

# GARMIN®

## CIRQA™

### Smart Band



## 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.

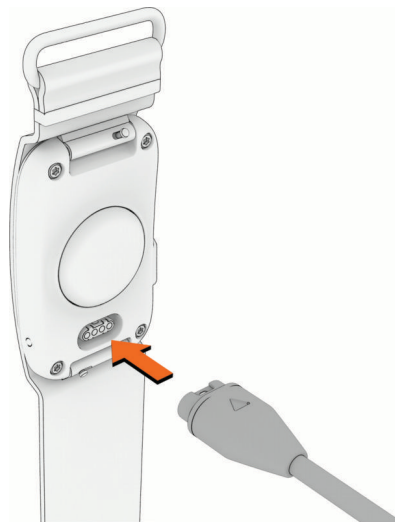
## Getting Started

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

- 1 Plug the device into the charger to turn it on ([Activating the CIRQA Smart Band, page 3](#)).
- 2 Download the Garmin Connect™ app to your phone, and pair the devices ([Pairing Your Device with the Garmin Connect™ App, page 8](#)).
- 3 Charge the device ([Charging the Device, page 23](#)).
- 4 Check for software updates ([Updating the Software Using the Garmin Connect™ App, page 9](#)).  
For the best experience, you should keep the software on your device up to date. Software updates provide changes and improvements to privacy, security, and features.
- 5 Start an activity ([Recording an Activity from the CIRQA Smart Band, page 12](#)).

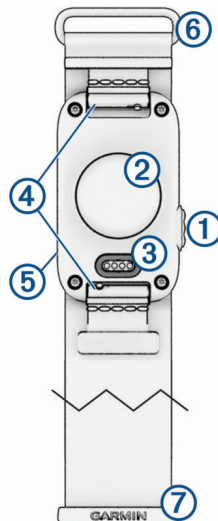
## Activating the CIRQA Smart Band

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



- 2 Plug the other end of the cable into a USB charging port.  
The LED flashes ● (purple) in active pairing mode ([Pairing Your Device with the Garmin Connect™ App, page 8](#)).

## Device Overview



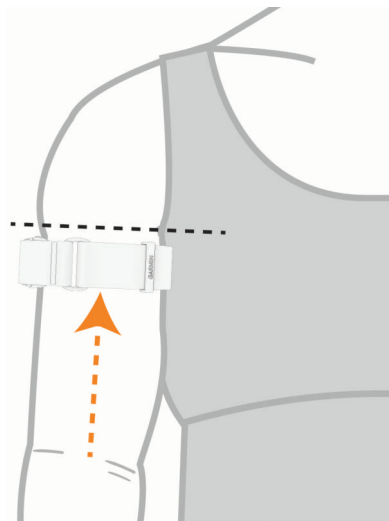
|   |                    |
|---|--------------------|
| ① | Button             |
| ② | Sensor             |
| ③ | Charging port      |
| ④ | Quick-release pins |
| ⑤ | LED                |
| ⑥ | Retaining bar      |
| ⑦ | Band               |

## Putting on the CIRQA Smart Band

- 1 Unfold the band.
- 2 Form a loop by threading the band through the retaining bar.

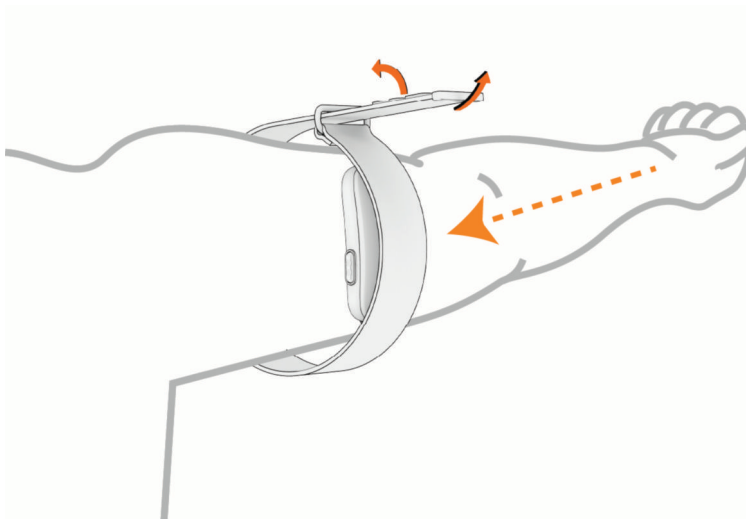


- 3 Place your arm or wrist into the loop.
- 4 Select an option:
  - If you are wearing the band on your wrist, fasten the end of the band onto a hook and loop section.
  - If you are wearing the band on your arm, proceed to step 5.
- 5 Slide the band onto your upper arm.



The arm band should be above your elbow.

- 6 Bend your arm, and fasten the end of the band onto a hook and loop section.



- 7 If necessary, remove the band from your arm, and adjust the band so it is comfortable (*Tips for Wearing the Band, page 5*).
- 8 Position the module where it will not interfere with your activities or be laid on during sleep.

