



Your PDF Guides

You can read the recommendations in the user guide, the technical guide or the installation guide for GARMIN EDGE 810. You'll find the answers to all your questions on the GARMIN EDGE 810 in the user manual (information, specifications, safety advice, size, accessories, etc.). Detailed instructions for use are in the User's Guide.

User manual GARMIN EDGE 810
User guide GARMIN EDGE 810
Operating instructions GARMIN EDGE 810
Instructions for use GARMIN EDGE 810
Instruction manual GARMIN EDGE 810

GARMIN.

Edge® 810
Owner's Manual



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Manual abstract:

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.....

.....

.....

.....

.....

.....

.....

.....

.... 1 Getting Started

.....

.....

.....

.....

.....

.....

.....

.....

..... 1 Charging the Device .

.....

.....

.....

.....

.....

.....

.....

.....

.....

1 About the Battery

.....

.....

.....

.....

.....

.....

.....

.....

. 1 Installing the Standard Mount

.....

.....

.....

.....

.....

... 1 Installing the Out-Front Mount ..

.....

.....

.....
.....
.....
.....

... 1 Releasing the Edge

.....
.....
.....

.....
.....
.....
.....

..... 2 Turning On the Device ...

.....
.....
.....

.....
.....
.....
.....

2 Keys

.....
.....

.....
.....
.....
.....

.....
.....
.....
.....

..... 2 Acquiring Satellite Signals

.....
.....
.....

.....
.....
.....
.....

... 2 Deleting Files

.....
.....
.....

.....
.....
.....
.....

.....
.....
.....

9 Disconnecting the USB Cable

.....
.....
.....

.....
.....

.. 9 Navigation.....

.....
.....
.....

.....
.....
.....
.....

...9 Locations ..

.....
.....

.....
.....
.....
.....

.....
.....
.....
.....

..... 9 Saving Your Location ...

.....
.....
.....

.....
.....
.....
.....

..... 9 Saving Locations from the Map ...

.....
.....
.....

.....
.....
.....

.. 9 Navigating to a Location

.....
.....
.....
.....

.....
.....
.....

... 9 Navigating to Known Coordinates ..

.....
.....
.....

.....
.....
.....

..... 9 Navigating Back to Start .

.....
.....
.....
.....

.....
.....
.....
.....
..... 9 Stopping Navigation

.....
.....
.....
.....
.....
.....
.....
.....
..... 9 Projecting a Location ...

.....
.....
.....
.....
.....
.....
.....
.....
..... 9 Editing Locations ..

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

..... 10 Deleting Locations

.....
.....
.....
.....
.....
.....
.....
.....

..... 10 Route Settings

.....
.....
.....
.....

.....
.....
.....
.....
.....
.....
.....
.....
..... 10 Selecting an Activity for Route Calculation .

.....
.....
..... 10 Purchasing Additional Maps .

.....
.....
.....
.....

.....
.....
.....

..... *10 Finding an Address*

.....
.....
.....

.....
.....
.....
.....

..... *10 Finding a Point of Interest*

.....
.....
.....

.....
.....
.....

..... *10 Finding Nearby Locations*

.....
.....
.....
.....

.....
.....

..... *10 Topographical Maps*

.....

.....
.....
.....
.....

.....
.....

..... *10 Map Settings*

.....

.....
.....
.....
.....

.....
.....
.....
.....

..... *10 Advanced Map Settings*

.....
.....
.....

.....
.....
.....

..... *10 Changing the Map Orientation*

.....
.....
.....

.....
.....
... 10 Training ..
.....
.....

.....
.....
.....
.....
.....
.....
..... 3 Going for a Ride ..

.....
.....
.....
.....
.....
.....

.....
. 3 Alerts
.....
.....

.....
.....
.....
.....
.....
.....

.....
. 3 Setting Range Alerts
.....
.....

.....
.....
.....
.....

.....
.. 3 Setting a Recurring Alert ...
.....
.....

.....
.....
.....
.....

.....
..... 3 Workouts ...
.....
.....
.....

.....
.....
.....
.....

.....
.....
.....
.....

. 3 Following a Workout From the Web

.....
.....
.....

..... 3 Creating a Workout .

.....
.....
.....

.....
.....
.....
.....

.. 3 Repeating Workout Steps ...

.....
.....

.....
.....
.....
.....

..... 4 Starting a Workout

.....
.....
.....

.....
.....
.....
.....

..... 4 Stopping a Workout .

.....
.....
.....

.....
.....
.....
.....

.. 4 Editing a Workout ...

.....
.....

.....
.....
.....
.....

.....
.....

... 4 Deleting a Workout ..

.....
.....
.....
.....
.....
.....
.....

.. 4 Using Virtual Partner

.....
.....
.....
.....
.....
.....

..... 4 Courses

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

. 4 Creating a Course on Your Device

.....
.....
.....
.....

4 Following a Course From the Web

.....
.....
.....
.....

4 Tips for Training with Courses

.....
.....
.....
.....

..... 4 Displaying a Course on the Map

.....
.....
.....
.....

..... 4 Changing the Course Speed .

.....
.....
.....

.....
.....
.....
.....
..... 5 Stopping a Course ..

.....
.....
.....
.....
.....
.....
.....
.....

.. 5 Deleting a Course

.....
.....
.....
.....
.....
.....
.....

..... 5 Personal Records ...

.....
.....
.....
.....
.....
.....
.....

.. 5 Restoring Your Personal Records ...

.....
.....
.....
.....

..... 5 Training Zones ..

.....
.....
.....
.....
.....
.....
.....

... 5 Setting Your Speed Zones ..

.....
.....
.....
.....
.....

..... 5 Customizing Your Device.....

.....
.....
.....

.....
.....
.....
.....
.....
.... 11 Profiles .

.....
.....
.....
.....
.....
.....
.....
.....
.....

.....
.... 11 Updating Your Bike Profile .

.....
.....
.....
.....
.....
.....

.... 11 Updating Your Activity Profile

.....
.....
.....
.....
.....
.....

11 Setting Up Your User Profile

.....
.....
.....
.....

..... 11 About Lifetime Athletes ...

.....
.....
.....
.....
.....
.....
.....

.. 11 Bluetooth Settings

.....
.....
.....
.....
.....
.....
.....

11 About Training Settings

.....

.....

.....

.....

.....

.....

.....

11 Customizing the Data Pages

.....

.....

.....

.....

.....

..... 11 Using Auto Pause ...

.....

.....

.....

.....

.....

.....

.....

.....

11 Marking Laps by Position

.....

.....

.....

.....

.....

.....

.. 12 Marking Laps by Distance

.....

.....

.....

.....

.....

.....

... 12 Using Auto Scroll ..

.....

.....

.....

.....

.....

.....

.....

.....

.....

... 12 Changing the Start Notice ..

.....

.....

.....

.....

.....

.....

..... 12 System Settings .

.....

.....

.....

.....

.....
.....
.....
.....

12 GPS Settings

.....
.....
.....
.....
.....
.....
.....

. 12 Display Settings

.....
.....
.....
.....
.....
.....

..... 12 Data Recording Settings ...

.....
.....
.....
.....
.....
.....

12 Changing the Units of Measure

.....
.....
.....

... 12 Changing the Configuration Settings ..

.....
.....
.....
.....

.. 13 Changing the Device Language ...

.....
.....
.....
.....

..... 13 Setting the Device Tones .

