

**GARMIN®**



# **APPROACH<sup>®</sup> S70**

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## **Owner's Manual**

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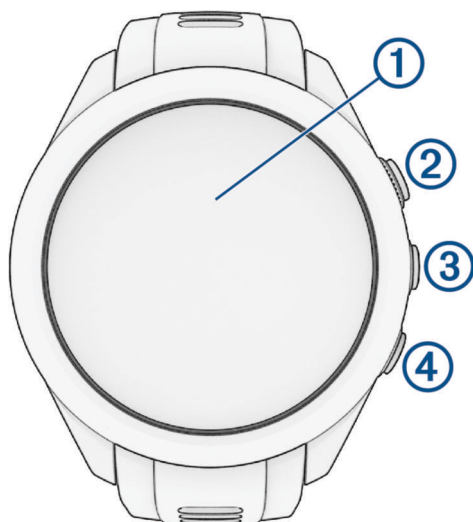
# Introduction

## ⚠ 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.


## Device Overview





- ① **Touchscreen:** Tap to choose an option in a menu.  
Hold the watch face data to open the glance or feature.  
Swipe up or down to scroll through the glance loop and menus.
- ② **Action button:** Press to start a round of golf.  
Press to start an activity or app.
- ③ **Menu button:** Hold to turn the watch on.  
Press to view the controls menu and watch settings.  
Hold to turn the watch off.
- ④ **Back button:** Press to return to the previous screen.

## Getting Started

When using your watch the first time, you should complete these tasks to set it up and get to know the basic features.

- 1 Hold  to turn on the watch ([Device Overview, page 1](#)).
- 2 Answer the watch prompts about your preferred language, units of measure, and driver distance.
- 3 Pair your phone ([Pairing Your Phone, page 2](#)).  
Pairing your phone gives you access to the virtual caddie, current wind data, scorecard syncing, and more.
- 4 Charge the watch completely so that you have enough charge for a round of golf ([Charging the Watch, page 2](#)).

## Using the Watch Features

- From the watch face, swipe up or down to scroll through the glance loop.  
Your watch comes preloaded with glances that provide quick information. More glances are available when you pair your watch with a phone.
- From the watch face, press the action button, and select  to start an activity or open an app.
- Press  and select **Settings** to adjust settings, customize the watch face, and pair wireless sensors.

## Pairing Your Phone

To use the connected features of the Approach watch, it must be paired directly through the Garmin Golf™ app, instead of from the Bluetooth® settings on your phone.

- 1 During the initial setup on your watch, select **Yes** when you are prompted to pair with your phone.

**NOTE:** If you previously skipped the pairing process, you can press **≡**, and select **Settings > Connectivity > Phone > Pair Phone**.

- 2 Scan the QR code with your phone, and follow the on-screen instructions to complete the pairing and setup process.

## Charging the Watch

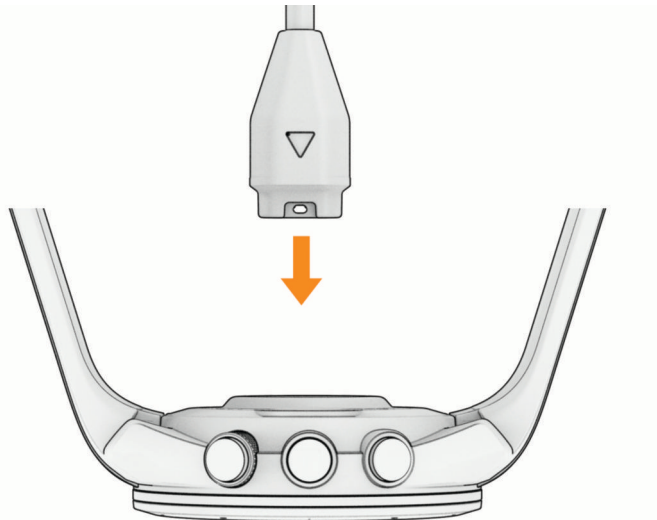
### ⚠ WARNING

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 (*Device Care*, page 62).

- 1 Plug the cable (▲ end) into the charging port on your watch.



- 2 Plug the other end of the cable into a USB charging port.  
The watch displays the current battery charge level.

## Product Updates

On your computer, install Garmin Express™ ([www.garmin.com/express](http://www.garmin.com/express)). On your smartphone, install the Garmin Golf app.

This provides easy access to these services for Garmin® devices:

- Software updates
- Course updates
- Data uploads to Garmin Golf
- Product registration

## Setting Up Garmin Express

- 1 Connect the device to your computer using a USB cable.
- 2 Go to [garmin.com/express](http://garmin.com/express).
- 3 Follow the on-screen instructions.



# Playing Golf

Before you play golf, you should charge the watch ([Charging the Watch, page 2](#)).

1 Press the action button.

2 Select **Play Golf**.

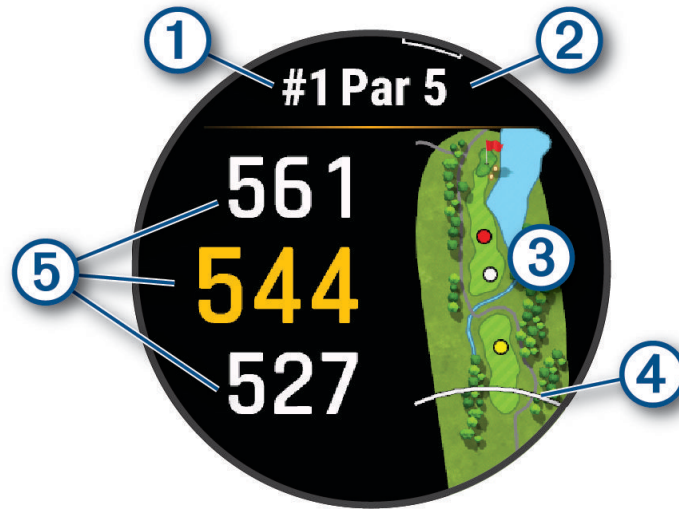
The device locates satellites, calculates your location, and selects a course if there is only one course nearby.

3 If the course list appears, select a course from the list.

4 Select ✓ to keep score.

5 Select a tee box.

The hole information screen appears.



①	Current hole number
②	Par for the hole
③	Map of the hole.
④	Driver distance from the tee box
⑤	Distances to the front, middle, and back of the green.

**NOTE:** Because pin locations change, the watch calculates the distance to the front, middle, and back of the green, but not the actual pin location.

6 Select an option:

- Tap the front, middle, or back distances to the green to view the PlaysLike distance ([PlaysLike Distance Icons, page 11](#)).
- Swipe up or down on the front, middle, or back distances to the green to view additional data, including your handicap rating and the PlaysLike factors.
- Tap the map to view more detail or measure distance with touch targeting ([Measuring Distance with Touch Targeting, page 6](#)).
- Tap the map and select ^ or v to view the location and distance to a layup or to the front and back of a hazard ([Hazards and Layups, page 6](#)).
- Press the action button to open the golf menu ([Golf Menu, page 4](#)).

When you move to the next hole, the watch automatically transitions to display the new hole information.

## Golf Menu

During a round, you can press the action button to access additional features in the golf menu.

**View Green:** Allows you to move the pin location to get a more precise distance measurement ([Viewing the Green, page 5](#)).

**Virtual Caddie:** Requests a club recommendation from the virtual caddie ([Virtual Caddie, page 5](#)).

**Change Hole:** Allows you to manually change the hole ([Changing Holes, page 6](#)).

**Change Green:** Allows you to change the green when more than one green is available for a hole ([Changing Holes, page 6](#)).

**Scorecard:** Opens the scorecard for the round ([Keeping Score, page 6](#)).

**PinPointer:** The PinPointer feature is a compass that points to the pin location when you are unable to see the green ([Viewing the Direction to the Pin, page 9](#)). This feature can help you line up a shot even if you are in the woods or in a deep sand trap.

**NOTE:** Do not use the PinPointer feature while in a golf cart. Interference from the golf cart can affect the accuracy of the compass.

**Wind:** Opens a pointer that shows the wind direction and speed relative to the pin ([Viewing the Wind Speed and Direction, page 9](#)).

**Round Info:** Shows your score, statistics, and step information ([Viewing Round Information, page 9](#)).

**Measure Shot:** Shows the distance of your previous shot recorded with the Garmin AutoShot™ feature ([Viewing Measured Shots, page 9](#)). You can also manually record a shot ([Manually Measuring a Shot, page 9](#)).

**Club Stats:** Shows your statistics with each club ([Viewing Club Statistics, page 10](#)). Appears when you pair Approach sensors or enable the Club Prompt setting.

**Custom Targets:** Allows you to save a location, such as an object or obstacle, for the current hole ([Saving Custom Targets, page 10](#)).

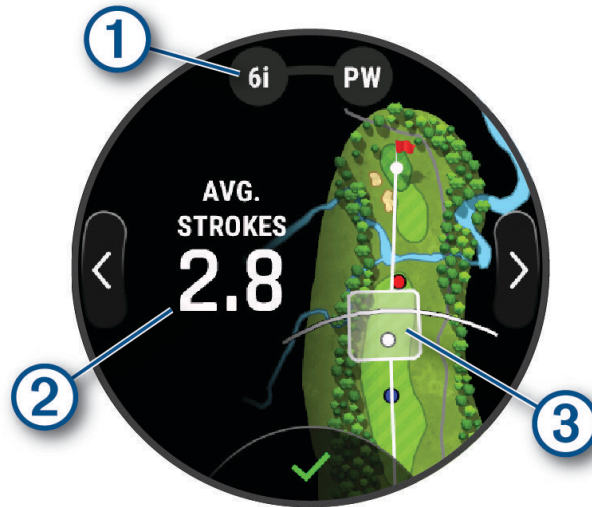
**Sunrise & Sunset:** Shows the sunrise, sunset, and twilight times for the current day.

**Settings:** Allows you to customize the golf activity settings ([Activities and App Settings, page 49](#)).

**End Round:** Ends the current round ([Ending a Round, page 11](#)).

## Virtual Caddie

Before you can use the virtual caddie feature, you must play five rounds with Approach sensors or enable the Club Prompt setting ([Activities and App Settings, page 49](#)), and upload your scorecards. For each round, you must connect to a paired phone with the Garmin Golf app. The virtual caddie provides recommendations based on the hole, wind data, and your past performance with each club.



①	Displays the club or club combination recommendation for the hole. You can tap < or > to view other club options.
②	Displays the average number of strokes expected to score with the club recommendation.
③	Displays the shot dispersion area for your next shot with the club recommendation, based on your shot history with the club. <b>NOTE:</b> If the shot dispersion area overlaps with the green, the shot's chances of reaching the green will display as a percentage.

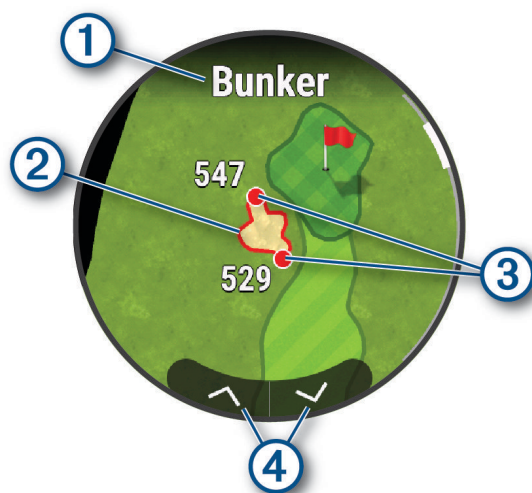
## Viewing the Green

While playing a round, you can take a closer look at the green and move the pin to get a more precise distance measurement.

- 1 Press the action button.
- 2 Select **View Green**.
- 3 Tap or drag 🚩 to move the pin location.  
The distances on the hole information screen are updated to reflect the new pin location. The pin location is saved for only the current round.
- 4 If necessary, use the slider on the right side of the screen to zoom in or out.

## Hazards and Layups


You can tap the map to view the hazards and layups for the current hole.



①	The type of hazard or the layup distance.
②	The location of the hazard or layup.
③	The distance to the layup or to the front and back of the hazard.
④	Arrows you can tap to view other hazards or layups for the hole.

## Measuring Distance with Touch Targeting

While playing a game, you can use touch targeting to measure the distance to any point on the map.

- 1 While playing golf, tap the map.
- 2 Tap the map to position the target circle .  
You can view the distance from your current position to the target circle, and from the target circle to the pin location.
- 3 If necessary, use the slider on the right side of the screen to zoom in or out.

## Changing Holes

You can change holes manually from the hole view screen.

- 1 Press the action button.
- 2 Select **Change Hole**.
- 3 Swipe up or down to select the hole.

## Keeping Score

- 1 Press the action button.
- 2 Select **Scorecard**.  
**NOTE:** If scoring is not enabled, you can select Start Scoring.
- 3 Select a hole.
- 4 Select — or + to set the score.




## Enabling Statistics Tracking

When you enable statistics tracking on the device, you can view your statistics for the current round ([Viewing Round Information, page 9](#)). You can compare rounds and track improvements using the Garmin Golf app.

- 1 Press .
- 2 Select **Settings** > **Golf Settings** > **Scoring** > **Stat Tracking**.


## Recording Statistics

Before you can record statistics, you must enable statistics tracking ([Enabling Statistics Tracking, page 7](#)).

- 1 From the scorecard, select a hole.
- 2 Enter the total number of strokes taken, including putts, and select **Next**.
- 3 Set the number of putts taken, and select **Next**.  
**NOTE:** The number of putts taken is used for statistics tracking only and does not increase your score.
- 4 If necessary, select an option:  
**NOTE:** If you are on a par 3 hole or using Approach sensors, fairway information does not appear.
  - If your ball hit the fairway, select .
  - If your ball missed the fairway, select  or .
- 5 If necessary, enter the number of penalty strokes.

## Setting the Scoring Method

You can change the method the watch uses to keep score.

- 1 Press .
- 2 Select **Settings** > **Golf Settings** > **Scoring** > **Scoring Method**.
- 3 Select a scoring method.

## About Stableford Scoring

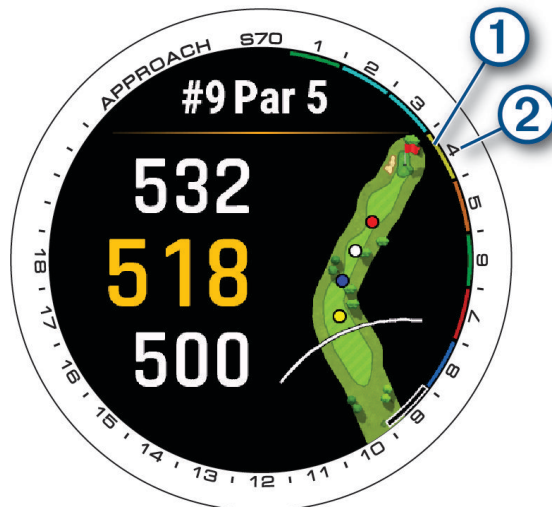
When you select the Stableford scoring method ([Setting the Scoring Method, page 7](#)), points are awarded based on the number of strokes taken relative to par. At the end of a round, the highest score wins. The device awards points as specified by the United States Golf Association.

The scorecard for a Stableford scored game shows points instead of strokes.

Points	Strokes Taken Relative to Par
0	2 or more over
1	1 over
2	Par
3	1 under
4	2 under
5	3 under


## Score History

While playing a round, your watch displays a color ① next to each of the hole indicators ② along the bezel to indicate your score on that hole.



Color	Strokes Taken Relative to Par
Purple	5 or more over
Pink	4 over
Red	3 over
Orange	2 over
Yellow	1 over
Green	Par
Light blue	1 under
Dark blue	2 or more under

## Enabling Handicap Scoring

- 1 Press .
- 2 Select **Settings** > **Golf Settings** > **Scoring** > **Handicap Scoring**.
- 3 Select an option:
  - Select **Use Garmin Golf** to use the handicap configured in the Garmin Golf app.
  - Select **Local Handicap** to enter the number of strokes to be subtracted from the player's total score.
  - Select **Index/Slope** to enter the player's Handicap Index® to calculate a course handicap for the player.

**NOTE:** The Slope Rating® is automatically calculated based on your tee box selection.

You can swipe down on the hole information screen to view the number of handicap strokes and your handicap rating. The scorecard displays your handicap-adjusted score for the round.

## Viewing the Direction to the Pin

The PinPointer feature is a compass that provides directional assistance when you are unable to see the green. This feature can help you line up a shot even if you are in the woods or in a deep sand trap.

**NOTE:** Do not use the PinPointer feature while in a golf cart. Interference from the golf cart can affect the accuracy of the compass.

