



# Your PDF Guides

You can read the recommendations in the user guide, the technical guide or the installation guide for GARMIN FORERUNNER 620. You'll find the answers to all your questions on the GARMIN FORERUNNER 620 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 620**  
**User guide GARMIN FORERUNNER 620**  
**Operating instructions GARMIN FORERUNNER 620**  
**Instructions for use GARMIN FORERUNNER 620**  
**Instruction manual GARMIN FORERUNNER 620**

**GARMIN.**

Forerunner® 620  
Owner's Manual



October 2013

190-01631-00\_0A

Printed in Taiwan



[You're reading an excerpt. Click here to read official GARMIN FORERUNNER 620 user guide](http://yourpdfguides.com/dref/5573891)  
<http://yourpdfguides.com/dref/5573891>

**Manual abstract:**

? or its subsidiaries, registered in the USA and other countries.? ANT?+?, Garmin Connect?, Garmin Express?, and HRM?-?Run? are trademarks of Garmin Ltd.? or its subsidiaries.? These trademarks may not be used without the express permission of Garmin.? The Bluetooth word mark and logos are owned by the Bluetooth SIG, Inc.? and any use of such marks by Garmin is under license.? The Cooper Institute, as well as any related trademarks, are the property of The Cooper Institute.? Firstbeat and Analyzed by Firstbeat are registered or unregistered trademarks of Firstbeat Technologies Ltd.? Mac is a registered trademark of Apple Computer, Inc.? Windows and Windows NT are registered trademarks of Microsoft Corporation in the United States and other countries. ? Wi-Fi is a registered mark of Wi-Fi Alliance Corporation.? Other trademarks and trade names are those of their respective owners.? This product is ANT?+? certified.? Visit [www.thisisant.com/](http://www.thisisant.com/) directory for a list of compatible products and apps.? Table of Contents Introduction....

.....

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

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

.... 1 Getting Started .....

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

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

..... 1 Keys .

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

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

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

1 Status Icons .....

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

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

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

.... 1 Touchscreen Tips .....

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

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

.... 1 Going for a Run .....

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

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

... 1 Viewing the Time of Day While Running ..

.....

.....  
.....

.... 1 Using Garmin Connect .

.....

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

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

.. 1 Garmin Connect .....

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

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

2 Bluetooth Connected Features .....

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

.....  
.....

2 Wi-Fi Connected Features .....

.....

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

..... 2 Charging the Device ...

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

.....  
.....

.....  
.....  
.....  
... 2 Data Recording Settings ..  
.....  
.....

..... 9 Device Information..

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

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

..... 9 Specifications .....

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

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

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

.. 9 Forerunner Specifications .....

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

.....  
.....

9 HRM?-?Run Specifications .....

.....

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

9 Device Care .....

.....  
.....

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

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

..... 9 Cleaning the Device .

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

*. 9 Caring for the Heart Rate Monitor .....*

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

*.. 9 Heart Rate Monitor Battery ...*

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

*... 9 Troubleshooting.....*

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

*.... 9 Registering Your Device .....*

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

*.... 9 Getting More Information .....*

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

*... 9 Resetting the Device .....*

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

*..... 10 Clearing User Data ...*

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

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

.....  
... 10 Restoring All Default Settings ..

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

... 10 Viewing Device Information .....

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

..... 10 Updating the Software ....

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

..... 10 Maximizing Battery Life ....

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

..... 10 Switching to Watch Mode ....

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

... 10 Turning Off the Device ..

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

.... 10 Training .

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... *3 Workouts* .....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

... *3 Following a Workout From the Web* .....

.....

.....

.....

.....

. *3 Starting a Workout* .....

.....

.....

.....

.....

.....

.....

.....

..... *3 About the Training Calendar* .....

.....

.....

.....

.....

.....

.....

.... *3 Interval Workouts* .....

.....

.....

.....

.....

.....

.....

.....

.....

..... *3 Creating an Interval Workout* .....

.....

.....

.....

.....  
.....  
.....  
... 3 Starting an Interval Workout .....

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

.....  
... 3 Stopping an Interval Workout ..

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

. 3 Personal Records .....

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

.....  
. 3 Viewing Your Personal Records ....

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

.... 3 Clearing a Personal Record .....

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

.....  
.... 3 Restoring a Personal Record .

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

.. 3 Clearing All Personal Records .....

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

... 4 Viewing Your Predicted Race Times ..

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



.....  
..... *4 Using Virtual Partner* .

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

.. *4 Appendix*.....

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

...*10 Heart Rate Zone Calculations* ..

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

... *10 Data Fields* .....

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

.. *10 About Training Effect* .....

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

. *11 VO2 Max.? Standard Ratings* .....

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

.... *11 Software License Agreement* .

.....  
.....

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

..... *11 Index*.....

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

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

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

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

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

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

..... *4 Putting On the Heart Rate Monitor* .....

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

..... *4 Running Dynamics* .

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

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

..... *4 About VO2 Max. Estimates* .

.....  
.....

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

..... *5 Recovery Advisor* .....

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

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

.....

*. 6 Setting Your Heart Rate Zones ....*

.....  
.....