.....
.....
.....
.....
.....
.....

.....
. 13 Time Zones

.....
.....
.....
.....
.....
.....
.....
.....
.....

.... 13 ANT+ Sensors.....

.....
.....
.....
.....
.....
.....
.....

..... 5 Putting On the Heart Rate Monitor ..

.....
.....
.....
.....
.....
.....

... 5 Setting Your Heart Rate Zones

.....
.....
.....
.....

..... 5 About Heart Rate Zones ..

.....
.....
.....
.....
.....
.....
.....

... 6 Fitness Goals

.....
.....
.....
.....
.....
.....
.....

6 Installing the GSC 10

.....
.....
.....
.....
.....

.....
.....
.....
6 About the GSC 10

.....
.....
.....
.....
.....
.....
.....
..... 6 Data Averaging for Cadence or Power

.....
.....
.....
..... 6 Training with Power Meters ..

.....
.....
.....
.....
.....
.....
.....
... 7 Setting Your Power Zones

.....
.....
.....
.....
.....
.....
.....
7 Calibrating Your Power Meter

.....
.....
.....
.....
.....
.....
.....
.. 7 Pairing Your ANT+ Sensors

.....
.....
.....
.....
.....
.....
.....
..... 7 Pairing a Heart Rate Monitor ...

.....
.....
.....
.....
.....
.....
7 Using the Weight Scale
.....

.....
.....
.....

.. 7 Device Information.....

.....
.....
.....
.....

.. 13 Specifications ...

.....
.....
.....
.....
.....
.....
.....
.....

.. 13 Edge Specifications

.....
.....
.....
.....
.....
.....

... 13 Heart Rate Monitor Specifications

.....
.....
.....

.. 13 GSC 10 Specifications ...

.....
.....
.....
.....
.....
.....

..... 13 Device Care ..

.....
.....
.....
.....
.....
.....
.....
.....
.....

..... 13 Cleaning the Device

.....
.....
.....
.....

.....
.....
.....

..... 13 Caring for the Heart Rate Monitor

.....
.....
.....
.....

.... 13 Heart Rate Monitor Battery

.....
.....
.....

.....
.....
.....

..... 13 Replacing the Heart Rate Monitor Battery ..

.....
.....
.....

.... 13 Replacing the GSC 10 Battery

.....
.....
.....
.....

... 14 History ..

.....
.....

.....
.....
.....
.....

.....
.....
.....
.....

7 Viewing Your Ride

.....
.....
.....

.....
.....
.....
.....

..... 7 Viewing Data Totals .

.....
.....
.....

.....
.....
.....
.....

.....
. 7 Sending Your Ride to Garmin Connect

.....
.....

.....
.... 7 Garmin Connect .

.....
.....
.....
.....

.....
..... 8 Connected Features ...

.....
.....
.....
.....

.....
..... 8 Deleting History .

.....
.....
.....
.....

.....
... 8 Data Recording ..

.....
.....
.....
.....
.....

.....
..... 8 Changing the Data Storage Location ...

.....
.....
.....
.....

... 8 Installing a Memory Card

.....

.....
.....
.....

..... 14 Viewing Device Information .

.....
.....
.....

.....
.....
.....

.. 14 Updating the Software

.....
.....
.....

.....
.....
.....

... 14 Appendix.....

.....
.....
.....

.....
.....
.....

....14 Registering Your Device .

.....
.....

.....
.....
.....

..de.? ? Select to save your changes and close the page.? ? Select to close the page and return to the previous page.? ? Select to return to the previous page.? ? Select to return to the home screen.? ? Select and to scroll.? ? Select to view the connections page.? ? Select to search for a location.

? ? Select to search near a location.? ? Select to search by name.? ? Select to delete an item.? Viewing the Connections Page The connections page displays the status of the satellite signals, ANT?+ sensors, and your smartphone.? From the home screen, select the status bar at the top of the page.? Turning On the Device The first time you turn on the device, you are prompted to configure system settings and profiles (page11).? 1 Hold .? 2 Follow the on-screen instructions.? 3 If your device included a heart rate monitor and a GSC? 10, activate the ANT?+? sensors during configuration.? For more information about ANT?+ sensors, see page5.

? Keys The connections page appears.? A flashing icon means the device is searching.? You can select any icon to change the settings.? Using the Backlight ? At any time, select anywhere on the screen to turn on the backlight.? ? Select to adjust the backlight brightness and timeout.
? Select to turn the backlight on and off.? Hold to turn the device on and off.? Select to mark a new lap.? Select to start and stop the timer.? Home Screen Overview The home screen gives you quick access to all the features of the Edge.

? Bike 1 RIDE Road Select to change your bike profile.? Select to go for a ride.? Select to change your activity profile.? Select to manage your history, courses, workouts, and personal records.? Select to view the map.? Select to view the setup menu.? Acquiring Satellite Signals Before you can use the GPS tracking and navigation features, you must acquire 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.? 2 Introduction 1 Go outdoors to an open area.

? The front of the device should be oriented toward the sky.? 2 From the home screen, select RIDE.? 3 Wait while the device locates satellites.? It may take 30?60 seconds to locate satellite signals.? TIP: Do not begin moving until the timer page appears (page3).? Setting a Recurring Alert A recurring alert notifies you every time the device records a specified value or interval.? For example, you can set the device to alert you every 30 minutes.? 1 From the home screen, select > Activity Profiles.



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? 2 Select an activity profile.? 3 Select Alerts.

? 4 Select Time, Distance, or Calorie.? 5 Turn on the alert.? 6 Enter a value.? 7 Select .? Each time you reach the alert value, a message appears.

? The device also beeps if audible tones are turned on (page13).? Training Going for a Ride Before you can record speed and distance, you must locate satellite signals (page2) or pair your device with an optional ANT+ sensor.? NOTE: History is recorded only while the timer is running.? 1 From the home screen, select RIDE.? 2 Wait while the device locates satellites.

? 3 Select to start the timer.? 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, and transfer them to your device.? You can also create and save a workout directly on 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 (page8).? 1 Connect the device to your computer.? 2 Go to www.garminconnect.com.

? 3 Create a new workout.? 4 Select Send to Device.? 5 Disconnect the device, and turn it on.? 6 Select > Workouts.? 7 Select the workout.? 8 Select Do Workout.? > Workouts > .? A new workout appears.? The first step is open by default, and it can be used as a warmup step.

? 2 Select Name, and enter a workout name.? 3 Select Add New Step.? 4 Select a step, and select Edit Step.? 5 Select Duration to specify how the step is measured.? For example, select Distance to end the step after a specific distance.

? If you select Open, you can select at anytime to end the step.? 6 If necessary, enter a value in the field below Duration.? 7 Select Target to choose your goal during the step.? For example, select Heart Rate to maintain a consistent heart rate during the step.? 8 If necessary, select a target zone or enter a custom range.

? For example, you can select a heart rate zone.? Each time you exceed or drop below the specified heart rate, the device beeps and displays a message.? 9 If necessary, select in the Rest Lap field.? During a rest lap, the timer continues to run and data is recorded.? 10 Select to save the step.? 11 Select to save the workout.? 4 5 6 7 Swipe the screen for additional data pages.? If necessary, tap the screen to view the timer overlay.? Select to stop the timer.? Select Save.