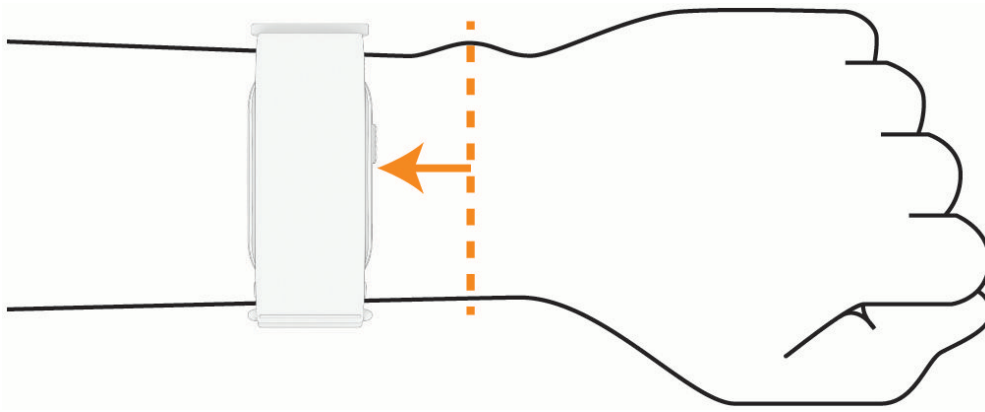
### Tips for Wearing the Band

#### ⚠ CAUTION

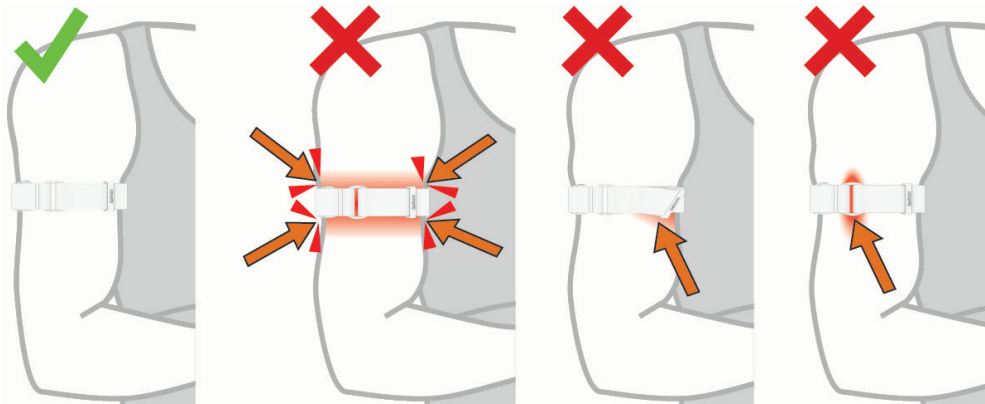
Some users may experience skin irritation after prolonged use of the band, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the band and give your skin time to heal. To help prevent skin irritation, ensure the band is clean and dry, and do not overtighten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

The CIRQA smart band should be lightly snug on the arm or wrist while remaining comfortable.

- For larger arms and wrists, fasten the strap closer to the retaining bar.
- Check your band fit to minimize discomfort.  
It may take time to find a comfortable fit.
- Wear the band above your wrist bone.



- Do not overtighten the band on the arm or wrist.



- Position the module on the outside of the arm.  
**TIP:** You can adjust the module closer to the inside of your arm if that is more comfortable.
- Avoid laying directly on top of the module.
- Avoid tight clothing that could compress the band.
- Wash the band regularly, and before wearing it for the first time ([Machine Washing, page 25](#)).

## Module Status LED

| LED Activity                       | Status                                                                                                                                                                        |
|------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Flashing ● (purple)                | The module is in active pairing mode. The device is in pairing mode for 15 minutes.<br>The device remains in pairing mode longer than 15 minutes if it has never been paired. |
| Flashing ● (green) during activity | The activity was started. The LED continues to flash during the activity.                                                                                                     |
| Solid ● (green) during activity    | The activity is paused.<br>Pausing an activity is available only in the Garmin Connect™ app ( <a href="#">Recording an Activity from Garmin Connect™, page 12</a> ).          |
| Flashing ● (red) during activity   | The activity was stopped. The LED continues flashing until the activity is saved, resumed, or discarded.                                                                      |
| Flashing ● (orange)                | The module is broadcasting heart rate data ( <a href="#">Broadcasting Heart Rate Data, page 16</a> ).                                                                         |
| Flashing ○ (white)                 | The paired module is turning on or rebooting.                                                                                                                                 |
| Flashing all colors                | The unpaired module is turning on.                                                                                                                                            |
| Alternating ● ● (green, orange)    | The module is updating software.                                                                                                                                              |

| LED Activity                           | Status                                                                                                                                                                                                                        |
|----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Flashing ● (red)                       | Pairing failed. You should pair again ( <a href="#">Pairing Your Device with the Garmin Connect™ App, page 8</a> ).<br>An error occurred. You may need to reset the module ( <a href="#">Resetting the Device, page 26</a> ). |
| Alternating ● ● ● (green, yellow, red) | The module is resetting to factory default values.                                                                                                                                                                            |

### Battery Status LED

When enabled in the Garmin Connect app, you can tap the top of the device twice to view the current battery status ([Power Manager Settings, page 18](#)).

| LED Activity                                | Status                                                                                                 |
|---------------------------------------------|--------------------------------------------------------------------------------------------------------|
| Solid ● (green) for approximately 2 seconds | Indicates a fully charged battery.                                                                     |
| Flashing ● (green)                          | The module is charging. As the charge increases, the flash period increases until it is fully charged. |
| Solid ● (orange)                            | Indicates a low battery.                                                                               |
| Solid ● (red)                               | Indicates a critically low battery.                                                                    |

## Pairing and Setup

### Pairing Your Device with the Garmin Connect™ App

To use the CIRQA smart band, including connected features and viewing health and activity data, it must be paired with the Garmin Connect app.

- 1 Bring your phone within 10 m (33 ft.) of your device.
- 2 From the app store on your phone, install and open the  Garmin Connect app.  
You can scan the QR code with your phone to open the Garmin Connect app.



