FORERUNNER® 30

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.

Keys

Item	Icon	Description
①	⏻ ∧ ∨	Hold to turn the device on and off. Select to scroll through the screens, pages, options, and settings.
②	🏃	Select to start and stop the timer. Select to choose a menu item. Select to view more information.
③	↰ ≡	Select to return to the previous screen. Select to mark a new lap, when the lap key function is enabled. From the time of day screen, select to view the menu.

Using the Backlight

- Select any key to turn on the backlight.

  NOTE: Alerts and messages activate the backlight automatically.
- Double-tap the watch face to turn on the backlight.
- Double-tap the watch face to turn off the backlight.
- Turn on **Backlight Gesture** in the Garmin Connect™ settings.

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 Align the charger posts with the contacts on the back of the device, and connect the charging clip ① securely to the device.

2 Plug the USB cable into a USB charging port.
3 Charge the device completely.

4 Press ② to remove the charger.

Tips for Charging the Device

1 Connect the charger securely to the device to charge it using the USB cable (*Charging the Device*, page 1).

   You can charge the device by plugging the USB cable into a Garmin® approved AC adapter with a standard wall outlet or a USB port on your computer. Charging a fully depleted battery takes up to two hours.
2 Remove the charger from the device after the battery charge level icon ▥ is full and stops flashing.

Training

Going for a Run

The first fitness activity you record on your device should be an outdoor run. You may need to charge the device (*Charging the Device*, page 1) before starting the activity.

1 Select 🏃.
2 Go outside, and wait while the device locates satellites.
3 Select 🏃 to start the timer.
4 Go for a run.

   The timer appears.
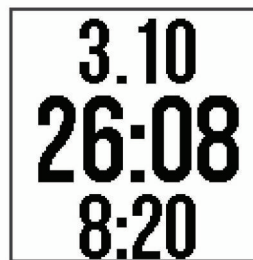
5 Select ∧ or ∨ to view additional data screens (optional).
6 After you complete your run, select 🏃 to stop the timer.
7 Select an option:
   - Select **Resume** to restart the timer.
   - Select **Save** to save the run and reset the timer. You can view a summary of the run.

     NOTE: If your activity was walking, biking, or something else, the device uses Move IQ technology to determine the activity.
   - Select **Discard** > **Yes** to delete the run.

Other Fitness Activities

In addition to running, your device can record walking, cycling, and cardio activities. The cardio category includes all of your other activities that are not running, walking, or cycling. When you start the timer, the device uses Move IQ technology to automatically detect the activity type. If you are training indoors, you can start the activity timer without waiting for GPS. The device detects if you are training inside or outside.

You can view the activity details on your device. You can view activity details and edit the activity type on your Garmin Connect account.

Turning Off GPS

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

1 Select 🏃.
2 Select ∧.

Using the Auto Pause® Feature

You can use the Auto Pause feature to pause the timer automatically when you stop moving. This feature is helpful if your activity includes stop lights or other places where you need to stop.

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

Select ≡ > **Settings** > **Activity Options** > **Auto Pause**.

NOTE: The Auto Pause feature is available when the device detects running or cycling activities.

Marking Laps by Distance

You can use the Auto Lap® feature to automatically mark a lap every 1 mi. or 1 km. This feature is helpful for comparing your performance over different parts of a run.

Select ≡ > **Settings** > **Activity Options** > **Laps** > **Auto Lap**.

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 5).

If necessary, you can customize the data screens in your Garmin Connect account to display additional lap data.

Turning on the Lap Key

You can customize ↩ to function as a lap key during timed activities.

Select ≡ > **Settings** > **Activity Options** > **Laps** > **Lap Key**.

Activity Tracking and Other Widgets

You can select ∧ or ∨ to view your heart rate, steps for the day, and additional widgets. Some features require a Bluetooth® connection to a compatible smartphone.

Time of day: Displays the current time and date. The time and date are set automatically when the device acquires satellite signals and when you sync your device with a smartphone. The move bar displays the amount of time you are inactive.

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

Notifications: Alerts you to call and text notifications from your smartphone.

