

**GARMIN®**

**Forerunner® 225**



**Owner's Manual**

© 2015 Garmin Ltd. or its subsidiaries

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

Garmin®, the Garmin logo, ANT+®, Auto Lap®, Auto Pause®, and Forerunner® are trademarks of Garmin Ltd. or its subsidiaries, registered in the USA and other countries. Garmin Connect™ and Garmin Express™ are trademarks of Garmin Ltd. or its subsidiaries. These trademarks may not be used without the express permission of Garmin.

The Bluetooth® word mark and logos are owned by the Bluetooth SIG, Inc. and any use of such marks by Garmin is under license. Mac® is a trademark of Apple Inc., registered in the U.S. and other countries. Philips® is a registered trademark of Koninklijke Philips N.V. Windows® and Windows NT® are registered trademarks of Microsoft Corporation in the United States and other countries. Other trademarks and trade names are those of their respective owners.

This product is ANT+® certified. Visit [www.thisisant.com/directory](http://www.thisisant.com/directory) for a list of compatible products and apps.

M/N: A02740

# Table of Contents

<b>Introduction</b>	<b>1</b>
Keys	1
Status Icons	1
Wearing the Device and Heart Rate	1
Going for a Run	1
Viewing Your Heart Rate in Watch Mode	1
Garmin Connect	1
Bluetooth Connected Features	2
Sending Data to Your Garmin Connect Account	2
Charging the Device	2
<b>Training</b>	<b>2</b>
Workouts	2
Following a Workout From the Web	2
Starting a Workout	2
About the Training Calendar	3
Interval Workouts	3
Creating an Interval Workout	3
Starting an Interval Workout	3
Stopping an Interval Workout	3
Personal Records	3
Viewing Your Personal Records	3
Clearing a Personal Record	3
Restoring a Personal Record	3
Clearing All Personal Records	3
Activity Tracking	3
Turning On Activity Tracking	3
Using the Move Alert	3
Auto Goal	3
<b>ANT+® Sensors</b>	<b>4</b>
Pairing Your ANT+ Sensors	4
Foot Pod	4
Going for a Run Using a Foot Pod	4
Foot Pod Calibration	4
<b>History</b>	<b>4</b>
Viewing History	4
Viewing Data Totals	4
Deleting History	4
Data Management	4
Deleting Files	4
Disconnecting the USB Cable	4
<b>Customizing Your Device</b>	<b>4</b>
Setting Up Your User Profile	4
Setting Your Heart Rate Zones	5
Heart Rate Color Zones	5
Fitness Goals	5
Activity Settings	5
Customizing the Data Screens	5
Alerts	5
Using Auto Pause®	5
Marking Laps by Distance	5
Using Auto Scroll	5
Timeout Settings	6
System Settings	6
Changing the Device Language	6
Time Settings	6
Backlight Settings	6
Setting the Device Sounds	6
Changing the Units of Measure	6
Changing the Theme Color	6
Training Indoors	6
Format Settings	6
<b>Device Information</b>	<b>6</b>

Device Specifications	6
Device Care	6
Cleaning the Device	6
Replacing the Light Seal	7
<b>Troubleshooting</b>	<b>7</b>
Tips for Erratic Heart Rate Data	7
Support and Updates	7
Getting More Information	7
Resetting the Device	7
Clearing User Data	7
Restoring All Default Settings	7
Viewing Device Information	7
Updating the Software	7
Maximizing Battery Life	7
Switching to Watch Mode	8
Turning Off the Heart Rate Monitor	8
Turning Off the Device	8
<b>Appendix</b>	<b>8</b>
Heart Rate Zone Calculations	8
Data Fields	8
Software License Agreement	8
<b>Index</b>	<b>9</b>



## Introduction

### ⚠ WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Always consult your physician before you begin or modify any exercise program.

## Keys



Item	Icon	Description
①		Select to turn the backlight on and off. Hold to turn the device on and off.
②		Select to unlock the device. Select to start and stop the timer. Select to choose an option or to acknowledge a message.
③		Select to mark a new lap. Select to return to the previous screen.
④		Select to scroll through the data screens, options, and settings. Hold to scroll quickly.