? Creating a Workout 1 From the home screen, select Alerts You can use alerts to train toward specific time, distance, calorie, heart rate, cadence, and power goals.? Alert settings are saved with your activity profile.? Setting Range Alerts If you have an optional heart rate monitor, GSC 10, or power meter, you can set up range alerts.? A range alert notifies you any time the device is above or below a specified range of values.? For example, you can set the device to alert you when your heart rate is below 60 beats per minute (bpm) and over 210 bpm.? You can also use a training zone (page5) for the range alert.? 1 From the home screen, select > Activity Profiles.? 2 Select a profile.? 3 Select Alerts.? 4 Select Heart Rate, Cadence, or Power.

? 5 Turn on the alert.? 6 Enter the minimum and maximum values or select a zone.? 7 Select .? Each time you exceed or drop below the specified range, a message appears.? The device also beeps if audible tones are turned on (page13).

? Training 3 Repeating Workout Steps Before you can repeat a workout step, you must create a workout with at least one step.? 1 Select Add New Step.? 2 Select Duration.? 3 Select an option: ? Select Repeat to repeat a step one or more times.? For example, you can repeat a 5-mile step ten times.

? ? Select Repeat Until to repeat a step for a specific duration.? For example, you can repeat a 5-mile step for 60 minutes or until your heart rate reaches 160 bpm.? 4 Select Back to Step, and select a step to repeat.? 5 Select to save the step.? 3 If necessary, use and Partner during your ride.? to adjust the speed of the Virtual Courses Following a previously recorded activity: You can follow a saved course simply because it is a good route.? For example, you can save and follow a bike friendly commute to work.? Racing against a previously recorded activity: You can also follow a saved course, trying to match or exceed previously set performance goals.? For example, if the original course was completed in 30 minutes, you can race against a Virtual Partner trying to complete the course in under 30 minutes.? Following an existing ride from Garmin Connect: You can send a course from Garmin Connect to your device.

? Once it is saved to your device, you can follow the course or race against the course.? Starting a Workout 1 From the home screen, select 2 Select a workout.? 3 Select Do Workout.? > Workouts.? Creating a Course on Your Device Before you can create a course, you must have history with GPS track data saved to your device.? 1 From the home screen, select > Courses > .? 2 Select an activity on which to base your course.? 3 Enter a name for the course.? 4 Select .? The course appears in the list.

? 5 Select the course, and review the course data.? 6 If necessary, select Settings to edit the course features.? For example, you can change the name of the course or turn on Virtual Partner.? 7 Select > RIDE.? After you begin a workout, the device displays each step of the workout, the target (if any), and current workout data.

? An audible alarm sounds when you are about to finish a workout step.? A message appears, counting down the time or distance until a new step begins.?

Stopping a Workout ? At any time, select ? At any time, select ? At any time, select end the workout.? to end a workout step.? to stop the timer.

? > > Workouts > Stop Workout to Editing a Workout 1 From the home screen, select > Workouts.? 2 Select a workout.? 3 Select .? 4 Select a step, and select Edit Step.? 5 Change the step attributes, and select .? 6 Select to save the workout.? Deleting a Workout 1 From the home screen, select 2 Select a workout.? 3 Select > > .? > Workouts.? Following a Course From the Web Before you can download a course from Garmin Connect, you must have a Garmin Connect account (page8).

? 1 Connect the device to your computer.? 2 Go to www.garminconnect.com.? 3 Create a new course or select an existing course.? 4 Select Send to Device.? 5 Disconnect the device, and turn it on.? 6 Select > Courses.? 7 Select the course.? 8 Select RIDE.

? Using Virtual Partner Your Virtual Partner is a training tool designed to help you meet your goals.? 1 Go for a ride.? 2 Scroll to the Virtual Partner page to see who is leading.? Tips for Training with Courses ? Use turn-by-turn navigation prompts by turning on Guide Text (page10).? ? If you include a warmup, select to begin the course, and warm up as normal.

? ? Stay away from your course path as you warm up.? When you are ready to begin, head toward your course.? When you are on any part of the course path, a message appears.



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? NOTE: As soon as you select , your Virtual Partner starts the course and does not wait for you to warm up.? ? Scroll to the map to view the course map. ? If you stray from the course, the device displays a message.? Displaying a Course on the Map For each course saved to your device, you can customize how it appears on the map.? For example, you can set your commute course to always display on the map in yellow.? You can have an alternate course display in green.? This allows you to see the courses while you are riding, but not follow or navigate a particular course.? 4 Training 1 2 3 4 From the home screen, select > Courses.? Select the course.? Select Settings > Map Display.? Select Always Display > On to have the course appear on the map.? 5 Select Color, and select a color.

? The next time you ride near the course, it appears on the map.? 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>.? Putting On the Heart Rate Monitor NOTE: If you do not have a heart rate monitor, you can skip this task.? You should wear the heart rate monitor directly on your skin, just below your breastplate.? It should be snug enough to stay in place during your activity.? 1 Snap the heart rate monitor module onto the strap.? Changing the Course Speed 1 From the home screen, select > Courses.

? 2 Select a course.? 3 Select RIDE.? 4 Scroll to the Virtual Partner page.? 5 Use or to adjust the percentage of time to complete the course.? For example, to improve your course time by 20%, enter a course speed of 120%.

? You will race against the Virtual Partner to finish a 30-minute course in 24 minutes.? Stopping a Course 1 Tap the screen to view the timer overlay.? 2 Select > Courses > Stop Course.? Deleting a Course 1 From the home screen, select 2 Select a course.? 3 Select > .

? > Courses.? The Garmin logos (on the module and the strap) should be right-side up.? 2 Wet the electrodes on the back of the strap to create a strong connection between your chest and the transmitter.? Personal Records When you complete a ride, the device displays any new personal records you achieved during that ride.? Personal records include your fastest time over a standard distance, longest ride, and most ascent gained during a ride.? 3 If the heart rate monitor has a contact patch , wet the contact patch.? Wrap the strap around your chest, and connect the strap 4 hook to the loop .? Restoring Your Personal Records You can revert a personal record back to the previous saved record.? 1 From the home screen, select > Personal Records.? 2 Select .

? 3 Select a record, and select .? NOTE: This does not delete any saved activities.? Training Zones ? Heart rate zones (page5) ? Power zones (page7) ? Speed zones (page5) The Garmin logos should be right-side up.? 5 Bring the device within 10ft. (3m) of the heart rate monitor.? After you put on the heart rate monitor, it is active and sending data.? Setting Your Speed Zones Your device contains several different speed zones, ranging from very slow to your maximum speed.? The values for the zones are default values and may not match your personal abilities.? You can customize your zones on the device or using Garmin Connect.? 1 From the home screen, > Training Zones > Speed.

? 2 Select a zone.? You can enter a custom name for the zone.? 3 Enter the minimum and maximum speed values.? 4 Repeat steps 2?3 for each zone.? Setting Your Heart Rate Zones The device uses your user profile information from the initial setup to determine your heart rate zones.

? You can manually adjust the heart rate zones according to your fitness goals (page6).? For the most accurate calorie data during your activity, set your maximum heart rate, minimum heart rate, resting heart rate, and heart rate zones.? 1 From the home screen, select > Training Zones > Heart Rate.? 2 Enter your maximum, minimum, and resting heart rate values.? The zone values update automatically, but you can also edit each value manually.

? 3 Select Based On.:? ANT+ Sensors 5 4 Select an option: ? Select BPM to view and edit the zones in beats per minute.? ? Select % Max.? 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 resting heart rate.? 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.? The pedal magnet must be within 5 mm of the GSC 10.

