

GARMIN[®]
vivosmart[®] HR



Owner's Manual

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Table of Contents

Introduction	1
Getting Started.....	1
Device Overview.....	1
Wearing the Device and Heart Rate.....	1
Pairing and Setup	1
Pairing Your Smartphone.....	1
Setting Up the Device On Your Computer.....	1
Activity Tracking and Features	2
Icons.....	2
Auto Goal.....	2
Move Bar.....	2
Intensity Minutes.....	2
Recording a Fitness Activity.....	2
Broadcasting Heart Rate Data to Garmin® Devices.....	3
VIRB Remote.....	3
Sleep Tracking.....	3
Bluetooth Connected Features	3
Viewing Notifications.....	3
Managing Notifications.....	3
Locating a Lost Smartphone.....	3
Bluetooth Settings.....	3
History	4
Viewing History.....	4
Garmin Connect.....	4
Customizing Your Device	4
Garmin Connect Settings.....	4
Device Settings.....	5
Using Do Not Disturb Mode.....	5
Viewing the Alarm Clock.....	5
Device Information	5
vivosmart HR Specifications.....	5
Viewing Device Information.....	5
Charging the Device.....	5
Device Care.....	5
Troubleshooting	6
Tips for Erratic Heart Rate Data.....	6
Maximizing Battery Life.....	6
Resetting the Device.....	6
Restoring All Default Settings.....	6
Updating the Software Using Garmin Connect Mobile.....	6
Updating the Software Using Garmin Express.....	6
Support and Updates.....	6
Getting More Information.....	6
Appendix	6
Fitness Goals.....	6
About Heart Rate Zones.....	6
Heart Rate Zone Calculations.....	7
Software License Agreement.....	7
BSD 3-Clause License.....	7
Index	8

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.

Getting Started

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

- 1 Charge the device ([Charging the Device, page 5](#)).
 - 2 Select an option to complete the setup process with your Garmin Connect™ account:
 - Set up the device on your compatible smartphone ([Pairing Your Smartphone, page 1](#)).
 - Set up the device on your computer ([Setting Up the Device On Your Computer, page 1](#)).
- NOTE:** Until you complete the setup process, the device has limited functionality.
- 3 Synchronize your data with your Garmin Connect account ([Synchronizing Your Data with the Garmin Connect Mobile App, page 1](#)) ([Synchronizing Your Data with Your Computer, page 2](#)).

Device Overview



① Touchscreen	Swipe left or right to scroll through features, data screens, and menus. Tap to select.
② Device key	Hold to turn on and off the device. Press to open and close the menu. Press to start and stop the timer.

Touchscreen Tips

You can use the touchscreen to interact with many device features.

- From the time of day screen, swipe left or right to scroll through activity tracking data and features.
- Press the device key, and swipe left or right to scroll through menu options.
- During a timed activity, swipe left or right to view data screens.
- Tap the touchscreen to make a selection.
- Select ↩ to return to the previous screen.
- Make each touchscreen selection a separate action.

Using the Backlight

- At any time, tap or swipe the touchscreen to turn on the backlight.

NOTE: Alerts and messages activate the backlight automatically.
- Customize the backlight setting ([Device Settings on Your Garmin Connect Account, page 4](#)).

Wearing the Device and Heart Rate

- Wear the vivosmart HR device above your wrist bone.

NOTE: The device should be snug but comfortable, and it should not move while running.



- Do not damage the heart rate sensor on the back of the device.
- See [Tips for Erratic Heart Rate Data, page 6](#) for more information about wrist-based heart rate.

Pairing and Setup

Pairing Your Smartphone

You should connect your vivosmart HR device to a smartphone to access the full features of the device.

NOTE: Unlike other Bluetooth® devices that are paired from the Bluetooth settings on your smartphone, your vivosmart HR device must be paired directly through the Garmin Connect Mobile app.