Activity tracking: Tracks your daily step count, progress toward your goal, and distance traveled. The device learns and proposes a new step goal for you each day. You can customize goals using your Garmin Connect account. For more information about activity tracking accuracy, go to http://garmin.com/ataccuracy.

Calories: Displays the total amount of calories burned for the current day, including both active and resting calories.

Intensity minutes: Tracks your time spent participating in moderate to vigorous intensity activities, your weekly intensity minutes goal, and your progress toward your goal.

Last activity: Displays a brief summary of your last recorded activity. You can select 🏃 to view recent activity history.

Icons

Icons represent different device features. Some features require a paired smartphone.

♥	Your current heart rate in beats per minute (bpm) and your seven-day, average resting heart rate. A flashing icon means the device is acquiring your heart rate data. A solid icon means the device is locked on to your heart rate.
📞	Smartphone is connected to the device.
💬	Notifications received from a paired smartphone.
👣	The total number of steps taken for the day, your step goal for the day, and your progress toward your goal.
⏰	Alarm is on.
🔥	The total calories burned for the current day, including both active and resting calories.
≡⏱	Your time spent participating in moderate to vigorous intensity activities, your weekly intensity minutes goal, and your progress toward your goal.

Auto Goal

Your device creates a daily step goal automatically, based on your previous activity levels. As you move during the day, the device shows your progress toward your daily goal ①.
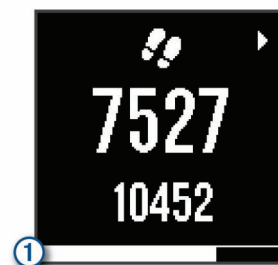
If you choose not to use the auto goal feature, you can set a personalized step goal on your Garmin Connect account.

Move Bar

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move bar reminds you to keep moving. After one hour of inactivity, the move bar ① appears. Additional segments ② appear after every 15 minutes of inactivity.

You can reset the move bar by walking a short distance.

Intensity Minutes

To improve your health, organizations such as the U.S. Centers for Disease Control and Prevention, the American Heart Association®, and the World Health Organization, recommend at least 150 minutes per week of moderate intensity activity, such as brisk walking, or 75 minutes per week of vigorous intensity activity, such as running.

The device monitors your activity intensity and tracks your time spent participating in moderate to vigorous intensity activities (heart rate data is required to quantify vigorous intensity). You can work toward achieving your weekly intensity minutes goal by participating in at least 10 consecutive minutes of moderate to vigorous intensity activities. The device adds the amount of moderate activity minutes with the amount of vigorous activity minutes. Your total vigorous intensity minutes are doubled when added.

Earning Intensity Minutes

Your Forerunner device calculates intensity minutes by comparing your heart rate data to your average resting heart rate. If heart rate is turned off, the device calculates moderate intensity minutes by analyzing your steps per minute.

- Start a timed activity for the most accurate calculation of intensity minutes.
- Exercise for at least 10 consecutive minutes at a moderate or vigorous intensity level.

- Wear your device all day and night for the most accurate resting heart rate.

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 user settings on your Garmin Connect account. Sleep statistics include total hours of sleep, sleep levels, and sleep movement. You can view your sleep statistics on your Garmin Connect account.

NOTE: Naps are not added to your sleep statistics. You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms (*Using Do Not Disturb Mode*, page 4).

Heart Rate Features

The Forerunner 30 has a wrist-based heart rate monitor.

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 or exercising.

  NOTE: The heart rate sensor is located on the back of the device.
- See (*Troubleshooting*, page 6) for more information about wrist-based heart rate.
- For more information about the accuracy of wrist-based heart rate, go to http://garmin.com/ataccuracy.

Viewing Your Heart Rate Data

The heart rate screen displays your current heart rate in beats per minute (bpm) and your average resting heart rate for the last 7 days.

