Your PDF Guides

You can read the recommendations in the user guide, the technical guide or the installation guide for GARMIN FORERUNNER 210. You'll find the answers to all your questions on the GARMIN FORERUNNER 210 in the user manual (information, specifications, safety advice, size, accessories, etc.). Detailed instructions for use are in the User's Guide.

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GARMIN. owner's manual

FORERUNNER® 210
GPS-ENABLED SPORTS WATCH

Manual abstract:

Introduction Table of Contents

Press and hold to turn the device on and off. start/stop Press to start and stop the timer. @@@@Press and hold to save your run and reset the timer. Press to switch between the time of day, timer, and heart rate pages. Press and hold to open the menu.

Press to select menu options and acknowledge messages. Icons Battery charge level. For battery life information, see page 18. GPS is on and receiving signals. Fitness equipment is active. Heart rate monitor is active. Foot pod is active. Alarm is on. OK * *OK, , and or a message. appear with a menu Forerunner 210 Owner's Manual Training Training going for a Run Before you can record history, you must locate satellite signals or pair your Forerunner with a foot pod.

1. From the timer page, press start to start the timer . History is recorded only while the timer is running. Your distance and pace or speed appear on the timer page. Saving Your Run Press and hold reset to save your run and reset the timer. Press and hold menu. Select Setup > Format. Select Pace or Speed. Select Current, Average, or Lap for the type of pace or speed data you want to appear on the timer page. 1. 2. 3. 4. Displaying Pace or Speed 2. After completing your run, press stop.

Using Auto Lap You can use Auto Lap® to automatically mark the lap at a specific distance. 1. Press and hold menu. 2. Select Auto Lap.

3. Enter the distance, and press OK. Forerunner 210 Owner's Manual Training Interval Workouts You can create interval workouts based on distance or time. Your custom interval workout is saved until you create another interval workout. Creating an Interval Workout 1. Press and hold menu. 2. Select Intervals > Set. 3. Select Distance or Time.

4. Enter a distance or time interval value, and press OK. TIP: To create an open-ended interval, set the value to "Open." 5. Select Distance or Time for the rest interval. 6. Enter a distance or time value for the rest interval, and press OK. 7. Select the number of repetitions. 8.
If necessary, select Yes to add an open-ended warm up to your workout. Forerunner 210 Owner's Manual 9. If necessary, select Yes to add an open-ended cool down to your workout. 10. Select Intervals > On.

Starting an Interval Workout 1. Press start to begin your interval workout. If your interval workout has a warm up, you must press lap to begin the first interval. 2. Follow the on-screen instructions.

When you complete all of the intervals, a message appears. Stopping an Interval Workout · At any time, press lap to end an interval early. · At any time, press stop to stop the timer. · If your interval workout has a cool down, you must press lap to end the interval workout. Training Pairing Your ANT+ Sensor If your Forerunner does not show heart rate or foot pod data, you may need to pair the accessory to your Forerunner. Pairing is the connecting of ANT+TM wireless sensors, for example, connecting your foot pod with a Forerunner. After you pair the first time, your Forerunner automatically recognizes your foot pod each time it is activated. Before you can pair, you must put on the heart rate monitor or install the foot pod. For more information, refer to the instructions included with your accessory or refer to the Forerunner 210 Quick Start Manual. · Bring the Forerunner within range (3 m) of the accessory.

Stay 10 m away from other ANT+ sensors while pairing. · If is off, press and hold menu, and select HR Monitor > On. · If is flashing, from the timer page, press page to view the heart rate page. The Forerunner searches for your heart rate signal for 30 seconds. · If is off, press and hold menu, and select Foot Pod > On. · If is flashing, make sure your foot pod is installed correctly, and walk around to activate the foot pod. · If you still cannot pair the accessory, replace the accessory battery pages 1920. When the accessory is paired, a message appears, and or appears solid on the screen. Forerunner 210 Owner's Manual Training ANT+ Sensor Troubleshooting Problem I have a third-party ANT+ sensor. I cannot pair the foot pod.

