number of beats per minute, as selected by the user, after a period of inactivity. This feature does not notify you of any potential heart condition and is not intended to treat or diagnose any medical condition or disease. Always defer to your health care provider for any heart-related issues.

You can set the heart rate threshold value.

1. Hold the touchscreen to view the menu.
2. Select ⚙ > ❤ > .
3. Select **High Alert** or **Low Alert**.
4. Tap the screen to turn on the toggle.

5 Select .
6 Follow the on-screen instructions to set the heart rate threshold value.
7 Tap the touchscreen to confirm the value.

Each time your heart rate exceeds or drops below the custom value, a message appears and the device vibrates.

Clock

Starting the Countdown Timer

1 Hold the touchscreen to view the menu.
2 Select > .
3 Set the minutes.
4 Tap the center of the touchscreen to select the minutes and move to the next screen.
5 Set the seconds.
6 Tap the center of the touchscreen to select the seconds and move to the next screen.

A screen appears showing the countdown time.

7 If necessary, select to edit the time.
8 Double-tap the touchscreen to start the timer.
9 If necessary, double-tap the touchscreen to pause and resume the timer.
10 Double-tap the touchscreen to stop the timer.
11 If necessary, select to reset the timer.

Using the Stopwatch

1 Hold the touchscreen to view the menu.
2 Select > .
3 Double tap the touchscreen to start the timer.
4 Double tap the touchscreen to stop the timer.
5 If necessary, select to reset the timer.

Using the Alarm Clock

1 Set alarm clock times and frequencies on your Garmin Connect account (*Activity Tracking Settings*, page 8).
2 On the vívomove 3/3S device, hold the touchscreen to view the menu.
3 Select > .
4 Swipe to scroll through the alarms.
5 Select an alarm to turn it on or off.

Bluetooth Connected Features

The vívomove 3/3S device has several Bluetooth connected features for your compatible smartphone using the Garmin Connect app.

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

Weather updates: Displays the current temperature and weather forecast from your smartphone.

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

Find my phone: Locates your lost smartphone that is paired with your vívomove 3/3S device and currently within range.

Find my device: Locates your lost vívomove 3/3S device that is paired with your smartphone and currently within range.

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

Software updates: Your device wirelessly downloads and installs the latest software update.

Managing Notifications

You can use your compatible smartphone to manage notifications that appear on your vívomove 3/3S device.

Select an option:

- If you are using an iPhone® device, go to the iOS® notifications settings to select the items to show on the device.
- If you are using an Android™ smartphone, from the Garmin Connect app, select **Settings** > **Smart Notifications**.

Locating a Lost Smartphone

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

1 Hold the touchscreen to view the menu.
2 Select > .

The vívomove 3/3S device begins searching for your paired smartphone. An audible alert sounds on your smartphone, and the Bluetooth signal strength appears on the vívomove 3/3S device screen. The Bluetooth signal strength increases as you move closer to your smartphone.

Using Do Not Disturb Mode

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

NOTE: In your Garmin Connect account, you can set the device to automatically enter 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.

1 Hold the touchscreen to view the menu.
2 Select > .

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, swims, hikes, and more.

You can create your free Garmin Connect account when you pair your device with your phone using the Garmin Connect Mobile app, or you can go to www.garminconnect.com.

Track your progress: You can track your daily steps, join a friendly competition with your connections, and meet your goals.

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, and customizable reports.

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.

Garmin Move IQ™

When your movements match familiar exercise patterns, the Move IQ feature automatically detects the event and displays it in your timeline. The Move IQ events show activity type and duration, but they do not appear in your activities list or newsfeed.

The Move IQ feature can automatically start a timed activity for walking and running using time thresholds you set in the Garmin Connect app. These activities are added to your activities list.

Connected GPS

With the connected GPS feature, your device uses the GPS antenna in your smartphone to record GPS data for walk, run, or bike activities (*Recording an Activity with Connected GPS*, page 4). The GPS data, including location, distance, and speed, appears in the activity details in your Garmin Connect account.

Sleep Tracking

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

NOTE: Naps are not added to your sleep statistics. You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms (*Using Do Not Disturb Mode*, page 6).

Syncing Your Data with the Garmin Connect App

Your device automatically syncs data with the Garmin Connect app each time you open the app. Your device periodically syncs data with the Garmin Connect app automatically. You can also manually sync your data at any time.