1 From the time of day screen, select ∨.

2 Select 🏃 to view your heart rate data for the last 4 hours.
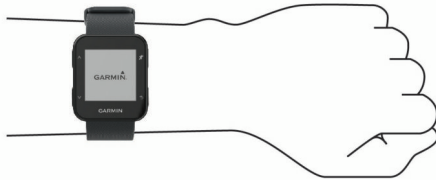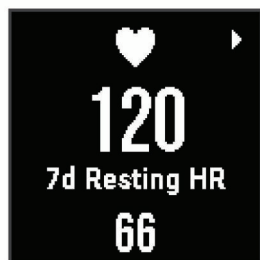
Getting Your VO2 Max. Estimate for Running

This feature requires wrist-based heart rate.

For the most accurate estimate, complete the user profile setup (*Setting Your User Profile*, page 5), and set your maximum heart rate (*Customizing Your Heart Rate Zones and Maximum Heart Rate*, page 3). The estimate may seem inaccurate at first. The device requires a few runs to learn about your running performance.

1 Run for at least 10 minutes outdoors.

2 After your run, select **Save**.

A notification appears to display your first VO2 max. estimate and each time your VO2 max. increases.

About VO2 Max. Estimates

VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. In simple terms, VO2 max. is an indication of athletic performance and should increase as your level of fitness improves.

On the device, your VO2 max. estimate appears as a number and description. On your Garmin Connect account, you can view additional details about your VO2 max. estimate, including your fitness age. Your fitness age gives you an idea of how your fitness compares with a person of the same gender and different age. As you exercise, your fitness age can decrease over time.

VO2 max. data is provided by FirstBeat. VO2 max. analysis is provided with permission from The Cooper Institute®. For more information, see the appendix (*VO2 Max. Standard Ratings*, page 8), and go to www.CooperInstitute.org.

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.

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.

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.

Customizing Your Heart Rate Zones and Maximum Heart Rate

You can customize your heart rate zones based on your training goals. The device uses your user profile information from the initial setup to estimate your maximum heart rate and determine your default heart rate zones. The default maximum heart rate is 220 minus your age. For the most accurate calorie data during your activity, you should set your maximum heart rate (if known).

1 From the settings menu in the Garmin Connect Mobile app, select **Garmin Devices**, and select your device.

2 Select **User Settings** > **Heart Rate Zones**.

3 Enter your maximum heart rate.

Smart Features

Bluetooth Connected Features

The Forerunner device has several Bluetooth connected features for your compatible smartphone or mobile device using the Garmin Connect app. For more information, go to www.garmin.com/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 app as soon as you finish recording the activity.

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

Notifications: Displays call and text notifications on your Forerunner device.

Pairing Your Smartphone

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

1 From the app store on your smartphone, install and open the Garmin Connect app.
2 Bring your smartphone within 10 m (33 ft.) of your device.
3 Select ☰ > **Settings** > **Phone** > **Pair Phone**.
4 Select an option to add your device to your Garmin Connect account:
   • If this is the first time you are pairing a device with the Garmin Connect app, follow the on-screen instructions.
   • If you already paired another device with the Garmin Connect app, from the settings menu, select **Garmin Devices** > **Add Device**, and follow the on-screen instructions.
   • If you are pairing the device with a new smartphone, remove your device from the Garmin Connect app on your old smartphone, and follow the on-screen instructions on your new smartphone.

Managing Notifications

You can use your compatible smartphone to manage call and text notifications that appear on your Forerunner device.

Select an option:
   • If you are using an Apple® smartphone, use the notifications settings on your smartphone to select the items to show on the device.
   • If you are using an Android™ smartphone, from the Garmin Connect app, select **Settings** > **Smart Notifications**.

Updating the Software Using Garmin Connect Mobile

Before you can update your device software using the Garmin Connect Mobile app, you must have a Garmin Connect account, and you must pair the device with a compatible smartphone (*Pairing Your Smartphone*, page 4).

1 Synchronize your device with the Garmin Connect Mobile app.

   When new software is available, the Garmin Connect Mobile app automatically sends the update to your device.
2 Follow the on-screen instructions.

Using Do Not Disturb Mode

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

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

Select ☰ > **Do Not Disturb**.

Locating a Lost Smartphone

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

1 Select ☰ > **Find My Phone**.

   The Forerunner device begins searching for your paired mobile device. Bars appear on the Forerunner device screen corresponding to Bluetooth signal strength, and an audible alert sounds on your mobile device.