? The indication line on the pedal magnet must line up with the indication line on the GSC 10.? 5 Unscrew the spoke magnet from the plastic piece.? 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 (page16) 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.? Installing the GSC 10 NOTE: If you do not have a GSC 10, you can skip this task.

? @@@@ Loosen the screw on the sensor arm.? 8 Move the sensor arm to within 5 mm of the spoke magnet.? @@9 Select Reset on the GSC 10.? The LED turns red, then green.? 10 Pedal to test the sensor alignment.

? The red LED blinks each time the pedal magnet passes the sensor.? @@NOTE: The LED blinks for the first 60 passes after a reset.? Select Reset again if you require additional passes.? @@Garmin recommends that the torque is 1.?9 to 2.

?4 lbf-in.? @@@@Cadence is your rate of pedaling or ?spinning? @@@@? Adjust your power zones to match your goals and abilities (page7).? ? @@@@1 From the home screen, select > Weight Scale.? A message appears when the weight scale is found.? 2 Stand on the scale when indicated.? @@Step off the scale when indicated.? 3 TIP: If an error occurs, step off the scale.? @@You can manually adjust your zones on the device or using Garmin Connect.? If you know your functional threshold power (FTP) value, you can enter it and allow the software to calculate your power zones automatically.? 1 From the home screen, select > Training Zones > Power.

? 2 Enter your FTP value.? 3 Select Based On.:? 4 Select an option: ? Select Watts to view and edit the zones in watts.? ? Select % FTP to view and edit the zones as a percentage of your functional threshold power.



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? History History includes time, distance, calories, speed, lap data, elevation, and optional ANT+ sensor information. ? NOTE: History is not recorded while the timer is stopped or paused. ? When the device memory is full, a message appears. ? The device does not automatically delete or overwrite your history. ? Upload your history to Garmin Connect periodically to keep track of all your ride data. ? Calibrating Your Power Meter Before you can calibrate your power meter, it must be properly installed, paired with your GPS device, and actively recording data.

? For calibration instructions specific to your power meter, refer to the manufacturer's instructions. ? 1 From the home screen, select . ? 2 Select Bike Profiles. ? 3 Select a profile. ? 4 Select > Calibrate.

? 5 Keep your power meter active by pedaling until the message appears. ? 6 Follow the on-screen instructions. ? Viewing Your Ride 1 From the home screen, select 2 Select Last Ride or All Rides. ? 3 Select an option. ? Viewing Data Totals You can view the accumulated data you have saved to the Edge, including the number of rides, time, distance, and calories.

? From the home screen, select > Totals. ? > Rides. ? Sending Your Ride to Garmin Connect NOTICE To prevent corrosion, thoroughly dry the mini-USB port, the weather cap, and the surrounding area before charging or connecting to a computer. ? 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 (3m) of the sensor. ? NOTE: Stay 10 m away from other ANT+ sensors while pairing. ? 2 From the home screen, select > Bike Profiles 3 Select a profile. ? 4 Select a sensor. ? 5 Enable the sensor, and select Search.

? When the sensor is paired with your device, the sensor status is Connected. ? You can customize a data field to display sensor data. ? 1 Pull up the weather cap from the mini-USB port . ? Pairing a Heart Rate Monitor Before you can pair, you must put on the heart rate monitor. ? 1 Bring the device within range (3m) of the heart rate monitor. ? NOTE: Stay 10m away from other ANT+ sensors while pairing. ? History 2 Plug the small end of the USB cable into the mini-USB port. ? 3 Plug the large end of the USB cable into a computer USB port. ? 4 Go to www.garminconnect.com. ? 5 Select Getting Started. ? 6 Follow the on-screen instructions. ? Garmin Connect 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, swims, hikes, triathlons, and more. ? To sign up for a free account, go to www.garminconnect.com/?start. ? Store your activities: After you complete and save an activity with your device, you can upload that activity to Garmin Connect and keep it as long as you want.

? Analyze your data: You can view more detailed information about your activity, including time, distance, elevation, heart rate, calories burned, an overhead map view, pace and speed charts, and customizable reports. ? ? Select All Courses to delete all courses you have saved or transferred to the device. ? ? Select All Workouts to delete all workouts you have saved or transferred to the device. ? ? Select All Personal Records to delete all personal records saved to the device. ? NOTE: This does not delete any saved activities. ? 3 Select . ? Data Recording The device uses smart recording. ? It records key points where you change direction, speed, or heart rate. ? When a power meter is paired, the device records points every second. ? Recording points every second provides an extremely detailed track, and uses more of the available memory.

? For information about data averaging for cadence and power, see page6. ? Changing the Data Storage Location 1 From the home screen, select > System > Data 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. ? Recording > Record To. ? 2 Select an option: ? Select Internal Storage to save your data to the device memory. ? ? Select Memory Card to save your data to an optional memory card. ? You can install a microSD? memory card for additional storage or pre-loaded maps. ? 1 Pull up the weather cap from the microSD card slot . ? Installing a Memory Card Connected Features The Edge has several connected features for your compatible Bluetooth enabled smartphone. ? For more information about how to use your Edge, go to www.garmin.com/?intosports?/?apps. ? NOTE: Your Edge must be connected to your Bluetooth enabled smartphone to take advantage of these features. ?

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 upload to Garmin Connect: Automatically sends your activity to Garmin Connect as soon as you finish recording the activity. ? Course and workout downloads from Garmin Connect: Allows you to search for activities on Garmin Connect using your smartphone and send them to your device so you can repeat them as a course or workout. ? Social media interactions: Allows you to post an update to your favorite social media website when you upload an activity to Garmin Connect. ? Weather updates: Sends real-time weather conditions and alerts to your device. ? 2 Press in the card until it clicks.

? Data Management NOTE: The device is not compatible with Windows 95, 98, Me, Windows NT, and Mac OS 10. ?3 and earlier. ? Connecting the Device to Your Computer NOTICE To prevent corrosion, thoroughly dry the mini-USB port, the weather cap, and the surrounding area before charging or connecting to a computer. ? Deleting History 1 From the home screen, select 2 Select an option: > Delete. ? ? Select All Rides to delete all saved activities from the history. ? ? Select Old Rides to delete activities recorded more than one month ago. ? ? Select All Totals to reset all distance and time totals. ? NOTE: This does not delete any saved activities. ? 1 Pull up the weather cap from the mini-USB port. ? 2 Plug the small end of the USB cable into the mini-USB port.

? 3 Plug the large end of the USB cable into a computer USB port. ? Your device and memory card (optional) appear as removable drives in My Computer on Windows computers and as mounted volumes on Mac computers. ? 8 History Transferring Files to Your Device 1 Connect the device to your computer (page8). ? Your device and memory card (optional) appear as removable drives in My Computer on Windows computers and as mounted volumes on Mac computers. ? NOTE: Some computers with multiple network drives cannot display device drives. ? See your operating system help file to learn how to map the drive.



