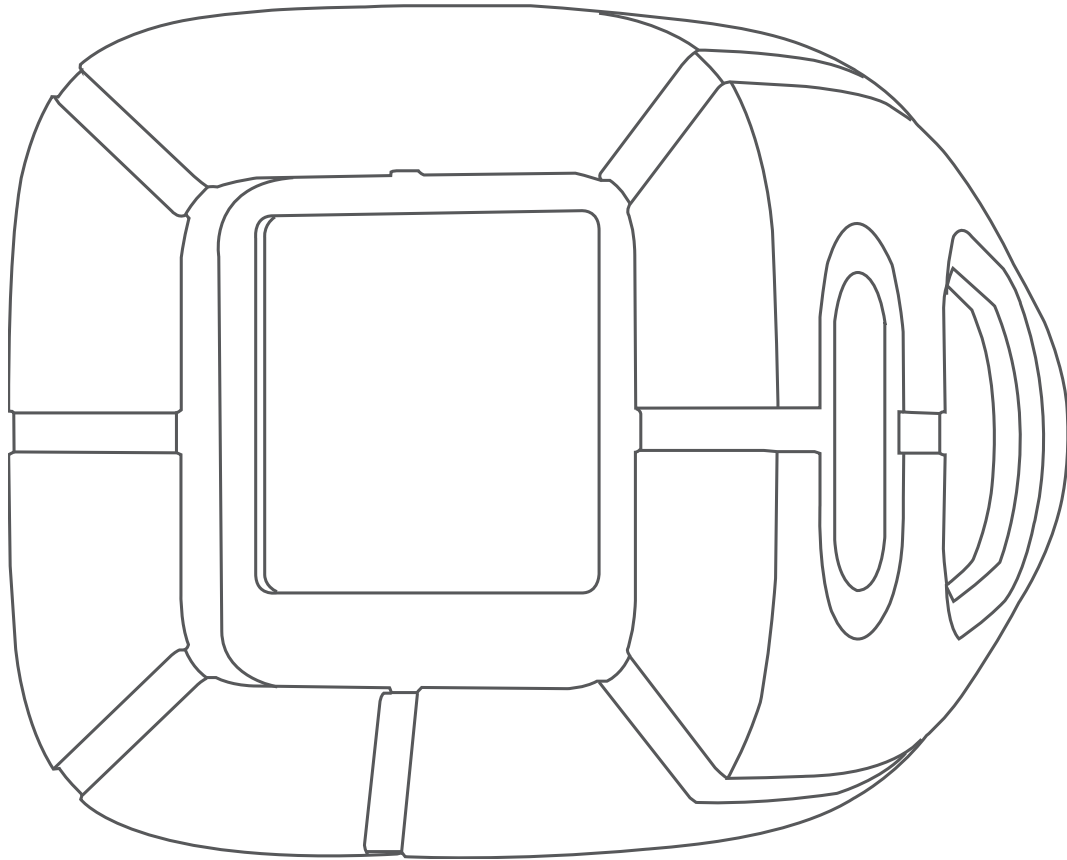


GARMIN®



IMPACT™

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.

Device Overview



① ⋮	Hold to open and close menus. Press to move to the next item in a menu.
② >	Hold to turn on the device. Press to select items in a menu. Press to move to the next screen.
③ Power and data port	Connect a cable to charge your device or transfer files.

Charging the Device

⚠ WARNING

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

NOTICE

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

- 1 Plug the small end of the USB cable into the charging port on your device.



- 2 Plug the large end of the USB cable into a USB port on your computer.
- 3 Charge the device completely.

Turning On the Device

Hold >.

Turning Off the Device

- 1 Hold ⋮ to open the menu.
- 2 Select **Power Off** > **Yes**.

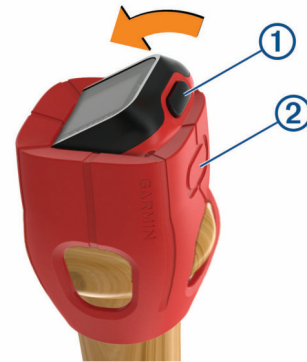
Attaching the Sensor to a Bat

- 1 Insert the knob of your bat into the narrow end of the mount.