## Status Icons

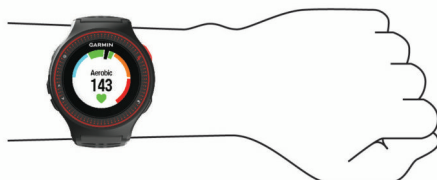
Icons appear at the top of the home screen. A flashing icon means the device is searching for a signal. A solid icon means the signal was found or the sensor is connected.

	GPS status
	Bluetooth® technology status
	Heart rate status
	Foot pod status

## Wearing the Device and Heart Rate

- Wear the Forerunner device above your wrist bone.

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



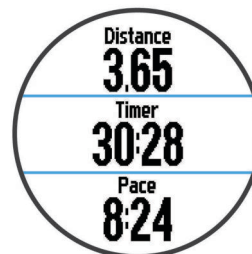
- Do not remove or discard the light seal (soft rubber part) on the back of the device.
- See [Troubleshooting, page 7](#) for more information.

The heart rate monitor feature in the Forerunner device is Philips® licensed technology.

## Going for a Run

The device comes partially charged. You may need to charge the device ([Charging the Device, page 2](#)) before going for a run.

- Hold to turn on the device.
- From the time of day screen, select twice to unlock the device.
- Go outside, and wait while the device locates satellites. It may take a few minutes to locate satellite signals. The satellite bars turn green, and the timer screen appears.



- Select to start the timer.
- Go for a run.
- Select to view the heart rate screen.



- After you complete your run, select to stop the timer.
- Select an option:
  - Select **Resume** to restart the timer.
  - Select **Save** to save the run and reset the timer. A summary appears.



**NOTE:** You can upload your run to Garmin Connect™.

- Select **Discard** to delete the run.

## Viewing Your Heart Rate in Watch Mode

You can view your current heart rate in beats per minute (bpm) from the time of day screen.

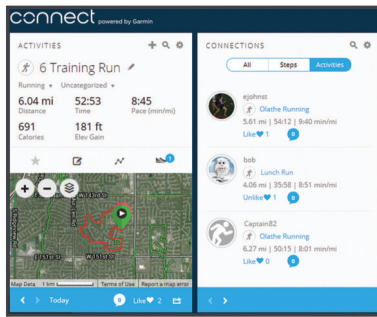
- Select .
- Wait a few seconds.  
Your current heart rate appears .

## Garmin Connect

You can connect with your friends on Garmin Connect. Garmin Connect gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle.

including runs, walks, rides, hikes, and more. To sign up for a free account, go to [www.garminconnect.com/start](http://www.garminconnect.com/start).

**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.



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

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

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

### Bluetooth Connected Features

The Forerunner device has several Bluetooth connected features for your compatible smartphone using the Garmin Connect Mobile app. For more information, go to [www.garmin.com/intosports/apps](http://www.garmin.com/intosports/apps).

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

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

**Software updates:** Your device wirelessly downloads the latest software update. The next time you turn on the device, you can follow the on-screen instructions to update the software.

**Social media interactions:** Allows you to post an update to your favorite social media website when you upload an activity to the Garmin Connect Mobile app.

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

### Pairing Your Smartphone

You should connect your Forerunner device to a smartphone to complete the setup and use the full features of the device.

- 1 Go to [www.garmin.com/intosports/apps](http://www.garmin.com/intosports/apps), and download the Garmin Connect Mobile app to your smartphone.
- 2 From the Forerunner device, select **Menu > Settings > Bluetooth > Pair Mobile Device**.
- 3 Open the Garmin Connect Mobile app.
- 4 Select an option to add your device to your Garmin Connect account:
  - If this is the first device you have paired with the Garmin Connect Mobile app, follow the on-screen instructions.
  - If you have already paired another device with the Garmin Connect Mobile app, from the settings, select **Garmin Devices > +**, and follow the on-screen instructions.

### Turning Off Bluetooth Wireless Technology

- From the Forerunner home screen, select **Menu > Settings > Bluetooth > Status > Off**.
- Refer to the owner's manual for your mobile device to turn off Bluetooth wireless technology.

## Sending Data to Your Garmin Connect Account

You can upload all of your activity data to your Garmin Connect account for comprehensive analysis. You can view a map of your activity and share your activities with friends.

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

## Charging the Device

### WARNING

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

### NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions in the appendix.

- 1 Plug the USB cable into a USB port on your computer.
- 2 Align the charger posts with the contacts on the back of the device, and connect the charging clip ① securely to the device.