2 Select ↺ to stop searching.

Playing Audio Prompts During Your Activity

Before you can set up audio prompts, you must have a smartphone with the Garmin Connect Mobile app paired to your Forerunner device.

You can set the Garmin Connect Mobile app to play motivational status announcements and training alerts on your smartphone during a run or other activity. During an audio prompt, the Garmin Connect mobile app mutes the primary audio of the smartphone to play the announcement. You can customize the volume levels on the Garmin Connect Mobile app.

1 From the settings in the Garmin Connect Mobile app, select **Garmin Devices**.
2 Select your device.
3 Select **Activity Options** > **Audio Prompts**.
4 Select an option.

## Turning Off Bluetooth Wireless Technology

Select ☰ > **Settings** > **Phone** > **Connect**.

Garmin Connect

You can connect with your friends on your Garmin Connect account. Garmin Connect gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, rides, hikes, and more. To sign up for a free account, go to www.garminconnect.com /forerunner.

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

Analyze your data: You can view more detailed information about your activity, including time, distance, heart rate, calories burned, cadence, an overhead map view, pace and speed charts, and customizable reports.
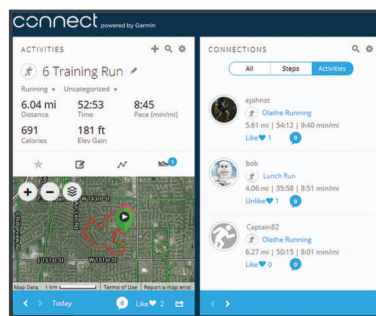
Track your progress: You can track your daily steps, join a friendly competition with your connections, and meet your goals.

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

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

Using Garmin Connect on Your Computer

The Garmin Express™ application connects your device to your Garmin Connect account using a computer. You can use the Garmin Express application to upload your activity data to your Garmin Connect account and to send data, such as workouts or training plans, from the Garmin Connect website to your device.

1 Connect the device to your computer using the USB cable.
2 Go to www.garmin.com/express.
3 Download and install the Garmin Express application.

4 Open the Garmin Express application, and select **Add Device**.

5 Follow the on-screen instructions.

History

You can view your last seven timed activities and seven days of activity tracking data on your Forerunner device. You can upload and view unlimited running sessions and activity tracking data on Garmin Connect. When the device memory is full, your oldest data is overwritten.

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

Viewing History

1 Select Λ to view your last activity.

2 Select 𝕏 > **Activities**.

3 Select an activity to view additional information.

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 Λ to view your last activity.

2 Select 𝕏 > **Records**.

Clearing a Personal Record

1 Select Λ to view your last activity.

2 Select 𝕏 > **Records**.

3 Select a record.

4 Select an option, for example **Clear Longest Run** > **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 Λ to view your last activity.

2 Select 𝕏 > **Records**.

3 Select a record.

4 Select **Use Previous** > **Use Record**.

NOTE: This does not delete any saved activities.

Data Management

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

Deleting Files

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

1 Open the **Garmin** drive or volume.

2 If necessary, open a folder or volume.

3 Select a file.

4 Press the **Delete** key on your keyboard.

NOTE: If you are using an Apple computer, you must empty the Trash folder to completely remove the files.

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 the device.

1 Complete an action:
- For Windows computers, select the **Safely Remove Hardware** icon in the system tray, and select your device.
- For Apple computers, select the device, and select **File** > **Eject**.

2 Disconnect the cable from your computer.

Customizing Your Device

Setting Your User Profile

You can update your gender, birth year, height, weight, and maximum heart rate settings (*Customizing Your Heart Rate Zones and Maximum Heart Rate*, page 3). The device uses this information to calculate accurate training data.

1 Select ≡ > **Settings** > **User Profile**.

2 Select an option.

Displaying Pace or Speed

You can change the type of information that appears in the pace or speed data field.

1 Select ≡ > **Settings** > **Activity Options** > **Pace/Speed**.

2 Select an option.

System Settings

Select ≡ > **Settings** > **System**.