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

*..... 6 Pairing Your ANT+ Sensors ....*

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

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

*. 6 Foot Pod .....*

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

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

.....  
.....

*6 Going for a Run Using a Foot Pod .....*

.....

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

*..... 7 History .....*

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

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

.....

*..7 Viewing History ...*

.....  
.....

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

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

*..... 7 Viewing Data Totals ....*

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

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

*... 7 Deleting History .....*

.....  
.....

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

.....  
.....

*.. 7 Data Management ...*

.....

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

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

*..... 7 Deleting Files .....*

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

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

*..... 7 Disconnecting the USB Cable ..*

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

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

*..... 7 Customizing Your Device .....*

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

*. 7 Setting Up Your User Profile .....*

.....  
.....

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

..... 7 Activity Settings .....

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

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

.....

.... 7 Customizing the Data Screens .

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

..... 7 Alerts .....

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

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

7 Using Auto Pause .....

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

... 8 Marking Laps by Distance .....

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

..... 8 Using Auto Scroll ....

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

... 8 Timeout Settings .....

.....

.....  
.....

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

*8 System Settings .....*

.....  
.....

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

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

*... 8 Changing the Device Language .....*

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

*..... 8 Time Settings ...*

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

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

.....  
.....

*.... 8 Backlight Settings .*

.....

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

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

*..... 8 Setting the Device Sounds .....*

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

.....  
.....

*.. 8 Changing the Units of Measure ...*

.....

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

.. 8 Changing the Theme Color .....

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

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

... 8 Training Indoors .....

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

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

. 8 Format Settings .....

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

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

.....

9 Table of Contents i 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. Getting Started When using your device for the first time, you should complete these tasks to set up the device and learn about the basic features. 1 Charge the device (page2). 2 Put on the optional heart rate monitor (page4).

3 Go for a run (page1). 4 Upload your run to Garmin Connect? (page1). 5 Register the device (page9). 6 Get more information (page9). Select any key (except ), and tap the touchscreen to unlock the device.

Tap the touchscreen to view the next data screen. Select the touchscreen to confirm messages and alerts. Select the top and bottom of the touchscreen to scroll through menus, options, and settings. You can also swipe to scroll through the items. You can hold the top and bottom of the touchscreen to scroll faster. From a data screen, hold a data field to change it. Select to close a message or confirm a choice. You can also select to close a message. Make each touchscreen selection a separate action. Going for a Run The device comes partially charged.

You may need to charge the device (page2) before going for a run. 1 Hold to turn on the device. 2 From the time of day screen, select any key (except ), and tap the touchscreen to unlock the device. 3 Go outside, and wait while the device locates satellites. It may take a few minutes to locate satellite signals. The satellite bars turn green, and the timer screen appears. Keys 4 5 6 7 CONNECT Select to turn the backlight on and off. Hold to turn the device on and off. Select to start and stop the timer. Select to open the main menu.

Select to mark a new lap. Select to send your run to Garmin Connect. Select to view the time of day. Select to return to the previous screen. Select to start the timer.

Go for a run. After you complete your run, select to stop the timer. Select an option: Select Save to save the run and reset the timer. A summary appears. Status Icons Icons appear at the top of the home screen.

A flashing icon means the device is searching for a signal. A solid icon means the signal was found or the sensor is connected. GPS status Bluetooth technology status Wi-Fi technology status Heart rate status Foot pod status NOTE: You can now upload your run to Garmin Connect. Select Discard to delete the run. Viewing the Time of Day While Running 1 Select . 2 Select to return to the previous screen. Using Garmin Connect You can upload all of your activity data to Garmin Connect for comprehensive analysis. With Garmin Connect, you can view a map of your activity, and share your activities with friends. 1 Connect the device to your computer using the USB cable. 2 Go to [www.garminconnect.com/?start](http://www.garminconnect.com/?start).

garminconnect.com/?start. 1 Touchscreen Tips Before you go for a run, you should practice using the touchscreen. Introduction 3 Follow the on-screen instructions. Garmin Connect You can 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](http://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, cadence, VO2 max., running dynamics, an overheadooth > Pair Mobile Device. 4 Open the Garmin Connect Mobile application, and follow the on-screen instructions to connect a device.

[You're reading an excerpt. Click here to read official GARMIN](#)



[FORERUNNER 620 user guide](http://yourpdfguides.com/dref/5573891)  
<http://yourpdfguides.com/dref/5573891>



? The instructions are provided during the initial setup or by selecting > My Device.

? 1 Plug the USB cable into a USB port on your computer.? 2 Align the charger posts with the contacts on the back of the device, and press the charger until it clicks.? Turning Off Bluetooth Wireless Technology ? From the Forerunner home screen, select > Settings > Wireless > Bluetooth > Status > Off.? 2 Introduction 5 Select Plan > Calendar.? 6 Select , and follow the on-screen instructions.

?? Interval Workouts You can create interval workouts based on distance or time.? The device saves your custom interval workout until you create another interval workout.? You can use open intervals for track workouts and when you are running a known distance.? When you select , the device records an interval and moves to a rest interval.? 3 Charge the device completely.? Creating an Interval Workout 1 Select > Intervals > Edit > Interval > Type.? 2 Select Distance, Time, or Open.? 3 4 5 6 7 TIP: You can create an open-ended interval by setting the type to Open.? If necessary, enter a distance or time interval value for the workout, and select .? Select Rest.