- 1 Go to www.garminconnect.com/vivosmartHR, and follow the on-screen instructions to download the Garmin Connect Mobile app.
- 2 Select an option:
 - During the initial setup, follow the on-screen instructions to pair your device with your smartphone.
 - If you did not pair your device during the initial setup, press the device key to view the menu, and select **⌘ > Pair Smartphone**.
- 3 Open the Garmin Connect Mobile app.
- 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 Mobile app, follow the on-screen instructions.
 - If you have already paired another device with the Garmin Connect Mobile app, from the settings menu, select **Garmin Devices > +**, and follow the on-screen instructions.

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 Press the device key to view the menu.
- 3 Select **↻**.
- 4 View your current data in the Garmin Connect Mobile app.

Setting Up the Device On Your Computer

If you have not paired your vivosmart HR device with your smartphone, you can use your computer to complete the setup process with your Garmin Connect account.

NOTE: Some device features require a paired smartphone.

- 1 Connect the charging clip securely to the device ([Charging the Device, page 5](#)).
- 2 Plug the USB cable into a USB port on your computer.
- 3 Go to www.garminconnect.com/vivosmartHR.

- 4 Download and install the Garmin Express™ application:
 - If you are using a Windows® operating system, select **Download for Windows**.
 - If you are using a Mac® operating system, select **Download for Mac**.
- 5 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.

Activity Tracking and Features

Some features require a paired smartphone.

Time and date: Displays the current time and date. The device updates the time and date when you synchronize your device with a smartphone.

Activity tracking: Tracks your daily step count, floors climbed, distance traveled, calories, and intensity minutes. The move bar displays the amount of time you are inactive.

Goals: Displays your progress toward your activity goals. The device learns and proposes a new step goal for you each day. You can customize goals for daily steps, daily floors climbed, and weekly intensity minutes using your Garmin Connect account.

Heart rate: Displays your current heart rate and seven-day average resting heart rate in beats per minute (bpm).

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

Music controls: Provides controls for the music player on your smartphone.

VIRB® remote: Provides remote controls for a paired VIRB action camera.

Icons

Icons appear at the top of the screen. Each icon represents a different feature. You can swipe left or right to scroll through the different device features. Some features require a paired smartphone.

NOTE: You can use your Garmin Connect account to customize the screens that appear on your device ([Device Settings on Your Garmin Connect Account, page 4](#)).

	The total number of steps taken for the day, your step goal for the day, and your progress toward your goal.
	Your current heart rate and seven-day average resting heart rate in beats per minute (bpm). A flashing icon means the device is searching for a signal.
	The amount of total calories burned for the current day, including both active and resting calories.
	The distance traveled in kilometers or miles for the current day.
	The total number of floors climbed for the day, your floors climbed goal for the day, and your progress toward your goal.
	Your time spent participating in moderate to vigorous intensity activities, your weekly intensity minutes goal, and your progress toward your goal.
	Music player controls for a paired smartphone.
	Remote controls for a paired VIRB action camera.
	Notifications received 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. You can work toward achieving your weekly intensity minutes goal by participating in at least 10 consecutive minutes of moderate to vigorous intensity activities.

Recording a Fitness Activity


You can record a timed activity, such as a walk or run, which can be saved and sent to your Garmin Connect account.

- 1 Press the device key to view the menu.
- 2 Select .
- 3 Press the device key to start the timer.
- 4 Go for a run.
- 5 Swipe left or right to view additional data screens.
NOTE: You can use your Garmin Connect account to customize the data screens that appear ([Run Options on Your Garmin Connect Account, page 4](#)).
- 6 After your run, press the device key to stop the timer.
- 7 Select an option:
 - Press the device key to resume the timer.
 - Select to save the activity and reset the timer. A summary appears.
 - Select to delete the activity.

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.

- 1 Press the device key to view the menu.
- 2 Select  > **Auto Lap** to turn on the Auto Lap feature.
- 3 Start a timed activity ([Recording a Fitness Activity, page 2](#)).