Solution Make sure that it is compatible with the Forerunner (www.garmin.com/intosports). GPS needs to be disabled. 1. Go indoors. 2. While the Forerunner is trying to locate satellites, press page. 3. Select Yes.
· Make sure that the heart rate monitor is snug against your body. · Warm up for 510 minutes. · Reapply moisture to the electrodes. Use water, saliva, or electrode gel. · Clean the electrodes. Dirt and sweat residue on the electrodes can interfere with heart rate signals. · Position the electrodes on your back instead of your chest.

· Wear a cotton shirt or wet your shirt if suitable for your activity. Synthetic fabrics that rub or flap against the heart rate monitor can create static electricity that interferes with heart rate signals. · Move away from sources of strong electromagnetic fields and some 2.

4 GHz wireless sensors, which can interfere with your heart rate monitor. Sources of interference may include highvoltage power lines, electric motors, microwave ovens, 2.4 GHz cordless phones, and wireless LAN access points. The heart rate data is inaccurate or erratic. Forerunner 210 Owner's Manual Training Heart Rate Monitor About Heart Rate Zones Many athletes are using 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. @@@@@@@@@@Setting Your Heart Rate Zones 1.
Press and hold menu. 2. Select HR Monitor > Set Zones. 3. Enter your maximum heart rate, and press OK.
4. @@1. Press and hold menu. 2. Select HR Alerts.
3. Enter the high alert value. You can select a zone or enter a custom value. 4. Press OK. 5. Enter the low alert value. You can select a zone or enter a custom value. 6. Press OK.

@@@@@@You must pair the foot pod with your Forerunner (page 6). @@When the battery is low, a message appears on your Forerunner. Approximately five hours of battery life remain. 10 Trash . 2. @@2. 3. 4. Ltd. @@Select Alarm > Set.
Enter the alarm time. @@1. Press and hold menu. 2. Select Setup.
3. Modify the settings. @@1. Press and hold menu. 2.
Select Setup > Time > Manual. 3. @@@@1. Press and hold menu. 2. Select User Profile. 3. @@It can withstand immersion in 1 meter of water for 30 minutes. Prolonged submersion can cause damage to the unit. @@@@@@@@Battery User-replaceable CR2032, 3 volts, (page 19).

@@Radio 2.4 GHz ANT+ wireless frequency/ communications protocol protocol Foot Pod Specifications Water 32.9 ft. (10 m) resistance Battery User-replaceable CR2032, 3 volts, (page 19). Battery life Approximately 400 hours run time Operating From 14°F to 140°F temperature (from -10°C to 60°C) Radio 2.4 GHz ANT+ wireless frequency/ communications protocol protocol Forerunner 210 Owner's Manual 1 Appendix About the Battery WARNINg This product contains a lithium-ion battery. See the Important Safety and Product Information guide in the product box for product warnings and other important information. 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. Up to 3 You are using the weeks Forerunner in power save mode the entire time.
Up to 8 hours You are training with GPS the entire time. and power save mode. Exposure to extremely cold temperatures also reduces battery life. Power Save After a period of inactivity, the Forerunner goes into power save mode. The Forerunner displays the time and date, but does not connect with your ANT+ accessories or use GPS.
You can press page to exit power save mode. 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°F104°F (5°C40°C). 1. Plug the USB end of the cable into the AC adapter.
Forerunner 210 Owner's Manual *The actual battery life of a fully charged battery depends on how much time you use GPS, the backlight, 1 Appendix 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 . 4. Charge the Forerunner completely. When the Forerunner is fully charged, the animated battery on the screen is solid ( ). Heart Rate Monitor and Foot Pod Batteries 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.