? Select Distance, Time, or Open.? If necessary, enter a distance or time value for the rest interval, and select .? Select one or more options: ? To set the number of repetitions, select Repeat. ? ? To add an open-ended warm up to your workout, select Warm Up > On.? ? To add an open-ended cool down to your workout, select Cool Down > On.? Training 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 or select a training plan that has built-in workouts from Garmin Connect, and transfer them to 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 (page2).

?? 1 Connect the device to your computer.? 2 Go to [www.garminconnect.com/?workouts](http://www.garminconnect.com/?workouts).? 3 Create and save a new workout.

?? 4 Select Send to Device, and follow the on-screen instructions.?? Disconnect the device.? 5 Starting a Workout Before you can start a workout, you must download a workout from Garmin Connect.? 1 Select > My Workouts.?? 2 Select a workout.

? 3 Select Do Workout.? After you begin a workout, the device displays each step of the workout, the target (if any), and current workout data.?? to begin the first interval.? 4 Follow the on-screen instructions.? When you complete all of the intervals, a message appears.? Starting an Interval Workout 1 Select > Intervals > Do Workout.? 2 Select .? 3 When your interval workout has a warm up, select Stopping an Interval Workout ? At any time, select to end an interval.?? At any time, select to stop the timer.?? If you added a cool down to your interval workout, select to end the interval workout.

? About the Training Calendar The training calendar on your device is an extension of the training calendar or schedule you set up in Garmin Connect.? After you have added a few workouts to the Garmin Connect calendar, you can send them to your device.? All scheduled workouts sent to the device appear in the training calendar list by date.? When you select a day in the training calendar, you can view or do the workout.? The scheduled workout stays on your device whether you complete it or skip it.? When you send scheduled workouts from Garmin Connect, they overwrite the existing training calendar.? Using Garmin Connect Training Plans Before you can download a training plan from Garmin Connect, you must have a Garmin Connect account (page2).?? You can browse Garmin Connect for a training plan, schedule the workouts, and download the plan to your device.? 1 Connect the device to your computer.? 2 Go to [www.garminconnect.com](http://www.garminconnect.com).

? 3 Select Plan > Training Plans.? 4 Select and schedule a training plan.? Training 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 > Records.? 1 Select 2 Select a record.? 3 Select View Record.? Clearing a Personal Record > Records.

? 1 Select 2 Select a record to delete.? 3 Select Clear Record > 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.? > Records.? 1 Select 3 2 Select a record to restore.? 3 Select Previous > Yes.? NOTE: This does not delete any saved activities.? Clearing All Personal Records Select > Records > Clear All Records > Yes.? NOTE: This does not delete any saved activities.

? Viewing Your Predicted Race Times Before you can view your projected race times, you must put on a heart rate monitor and pair it with your device.? For the most accurate estimate, complete the user profile setup (page7), and set your maximum heart rate (page6).? Your device uses the VO2 max.? estimate (page5) and published data sources to provide a target race time based on your current state of fitness.? This projection also presumes you have completed the proper training for the race.? NOTE: The projections may seem inaccurate at first.? The device requires a few runs to learn about your running performance.? 1 Put on your heart rate monitor, and go for a run.? > VO2 Max.? > Race Predictor.

? 2 Select Your projected race times appear for 5K, 10K, half marathon, and marathon distances.? 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.? 3 If the heart rate monitor has a contact patch , wet the contact patch. ? 4 Wrap the strap around your chest, and connect the strap hook to the loop .

? Using Virtual Partner Your Virtual Partner is a training tool designed to help you meet your goals.? You can customize the Virtual Partner to run at a target speed or pace.? > Settings > Activity Settings > Data Screens > 1 Select Virtual Partner > Status > On.? 2 Select Set Pace or Set Speed.? You can use pace or speed as your running format (page9).

? 3 Go for a run.? 4 Scroll to the Virtual Partner screen to see who is leading.? 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.? TIP: If the heart rate data is erratic or does not appear, see page5.? Running Dynamics You can use your compatible Forerunner paired with the HRM?-?Run? accessory to provide real-time feedback about your running form.? If your Forerunner was packaged with the HRM?-?Run accessory, the devices are already paired.? The HRM?-?Run accessory has an accelerometer in the module that measures torso movement in order to calculate three running metrics: cadence, vertical oscillation, and ground contact time.



[You're reading an excerpt. Click here to read official GARMIN FORERUNNER 620 user guide](http://yourpdfguides.com/dref/5573891)  
<http://yourpdfguides.com/dref/5573891>

? NOTE: The HRM?-?Run accessory is compatible with several ANT?+ fitness products and can display heart rate data when paired.? The running dynamics features are available only on certain Garmin Forerunner devices.? Cadence: Cadence is the number of steps per minute.? It displays total steps (right and left combined).? Vertical oscillation: Vertical oscillation is your bounce while running.? It displays the vertical motion of your torso, measured in centimeters for each step.? Ground contact time: Ground contact time is the amount of time in each step that you spend on the ground while running.? It is measured in milliseconds.? NOTE: Ground contact time is not available while walking.? 5 If necessary, hold the Virtual Partner banner to adjust the pace or speed of the Virtual Partner during your run.