- 2 Insert the device in the opening on the mount.

NOTE: When positioning the device, verify that the button ① aligns with the oval-shaped indentation ② on the mount.



Pairing Your Smartphone

Your Impact device must be paired directly through the Impact app, instead of from the Bluetooth® settings on your smartphone. You can pair your Impact device with your smartphone during the initial setup or through the Bluetooth menu.

- 1 From the app store on your smartphone, install and open the Garmin® Impact app.
- 2 Select ⚙ > **PAIR DEVICE**.
- 3 From the Impact device, hold ⋮ to open the menu.
- 4 Select **Bluetooth** > **Pair Phone**.
- 5 Follow the instructions in the app to complete the pairing and setup process.

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

Batter Profiles

When you first install the Impact app, you are prompted to set up a batter profile. You can add batter profiles, or edit existing profiles at any time.

Selecting a Batter Profile

- 1 From the Impact app, select **PROFILE**.
- 2 Select the current batter profile image.
- 3 Select a batter profile.

Adding a Batter Profile

- 1 From the Impact app, select **PROFILE**.
- 2 Select the current batter profile image.
- 3 Select +.
- 4 Enter the batter profile information.


Editing a Batter Profile

- 1 From the Impact app, select **PROFILE**.
- 2 Select the current batter profile image.
- 3 Select a batter profile.
- 4 Select ✎.

5 Edit your profile information.

Deleting a Batter Profile


NOTE: Deleting a batter profile also deletes all swing information for that batter.

- 1 From the Impact app, select **PROFILE**.
- 2 Select the current batter profile image.
- 3 Select a batter profile to delete.
- 4 Select .


Selecting a Bat

- 1 From the Impact app, select **PROFILE**.
- 2 Select the image of the current bat.
- 3 Select a bat.


Adding a Bat

- 1 From the Impact app, select **PROFILE**.
- 2 Select the image of the current bat.
- 3 Select .
- 4 Enter the bat information.

Editing a Bat

- 1 From the Impact app, select **PROFILE**.
- 2 Select the image of the current bat.
- 3 Select a bat.
- 4 Select .
- 5 Edit your bat information.

Deleting a Bat

- 1 From the Impact app, select **PROFILE**.
- 2 Select the image of the current bat.
- 3 Select a bat to delete.
- 4 Select .

Recording and Viewing Your Swing

Recording Your Swing

- 1 From the Impact app, select a batter.
- 2 Hit a ball.

NOTE: You must make contact with a ball when swinging to record useful swing analysis data.

The device records your swing and uploads data to your paired smartphone automatically.

Recording Video of Your Swing

If your compatible smartphone is equipped with a camera, you can record video clips of each swing. This can be useful for reviewing swings and improving technique.

- 1 From the Impact app, select **RECORD**.
- 2 Point the camera at the batter.

When the batter hits a ball, the app automatically records and saves a video clip of the swing.

Viewing Swing Metrics on Your Device




Each time you hit a ball, the Impact device displays your swing data automatically.

Select  to change the view of your swing data.

Viewing Swings On Your Smartphone

Each time you hit a ball using the Impact device, your swing metrics upload automatically to the Impact app on your paired smartphone. You can view a 3D representation of your swing,

numerical swing measurements, and recorded video, if available.

- 1 From the Impact app, select **SWINGS**.
- 2 Select a swing.
- 3 From the Impact app, select an option:
 - To view a list of your swing metrics, select .
 - To view a three-dimensional map of your swing, select .
 - To view recorded video of your swing, select .

Viewing Swing History

The device saves swing data to your paired smartphone automatically. Swing data for each batter is sorted by the date and time of the swing.

- 1 From the Impact app, select a batter.
- 2 Select **SWINGS**.
- 3 Select a swing from the list.

Coaching Tips

After hitting a few balls, the Impact device suggests coaching tips to help you improve your swing. You can view details about each coaching tip using the Impact app on your smartphone.

Coaching tips are suggested individually for each batter based on cumulative swing metrics.