1. Bring the device near your smartphone.
2. Open the Garmin Connect app.

   TIP: The app can be open or running in the background.
3. Hold the touchscreen to view the menu.
4. Select > .
5. Wait while your data syncs.
6. View your current data in the Garmin Connect app.

Syncing Your Data with Your Computer

Before you can sync your data with the Garmin Connect application on your computer, you must install the Garmin Express™ application (*Setting Up Garmin Express*, page 7).

1. Connect the device to your computer using the USB cable.
2. Open the Garmin Express application.

   The device enters mass storage mode.
3. Follow the on-screen instructions.
4. View your data on your Garmin Connect account.

Setting Up Garmin Express

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

Customizing Your Device

Bluetooth Settings

Hold the touchscreen to view the menu, and select .

: Turns Bluetooth technology on and off.

NOTE: Other Bluetooth settings appear only when Bluetooth technology is enabled.

: Allows you to pair your device with a compatible Bluetooth enabled smartphone. This setting allows you to use Bluetooth connected features using the Garmin Connect app, including notifications and activity uploads to Garmin Connect.

: Allows you to locate a lost smartphone that is paired using Bluetooth technology and currently within range.

: Allows you to sync your device with a compatible Bluetooth enabled smartphone.

Device Settings

You can customize some settings on your vívomove 3/3S device. Additional settings can be customized on your Garmin Connect account.

Hold the touchscreen to view the menu, and select .

: Turns do not disturb mode on and off (*Using Do Not Disturb Mode*, page 6).

: Allows you to manually align the watch hands (*Aligning the Watch Hands*, page 11).

: Sets the brightness level. You can use the Auto option to automatically adjust the brightness based on the ambient light, or manually adjust the brightness level.

NOTE: A higher brightness level decreases battery life.

: Sets the vibration level.

NOTE: A higher vibration level decreases battery life.

: Allows you to turn the heart rate monitor on and off, set an abnormal heart rate alert, and set a relax reminder (*Heart Rate and Stress Settings*, page 8).

: Sets the device to display time in a 12-hour or 24-hour format, and allows you to set the time manually (*Setting the Time Manually*, page 8).

: Turns activity tracking, move alert, and goal alerts on and off (*Activity Settings*, page 8).

: Allows you to select which wrist the device is worn on.

NOTE: This setting is used for strength training and gestures.

: Sets the device to display the distance traveled in statute or metric units.

: Sets the device language.

: Allows you to reset user data and settings (*Restoring All Default Settings*, page 12).

: Displays the unit ID, software version, regulatory information, license agreement, and more (*Viewing Device Information*, page 10).

Heart Rate and Stress Settings

Hold the touchscreen to view the menu, and select > .

: Turns the wrist heart rate monitor on or off. You can use the Activity Only option to use the wrist heart rate monitor only during timed activities.

: Allows you to set the device to alert you when your heart rate exceeds or drops below a target value (*Setting an Abnormal Heart Rate Alert*, page 5).

: Allows you to set the value of the heart rate alert threshold.

: Allows you to set the device to alert you when your stress level is unusually high. The alert encourages you to take a moment to relax, and the device prompts you to begin a guided breathing exercise (*Starting a Relaxation Timer*, page 3).

Time Settings

Hold the touchscreen to view the menu, and select > .

: Sets the device to display time in a 12-hour or 24-hour format.

: Allows you to set the time manually or automatically based on your paired mobile device (*Setting the Time Manually*, page 8).

Setting the Time Manually

By default, the time is set automatically when the vívomove 3/3S device is paired with a smartphone.

1. Hold the touchscreen to view the menu.
2. Select > > > **Manual**.
3. Select .
4. Follow the on-screen instructions to set the time.

Activity Settings

Hold the touchscreen to view the menu, and select > .

: Allows you to turn activity tracking on and off.

NOTE: Other activity tracking settings appear only when activity tracking is enabled.

: Allows you to turn the Move Alert on and off.

: Allows you to turn on and off goal alerts, or disable goal alerts during a timed activity. Goal alerts appear for your daily steps goal, daily floors climbed goal, and weekly intensity minutes goal.

Garmin Connect Settings

You can customize your device settings, activity options, and user settings on your Garmin Connect account. Some settings can also be customized on your vívomove 3/3S device.

- From the Garmin Connect app, select or •••, select **Garmin Devices**, and select your device.
- From the devices widget in the Garmin Connect application, select your device.

After customizing settings, you must sync your data to apply the changes to your device (*Syncing Your Data with the Garmin Connect App*, page 7) (*Syncing Your Data with Your Computer*, page 7).