- 3 Plug the module into a power source with the USB cable ([Activating the CIRQA Smart Band, page 3](#)).  
The LED flashes ● (purple). The device remains in pairing mode until it is paired. If needed, press the button to reactivate pairing mode.  
**TIP:** If you have already paired the device, you must remove it from your phone's Bluetooth® settings before manually entering pairing mode. To manually enter pairing mode, press the button quickly three times or hold the button for approximately 6 seconds until the LED flashes ● (purple) ([Module Status LED, page 6](#)).
- 4 Follow the on-screen instructions in the Garmin Connect app.

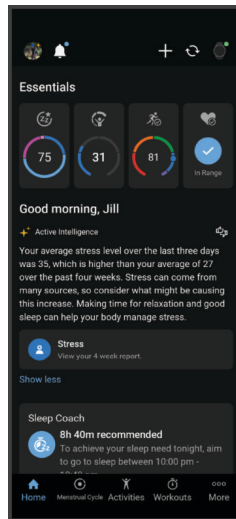
### Garmin Connect™

Garmin Connect gives you the tools to track and analyze your health and activity data. You can connect with your friends on Garmin Connect to share and encourage each other. Record the events of your active lifestyle including runs, walks, rides, swims, hikes, and more. To sign up for a free account, you can download the app from the app store on your phone ([garmin.com/connectapp](https://garmin.com/connectapp)), or go to [connect.garmin.com](https://connect.garmin.com).

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

**Analyze your data:** You can view more detailed information about your activity, including time, distance, heart rate, and calories burned.





**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 share links to your activities.

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

## Garmin Connect+™ Subscription

You can enhance the data, connections, and training available on your Garmin Connect account with a Garmin Connect+ subscription. To sign up, you can download the Garmin Connect app from the app store on your phone, or go to [connect.garmin.com](https://connect.garmin.com).

**Active Intelligence (AI):** Receive AI insights about your data and activities, including nutrition.

**LiveTrack+:** Send LiveTrack text messages, receive a personalized profile page, and view previous LiveTrack sessions.

**Track indoor activities:** View your indoor activity and workout data in real time, enabling you to adjust your performance during the activity.

**Live Activity Stats:** Follow a workout in the Garmin Connect app and view your training data in real time.

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

**Training guidance:** Get additional expert support and guidance for select Garmin® Coach training plans.

**Nutritional logging:** Track your daily nutrition with extensive food databases and view detailed reports on macronutrients and calories consumed. From your compatible Garmin device, you can easily view your daily nutritional overview, log food manually, and receive morning and evening nutrition reports. From the Garmin Connect app, you can scan the UPC, log new food items, create nutrition goals, and more.

**Performance dashboard:** View your training data your way with customized charts and graphs, including nutrition metrics.

**Social features:** Gain access to exclusive badges, badge challenges, and double points for challenges. You can update your profile avatar with customizable frames.

## Using the Garmin Connect™ App

After you pair your device with your phone ([Pairing Your Device with the Garmin Connect™ App, page 8](#)), you can use the Garmin Connect app to upload all of your activity data to your Garmin Connect account.

1 Verify the Garmin Connect app is running on your phone.

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

Your device automatically syncs your data with the Garmin Connect app and your Garmin Connect account.

## Updating the Software Using the Garmin Connect™ App

Before you can update your device software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the device with a compatible phone ([Pairing Your Device with the Garmin Connect™ App, page 8](#)).

Sync your device with the Garmin Connect app ([Manually Syncing Data with the Garmin Connect™ App, page 11](#)).

## 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 wearable you use most often.

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

## Home Settings

Your Garmin Connect™ home screen provides quick information that syncs throughout the day. You can customize your home screen to reflect your fitness or health goals. Some settings require a Garmin Connect+ subscription.

**TIP:** If you have additional devices connected to your Garmin Connect account, you have additional settings.

From the Garmin Connect home screen, scroll down, and select **Edit Home**.

| Name                 | Description                                                                                                                                                                                                                                                                                                                                                                                                             |
|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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™</a> , page 11).                                                                                                                                                                                                                                                            |
| Calories burned      | Displays your calorie information for the current day.                                                                                                                                                                                                                                                                                                                                                                  |
| Challenges           | Tracks your progress when you participate in a Garmin Connect challenge or create your own challenge.                                                                                                                                                                                                                                                                                                                   |
| Events               | Displays races or other events from your Garmin Connect calendar.                                                                                                                                                                                                                                                                                                                                                       |
| Fitness age          | Displays your calculated fitness compared with a person of the same sex. Your device uses information, such as your age, body mass index (BMI), resting heart rate data, and vigorous activity history to provide a fitness age. If you have an Index™ scale, your device uses the body fat percentage metric instead of BMI to determine your fitness age. Exercise and lifestyle changes can impact your fitness age. |
| Garmin® coach plans  | Displays scheduled workouts when you select a Garmin coach adaptive training plan in your Garmin Connect account. The plan adjusts to your current level of fitness, coaching and schedule preferences, and race date if applicable.                                                                                                                                                                                    |
| Global badges        | Tracks your progress if you participate in challenges from other regions.                                                                                                                                                                                                                                                                                                                                               |
| Health status        | Displays health metrics, such as your respiration and heart rate variability.<br><b>TIP:</b> You can select each factor to view your history, see your baseline, and gain insight into your data.                                                                                                                                                                                                                       |
| Heart rate           | Displays your current heart rate in beats per minute (bpm) and a graph of your average resting heart rate (RHR).                                                                                                                                                                                                                                                                                                        |
| Home screen insights | Displays insights about your health metrics and activities.                                                                                                                                                                                                                                                                                                                                                             |
| HRV status           | Displays your seven-day average of your overnight heart rate variability.                                                                                                                                                                                                                                                                                                                                               |
| Hydration            | Tracks the amount of water you consume and the progress toward your daily goal.                                                                                                                                                                                                                                                                                                                                         |
| Intensity minutes    | Tracks your time spent participating in moderate to vigorous activities, your weekly intensity minutes goal, and progress toward your goal.                                                                                                                                                                                                                                                                             |
| Last 7 days          | Displays a list of your activities, average sleep score, and health metrics for the last seven days.                                                                                                                                                                                                                                                                                                                    |
| Last activity        | Displays a brief summary of your last recorded activity.                                                                                                                                                                                                                                                                                                                                                                |
| Lifestyle logging    | Tracks your day-to-day behaviors, and allows you to see how the behaviors affect certain health metrics.                                                                                                                                                                                                                                                                                                                |
| Menstrual cycle      | Tracks your physical symptoms, sex drive, sexual activity, ovulation days, and more. You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app.                                                                                                                                                                                                                                 |
| Nutrition            | Displays your daily nutritional overview, including calories and macronutrients. You can also log your food intake. You must have an active Garmin Connect+ subscription to track and view your nutrition ( <a href="#">Garmin Connect+™ Subscription</a> , page 9).                                                                                                                                                    |
| Pulse oximeter       | Displays your pulse oximeter recorded throughout the day or during sleep, depending on your current settings.                                                                                                                                                                                                                                                                                                           |