- 1 Press the action button.
- 2 Select **PinPointer**.

The arrow points to the pin location.

## Viewing the Wind Speed and Direction

The wind feature is a pointer that shows the wind speed and direction relative to the pin. The wind feature requires a connection with the Garmin Golf app.

- 1 Press the action button.
- 2 Select **Wind**.

The arrow points to the wind direction relative to the pin.

## Viewing Round Information

During a round, you can view your score, statistics, and step information.

- 1 Press the action button.
- 2 Select **Round Info**.
- 3 Swipe up.

## Viewing Measured Shots

Your device features automatic shot detection and recording. Each time you take a shot along the fairway, the device records your shot distance so you can view it later.


**TIP:** Automatic shot detection works best when you wear the device on your leading wrist and make good contact with the ball. Putts are not detected.

- 1 While playing golf, press the action button.
- 2 Select **Previous Shots** to view all recorded shot distances.

**NOTE:** The distance from the most recent shot also displays at the top of the hole information screen.

## Manually Measuring a Shot

You can manually add a shot if the watch doesn't detect it. You must add the shot from the location of the missed shot.

- 1 Take a shot and watch where your ball lands.
- 2 From the hole information screen, press the action button.
- 3 Select **Measure Shot**.
- 4 Press the action button.
- 5 Select **Add Shot** > .
- 6 If necessary, enter the club you used for the shot.
- 7 Walk or drive to your ball.

The next time you take a shot, the watch automatically records your last shot distance. If necessary, you can manually add another shot.

## Viewing Club Statistics

During a round, you can view your club statistics, such as distance and accuracy information.

- 1 Press the action button.
- 2 Select **Club Stats**.
- 3 Select a club.
- 4 Swipe up.

## Saving Custom Targets

While playing a round, you can save up to five custom targets for each hole. Saving a target is useful for recording objects or obstacles that are not shown on the map. You can view the distances to these targets from the hazards and layups screen ([Hazards and Layups](#), page 6).

- 1 Stand near the target you want to save.  
**NOTE:** You cannot save a target that is far from the currently selected hole.
- 2 From the hole information screen, press the action button.
- 3 Select **Custom Targets**.
- 4 If necessary, select **Add New**.
- 5 Select a target type.

## Using Big Numbers Mode

You can change the size of the numbers on the hole view screen.

- 1 Press the action button.
- 2 Select **Settings > Big Numbers**.
- 3 Press ↶.




The distances to the front, middle, and back of the green appear in large font.



- 4 Swipe up or down to view additional data, including the PlaysLike distance to the middle of the green, wind speed and direction, and your handicap rating.









## Viewing the Map in Big Numbers Mode

- 1 Press the action button.
- 2 Select **View Map**.
- 3 If necessary, use the slider on the right side of the screen to zoom in or out.
- 4 Select an option:
  - Tap the map to position the target circle  ([Measuring Distance with Touch Targeting, page 6](#)).
  - Select  or  to view the location and distance to a layup or to the front and back of a hazard.

## PlaysLike Distance Icons

The PlaysLike distance feature accounts for elevation changes on the course, wind speed, wind direction, and air density by showing the adjusted distance to the green. During a round, you can tap a distance to the green to view the PlaysLike distance. You can swipe up to see how much the distance has changed due to each of the factors.

**TIP:** You can configure what data is factored into the PlaysLike adjustments in the activity settings ([PlaysLike Settings, page 48](#)).

- : Distance plays longer than expected.
- : Distance plays as expected.
- : Distance plays shorter than expected.
- : The difference in the distance due to elevation changes.
- : The difference in the distance due to the wind speed and direction.
- : The difference in the distance due to the air density.

## Ending a Round

- 1 Press the action button.
- 2 Select **End Round**.
- 3 Select an option:
  - To view your statistics and round information, tap your score.
  - To save the round and return to watch mode, select **Save**.
  - To edit your scorecard, select **Edit Score**.
  - To discard the round and return to watch mode, select **Discard**.
  - To pause the round and resume it at a later time, select **Pause Round**.

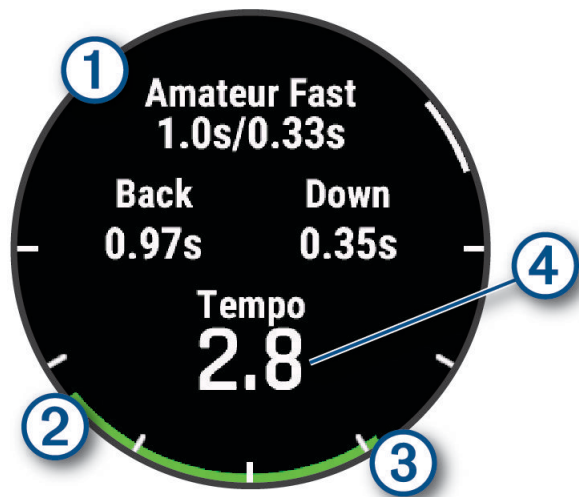
## Swing Tempo Training

The Tempo Training activity helps you perform a more consistent swing. The device measures and displays your backswing time and downswing time. The device also displays your swing tempo. Swing tempo is the backswing time divided by the downswing time, expressed in a ratio. A 3 to 1 ratio, or 3.0, is the ideal swing tempo based on studies of professional golfers.

# The Ideal Swing Tempo

You can achieve the ideal 3.0 tempo using different swing timings, for example, 0.7 sec./0.23 sec. or 1.2 sec./0.4 sec. Each golfer may have a unique swing tempo based on their ability and experience. Garmin provides six different timings.

The device displays a graph that indicates if your backswing or downswing times are too fast, too slow, or just right for the selected timing.




①	Timing choices (backswing to downswing time ratio)
②	Backswing time
③	Downswing time
④	Your tempo
	Good timing
	Too slow
	Too fast

To find your ideal swing timing, you should start with the slowest timing and try it for a few swings. When the tempo graph is consistently green for both your backswing and downswing times, you can move up to the next timing. When you find a timing that is comfortable, you can use it to achieve more consistent swings and performance.

## Analyzing Your Swing Tempo

You must hit a ball to view your swing tempo.

- 1 Press the action button.
- 2 Select  > **Tempo Training**.
- 3 Press the action button to view the menu.
- 4 Select **Swing Speed**, and select an option.
- 5 Complete a full swing, and hit the ball.

The device displays your swing analysis.

**TIP:** You can swipe up to view your swing analysis averages for the current session.

## Viewing the Tip Sequence

The first time you use the swing tempo app, the device displays a tip sequence to explain how your swing is analyzed.

- 1 From the **Tempo Training** app, press the action button.
- 2 Select **Tips**.
- 3 Tap the screen to view the next tip.

## Connectivity

Connectivity features are available for your watch when you pair with your compatible phone ([Pairing Your Phone, page 2](#)). Additional features are available when you connect your watch to a Wi-Fi® network ([Connecting to a Wi-Fi Network, page 15](#)).




## Phone Connectivity Features

Phone connectivity features are available for your Approach watch when you pair it using the Garmin Golf app ([Pairing Your Phone, page 2](#)).

- App features from the Garmin Golf app ([Garmin Golf App, page 15](#))
- App features from the Garmin Connect™ app, the Connect IQ™ app, and more ([Phone Apps and Computer Applications, page 15](#))
- Glances ([Glances, page 20](#))
- Controls menu features ([Controls, page 30](#))
- Safety and tracking features ([Safety and Tracking Features, page 52](#))
- Phone interactions, such as notifications ([Enabling Bluetooth Notifications, page 13](#))

## Enabling Bluetooth Notifications

Before you can enable notifications, you must pair the Approach watch with a compatible phone ([Pairing Your Phone, page 2](#)).

- 1 Press .
- 2 Select **Settings** > **Notifications & Alerts** > **Smart Notifications** > **Status** > **On**.
- 3 Select **General Use** or **During Activity**.
- 4 Select a notification type.
- 5 Select status and vibration preferences.
- 6 Press .
- 7 Select privacy and timeout preferences.
- 8 Press .
- 9 Select **Signature** to add a signature to your text message replies.

## Managing Notifications

You can use your compatible phone to manage notifications that appear on your Approach S70 watch.

Select an option:

- If you are using an iPhone®, go to the iOS® notifications settings, and select the notifications to show on your phone and watch.  
**NOTE:** All notifications that you enable on your iPhone also appear on your watch.
- If you are using an Android™ phone, from the Garmin Connect app, select **••• > Settings > Notifications > App Notifications**, and select the notifications that you want to appear on your watch.


## 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.

- 1 Press .
- 2 Select **Do Not Disturb**.

## Turning Off the Bluetooth Phone Connection

- 1 Press .
- 2 Select **Settings > Connectivity > Phone > Status > Off** to turn off the Bluetooth phone connection on your Approach watch.  
Refer to the owner's manual for your phone to turn off Bluetooth technology on your phone.

## Turning On and Off Phone Connection Alerts




You can set the Approach S70 watch to alert you when your paired phone connects and disconnects using Bluetooth technology.

**NOTE:** Phone connection alerts are turned off by default.

- 1 Press .
- 2 Select **Settings > Connectivity > Phone > Alerts**.

## Finding Your Phone

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

- 1 Press .
  - 2 Select .
  - 3 Press  to stop searching.
- Signal strength bars appear on the Approach S70 screen, and an audible alert sounds on your phone. The bars increase as you move closer to your phone.

## Wi-Fi Connectivity Features

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

**Audio content:** Allows you to sync audio content from third-party providers.


**Course updates:** Allows you to download and install golf course updates.

**Software updates:** You can download and install the latest software.

**Workouts and training plans:** You can browse for and select workouts and training plans on your Garmin Connect account. The next time your watch has a Wi-Fi connection, the files are sent to your watch.

## Connecting to a Wi-Fi Network

You must connect your watch to the Garmin Connect app on your phone or to the Garmin Express application on your computer before you can connect to a Wi-Fi network.

- 1 Press .
- 2 Select **Settings** > **Connectivity** > **Wi-Fi** > **Add Network**.  
The watch displays a list of nearby Wi-Fi networks.
- 3 Select a network.
- 4 If necessary, enter the password for the network.

The watch connects to the network, and the network is added to the list of saved networks. The watch reconnects to this network automatically when it is within range.

## Phone Apps and Computer Applications

You can connect your watch to multiple Garmin phone apps and computer applications using the same Garmin account.


### Garmin Golf App

The Garmin Golf app allows you to upload scorecards from your Approach S70 device to view detailed statistics and shot analyses. Golfers can compete with each other at different courses using the Garmin Golf app. More than 43,000 courses have leaderboards that anyone can join. You can set up a tournament event and invite players to compete.

The Garmin Golf app syncs your data with your Garmin Connect account. You can download the Garmin Golf app from the app store on your phone ([garmin.com/golfapp](http://garmin.com/golfapp)).

### Manually Updating Golf Courses

Before you can manually update golf courses, you must connect to a wireless network ([Connecting to a Wi-Fi Network, page 15](#)).

- 1 Press .
- 2 Select **Settings** > **System** > **Map Manager**.
- 3 If necessary, select **Check for Updates**.
- 4 Select a region.
- 5 Press the action button.
- 6 Select **Update**.

All of the preloaded courses for the selected region are updated.

**NOTE:** To prevent battery drain, the watch queues the course update for later, and the download starts when you connect the watch to an external power source.

### Automatic Course Updates

Your Approach watch features automatic course updates with the Garmin Golf app. When you connect your watch to your phone, the golf courses you use most frequently are updated automatically.

**TIP:** You can manually update all of the preloaded golf courses using a wireless connection ([Manually Updating Golf Courses, page 15](#)).

## Garmin Connect

When you pair your watch with your phone using the Garmin Golf app, a Garmin Connect account is automatically created. The Garmin Golf app syncs your data with your Garmin Connect account. You can download the Garmin Connect app from the app store on your phone.

Your Garmin Connect account allows you to track your fitness and wellness performance and connect with your friends. It gives you the tools to track, analyze, share, and encourage each other. You can record the events of your active lifestyle, including runs, rides, swims, and more.

**Store your activities:** After you complete and save a timed activity with your watch, 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 fitness and outdoor activities, including time, distance, heart rate, calories burned, an overhead map view, and pace and speed charts. You can also view customizable reports.

**Plan your training:** You can choose a fitness goal and load one of the day-by-day training plans.

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

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

## Using the Smartphone Apps

After you pair your device with your smartphone ([Pairing Your Phone, page 2](#)), you can use the Garmin Golf and Garmin Connect apps to upload all of your data to your Garmin account.

- 1 Open the Garmin Golf or Garmin Connect app on your smartphone.

**TIP:** The app can be open or running in the background.

- 2 Bring your device within 10 m (30 ft.) of your smartphone.

Your device automatically syncs your data with your account.

## Updating the Software Using the Smartphone Apps

After you pair your device with your smartphone ([Pairing Your Phone, page 2](#)), you can use the Garmin Golf and Garmin Connect apps to update your device software.

Sync your device with one of the apps ([Using the Smartphone Apps, page 16](#)).

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

## Using Garmin Connect on Your Computer

The Garmin Express application connects your compatible Garmin golf watch to your Garmin Connect account using a computer.

- 1 Connect your Garmin golf watch to your computer using the USB cable.
- 2 Go to [garmin.com/express](http://garmin.com/express).
- 3 Download and install the Garmin Express application.
- 4 Open the Garmin Express application, and select **Add Device**.
- 5 Follow the on-screen instructions.

## Updating the Software Using Garmin Express

Before you can update your watch software, you must download and install the Garmin Express application and add your watch ([Using Garmin Connect on Your Computer, page 16](#)).

- 1 Connect the watch to your computer using the USB cable.

When new software is available, the Garmin Express application sends it to your watch.

- 2 After the Garmin Express application finishes sending the update, disconnect the watch from your computer. Your watch installs the update.

## Garmin Messenger™ App

### ⚠ CAUTION

The non-satellite messaging features of the Garmin Messenger app alone should not be relied on as a primary method to obtain emergency assistance. The Approach S70 watch cannot initiate an SOS rescue.

### NOTICE

The app works over the internet using a wireless connection or cellular data on your phone. If you are using cellular data, your paired phone must be equipped with a data plan and be in an area of network coverage where data is available.

You can use the app to message other Garmin Messenger app users, including friends and family without Garmin devices. Anyone can download the app and connect their phone, allowing them to communicate with other app users over the internet (no login is required). App users can also create group messaging threads with other SMS phone numbers. New members added to the group message can download the app to see what others are saying.

Messages sent using a wireless connection or cellular data on your phone do not incur data charges. Standard text messaging rates for your cellular data plan apply.

You can download the Garmin Messenger app from the app store on your phone ([garmin.com/messengerapp](http://garmin.com/messengerapp)).

## Using the Messenger Feature

### ⚠ CAUTION

The messaging features of the Garmin Messenger app alone should not be relied on as a primary method to obtain emergency assistance.

### NOTICE

To use the Messenger feature, your Approach S70 watch must be connected to the Garmin Messenger app on your compatible phone using Bluetooth technology.

The Messenger feature on your watch allows you to view, compose, and reply to messages from the Garmin Messenger phone app.

- 1 From the watch face, swipe up or down to view the **Messenger** glance.

**TIP:** The Messenger feature is available as a glance or controls menu option on your watch.

- 2 Press the action button to open the glance.
- 3 If this is your first time using the **Messenger** feature, scan the QR code with your phone, and follow the on-screen instructions to complete the pairing and setup process.
- 4 On your watch, select an option:
  - To compose a new message, select **New Message**, select a recipient, and either select a pre-defined message or compose your own.
  - To view a conversation, swipe up or down, and select a conversation.
  - To reply to a message, select a conversation, select **Reply**, and either select a pre-defined message or compose your own.

## Connect IQ Features

You can add Connect IQ apps, data fields, glances, and watch faces to your watch using the Connect IQ store on your watch or phone ([garmin.com/connectiqapp](http://garmin.com/connectiqapp)).

**Watch Faces:** Customize the appearance of the clock.

**Device Apps:** Add interactive features to your watch, such as glances and new outdoor and fitness activity types.

**Data Fields:** Download new data fields that present sensor, activity, and history data in new ways. You can add Connect IQ data fields to built-in features and pages.

**Music:** Add music providers to your watch.

## Downloading Connect IQ Features

Before you can download features from the Connect IQ app, you must pair your Approach S70 watch with your phone ([Pairing Your Phone, page 2](#)).

- 1 From the app store on your phone, install and open the Connect IQ app.
- 2 If necessary, select your watch.
- 3 Select a Connect IQ feature.
- 4 Follow the on-screen instructions.