Appearance Settings

From your Garmin Connect device menu, select Appearance.

Watch Face: Allows you to select the watch face.

Widgets: Allows you to customize the widgets that appear on your device and reorder the widgets in the loop.

Display Options: Allows you to customize your display.

Alert Settings

From your Garmin Connect device menu, select Alerts.

Alarms: Allows you to set alarm clock times and frequencies for your device.

Phone Notifications: Allows you to enable and configure phone notifications from your compatible smartphone. You can filter notifications by During an Activity or Not During an Activity.

Abnormal Heart Rate Alert: Allows you to set the device to alert you when your heart rate exceeds or drops below a set threshold after a period of inactivity. You can set the Alert Threshold.

Relax Reminders: Allows you to set the device to alert you when your stress level is unusually high. The alert encourages you to take a moment to relax, and the device prompts you to begin a guided breathing exercise.

Bluetooth Connection Alert: Allows you to enable an alert informing you when your paired smartphone is no longer connected using Bluetooth technology.

Do Not Disturb During Sleep: Sets the device to turn on do not disturb mode automatically during your sleep hours (*User Settings*, page 9).

Customizing Activity Options

You can select activities to display on your device.

1. From your Garmin Connect device menu, select **Activity Options**.
2. Select **Edit**.
3. Select the activities to display on your device.

   NOTE: The walking and running activities cannot be removed.
4. If necessary, select an activity to customize its settings, such as alerts and data fields.

Marking Laps

You can set your device to use the Auto Lap® feature, which marks a lap automatically at every kilometer or mile. This feature is helpful for comparing your performance over different parts of an activity.

NOTE: The Auto Lap feature is not available for all activities.

1. From the settings menu in the Garmin Connect Mobile app, select **Garmin Devices**.
2. Select your device.
3. Select **Activity Options**.
4. Select an activity.
5. Select **Auto Lap**.

Customizing Data Fields

You can change the data field combinations for the screens that appear while the activity timer is running.

NOTE: You cannot customize Pool Swim.

1. From the settings menu in the Garmin Connect app, select **Garmin Devices**.
2. Select your device.
3. Select **Activity Options**.
4. Select an activity.
5. Select **Data Fields**.
6. Select a data field to change it.

Activity Tracking Settings

From your Garmin Connect device menu, select Activity Tracking.

NOTE: Some settings appear in a subcategory in the settings menu. App or website updates may change these settings menus.

Activity Tracking: Turns activity tracking features on and off.

Auto Activity Start: Allows your device to create and save timed activities automatically when the Move IQ feature detects you have been walking or running for a minimum time threshold. You can set the minimum time threshold for running and walking.

Custom Stride Length: Allows your device to more accurately calculate the distance traveled using your custom stride length. You can enter a known distance and the number of steps it takes to cover the distance, and Garmin Connect can calculate your step length.

Daily Floors Climbed: Allows you to enter a daily goal for the number of floors to climb.

Daily Steps: Allows you to enter your daily step goal. You can use the Auto Goal option to allow your device to determine your step goal automatically.

Goal Animations: Allows you to turn on and off goal animations, or turn them off only during activities. Goal animations appear for your daily steps goal, daily floors climbed goal, and weekly intensity minutes goal.

Move Alert: Allows your device to display a message and move bar on the time of day screen when you have been inactive for too long. The device also beeps or vibrates if audible tones are turned on.

NOTE: This setting decreases battery life.

Move IQ: Allows you to turn on and off Move IQ events. The Move IQ feature automatically detects activity patterns, such as walking and running.

Pulse Ox Sleep Tracking: Allows your device to record up to four hours of pulse oximeter readings while you sleep.

Set as Preferred Activity Tracker: Sets this device to be your primary activity tracking device when more than one device is connected to the app.

Weekly Intensity Minutes: Allows you to enter a weekly goal for the number of minutes to participate in moderate to vigorous intensity activities. The device also allows you to set a heart rate zone for moderate intensity minutes and a higher heart rate zone for vigorous intensity minutes. You can also use the default algorithm.

User Settings

From your Garmin Connect device menu, select User Settings.

Personal Information: Allows you to enter your personal details, such as birth date, gender, height, and weight.

Sleep: Allows you to enter your normal sleep hours.

Heart Rate Zones: Allows you to estimate your maximum heart rate and determine custom heart rate zones.

General Settings

From your Garmin Connect device menu, select General.