| Name                    | Description                                                                                                                                                                                     |
|-------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Pushes                  | In wheelchair mode, tracks your daily wheelchair push count, push goal, and data for previous days ( <a href="#">Wheelchair Mode, page 19</a> ).                                                |
| Reset Home              | Allows you to choose from a list of default home screen layouts. This overrides any custom settings.                                                                                            |
| Respiration             | Displays your current respiration rate in breaths per minute, average respiration while awake, and average respiration during sleep(xref).                                                      |
| Sleep score             | Displays total sleep time, a sleep score, and sleep stage information for the previous night. You can also view any overnight breathing variations ( <a href="#">Sleep Tracking, page 14</a> ). |
| Steps                   | Tracks your daily step count, step goal, and data for previous days.                                                                                                                            |
| Stress                  | Displays your current stress level and a graph of your stress level. If you are too active for the device to determine your stress level, stress measurements are not recorded.                 |
| Trends (activity based) | Displays a brief summary of your last recorded activity and history of the specified sport.                                                                                                     |
| VO2 max.                | Displays your current VO2 max. estimate as a number, description, and position on the color gauge(xref).                                                                                        |
| Weight                  | Displays your recent weight trends and history. You can enter your weight manually. If you have an Index scale paired to your Garmin Connect account, your weight data appears in the glance.   |
| Yesterday               | Displays a list of your activities, sleep score, and health metrics for the previous day.                                                                                                       |

### Body Battery™

Your device analyzes your heart rate variability, stress level, sleep quality, and activity data to determine your overall Body Battery level. Like a gas gauge on a car, it indicates your amount of available reserve energy. The Body Battery level range is from 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 device with your Garmin Connect™ account to view your most up-to-date Body Battery level, long-term trends, and additional details ([Tips for Improved Body Battery™ Data, page 11](#)).

#### Tips for Improved Body Battery™ Data

- For more accurate results, wear the device 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.

### Manually Syncing Data with the Garmin Connect™ App

The CIRQA device periodically syncs data with the Garmin Connect app automatically when your device is awake and connected to the Garmin Connect app. You can also manually sync data at any time.

- 1 Bring the device near the paired phone.
- 2 Open the Garmin Connect app.  
**TIP:** The app can be open or running in the background.
- 3 Select **••• > Garmin Devices**.
- 4 Select the CIRQA device.
- 5 Select .
- 6 Wait while the data syncs.
- 7 View your sleep data in the Garmin Connect app.

## Activity Tracking

The activity tracking feature records your daily step count, distance traveled, intensity minutes, calories burned, and sleep statistics for each recorded day. Your calories burned includes your base metabolism plus activity calories.

The number of steps taken during the day appears in your Garmin Connect™ account. The step count is updated periodically.

When wheelchair mode is enabled, the device records different metrics, such as pushes instead of steps ([Wheelchair Mode, page 19](#)).

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

## Activities

From the Garmin Connect™ app, select **••• > Garmin Devices**, select your device, and select **Activity Options > All Activities**.

**NOTE:** Some activities appear in more than one category.

Some activities may require a Garmin Connect+ subscription.

| Category      | Activities                                                                                                                                                            |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Gym           | Boxing, Cardio, Climb Indoor, Elliptical, Floor Climb, HIIT, Jump Rope, Mixed Martial Arts, Mobility, Pilates, Row Indoor, Stair Stepper, Strength, Walk Indoor, Yoga |
| Outdoor       | Archery, Bouldering, Disc Golf, Golf, Hike, Horseback, Inline Skating, Mountaineering, Walk                                                                           |
| Running       | Indoor Track, Run, Track Run, Trail Run, Treadmill, Obstacle Racing                                                                                                   |
| Cycling       | Bike, Bike Commute, Bike Indoor, Bike Tour, BMX, eBike, eMTB, Gravel Bike, Handcycle, Handcycle Indoor, MTB, Road Bike                                                |
| Swimming      | Swim                                                                                                                                                                  |
| Racket Sports | Badminton, Padel, Pickleball, Racquetball, Squash, Table Tennis, Tennis                                                                                               |
| Team Sports   | American Football, Baseball, Basketball, Cricket, Field Hockey, Gaming, Ice Hockey, Lacrosse, Rugby, Soccer/Football, Softball, Volleyball, Ultimate Disc             |
| Winter Sports | Ice Skating, Ski, Snowboard, Snowshoe, XC Classic Ski, XC Skate Ski                                                                                                   |
| Water Sports  | Boat, Fish, Kayak, Row, Snorkel, SUP                                                                                                                                  |
| Other         | Breathwork, Meditation, Dance Fitness, Other                                                                                                                          |

## Recording an Activity from the CIRQA Smart Band

You can select a favorite activity in the Garmin Connect™ app ([Adding or Removing a Favorite Activity, page 13](#)).