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? On your computer, open the file browser.? Select a file.? Select Edit > Copy.? Open the Garmin or memory card drive or volume.
 ? Select Edit > Paste.? The file appears in the list of files in the device memory or on the memory card.? 5 Select > to save the location.? > .? Navigating to a
 Location 1 From the home screen, select 2 Select an option: 2 3 4 5 6 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.? 3 4 5 6 1 2 3 4 Open the Garmin drive or volume.? If necessary, open a
 folder or volume.? Select a file.? Press the Delete key on your keyboard.
 ? ? Select Locations to navigate to a saved location.? ? Select Recent Finds to navigate to one of the last 50 locations you have found.? ? Select Coordinates
 to navigate to known coordinates.? ? Select All POIs (requires routable maps) to navigate to a point of interest.? ? Select Addresses (requires routable maps)
 to navigate to a specific address.? ? Select Intersections to navigate to the intersection of two streets.? ? Select Cities to navigate to a city.? ? Select to narrow
 your search.? If necessary, select to enter specific search information (optional for locations, POIs, and cities only).? Select a location.

? Select RIDE.? Follow the on-screen instructions to your destination.? 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.? ?
 Navigation This section describes navigation features and settings.? Navigation settings also apply to navigating courses (page4).? ? Locations and finding
 places (page9) ? Route settings (page10) ? Optional maps (page10) ? Map settings (page10) Navigating to Known Coordinates 1 From the home screen,
 select > > Coordinates.
 ? 2 Enter the coordinates, and select .? 3 Follow the on-screen directions to your destination.? Navigating Back to Start At any point during your ride, you
 can return to the starting point.? 1 Go for a ride (page3).? 2 During your ride, tap the screen to view the timer overlay.
 ? 3 Select > Back to Start > RIDE.? The device navigates you back to the starting point of your ride.? Locations You can record and store locations in the
 device.? Saving Your Location You can save your present location, such as your home or parking spot.? From the home screen, select > System > GPS >
 Mark Location > .
 ? Stopping Navigation 1 Tap the screen to view the timer overlay.? 2 Select > Where To > Stop Navigation.? Projecting a Location You can create a new
 location by projecting the distance and bearing from a marked location to a new location.? 1 From the home screen, select > > Locations.? 2 Select a
 location.? 3 Select the information bar at the top of the screen.? 4 Select > Project Waypoint.? 5 Enter the bearing and distance to the projected location.? 9
 Saving Locations from the Map 1 From the home screen, select > 2 Browse the map for the location.? 3 Select the location on the map.

? .? Location information appears at the top of the map.? 4 Select the information bar at the top of the screen.? Navigation 6 Select .? Editing Locations 1
 From the home screen, select > > Locations.? 2 Select a location.? 3 Select the information bar at the top of the screen.? 4 Select .? 5 Select an attribute.?
 For example, select Change Elevation to enter a known altitude for the location.
 ? 6 Enter the new information, and select .? Finding a Point of Interest 1 From the home screen, select 2 Select a category.? > .? TIP: If you know the name
 of the business, select All POIs > to enter the name.? 3 If necessary, select a subcategory.
 ? 4 Select the location, and select RIDE.? Finding Nearby Locations 1 From the home screen, select 2 Select an option.? > > .? Deleting Locations 1 From
 the home screen, select > > Locations.? 2 Select a location.

? 3 Select the information bar at the top of the screen.? 4 Select > Delete Waypoint > .? For example, select A Recent Find to search for a restaurant near the
 address you recently searched for.? If necessary, select a category and subcategory.? 3 4 Select the location, and select RIDE.? Topographical Maps Your
 device may include topographical maps or you can purchase them from <http://buy.garmin.com>.? Garmin recommends that you download BaseCamp?
 to plan your routes and activities using topographical maps.? Route Settings Select > Activity Profiles, select a profile, and select Navigation > Routing.

? Activity: Allows you to select an activity for the device to calculate your route (page10).? Calculation Method: Allows you to select the calculation method
 to optimize your route.? Lock On Road (requires routable maps): Locks the position icon, which represents your position on the map, onto the nearest road.?
 Avoidance Setup (requires routable maps): Allows you to select the road type you want to avoid.? Recalculation (requires routable maps): Allows you to
 select the recalculation method when you deviate from the route.? Map Settings Select > Activity Profiles, select a profile, and select Navigation > Map.?
 Orientation: Adjusts how the map is shown on the page (page10).? Auto Zoom: Automatically selects the appropriate zoom level for optimal use on your
 map.? When Off is selected, you must zoom in or out manually.? Guide Text: Sets when the turn-by-turn navigation prompts are shown.
 ? Map Visibility: Allows you to set advanced map features (page10).? Map Information: Enables or disables the maps currently loaded on the device.?
 Selecting an Activity for Route Calculation You can set the device to calculate the route based on activity type.? 1 Select > Activity Profiles.? 2 Select a
 profile.
 ? 3 Select Navigation > Routing > Activity.? 4 Select an option to calculate your route.? For example, Tour Cycling or Mountain Biking.? Advanced Map
 Settings Select > Activity Profiles, select a profile, and select Navigation > Map > Map Visibility.? Map Visibility Mode: Auto and High Contrast have preset
 values.
 ? You can choose Custom to set each value.? Zoom Levels: Sets map items to draw or appear at or below the selected zoom level.? Text Size: Sets the text size
 for map items.? Detail: Sets the amount of detail shown on the map.? Showing more detail may cause the map to redraw more slowly.? Shaded Relief: Shows
 detail relief on the map (if available) or turns off shading.? Purchasing Additional Maps Before purchasing additional maps, you should determine the
 version of the maps that are loaded on your device.? 1 From the home screen, select > Activity Profiles.



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? 2 Select a profile.? 3 Select Navigation > Map > Map Information.

? 4 Select a map.? 5 Select .? 6 Go to <http://buy.garmin.com>, or contact your Garmin dealer.? Finding an Address You can use optional City Navigator maps to search for addresses, cities, and other locations.? The detailed and routable maps contain millions of points of interest, such as restaurants, hotels, and auto services.? 1 From the home screen, select > > Addresses.? 2 Follow the on-screen instructions.? TIP: If you are unsure of the city, select Search All.

? 3 Select the address, and select RIDE.? Changing the Map Orientation 1 Select > Activity Profiles.? 2 Select a profile.? 3 Select Navigation > Map > Orientation.? 4 Select an option: ? Select North Up to show north at the top of the page.

? ? Select Track Up to show your current direction of travel at the top of the page.? ? Select Automobile Driving to show an automotive perspective with the direction of travel at the top.? 10 Navigation Customizing Your Device Profiles The Edge has several ways for you to customize the device including profiles.? Profiles are a collection of settings that optimize your device based on how you are using it.? For example, you can create different settings and views for training and mountain biking.

? When you are using a profile and you change settings such as data fields or units of measurement, the changes are saved automatically as part of the profile.? Bike Profiles: You can create bike profiles for each bike you own.? The bike profile includes optional ANT+ sensors, bike weight, wheel size, odometer value, and crank length.? Activity Profiles: You can create activity profiles for each type of biking.? For example, you can have a profile for training, racing, and mountain biking.? The activity profile includes customized data pages, alerts, training zones (such as heart rate and speed), training settings (such as Auto Pause and Auto Lap), and navigation settings.? User Profile: You can update your gender, age, weight, height, and lifetime athlete settings.? The device uses this information to calculate accurate ride data.? ? Select Auto Lap to set how laps are triggered (page12).? ? Select Auto Scroll to customize the display of the training data pages when the timer is running (page12).