Device Name: Allows you to set a name for the device.

Wrist Worn On: Allows you to select which wrist the device is worn on.

NOTE: This setting is used for strength training and gestures.

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

Date Format: Sets the device to display the date in a month/day or day/month format.

Language: Sets the device language.

Distance: Sets the device to display the distance traveled in kilometers or miles.

Device 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 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.

Tips for Charging Your Device

- Connect the charger securely to the device to charge it using the USB cable (*Charging the Device*, page 9).

  You can charge the device by plugging the USB cable into a Garmin approved AC adapter with a standard wall outlet or a USB port on your computer.
- View the remaining battery graphic on the device information screen (*Viewing Device Information*, page 10).

Device Care

NOTICE

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Do not use a sharp object to clean the device.

Never use a hard or sharp object to operate the touchscreen, or damage may result.

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 place in high temperature environments, such as a clothes dryer.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

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.

Cleaning the Leather Bands

1. Wipe the leather bands with a dry cloth.
2. Use a leather conditioner to clean the leather bands.

Changing the Bands

The vívomove 3S device is compatible with 18 mm wide, standard, quick-release bands. The vívomove 3 device is compatible with 20 mm wide, standard, quick-release bands.

1. Slide the quick-release pin on the spring bar to remove the band.

2. Insert one side of the spring bar for the new band into the device.
3. Slide the quick-release pin, and align the spring bar with the opposite side of the device.
4. Repeat steps 1 through 3 to change the other band.

Viewing Device Information

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

1. Hold the touchscreen to view the menu.
2. Select ⚙ > ⓘ.
3. Swipe to view the information.

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to 5 days in smart mode Up to 1 additional week in watch mode
Operating temperature range	From -10º to 50ºC (from 14º to 122ºF)
Charging temperature range	From 0º to 45ºC (from 32º to 113ºF)
Wireless frequencies/ protocols	2.4 GHz @ 0 dBm nominal • ANT+ wireless communications protocol • Bluetooth 5.0 technology 13.56 MHz @ -40 dBm nominal, NFC wireless technology
Water rating	5 ATM[1]

Troubleshooting

Is my smartphone compatible with my device?

The vívomove 3/3S device is compatible with smartphones using Bluetooth wireless technology.

Go to www.garmin.com/ble for compatibility information.

My phone will not connect to the device

- Bring the device within range of your smartphone.
- If your devices are already paired, turn Bluetooth off on both devices, and turn it back on.
- If your devices are not paired, enable Bluetooth technology on your smartphone.
- On your smartphone, open the Garmin Connect app, select ☰ or •••, and select **Garmin Devices** > **Add Device** to enter pairing mode.
- On your device, hold the touchscreen to view the menu, and select ⚙ > ⚙ to enter pairing mode.

Activity Tracking

For more information about activity tracking accuracy, go to garmin.com/ataccuracy.

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 pushing a stroller or lawn mower.
- Carry the device in your pocket when actively using your hands or arms only.

  NOTE: The device may interpret some repetitive motions, such as washing dishes, folding laundry, or clapping your hands, as steps.

The step counts on my device and my Garmin Connect account don't match

The step count on your Garmin Connect account updates when you sync your device.

1. Select an option:
   - Sync your step count with the Garmin Connect application (*Syncing Your Data with Your Computer*, page 7).
   - Sync your step count with the Garmin Connect app (*Syncing Your Data with the Garmin Connect App*, page 7).
2. Wait while the device syncs your data.

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

Syncing can take several minutes.

NOTE: Refreshing the Garmin Connect app or the Garmin Connect application does not sync your data or update your step count.

My stress level does not appear

Before the device can detect your stress level, wrist-based heart rate monitoring must be turned on.

The device samples your heart rate variability throughout the day during periods of inactivity to determine your stress level. The device does not determine your stress level during timed activities.

If dashes appear instead of your stress level, be still, and wait while the device measures your heart rate variability.

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.

The floors climbed amount does not seem accurate

Your device uses an internal barometer to measure elevation changes as you climb floors. A floor climbed is equal to 3 m (10 ft.).

- Avoid holding handrails or skipping steps while climbing stairs.
- In windy environments, cover the device with your sleeve or jacket as strong gusts can cause erratic readings.

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.
- 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.

Tips for Improved Body Battery Data

- Your Body Battery level updates when you sync your device with your Garmin Connect account.
- For more accurate results, wear the device while sleeping.
- Rest and good sleep charge your Body Battery.
- Strenuous activity, high stress, and poor sleep can cause your Body Battery to drain.
- Food intake, as well as stimulants like caffeine, has no impact on your Body Battery.