Language: Sets the language displayed on the device.

Time: Adjusts the time of day settings (*Time Settings*, page 5).

Sounds: Sets the device sounds, such as key tones and alerts (*Setting the Device Sounds*, page 5).

Units: Sets the units of measure used on the device.

Restore Defaults: Allows you to clear user data and activity history (*Restoring All Default Settings*, page 6).

Time Settings

Select ≡ > **Settings** > **System** > **Time**.

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 location.

Time Zones

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

Setting the Device Sounds

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

Select ≡ > **Settings** > **System** > **Sounds**.

Setting an Alarm

1 Select ≡ > **Alarm**.

2 Select 𝕏 to turn on the alarm.

3 Select **Edit Time**, and enter a time.

Garmin Connect Settings

You can change your device settings from your Garmin Connect account, using either the Garmin Connect Mobile app or the Garmin Connect website. Some settings are available only using

your Garmin Connect account and cannot be changed on your device.

- In the Garmin Connect Mobile app, select the image of your device, and select **Device Settings**.
- On the Garmin Connect website, from the devices widget, select **Device Settings**.

After customizing settings, sync your data to apply the changes to your device.

Device Settings on Your Garmin Connect Account

From your Garmin Connect account, select your device to view the device settings.

Appearance: Allows you to customize the watch face and widgets that appear on your device.

Sounds & Alerts: Allows you to customize key tones, alert tones, and vibrations.

Activity Options: Allows you to customize the training features, alerts, and custom data screens.

Activity Tracking: Turns activity tracking features on and off, such as the move alert. You can manually set your steps goal and intensity minutes goal.

User Settings: Allows you to customize your user profile settings, sleep times, and heart rate zones.

General: Allows you to customize the backlight, time format, language, and units of measure. You can also turn off wrist-based heart rate monitoring.

Customizing the Data Fields

You can customize data screens and data fields based on your training goals. For example, you can customize data fields to display your lap pace and heart rate zone.

1 From the settings menu in the Garmin Connect Mobile app, select **Garmin Devices**, and select your device.
2 Select **Activity Options** > **Data Fields**.

Device Information

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to 5 days for watch mode, includes smart notifications, activity tracking, and wrist heart rate Up to 8 hr. for GPS training mode
Operating temperature range	From -20º to 50ºC (from -4º to 122ºF)
Charging temperature range	From 0º to 45ºC (from 32º to 113ºF)
Wireless frequency/ protocol	Bluetooth wireless technology, 2.4 GHz @ -4 dBm
Water rating	Swim, 5 ATM[1]

Troubleshooting

Product Updates

On your computer, install Garmin Express (www.garmin.com /express). On your smartphone, install the Garmin Connect Mobile app.

This provides easy access to these services for Garmin devices:

- Software updates
- Data uploads to Garmin Connect
- Product registration

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

Getting More Information

- Go to support.garmin.com for additional manuals, articles, and software updates.
- Go to www.garmin.com/intosports.
- Go to www.garmin.com/learningcenter.
- Go to buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.

Restarting the Device

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

NOTE: Restarting 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.

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 ☰ > **Settings** > **System** > **Restore Defaults** > **Yes**.

Viewing Device Information

You can view the unit ID, software information, and regulatory information.

1 Select ☰ > **Settings** > **About**.
2 Select ∨.

Updating the Software

NOTE: This procedure is for updating the device software using your computer. You can use the Garmin Connect Mobile app on your smartphone to automatically update the device software (*Updating the Software Using Garmin Connect Mobile*, page 4).

1 Go to www.garmin.com/express, and download the application.
2 Connect the device to your computer using the USB cable.
   When new software is available, the Garmin Express application sends it to your device.
3 Follow the on-screen instructions.
4 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

- Turn off GPS (*Turning Off GPS*, page 1).
- Turn off the Bluetooth wireless feature (*Turning Off Bluetooth Wireless Technology*, page 4).
- Turn off activity tracking (*Turning Off Activity Tracking*, page 7).
- Turn off wrist-based heart rate monitoring (*Device Settings on Your Garmin Connect Account*, page 6).