Broadcasting Heart Rate Data to Garmin® Devices

You can broadcast your heart rate data from your vívosmart HR 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 Press the device key to view the menu.
- 2 Select  > **Heart Rate** > **Broadcast Mode** > .
The vívosmart HR device starts broadcasting your heart rate data, and  appears.

NOTE: You can view only the heart rate monitoring screen while broadcasting heart rate data.

- 3 Pair your vívosmart HR 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, tap the heart rate monitoring screen, and select .

VIRB Remote

The VIRB remote function allows you to control your VIRB action camera using your device. Go to www.garmin.com/VIRB to purchase a VIRB action camera.

Controlling a VIRB Action Camera

Before you can use the VIRB remote function, you must enable the remote setting on your VIRB camera. See the *VIRB Series Owner's Manual* for more information. You must also enable the VIRB screen on your vívosmart HR device ([Device Settings on Your Garmin Connect Account, page 4](#)).

- 1 Turn on your VIRB camera.
- 2 On your vívosmart HR device, swipe left or right to view the **VIRB** screen.
- 3 Wait while the device connects to your VIRB camera.
- 4 Select an option:
 - To record video, select .
 - The video counter appears on the vívosmart HR device.
 - To stop recording video, select .
 - To take a photo, select .

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.

Bluetooth Connected Features

The vívosmart HR device has several Bluetooth connected features for your compatible smartphone using the Garmin Connect Mobile app.

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





Find my phone: Helps locate a lost smartphone that is within range and paired using Bluetooth wireless technology.

Connect alert: Allows you to enable an alert informing you when your paired smartphone is no longer within Bluetooth wireless technology range.

Music controls: Provides music player controls for your paired smartphone.

Activity uploads to your Garmin Connect account: Allows you to synchronize activity data with your paired smartphone. You can view your data in the Garmin Connect Mobile app.

Viewing Notifications

- When a notification appears on your device, select an option:
 - Tap the touchscreen, and select  to view the entire notification.
 - Select , and select an option to dismiss the notification.
- When an incoming call appears on your device, select an option:
 - Select  to accept the call on your smartphone.
 - Select  to decline the call.
- To view all notifications, swipe left or right to view the notifications screen, tap the touchscreen, and select an option:
 - Swipe left or right to scroll through the notifications.
 - Select a notification, and select **Read** to view the entire notification.
 - Select a notification, and select an option to dismiss the notification.

Managing Notifications


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

Select an option:

- If you are using an iOS® 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.

Locating a Lost Smartphone

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

- 1 Press the device key to view the menu.
- 2 Select .

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

Bluetooth Settings

Press the device key to view the menu, and select .

Bluetooth: Enables Bluetooth wireless technology.

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

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

Notifications: Allows you to enable phone notifications from your compatible smartphone. You can use the Show Calls Only option to display notifications for only incoming phone calls.

Customizing Your Device

Connect Alert: Allows you to enable an alert informing you when your paired smartphone is no longer within Bluetooth wireless technology range.

Turning Off Bluetooth Wireless Technology

- 1 Press the device key to view the menu.
- 2 Select **Bluetooth > Off** to turn off Bluetooth wireless technology on your vivosmart HR device.


TIP: Refer to the owner's manual for your smartphone to turn off Bluetooth wireless technology.

History

Your device stores up to 14 days of activity tracking and heart rate monitoring data, and up to seven timed activities. You can view your last seven timed activities on your device. You can synchronize your data to view unlimited activities, activity tracking data, and heart rate monitoring data on your Garmin Connect account ([Synchronizing Your Data with the Garmin Connect Mobile App, page 1](#)) ([Synchronizing Your Data with Your Computer, page 2](#)).

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

Viewing History

- 1 Press the device key to view the menu.
- 2 Select .
- 3 Select an activity.

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, triathlons, and more. To sign up for a free account, go to www.garminconnect.com/start.