- 1 Press the button on the CIRQA smart band.  
The LED flashes  (green) and the CIRQA smart band vibrates when it begins recording your activity.
- 2 After you finish the activity, press the button on the CIRQA smart band again.  
The LED flashes  (red) and the CIRQA smart band vibrates. The activity appears in the Garmin Connect app after the device syncs.

## Recording an Activity from Garmin Connect™

You can start and stop an activity from the Garmin Connect app. You can also start and stop one activity from the CIRQA smart band ([Adding or Removing a Favorite Activity, page 13](#)).

- 1 From the Garmin Connect app, select **+ > Record Activity**.
- 2 Select an activity.
- 3 Select **Start Recording**.  
Your CIRQA smart band vibrates and the LED flashes  (green).
- 4 Select **Lap** to mark a lap (optional).
- 5 Select **Stop**.
- 6 Select an option:
  - To discard the activity, select **Discard**.
  - To resume the activity, select **Resume**.
  - To save the activity, select **Save**.

## Adding or Removing a Favorite Activity

You can set a favorite activity to start and stop from the CIRQA smart band.

- 1 From the Garmin Connect™ app, select \*\*••• > Garmin Devices
- 2 Select your device.
- 3 Select **Activity Options > Edit**.
- 4 Select an activity.

When you press the button on your CIRQA smart band, it starts the favorite activity type.

## Auto-Detected Activities

Your device uses recorded motion and exertion data, along with historical data from your account, to automatically identify your activities. This may include GPS location data from your connected phone. When an activity is detected and recorded, it is automatically uploaded to your Garmin Connect™ account, where you can edit or discard it. You must consent to your location data being used for this feature. For more information on auto-detected activities, go to [garmin.com/autoactivitydetection](https://garmin.com/autoactivitydetection).

### Turning Auto-Detected Activities On and Off

- 1 From the Garmin Connect™ app, select \*\*••• > Garmin Devices
- 2 Select your device.
- 3 Select **Health & Wellness > Auto-Detected Activities**.

## Starting a Workout

You can use the Garmin Connect™ app on your phone to guide you through multiple steps in a workout while you're wearing your CIRQA device.

This feature requires a Garmin Connect+ subscription.

- 1 From the Garmin Connect app, select \*\*••• > Garmin Devices
- 2 Select your device.
- 3 Select **Workouts**.
- 4 If necessary, select **Find Workout**.
- 5 Select a workout.
- 6 Select **Do Workout > Start Recording**.

After you begin a workout, your phone displays each step of the workout, step notes (optional), and the current workout data.

## Activity Settings

These settings allow you to customize each preloaded activity based on your needs. Not all settings are available for all activity types.

From the Garmin Connect™ app, select \*\*••• > Garmin Devices

, select your device, select **Activity Options**, and select an activity.

**Alerts:** Sets the training alerts for the activity.

**Laps:** Sets the options for the Auto Lap feature to automatically mark laps. The Auto Distance option marks laps at a specific distance.

**Phone GPS:** Turns phone GPS on or off for the activity.

**Band Position:** Sets the band position to your arm or wrist.

The default position is the side you selected in your user profile ([Changing the Wear Location, page 19](#)).

**Rep Counting:** Enables rep counting during a workout. The Workouts Only option enables rep counting during guided workouts only ([Starting a Workout, page 13](#)).

## Sleep Tracking

While you are sleeping, the device automatically detects your sleep and monitors your movement during your normal sleep hours. You can set your normal sleep hours in the Garmin Connect™ app. 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, circadian rhythm, and HRV status. You can view detailed sleep statistics on your Garmin Connect account.

### Using Automated Sleep Tracking

- 1 Wear your device while sleeping.
- 2 Upload your sleep tracking data to your Garmin Connect™ account ([Using the Garmin Connect™ App, page 9](#)).  
You can view your sleep statistics on your Garmin Connect account.

# Alarms

## Setting an Alarm

Before you can set an alarm, your CIRQA device must be connected to the Garmin Connect™ app.

- 1 From the Garmin Connect app, select ••• > **Garmin Devices**.
- 2 Select the CIRQA device.
- 3 Select **Alarms > Add Alarm**.
- 4 Select **Time** to set the alarm time.
- 5 Select **Repeat** to set or customize the alarm recurrence.
- 6 To set an alarm to gently wake you in the 30-minute window before your scheduled alarm based on optimal sleep timing, turn on **Smart Wake Alarm**.  
**NOTE:** Your alarm will always go off at your selected time in addition to any earlier alarms. For example, if you set your alarm for 8:00 am, the alarm may gently alert you to wake up some time between 7:30 and 8:00 am.
- 7 To set an alarm that starts vibrating softly and then gets stronger, turn on **Quiet Start**.
- 8 Select **Save**.
- 9 To set and save additional alarms, select **Add Alarm** and repeat steps 4 through 8.