Tips for Erratic Pulse Oximeter Data

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

- Remain motionless while the device reads your blood oxygen saturation.
- Wear the device above your wrist bone. The device should be snug but comfortable.
- Hold the arm wearing the device at heart level while the device reads your blood oxygen saturation.
- Use a silicone band.
- Clean and dry your arm before putting on the device.
- Avoid wearing sunscreen, lotion, and insect repellent under the device.
- Avoid scratching the optical sensor on the back of the device.
- Rinse the device with fresh water after each workout.

My device does not display the correct time

The device updates the time and date when you sync your device to a computer or mobile device. You should sync your device to receive the correct time when you change time zones, and to update for daylight saving time.

If the watch hands do not match the digital time, you should align them manually (*Aligning the Watch Hands*, page 11).

1. Confirm that your time is set to automatic (*Time Settings*, page 8).
2. Confirm that your computer or mobile device displays the correct local time.
3. Select an option:
   - Sync your device to a computer (*Syncing Your Data with Your Computer*, page 7).
   - Sync your device to a mobile device (*Syncing Your Data with the Garmin Connect App*, page 7).

   The time and date are updated automatically.

Aligning the Watch Hands

Your vívomove 3/3S device contains precision watch hands. Intense activities can alter the position of the watch hands. If the watch hands do not match the digital time, you should align them manually.

TIP: Alignment of the watch hands may be necessary after a few months of normal use.

1. Hold the touchscreen to view the menu.
2. Select > > **Align Hands to 12:00**.
3. Tap or until the minute hand points to the 12 o'clock position.
4. Select .
5. Tap or until the hour hand points to the 12 o'clock position.
6. Select .

   The message **Alignment Complete** appears.

   NOTE: You can also use the Garmin Connect app to align the watch hands.

Maximizing Battery Life

- Decrease the screen brightness and timeout (*Appearance Settings*, page 8).
- Turn off wrist gestures (*Appearance Settings*, page 8).
- In your smartphone notification center settings, limit the notifications that appear on your vívomove 3/3S device (*Managing Notifications*, page 6).
- Turn off smart notifications (*Bluetooth Settings*, page 7).
- Turn off Bluetooth wireless technology when you are not using connected features (*Bluetooth Settings*, page 7).
- Stop broadcasting heart rate data to paired Garmin devices (*Broadcasting Heart Rate Data to Garmin Devices*, page 5).
- Turn off wrist-based heart rate monitoring (*Heart Rate and Stress Settings*, page 8).

  NOTE: Wrist-based heart rate monitoring is used to calculate vigorous intensity minutes, VO2 max., stress level, and calories burned (*Intensity Minutes*, page 2).

My device display is difficult to see outside

The device detects ambient light and automatically adjusts the backlight brightness to maximize battery life. In direct sunlight,

the screen gets brighter, but it may still be difficult to read. The automatic activity detection feature can be helpful when starting outdoor activities (*Activity Tracking Settings*, page 8).

Restoring All Default Settings

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

1. Hold the touchscreen to view the menu.
2. Select > .
3. Select an option:
   - To reset all of the device settings to the factory default values and save all user-entered information and activity history, select **Reset Default Settings**.
   - To reset all of the device settings to the factory default values and delete all user-entered information and activity history, select **Delete Data and Reset Settings**.

   An informational message appears.
4. Tap the touchscreen.
5. Follow the on-screen instructions.

Updating the Software Using the Garmin Connect App

Before you can update your device software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the device with a compatible smartphone (*Turning On and Setting Up the Device*, page 1).

Sync your device with the Garmin Connect app (*Syncing Your Data with the Garmin Connect App*, page 7).

When new software is available, the Garmin Connect app automatically sends the update to your device. The update is applied when you are not actively using the device. When the update is complete, your device restarts.

Updating the Software Using Garmin Express

Before you can update your device software, you must download and install the Garmin Express application and add your device (*Syncing Your Data with Your Computer*, page 7).

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. After the Garmin Express application finishes sending the update, disconnect the device from your computer.

   Your device installs the update.

Product Updates

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

This provides easy access to these services for Garmin devices:

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

Getting More Information

- Go to support.garmin.com for additional manuals, articles, and software updates.
- Go to buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.
- Go to www.garmin.com/ataccuracy.