- 3 Charge the device completely.
- 4 Press ② to remove the charger.

## Training

### Workouts

You can create custom workouts that include goals for each workout step and for varied distances, times, and calories. You can create workouts using Garmin Connect or select a training plan that has built-in workouts from Garmin Connect, and transfer them to your device.

You can schedule workouts using Garmin Connect. You can plan workouts in advance and store them on your device.

### Following a Workout From the Web

Before you can download a workout from Garmin Connect, you must have a Garmin Connect account ([Garmin Connect](#), page 1).

- 1 Connect the device to your computer.
- 2 Go to [www.garminconnect.com](http://www.garminconnect.com).
- 3 Create and save a new workout.
- 4 Select **Send to Device**, and follow the on-screen instructions.
- 5 Disconnect the device.

### Starting a Workout

Before you can start a workout, you must download a workout from Garmin Connect.

- 1 Select **Training > My Workouts**.
- 2 Select a workout.



### 3 Select **Do Workout**.

After you begin a workout, the device displays each step of the workout, the target (if any), and current workout data.


### About the Training Calendar

The training calendar on your device is an extension of the training calendar or schedule you set up in Garmin Connect. 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 training calendar list by date. When you select a day in the training calendar, you can view or do the workout. The scheduled workout stays on your device 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 from Garmin Connect, you must have a Garmin Connect account ([Garmin Connect](#), page 1).



You can browse Garmin Connect to find a training plan, schedule workouts and courses, and download the plan to your device.

- 1 Connect the device to your computer.
- 2 Go to [www.garminconnect.com](http://www.garminconnect.com).
- 3 Select and schedule a training plan.
- 4 Review the training plan in your calendar.
- 5 Select , and follow the on-screen instructions.



### Interval Workouts

You can create interval workouts based on distance or time. The device saves your custom interval workout until you create another interval workout. You can use open intervals for track workouts and when you are running a known distance. When you select , the device records an interval and moves to a rest interval.

#### Creating an Interval Workout

- 1 Select **Training > Intervals > Edit > Interval > Type**.
- 2 Select **Distance**, **Time**, or **Open**.  
**TIP:** You can create an open-ended interval by setting the type to Open.
- 3 If necessary, enter a distance or time interval value for the workout, and select .
- 4 Select **Rest**.
- 5 Select **Distance**, **Time**, or **Open**.
- 6 If necessary, enter a distance or time value for the rest interval, and select .
- 7 Select one or more options:
  - To set the number of repetitions, select **Repeat**.
  - To add an open-ended warm up to your workout, select **Warm Up > On**.
  - To add an open-ended cool down to your workout, select **Cool Down > On**.


#### Starting an Interval Workout

- 1 Select **Training > Intervals > Do Workout**.
- 2 Select .
- 3 When your interval workout has a warm up, select  to begin the first interval.
- 4 Follow the on-screen instructions.

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

#### Stopping an Interval Workout

- At any time, select  to end an interval.
- At any time, select  to stop the timer.

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

### Personal Records

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

#### Viewing Your Personal Records

- 1 Select **Menu > Records**.
- 2 Select a record.
- 3 Select **View Record**.

#### Clearing a Personal Record

- 1 Select **Menu > Records**.
- 2 Select a record to delete.
- 3 Select **Clear Record > Yes**.

**NOTE:** This does not delete any saved activities.

#### Restoring a Personal Record

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

- 1 Select **Menu > Records**.
- 2 Select a record to restore.
- 3 Select **Previous > Yes**.

**NOTE:** This does not delete any saved activities.

#### Clearing All Personal Records

Select **Menu > Records > Clear All Records > Yes**.

**NOTE:** This does not delete any saved activities.

### Activity Tracking

#### Turning On Activity Tracking

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


Activity tracking can be enabled during the initial device setup, or at any time.

- 1 Select **Menu > Settings > Activity Tracking > Status > On**.

Your step count does not appear until the device locates satellites and sets the time automatically. The device may need a clear view of the sky to locate satellite signals.

- 2 Select  to return to the time of day screen.

- 3 Select  or  to view activity tracking data.

Your total number of steps taken during the day appears . The step count is updated periodically.


#### Using the Move Alert

Before you can use the move alert, you must turn on activity tracking and the move alert ([Turning On Activity Tracking](#), page 3).