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 Connect Settings

You can customize your device settings, run options, and user settings on your Garmin Connect account. Some settings can also be customized on your vivosmart HR device.

- 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, synchronize your data to apply the changes to your device ([Synchronizing Your Data with the Garmin Connect Mobile App, page 1](#)) ([Synchronizing Your Data with Your Computer, page 2](#)).

Device Settings on Your Garmin Connect Account

From your Garmin Connect account, select **Device Settings**.

Alarm: Sets an alarm clock time and frequency for your device.

Visible Screens: Allows you to customize the screens that appear on your device.

Default Screen: Sets the screen that appears after a period of inactivity and when you turn on your device.

Auto Backlight: Allows your device to automatically turn on the backlight when you rotate your wrist toward your body. You can customize your device to use this feature at any time, or only during a timed activity.

NOTE: This setting decreases battery life.

Activity Tracking: Turns activity tracking and the move alert on and off.

Heart Rate: Turns wrist-based heart rate monitoring on and off.

Wrist Worn On: Allows you to customize which wrist the band is worn on. You should customize this setting for screen orientation, and when using the automatic backlight feature.

Screen Orientation: Sets the device to display data in landscape or portrait format.

NOTE: The device menu and notifications always appear in landscape format.

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

Language: Sets the device language.

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

Run Options on Your Garmin Connect Account

From your Garmin Connect account, select **Run Options**.

Auto Lap: Allows your device to mark laps automatically at every kilometer (mile) ([Marking Laps, page 2](#)).

Data Fields: Allows you to customize the data screens that appear during a timed activity.

User Settings on Your Garmin Connect Account

From your Garmin Connect account, select **User Settings**.

Custom Step Length: Allows your device to more accurately calculate the distance traveled using your custom step 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 Steps: Allows you to enter your daily step goal. You can use the Auto Goal setting to allow your device to determine your step goal automatically.

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

Weekly Intensity Minutes: Allows you to enter a weekly goal for the number of minutes to participate in moderate to vigorous intensity activities.

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

Device Settings

You can customize some settings on your vívosmart HR device. Additional settings can be customized on your Garmin Connect account.

Press the device key to view the menu, and select .

Language: Sets the device language.

Time: Sets the device to display time in a 12-hour or 24-hour format, and allows you to set the time manually if your device is not paired with a smartphone ([Setting the Time Manually, page 5](#)).

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

Auto Lap: Allows your device to mark laps automatically at every kilometer (mile) ([Marking Laps, page 2](#)).




Activity Tracking: Turns activity tracking and the move alert on and off.

Heart Rate: Turns wrist-based heart rate monitoring and heart rate broadcasting on and off.

Restore Defaults: Allows you to reset user data and settings ([Restoring All Default Settings, page 6](#)).

Setting the Time Manually


By default, the time is set automatically when you pair your device with your smartphone ([Pairing Your Smartphone, page 1](#)). If you do not pair your device with your smartphone, you can set the time manually.

- 1 Press the device key to view the menu.
- 2 Select  > **Time** > **Set Time**.
- 3 Select  to adjust the time of day and date.
- 4 Select .


Using Do Not Disturb Mode

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


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

- 1 Press the device key to view the menu.
- 2 Select  > **On**.

 appears on the time of day screen.

TIP: To exit do not disturb mode, press the device key, and select  > **Off**.

Viewing the Alarm Clock

- 1 Set an alarm clock time and frequency on your Garmin Connect account ([Device Settings on Your Garmin Connect Account, page 4](#)).
- 2 On the vívosmart HR device, press the device key to view the menu.
- 3 Select .

Device Information

vívosmart HR Specifications


Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to 5 days
Operating temperature range	From -10° to 60°C (from 14° to 140°F)

Charging temperature range	From 0° to 40°C (from 32° to 104°F)
Radio frequency/protocol	2.4 GHz ANT+ wireless communications protocol Bluetooth Smart wireless technology
Water rating	5 ATM*

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

Viewing Device Information

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

- 1 Press the device key to view the menu.
- 2 Select .