? ANT?+? Sensors Your device can be used with wireless ANT?+ sensors.? @@@@It should be snug enough to stay in place during your activity.? 1 Snap the heart rate monitor module onto the strap.? 4 ANT+? @@@@You can put on your heart rate monitor and skip to step 4.? @@2 Select Primary Metric.? 3 Select Cadence, Ground Contact Time, or Vertical Oscillation.? @@@@The color zones are based on percentiles.? Garmin has researched many runners of all different levels.? @@@@Go to [www.garmin.com](http://www.garmin.com) for more information on running dynamics.? @@? Make sure you have the HRM?-?Run accessory.? The HRM?-?Run accessory has on the front of the module.? ? @@? @@NOTE: Ground contact time appears only while running.? It cannot be calculated while walking.? @@? Reapply moisture to the electrodes and contact patch.? You can use water, saliva, or electrode gel.? ? Tighten the strap on your chest.? ? Warm up for 5?10 minutes.? ? Wash the strap after every seven uses (page9).

? ? Wear a cotton shirt or wet your shirt if suitable for your activity.? @@@? @@@@? Replace the battery (page9).? ANT+? Sensors About VO2 Max.? @@estimate.? VO2 max.? @@In simple terms, VO2 max.? is an indication of athletic performance and should increase as your level of fitness improves.? VO2 max.? estimates are provided and supported by Firstbeat Technologies Ltd.? Getting Your VO2 Max.? Estimate Before you can view your VO2 max.? estimate, you must put on the heart rate monitor and pair it with your device (page6).? If your Forerunner was packaged with a heart rate monitor, the devices are already paired.? For the most accurate estimate, complete the user profile setup (page7), and set your maximum heart rate (page6).? NOTE: The projections may seem inaccurate at first.? The device requires a few runs to learn about your running performance.? 1 Run for at least ten minutes outdoors.? 2 After your run, select Save.? > VO2 Max.?.? 3 Select Your VO2 max.? estimate is a number and position on the color gauge.? 5 2 Select an option: ? Select BPM to view and edit the zones in beats per minute.? ? Select %Max.? HR 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 heart rate reserve (maximum heart rate minus resting heart rate).? Select Max.? HR, and enter your maximum heart rate.? 3 4 Select a zone, and enter a value for each heart rate zone.? 5 Select Resting HR, and enter 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.? 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 (page10) 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.? Purple Blue Green Orange Red Superior Excellent Good Fair Poor VO2 max.? data and analysis is provided with permission from The Cooper Institute.? For more information, see the appendix (page11), and go to [www.CooperInstitute.org](http://www.CooperInstitute.org).

? Recovery Advisor You can use your Garmin device paired with the heart rate monitor to display how much time remains before you are fully recovered and ready for the next hard workout.? The recovery advisor feature includes recovery time and recovery check.? Recovery advisor technology is provided and supported by Firstbeat Technologies Ltd.

? Recovery check: The recovery check provides a real-time indication of your state of recovery within the first several minutes of a run.? Recovery time: The recovery time appears immediately following a run.? The time counts down until it is optimal for you to attempt another hard workout.? Turning On the Recovery Advisor Before you can use the recovery advisor feature, you must put on the heart rate monitor and pair it with your device (page6).? If your Forerunner was packaged with a heart rate monitor, the devices are already paired.? For the most accurate estimate, complete the user profile setup (page7), and set your maximum heart rate (page6).? > Recovery Advisor > Status > On.? 1 Select 2 Go for a run.? Within the first several minutes of your run, a recovery check appears, showing your real-time state of recovery.? 3 After your run, select Save.

? The recovery time appears.? The maximum time is 4 days, and the minimum time is 6 hours.? 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 10m away from other ANT?+ sensors while pairing.? > Settings > Sensors > Add Sensor.? 2 Select 3 Select a sensor.? When the sensor is paired with your device, a message appears.? You can customize a data field to display sensor data.

? Foot Pod Your device is compatible with the foot pod.? You can use the foot pod to record pace and distance instead of using GPS when you are training indoors or when your GPS signal is weak.? The foot pod is on standby and ready to send data (like the heart rate monitor).? After 30 minutes of inactivity, the foot pod powers off to conserve the battery.? When the battery is low, a message appears on your device.? Approximately five hours of battery life remain.? Setting Your Heart Rate Zones The device uses your user profile information from the initial setup to determine your default heart rate zones.



[You're reading an excerpt. Click here to read official GARMIN FORERUNNER 620 user guide](http://yourpdfguides.com/dref/5573891)  
<http://yourpdfguides.com/dref/5573891>

? For the most accurate calorie data during your activity, set your maximum heart rate.? You can also manually set each heart rate zone and enter your resting heart rate.? > Settings > User Profile > Heart Rate Zones > 1 Select Based On.