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

Acquiring Satellite Signals

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

1 Go outdoors to an open area.
   The front of the device should be oriented toward the sky.
2 Wait while the device locates satellites.

It may take 30–60 seconds to locate satellite signals.

Improving GPS Satellite Reception

- Frequently sync the device to your Garmin Connect account:
  - Connect your device to a computer using the USB cable and the Garmin Express application.
  - Sync your device to the Garmin Connect Mobile app using your Bluetooth enabled smartphone.

  While connected to your Garmin Connect account, the device downloads several days of satellite data, allowing it to quickly locate satellite signals.
- Take your device outside to an open area away from tall buildings and trees.
- Remain stationary for a few minutes.

My phone will not connect to the device

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

- Turn off your smartphone and your device, and turn them back on again.
- Enable Bluetooth technology on your smartphone.
- Update the Garmin Connect app to the latest version.
- Remove your device from the Garmin Connect app to retry the pairing process.

  If you are using an Apple device, you should also remove your device from the Bluetooth settings on your smartphone.
- If you bought a new smartphone, remove your device from the Garmin Connect app on the smartphone you intend to stop using.
- Bring your smartphone within 10 m (33 ft.) of the device.
- On your smartphone, open the Garmin Connect app, select ≡ or •••, and select **Garmin Devices** > **Add Device** to enter pairing mode.
- Select ≡ > **Settings** > **Phone** > **Pair Phone**.

My device does not display the correct time

The device updates the time and date when your device acquires GPS signals. You should start an outdoor activity to receive the correct time when you change time zones, and to update for daylight saving time.

1 Select 🏃.
2 Go outside, and wait while the device locates satellites.

  The time and date are updated automatically.

When does my step count reset?

The daily step count resets every night at midnight.

My step count does not seem accurate

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

- Go to http://garmin.com/ataccuracy.
- Wear the device on your non-dominant wrist.
- Carry the device in your pocket when actively using your hands or arms only.

  NOTE: The device may interpret some repetitive motions, such as clapping your hands or brushing your teeth, as steps.

My intensity minutes are flashing

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

  Exercise for at least 10 consecutive minutes at a moderate or vigorous intensity level.

Tips for Erratic Heart Rate Data

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

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

  NOTE: In cold environments, warm up indoors.
- Rinse the device with fresh water after each workout.

Turning Off Activity Tracking

Select ≡ > **Settings** > **Activity Tracking**.

Sending Data to Your Computer

You can upload your activity data manually to your Garmin Connect account using the USB cable.

1 Connect the device to your computer using the USB cable.
2 Go to www.garminconnect.com/forerunner.
3 Follow the on-screen instructions.

Appendix

Data Fields

You can customize your data fields and screens in Garmin Connect Mobile.

Avg Pace: The average pace for the current activity.

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

Calories: The total calories burned.

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

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

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

Lap Distance: The distance traveled for the current lap.

Lap Pace: The average pace for the current lap.

Lap Speed: The average speed 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.

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.
Do not remove the bands.

Cleaning the Device

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.

TIP: For more information, go to www.garmin.com/fitandcare.

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

VO2 Max. Standard Ratings

These tables include standardized classifications for VO2 max. estimates by age and gender.

Males	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	55.4	54	52.5	48.9	45.7	42.1
Excellent	80	51.1	48.3	46.4	43.4	39.5	36.7
Good	60	45.4	44	42.4	39.2	35.5	32.3
Fair	40	41.7	40.5	38.5	35.6	32.3	29.4
Poor	0–40	<41.7	<40.5	<38.5	<35.6	<32.3	<29.4

Females	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	49.6	47.4	45.3	41.1	37.8	36.7
Excellent	80	43.9	42.4	39.7	36.7	33	30.9
Good	60	39.5	37.8	36.3	33	30	28.1
Fair	40	36.1	34.4	33	30.1	27.5	25.9
Poor	0–40	<36.1	<34.4	<33	<30.1	<27.5	<25.9

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Symbol Definitions

These symbols may appear on the device or accessory labels.

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

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