? ? Select Navigation to customize your map (page10) and route (page10) settings.? Any changes you make are saved to the active profile.? Setting Up Your User Profile You can update your gender, age, weight, height, and lifetime athlete settings.? The device uses this information to calculate accurate ride data.? 1 From the home screen, select > User Profile.? 2 Select an option.? About Lifetime Athletes A lifetime athlete is an individual who has trained intensely for many years (with the exception of minor injuries) and has a resting heart rate of 60 beats per minute (bpm) or less.? Bluetooth Settings Select > Bluetooth.?

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

? Friendly Name: Allows you to enter a friendly name that identifies your devices with Bluetooth wireless technology.? Pair Smartphone: Connects your device with a compatible Bluetooth-enabled smartphone.? Updating Your Bike Profile You can customize 10 bike profiles.? The device uses the bike weight, odometer value, wheel size, and crank length to calculate accurate ride data.? 1 From the home screen, select > Bike Profiles.

? 2 Select an option: ? Select a profile.? ? Select to add a new profile.? 3 Select the name of the bike.? 4 If necessary, edit the name, color, and image for the profile.? 5 If you are using a speed and cadence sensor or power sensor, select an option: ? Select Wheel Size > Automatic to calculate your wheel size using GPS distance.

? ? Select Wheel Size > Custom to enter your wheel size.? For a table of wheel sizes and circumferences, see page16.? ? Select Crank Length > Automatic to calculate your crank length using GPS distance.? ? Select Crank Length > Custom to enter your crank length.? Any changes you make are saved to the active profile.? About Training Settings The following options and settings allow you to customize your device based on your training needs.? These settings are saved to an activity profile.? For example, you can set time alerts for your racing profile and you can set an Auto Lap position trigger for your mountain biking profile.? Customizing the Data Pages You can customize data pages for each activity profile (page11).? 1 From the home screen, select > Activity Profiles.

? 2 Select a profile.? 3 Select Training Pages.? 4 Select a data page.? 5 If necessary, enable the data page.? 6 Select the number of data fields you want to see on the page.? 7 Select .? 8 Select a data field to change it.? 9 Select .? You can use Auto Pause to pause the timer automatically when you stop moving or when your speed drops below a specified value.? This feature is helpful if your ride 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 From the home screen, select > Activity Profiles.? 2 Select a profile.? 3 Select Auto Pause > Auto Pause Mode.? 4 Select an option: ? Select When Stopped to pause the timer automatically when you stop moving.

? 11 Updating Your Activity Profile You can customize five activity profiles.? You can customize your settings and data fields for a particular activity or trip.? 1 From the home screen, select > Activity Profiles.? 2 Select an option: ? Select a profile.? ? Select to add a new profile.

? 3 If necessary, edit the name and background image for the profile.? 4 Select an option: ? Select Training Pages to customize the data pages and data fields (page11).? ? Select Alerts to customize your training alerts (page3).? ? Select Auto Pause to change when the timer automatically pauses (page11).? Using Auto Pause Customizing Your Device ? Select Custom Speed to pause the timer automatically when your speed drops below a specified value.? 5 If necessary, customize optional time data fields (page11).? The Time - Elapsed data field displays the entire time including paused time.? Marking Laps by Position You can use Auto Lap to automatically mark the lap at a specific position.? This feature is helpful for comparing your performance over different parts of a ride (for example, a long climb or training sprints).? During courses, use the By Position option to trigger laps at all of the lap positions saved in the course.

? 1 From the home screen, select > Activity Profiles.? 2 Select a profile.? 3 Select Auto Lap > Auto Lap Trigger > By Position > Lap At.? 4 Select an option: ? Select Lap Press Only to trigger the lap counter each time you select and each time you pass any of those locations again.? ? Select Start and Lap to trigger the lap counter at the GPS location where you select and at any location during the ride where you select .? ? Select Mark and Lap to trigger the lap counter at a specific GPS location marked before the ride and at any location during the ride where you select .



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? 5 If necessary, customize the lap data fields (page11).? ? ? ? ? Display Settings (page12) Data Recording Settings (page12) Unit Settings (page12) Configuration Settings (page13) Language Settings (page13) Tone Settings (page13) GPS Settings Training Indoors You can turn GPS off when you are training indoors or to save battery life.? From the home screen, select > System > GPS > GPS Mode > Off.? When GPS is off, speed and distance are not available unless you have an optional sensor that sends speed and distance data to the device (such as the GSC 10).

? The next time you turn on the device, it will search for satellite signals again.? Setting Your Elevation If you have accurate elevation data for your present location, you can manually calibrate the altimeter on your device.? 1 From the home screen, select > System > GPS > Set Elevation.? 2 Enter the elevation, and select .? Viewing Satellites The satellite page shows your current GPS satellite information.

? For more information about GPS, go to www.garmin.com/?aboutGPS.? From the home screen, select > System > GPS > View Satellites.? GPS accuracy appears at the bottom of the page.

? The green bars represent the strength of each satellite signal received (the number of the satellite appears below each bar).? Marking Laps by Distance You can use Auto Lap to automatically mark the lap at a specific distance.? This feature is helpful for comparing your performance over different parts of a ride (for example, every 10 miles or 40 kilometers).? 1 From the home screen, select > Activity Profiles.? 2 Select a profile.? 3 Select Auto Lap > Auto Lap Trigger > By Distance > Lap At.? 4 Enter a value.? 5 If necessary, customize the lap data fields (page11).? Display Settings Select > System > Display.? Backlight Timeout: Adjusts the length of time before the backlight turns off (page2).

? Color Mode: Sets the device to display day or night colors.? You can select Auto to allow the device to automatically set day or night colors based on the time of day.? Screen Capture: Allows you to save the image on the device screen.? Calibrate Screen: Aligns the screen to properly respond to touches (page14).? Using Auto Scroll You can use the auto scroll feature to automatically cycle through all of the training data pages while the timer is running.? 1 From the home screen, select > Activity Profiles.? 2 Select a profile.? 3 Select Auto Scroll > Auto Scroll Speed.? 4 Select a display speed.? Data Recording Settings Select > System > Data Recording.

? Record To: Sets the data storage location (page8).? Recording Interval: Controls how the device records activity data.? Smart records key points where you change direction, speed, or heart rate.? 1 Sec.? records points every second.

? It creates a very detailed record of your activity and increases the size of the activity.? Data Averaging: Controls whether the device includes zero values for cadence and power data that occur when you are not pedaling (page6).? Changing the Start Notice This feature automatically detects when your device has acquired satellites and is moving.? It is a reminder to start the timer so you can record your ride data.? 1 From the home screen, select > Activity Profiles.

? 2 Select a profile.? 3 Select Start Notice > Start Notice Mode.? 4 Select an option: ? Select Once.? ? Select Repeat > Repeat Delay to change the amount of time to delay the reminder.? Changing the Units of Measure You can customize units of measure for distance and speed, elevation, temperature, weight, position format, and time format.? 1 Select > System > Units.? 2 Select a measurement type.? 3 Select a unit of measure for the setting.? System Settings Select > System.? ? GPS Settings (page12) 12 Customizing Your Device Changing the Configuration Settings You can modify all of the settings you configured in the initial setup.

? 1 Select > System > Device Reset > Initial Setup.? 2 Follow the on-screen instructions.? Operating temperature range From 5 to 158F (from -15 to 70C) Radio frequency/protocol 2.4 GHz ANT+ wireless communications protocol Changing the Device Language From the home screen, select > System > Language.? > System > Tones.? Device Care NOTICE Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.? Never use a hard or sharp object to operate the touch screen, or damage may result.? Avoid chemical cleaners and solvents that can damage plastic components.? Secure the weather cap tightly to prevent damage to the miniUSB port.? Setting the Device Tones From the home screen, select 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.