## Editing an Alarm

- 1 From the Garmin Connect™ app, select ••• > **Garmin Devices**.
- 2 Select the CIRQA device.
- 3 Select **Alarms > Edit**.
- 4 Select an alarm.
- 5 Select an option.
- 6 Select **Save**.

## Snoozing or Stopping an Alarm

You can use the Garmin Connect™ app to set an alarm ([Setting an Alarm, page 15](#)).

While the module is vibrating, select an option:

- To snooze the alarm, press the button.
- To stop the alarm, hold the button.

## Health & Wellness Settings

From the Garmin Connect™ app, select ••• > **Garmin Devices**, select your device, and select Health & Wellness.

**Heart Rate Status:** Enables the heart rate monitor.

Disabling the wrist-based heart rate monitor also disables features such as your VO2 max. estimate, sleep tracking, intensity minutes, the all-day stress feature, and the wrist-based pulse oximeter sensor.

**Broadcast Heart Rate:** Enables heart rate broadcasting and the ability to start and stop broadcasting from the device ([Broadcasting Heart Rate Data, page 16](#)).

**Pulse Oximeter:** Sets the pulse oximeter mode ([Setting the Pulse Oximeter Mode, page 16](#)).

**Daily Steps:** Allows you to use an automatic average to set a daily steps goal or set your own goal.

**Weekly Intensity Minutes:** Allows you to set an intensity minutes goal, and enable using heart rate zones to measure intensity.

**Auto-Detected Activities:** Enables automatic activity detection ([Auto-Detected Activities, page 13](#)).

### Setting the Pulse Oximeter Mode

- 1 From the Garmin Connect™ app, select ••• > **Garmin Devices**.
- 2 Select your device.
- 3 Select **Health & Wellness > Pulse Oximeter**.
- 4 Select an option:
  - To turn on measurements while you are inactive during the day, select **All Day**.  
**NOTE:** Turning on **All Day** mode decreases battery life.
  - To turn on continuous measurements while you sleep, select **During Sleep**.  
**NOTE:** Unusual sleep positions can cause abnormally low sleep-time SpO2 readings.
  - To turn off automatic measurements, select **Off**.

### Broadcasting Heart Rate Data

You can broadcast your heart rate data from your CIRQA smart band and view it on paired devices. For example, you can broadcast your heart rate data to an Edge® bike computer while cycling.

**NOTE:** Broadcasting heart rate data decreases battery life.

- 1 From the Garmin Connect™ app, select ••• > **Garmin Devices**.
- 2 Select your device.
- 3 Select **Health & Wellness > Broadcast Heart Rate**.
- 4 Select **Status** to turn heart rate broadcasting on or off.
- 5 Select **Device Control** to be able to hold the button on your device for three seconds to turn heart rate broadcasting on or off (optional).

When device control is turned on, you can hold the button on your CIRQA smart band for three seconds until the LED flashes ● (yellow) to start broadcasting.
- 6 Pair your CIRQA smart band with your Garmin® compatible device.  
**NOTE:** The pairing instructions differ for each Garmin compatible device. See your owner's manual.



## Notifications & Alerts Settings

From the Garmin Connect™ app, select ••• > **Garmin Devices**, select your device, and select Notifications & Alerts.

**Abnormal Heart Rate Alerts:** Customizes high and low heart rate alerts ([Setting an Abnormal Heart Rate Alert, page 17](#)).

**Bedtime Approaching:** Enables an alert when your bedtime is approaching ([Sleep Tracking, page 14](#)).

**Fitness Age:** Enables alerts when your fitness age changes.

**Goal Alerts:** Enables goal alerts, including steps and weekly intensity minutes goals.

**High Stress:** Enables high stress alerts.

**Sleep Score Ready:** Enables an alert when your sleep score is ready.

**VO2 Max. Change:** Enables alerts when your VO2 max. changes.

### 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 From the Garmin Connect app, select ••• > **Garmin Devices**.
- 2 Select your device.
- 3 Select **Notifications & Alerts > Abnormal Heart Rate Alerts**.
- 4 Select **High Alert** or **Low Alert**.
- 5 Set the heart rate threshold value.

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

## Power Manager Settings

From the Garmin Connect™ app, select ••• > **Garmin Devices**, select your device, and select **Power Manager**.

**Battery Saver:** Reduces LED brightness and disables heart rate, start activity, auto activity detection, and pulse oximeter settings to extend battery life.

**Low Battery Alert:** The device vibrates and the LED flashes  (red) when the battery level is low ([Checking the Battery Level, page 23](#)).

**Battery Fully Charged Alert:** The device vibrates and the LED flashes  (green) when the battery is fully charged.

**Battery Status:** When enabled, you can tap the device twice to view the the battery level ([Module Status LED, page 6](#)).

## User Profile Settings

You can update your personal information, such as height, weight, heart rate zones, and more. The device uses this information to calculate accurate training data.

From the Garmin Connect™ app, select ••• > **Garmin Devices**, select your device, and select User Profile.

**VO2 Max:** Allows you to see your current VO2 max. estimate and when it was last updated ([Getting Your VO2 Max. Estimate, page 19](#)).

**Fitness Age:** Displays your current fitness age ([Viewing Your Fitness Age, page 19](#)).

**Gender:** Sets your sex ([Gender Settings, page 20](#)).

**Birth Date:** Displays your birth date.

To change your birth date, you must update your account profile on [garmin.com](http://garmin.com).

**Height:** Sets your height.

**Weight:** Sets your weight.

**Wearing Location:** Allows you to select which arm or wrist the band is worn on ([Changing the Wear Location, page 19](#)).