## Downloading Connect IQ Features Using Your Computer

- 1 Connect the watch to your computer using a USB cable.
- 2 Go to [apps.garmin.com](https://apps.garmin.com), and sign in.
- 3 Select a Connect IQ feature, and download it.
- 4 Follow the on-screen instructions.

# Garmin Pay™

The Garmin Pay feature allows you to use your watch to pay for purchases in participating locations using credit or debit cards from a participating financial institution.

## Setting Up Your Garmin Pay Wallet

You can add one or more participating credit or debit cards to your Garmin Pay wallet. Go to [garmin.com/garminpay/banks](https://garmin.com/garminpay/banks) to find participating financial institutions.

- 1 From the Garmin Connect app, select ●●●.
- 2 Select **Garmin Pay > Get Started**.
- 3 Follow the on-screen instructions.



## Paying for a Purchase Using Your Watch

Before you can use your watch to pay for purchases, you must set up at least one payment card.

You can use your watch to pay for purchases in a participating location.

- 1 Press .
- 2 Select .
- 3 Enter your four-digit passcode.

**NOTE:** If you enter your passcode incorrectly three times, your wallet locks, and you must reset your passcode in the Garmin Connect app.

Your most recently used payment card appears.





- 4 If you have added multiple cards to your Garmin Pay wallet, swipe to change to another card (optional).
- 5 Within 60 seconds, hold your watch near the payment reader, with the watch facing the reader.  
The watch vibrates and displays a check mark when it is finished communicating with the reader.
- 6 If necessary, follow the instructions on the card reader to complete the transaction.

**TIP:** After you successfully enter your passcode, you can make payments without a passcode for 24 hours while you continue to wear your watch. If you remove the watch from your wrist or disable heart rate monitoring, you must enter the passcode again before making a payment.

## Adding a Card to Your Garmin Pay Wallet

You can add up to 10 credit or debit cards to your Garmin Pay wallet.



- 1 From the Garmin Connect app, select .
- 2 Select **Garmin Pay** >  > **Add Card**.
- 3 Follow the on-screen instructions.

After the card is added, you can select the card on your watch when you make a payment.

## Managing Your Garmin Pay Cards

You can temporarily suspend or delete a card.

**NOTE:** In some countries, participating financial institutions may restrict the Garmin Pay features.

- 1 From the Garmin Connect app, select .
- 2 Select **Garmin Pay**.
- 3 Select a card.
- 4 Select an option:
  - To temporarily suspend or unsuspend the card, select **Suspend Card**.  
The card must be active to make purchases using your Approach S70 watch.
  - To delete the card, select .

## Changing Your Garmin Pay Passcode

You must know your current passcode to change it. If you forget your passcode, you must reset the Garmin Pay feature for your Approach S70 watch, create a new passcode, and reenter your card information.

- 1 From the Garmin Connect app, select ●●●.
- 2 Select **Garmin Pay > Change Passcode**.
- 3 Follow the on-screen instructions.

The next time you pay using your Approach S70 watch, you must enter the new passcode.

## Glances

Your watch comes preloaded with glances that provide quick information ([Viewing the Glance Loop, page 22](#)). Some glances require a Bluetooth connection to a compatible phone.

Some glances are not visible by default. You can add them to the glance loop manually ([Customizing the Glance Loop, page 23](#)).

Name	Description
ABC	Displays combined altimeter, barometer, and compass information.
Altimeter	Displays the approximate elevation based on pressure changes.
Barometer	Displays the environmental pressure data based on elevation.
Body Battery™	With all-day wear, displays your current Body Battery level and a graph of your level for the last several hours ( <a href="#">Body Battery, page 24</a> ).
Calendar	Displays upcoming meetings from your phone calendar.
Calories	Displays your calorie information for the current day.
Compass	Displays an electronic compass.
Floors climbed	Tracks your floors climbed and progress toward your goal.
Golf	Displays golf scores and statistics for your last round.
Golf performance	Displays golf performance statistics that help you track and understand improvements to your golf game.
Health Snapshot™	Displays summaries of your saved Health Snapshot sessions.
Heart rate	Displays your current heart rate in beats per minute (bpm) and a graph of your average resting heart rate (RHR).
HRV Status	Displays your seven-day average of your overnight heart rate variability ( <a href="#">Heart Rate Variability Status, page 23</a> ).
Intensity minutes	Tracks your time spent participating in moderate to vigorous activities, your weekly intensity minutes goal, and progress toward your goal.
Jet Lag Adviser	Displays your internal clock during travel, and provides guidance to help you acclimate to the time zone of your destination ( <a href="#">Using the Jet Lag Adviser, page 29</a> ).
Last activity	Displays a brief summary of your last recorded activity.
Messenger	Displays your Garmin Messenger app conversations and allows you to reply to messages from your watch ( <a href="#">Garmin Messenger™ App, page 17</a> ).
Moon phase	Displays the moonrise and moonset times, along with the moon phase, based on your GPS position.
Music controls	Provides music player controls for your phone or watch music.
Naps	Displays total nap time and Body Battery level gains. You can start the nap timer and set an alarm to wake you up ( <a href="#">Customizing Sleep Mode, page 57</a> ).
Notifications	Alerts you to incoming calls, texts, social network updates, and more, based on your phone notification settings ( <a href="#">Enabling Bluetooth Notifications, page 13</a> ).
Performance	Displays performance measurements that help you track and understand your training activities and race performances.
Pulse oximeter	Allows you to take a manual pulse oximeter reading ( <a href="#">Getting Pulse Oximeter Readings, page 36</a> ). If you are too active for the watch to determine your pulse oximeter reading, the measurements are not recorded.
Recovery	Displays your recovery time. The maximum time is four days.

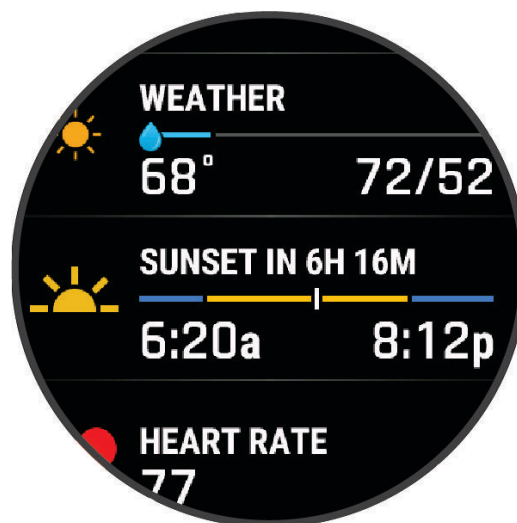
Name	Description
Respiration	Your current respiration rate in breaths per minute and seven-day average. You can do a breathing activity to help you relax.
Sleep score	Displays total sleep time, a sleep score, and sleep stage information for the previous night.
Sleep coach	Provides recommendations for your sleep need based on sleep and activity history, HRV status, and naps.
Steps	Tracks your daily step count, step goal, and data for previous days.
Stocks	Displays a customizable list of stocks ( <a href="#">Adding a Stock, page 29</a> ).
Stress	Displays your current stress level and a graph of your stress level. You can do a breathing activity to help you relax. If you are too active for the watch to determine your stress level, stress measurements are not recorded.
Sunrise and sunset	Displays sunrise, sunset, and civil twilight times.
Training readiness	Displays a score and a short message that helps you determine how ready you are for training each day.
Training status	Displays your current training status and training load, which shows you how your training affects your fitness level and performance ( <a href="#">Training Status, page 25</a> ).
Weather	Displays the current temperature and weather forecast.

## Viewing the Glance Loop

Glances provide quick access to health data, activity information, built-in sensors, and more. When you pair your watch, you can view data from your phone, such as notifications, weather, and calendar events.


- 1 From the watch face, swipe up or down.

The watch scrolls through the glance loop and displays summary data for each glance.



- 2 Tap the touchscreen to view more information for the glance.
- 3 Select an option:
  - Swipe up to view details about a glance.
  - Press the action button to view additional options and functions for a glance.

## Customizing the Glance Loop

- 1 Swipe up or down to view the glance loop.
- 2 Select **Edit**.
- 3 Select an option:
  - To change the location of a glance in the loop, select a glance, and swipe up or down.
  - To remove a glance from the loop, select a glance, and select .
  - To add a glance to the loop, select **Add**, and select a glance.

**TIP:** You can select **CREATE FOLDER** to create folders that contain multiple glances ([Creating Glance Folders](#), page 23).

## Creating Glance Folders

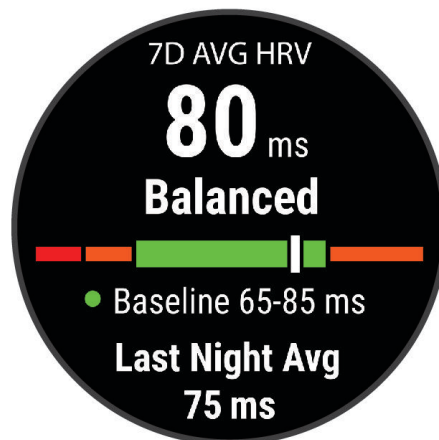
You can customize the glance loop to create folders of related glances.




- 1 Swipe up or down to view the glance loop.
- 2 Select **Edit** > **Add** > **CREATE FOLDER**.
- 3 Select the glances to include in the folder, and select **Done**.

**NOTE:** If the glances are already in the glance loop, you can move or copy them into the folder.
- 4 Select or enter a name for the folder.
- 5 Select an icon for the folder.
- 6 If necessary, select an option:
  - To edit the folder, tap and hold the folder in the glance loop.
  - To edit the glances in the folder, open the folder and select **Edit** ([Customizing the Glance Loop](#), page 23).

## Heart Rate Variability Status

Your watch analyzes your wrist heart rate readings while you are sleeping to determine your heart rate variability (HRV). Training, physical activity, sleep, nutrition, and healthy habits all impact your heart rate variability. HRV values can vary widely based on gender, age, and fitness level. A balanced HRV status may indicate positive signs of health such as good training and recovery balance, greater cardiovascular fitness, and resilience to stress. An unbalanced or poor status may be a sign of fatigue, greater recovery needs, or increased stress. For best results, you should wear the watch while sleeping. The watch requires three weeks of consistent sleep data to display your heart rate variability status.



Color Zone	Status	Description
 Green	Balanced	Your seven-day average HRV is within your baseline range.
 Orange	Unbalanced	Your seven-day average HRV is above or below your baseline range.
 Red	Low	Your seven-day average HRV is well below your baseline range.
No color	Poor No status	Your HRV values are averaging well below the normal range for your age. No status means that there is insufficient data to generate a seven-day average.

You can sync your watch with your Garmin Connect account to view your current heart rate variability status, trends, and educational feedback.

## Body Battery

Your watch 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 5 to 100, where 5 to 25 is very low reserve energy, 26 to 50 is low reserve energy, 51 to 75 is medium reserve energy, and 76 to 100 is high reserve energy.

You can sync your watch 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 24](#)).

### Tips for Improved Body Battery Data

- For more accurate results, wear the watch while sleeping.
- Good sleep charges your Body Battery.
- Strenuous activity and high stress can cause your Body Battery to drain more quickly.
- Food intake, as well as stimulants like caffeine, has no impact on your Body Battery.

## Training Status

These measurements are estimates that can help you track and understand your training activities. The measurements require you to complete activities for two weeks using wrist-based heart rate or a compatible chest heart rate monitor. The measurements may seem inaccurate at first when the watch is still learning about your performance.

These estimates are provided and supported by Firstbeat Analytics™. For more information, go to [garmin.com/performance-data/running](https://garmin.com/performance-data/running).



**Training status:** Training status shows you how your training affects your fitness and performance. Your training status is based on changes to your VO2 max., acute load, and HRV status over an extended time period.

**VO2 max.:** VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance.

**HRV:** HRV is your heart rate variability status over the last seven days ([Heart Rate Variability Status, page 23](#)).

**Acute load:** Acute load is a weighted sum of your recent exercise load scores including exercise duration and intensity. ([Acute Load, page 27](#)).

## Training Status Levels

Training status shows you how your training affects your fitness level and performance. Your training status is based on changes to your VO2 max., acute load, and HRV status over an extended time period. You can use your training status to help plan future training and continue improving your fitness level.

**No Status:** The watch needs you to record multiple activities over two weeks, with VO2 max. results from running or cycling, to determine your training status.

**Detraining:** You have a break in your training routine or you are training much less than usual for a week or more. Detraining means that you are unable to maintain your fitness level. You can try increasing your training load to see improvement.

**Recovery:** Your lighter training load is allowing your body to recover, which is essential during extended periods of hard training. You can return to a higher training load when you feel ready.

**Maintaining:** Your current training load is enough to maintain your fitness level. To see improvement, try adding more variety to your workouts or increasing your training volume.

**Productive:** Your current training load is moving your fitness level and performance in the right direction. You should plan recovery periods into your training to maintain your fitness level.

**Peaking:** You are in ideal race condition. Your recently reduced training load is allowing your body to recover and fully compensate for earlier training. You should plan ahead, since this peak state can only be maintained for a short time.

**Overreaching:** Your training load is very high and counterproductive. Your body needs a rest. You should give yourself time to recover by adding lighter training to your schedule.

**Unproductive:** Your training load is at a good level, but your fitness is decreasing. Try focusing on rest, nutrition, and stress management.

**Strained:** There is imbalance between your recovery and training load. It is a normal result after a hard training or major event. Your body may be struggling to recover, so you should pay attention to your overall health.

## Tips for Getting Your Training Status

The training status feature depends on updated assessments of your fitness level, including at least one VO2 max. measurement per week. Indoor run activities do not generate a VO2 max. estimate in order to preserve the accuracy of your fitness level trend. You can disable VO2 max. recording for ultra run and trail run activities if you do not want those run types to affect your VO2 max. estimate ([Activities and App Settings, page 49](#)).

To get the most out of the training status feature, you can try these tips.

- At least one time per week, run outdoors and reach a heart rate higher than 70% of your maximum heart rate for at least 10 minutes.  
After using the watch for one or two weeks, your training status should be available.
- Record all of your fitness activities on your primary training device, allowing your watch to learn about your performance ([Syncing Activities and Performance Measurements, page 26](#)).
- Wear the watch consistently while you sleep, to continue generating an up-to-date HRV status. Having a valid HRV status can help maintain a valid training status when you do not have as many activities with VO2 max. measurements.

## Syncing Activities and Performance Measurements

You can sync activities and performance measurements from other Garmin devices to your Approach S70 watch using your Garmin Connect account. This allows your watch to more accurately reflect your training and fitness. For example, you can record a ride with an Edge® bike computer, and view your activity details and recovery time on your Approach S70 watch.

Sync your Approach S70 watch and other Garmin devices to your Garmin Connect account.

**TIP:** You can set a primary training device and primary wearable in the Garmin Connect app ([Unified Training Status, page 41](#)).

Recent activities and performance measurements from your other Garmin devices appear on your Approach S70 watch.



## Acute Load

Acute load is a weighted sum of your excess post-exercise oxygen consumption (EPOC) for the last several days. The gauge indicates whether your current load is low, optimal, high, or very high. The optimal range is based on your individual fitness level and training history. The range adjusts as your training time and intensity increase or decrease.

## Training Load Focus

In order to maximize performance and fitness gains, training should be distributed across three categories: low aerobic, high aerobic, and anaerobic. Training load focus shows you how much of your training is currently in each category and provides training targets. Training load focus requires at least 7 days of training to determine if your training load is low, optimal, or high. After 4 weeks of training history, your training load estimate will have more detailed target information to help you balance your training activities.

**Below targets:** Your training load is lower than optimal in all intensity categories. Try increasing the duration or frequency of your workouts.

**Low aerobic shortage:** Try adding more low aerobic activities to provide recovery and balance for your higher intensity activities.

**High aerobic shortage:** Try adding more high aerobic activities to help improve your lactate threshold and VO2 max. over time.

**Anaerobic shortage:** Try adding a few more intense, anaerobic activities to improve your speed and anaerobic capacity over time.

**Balanced:** Your training load is balanced and provides all-around fitness benefits as you continue training.

**Low aerobic focus:** Your training load is mostly low aerobic activity. This provides a solid foundation and prepares you for adding more intense workouts.


**High aerobic focus:** Your training load is mostly high aerobic activity. These activities help to improve lactate threshold, VO2 max., and endurance.

**Anaerobic focus:** Your training load is mostly intense activity. This leads to rapid fitness gains, but should be balanced with low aerobic activities.

**Above targets:** Your training load is higher than optimal, and you should consider scaling back the duration and frequency of your workouts.