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 red bar appear. The device also beeps or vibrates if audible tones are turned on ([Setting the Device Sounds](#), page 6).

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

#### 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.

## ANT+® Sensors

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

### Pairing Your ANT+ Sensors

Before you can pair, you must put on the heart rate monitor or install the sensor.

Pairing is the connecting of ANT+ wireless sensors, for example, connecting a heart rate monitor with your Garmin® device.

- 1 Bring the device within range (3 m) of the sensor.

**NOTE:** Stay 10 m away from other ANT+ sensors while pairing.

- 2 Select **Menu > Settings > Sensors > Add Sensor**.

- 3 Select a sensor.

When the sensor is paired with your device, a message appears. You can customize a data field to display sensor data.

### Foot Pod



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

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

### Going for a Run Using a Foot Pod

Before you go for a run, you must pair the foot pod with your device (*Pairing Your ANT+ Sensors, page 4*).

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

- 1 Install your foot pod according to the accessory instructions.
- 2 If necessary, turn off GPS (*Training Indoors, page 6*).
- 3 Select  to start the timer.
- 4 Go for a run.
- 5 After you complete your run, select  to stop the timer.

### Foot Pod Calibration



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

## History

History includes time, distance, calories, average pace or speed, lap data, and optional ANT+ sensor information.

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

### Viewing History

- 1 Select **Menu > History > Activities**.
- 2 Select  or  to view your saved activities.
- 3 Select an activity.
- 4 Select an option:
  - Select **Details** to view additional information about the activity.
  - Select **Laps** to select a lap and view additional information about each lap.
  - Select **Delete** to delete the selected activity.

### Viewing Data Totals

You can view the accumulated distance and time data saved to your device.

- 1 Select **Menu > History > Totals**.
- 2 If necessary, select the activity type.
- 3 Select an option to view weekly or monthly totals.

### Deleting History

- 1 Select **Menu > History > Options**.
- 2 Select an option:
  - Select **Delete All Activities** to delete all activities from the history.
  - Select **Reset Totals** to reset all distance and time totals.

**NOTE:** This does not delete any saved activities.
- 3 Confirm your selection.

## Data Management

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

### Deleting Files

#### NOTICE

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

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

### Disconnecting the USB Cable

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

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

## Customizing Your Device

### Setting Up Your User Profile

You can update your gender, birth year, height, weight, and heart rate zone (*Setting Your Heart Rate Zones, page 5*).



settings. The device uses this information to calculate accurate training data.

- 1 Select **Menu > Settings > User Profile**.

- 2 Select an option.

## Setting Your Heart Rate Zones

The device uses your user profile information from the initial setup to determine your default heart rate zones. For the most accurate calorie data during your activity, set your maximum heart rate. You can also manually set each heart rate zone and enter your resting heart rate.

- 1 Select **Menu > Settings > User Profile > Heart Rate Zones > Based On**.

- 2 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).






- 3 Select **Max. HR**, and enter your maximum heart rate.

- 4 Select a zone, and enter a value for each heart rate zone.

- 5 Select **Resting HR**, and enter your resting heart rate.

## Heart Rate Color 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. There are five commonly accepted heart rate zones in order of intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

	Warm Up	Relaxed and easy pace
	Easy	Comfortable pace; conversational
	Aerobic	Moderate pace; optimal cardiovascular training
	Threshold	Fast pace; forceful breathing
	Maximum	Sprinting pace; unsustainable for a long period of time

## Fitness Goals

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

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

If you know your maximum heart rate, you can use the table ([Heart Rate Zone Calculations, page 8](#)) to determine the best heart rate zone for your fitness objectives.

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

## Activity Settings

These settings allow you to customize your device based on your training needs. For example, you can customize data screens and enable alerts and training features.

### Customizing the Data Screens

You can customize data screens for your activity settings.

- 1 Select **Menu > Settings > Activity Settings > Data Screens**.

- 2 Select a screen.

- 3 If necessary, enable the data screen.

- 4 If necessary, select a data field.

### Alerts

You can use alerts to train toward specific heart rate and pace goals and to set running and walking time intervals.

#### Setting Range Alerts

A range alert notifies you when the device is above or below a specified range of values. For example, if you have an optional heart rate monitor, you can set the device to alert you when your heart rate is below 90 beats per minute (bpm) and over 180 bpm.