See www.dtsc.ca.gov /hazardouswaste/perchlorate. When you connect the Forerunner to a power source, the Forerunner turns on, and the charging screen appears. Forerunner 210 Owner's Manual 1 Appendix Replacing the Heart Rate Monitor Battery 1. Use a small Phillips screwdriver to remove the four screws on the back of the module. 2. Remove the cover and battery. 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. After you replace the heart rate monitor battery, you must pair it with the device again. 20 Replacing the Foot Pod Battery 1. Locate the circular battery cover on the back of the device. 2.
Twist the cover counter-clockwise until it is loose enough to remove. 3. Remove the cover and the battery. 4. Wait 30 seconds. 5. Place the new battery into the cover with the positive side facing the inside of the cover. 6. Replace the cover by aligning the dots and rotating the cover clockwise. After you replace the foot pod battery, you must pair it with the device again.

Forerunner 210 Owner's Manual Appendix Caring for Your Device NOTICE Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage. Avoid chemical cleaners and solvents that can damage plastic components. Cleaning the Device 1. Use a cloth dampened with a mild detergent solution. 2. Wipe it dry. Caring for the Heart Rate Monitor You must unsnap the module before cleaning the strap. · Rinse the strap after every use. · Hand wash the strap in cold water with a mild detergent after every five uses. · Do not put the strap in a washing machine or a dryer.
· To prolong the life of your heart rate monitor, unsnap the module when not in use. Forerunner 210 Owner's Manual 21 Appendix Troubleshooting Problem The keys do not respond. How do I reset the device? My device does not locate satellite signals. Solution 1. Press and hold light until the screen goes blank. 2. Press and hold light until the screen turns on. 1. Take your device out of parking garages and away from tall buildings and trees. 2.
Remain stationary for several minutes. How do I know my You should see a new removable disk drive in My Computer on device is in USB mass Windows computers and a mounted volume on Mac computers. storage mode? I cannot see any new If you have several network drives mapped on your computer, removable drives in Windows may have trouble assigning drive letters to your my list of drives.

Garmin drives. See the Help file for your operating system to learn how to assign drive letters. Some of my data When the device memory is full, your oldest data is overwritten. is missing from the Transfer data to your computer regularly to avoid losing data. @@Select an option: · Use WebUpdater. Go to www.garmin.

com/products /webupdater. · Use Garmin Connect. Go to www.garminconnect.com. 2. Follow the on-screen instructions. @@· Go to www.garmin.com/intosports.

@@@@· In the UK, contact Garmin (Europe) Ltd. by phone at 0808 2380000. · In Europe, go to www.garmin .com/support and click Contact Support for in-country support information, or contact Garmin (Europe) Ltd.

by phone at +44 (0) 870.8501241. Forerunner 210 Owner's Manual 2 Index Index A alarm 15 ANT+ fitness equipment 11 foot pod 10 heart rate monitor 8 pairing 6 troubleshooting 7 weight scale 11 Auto Lap 4 B battery charging 18 foot pod 20 Forerunner 18 heart rate monitor 20 power save 18 C calories 15 care information 21 2 charging 18 cleaning the device 21 D deleting history 1213 F fitness equipment 11 foot pod battery 20 calibrating 11 pairing 6 g Garmin Connect 12 Garmin Product Support 23 Garmin Training Center 12 H heart rate alerts 10 heart rate monitor battery 20 cleaning 21 pairing 6 heart rate zones 89 history 22 deleting 1213 transferring 13 viewing 12 I icons 3 interval workouts 5 K keys 2 L language 15 locating satellite signals 22 M mass storage 1314, 22 P pace 4 power save 18 product support 23 R registering your device 2 resetting the device 22 Forerunner 210 Owner's Manual Index S satellite signals 22 saving your run 4 software 23 specifications 1617 speed 4 storing the device 21 system settings 15 T time settings 15 tones 15 transferring history 13 troubleshooting ANT+ accessories 7 Forerunner 22 U units 15 updating the software 23 USB mass storage 1314, 22 user profile 15 V viewing history 12 W water resistance 1617 weight scale 11 Forerunner 210 Owner's Manual 2 For the latest free software updates (excluding map data) throughout the life of your garmin products, visit the garmin Web site at www.garmin.com.

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