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You can read the recommendations in the user guide, the technical guide or the installation guide for GARMIN FORERUNNER 110. You'll find the answers to all your questions on the GARMIN FORERUNNER 110 in the user manual (information, specifications, safety advice, size, accessories, etc.). Detailed instructions for use are in the User's Guide.

User manual GARMIN FORERUNNER 110
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GARMIN

owner's manual

FORERUNNER® 110

GPS-ENABLED SPORT WATCH



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Manual abstract:

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Visit the Garmin Web site (www.garmin.com) for current updates and supplemental information concerning the use and operation of this and other Garmin products. Garmin®, the Garmin logo, Garmin Training Center®, Forerunner®, and Auto Lap® are trademarks of Garmin Ltd. or its subsidiaries, registered in the USA and other countries. Garmin Connect™, ANTTM, and ANT+™ are trademarks of Garmin Ltd. or its subsidiaries. These trademarks may not be used without the express permission of Garmin. © Mac® is a registered trademark of Apple Computer, Inc. © © © © © When using your Forerunner® the first time, complete the following tasks: 1.

2. 3. 4. Charge the Forerunner (page 3). Configure the Forerunner (page 4). Locate satellites (page 5). Put on the optional heart rate monitor (page 6). 5. Go for a run (page 6). 6.

Save your run (page 7). Charging the Forerunner notice To prevent corrosion, thoroughly dry the contacts and the surrounding area before charging or connecting to a computer. The Forerunner will not charge when the battery is outside the temperature range of 41°F to 104°F (5°C to 40°C). Charging Clip Forerunner 110 Owner's Manual 3 1. Plug the USB end of the cable into the AC adapter.

2. Plug the AC adapter into a standard wall outlet. 3. Align all four contacts on the back of the Forerunner with the four posts on the charging clip. When you connect the Forerunner to a power source, the Forerunner turns on, and the charging screen appears.

Configuring the Forerunner The first time you use the Forerunner, you are prompted to choose your system settings. · Press and to view choices and change the default selection. · Press OK to make a selection. Buttons Each button has multiple functions. 4. Charge the Forerunner completely. When the Forerunner is fully charged, the animated battery on the screen is solid (). 4 Forerunner 110 Owner's Manual light Press light to turn on the backlight. Press and hold to turn the device on and off. Press start/stop to start and stop the timer.

* Press and to scroll through menus and settings. Press to mark a new lap. Press and hold to save your run and reset the timer. Press page to switch between the time of day, timer, and heart rate (optional) pages. Press and hold menu to open the menu. Press OK to select menu options and acknowledge messages. icons Battery charge level. For battery life information, see page 13. GPS is on and receiving signals. Heart rate monitor is active.

Alarm is on. start/ stop lap/ reset page/ menu Locating Satellite Signals It may take 30 to 60 seconds to locate satellite signals. 1. If necessary, press page to view the locating satellites page. 2.

Go outdoors to an open area. 3. Wait while the Forerunner searches for satellites. Do not begin your activity until the locating satellites page disappears. The time of day is set automatically.

5 OK * *OK, , and or a message. appear with a menu Forerunner 110 Owner's Manual Putting on the Heart Rate Monitor nOte: If you do not have a heart rate monitor, you can skip this section. Wear the heart rate monitor directly on your skin, just below your breastplate. It should be snug enough to stay in place during your run. 1. Push one tab on the strap through the slot in the heart rate monitor. Tab Heart Rate Monitor Strap Slot Heart Rate Monitor (Front) Electrodes 3. Wet both electrodes on the back of the heart rate monitor to create a strong connection between your chest and the transmitter. 4. © © The Garmin logo should be rightside up.

© © © © © From the timer page, press start to start the timer. History is only recorded while the timer is running. 2. © © © © © 1. Press and hold menu.

2. Select History. 3. Use and to scroll through your saved runs. 4.

Press OK. Deleting a Run 1. Press and hold menu. 2. Select History.

3. Use and to select a run. 4. Press and hold and simultaneously. 5.

© © When the Forerunner memory is full, your oldest data is overwritten. © © Press and hold menu. 2. Select Alarm > Set. 3. Use and to enter the alarm time. 4. Press OK. © © 1. Press and hold menu.

2. Select Auto Lap. 3. Use and to enter the distance. 4. Press OK. © © © © 1. Press and hold menu. 2. Select User Profile.

3. Use and to enter your profile information. You can use the chart on page 11 to determine your activity class. 4. © © For more information, go to www.firstbeattechnologies.com. © © 1. Press and hold menu. Forerunner 110 Owner's Manual 2.

Select Setup. 3. Use and to modify the settings. 4. Press OK. © © 1. 2. 3. 4. Press and hold menu.

Select Setup > time > Manual. Use and to set the time. © © It operates directly on your computer, not on the Internet. 1. Go to www.garmin.com/intosports. 2. © © © © Connect the USB cable to a USB port on your computer. 2.

© © 3. © © 4. © © © nOte: The Forerunner is not compatible with Windows® 95, 98, Me, or NT. It is also not compatible with Mac® OS 10.3 and earlier. Deleting History Files notice Your Forerunner memory contains important system files and folders that should not be deleted. 1. Connect the Forerunner to your computer using the USB cable (page 9). 2. 3.

4. 5. Your Forerunner appears as a removable drive in My Computer on Windows computers and as a mounted volume on Mac computers. Open the "Garmin" drive or volume. Open the "Activities" folder or volume. Highlight the files. Press the Delete key on your keyboard. Disconnecting the USB Cable 1. Complete an action: · For Windows computers, click the eject icon in your system tray. · For Mac computers, drag the volume icon to the Trash .

2. Disconnect the Forerunner from your computer. Forerunner 110 Owner's Manual 10 activity Classes How active are you? 0 1 2 3 4 5 6 7 8 9 10 Daily training 3 to 5 times per week Almost daily Daily Regular exercise and training No exercise Occasional, light exercise How often do you exercise? Once

*every two weeks Once a week 2 to 3 times per week How long do you exercise? Less than 15 minutes 15 to 30 minutes Approximately 30 minutes
Approximately 45 minutes 45 minutes to 1 hour 1 to 3 hours 3 to 7 hours 7 to 11 hours 11 to 15 hours More than 15 hours The activity class information is
provided by Firstbeat Technologies Ltd.*



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, portions of which are based on Jackson et al. "Prediction of Functional Aerobic Capacity Without Exercise Testing," *Medicine and Science in Sports and Exercise* 22 (1990): 863870. *Forerunner 110 Owner's Manual* 11 Specifications notice The Forerunner is waterproof to IEC Standard 60529 IPX7. It can withstand immersion in 1 meter of water for 30 minutes. Prolonged submersion can cause damage to the unit. After submersion, be certain to wipe dry and air dry the unit before using or charging. @@@@See www.

dtsc .ca.gov/hazardouswaste /perchlorate. @@@@Forerunner Battery Life Battery Life* 1 week Forerunner Use You are training for 45 minutes per day with GPS. The Forerunner is in power save mode for the remaining time.

You are using the Forerunner in power save mode the entire time. You are training with GPS the entire time. *The actual battery life of a fully charged battery depends on how much time you use GPS, the backlight, and power save mode. Exposure to extremely cold temperatures will also reduce battery life.

Power Save After a period of inactivity, the Forerunner prompts you to go into power save mode.

The Forerunner displays th.



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