- 1 Select **Menu > Settings > Activity Settings > Alerts**.

- 2 Select **Heart Rate** or **Pace**.

- 3 Turn on the alert.

- 4 Enter the minimum and maximum values.

Each time you exceed or drop below the specified range, a message appears. The device also beeps or vibrates if audible tones are turned on ([Setting the Device Sounds, page 6](#)).

#### Setting Walk Break Alerts

Some running programs use timed walking breaks at regular intervals. For example, during a long training run, you can set the device to alert you to run for 4 minutes, and then walk for 1 minute, and repeat. Auto Lap® functions correctly while you are using the run/walk alerts.

- 1 Select **Menu > Settings > Activity Settings > Alerts > Run/Walk > Status > On**.

- 2 Select **Run Time**, and enter a time.

- 3 Select **Walk Time**, and enter a time.

Each time you reach the alert value, a message appears. The device also beeps or vibrates if audible tones are turned on ([Setting the Device Sounds, page 6](#)).

### Using Auto Pause®

You can use Auto Pause to pause the timer automatically when you stop moving or when your pace drops below a specified value. This feature is helpful if your activity includes stop lights or other places where you need to slow down or stop.

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

- 1 Select **Menu > Settings > Activity Settings > Auto Pause**.

- 2 Select an option:

- Select **When Stopped** to pause the timer automatically when you stop moving.
- Select **Custom** to pause the timer automatically when your pace drops below a specified value.

### Marking Laps by Distance

You can use Auto Lap to mark a lap at a specific distance automatically. This feature is helpful for comparing your performance over different parts of a run (for example, every 1 mile or 5 kilometers).

- 1 Select **Menu > Settings > Activity Settings > Auto Lap > Distance**.

- 2 Select a distance.

Each time you complete a lap, a message appears that displays the time for that lap. The device also beeps or vibrates if audible tones are turned on ([Setting the Device Sounds, page 6](#)).

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

### Using Auto Scroll

You can use the auto scroll feature to cycle through all of the training data screens automatically while the timer is running.

- 1 Select **Menu > Settings > Activity Settings > Auto Scroll**.
- 2 Select a display speed.

### Timeout Settings

The timeout settings affect how long your device stays in training mode, for example, when you are waiting for a race to start. Select **Menu > Settings > Activity Settings > Timeout**.

**Normal:** Sets the device to enter low-power watch mode after 5 minutes of inactivity.

**Extended:** Sets the device to enter low-power watch mode after 25 minutes of inactivity. The extended mode can result in shorter battery life between charges.

## System Settings

Select **Menu > Settings > System**.

- Language ([Changing the Device Language](#), page 6)
- Time Settings ([Time Settings](#), page 6)
- Backlight Settings ([Backlight Settings](#), page 6)
- Sound Settings ([Setting the Device Sounds](#), page 6)
- Unit Settings ([Changing the Units of Measure](#), page 6)
- Theme Color ([Changing the Theme Color](#), page 6)
- GPS ([Training Indoors](#), page 6)
- Format Settings ([Format Settings](#), page 6)

### Changing the Device Language

Select **Menu > Settings > System > Language**.

### Time Settings

Select **Menu > Settings > System > Clock**.

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

**Set Time:** Allows you to set the time manually or automatically based on your GPS position.

**Background:** Sets the background color to black or white.

**Use Theme Color:** Sets the accent color for the time of day screen to be the same as the theme color.

### Time Zones

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

### Setting the Time Manually

By default, the time is set automatically when the device acquires satellite signals.

- 1 Select **Menu > Settings > System > Clock > Set Time > Manual**.
- 2 Select **Time**, and enter the time of day.

### Setting the Alarm

- 1 Select **Menu > Settings > Alarm > Status > On**.
- 2 Select **Time**, and enter a time.

### Backlight Settings

Select **Menu > Settings > System > Backlight**.

**Mode:** Sets the backlight to turn on manually or for keys and alerts.

**Timeout:** Sets the length of time before the backlight turns off.

### Setting the Device Sounds

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

Select **Menu > Settings > System > Sounds**.

### Changing the Units of Measure

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

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

### Changing the Theme Color

- 1 Select **Menu > Settings > System > Theme Color**.
- 2 Select a color.

### Training Indoors

You can turn off GPS when you are training indoors or to save battery life.