Swing Metrics

Bat Speed

Bat speed is the speed of the bat when it hits the ball.

Hand Speed

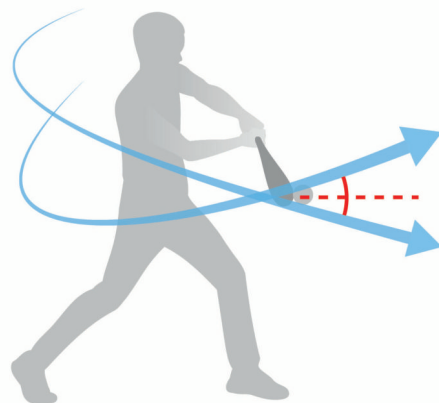
Hand speed is the maximum speed of your hands before you hit the ball.

Time to Impact

Time to impact is the time in seconds from the start of the swing to the point where the bat hits the ball.

Attack Angle

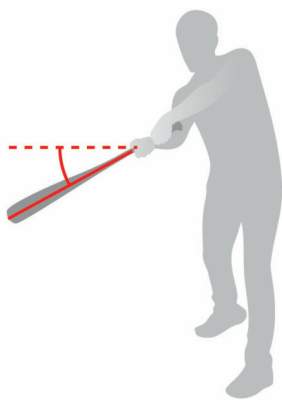
Attack angle is the angle of your swing when the bat hits the ball. A positive number means your bat is moving up as it hits the ball. A negative number means your bat is moving down at impact. A line drive hit typically has an attack angle from +6 to +14 degrees.



Elevation Angle

Elevation angle is the angle of your bat, with respect to the ground, at impact. If the end of the bat is below your hands, the

angle is negative. If the end of the bat is above your hands, the angle is positive. The optimal elevation angle is -25 degrees.



Customizing Your Device

Bluetooth Settings

Hold **⋮** to open the menu, and select **Bluetooth**.

Turn On: Turns on Bluetooth wireless technology.

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

Turn Off: Turns off Bluetooth wireless technology.

Pair Phone: Allows you to pair your device with a compatible Bluetooth enabled smartphone.

Bat Settings

Hold **⋮** to open the menu, and select **Bats**. Bat settings are set individually for each batter. You can configure additional bat settings using the Impact app.

Switch Bat: Allows you to change between bats configured using the Impact app.

Bat Length: Allows you to adjust the length of the current bat.

Coaching Settings

Hold **⋮** to open the menu, and select **Coaching**. Coaching settings are configured individually for each batter.

Cumulative: Enables quick tips based on cumulative analysis of a batter's swing.

Off: Disables quick tips.

Changing Handedness

The Impact device uses your handedness to calculate the correct swing analysis data. You can use your Impact device to change your handedness at any time. Handedness settings are configured individually for each batter.

1 Hold **⋮** to open the menu.

2 Select **Handedness**.

3 Select the handedness for the selected batter.

System Settings

Hold **⋮** to open the menu, and select **System**.

About: Shows device and regulatory information.

Add Batter: Manually adds a batter to the device.

Units: Sets the unit of measure for speed measurements.

Tones: Sets preferences for audible tones with alerts or key presses.

Date and Time: Sets the date and time.

Language: Sets the device language.

NOTE: Changing the text language does not change the language of user-entered data.

Software Update: Updates the device software when updates are available.

Device Information

Specifications

Battery type	Rechargeable Lithium-ion battery
Radio frequency/protocol	2.4 GHz Bluetooth enabled device
Operating temperature range	From -10° to 60°C (from 14° to 140°F)
Charging temperature range	From 0° to 40°C (from 32° to 104°F)
Water resistance	IEC 60529 IPX7 ¹

Product Updates

On your computer, install Garmin Express™ (www.garmin.com/express).

This provides easy access to these services for Garmin devices:

- Software updates
- Product registration

Device Care

NOTICE

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

Do not use a sharp object to clean the device.

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.

Cleaning the Device

NOTICE

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

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

After cleaning, allow the device to dry completely.

¹ The device withstands incidental exposure to water of up to 1 m for up to 30 min. For more information, go to www.garmin.com/waterrating.

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