? Device Information Specifications Edge Specifications Battery type Battery life Optional external battery (accessory) Water resistance 1100 mAh rechargeable, built-in lithium-ion battery 15 hours, typical usage 20 hours, typical usage IPX7 Cleaning the Device 1 Wipe the device with a cloth dampened with a mild detergent solution.? 2 Wipe it dry.? Caring for the Heart Rate Monitor NOTICE You must unsnap the module before cleaning the strap.? A build up of sweat and salt on the strap can decrease the ability of the heart rate monitor to report accurate data.? ? Go to www.garmin.com/?HRMcare for detailed washing instructions.? ? Rinse the strap after every use.? ? Machine wash the strap after every seven uses.? ? Do not put the strap in a dryer.

? ? To prolong the life of your heart rate monitor, unsnap the module when not in use.? Operating temperature From -4 to 140F (from -20 to 60C) range Charging temperature range From 32 to 113F (from 0 to 45C) Bands (O-rings) for the Two sizes: standard mount ? 1.23 1.25 0.29 in.? AS568-125 ? 1.27 1.29 0.29 in.? AS568-131 NOTE: Use Ethylene Propylene Diene Monomer (EPDM) replacement bands only.

? Go to <http://?/?/?/buy?.garmin?.com>, or contact your Garmin dealer.? Heart Rate Monitor Battery WARNING Do not use a sharp object to remove user-replaceable batteries.? Contact your local waste disposal department to properly recycle the batteries.? Perchlorate Material ? special handling may apply.? Go to www.dtsc.ca.gov/?hazardouswaste/?perchlorate.

? About IPX7 NOTICE The device is water resistant to IEC Standard 60529 IPX7.? It can withstand immersion in 1 meter of water for 30 minutes.? Prolonged submersion can cause damage to the device.? After submersion, be certain to wipe dry and air dry the device before using or charging.? Heart Rate Monitor Specifications Battery type Battery life User-replaceable CR2032, 3 volts Up to 4.

? 5 years (1 hour per day).? When the battery is low, a message appears on your compatible Garmin device.? Water resistant to 98.24 ft.? (30 m) NOTE: This product does not transmit heart rate data while swimming.

? From 23 to 122F (from -5 to 50C) 2.4 GHz ANT+ wireless communications protocol Replacing the Heart Rate Monitor Battery 1 Use a small Phillips screwdriver to remove the four screws on the back of the module.



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? 2 Remove the cover and battery.? Water resistance Operating temperature range Radio frequency/ protocol GSC 10 Specifications Battery type Battery life Water resistance User-replaceable CR2032, 3 volts Approximately 1.?4 years (1 hour per day) IPX7 3 Wait 30 seconds.? 4 Insert the new battery with the positive side facing up.? NOTE: Do not damage or lose the O-ring gasket.? 5 Replace the back cover and the four screws.? Device Information 13 After you replace the heart rate monitor battery, you must pair it with the device again.? Adjusting the Backlight Timeout You can decrease the backlight timeout to maximize the battery life.

? 1 Select > Backlight Timeout.? 2 Select an option.? Replacing the GSC 10 Battery 1 Locate the circular battery cover on the side of the GSC 10.? Using the Auto Power Down Feature This feature automatically turns off the device after 15 minutes of inactivity.? 1 Select > System > Auto Power Down.? 2 Select On.? Calibrating the Touchscreen > System > Display > Calibrate Screen.? 2 Follow the on-screen instructions.? 1 From the home screen, select Locking the Touchscreen You can lock the screen to prevent inadvertent screen touches.? 1 Select .

? 2 Select .? 2 Use a coin to twist the cover counter-clockwise until it is loose enough to remove (the arrow points to unlocked).? 3 Remove the cover and the battery .? 4 Wait 30 seconds.? 5 Insert the new battery with the positive side facing up.

? NOTE: Do not damage or lose the O-ring gasket.? 6 Use a coin to twist the cover clockwise back into place (the arrow points to locked).? After you replace the GSC 10 battery, you must pair the GSC 10 with the device again.? Unlocking the Touchscreen 1 Select .? 2 Select .

? Getting More Information You can find more information about this product on the Garmin website.? ? Go to www.garmin.com/?intosports.? ? Go to www.garmin.com/?learningcenter.? ? Go to <http://?/?/?/buy?.garmin?.com>, or contact your Garmin dealer for information about optional accessories and replacement parts.

? Troubleshooting Resetting the Device If the device stops responding, you may need to reset it.? This does not erase any of your data or settings.? 1 Hold for 10 seconds.? 2 Hold for one second to turn on the device.? Temperature Readings The device may display temperature readings that are higher than the actual air temperature if the device is placed in direct sunlight, held in your hand, or is charging with an external battery pack.? Also, the device will take some time to adjust to significant changes in temperature.? 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 Turn off the device.? 2 Place your finger on the top left corner of the touchscreen.

? 3 While holding your finger on the touchscreen, turn on the device.? 4 Select .? Viewing Device Information You can view the unit ID, software version, and license agreement.? From the home screen, select > System > About.? Updating the Software NOTE: Updating the software does not erase any of your data or settings.

? 1 Connect your device to a computer using the USB cable.? 2 Go to www.garmin.com/?products?/?webupdater.? 3 Follow the on-screen instructions.? Maximizing Battery Life ? ? ? ? Decrease the backlight (page14).? Shorten the backlight timeout (page14).? Select the Smart recording interval (page12).? Turn on the Auto Power Down feature (page14).? Appendix Registering Your Device Help us better support you by completing our online registration today.? ? Go to <http://?/?/?/my?.garmin?.com>.? ? Keep the original sales receipt, or a photocopy, in a safe place.? Troubleshooting ? Turn off the Bluetooth wireless feature (page11).

? Decreasing the Backlight 1 Select to open the status page.? 2 Use and to adjust the brightness.? 14 Data Fields Some data fields require ANT?+ accessories to display data.? Balance: The current left/right power balance.? Balance - 10s Avg.?: The 10-second moving average of the left/ right power balance.? Balance - 30s Avg.?: The 30-second moving average of the left/ right power balance.? Balance - 3s Avg.?: The three-second moving average of the left/right power balance.

? Balance - Avg.?: The average left/right power balance for the current activity.? Balance - Lap: The average left/right power balance for the current lap.? Battery Level: The remaining battery power.? Cadence: The revolutions of the crank arm or strides per minute.

? Your device must be connected to a cadence accessory.? Cadence - Avg.?: The average cadence for the current activity.? Cadence - Lap: The average cadence for the current lap.? Calories: The amount of total calories burned.

? Calories - Fat: The amount of fat calories burned.? Requires a New Leaf assessment.? Calories to Go: During a workout, the remaining calories when you are using a calorie target.? Course Pt.? Dist.?: The remaining distance to the next point on the course.? Dist. - Lap: The distance traveled for the current lap.? Dist. - Last Lap: The distance traveled for the last completed lap.

? Dist. to Dest.?: The remaining distance to the final destination.? You must be navigating for this data to appear.? Dist. to Go: During a workout or course, the remaining distance when you are using a distance target.? Dist. to Next: The remaining distance to the next waypoint on the route.? You must be navigating for this data to appear.? Distance: The distance traveled for the current track or activity.

