



# Your PDF Guides

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

**User manual GARMIN TACTIX**  
**User guide GARMIN TACTIX**  
**Operating instructions GARMIN TACTIX**  
**Instructions for use GARMIN TACTIX**  
**Instruction manual GARMIN TACTIX**

**GARMIN.**

tactix™  
Owner's Manual



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**Manual abstract:**

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*. 14 File Types .....*

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*.....computers and as a mounted volume on Mac computers.*

*? 2 Start BaseCamp.? 3 Follow the on-screen instructions.? NOTE: Your body temperature affects the temperature sensor.? To get the most accurate temperature reading, remove the device from your wrist and wait 20?30 minutes.? TIP: To purchase a tempe? wireless temperature sensor, go to [www.garmin.com](http://www.garmin.com).? 5 Select .? Profiles Profiles are a collection of settings that optimize your device based on how you are using it.? For example, the settings and views are di a new location.*

*? 1 Select the action key.? 2 Select Waypoints.? 3 Select a waypoint.? 4 Select Project.? 5 Follow the on-screen instructions.*

*? The projected waypoint is saved with a default name.? Navigating to a Waypoint 1 Select the action key.? 2 Select Start GPS.? 3 Wait while the device locates satellites.? 4 Select the action key.*

*? 5 Select Waypoints, and select a waypoint from the list.? 6 Select Go.? Deleting a Waypoint 1 Select the action key.? 2 Select Waypoints.? 3 Select a waypoint.? 4 Select Delete > Yes.? Deleting All Waypoints 1 Select the action key.? 2 Select Setup > Reset > Waypoints > Yes.? The device displays time to destination , distance to destination , and estimated time of arrival .? 7 Select to view the compass page.*

*? Routes A route is a sequence of waypoints or locations that leads you to your final destination.? The two pointer marks serve as a bearing pointer.? The top mark on the device points in the direction you are facing.? 8 Align the pointer marks with the top mark on the device.? 9 Continue in that direction until you reach the destination.? Creating a Route 1 Select the action key.? 2 Select Routes > Create New.? 3 Select First Point.? 4 Select a category.? 5 Select the first point on the route.*

*? 6 Select Next Point.? 7 Repeat steps 4?6 until the route is complete.? 8 Select Done to save the route.? Editing the Name of a Route 1 Select the action key.? 2 Select Routes.*

*? 3 Select a route.? 4 Select Rename.? 5 Select the action key, , and to enter characters.? 6 Select \_ > Done.? Editing a Route 1 Select the action key.*

*? 3 Editing a Waypoint Before you can edit a waypoint, you must create a waypoint.? 1 Select the action key.? 2 Select Waypoints.? 3 Select a waypoint.? 4*

Select Edit. ? 5 Select an item to edit, such as the name. ? Waypoints, Routes, and Tracks 2 3 4 5 6 Select Routes. ? Select a route. ? Select Edit. ? Select a point.

? Select an option: ? To view the point on the map, select Map. ? ? To change the order of the point on the route, select Move Up or Move Down. ? ? To insert an additional point on the route, select Insert. ? The additional point is inserted before the point you are editing. ? ? To add a point to the end of the route, select Next Point. ? ? To remove the point from the route, select Remove. ? ? To save part of the track, select Save Part, and select the part to save. ? Viewing Details about the Track 1 Select the action key. ? 2 Select Tracks.



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? 3 Select a track.

? 4 Select View Map.? The beginning and the end of the track are marked by flags.? > Details.? 5 Select 6 Use and to view information about the track.? Viewing a Route on the Map 1 Select the action key.

? 2 Select Routes.? 3 Select a route.? 4 Select View Map.? Deleting a Route 1 Select the action key.? 2 Select Routes.

? 3 Select a route.? 4 Select Delete > Yes.? Reversing a Route 1 Select the action key.? 2 Select Routes.? 3 Select a route.? 4 Select Reverse.? Clearing the Current Track 1 Select the action key.? 2 Select Tracks > Current > Clear.? Deleting a Track 1 Select the action key.? 2 Select Tracks.

? 3 Select a track.? 4 Select Delete > Yes.? Sending and Receiving Data Wirelessly Before you can share data wirelessly, you must be within 10 feet (3 m) of a compatible Garmin device.? Your device can send or receive data when connected to another compatible device.? You can share waypoints, geocaches, routes, and tracks wirelessly.? 1 Select the action key.? 2 Select Share Data > Unit to Unit.? 3 Select Send or Receive.? 4 Follow the on-screen instructions.? Tracks A track is a recording of your path.