? 6 ANT+? Sensors Going for a Run Using a Foot Pod Before you go for a run, you must pair the foot pod with your device (page6).? You can run indoors using a foot pod to record pace, distance, and cadence.? You can also run outdoors using a foot pod to record cadence data with your GPS pace and distance.? 1 Install your foot pod according to the accessory instructions.? 2 If necessary, turn off GPS (page8).? 3 Select to start the timer.? 4 Go for a run.? 5 After you complete your run, select to stop the timer.? 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.? History History includes time, distance, calories, average pace or speed, lap data, and optional ANT+ sensor information.? NOTE: When the device memory is full, your oldest data is overwritten.? Customizing Your Device Setting Up Your User Profile You can update your gender, birth year, height, weight, and heart rate zone (page6) settings.? The device uses this information to calculate accurate training data.? > Settings > User Profile.? 1 Select 2 Select an option.? Viewing History 1 2 3 4 Select > History > Activities.

? Scroll up and down to view your saved activities.? Select an activity.? Select an option: ? Select Details to view additional information about the activity.? ? Select Laps to select a lap and view additional information about each lap.? ? Select Delete to delete the selected activity.

? Activity Settings These settings allow you to customize your device based on your training needs.?? For example, you can customize data screens and enable alerts and training features.?? Customizing the Data Screens You can customize data screens based on your training goals or optional accessories.? For example, you can customize one of the data screens to display your lap pace or heart rate zone.? > Settings > Activity Settings > Data Screens.

? 1 Select 2 Select a screen.? 3 Select > Status > On to enable the data screen.? 4 Select a data field to change it.? Viewing Data Totals You can view the accumulated distance and time data saved to your device.? > History > Totals.? 1 Select 2 Select an option to view weekly or monthly totals.? Alerts You can use alerts to train toward specific heart rate, pace, time, distance, cadence, and calories goals and to set run/walk time intervals.? Setting Range Alerts A range alert notifies you when the device is above or below a specified range of values.? For example, if you have an optional heart rate monitor, you can set the device to alert you when your heart rate is below zone 2 and over zone 5 (page6).? > Settings > Activity Settings > Alerts.

? 1 Select 2 Select the type of alert.? Depending on your accessories, the alerts may include heart rate, pace, and cadence.? 3 Turn on the alert.? For example, you must turn on the heart rate high alert before you can select a zone or enter a custom heart rate value.? Select a zone or enter a value for each alert.? 4 Each time you exceed or drop below the specified range, a message appears.? The device also beeps or vibrates if audible tones are turned on (page8).? Setting a Recurring Alert A recurring alert notifies you each time the device records a specified value or interval.? For example, you can set the device to alert you every 30 minutes.? > Settings > Activity Settings > Alerts.

? 1 Select 2 Select Time, Distance, or Calories.? 3 Turn on the alert.? 7 Deleting History > History > Options.? 1 Select 2 Select an option: ? Select Delete All Activities to delete all activities from the history.? ? Select Reset Totals to reset all distance and time totals.

? NOTE: This does not delete any saved activities.? 3 Confirm your selection.? 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 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.? History 4 Select Frequency, and enter a value.? Each time you reach the alert value, a message appears.? The device also beeps or vibrates if audible tones are turned on (page8).? Setting Walk Break Alerts Some running programs use timed walking breaks at regular intervals.? For example, during a long training run, you can set the device to alert you to run for 4 minutes, and then walk for 1 minute, and repeat.

? Auto Lap functions correctly while you are using the run/walk alerts.? > Settings > Activity Settings > Alerts > Run/ 1 Select Walk > Status > On.? 2 Select Run Time, and enter a time.? 3 Select Walk Time, and enter a time.? Each time you reach the alert value, a message appears.? The device also beeps or vibrates if audible tones are turned on (page8).? ? ? ? ? ? ? ? ? ? Time Settings (page8) Backlight Settings (page8) Sound Settings (page8) Unit Settings (page8) Theme Color (page8) GPS (page8) Format Settings (page9) Data Recording Settings (page9) Select > Settings > System > Language.? Changing the Device Language Time Settings Select > Settings > System > Clock.? 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 position.

? 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.? Setting the Time Manually By default, the time is set automatically when the device acquires satellite signals.? > Settings > System > Clock > Set Time > 1 Select Manual.? 2 Select Time, and enter the time of day.? Setting the Alarm > Settings > Alarm > Status > On.

? 1 Select 2 Select Time, and enter a time.? Using Auto Pause You can use Auto Pause to pause the timer automatically when you stop moving or when your pace drops below a specified value.? This feature is helpful if your activity 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.? > Settings > Activity Settings > Auto Pause.  
? 1 Select Select an option: 2 ? Select When Stopped to pause the timer automatically when you stop moving.



[You're reading an excerpt. Click here to read official GARMIN](http://yourpdfguides.com/dref/5573891)

[FORERUNNER 620 user guide](http://yourpdfguides.com/dref/5573891)

<http://yourpdfguides.com/dref/5573891>

? ? Select Custom to pause the timer automatically when your pace drops below a specified value.? Marking Laps by Distance You can use Auto Lap to mark a lap at a specific distance automatically.? This feature is helpful for comparing your performance over different parts of a run (for example, every 1 mile or 5 kilometers).? > Settings > Activity Settings > Auto Lap > 1 Select Distance.? 2 Select a distance.? 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 (page8).? If necessary, you can customize the data screens to display additional lap data.? Backlight Settings Select > Settings > System > Backlight.