**Wheelchair Mode:** Turns wheelchair mode on or off and sets exercise frequency ([Wheelchair Mode, page 19](#)).

**Sleep Schedule:** Allows you to set your sleep schedule ([Sleep Tracking, page 14](#)).

**Heart Rate Zones:** Allows you to estimate your maximum heart rate and determine custom heart rate zones ([About Heart Rate Zones, page 20](#)).

## Changing the Wear Location

Your CIRQA smart band uses the wearing location of the device to determine health and activity tracking metrics. You can also set the wear location for each activity ([Activity Settings, page 13](#)).

- 1 From the Garmin Connect™ app, select ••• > **Garmin Devices**.
- 2 Select your device.
- 3 Select **User Profile > Wearing Location**.
- 4 Select a wearing location.

## Viewing Your Fitness Age

Your fitness age gives you an idea of how your fitness compares with a person of the same sex. Your device uses information, such as your age, body mass index (BMI), resting heart rate data, and vigorous activity history to provide a fitness age. If you have an Index™ scale, your device uses the body fat percentage metric instead of BMI to determine your fitness age. Exercise and lifestyle changes can impact your fitness age.

**NOTE:** For the most accurate fitness age, complete the user profile setup ([User Profile Settings, page 19](#)).

From the Garmin Connect™ app, select ••• > **Health Stats > Fitness Age**.

## Getting Your VO2 Max. Estimate

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

- 1 From the Garmin Connect™ app, select ••• > **Performance Stats > Training Status > VO2 Max**.  
If you have recorded a 15 minute brisk walk or run, your VO2 max. estimate appears. The device updates your VO2 max. estimate each time you complete a timed walk or run.
- 2 Select **Help > How to Get VO2 Max**.
- 3 Follow the on-screen instructions.  
A message appears when the test is complete.

## Wheelchair Mode

Wheelchair mode updates your available activities. For example, wheelchair mode has indoor and outdoor push and handcycling activities, such as Push - Run Speed and Push - Walk Speed, instead of running and walking activities. When wheelchair mode is turned on, your device tracks your movements as pushes rather than steps. The device does not update your VO2 max. estimate while in wheelchair mode.

**TIP:** For optimal performance, you should wear the band on your wrist instead of your upper arm.

The first time you enable wheelchair mode, you can select your exercise frequency in order to set your activity level to the correct algorithm. You can turn wheelchair mode on or off in your user profile settings ([User Profile Settings, page 19](#)).

For more information about wheelchair physiology, go to [garmin.com/en-US/garmin-technology/health-science/wheelchair-physiology/](https://garmin.com/en-US/garmin-technology/health-science/wheelchair-physiology/).

## 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.

## Gender Settings

When you first set up the device, you must choose a sex. Most fitness and training algorithms are binary. For the most accurate results, Garmin® recommends selecting your sex assigned at birth. After the initial setup, you can customize the profile settings in your Garmin Connect™ account.

**Profile & Privacy:** Enables you to customize the data on your public profile.

**User Settings:** Sets your sex. If you select Not Specified, the algorithms that require a binary input will use the sex you specified when you first set up the device.

# 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 CIRQA smart band 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).

 **LiveTrack:** Allows friends and family to follow your races and training activities in real time. You can invite followers using email or social media, allowing them to view your live data on a web page.

## Turning On and Off LiveTrack

Before you can start your first LiveTrack session, you must set up contacts in the Garmin Connect™ app ([Adding Contacts, page 21](#)).

- 1 From the Garmin Connect app, select **••• > Safety & Tracking > LiveTrack**.
- 2 Select an option:
  - To start a LiveTrack session each time you start an outdoor activity, select **Auto Start**.
  - To start a session right away, select **Start LiveTrack**.

## Adding Contacts

You can add up to 50 contacts to the Garmin Connect™ app. Contact emails can be used with the LiveTrack feature.

- 1 From the Garmin Connect app, select **••• > Contacts**.
- 2 Follow the on-screen instructions.

After you add contacts, you must sync your data to apply the changes to your device ([Manually Syncing Data with the Garmin Connect™ App, page 11](#)).

## Adding Assistance Contacts

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

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

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

## System Settings

From the Garmin Connect™ app, select ••• > **Garmin Devices**, select your device, and select **System**.

**Format:** Sets the time format and units of measure. You can also set pace or speed preferences for each activity ([Customizing Pace and Speed Preferences, page 22](#)).

**Reset:** Configures data backups and resets user data and settings ([Resetting the Device, page 26](#)).

**Software Update:** Installs downloaded software updates and allows you to manually check for updates ([Product Updates, page 26](#)).

**Power Off:** Turns off the CIRQA smart band.

**USB Mode:** Sets the device to use MTP (media transfer protocol) or Garmin® mode when connected to a computer.

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

## Customizing Pace and Speed Preferences

You can set activities to record using your pace or your speed.

- 1 From the Garmin Connect™ app, select ••• > **Garmin Devices**.
- 2 Select your device.
- 3 Select **System > Format > Pace/Speed Preference**.
- 4 Select an activity.

## Device Information

### Charging the Device

#### ⚠ WARNING

This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

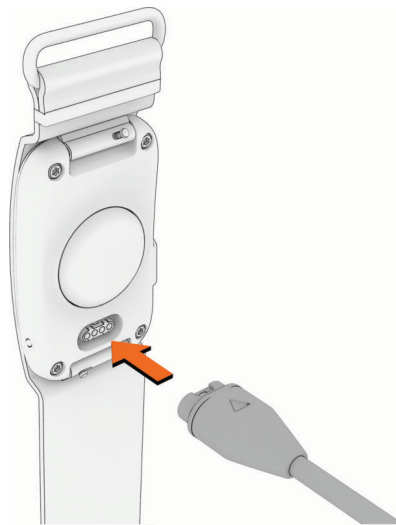
#### NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging.