## Load Ratio

Load ratio is the ratio of your acute (short-term) training load to your chronic (long-term) training load. It's helpful for tracking your training load changes.

Status	Value	Description
No Status	None	Load ratio will be visible after 2 weeks of training.
Low	Lower than 0.8	Your short-term training load is lower than your long-term training load.
Optimal 	0.8 to 1.4	The short-term and long-term training loads are balanced. The optimal range is based on your individual fitness level and training history.
High	1.5 to 1.9	Your short-term training load is higher than your long-term training load.
Very High	2.0 or higher	Your short-term training load is significantly higher than your long-term training load.

## About Training Effect

Training Effect measures the impact of an activity on your aerobic and anaerobic fitness. Training Effect accumulates during the activity. As the activity progresses, the Training Effect value increases. Training Effect is determined by your user profile information and training history, and heart rate, duration, and intensity of your activity. There are seven different Training Effect labels to describe the primary benefit of your activity. Each label is color coded and corresponds to your training load focus ([Training Load Focus, page 27](#)). Each feedback phrase, for example, "Highly Impacting VO2 Max." has a corresponding description in your Garmin Connect activity details.

Aerobic Training Effect uses your heart rate to measure how the accumulated intensity of an exercise affects your aerobic fitness and indicates if the workout had a maintaining or improving effect on your fitness level. Your excess post-exercise oxygen consumption (EPOC) accumulated during exercise is mapped to a range of values that account for your fitness level and training habits. Steady workouts at moderate effort or workouts involving longer intervals (>180 seconds) have a positive impact on your aerobic metabolism and result in an improved aerobic Training Effect.

Anaerobic Training Effect uses heart rate and speed (or power) to determine how a workout affects your ability to perform at very high intensity. You receive a value based on the anaerobic contribution to EPOC and the type of activity. Repeated high-intensity intervals of 10 to 120 seconds have a highly beneficial impact on your anaerobic capability and result in an improved anaerobic Training Effect.

You can add Aerobic Training Effect and Anaerobic Training Effect as data fields to one of your training screens to monitor your numbers throughout the activity.

Training Effect	Aerobic Benefit	Anaerobic Benefit
From 0.0 to 0.9	No benefit.	No benefit.
From 1.0 to 1.9	Minor benefit.	Minor benefit.
From 2.0 to 2.9	Maintains your aerobic fitness.	Maintains your anaerobic fitness.
From 3.0 to 3.9	Impacts your aerobic fitness.	Impacts your anaerobic fitness.
From 4.0 to 4.9	Highly impacts your aerobic fitness.	Highly impacts your anaerobic fitness.
5.0	Overreaching and potentially harmful without enough recovery time.	Overreaching and potentially harmful without enough recovery time.

Training Effect technology is provided and supported by Firstbeat Analytics. For more information, go to [firstbeat.com](https://firstbeat.com).

## Pausing and Resuming Your Training Status


If you are injured or sick, you can pause your training status. You can continue to record fitness activities, but your training status, training load focus, recovery feedback, and workout recommendations are temporarily disabled.

You can resume your training status when you are ready to start training again. For best results, you need at least one VO2 max. measurement each week.

- 1 When you want to pause your training status, select an option:
  - Swipe up or down to view the glance loop, tap and hold the training glance, and select **Options > Pause Training Status**.
  - From your Garmin Connect settings, select **Performance Stats > Training Status > ⋮ > Pause Training Status**.
- 2 Sync your watch with your Garmin Connect account.
- 3 When you want to resume your training status, select an option:
  - Swipe up or down to view the glance loop, tap and hold the training glance, and select **Options > Resume Training Status**.
  - From your Garmin Connect settings, select **Performance Stats > Training Status > ⋮ > Resume Training Status**.
- 4 Sync your watch with your Garmin Connect account.

## Adding a Stock

Before you can customize the stocks list, you must add the stocks glance to the glance loop ([Customizing the Glance Loop, page 23](#)).

- 1 Swipe up or down to view the stocks glance.
  - 2 Press the action button.
  - 3 Select **Add Stock**.
  - 4 Enter the company name or stock symbol for the stock you want to add, and select .  
The watch displays search results.
  - 5 Select the stock you want to add.
  - 6 Select the stock to view more information.
- TIP:** To display the stock on the glance loop, you can press the action button, and select Set as Favorite.

## Using the Jet Lag Adviser

Before you can use the Jet Lag Adviser glance, you must plan a trip in the Garmin Connect app ([Planning a Trip in the Garmin Connect App, page 29](#)).

You can use the Jet Lag Adviser glance while traveling to see how your internal clock compares to the local time, and to receive guidance on how to reduce the effects of jet lag.

- 1 From the watch face, swipe up or down to view the **Jet Lag Adviser** glance.
- 2 Press the action button to see how your internal clock compares to the local time, and the overall level of your jet lag.
- 3 Select an option:
  - To see an informational message about your current jet lag level, press the action button.
  - To see a timeline for recommended actions to help reduce symptoms of jet lag, swipe up.

## Planning a Trip in the Garmin Connect App




- 1 From the Garmin Connect app, select **•••**.
- 2 Select **Training & Planning > Jet Lag Adviser > Add Trip Details**.
- 3 Follow the on-screen instructions.

## Controls

The controls menu lets you quickly access watch features and options. You can add, reorder, and remove the options in the controls menu ([Customizing the Controls Menu, page 32](#)).



Press .

Icon	Name	Description
	ABC	Select to open the altimeter, barometer, and compass app.
	Altimeter	Select to open the altimeter screen.
	Assistance	Select to send an assistance request ( <a href="#">Requesting Assistance, page 53</a> ).
	Barometer	Select to open the barometer screen.
	Brightness	Select to adjust the screen brightness ( <a href="#">Changing the Display Settings, page 56</a> ).
	Calendar	Select to view upcoming events from your phone calendar.
	Clocks	Select to open the Clocks app to set an alarm, timer, stopwatch, or view alternate time zones ( <a href="#">Clocks, page 39</a> ).
	Compass	Select to open the compass screen.
	Display	Turns off the screen for alerts, gestures, and Always On Display mode ( <a href="#">Changing the Display Settings, page 56</a> ).
	Do Not Disturb	Select to enable or disable do not disturb mode to dim the screen and disable alerts and notifications. For example, you can use this mode while watching a movie.
	Find My Phone	Select to play an audible alert on your paired phone, if it is within Bluetooth range. The Bluetooth signal strength appears on the Approach watch screen, and it increases as you move closer to your phone.
	Flashlight	Select to turn on the screen to use your watch as a flashlight.
	Lock Device	Select to lock the buttons and the touchscreen to prevent inadvertent presses and swipes.
	Messenger	Select to open the Messenger app ( <a href="#">Using the Messenger Feature, page 17</a> ).
	Moon Phase	Select to view moonrise and moonset times, along with the moon phase, based on your GPS position.
	Music Controls	Select to control music playback on your watch or phone.
	Notifications	Select to view calls, texts, social network updates, and more, based on your phone notification settings ( <a href="#">Enabling Bluetooth Notifications, page 13</a> ).
	Pulse Ox	Select to open the pulse oximeter app ( <a href="#">Pulse Oximeter, page 36</a> ).
	Red Shift	Select to turn the screen to shades of red to use the watch in low light conditions.
	Settings	Select to open the settings menu.
	Sleep Mode	Select to enable or disable Sleep Mode ( <a href="#">Customizing Sleep Mode, page 57</a> ).

Icon	Name	Description
	Sunrise & Sunset	Select to view sunrise, sunset, and twilight times.
	Wallet	Select to open your Garmin Pay wallet and pay for purchases with your watch ( <a href="#">Garmin Pay™</a> , page 18).
	Weather	Select to view the current weather forecast and current conditions.

## Customizing the Controls Menu

You can add, remove, and change the order of the shortcut menu options in the controls menu ([Controls](#), page 30).

- 1 Press .
- 2 Select **Edit**.
- 3 Select a shortcut to customize.
- 4 Select an option:
  - To change the location of the shortcut in the controls menu, swipe up or down.
  - To remove the shortcut from the controls menu, select .
- 5 If necessary, select **Add** to add an additional shortcut to the controls menu.

## Heart Rate Features

The Approach S70 watch has a wrist-based heart rate monitor and is also compatible with chest heart rate monitors (sold separately). You can view heart rate data on the heart rate glance. If both wrist-based heart rate and chest heart rate data are available when you start an activity, your watch uses the chest heart rate data.

## Wrist-based Heart Rate

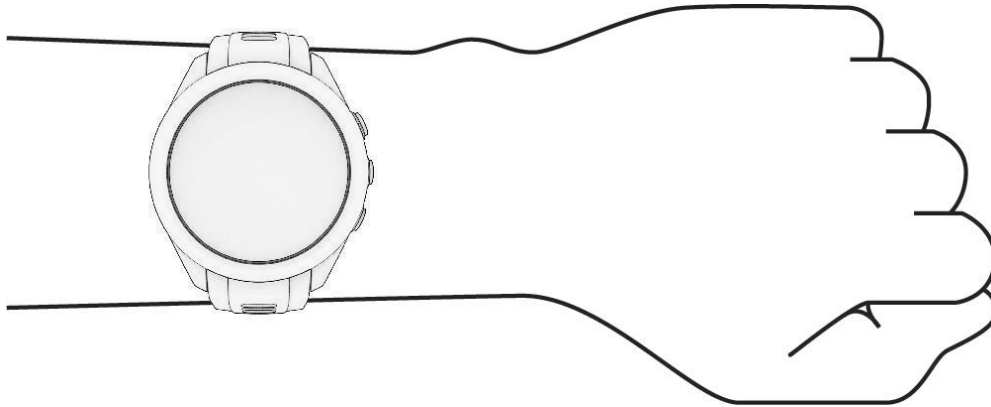
### Wearing the Watch

#### ⚠ CAUTION

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist. For more information, go to [garmin.com/fitandcare](https://garmin.com/fitandcare).

- Wear the watch above your wrist bone.

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



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

- See [Tips for Erratic Heart Rate Data, page 33](#) for more information about wrist-based heart rate.
- See [Tips for Erratic Pulse Oximeter Data, page 36](#) for more information about the pulse oximeter sensor.
- For more information about accuracy, go to [garmin.com/ataccuracy](https://garmin.com/ataccuracy).
- For more information about watch wear and care, go to [garmin.com/fitandcare](https://garmin.com/fitandcare).

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

**NOTE:** In cold environments, warm up indoors.

- Rinse the watch with fresh water after each workout.

## Wrist Heart Rate Monitor Settings

Press  and select **Settings > Health & Wellness > Heart Rate**.

**Status:** Enables or disables the wrist heart rate monitor. The default value is Auto, which automatically uses the wrist heart rate monitor unless you pair an external heart rate monitor.

**NOTE:** Disabling the wrist heart rate monitor also disables the wrist-based pulse oximeter sensor.

**While Swimming:** Enables or disables the wrist heart rate monitor during swimming activities.

**Abnormal Heart Rate Alerts:** Allows you to set the watch to alert you when your heart rate exceeds or drops below a target value ([Setting an Abnormal Heart Rate Alert, page 34](#)).


**Broadcast Heart Rate:** Allows you to begin broadcasting your heart rate data to a paired device ([Broadcasting Heart Rate to Garmin Devices, page 34](#)).

## 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 at least ten minutes of inactivity. This feature does not notify you when your heart rate drops below the selected threshold during your chosen sleep window configured in the Garmin Connect app. 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 Press .
- 2 Select **Settings > Sensors & Accessories > Wrist Heart Rate > Abnormal Heart Rate Alerts**.
- 3 Select **High Alert** or **Low Alert**.
- 4 Set the heart rate threshold value.

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

## Broadcasting Heart Rate to Garmin Devices

You can broadcast your heart rate data from your watch and view it on paired devices. Broadcasting heart rate data decreases battery life.

**TIP:** You can customize the activity settings to broadcast your heart rate data automatically when you begin an activity ([Activities and App Settings, page 49](#)). For example, you can broadcast your heart rate data to an Edge device while cycling.

- 1 Press .
- 2 Select **Settings > Sensors & Accessories > Wrist Heart Rate > Broadcast Heart Rate**.
- 3 Press the action button.  
The watch starts broadcasting your heart rate data.
- 4 Pair your watch with your compatible device.  
**NOTE:** The pairing instructions differ for each Garmin compatible device. See your owner's manual.
- 5 Press the action button to stop broadcasting your heart rate data.

## Turning Off the Wrist-based Heart Rate Monitor

The wrist-based heart rate monitor is enabled by default. The device automatically uses the wrist-based heart rate monitor unless you pair a chest heart rate monitor to the device. Chest heart rate data is only available during an activity.

**NOTE:** Disabling the wrist-based heart rate monitor also disables the all-day stress feature, intensity minutes, and the wrist-based pulse oximeter sensor.

- 1 Press .
- 2 Select **Settings > Sensors & Accessories > Wrist Heart Rate > Status > Off**.




## 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.

### Setting Your Heart Rate Zones

The watch uses your user profile information from the initial setup to determine your default heart rate zones. You can set separate heart rate zones for sport profiles, such as running, cycling, and swimming. For the most accurate calorie data during your activity, set your maximum heart rate. You can also set each heart rate zone and enter your resting heart rate manually. You can manually adjust your zones on the watch or using your Garmin Connect account.

- 1 Press .
- 2 Select **Settings > User Profile > Heart Rate**.
- 3 Select **Max. HR**, and enter your maximum heart rate.  
You can use the Auto Detection feature to automatically record your maximum heart rate during an activity.
- 4 Select **Resting HR > Set Custom**, and enter your resting heart rate.  
You can use the average resting heart rate measured by your watch, or you can set a custom resting heart rate.
- 5 Select **Zones > Based On**.
- 6 Select an option:
  - Select **BPM** to view and edit the zones in beats per minute.
  - Select **%Max. HR** to view and edit the zones as a percentage of your maximum heart rate.
  - Select **%HRR** to view and edit the zones as a percentage of your heart rate reserve (maximum heart rate minus resting heart rate).
- 7 Select a zone, and enter a value for each zone.
- 8 Select **Sport Heart Rate**, and select a sport profile to add separate heart rate zones (optional).
- 9 Repeat the steps to add sport heart rate zones (optional).

### 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

## Pulse Oximeter

The Approach S70 watch has a wrist-based pulse oximeter to gauge the saturation of oxygen in your blood. Knowing your oxygen saturation can be valuable in understanding your overall health and help you determine how your body is adapting to altitude. Your watch gauges your blood oxygen level by shining light into the skin and checking how much light is absorbed. This is referred to as SpO<sub>2</sub>.

On the watch, your pulse oximeter readings appear as an SpO<sub>2</sub> percentage. On your Garmin Connect account, you can view additional details about your pulse oximeter readings, including trends over multiple days. For more information on pulse oximeter accuracy, go to [garmin.com/ataccuracy](https://garmin.com/ataccuracy).

### Getting Pulse Oximeter Readings


You can manually begin a pulse oximeter reading from the pulse oximeter glance. The accuracy of the pulse oximeter reading can vary based on your blood flow, the watch placement on your wrist, and your stillness.

**NOTE:** You may need to add the pulse oximeter glance to the glance loop (*Customizing the Glance Loop*, page 23).

- 1 While you are sitting or inactive, swipe up or down to view the pulse oximeter glance.
- 2 Select the glance to begin the reading.
- 3 Hold the arm wearing the watch at heart level while the watch reads your blood oxygen saturation.
- 4 Keep still.

The watch displays your oxygen saturation as a percentage, and a graph of your pulse oximeter readings and heart rate values for the last 24 hours.

### Setting the Pulse Oximeter Mode

- 1 Press .
- 2 Select **Settings** > **Sensors & Accessories** > **Pulse Oximeter** > **Pulse Ox Mode**.
- 3 Select an option:
  - To turn off automatic measurements, select **Manual Check**.
  - To turn on continuous measurements while you sleep, select **During Sleep**.

**NOTE:** Unusual sleep positions can cause abnormally low sleep-time SpO<sub>2</sub> readings.

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

## Activities and Apps


Your watch can be used for indoor, outdoor, athletic, and fitness activities. When you start an activity, the watch displays and records sensor data. When you finish your activities, you can save and share them with the Garmin Connect community.

You can also add Connect IQ activities and apps to your watch using the Connect IQ app (*Connect IQ Features*, page 17).


For more information about activity tracking and fitness metric accuracy, go to [garmin.com/ataccuracy](https://garmin.com/ataccuracy).

## Starting an Activity

When you start an activity, GPS turns on automatically (if required).