? Elevation: The altitude of your current location above or below sea level.? ETA at Destination: The estimated time of day you will reach the final destination (adjusted to the local time of the destination).? You must be navigating for this data to appear.? ETA at Next: The estimated time of day you will reach the next waypoint on the route (adjusted to the local time of the waypoint).? You must be navigating for this data to appear.

? GPS Accuracy: The margin of error for your exact location.? For example, your GPS location is accurate to within +/- 12feet (3.?65m).? GPS Signal Strength: The strength of the GPS satellite signal.? Grade: The calculation of rise (elevation) over run (distance).

? For example, if for every 10feet (3m) you climb you travel 200feet (60m), the grade is 5%.? Heading: The direction you are moving.? Heart Rate: Your heart rate in beats per minute (bpm).? Your device must be connected to a compatible heart rate monitor.? HR - %HRR: The percentage of heart rate reserve (maximum heart rate minus resting heart rate).? HR - %Max.?: The percentage of maximum heart rate.? HR - Avg.?: The average heart rate for the current activity.? HR - Avg.

? %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current activity.? Appendix HR - Avg.?

%Max.?: The average percentage of maximum heart rate for the current activity.? HR - Lap: The average heart rate for the current lap.? HR - Lap %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current lap.



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? HR - Lap %Max.?: The average percentage of maximum heart rate for the current lap.? HR - Last Lap: The average heart rate for the last completed lap.?
 HR to Go: During a workout, the amount you are above or below the heart rate target.

? HR Zone: The current range of heart rate (1 to 5).? @@Laps: The number of laps completed for the current activity.? Location at Dest.?: The last point on the route or course.? Location at Next: The next point on the route or course.

? Odometer: A running tally of distance traveled for all trips.? This total does not clear when resetting the trip data.? Power: The current power output in watts.? @@Power - 10s Avg.?: The 10-second moving average of power output.

? Power - 30s Avg.?: The 30-second moving average of power output.? Power - 3s Avg.?: The three-second moving average of power output.? Power - Avg.?: The average power output for the current activity.? Power - IF: The Intensity Factor? for the current activity.? @@Power - Lap: The average power output for the current lap.? @@Power - Max.?: The top power output for the current activity.

? Power - NP: The Normalized Power? for the current activity.? Power - NP Lap: The average Normalized Power for the current lap.? Power - NP Last Lap: The average Normalized Power for the last completed lap.? Power - TSS: The Training Stress Score? for the current activity.? Power - Watts/kg: The amount of power output in watts per kilogram.? Power Zone: The current range of power output (1 to 7) based on your FTP or custom settings.? Reps to Go: During a workout, the remaining repetitions.? Speed: The current rate of travel.? Speed - Avg.?: The average speed for the current activity.

? Speed - Lap: The average speed for the current lap.? Speed - Last Lap: The average speed for the last completed lap.? Speed - Max.?: The top speed for the current activity.? Speed Zone: The current range of speed (1 to 10).

? Zones can be set in Garmin Connect.? Sunrise: The time of sunrise based on your GPS position.? Sunset: The time of sunset based on your GPS position.?
 15 Temperature: The temperature of the air.? Your body temperature affects the temperature sensor.

? Time: The stopwatch time for the current activity.? Time - Avg.? Lap: The average lap time for the current activity.? Time - Elapsed: The total time recorded.? For example, if you start the timer and run for 10 minutes, then stop the timer for 5 minutes, then start the timer and run for 20 minutes, your elapsed time is 35 minutes.? Time - Lap: The stopwatch time for the current lap.? Time - Last Lap: The stopwatch time for the last completed lap.? Time of Day: The current time of day based on your current location and time settings (format, time zone, daylight saving time).? Time to Dest.?: The estimated time remaining before you reach the destination.

? You must be navigating for this data to appear.? Time to Go: During a workout, the remaining time when you are using a time target.? Time to Next: The estimated time remaining before you reach the next waypoint in the route.? You must be navigating for this data to appear.? Time to Sunrise: The estimated time remaining before sunrise.? Time to Sunset: The estimated time remaining before sunset.? Total Ascent: The total elevation distance ascended since the last reset.? Total Descent: The total elevation distance descended since the last reset.? Vertical Speed: The rate of ascent or descent over time.? VS - 30S Avg.?: The 30-second moving average of vertical speed.? Wheel Size 16 1.25 16 1.75 18 1.25 18 1.75 20 1.25 20 1-3/8 22 1-3/8 22 1-1/2 24 1 24 3/4 Tubular 24 1-1/8 24 1-1/4 24 1.75 24 2.00 24 2.125 26 7/8 26 1(59) 26 1(65) 26 1.75 26 1-1/8 26 1-3/8 26 1-1/2 26 1.75 26 1.75 26 1.95 26 2.00 26 2.10 26 2.125 26 2.25 L (mm) 1185 1195 1340 1350 1515 1615 1770 1785 1753 1785 1795 1905 1890 1925 1965 1920 1913 1952 1953 1970 2068 2100 2005 2010 2023 2050 2055 2068 2070 2083 2170 2145 2155 2161 2169 2090 2125 2105 2070 2080 2086 2096 2105 2136 2170 2155 2130 2168 2180 2200 Heart Rate Zone Calculations Zone % of Maximum Heart Rate 1 50?60% Perceived Exertion Benefits 26 3.00 27 1 27 1-1/8 27 1-1/4 27 1-3/8 650 35A 650 38A 650 38B 700 18C 700 19C 700 20C 700 23C 700 25C 700 28C 700 30C 700 32C 700C Tubular 700 35C 700 38C 700 40C Relaxed, easy pace, rhythmic breathing Comfortable pace, slightly deeper breathing, conversation possible Moderate pace, more difficult to hold conversation Fast pace and a bit uncomfortable, breathing forceful Sprinting pace, unsustainable for long period of time, labored breathing Beginning-level aerobic training, reduces stress Basic cardiovascular training, good recovery pace Improved aerobic capacity, optimal cardiovascular training Improved anaerobic capacity and threshold, improved speed Anaerobic and muscular endurance, increased power 2 60?70% 3 70?80% 4 80?90% 5 90?100% Wheel Size and Circumference The wheel size is marked on both sides of the tire.

? This is not a comprehensive list.? You can also use one of the calculators available on the Internet.? To modify your bike profile, see page 11.? Wheel Size 12 1.75 14 1.25 14 1.75 16 L (mm) 935 1020 1055 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.? Garmin Ltd.? and its subsidiaries (?Garmin?) grant you a limited license to use the software embedded in this device (the Appendix ?Software?) in binary executable form in the normal operation of the product.

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? Appendix 17 Index A accessories?5, 7, 14 addresses, finding?9 alerts?3 altimeter, calibrating?12 ANT+ sensors?2 pairing?7 ANT+ sensors?5 applications?8 Auto Lap?12 Auto Pause?11 auto scroll?12 H heart rate alerts?3 monitor?5 zones?5, 6, 16 heart rate monitor?13 pairing?7 history?3, 7 deleting?8 sending to computer?7, 8 I icons?2 initial setup?13 installing?1, 6 B back to start?9 backlight?2, 12, 14 battery charging?1 maximizing?14 replacing?13 type?1 Bluetooth technology?8, 11 brightness?14 K keys?2 screen.



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