- 1 Select **⌘** twice to unlock the device.
- 2 Select **⬆ > Off**.

When GPS is off, speed and distance are calculated using the accelerometer in the device. The accelerometer is self-calibrating. The accuracy of the speed and distance data improves after a few outdoor runs using GPS. The next time you turn on or unlock the device, it searches for satellite signals.

### Format Settings

Select **Menu > Settings > System > Format**.

**Running:** Sets the device to display speed or pace.

**Start of Week:** Sets the first day of the week for your weekly history totals.

## Device Information

### Device Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to 6 wk. in watch mode Up to 4 wk. in watch mode with activity tracking 7 to 10 hr. in GPS mode using wrist heart rate
Water rating	5 ATM <sup>1</sup>
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)
Radio frequency/protocol	2.4 GHz ANT+ wireless communications protocol Bluetooth Smart wireless technology

### Device Care

#### NOTICE

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

Avoid pressing the keys under water.

Do not use a sharp object to clean the device.

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

Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.

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

### Cleaning the Device

#### NOTICE

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

<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).

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

After cleaning, allow the device to dry completely.

### Replacing the Light Seal

The device has a user-replaceable light seal. You should check the light seal for wear or damage. A damaged light seal can result in poor heart rate data or discomfort.

- 1 Use your finger to remove the existing light seal from the back of the device.  
**NOTE:** Do not use a sharp object to remove the light seal.
- 2 Align the new light seal.



- 3 Use your finger to press the light seal into place.



There should be no gaps between the light seal and the back of the device.

## Troubleshooting

### Tips for Erratic Heart Rate Data

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

- Clean and dry your arm before putting on the device.
- Wear the band tightly above your wrist bone.  
**NOTE:** You can try wearing the device higher on your forearm. You can try wearing the device on your other arm.
- Warm up for 5 to 10 minutes and get a heart rate reading before starting your activity.  
**NOTE:** In cold environments, warm up indoors.
- Rinse the device after each workout.
- Clean the light seal on the back of the device, and check for signs of damage (*Replacing the Light Seal*, page 7).

### Support and Updates

Garmin Express™ ([www.garmin.com/express](http://www.garmin.com/express)) provides easy access to these services for Garmin devices.

- Product registration
- Product manuals
- Data uploads to Garmin Connect



### Getting More Information

- Go to [www.garmin.com/intosports](http://www.garmin.com/intosports).
- Go to [www.garmin.com/learningcenter](http://www.garmin.com/learningcenter).
- Go to <http://buy.garmin.com>, or contact your Garmin dealer for information about optional accessories and replacement parts.

### Resetting the Device

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




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

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

### Clearing User Data

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

**NOTE:** This deletes all user-entered information, but it does not delete your history.

- 1 Hold , and select **Yes** to turn off the device.
- 2 While holding , hold  to turn on the device.
- 3 Select **Yes**.

### Restoring All Default Settings

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

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

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

### Viewing Device Information

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

Select **Menu > Settings > System > About**.

### Updating the Software

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

- 1 Connect the device to your computer using the USB cable.  
When new software is available, the Garmin Express application sends it to your device.
- 2 Follow the on-screen instructions.
- 3 Do not disconnect your device from the computer while the Garmin Express application downloads the software.  
**TIP:** If you are having trouble updating the software with the Garmin Express application, you may need to upload your activity history to the Garmin Connect application and delete your activity history from the device. This should provide sufficient memory space for the update.

### Maximizing Battery Life

- Shorten the backlight timeout (*Backlight Settings*, page 6).
- Shorten the timeout to watch mode (*Timeout Settings*, page 6).
- Turn off activity tracking (*Activity Tracking*, page 3).
- Turn off the heart rate monitor (*Turning Off the Heart Rate Monitor*, page 8).
- Turn off the Bluetooth wireless feature (*Turning Off Bluetooth Wireless Technology*, page 2).

## Switching to Watch Mode

You can put the device into a low-power watch mode that locks the device and maximizes battery life.

- 1 Select  until  appears.

The device is in watch-only mode.

- 2 Select  twice to unlock the device.

## Turning Off the Heart Rate Monitor

Select **Menu** > **Settings** > **Heart Rate Monitor** > **Off**.

## Turning Off the Device

For long-term storage and to maximize battery life, you can turn off the device.