- 1 Press the action button.
- 2 Select .
- 3 Select an activity.
- 4 If the activity requires GPS signals, go outside to an area with a clear view of the sky, and wait until the device is ready.  
The device is ready after it establishes your heart rate, acquires GPS signals (if required), and connects to your wireless sensors (if required).
- 5 Press the action button to start the activity timer.  
The device records activity data only while the activity timer is running.

## Tips for Recording Activities

- Charge the watch before starting an activity ([Charging the Watch, page 2](#)).
- Press  to record laps, start a new set or pose, or advance to the next workout step.
- Swipe up or down to view additional data screens.


## Stopping an Activity

- 1 Press the action button.
- 2 Select an option:
  - To resume your activity, select **Resume**.
  - To save the activity and view the details, select **Save**, press the action button, and select an option.  
**NOTE:** After you save the activity, you can enter self-evaluation data ([Evaluating an Activity, page 37](#)).
  - To suspend your activity and resume it at a later time, select **Resume Later**.
  - To mark a lap, select **Lap**.
  - To measure the difference between your heart rate at the end of the activity and your heart rate two minutes later, select **Recovery HR**, and wait while the timer counts down.
  - To discard the activity, select **Discard**.

## Evaluating an Activity

**NOTE:** This feature is not available for all activities.

You can customize the self-evaluation setting for certain activities ([Activities and App Settings, page 49](#)).

- 1 After you complete an activity, select **Save** ([Stopping an Activity, page 37](#)).
- 2 Select a number that corresponds with your perceived effort.  
**NOTE:** You can select  to skip the self evaluation.
- 3 Select how you felt during the activity.

You can view evaluations in the Garmin Connect app.

## Indoor Activities

The watch can be used for training indoors, such as running on an indoor track or using a stationary bike or indoor trainer. GPS is turned off for indoor activities ([Activities and App Settings, page 49](#)).

When running or walking with GPS turned off, speed and distance are calculated using the accelerometer in the watch. The accelerometer is self-calibrating. The accuracy of the speed and distance data improves after a few outdoor runs or walks using GPS.



**TIP:** Holding the handrails of the treadmill reduces accuracy.


## Calibrating the Treadmill Distance


To record more accurate distances for your treadmill activities, you can calibrate the treadmill distance after you travel at least 1.5 km (1 mi.) on a treadmill. If you use different treadmills, you can manually calibrate the treadmill distance on each treadmill or after each activity.

- 1 Start a treadmill activity ([Starting an Activity, page 37](#)).
- 2 Travel on the treadmill until your Approach S70 device records at least 1.5 km (1 mi.).
- 3 After you complete your activity, press the action button, and select **Done**.
- 4 Check the treadmill display for the distance traveled.
- 5 Select an option:
  - To calibrate the first time, select **Save**, and enter the treadmill distance on your device.
  - To manually calibrate after the first-time calibration, select **•••** > **Calibrate**, and enter the treadmill distance on your device.

## Going for a Pool Swim

- 1 Press the action button.
- 2 Select  > **Pool Swim**.
- 3 Select an option:
  - To set the pool size for your first activity, select the size.
  - To change the pool size, select  > **Pool Swim Settings** > **Pool Size**, and select the size.
- 4 Press the action button to start the activity timer.
- 5 Start your activity.

The device automatically records swim intervals and lengths.
- 6 Press  when you rest.

The rest screen appears.
- 7 Press  to restart the interval timer.
- 8 After you complete your activity, press the action button to stop the activity timer.
- 9 Select **Save** to save your activity.

## Swim Terminology

**Length:** One trip down the pool.

**Interval:** One or more consecutive lengths. A new interval starts after a rest.

**Stroke:** A stroke is counted every time your arm wearing the device completes a full cycle.

**Swolf:** Your swolf score is the sum of the time for one pool length and the number of strokes for that length.

For example, 30 seconds plus 15 strokes equals a swolf score of 45. Swolf is a measurement of swimming efficiency and, like golf, a lower score is better.

## Outdoor Activities

The Approach watch comes preloaded with outdoor activities, such as running and biking. GPS is turned on for outdoor activities.

## Viewing Your Ski Runs

Your watch records the details of each downhill skiing or snowboarding run using the auto run feature. This feature is turned on by default for downhill skiing and snowboarding. It automatically records new ski runs based on your movement. The timer pauses when you stop moving downhill and when you are on a chairlift. The timer remains paused during the chairlift ride. You can start moving downhill to restart the timer. You can view run details from the paused screen or while the timer is running.


- 1 Start a skiing or snowboarding activity.
- 2 Swipe up or down to view details of your last run, your current run, and your total runs.

The run screens include time, distance traveled, maximum speed, average speed, and total descent.


# Clocks

## Setting an Alarm


You can set multiple alarms.

- 1 Press .
- 2 Select **Clocks** > **ALARMS** > **Add Alarm**.
- 3 Enter the alarm time.



## Editing an Alarm

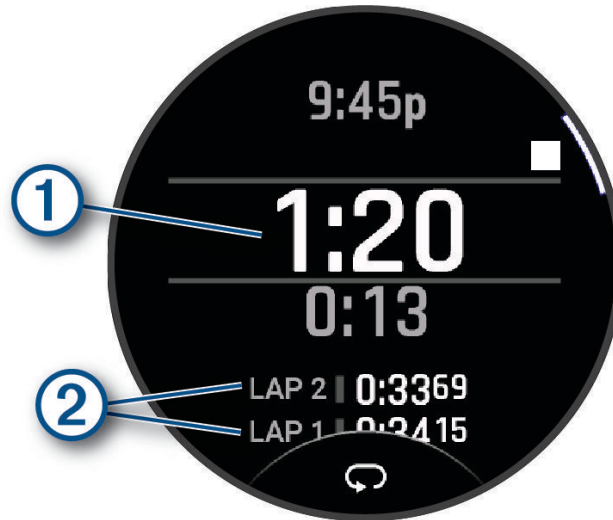
- 1 Press .
- 2 Select **Clocks** > **ALARMS**.
- 3 Select an alarm.
- 4 Select an option:
  - To turn the alarm on or off, select **Status**.
  - To change the alarm time, select **Time**.
  - To set the alarm to repeat regularly, select **Repeat**, and select when the alarm should repeat.
  - To turn vibration on or off for the alarm notification, select **Vibration**.
  - To select a description for the alarm, select **Label**.
  - To delete the alarm, select **Delete**.

## Starting the Countdown Timer


- 1 Press .
- 2 Select **Clocks** > **TIMER**.
- 3 Enter the time.
- 4 If necessary, select **•••**, and select an option:
  - Select **Time** to change the time.
  - Select **Restart** > **On** to automatically restart the timer after it expires.
  - Select **Vibration** to turn vibration on or off for the timer notification.
- 5 Press the action button to start the timer.

## Using the Stopwatch

- 1 Press .
- 2 Select **Clocks > Stopwatch**.
- 3 Press the action button to start the timer.
- 4 Select  to restart the lap timer ①.




The total stopwatch time ② continues running.


- 5 Press the action button to stop both timers.
- 6 Select an option:
  - To reset both timers, select .
  - To save the stopwatch time as an activity, select **••• > Save Activity**.
  - To reset the timers and exit the stopwatch, select **••• > Done**.
  - To review the lap timers, select **••• > Review**.  
**NOTE:** The **Review** option only appears if there have been multiple laps.
  - To return to the watch face without resetting the timers, select **••• > Go to Watchface**.

## Adding Alternate Time Zones

You can display the current time of day in additional time zones.

- 1 Press .
- 2 Select **Clocks > ALT. TIME ZONES > Add Alt. Time Zone**.
- 3 Tap the screen to select a region.  
**TIP:** You can swipe left or right to pan the map.
- 4 Select a time zone.
- 5 If necessary, rename the zone.

## Editing an Alternate Time Zone

- 1 Press .
- 2 Select **Clocks** > **ALT. TIME ZONES**.
- 3 Select a time zone.
- 4 Press the action button.
- 5 Select an option:
  - To enter a custom name for the time zone, select **Rename**.
  - To enter a custom abbreviation for the time zone, select **Abbreviate**.
  - To change the time zone, select **Change Zone**.
  - To delete the time zone, select **Delete**.

# Training

## Unified Training Status

When you use more than one Garmin device with your Garmin Connect account, you can choose which device is the primary data source for everyday use and for training purposes.

From the Garmin Connect app, select **•••** > **Settings**.

**Primary Training Device:** Sets the priority data source for training metrics like your training status and load focus.

**Primary Wearable:** Sets the priority data source for daily health metrics like steps and sleep. This should be the watch you wear most often.

**TIP:** For the most accurate results, Garmin recommends that you sync often with your Garmin Connect account.

## Syncing Activities and Performance Measurements

You can sync activities and performance measurements from other Garmin devices to your Approach S70 watch using your Garmin Connect account. This allows your watch to more accurately reflect your training and fitness. For example, you can record a ride with an Edge bike computer, and view your activity details and recovery time on your Approach S70 watch.

Sync your Approach S70 watch and other Garmin devices to your Garmin Connect account.

**TIP:** You can set a primary training device and primary wearable in the Garmin Connect app ([Unified Training Status, page 41](#)).

Recent activities and performance measurements from your other Garmin devices appear on your Approach S70 watch.

## Workouts

You can create custom workouts that include goals for each workout step and for varied distances, times, and calories. During your activity, you can view workout-specific data screens that contain workout step information, such as the workout step distance or current pace.

**On your watch:** You can open the workouts app from the activity list to show all workouts currently loaded on your watch ([Activities and Apps, page 36](#)).

You can also view your workout history.



**On the app:** You can create and find more workouts, or select a training plan that has built-in workouts and transfer them to your watch ([Following a Workout From Garmin Connect, page 42](#)).

You can schedule workouts.

You can update and edit your current workouts.

## Starting a Workout

Your device can guide you through multiple steps in a workout.

- 1 Press the action button.
- 2 Select .
- 3 Select an activity.
- 4 Select  > **Training**.
- 5 Select an option:
  - To start an interval workout, select **Intervals** (*Starting an Interval Workout, page 42*).
  - To start a preloaded or saved workout, select **Workout Library** (*Following a Workout From Garmin Connect, page 42*).
  - To start a scheduled workout from your Garmin Connect training calendar, select **Training Calendar** (*About the Training Calendar, page 43*).

**NOTE:** Not all options are available for all activity types.



- 6 Select a workout.

**NOTE:** Only workouts that are compatible with the selected activity appear in the list.
- 7 If necessary, select **Do Workout**.
- 8 Press the action button to start the activity timer.





After you begin a workout, the device displays each step of the workout, step notes (optional), the target (optional), and the current workout data. For strength, yoga, cardio, or Pilates activities, an instructional animation appears.

## Following a Workout From Garmin Connect

Before you can download a workout from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect, page 16*).

- 1 Select an option:
  - Open the Garmin Connect app, and select .
  - Go to [connect.garmin.com](https://connect.garmin.com).
- 2 Select **Training & Planning > Workouts**.
- 3 Find a workout, or create and save a new workout.
- 4 Select  or **Send to Device**.
- 5 Follow the on-screen instructions.




## Starting an Interval Workout

- 1 Press the action button.
- 2 Select .
- 3 Select an activity.
- 4 Select  > **Training > Intervals > Do Workout**.
- 5 When your interval workout has a warm up, press  to begin the first interval.
- 6 Follow the on-screen instructions.
- 7 At any time, press  to stop the current interval or rest period and transition to the next interval or rest period (optional).

After you complete all of the intervals, a message appears.



## Customizing an Interval Workout



- 1 Press the action button.
- 2 Select .
- 3 Select an activity.
- 4 Select  > **Training** > **Intervals** > **Edit**.
- 5 Select one or more options:
  - To set the interval duration and type, select **Interval**.
  - To set the rest duration and type, select **Rest**.
  - To set the number of repetitions, select **Repeat**.
  - To add an open-ended warm up to your workout, select **Warm Up** > **On**.
  - To add an open-ended cool down to your workout, select **Cool Down** > **On**.
- 6 Press .

The watch saves your custom interval workout until you edit the workout again.

## Using Virtual Partner\*

Your Virtual Partner is a training tool designed to help you meet your goals. You can set a pace for the Virtual Partner and race against it.

**NOTE:** This feature is not available for all activities.


- 1 Press the action button.
- 2 Select .
- 3 Select an activity.
- 4 Select .
- 5 Select the activity settings.
- 6 Select **Data Screens** > **Add New** > **Virtual Partner**.
- 7 Enter a pace or speed value.
- 8 Swipe up or down to change the location of the Virtual Partner screen (optional).
- 9 Press the action button to start your activity.
- 10 Swipe up or down to scroll to the Virtual Partner screen and see who is leading.

## About the Training Calendar

The training calendar on your watch is an extension of the training calendar or schedule you set up in your Garmin Connect account. After you have added a few workouts to the Garmin Connect calendar, you can send them to your device. All scheduled workouts sent to the device appear in the calendar glance. When you select a day in the calendar, you can view or do the workout. The scheduled workout stays on your watch whether you complete it or skip it. When you send scheduled workouts from Garmin Connect, they overwrite the existing training calendar.

## Using Garmin Connect Training Plans

Before you can download and use a training plan, you must have a Garmin Connect account ([Garmin Connect](#), [page 16](#)), and you must pair the Approach watch with a compatible phone.

- 1 From the Garmin Connect app, select .
- 2 Select **Training & Planning** > **Garmin Coach Plans**.
- 3 Select and schedule a training plan.
- 4 Follow the on-screen instructions.
- 5 Review the training plan in your calendar.

## Adaptive Training Plans

Your Garmin Connect account has an adaptive training plan and Garmin coach to fit your training goals. For example, you can answer a few questions and find a plan to help you complete a 5 km race. The plan adjusts to your current level of fitness, coaching and schedule preferences, and race date. When you start a plan, the Garmin coach glance is added to the glance loop on your Approach watch.

## Music

**NOTE:** There are three different music playback options for your watch.

- Third-party provider music
- Personal audio content
- Music stored on your phone

On a watch, you can download audio content to your watch from your computer or from a third-party provider, so you can listen when your phone is not nearby. To listen to audio content stored on your watch, you can connect Bluetooth headphones.



### Connecting to a Third-Party Provider

Before you can download music or other audio files to your compatible watch from a supported third-party provider, you must connect to the provider using the Garmin Connect app.

- 1 From the Garmin Connect app, select ●●●.
- 2 Select **Garmin Devices**, and select your watch.
- 3 Select **Music > Music Providers**.
- 4 Select an option:
  - To connect to an installed provider, select a provider, and follow the on-screen instructions.
  - To connect to a new provider, select **Get Music Apps**, locate a provider, and follow the on-screen instructions.

### Downloading Audio Content from a Third-Party Provider

Before you can download audio content from a third-party provider, you must connect to a Wi-Fi network ([Connecting to a Wi-Fi Network, page 15](#)).


- 1 Press .
- 2 Select **Settings > Music > Music Providers**.
- 3 Select a connected provider, or select **Add Provider** to add a music provider from the Connect IQ store.
- 4 Select a playlist or other item to download to the watch.
- 5 If necessary, press  until you are prompted to sync with the service.

**NOTE:** Downloading audio content can drain the battery. You may be required to connect the watch to an external power source if the battery is low.



## Downloading Personal Audio Content

Before you can send your personal music to your watch, you must install the Garmin Express application on your computer ([garmin.com/express](http://garmin.com/express)).

You can load your personal audio files, such as .mp3 and .m4a files, to a watch from your computer. For more information, go to [garmin.com/musicfiles](http://garmin.com/musicfiles).








- 1 Connect the watch to your computer using the included USB cable.
- 2 On your computer, open the Garmin Express application, select your watch, and select **Music**.  
**TIP:** For Windows® computers, you can select  and browse to the folder with your audio files. For Apple® computers, the Garmin Express application uses your iTunes® library.
- 3 In the **My Music** or **iTunes Library** list, select an audio file category, such as songs or playlists.
- 4 Select the checkboxes for the audio files, and select **Send to Device**.
- 5 If necessary, in the list, select a category, select the checkboxes, and select **Remove From Device** to remove audio files.

## Listening to Music

- 1 If necessary, connect your Bluetooth headphones ([Connecting Bluetooth Headphones, page 46](#)).
- 2 Press .
- 3 Select **Settings > Music > Music Providers**.
- 4 Select an option:
  - To listen to music downloaded to the watch from your computer, select **My Music** ([Downloading Personal Audio Content, page 45](#)).
  - To control music playback on your phone, select **Control Phone**.
  - To listen to music from a third-party provider, select the name of the provider, and select a playlist.
- 5 Select .