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



- 3 Charge the device completely.

Using the Device in Charging Mode

You can interact with the device while charging it with your computer. For example, you can use Bluetooth connected features or customize device settings.

- 1 Connect the device to your computer using the USB cable.
- 2 Select  to exit USB mass storage mode.

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.

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 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.

Troubleshooting

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 under the device.
- Wear the device above your wrist bone. The device should be snug but comfortable.

NOTE: You can try wearing the device higher on your forearm. You can try wearing the device on your other arm.

- 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.

Maximizing Battery Life

- Turn off the **Auto Backlight** setting (*Device Settings on Your Garmin Connect Account*, page 4).
- In your smartphone notification center settings, limit the notifications that appear on your vivosmart HR device (*Managing Notifications*, page 3).
- Turn off smart notifications (*Bluetooth Settings*, page 3).
- Turn off Bluetooth wireless technology when you are not using connected features (*Turning Off Bluetooth Wireless Technology*, page 4).
- Stop broadcasting heart rate data to paired Garmin devices (*Broadcasting Heart Rate Data to Garmin® Devices*, page 3).
- Turn off wrist-based heart rate monitoring (*Device Settings*, page 5).

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

Resetting the Device



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

- 1 Hold the device key for 10 seconds.
The device turns off.
- 2 Hold the device key for one second to turn on the device.

Restoring All Default Settings

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

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

- 1 Press the device key to view the menu.
- 2 Select  > **Restore Defaults** > .

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 1).

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

When new software is available, your device alerts you to update the software.

- 2 Follow the on-screen instructions.

Updating the Software Using Garmin Express

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

- 1 Connect the device to your computer using the USB cable.
When new software is available, Garmin Express sends it to your device.
- 2 Disconnect the device from your computer.
Your device alerts you to update the software.
- 3 Select an option.

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.

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.
- 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 7) 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

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Index

A

- accessories [6](#)
- activities [2](#)
- activity tracking [2](#)
- alarms [5](#)
- alerts, vibration [5](#)
- applications [3](#)
 - smartphone [1](#)
- Auto Lap [2, 4, 5](#)

B

- backlight [1, 5](#)
- battery [5](#)
 - charging [5](#)
 - maximizing [4–6](#)
- Bluetooth technology [3–5](#)

C

- charging [5](#)
- cleaning the device [5, 6](#)
- clock [5](#)

D

- data [2](#)
 - storing [4](#)
 - transferring [4](#)
- data screens [4](#)

G

- Garmin Connect [1, 4, 6](#)
- Garmin Express [1](#)
 - registering the device [6](#)
 - updating software [6](#)
- goals [2, 4](#)

H

- heart rate [1, 2](#)
 - monitor [6](#)
 - pairing sensors [3](#)
 - zones [6, 7](#)
- history [1, 4](#)
 - sending to computer [2, 4](#)
 - viewing [4](#)

I

- icons [2](#)

K

- keys [1, 5](#)

L

- laps [2](#)

M

- maps, updating [6](#)
- mass storage mode [5](#)
- menu [1](#)

N

- notifications [2, 3](#)

P

- pairing
 - ANT+ sensors [3](#)
 - smartphone [1](#)
- product registration [6](#)

R

- registering the device [6](#)
- resetting the device [6](#)

S

- saving activities [2](#)
- settings [3–6](#)
 - device [4](#)
- sleep mode [3](#)
- smartphone
 - applications [3](#)
 - pairing [1](#)

- software
 - updating [6](#)
 - version [5](#)
- software license agreement [7](#)
- specifications [5](#)
- storing data [4](#)

T

- time [5](#)
- timer [2](#)
- touchscreen [1](#)
- troubleshooting [6](#)

U

- unit ID [5](#)
- updates, software [6](#)
- USB [6](#)
 - mass storage mode [5](#)
 - transferring files [2](#)

V

- VIRB remote [3](#)

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