  This is not a medical device. The pulse oximeter feature is not available in all countries.

Device Repairs

If your device needs to be repaired, go to support.garmin.com for information about submitting a service request with Garmin Product Support.

Appendix

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.

If you know your maximum heart rate, you can use the table (*Heart Rate Zone Calculations*, page 12) 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.

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.

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

VO2 Max. Standard Ratings

These tables include standardized classifications for VO2 max. estimates by age and gender.

Males	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	55.4	54	52.5	48.9	45.7	42.1
Excellent	80	51.1	48.3	46.4	43.4	39.5	36.7
Good	60	45.4	44	42.4	39.2	35.5	32.3
Fair	40	41.7	40.5	38.5	35.6	32.3	29.4
Poor	0–40	<41.7	<40.5	<38.5	<35.6	<32.3	<29.4

Females	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	49.6	47.4	45.3	41.1	37.8	36.7
Excellent	80	43.9	42.4	39.7	36.7	33	30.9
Good	60	39.5	37.8	36.3	33	30	28.1
Fair	40	36.1	34.4	33	30.1	27.5	25.9
Poor	0–40	<36.1	<34.4	<33	<30.1	<27.5	<25.9

Data reprinted with permission from The Cooper Institute. For more information, go to www.CooperInstitute.org.

Index

A
accessories **12**
activities **3, 4, 8**
  custom **8**
  saving **8**
activity tracking **2, 7–9**
alarms **6**
  clock **8**
alerts **8**
  heart rate **5, 8**
  vibration **6, 8**
applications **6**
  smartphone **1**
Auto Lap **8**

B
backlight **6–8**
bands **10**
battery **10**
  charging **1, 9**
  maximizing **7, 8, 11**
Bluetooth technology **6–8, 10**
Body Battery **2, 3, 11**

C
calibrating **3**
  touchscreen **11**
calorie **3**
  data fields **8**
  expenditure **2**
challenges **4**
charging **9**
cleaning the device **9, 10**
clock **6, 8, 11**
controls menu **1**
countdown timer **6**
customizing the device **7**

D
data
  storing **6**
  transferring **6**
  uploading **9**
data fields **8**
deleting
  all user data **12**
  messages **3**
display settings **7**
distance **2**
  data fields **8**

E
editing **8**

G
Garmin Connect **1, 5–9, 12**
Garmin Express **7**
  updating software **12**
goals **2, 8, 9**
GPS **4, 8**
  signal **7**

H
health stats **3**
heart rate **1–3, 5**
  alerts **5, 8**
  data fields **8**
  monitor **5, 8, 11**
  pairing sensors **5**
  zones **9, 12**
history **7**
  sending to computer **6, 7**
home screen, customizing **8**

I
intensity minutes **2, 8, 11**
intervals, swimming **4**

K
keys **1**

L
language **9**
laps **8**

M
mass storage mode **7**
menstrual cycle **2, 3**
menu **1, 8**
messages **3**
Move IQ **8**
music controls **2, 3**

N
notifications **2, 3, 6, 8**

O
oxygen saturation **5**

P
pairing
  ANT+ sensors **5**
  smartphone **1, 7, 10**
pool size, setting **4**
profiles, activity **7**
pulse oximeter **1, 5, 8, 11**

R
replacement parts **10**
resetting the device **12**

S
saving activities **3, 4, 8**
screen **7**
  calibration **11**
  settings **8**
settings **1, 5, 7, 8, 11, 12**
  device **8, 9**
sleep mode **7–9**
smartphone **3, 10**
  applications **6**
  pairing **1, 7, 10**
software
  updating **12**
  version **10**
specifications **10**
steps **2, 4, 8**
stopwatch **6**
storing data **6**
stress level **2, 3, 8, 11**
stress score **2, 3**
stride length **8**
swimming **4**
system settings **7**

T
time **8**
  settings **8, 9, 11**
time of day **11**
timer **3, 4, 8**
  countdown **6**
touchscreen **1**
  calibrating **11**
tracking **5**
troubleshooting **4, 9–12**

U
unit ID **10**
units of measure **9**
updates, software **12**
USB **12**
  transferring files **7**
user data, deleting **12**

V
VO2 max. **5, 12**

W
watch faces **8**
watch mode **1**
weather **2**
weight, settings **9**
widgets **2, 3, 8**

Z
zones, heart rate **8, 9**

March 2020

GUID-62566D34-AC8F-4300-B5I3-05DA26AB6DDI v2