## Music Playback Controls

**NOTE:** Music playback controls may look different, depending on the selected music source.

	Select to view more music playback controls.
	Select to adjust the volume.
	Select to play and pause the current audio file.
	Select to skip to the next audio file in the playlist. Hold to fast forward through the current audio file.
	Select to restart the current audio file. Select twice to skip to the previous audio file in the playlist. Hold to rewind through the current audio file.
	Select to change the repeat mode.
	Select to change the shuffle mode.


## Connecting Bluetooth Headphones

To listen to music loaded onto your watch, you must connect Bluetooth headphones.

- 1 Bring the headphones within 2 m (6.6 ft.) of your watch.
- 2 Enable pairing mode on the headphones.
- 3 Press .
- 4 Select **Settings** > **Music** > **Headphones** > **Add New**.
- 5 Select your headphones to complete the pairing process.

## Changing the Audio Mode

You can change the music playback mode from stereo to mono.


- 1 Press .
- 2 Select **Settings** > **Music** > **Audio**.
- 3 Select an option.

## Morning Report

Your watch displays a morning report based on your normal wake time. Swipe up to view the report, which includes weather, sleep, overnight heart rate variability status, and more ([Customizing Your Morning Report, page 46](#)).

## Customizing Your Morning Report


**NOTE:** You can customize these settings on you watch or in your Garmin Connect account.

- 1 Press .
- 2 Select **Settings** > **Notifications & Alerts** > **Morning Report**.
- 3 Select an option:
  - Select **Show Report** to enable or disable the morning report.
  - Select **Edit Report** to customize the order and type of data that appears in your morning report.

# Customizing Your Device

## Customizing the Watch Face

Your watch comes preloaded with several watch faces. You can also install and activate a Connect IQ watch face from the Connect IQ store ([Connect IQ Features, page 17](#)).

- 1 Press .
- 2 Select **Settings** > **Watch Face**.
- 3 Swipe up or down to view the watch faces.
- 4 Select **Add New** to create a custom digital or analog watch face.
- 5 Press the action button.
- 6 Select an option:
  - To activate the watch face, select **Apply**.
  - To change the style of the numbers for the analog watch face, select **Dial**.
  - To change the style of the hands for the analog watch face, select **Hands**.
  - To change the style of the numbers for the digital watch face, select **Layout**.
  - To change the style of the seconds for the digital watch face, select **Seconds**.
  - To change the data that appears on the watch face, select **Data**.
  - To change the sport for the gauges on the performance watch face, select **Select Sport**.
  - To add or change an accent color for the watch face, select **Accent Color**.
  - To change the color of the data that appears on the watch face, select **Data Color**.
  - To remove the watch face, select **Delete**.
- 7 Tap the screen to select a watch face.

## Golf Settings

Press  and select **Settings** > **Golf Settings** to customize golf settings and features.

**Scoring:** Allows you to set your scoring preferences and turn on statistics tracking.

**Driver Distance:** Sets the average distance the ball travels from the tee box on your drive. The driver distance appears as an arc on the map.

**PlaysLike:** Sets preferences for the "plays like" distance feature, which shows adjusted distances to the green while playing golf ([PlaysLike Distance Icons, page 11](#), [PlaysLike Settings, page 48](#)).

**Contour Shading:** Enables elevation or slope contour shading for the greens on courses with green contour data ([Garmin Golf App, page 15](#)).

**Big Numbers:** Changes the size of the numbers on the hole view screen.

**Tournament Mode:** Disables the PinPointer and PlaysLike distance features. These features are not allowed during sanctioned tournaments or handicap calculation rounds.

**Golf Distance:** Sets the unit of measure for distance while playing golf.

**Golf Wind Speed:** Sets the unit of measure for wind speed while playing golf.

**Satellites:** Sets the satellite system to use for the activity ([Satellite Settings, page 50](#)).

**Record Activity:** Enables activity FIT file recording for golf activities. FIT files record fitness information that is tailored for the Garmin Connect app.

**Club Tracking:** Displays a prompt that enables you to enter which club you used after each detected shot, and allows you to set up compatible Garmin club tracking accessories.

**Pair Rangefinder:** Pairs the watch to your compatible rangefinder.

**Virtual Caddie:** Enables automatic or manual virtual caddie club recommendations. Appears after you play five rounds of golf, track your clubs, and upload your scorecards to the Garmin Golf app.

## Scoring Settings

Press  and select **Settings > Golf Settings > Scoring**.

**Scoring Method:** Changes the method the device uses to keep score.

**Handicap Scoring:** Enables handicap scoring ([Enabling Handicap Scoring, page 8](#)).

**Set Handicap:** Sets your handicap when handicap scoring is enabled.

**Show Score:** Displays your total score for the round at the top of the scorecard ([Keeping Score, page 6](#)).

**Stat Tracking:** Enables statistics tracking for the number of putts, greens in regulation, and fairways hit while playing golf.

**Penalties:** Enables penalty stroke tracking while playing golf.

**Prompt:** Enables the prompt at the start of a round asking if you want to keep score.

**2 Players:** Sets the scorecard to keep score for two players.

**NOTE:** This setting is only available during a round. You must enable this setting each time you begin a round.

## PlaysLike Settings

Press  and select **Settings > Golf Settings > PlaysLike**.

**Wind:** Enables wind speed and direction to be included in the PlaysLike distance adjustments.

**Weather:** Enables air density to be included in the PlaysLike distance adjustments.

**Home Conditions:** Allows you to manually change the altitude, temperature, and humidity settings used for the air density.



**NOTE:** It can be helpful to set weather conditions that match where you typically play. If they do not match the conditions at your normal course locations, the air density adjustments may seem inaccurate.

## Customizing the Activities and Apps List



1 Press the action button.


2 Select  > **Edit**.

3 Select an option:

- To add an activity or app, select **Add**.
- To remove an activity or app, select the activity or app, and select .
- To reorder the list, select an activity or app, scroll to the desired location, and select .

## Activities and App Settings

These settings allow you to customize each preloaded activity app based on your needs. For example, you can customize data pages and enable alerts and training features. Not all settings are available for all activity types. From the watch face, press the action button, select , select an activity, select , and select the activity settings.

**TIP:** You can also edit the activity settings while you are exercising. During an activity, press , select **Settings**, and select the activity settings.

**3D Distance:** Calculates your distance traveled using your elevation change and your horizontal movement over ground.

**3D Speed:** Calculates your speed using your elevation change and your horizontal movement over ground.

**Accent Color:** Sets the accent color of each activity to help identify which activity is active.

**Alerts:** Sets the training or navigation alerts for the activity ([Alerts, page 51](#)).

**Auto Pause:** Sets the device to stop recording data when you stop moving or when you drop below a specified speed. This feature is helpful if your activity includes stop lights or other places where you must stop.

**Auto Scroll:** Enables you to move through all of the activity data screens automatically while the timer is running.

**Auto Set:** Enables the watch to start and stop exercise sets automatically during a strength training activity.

**Broadcast Heart Rate:** Enables automatic heart rate data broadcasting when you start the activity ([Broadcasting Heart Rate to Garmin Devices, page 34](#)).


**Data Screens:** Enables you to customize data screens and add new data screens for the activity ([Customizing the Data Screens, page 50](#)).

**Edit Weight:** Allows you to add the weight used for an exercise set during a strength training or cardio activity.

**Grading System:** Sets the grading system for rating the route difficulty for a rock climbing activity.

**Jump Mode:** Sets the jump rope activity target to a set time, number of reps, or open ended.

**Lane Number:** Sets your lane number for track running.

**Laps:** Sets the device to mark laps automatically with the Auto Lap® feature or manually when you press the  button. The Auto Lap feature marks laps at a specific distance automatically. This feature is helpful for comparing your performance over different parts of an activity (for example, every 1 mile or 5 kilometers).

**Mode Tracking:** Enables or disables automatic ascent or descent mode tracking for backcountry skiing and snowboarding.

**Pool Size:** Sets the pool length for pool swimming.

**Power Save Timeout:** Sets the power-save timeout length for how long your watch stays in training mode, for example, when you are waiting for a race to start. The Normal option sets the watch to enter low-power watch mode after 5 minutes of inactivity. The Extended option sets the watch to enter low-power watch mode after 25 minutes of inactivity. The extended mode can result in shorter battery life between charges.

**Record VO2 Max.:** Enables VO2 max. recording for a trail run activity.

**Rename:** Sets the activity name.

**Rep Counting:** Enables or disables rep counting during a workout. The Workouts Only option enables rep counting during guided workouts only.

**Restore Defaults:** Allows you to reset the activity settings.

**Route Stats:** Enables route statistics tracking for indoor climbing activities.

**Satellites:** Sets the satellite system to use for the activity ([Satellite Settings, page 50](#)).



**Self Evaluation:** Sets how often you evaluate your perceived effort for the activity ([Evaluating an Activity, page 37](#)).

**Stroke Detect.:** Enables stroke detection for pool swimming.

**Workout Videos:** Enables instructive workout animations for a strength, cardio, yoga, or Pilates activity. Animations are available for pre-installed workouts and workouts downloaded from your Garmin Connect account.

## Customizing the Data Screens

You can show, hide, and change the layout and content of the data screens for each activity.

- 1 Press the action button.
- 2 Select .
- 3 Select an activity.
- 4 Select .
- 5 Select the activity settings.
- 6 Select **Data Screens**.
- 7 Swipe up or down to select a data screen to customize.
- 8 Press the action button.
- 9 Select an option:
  - Select **Layout** to adjust the number of data fields on the data screen.
  - Select a field to change the data that appears in the field.

**TIP:** For a list of all the available data fields, go to [Data Fields, page 66](#). Not all data fields are available for all activity types.
  - Select **Reorder** to change the location of the data screen in the loop.
  - Select **Remove** to remove the data screen from the loop.
- 10 If necessary, select **Add New** to add a data screen to the loop.

You can add a custom data screen, or select one of the predefined data screens.

## Satellite Settings

You can change the satellite settings to customize the satellite systems used for each activity. For more information about satellite systems, go to [garmin.com/aboutGPS](http://garmin.com/aboutGPS).

Press the action button, select an activity, select , select the activity settings, and select **Satellites**.

**NOTE:** This feature is not available for all activities.

**Off:** Disables satellite systems for the activity.

**Use Default:** Enables the watch to use the default system setting for satellites ([System Settings, page 55](#)).

**GPS Only:** Enables the GPS satellite system.

**All Systems:** Enables multiple satellite systems. Using multiple satellite systems together offers increased performance in challenging environments and faster position acquisition than using GPS only. However, using multiple systems can reduce battery life more quickly than using GPS only.

**All + Multi-Band:** Enables multiple satellite systems on multiple frequency bands. Multi-band systems use multiple frequency bands and allow for more consistent track logs, improved positioning, improved multi-path errors, and fewer atmospheric errors when using the watch in challenging environments.

**NOTE:** Not available for all watch models.

**Auto Select:** Enables the watch to use SatIQ™ technology to dynamically select the best multi-band system based on your environment. The Auto Select setting offers the best positioning accuracy while still prioritizing battery life.

**NOTE:** Not available for all watch models.

**UltraTrac:** Records track points and sensor data less frequently. Enabling the UltraTrac feature increases battery life but decreases the quality of recorded activities. You should use the UltraTrac feature for activities that demand longer battery life and for which frequent sensor data updates are less important.



## Alerts

You can set alerts for each activity, which can help you to train toward specific goals. Some alerts are available only for specific activities. Some alerts require optional accessories, such as a heart rate monitor or cadence sensor. There are three types of alerts: event alerts, range alerts, and recurring alerts.



**Event alert:** An event alert notifies you one time. The event is a specific value. For example, you can set the watch to alert you when you burn a specified number of calories.

**Range alert:** A range alert notifies you each time the watch is above or below a specified range of values. For example, you can set the watch to alert you when your heart rate is below 60 beats per minute (bpm) and over 210 bpm.

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

Alert Name	Alert Type	Description
Cadence	Range	You can set minimum and maximum cadence values.
Calories	Event, recurring	You can set the number of calories.
Custom	Event, recurring	You can select an existing message or create a custom message and select an alert type.
Distance	Recurring	You can set a distance interval.
Heart Rate	Range	You can set minimum and maximum heart rate values or select zone changes.
Pace	Range	You can set minimum and maximum pace values.
Run/Walk	Recurring	You can set timed walking breaks at regular intervals.
Speed	Range	You can set minimum and maximum speed values.
Stroke Rate	Range	You can set high or low strokes per minute.
Time	Event, recurring	You can set a time interval.


## Setting an Alert

- 1 Press the action button.
- 2 Select .
- 3 Select an activity.
- 4 Select .
- 5 Select the activity settings.
- 6 Select **Alerts**.
- 7 Select an option:
  - Select **Add New** to add a new alert for the activity.
  - Select the alert name to edit an existing alert.
- 8 If necessary, select the type of alert.
- 9 Select a zone, enter the minimum and maximum values, or enter a custom value for the alert.
- 10 If necessary, turn on the alert.

For event and recurring alerts, a message appears each time you reach the alert value. For range alerts, a message appears each time you exceed or drop below the specified range (minimum and maximum values).

## Setting Up Your User Profile

You can update your sex, birth year, height, weight, wrist, and heart rate zones ([Setting Your Heart Rate Zones, page 35](#)) settings. The watch uses this information to calculate accurate training data.

- 1 Press .
- 2 Select **Settings > User Profile**.
- 3 Select an option.

## Safety and Tracking Features

### CAUTION

The safety and tracking features are supplemental features and should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

### NOTICE

To use the safety and tracking features, the Approach S70 watch must be connected to the Garmin Connect app using Bluetooth technology. Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. You can enter emergency contacts in your Garmin Connect account.


For more information about safety and tracking features, go to [garmin.com/safety](https://garmin.com/safety).

**Assistance:** Allows you to send a message with your name, LiveTrack link, and GPS location (if available) to your emergency contacts.

**Incident detection:** When the Approach S70 watch detects an incident during certain outdoor activities, the watch sends an automated message, LiveTrack link, and GPS location (if available) to your emergency contacts.

## Adding Emergency Contacts

Emergency contact phone numbers are used for the safety and tracking features.

- 1 From the Garmin Connect app, select .
- 2 Select **Safety & Tracking > Safety Features > Emergency Contacts > Add Emergency Contacts**.
- 3 Follow the on-screen instructions.

Your emergency contacts receive a notification when you add them as an emergency contact, and can accept or decline your request. If a contact declines, you must choose another emergency contact.


## Turning Incident Detection On and Off

### CAUTION

Incident detection is a supplemental feature available only for certain outdoor activities. Incident detection should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

### NOTICE

Before you can enable incident detection on your watch, you must set up emergency contacts in the Garmin Connect app ([Adding Emergency Contacts, page 52](#)). Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

- 1 Press .
- 2 Select **Settings > Safety > Incident Detection**.
- 3 Select a GPS activity.

**NOTE:** Incident detection is available only for certain outdoor activities.

When an incident is detected by your Approach S70 watch and your phone is connected, the Garmin Connect app can send an automated text message and email with your name and GPS location (if available) to your emergency contacts. A message appears on your device and paired phone indicating your contacts will be informed after 15 seconds have elapsed. If assistance is not needed, you can cancel the automated emergency message.

## Requesting Assistance

### CAUTION

Assistance is a supplemental feature and should not be relied upon as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

### NOTICE

Before you can request assistance, you must set up emergency contacts in the Garmin Connect app ([Adding Emergency Contacts, page 52](#)). Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

- 1 Press .
- 2 Select **Assistance**.

The countdown screen appears.

**TIP:** You can select **Cancel** before the countdown is complete to cancel the message.

## Health and Wellness Settings

Press  and select **Settings > Health & Wellness**.

**Heart Rate:** Customizes the wrist heart rate monitor settings ([Wrist Heart Rate Monitor Settings, page 34](#)).

**Pulse Ox Mode:** Selects a pulse oximeter mode ([Setting the Pulse Oximeter Mode, page 36](#)).

**Daily Summary:** Enables the Body Battery daily summary that appears a few hours before the start of your sleep window. The daily summary provides insight on how your daily stress and activity history impacted your Body Battery level ([Body Battery, page 24](#)).

**Stress Alerts:** Notifies you when periods of stress have drained your Body Battery level.

**Rest Alerts:** Notifies you after you have a restful period and its impact on your Body Battery level.

**Move Alert:** Enables or disables the Move Alert feature ([Using the Move Alert, page 54](#)).

**Goal Alerts:** Turns goal alerts on and off, or turns them off only during activities. Goal alerts appear for your daily steps goal, daily floors climbed goal, and weekly intensity minutes goal.