? Mode: Sets the backlight to turn on manually or for keys and alerts.? Timeout: Sets the length of time before the backlight turns off.? Setting the Device Sounds The device sounds include key tones, alert tones, and vibrations.? Select > Settings > System > Sounds.? Changing the Units of Measure You can customize units of measure for distance, pace and speed, and weight.? > Settings > System > Units.? 1 Select 2 Select a measurement type.? 3 Select a unit of measure.? Using Auto Scroll You can use the auto scroll feature to cycle through all of the training data screens automatically while the timer is running.? > Settings > Activity Settings > Auto Scroll.

? 1 Select 2 Select a display speed.? Timeout Settings The timeout settings affect how long your device stays in training mode, for example, when you are waiting for a race to start.? Select > Settings > Activity Settings > Timeout.? Normal: Sets the device to enter low-power watch mode after 5 minutes of inactivity.? Extended: Sets the device to enter low-power watch mode after 25 minutes of inactivity.

? The extended mode can result in shorter battery life between charges.? Changing the Theme Color > Settings > System > Theme Color.? 1 Select 2 Select a color.? Training Indoors You can turn GPS off when you are training indoors or to save battery life.? Select > Settings > System > GPS > Off.

? TIP: You can also select at the top of the screen to turn off GPS.? 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.? The next time you turn on or unlock the device, it searches for satellite signals.? Customizing Your Device System Settings Select > Settings > System.? ? Language (page8) 8 Format Settings Select > Settings > System > Format.? Running: Sets the device to display speed or pace.? Start of Week: Sets the first day of the week for your weekly history totals.? Cleaning the Device 1 Wipe the device using a cloth dampened with a mild detergent solution.

? 2 Wipe it dry.? Caring for the Heart Rate Monitor NOTICE You must unsnap and remove 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](http://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.? ? When drying the strap, hang it up or lay it flat.

? ? To prolong the life of your heart rate monitor, unsnap the module when not in use.? Data Recording Settings Select > Settings > System > Data Recording.? Smart: Records key points where you change direction, pace, or heart rate.? Your activity record is smaller, allowing you to store more activities on the device memory.? Every Second: Records points every second.

? It creates a very detailed record of your activity and increases the size of the activity record.? Device Information Specifications Forerunner Specifications Battery type Battery life Water resistance Operating temperature range Rechargeable, built-in lithium polymer battery Up to 6 weeks in watch mode Up to 10 hours in GPS mode 164ft. (50m) From -4 to 140F (from -20 to 60C) 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](http://www.dtsc.ca.gov/hazardouswaste/?perchlorate).? Charging temperature From 32 to 113F (from 0 to 45C ) range Radio frequency/ protocol 2.?4GHz ANT?+ wireless communications protocol Bluetooth Smart wireless technology Wi-Fi wireless technology 1 Use a small Phillips screwdriver to remove the four screws on the back of the module.? Replacing the Heart Rate Monitor Battery HRM?--?Run Specifications Battery type Battery life Water resistance User-replaceable CR2032, 3volts 1 year (1 hour per day) Water resistant to 98.?4ft. (30m) NOTE: This product does not transmit heart rate data while swimming.? From -4 to 140F (from -20 to 60C) 2.

?4GHz ANT?+ wireless communications protocol 2 Remove the cover and battery.? Operating temperature range Radio frequency/ protocol 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.? Never use a hard or sharp object to operate the touchscreen, or damage may result.? 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.? 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.? NOTE: Do not overtighten.? After you replace the heart rate monitor battery, you may need to pair it with the device again.

? Troubleshooting 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.

? Getting More Information ? Go to [www.garmin.com/?intosports](http://www.garmin.com/?intosports).? ? Go to [www.garmin.com/?learningcenter](http://www.garmin.com/?learningcenter).? Device Information 9 ? Go to <http://?/?/?/buy?.garmin?.com>, or contact your Garmin dealer for information about optional accessories and replacement parts.? Turning Off the Device For long-term storage and to maximize battery life, you can turn off the device.

? Hold , and select Yes to turn off the device.? 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 15 seconds.? The device turns off.? 2 Hold for one second to turn on the device.? Appendix Heart Rate Zone Calculations Zone % of Maximum Heart Rate 1 50?60% Perceived Exertion Benefits Clearing User Data You can restore all of the device settings to the factory default values.



[You're reading an excerpt. Click here to read official GARMIN FORERUNNER 620 user guide](http://yourpdfguides.com/dref/5573891)  
<http://yourpdfguides.com/dref/5573891>

? NOTE: This deletes all user-entered information, but it does not delete your history.? 1 Hold , and select Yes to turn off the device.? , hold to turn on the device.

? 2 While holding 3 Select Yes.? 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% 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.? 4 80?90% 5 90?100% Viewing Device Information You can view the unit ID, software version, GPS version, and software information.

? Select > Settings > System > About.? Data Fields Some data fields require ANT+ accessories to display data.? %HRR: The percentage of heart rate reserve (maximum heart rate minus resting heart rate).? Average % HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current activity.? Average Cadence: The average cadence for the current activity.