Hold , and select **Yes** to turn off the device.

Garmin Ltd. and its subsidiaries ("Garmin") grant you a limited license to use the software embedded in this device (the "Software") in binary executable form in the normal operation of the product. Title, ownership rights, and intellectual property rights in and to the Software remain in Garmin and/or its third-party providers.

You acknowledge that the Software is the property of Garmin and/or its third-party providers and is protected under the United States of America copyright laws and international copyright treaties. You further acknowledge that the structure, organization, and code of the Software, for which source code is not provided, are valuable trade secrets of Garmin and/or its third-party providers and that the Software in source code form remains a valuable trade secret of Garmin and/or its third-party providers. You agree not to decompile, disassemble, modify, reverse assemble, reverse engineer, or reduce to human readable form the Software or any part thereof or create any derivative works based on the Software. You agree not to export or re-export the Software to any country in violation of the export control laws of the United States of America or the export control laws of any other applicable country.

# Appendix

## 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

## Data Fields

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

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

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

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

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

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

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

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

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

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

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

**Pace:** The current pace.

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

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

## Software License Agreement

BY USING THE DEVICE, YOU AGREE TO BE BOUND BY THE TERMS AND CONDITIONS OF THE FOLLOWING SOFTWARE LICENSE AGREEMENT. PLEASE READ THIS AGREEMENT CAREFULLY.

# Index

## A

accessories [4, 7](#)  
activity tracking [3](#)  
alarms [6](#)  
alerts [5](#)  
ANT+ sensors [4](#)  
    pairing [4](#)  
applications [2](#)  
    smartphone [2](#)  
Auto Lap [5](#)  
Auto Pause [5](#)  
Auto Scroll [5](#)

## B

backlight [1, 6](#)  
battery  
    charging [2](#)  
    maximizing [2, 6–8](#)  
Bluetooth technology [1, 2](#)

## C

calendar [3](#)  
charging [2](#)  
cleaning the device [6](#)  
clock [6](#)  
color screen [6](#)  
customizing the device [5](#)

## D

data  
    storing [1, 2](#)  
    transferring [1, 2](#)  
data fields [1, 5, 8](#)  
deleting  
    all user data [4, 7](#)  
    history [4](#)  
    personal records [3](#)

## F

foot pod [4](#)

## G

Garmin Connect [1–3](#)  
Garmin Express  
    registering the device [7](#)  
    updating software [7](#)  
GPS [1](#)  
    stopping [6](#)

## H

heart rate [1, 8](#)  
    alerts [5](#)  
    monitor [7](#)  
    zones [5, 8](#)  
history [4, 6](#)  
    deleting [4](#)  
    sending to computer [1, 2](#)

## I

icons [1](#)  
indoor training [6](#)  
intervals, workouts [3](#)

## K

keys [1, 6](#)

## L

language [6](#)  
laps [1](#)  
locking, screen [8](#)

## M

maps, updating [7](#)  
menu [1](#)

## P

pace [5, 6](#)  
pairing, smartphone [2](#)  
pairing ANT+ sensors [4](#)

personal records [3](#)

    deleting [3](#)

power key [8](#)

product registration [7](#)

profiles, user [4](#)

## R

registering the device [7](#)  
replacement parts [7](#)  
resetting the device [7](#)

## S

saving activities [1](#)  
screen [6](#)  
    locking [8](#)  
settings [5–7](#)  
    device [6](#)  
    smartphone  
        applications [2](#)  
        pairing [2](#)  
    software  
        updating [7](#)  
        version [7](#)  
software license agreement [8](#)  
specifications [6](#)  
speed [6](#)  
system settings [6](#)

## T

time [6](#)  
    settings [6](#)  
time zones [6](#)  
timer [1, 4](#)  
tones [6](#)  
training [2, 3, 5](#)  
    pages [1](#)  
    plans [2, 3](#)  
troubleshooting [7](#)

## U

unit ID [7](#)  
units of measure [6](#)  
updates, software [7](#)  
USB [7](#)  
    disconnecting [4](#)  
user data, deleting [4](#)  
user profile [4](#)

## V

vibration [6](#)

## W

walking intervals [5](#)  
watch mode [6, 7](#)  
workouts [2](#)  
    loading [2](#)

## Z

zones  
    heart rate [5](#)  
    time [6](#)