**Move IQ:** Turns Move IQ® events on and off. 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. For more detail and accuracy, you can record a timed activity on your device.

### 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.

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

### Using the Move Alert

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move alert reminds you to keep moving. After one hour of inactivity, Move! and the move bar appear. Additional segments appear after every 15 minutes of inactivity. The device also beeps or vibrates if audible tones are turned on.

Go for a short walk (at least a couple of minutes) to reset the move alert.

### 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 watch 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). The watch 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 Approach S70 watch calculates intensity minutes by comparing your heart rate data to your average resting heart rate. If heart rate is turned off, the watch calculates moderate intensity minutes by analyzing your steps per minute.

- Start a timed activity for the most accurate calculation of intensity minutes.
- Wear your watch all day and night for the most accurate resting heart rate.

## Sleep Tracking

While you are sleeping, the watch automatically detects your sleep and monitors your movement during your normal sleep hours. You can set your normal sleep hours in the Garmin Connect app or in the watch settings ([Customizing Sleep Mode, page 57](#)). Sleep statistics include total hours of sleep, sleep stages, sleep movement, and sleep score. Your sleep coach provides sleep need recommendations based on your sleep and activity history, HRV status, and naps ([Glances, page 20](#)). Naps are added to your sleep statistics, and can also impact your recovery. You can view detailed sleep statistics on your Garmin Connect account.

**NOTE:** You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms ([Using Do Not Disturb Mode, page 14](#)).

### Using Automated Sleep Tracking

- 1 Wear your watch while sleeping.
- 2 Upload your sleep tracking data to your Garmin Connect account ([Using the Smartphone Apps, page 16](#)).  
You can view your sleep statistics on your Garmin Connect account.  
You can view sleep information, including naps, on your Approach S70 watch ([Glances, page 20](#)).

## System Settings

Press  and select **Settings > System**.

**Language:** Sets the language displayed on the watch.

**Time:** Adjusts the time settings ([Time Settings, page 56](#)).

**Display:** Adjusts the screen settings ([Changing the Display Settings, page 56](#)).

**Sleep Mode:** Allows you to set your sleep hours and sleep mode preferences ([Customizing Sleep Mode, page 57](#)).

**Do Not Disturb:** Allows you to enable the Do Not Disturb mode. You can edit your preferences for the screen, notifications, alerts, and wrist gestures.

**Auto Lock:** Allows you to lock the buttons and touchscreen automatically to prevent accidental button presses and touchscreen swipes.

**Units:** Sets the units of measure used on the watch ([Changing the Units of Measure, page 56](#)).

**Start of Week:** Allows you to set which day the watch uses as the start of the week.

**Battery Status:** Sets the watch to display the remaining battery life as a percentage or a length of time.

**Back Up & Restore:** Allows you to enable automatic backups of watch data and settings and back up your data now. You can restore data from a previous backup using the Garmin Connect app.

**Reset:** Allows you to reset user data and settings ([Resetting All Default Settings, page 57](#)).

**Software Update:** Allows you to install downloaded software updates, enable automatic updates, or manually check for updates ([Product Updates, page 2](#)). You can select What's New to view a list of new features from the last software update you installed.

**About:** Displays device, software, license, and regulatory information.

**Map Manager:** Shows the downloaded map versions and allows you to download map updates.

**Advanced:** Sets advanced system settings ([Advanced Settings, page 57](#)).

## Time Settings

Press  and select **Settings > System > Time**.

**Time Format:** Sets the watch to show time in a 12-hour, 24-hour, or military format.

**Date Format:** Sets the display order for the day, month, and year for dates.


**Set Time:** Sets the time for the watch. The Auto option sets the time automatically based on your GPS position.

**Time:** Allows you to adjust the time if the Set Time option is set to Manual.


**Alerts:** Allows you to set hourly alerts, as well as sunrise and sunset alerts that sound a specific number of minutes or hours before the actual sunrise or sunset occurs ([Setting Time Alerts, page 56](#)).

**Time Sync:** Allows you to manually sync the time when you change time zones, and to update for daylight saving time.

## Setting Time Alerts


- 1 Press .
- 2 Select **Settings > System > Time > Alerts**.
- 3 Select an option:
  - To set an alert to sound a specific number of minutes or hours before the actual sunset occurs, select **Til Sunset > Status > On**, select **Time**, and enter the time.
  - To set an alert to sound a specific number of minutes or hours before the actual sunrise occurs, select **Til Sunrise > Status > On**, select **Time**, and enter the time.
  - To set an alert to sound every hour, select **Hourly > On**.

## Changing the Display Settings


- 1 Press .
- 2 Select **Settings > System > Display**.
- 3 Select **During Activity, General Use, or During Sleep**.
- 4 Select an option:
  - Select **Always On Display** to keep the watch face data visible and turn down the brightness and background. This option impacts the battery and display life.
  - Select **Brightness** to set the brightness level of the screen.
  - Select **Red Shift** to turn the screen to shades of red so that you can use the watch in low light conditions and help preserve your night vision.
  - Select **Alerts** to turn on the screen for alerts.
  - Select **Wrist Gesture** to turn on the screen by raising and turning your arm to look at your wrist.
  - Select **Timeout** to set the length of time before the screen turns off.

## Changing the Units of Measure

You can customize units of measure for distance, pace and speed, elevation, weight, height, and temperature.

- 1 Press .
- 2 Select **Settings > System > Units**.
- 3 Select a measurement type.
- 4 Select a unit of measure.


## Customizing Sleep Mode

- 1 Press .
- 2 Select **Settings** > **System** > **Sleep Mode**.
- 3 Select an option:
  - Select **Schedule**, select a day, and enter your normal sleep hours.
  - Select **Watch Face** to use the sleep watch face.
  - Select **Display** to configure the screen brightness and timeout.
  - Select **Do Not Disturb** to enable or disable do not disturb mode.

## Resetting All Default Settings

Before you reset all default settings, you should sync the watch with the Garmin Connect app to upload your activity data.

You can reset all of the watch settings to the factory default values.

- 1 Press .
- 2 Select **Settings** > **System** > **Reset**.
- 3 Select an option:
  - To reset all of the watch settings to the factory default values and save all user-entered information and activity history, select **Reset Default Settings**.
  - To delete all activities from the history, select **Delete All Activities**.
  - To reset all distance and time totals, select **Reset Totals**.
  - To reset all of the watch settings to the factory default values and delete all user-entered information and activity history, select **Delete Data and Reset Settings**.

**NOTE:** If you have set up a Garmin Pay wallet, this option deletes the wallet from your watch. If you have music stored on your watch, this option deletes your stored music.

## Advanced Settings

Press  and select **Settings** > **System** > **Advanced**.

**Screenshot:** Allows you to take a picture of the watch screen. Screenshots are saved in the Screenshot folder of the device storage.

**Data Recording:** Sets how the device records activity data. The Smart recording option (default) allows for longer activity recordings. The Every Second recording option provides more detailed activity recordings, but may not record entire activities that last for longer periods of time.

**USB Mode:** Sets the watch to use MTP (media transfer protocol) or Garmin mode when connected to a computer. Garmin mode allows you to continue using the watch while it is plugged in to a power source.

**Satellites:** Sets the default satellite system to use for activities. If necessary, you can customize the satellite setting for each activity ([Satellite Settings, page 50](#)).

## Wireless Sensors


Your watch can be paired and used with wireless sensors using ANT+® or Bluetooth technology ([Wireless Sensors, page 58](#)). After the devices are paired, you can customize the optional data fields ([Customizing the Data Screens, page 50](#)). If your watch was packaged with a sensor, they are already paired.

For information about specific Garmin sensor compatibility, purchasing, or to view the owner's manual, go to [buy.garmin.com](http://buy.garmin.com) for that sensor.

Sensor Type	Description
Club Sensors	You can use Approach golf club sensors to automatically track your golf shots, including location, distance, and club type.
eBike	You can use your watch with your eBike and view bike data, such as battery and range information, during your rides.
External Heart Rate	You can use an external sensor, such as the HRM 200, HRM-Fit™, or HRM-Pro™ series heart rate monitor, to view heart rate data during your activities.
Foot Pod	You can use a foot pod to record pace and distance instead of using GPS when you are training indoors or when your GPS signal is weak.
Headphones	You can use Bluetooth headphones to listen to music loaded onto your watch ( <a href="#">Connecting Bluetooth Headphones, page 46</a> ).
Rangefinder	You can use a compatible laser rangefinder to view your distance to the flag while golfing.
Speed/Cadence	You can attach speed or cadence sensors to your bike and view the data during your ride. If necessary, you can manually enter your wheel circumference ( <a href="#">Wheel Size and Circumference, page 69</a> ).
Tempe	You can attach the tempe™ temperature sensor to a secure strap or loop where it is exposed to ambient air, so it provides a consistent source of accurate temperature data.

### Pairing Your Wireless Sensors

The first time you connect a wireless sensor to your watch using ANT+ or Bluetooth technology, you must pair the watch and sensor. If the sensor has both ANT+ and Bluetooth technology, Garmin recommends that you pair using ANT+ technology. After they are paired, the watch connects to the sensor automatically when you start an activity and the sensor is active and within range.

- 1 Move at least 10 m (33 ft.) away from other wireless sensors.
- 2 If you are pairing a heart rate monitor, put on the heart rate monitor.  
The heart rate monitor does not send or receive data until you put it on.
- 3 Press .
- 4 Select **Settings > Sensors & Accessories**.
- 5 Select **Add New**.
- 6 Select a sensor type.
- 7 Bring the watch within 3 m (10 ft.) of the sensor, and wait while the watch pairs with the sensor.  
After the watch connects to the sensor, an icon appears at the top of the screen.

### Club Tracking Accessories

Your watch is compatible with Approach golf club tracking accessories. You can use paired club tracking accessories to track your golf shots, including location, distance, and club type. See the owner's manual for your club tracking accessories for more information.



## Heart Rate Accessory Running Pace and Distance

The HRM 600, HRM-Fit, and HRM-Pro series accessories calculate your running pace and distance based on your user profile and the motion measured by the sensor on every stride. The heart rate monitor provides running pace and distance when GPS is not available, such as during treadmill running. You can view your running pace and distance on your compatible Approach watch when connected using ANT+ technology or secure Bluetooth technology. You can also view it on compatible third-party training apps.

The pace and distance accuracy improves with calibration.

**Automatic calibration:** The default setting for your watch is **Auto Calibrate**. The heart rate accessory calibrates each time you run outside with it connected to your compatible Approach watch.

**NOTE:** Automatic calibration does not work for indoor, trail, or ultra run activities (*Tips for Recording Running Pace and Distance*, page 59).

**Manual calibration:** You can select **Calibrate & Save** after a treadmill run with your connected heart rate accessory (*Calibrating the Treadmill Distance*, page 38).

### Tips for Recording Running Pace and Distance

- Update your Approach watch software (*Product Updates*, page 2).
- Complete several outdoor runs with GPS and your connected HRM-Fit or HRM-Pro series accessory. It's important that your outdoor range of paces matches your range of paces on the treadmill.
- If your run includes sand or deep snow, go to the sensor settings, and turn off **Auto Calibrate**.
- If you previously connected a compatible foot pod using ANT+ technology, set the foot pod status to **Off**, or remove it from the list of connected sensors.
- Complete a treadmill run with manual calibration (*Calibrating the Treadmill Distance*, page 38).
- If automatic and manual calibrations don't seem accurate, go to the sensor settings, and select **HRM Pace & Distance > Reset Calibration Data**.

**NOTE:** You can try turning off **Auto Calibrate**, and then manually calibrate again (*Calibrating the Treadmill Distance*, page 38).

## Using an Optional Bike Speed or Cadence Sensor

You can use a compatible bike speed or cadence sensor to send data to your watch.

- Pair the sensor with your watch (*Wireless Sensors*, page 58).
- Set your wheel size (*Wheel Size and Circumference*, page 69).
- Go for a ride (*Starting an Activity*, page 37).

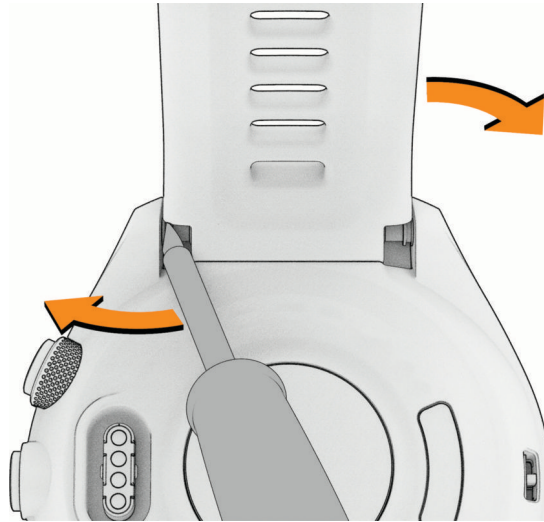
### tempe

Your device is compatible with the tempe temperature sensor. You can attach the sensor to a secure strap or loop where it is exposed to ambient air, so it provides a consistent source of accurate temperature data. You must pair the tempe sensor with your device to display temperature data. See the instructions for your tempe sensor for more information ([garmin.com/manuals/tempe](https://garmin.com/manuals/tempe)).

## Device Information

### Changing the Bands

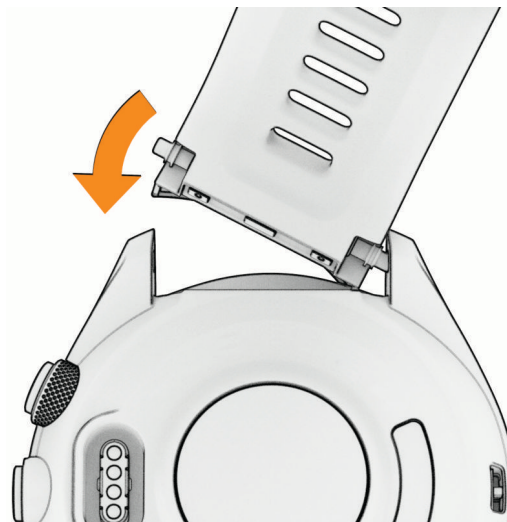
- 1 Use a precision flat head screwdriver to push in the watch pin.



- 2 Remove the band from the watch.

- 3 Select an option:

- To install a new Approach S70 band, align one side of the new band with the holes on the watch, push in the exposed watch pin, and press the band into place.



**NOTE:** Make sure the band is secure. The watch pin should align with the holes on the watch.

- To install a compatible QuickFit® band, remove the watch pin from the Approach S70 band, replace the watch pin on the watch, and press the new band into place.



**NOTE:** Make sure the band is secure. The latch should close over the watch pin.

4 Repeat the steps to change the other band.

## Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Water rating	5 ATM <sup>1</sup>
Operating and storage temperature range	From -20° to 55°C (from -4° to 131°F)
Charging temperature range	From 0° to 45°C (from 32° to 113°F)
European Union (EU) wireless frequencies (power)	Approach S70 - 42 mm: 2.4 GHz @ 16.09 dBm maximum, 13.56 MHz @ -40 dBm maximum Approach S70 - 47 mm: 2.4 GHz @ 17.42 dBm maximum, 13.56 MHz @ -40 dBm maximum
EU SAR values	Approach S70 - 42 mm: 0.27 limb W/kg, 0.42 W/kg torso Approach S70 - 47 mm: 1.20 limb W/kg, 0.47 W/kg torso

## Battery Information

The actual battery life depends on the features enabled on your watch, such as wrist-based heart rate, smartphone notifications, GPS, internal sensors, and connected sensors.

Mode	Approach S70 - 42 mm Battery Life	Approach S70 - 47 mm Battery Life
Smartwatch mode	Up to 10 days typical use	Up to 16 days typical use
All satellite systems mode	Up to 15 hr. typical use	Up to 20 hr. typical use

<sup>1</sup> The device withstands pressure equivalent to a depth of 50 m. For more information, go to [www.garmin.com/waterrating](http://www.garmin.com/waterrating).

## Device Care

### NOTICE

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

Avoid pressing the buttons 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 Watch

### ⚠ CAUTION

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist.

### 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.

**TIP:** For more information, go to [garmin.com/fitandcare](https://garmin.com/fitandcare).

- 1 Rinse with water, or use a damp lint-free cloth.
- 2 Allow the watch to dry completely.

## Long-Term Storage

When you do not plan to use the device for several months, you should charge the battery to at least 50% before you store the device. You should store the device in a cool, dry place with temperatures around the typical household level. After storage, you should fully recharge the device before using it.


## Viewing Device Information

You can view device information, such as the unit ID, software version, regulatory information, and license agreement.