**NOTE:** The device will not charge when it is outside of the approved temperature range (*Specifications*, page 25).

Your device comes with a proprietary charging cable. For optional accessories and replacement parts, go to [garmin.com](http://garmin.com), or contact your Garmin® dealer.

- 1 Locate the back of the module.
- 2 Plug the cable (▲ end) into the charging port.



- 3 Plug the other end of the cable into a USB charging port.
- 4 Charge the device completely.  
The LED flashes ● (green) while charging. The LED is solid ● (green) when charging is complete.  
Charging the device can take up to 90 minutes.

### Checking the Battery Level

From the Garmin Connect™ app, select your device icon in the upper-right corner.

The battery status appears next to the device name.

### Connecting the Device to Your Computer

You can connect the CIRQA device to your computer to install software updates or transfer activity files or data to your computer.

- 1 From the Garmin Connect™ app, select ●●● > **Garmin Devices**.
- 2 Select the CIRQA device.
- 3 Select **System** > **USB File Access**.
- 4 Enable **File Access Over USB**.
- 5 Plug the cable (▲ end) into the charging port on the device.
- 6 Plug the other end of the cable into a computer USB port.

Depending on your computer operating system, the device appears as either a portable device, a removable drive, or a removable volume.

**NOTE:** Mac® operating systems do not detect the device by default. You must use Garmin Express™ software to interact with files on your device.

## Changing the Band

You can replace the band with an arm band or wrist band. To purchase bands, go to [garmin.com](https://garmin.com). The module is compatible with 24 mm wide fabric bands with a 14 mm wide quick-release pin. The module is not compatible with third-party bands.

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



- 2 Repeat the previous step on the other side.
- 3 Insert one side of the spring bar for the new band into the module.



- 4 Slide the quick-release pin, and press the band into place.
- 5 Repeat the previous steps to install the other end of the band.

## Device Care

### NOTICE

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

Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.

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

Do not wash the module in the washing machine. The module should withstand occasional rain or water splashes. Putting the module in the washing machine or dryer may damage the module ([Machine Washing](#), page 25).

Do not use a sharp or abrasive object to clean the module.



Avoid scratching the sensor on the back of the module.

## Machine Washing

Before washing the band in a washing machine, you must remove the module from the band.

- Attach the hook and loop closures on the band before washing.
- Wash the band in the washing machine with a regular load of laundry or by itself.
- Place the band in a washing bag or mesh laundry bag to prevent it from getting tangled.
- Use a small amount of mild detergent.

**NOTE:** Do not use bleach or detergents that contain harsh chemicals, fabric softener, bleach, or abrasive materials.

- Run the washing machine on the gentle cycle, with warm water at a maximum temperature of 40°C (104°F).
- When air drying the band, hang it up or lay it flat.

## Specifications

|                             |                                                                                                       |
|-----------------------------|-------------------------------------------------------------------------------------------------------|
| Arm band                    | S/M: 36.0 x 2.4 x 0.2 cm (14.2 x 9.5 x 0.08 in.)<br>L/XL: 50.0 x 2.4 x 0.2 cm (19.7 x 9.5 x 0.08 in.) |
| Wrist band                  | S/M: 24.5 x 2.4 x 0.2 cm (9.6 x 9.5 x 0.08 in.)<br>L/XL: 28.5 x 2.4 x 0.2 cm (11.2 x 9.5 x 0.08 in.)  |
| Battery type                | Rechargeable, built-in lithium-ion battery                                                            |
| Battery life                | Up to 10 days                                                                                         |
| Operating temperature range | From -20° to 60°C (from -4° to 140°F)                                                                 |
| Charging temperature range  | From 0° to 45°C (from 32° to 113°F)                                                                   |
| Wireless frequency          | 2400 - 2483.5 MHz: < 13 dBm                                                                           |
| Water rating                | 5 ATM <sup>1</sup>                                                                                    |

<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).

# Troubleshooting

## Product Updates

Your device automatically checks for updates when paired with a phone using Bluetooth® technology. You can manually check for updates from the system settings (*System Settings*, page 22). On your phone, install the Garmin Connect™ app.

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

- Software updates
- Data uploads to the Garmin Connect app on your phone
- Product registration

## Resetting the Device

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

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

- 1 From the Garmin Connect app, select ••• > **Garmin Devices**.
- 2 Select the CIRQA device.
- 3 Select **System > Reset**.
- 4 Select an option:
  - To reset all of the device settings to the factory default values, including user profile data, but save activity history and downloaded apps and files, select **Reset Default Settings**.
  - To reset all of the device settings to the factory default values and delete all user-entered information and activity history, select **Delete Data and Reset Settings**.

The LED flashes ● ● ● continuously, until the reset is complete.

Resetting the device can take up to 10 minutes.

- 5 Pair again (*Pairing Your Device with the Garmin Connect™ App*, page 8).

## Locating a Lost Device

You can use this feature to help locate a lost Garmin® device that is within range of a paired phone.

If your device is not within range, the last time it was connected appears and the last known GPS location appears on the map.

- 1 From the Garmin Connect™ app, select ••• > **Garmin Devices**.
- 2 Select your device.
- 3 Select **Find My Band**.

The phone begins searching for the paired CIRQA smart band. The device vibrates until you press the button.

- 4 From the Garmin Connect app, select **OK**.

## Getting More Information

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

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



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M/N: AA5192