? Average Ground Contact Time: The average amount of ground contact time for the current activity.? Average HR: The average heart rate for the current activity.? Average HR % Max.?: The average percentage of maximum heart rate for the current activity.? Average Pace: The average pace for the current activity.? Average Speed: The average speed for the current activity.? Average Vertical Oscillation: The average amount of vertical oscillation for the current activity.? Cadence: The steps per minute (right and left combined).? Calories: The amount of total calories burned.? Distance: The distance traveled for the current track or activity.

? Elevation: The altitude of your current location above or below sea level.? Ground Contact Time: The amount of time in each step that you spend on the ground while running, measured in milliseconds.? Ground contact time is not calculated while walking.? 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 %Max.?: The percentage of maximum heart rate.? Updating the Software Before you can update your device software, you must have a Garmin Connect account, and you must download the Garmin Express Fit application.? 1 Connect the device to your computer using the USB cable.

? When new software is available, Garmin Express Fit sends it to your device.? 2 Follow the on-screen instructions.? 3 Do not disconnect your device from the computer during the update process.? NOTE: If you have already used Garmin Express Fit to set up your device with Wi-Fi networks, Garmin Connect can automatically download available software updates to your device when it connects using Wi-Fi.? Maximizing Battery Life ? ? ? ? Shorten the backlight timeout (page8).

? Shorten the timeout to watch mode (page8).? Select the Smart recording interval (page9).? Turn off the Bluetooth wireless feature (page2).? Turn off the Wi-Fi wireless feature (page2).? Switching to Watch Mode You can put the device into a low-power watch mode that locks the touchscreen and maximizes battery life.

? NOTE: You can select to view the time of day.? 1 Select until appears.? The device is in watch-only mode.? 2 Select any key (except ), and tap the touchscreen to unlock the device.? 10 Appendix HR Zone: 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 %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current lap.? Lap Cadence: The average cadence for the current lap.? Lap Distance: The distance traveled for the current lap.? @@Lap HR: The average heart rate for the current lap.

? @@Lap Pace: The average pace for the current lap.? Laps: The number of laps completed for the current activity.? Lap Speed: The average speed for the current lap.? Lap Time: The stopwatch time for the current lap.? @@Last Lap Distance: The distance traveled for the last completed lap.? Last Lap Pace: The average pace for the last completed lap.? Last Lap Speed: The average speed for the last completed lap.? Last Lap Time: The stopwatch time for the last completed lap.? Pace: The current pace.? Speed: The current rate of travel.

? Sunrise: The time of sunrise based on your GPS position.? Sunset: The time of sunset based on your GPS position.? @@Training Effect: The current impact (1.?0 to 5.?0) on your aerobic fitness.

? Vertical Oscillation: The amount of bounce while you are running.? The vertical motion of your torso, measured in centimeters for each step.? About Training Effect Training Effect measures the impact of an activity on your aerobic fitness.? Training Effect accumulates during the activity.? As the activity progresses, the training effect value increases, telling you how the activity has improved your fitness.

? Training Effect is determined by your user profile information, heart rate, duration, and intensity of your activity.? It is important to know that your Training Effect numbers (1.?0 to 5.?0) may seem abnormally high during your first few runs.? It takes several activities for the device to learn your aerobic fitness.? Training Effect Description 1.?0?1.?9 2.?0?2.?9 3.

?0?3.?9 4.?0?4.?9 5.?0 Helps recovery (short activities).? Improves endurance with longer activities (more than 40 minutes).? Maintains your aerobic fitness.? Improves your aerobic fitness if repeated as part of your weekly training program.? Highly improves your aerobic fitness if repeated 1?2 times per week with adequate recovery time.? Causes temporary overload with high improvement.

? Train up to this number with extreme care.? Requires additional recovery days.? Training Effect technology is provided and supported by Firstbeat Technologies Ltd.? For more information, go to [www.firstbeattechnologies.com](http://www.firstbeattechnologies.com).? VO2 Max.? Standard Ratings These tables include standardized classifications for VO2 max. estimates by age and gender.? Males Superior Excellent Good Fair Poor Females Superior Excellent Good Fair Poor Percentile 95 80 60 40 0?40 Percentile 95 80 60 40 0?40 20?29 55.

?4 51.?1 45.?4 41.?7 <41.?7 20?29 49.?6 43.?9 39.?5 36.?1 <36.?1 30?39 54 48.

?3 44 40.?5 <40.?5 30?39 47.?4 42.?4 37.?8 34.?4 <34.?4 40?49 52.?5 46.?4 42.

?4 38.?5 <38.?5 40?49 45.?3 39.?7 36.

?3 33 <33 50?59 48.?9 43.?4 39.?2 35.?6 <35.

?6 50?59 41.?1 36.?7 33 30.?1 <30.?1 60?69 45.?7 39.?5 35.?5 32.?3 <32.?3 60?69 37.

?8 33 30 27.?5 <27.?5 70?79 42.?1 36.?7 32.?3 29.?4 <29.?4 70?79 36.?7 30.?9 28.

?1 25.