- 1 Press .
- 2 Select **Settings** > **System** > **About**.

## Viewing E-label Regulatory and Compliance Information

The label for this device is provided electronically. The e-label may provide regulatory information, such as identification numbers provided by the FCC or regional compliance markings, as well as applicable product and licensing information.

- 1 Press .
- 2 From the settings menu, select **System**.
- 3 Select **About**.

## Data Management

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

## Deleting Files

### NOTICE

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

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

**NOTE:** Mac operating systems provide limited support for MTP file transfer mode. You must open the Garmin drive on a Windows operating system. You should use the Garmin Express application to remove music files from your device.

## Troubleshooting

### Getting More Information

You can find more information about this product on the Garmin website.

- Go to [support.garmin.com](https://support.garmin.com) for additional manuals, articles, and software updates.
- Go to [buy.garmin.com](https://buy.garmin.com), or contact your Garmin dealer for information about optional accessories and replacement parts.
- Go to [www.garmin.com/ataccuracy](https://www.garmin.com/ataccuracy) for information about feature accuracy.

This is not a medical device.

### Tips for Maximizing the Battery Life

To extend the life of the battery, you can try these tips.

- Reduce the screen timeout ([Changing the Display Settings, page 56](#)).
- Stop using the **Always On Display** screen timeout option, and select a shorter timeout ([Changing the Display Settings, page 56](#)).
- Reduce the screen brightness ([Changing the Display Settings, page 56](#)).
- Use UltraTrac satellite mode for your activity ([Satellite Settings, page 50](#)).
- Turn off Bluetooth technology when you are not using connected features ([Controls, page 30](#)).
- When pausing your activity for a longer period of time, use the **Resume Later** option ([Stopping an Activity, page 37](#)).
- Use a watch face that is not updated every second.  
For example, use a watch face without a second hand ([Customizing the Watch Face, page 47](#)).
- Limit the phone notifications the watch displays ([Managing Notifications, page 14](#)).
- Stop broadcasting heart rate data to paired devices ([Broadcasting Heart Rate to Garmin Devices, page 34](#)).
- Turn off wrist-based heart rate monitoring ([Wrist Heart Rate Monitor Settings, page 34](#)).

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

- Turn on manual pulse oximeter readings ([Setting the Pulse Oximeter Mode, page 36](#)).

### My device cannot find nearby golf courses

If a course update is interrupted or canceled before it completes, your device may be missing course data. To repair missing course data, you must update the courses again.

- 1 Download and install course updates from the Garmin Express application ([Updating the Software Using Garmin Express, page 16](#)).
- 2 Safely disconnect your device.
- 3 Go outside, and start a test round of golf to verify the device finds nearby courses.


## Is my phone compatible with my watch?

The Approach S70 watch is compatible with phones using Bluetooth technology.



Go to [garmin.com/ble](https://garmin.com/ble) for Bluetooth compatibility information.

## My phone will not connect to the watch

If your phone will not connect to the watch, you can try these tips.

- Turn off your phone and your watch, and turn them back on again.
- Enable Bluetooth technology on your phone.
- Update the Garmin Golf app to the latest version.
- Remove your watch from the Garmin Golf app and the Bluetooth settings on your phone to retry the pairing process.
- If you bought a new phone, remove your watch from the Garmin Golf app on the phone you intend to stop using.
- Bring your phone within 10 m (33 ft.) of the watch.
- On your phone, open the Garmin Golf app, and select **•••** > **Garmin Devices** > **Add Device** to enter pairing mode.
- Press  and select **Settings** > **Phone** > **Pair Phone**.



## My device is in the wrong language

- 1 Press .
- 2 Select .
- 3 Scroll down to the last item in the list, and select it.
- 4 Select the first item in the list.
- 5 Select your language.

## My device displays the wrong units of measure

- Verify you selected the correct units of measure setting on the device (*Changing the Units of Measure, page 56*).
- Verify you selected the correct units of measure setting on your Garmin Golf account.  
If the units of measure on the device do not match your Garmin Golf account, your device settings may be overwritten when you sync your device.

## Restarting Your Watch

- 1 Hold  until the watch turns off.
- 2 Hold  to turn on the watch.

## Acquiring Satellite Signals

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

**TIP:** For more information about GPS, go to [garmin.com/aboutGPS](https://garmin.com/aboutGPS).

- 1 Go outdoors to an open area.  
The front of the device should be oriented toward the sky.
- 2 Wait while the device locates satellites.  
It may take 30–60 seconds to locate satellite signals.

## Improving GPS Satellite Reception

- Frequently sync the watch to your Garmin account:
  - Connect your watch to a computer using the USB cable and the Garmin Express application.
  - Sync your watch to the Garmin Golf app using your Bluetooth enabled phone.
  - Connect your watch to your Garmin account using a Wi-Fi wireless network.

While connected to your Garmin account, the watch downloads several days of satellite data, allowing it to quickly locate satellite signals.

- Take your watch outside to an open area away from tall buildings and trees.
- Remain stationary for a few minutes.

## Activity Tracking

For more information about activity tracking accuracy, go to [garmin.com/ataccuracy](https://garmin.com/ataccuracy).

### My daily step count does not appear

The daily step count is reset every night at midnight.

If dashes appear instead of your step count, allow the device to acquire satellite signals and set the time automatically.

### My step count does not seem accurate

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

- Wear the watch on your non-dominant wrist.
- Carry the watch in your pocket when pushing a stroller or lawn mower.
- Carry the watch in your pocket when actively using your hands or arms only.

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

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

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

- 1 Select an option:
  - Sync your step count with the Garmin Express application (*Using Garmin Connect on Your Computer, page 16*).
  - Sync your step count with the Garmin Connect app (*Using the Smartphone Apps, page 16*).

- 2 Wait while your data syncs.

Syncing can take several minutes.

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

### My intensity minutes are flashing

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



# Appendix

## Data Fields

Some data fields require ANT+ accessories to display data.

**% Heart Rate Reserve:** The percentage of heart rate reserve (maximum heart rate minus resting heart rate).

**24-Hour Max.:** The maximum temperature recorded in the last 24 hours from a compatible temperature sensor.

**24-Hour Min.:** The minimum temperature recorded in the last 24 hours from a compatible temperature sensor.

**500m Pace:** The current swimming pace per 500 meters.

**Active Calories:** The calories burned during the activity.

**Aerobic Training Effect:** The impact of the current activity on your aerobic fitness level.

**Ambient Pressure:** The uncalibrated environmental pressure.

**Anaerobic Training Effect:** The impact of the current activity on your anaerobic fitness level.

**Average % Heart Rate Reserve:** The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current activity.

**Average Cadence:** Cycling. The average cadence for the current activity.

**Average Cadence:** Running. The average cadence for the current activity.

**Average Distance Per Stroke:** Swimming. The average distance traveled per stroke during the current activity.

**Average Distance Per Stroke:** Paddle sports. The average distance traveled per stroke during the current activity.

**Average Heart Rate:** The average heart rate for the current activity.

**Average Heart Rate %Max.:** The average percentage of maximum heart rate for the current activity.

**Average Lap Time:** The average lap time for the current activity.

**Average Moving Speed:** The average speed when moving for the current activity.

**Average Overall Speed:** The average speed for the current activity, including both moving and stopped speeds.

**Average Speed:** The average speed for the current activity.

**Average Stroke Rate:** Paddle sports. The average number of strokes per minute (spm) during the current activity.

**Average Strokes Per Length:** The average number of strokes per pool length during the current activity.

**Average Strokes Per Length:** The average number of strokes per length during the current activity.

**Average Swolf:** The average swolf score for the current activity. Your swolf score is the sum of the time for one length plus the number of strokes for that length ([Swim Terminology, page 38](#)).

**Avg. 500m Pace:** The average swimming pace per 500 meters for the current activity.

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

**Barometer Chart:** A chart showing the barometric pressure over time.

**Barometric Pressure:** The current calibrated environmental pressure.

**Battery Hours:** The number of hours remaining before the battery power is depleted.

**Battery Percentage:** The percentage of the battery power remaining.

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

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

**Cadence Gauge:** Running. A color gauge showing your current cadence range.

**Calories:** The amount of total calories burned.

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

**Distance Per Stroke:** The distance traveled per stroke.

**Elapsed Time:** The total time recorded. For example, if you start the timer and run for 10 minutes, then stop the timer for 5 minutes, then start the timer and run for 20 minutes, your elapsed time is 35 minutes.

**Elevation:** The altitude of your current location above or below sea level.



**Elevation Chart:** A chart showing the elevation over time.

**Floors Climbed:** The total number of floors climbed up for the day.

**Floors Descended:** The total number of floors climbed down for the day.

**Floors per Minute:** The number of floors climbed up per minute.

**Glide Ratio:** The ratio of horizontal distance traveled to the change in vertical distance.

**GPS:** The strength of the GPS satellite signal.

**GPS Elevation:** The altitude of your current location using GPS.

**Grade:** The calculation of rise (elevation) over run (distance). For example, if for every 3 m (10 ft.) you climb you travel 60 m (200 ft.), the grade is 5%.

**Grade Adjusted Pace:** The average pace adjusted by the steepness of the terrain.

**Heading:** The direction you are moving.

**Heart Rate:** Your heart rate in beats per minute (bpm). Your device must be connected to a compatible heart rate monitor.

**Heart Rate %Max.:** The percentage of maximum heart rate.

**Heart Rate Chart:** A chart showing your heart rate throughout the activity.

**Heart Rate Gauge:** A color gauge showing your current heart rate zone.

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

**Heart Rate Zones Ratio:** A color gauge showing the ratio of time spent in each heart rate zone.

**Interval Average %HRR:** The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current swim interval.

**Interval Average %Max.:** The average percentage of maximum heart rate for the current swim interval.

**Interval Average Heart Rate:** The average heart rate for the current swim interval.

**Interval Distance:** The distance traveled for the current interval.

**Interval Lengths:** The number of pool lengths completed during the current interval.

**Interval Maximum %HRR:** The maximum percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current swim interval.

**Interval Maximum %Max.:** The maximum percentage of maximum heart rate for the current swim interval.

**Interval Maximum Heart Rate:** The maximum heart rate for the current swim interval.

**Interval Pace:** The average pace for the current interval.

**Interval Stroke Rate:** The average number of strokes per minute (spm) during the current interval.

**Interval Strokes Per Length:** The average number of strokes per pool length during the current interval.

**Interval Strokes Per Length:** The average number of strokes per length during the current interval.

**Interval Stroke Type:** The current stroke type for the interval.

**Interval Swolf:** The average swolf score for the current interval.

**Interval Time:** The stopwatch time for the current interval.

**Lap % Heart Rate Reserve:** The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current lap.

**Lap 500m Pace:** The average swimming pace per 500 meters for the current lap.

**Lap Ascent:** The vertical distance of ascent for the current lap.

**Lap Cadence:** Cycling. The average cadence for the current lap.

**Lap Cadence:** Running. The average cadence for the current lap.

**Lap Descent:** The vertical distance of descent for the current lap.

**Lap Distance:** The distance traveled for the current lap.

**Lap Distance Per Stroke:** Swimming. The average distance traveled per stroke during the current lap.

**Lap Distance Per Stroke:** Paddle sports. The average distance traveled per stroke during the current lap.

**Lap Heart Rate:** The average heart rate for the current lap.

**Lap Heart Rate %Max.:** The average percentage of maximum heart rate for the current lap.

**Lap Heart Rate %Max.:** The average percentage of maximum heart rate for the current lap.

**Lap Pace:** The average pace for the current lap.

**Laps:** The number of laps completed for the current activity.

**Lap Speed:** The average speed for the current lap.

**Lap Stroke Rate:** Swimming. The average number of strokes per minute (spm) during the current lap.

**Lap Stroke Rate:** Paddle sports. The average number of strokes per minute (spm) during the current lap.

**Lap Strokes:** Swimming. The total number of strokes for the current lap.

**Lap Strokes:** Paddle sports. The total number of strokes for the current lap.

**Lap Time:** The stopwatch time for the current lap.

**Last Lap %HRR:** The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the last completed lap.

**Last Lap 500m Pace:** The average swimming pace per 500 meters for the last lap.

**Last Lap Ascent:** The vertical distance of ascent for the last completed lap.

**Last Lap Cadence:** Cycling. The average cadence for the last completed lap.

**Last Lap Cadence:** Running. The average cadence for the last completed lap.

**Last Lap Descent:** The vertical distance of descent for the last completed lap.

**Last Lap Dist.:** The distance traveled for the last completed lap.

**Last Lap Distance Per Stroke:** Swimming. The average distance traveled per stroke during the last completed lap.

**Last Lap Distance Per Stroke:** Paddle sports. The average distance traveled per stroke during the last completed lap.

**Last Lap Heart Rate:** The average heart rate for the last completed lap.

**Last Lap Heart Rate %Max.:** The average percentage of maximum heart rate for the last completed lap.

**Last Lap Pace:** The average pace for the last completed lap.

**Last Lap Speed:** The average speed for the last completed lap.

**Last Lap Stroke Rate:** Swimming. The average number of strokes per minute (spm) during the last completed lap.

**Last Lap Stroke Rate:** Paddle sports. The average number of strokes per minute (spm) during the last completed lap.

**Last Lap Strokes:** Swimming. The total number of strokes for the last completed lap.

**Last Lap Strokes:** Paddle sports. The total number of strokes for the last completed lap.

**Last Lap Time:** The stopwatch time for the last completed lap.

**Last Len. Swolf:** The swolf score for the last completed pool length.

**Last Length Pace:** The average pace for your last completed pool length.

**Last Length Stroke Rate:** The average number strokes per minute (spm) during the last completed pool length.

**Last Length Strokes:** The total number of strokes for the last completed pool length.

**Last Length Stroke Type:** The stroke type used during the last completed pool length.

**Lengths:** The number of pool lengths completed during the current activity.

**Load:** The training load for the current activity. Training load is the amount of excess post-exercise oxygen consumption (EPOC), which indicates the strenuousness of your workout.

**Maximum Elevation:** The highest elevation reached since the last reset.

**Maximum Speed:** The top speed for the current activity.

**Minimum Elevation:** The lowest elevation reached since the last reset.

**Moving Time:** The total time moving for the current activity.

**Overall Ahead/Behind:** The overall time ahead or behind of the target pace or speed.

**Pace:** The current pace.

**Pace Chart:** A chart showing your pace throughout the activity.

**Repeat On:** The timer for the last interval plus the current rest (pool swimming).

**Repetition:** The number of repetitions remaining for the workout.

**Respiration Rate:** Your respiration rate in breaths per minute (brpm).

**Rest Timer:** The timer for the current rest (pool swimming).

**Set Timer:** During a strength training activity, the amount of time spent in the current workout set.

**Speed:** The current rate of travel.

**Speed Chart:** A chart showing your speed throughout the activity.

**Step Distance:** The current distance traveled during the workout step.

**Step Pace:** The current pace during the workout step.

**Steps:** The number of steps during the current activity.

**Step Speed:** The current speed during the workout step.

**Step Time:** The time elapsed for the workout step.

**Stopped Time:** The total time stopped for the current activity.

**Stroke Rate:** Swimming. The number of strokes per minute (spm).

**Stroke Rate:** Paddle sports. The number of strokes per minute (spm).

**Strokes:** Paddle sports. The total number of strokes for the current activity.

**Sunrise:** The time of sunrise based on your GPS position.

**Sunset:** The time of sunset based on your GPS position.

**Swim Time:** The swimming time for the current activity, not including rest time.

**Temperature:** The temperature of the air. Your body temperature affects the temperature sensor. Your device must be connected to a temperature sensor for this data to appear.

**Time in Zone:** The time elapsed in each heart rate zone.

**Time of Day:** The time of day based on your current location and time settings (format, time zone, daylight saving time).

**Time of Day (Seconds):** The time of day including seconds.

**Timer:** The stopwatch time for the current activity.

**Total Ascent:** The total elevation distance ascended during the activity or since the last reset.

**Total Ascent/Descent Gauge:** The total elevation distances ascended and descended during the activity or since the last reset.

**Total Calories:** The amount of total calories burned for the day.

**Total Descent:** The total elevation distance descended during the activity or since the last reset.

**Training Effect Gauge:** The impact of the current activity on your aerobic and anaerobic fitness levels.

## Wheel Size and Circumference

When used for cycling, your speed sensor automatically detects your wheel size. If necessary, you can manually enter your wheel circumference in the speed sensor settings.

The tire size for cycling is marked on both sides of the tire. You can measure the circumference of your wheel or use one of the calculators available on the internet.

## Symbol Definitions

These symbols may appear on the device or accessory labels.



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