[You're reading an excerpt. Click here to read official GARMIN](#)



[FORERUNNER 620 user guide](http://yourpdfguides.com/dref/5573891)  
<http://yourpdfguides.com/dref/5573891>

9 <25.9 Data reprinted with permission from The Cooper Institute. For more information, go to www.CooperInstitute.

org. You acknowledge that the Software is the property of Garmin Software License Agreement and/or its third-party providers and is protected under the United BY USING THE DEVICE, YOU AGREE TO BE BOUND BY States of America copyright laws and international copyright THE TERMS AND CONDITIONS OF THE FOLLOWING treaties. You further acknowledge that the structure, SOFTWARE LICENSE AGREEMENT. PLEASE READ THIS organization, and code of the Software, for which source code is AGREEMENT CAREFULLY. not provided, are valuable trade secrets of Garmin and/or its Garmin Ltd.

and its subsidiaries (Garmin) grant you a limited third-party providers and that the Software in source code form license to use the software embedded in this device (the remains a valuable trade secret of Garmin and/or its third-party Software) in binary executable form in the normal operation of providers.

You agree not to decompile, disassemble, modify, the product. Title, ownership rights, and intellectual property reverse assemble, reverse engineer, or reduce to human rights in and to the Software remain in Garmin and/or its thirdreadable form the Software or any part thereof or create any party providers. derivative works based on the Software. You agree not to export or re-export the Software to any country in violation of Appendix 11 the export control laws of the United States of America or the export control laws of any other applicable country. 12 Appendix Index A accessories?4, 9 alarms?8 alerts?7 ANT?+ sensors?4 pairing?6 applications?2 smartphone?2 Auto Lap?8 Auto Pause?8 Auto Scroll?8 P pace?7, 9 pairing, smartphone?2 pairing ANT?+ sensors?6 personal records?3 deleting?3, 4 power key?10 product registration?9 profiles, user?7 projected finish time?4 R recovery?6 registering the device?9 replacing battery?9 replacing the battery?9 resetting the device?10 running dynamics?4, 5 B backlight?1, 8 battery charging?2 maximizing?2, 8, 10 replacing?9 Bluetooth technology?1, 2 S saving activities?1 screen?8 locking?10 settings?7?10 device?8 smartphone applications?2 pairing?2 software updating?10 version?10 software license agreement?11 specifications?9 speed?9 system settings?8 C cadence?4, 5, 7 calendar?3 calorie, alerts?7 charging?2 cleaning the device?9 clock?1, 8 color screen?8 customizing the device?7 D data recording?9 storing?1, 2 transferring?1, 2 data fields?1, 7, 10 deleting all user data?7, 10 history?7 personal records?3, 4 device, registration?9 distance, alerts?7 T time?8 alerts?7 settings?8 time of day?1 time zones?8 timer?1, 7 tones?8 touchscreen?1 training?2, 3, 8 pages?1 plans?3 Training Effect?11 troubleshooting?5, 9, 10 F fitness?11 foot pod?6, 7 G Garmin Connect?2, 3 storing data?1, 2 Garmin Express?2 GPS?1 stopping?8 ground contact time?5 U unit ID?10 units of measure?8 updates, software?10 uploading data?2 USB?10 disconnecting?7 user data, deleting?7 user profile?7 H heart rate?1, 7 monitor?4?6, 9 zones?6, 10 heart rate monitor?5, 9 history?2, 7, 9 deleting?7 sending to computer?1, 2 V vertical oscillation?4, 5 vibration?8 Virtual Partner?4 VO2 max.?4, 5, 11 I icons?1 indoor training?8 intervals, workouts?3 W walking intervals?8 watch mode?8, 10 water resistance?9 Wi-Fi?10 connecting?2 workouts?3 loading?3 K keys?1, 9 L language?8 laps?1 locking, screen?10 Z zones heart rate?6 time?8 M menu?1 Index 13 www.garmin.com/support 913-397-8200 1-800-800-1020 0808 238 0000 +44 (0) 870 8501242 1-866-429-9296 +43 (0) 820 220230 + 32 2 672 52 54 +385 1 5508 272 +385 1 5508 271 +420 221 985466 +420 221 985465 + 45 4810 5050 + 358 9 6937 9758 + 331 55 69 33 99 + 39 02 36 699699 (+52) 001-855-792-7671 0800 0233937 +47 815 69 555 00800 4412 454 +44 2380 662 915 (+35) 1214 447 460 +386 4 27 92 500 0861 GARMIN (427 646) +27 (0)11 251 9999 +49 (0)180 6 427646 20 ct./Anruf.

a. d. deutschen Festnetz, Mobilfunk max. 60 ct./Anruf +34 93 275 44 97 + 46 7744 52020 Garmin International, Inc. 1200 East 151st Street Olathe, Kansas 66062, USA Garmin (Europe) Ltd. Liberty House, Hounsdown Business Park Southampton, Hampshire, SO40 9LR UK Garmin Corporation No. 68, Zhangshu 2nd Road, Xizhi Dist. New Taipei City, 221, Taiwan (R.O. C.) 2013 Garmin Ltd. or its subsidiaries .



[You're reading an excerpt. Click here to read official GARMIN FORERUNNER 620 user guide](http://yourpdfguides.com/dref/5573891)  
<http://yourpdfguides.com/dref/5573891>