? The track log contains information about points along the recorded path, including time, location, and elevation for each point.? Garmin Adventures You can create adventures to share your journeys with family, friends, and the Garmin community.? Group related items together as an adventure.? For example, you can create an adventure for your latest hiking trip.? The adventure could contain the track log of the trip, photos of the trip, and geocaches you hunted.? You can use BaseCamp to create and manage your adventures.? For more information, go to <http://adventures.garmin.com>.? Recording a Track 1 Select the action key.

? 2 Select Start GPS.? 3 Wait while the device locates satellites.? 4 Walk around to record a track.? 5 Select Your distance and time appear.? to view the loop of data pages including compass data, altimeter data, ascent and speed, the map, and the time of day page.? You can customize the data pages (page9).? 6 Hold .? 7 Select an option: ? Select Pause Track to pause tracking.? ? Select Save Track to save your track.? ? Select Clear Track to erase the track without saving.

? ? Select Stop GPS to turn off GPS without deleting your track.? Navigation You can navigate to a route, track, waypoint, geocache, or any saved location in the device.? You can use the map or the compass to navigate to your destination.? Navigating to a Destination You can navigate to a destination using the compass or map (page5).? 1 Select the action key.? 2 Select Start GPS.? 3 Wait while the device locates satellites.? 4 Select the action key.? 5 Select an option: ? Select Waypoints.? ? Select Tracks.

? ? Select Routes.? ? Select GPS Tools > Coordinates.? ? Select GPS Tools > POIs.? Navigation Saving the Current Track 1 Select the action key.? 2 Select Tracks > Current.

? 3 Select an option: ? To save the entire track, select Save.? 4 ? Select GPS Tools > Geocaches.? 6 Select a destination.? 7 Select Go.? Map represents your location on the map.

? As you travel, the icon moves and leaves a track log (trail).? Waypoint names and symbols appear on the map.? When you are navigating to a destination, your route is marked with a line on the map.? ? Map navigation (page5) ? Map settings (page10) The device displays time to destination , distance to destination , and estimated time of arrival .? 8 Select to view the compass page.? Browsing the Map 1 While navigating, select 2 Select the action key.? 3 Select an option: to view the map.? ? To pan up or down, select Pan, and select or .? ? To pan right or left, select Pan > , and select or .? ? To navigate to a saved location, select Pan, select the action key, and select Select Pt.

?.? ? To zoom in or out, select Zoom, and select or .? Navigating Using TracBack While navigating, you can navigate back to the beginning of your track.? This can be helpful when finding your way back to camp or the trail head.? 1 Select the action key.? 2 Select Tracks > Current > TracBack.? The two pointer marks serve as a bearing pointer.? The top mark on the device points in the direction you are facing.? 9 Align the pointer marks with the top mark.? 10 Continue in that direction until you reach the destination.

? Navigating with Sight 'N Go You can point the device at an object in the distance, such as a water tower, lock in the direction, and then navigate to the object.? 1 Select the action key.? 2 Select GPS Tools > Sight 'N Go.? 3 Point the top mark on the bezel at an object.? 4 Select the action key.? 5 Select an option: ? Select Set Course to navigate to the distant object.? ? Select Project (page3).? 6 Navigate using the compass (page5) or map (page5).? Your current location , track to follow , and end point appear on the map.? Altimeter and Barometer The device contains an internal altimeter and barometer.? ? ? On Demand sensor data (page1) ? Always On sensor data (page2) ? Altimeter settings (page10) ? Altimeter and barometric readings (page16) Compass The device has a 3-axis compass with automatic calibration.?? Compass navigation (page3) ? Compass settings (page9) Calibrating the Barometric Altimeter Your device was already calibrated at the factory, and the device uses automatic calibration at your GPS starting point by default.? You can manually calibrate the barometric altimeter if you know the correct elevation or the correct sea level pressure.? 1 Select the action key.? 2 Select Setup > Sensors > Altimeter.? 3 Select an option: ? Select Auto Cal.? > At Start to calibrate automatically from your GPS starting point.? ? Select Auto Cal.? > Continuous to calibrate automatically with periodic GPS calibration updates.?? Select Calibrate to enter the current elevation or sealevel pressure.

? Calibrating the Compass NOTICE Calibrate the electronic compass outdoors.? To improve heading accuracy, do not stand near objects that influence magnetic fields, such as vehicles, buildings, and overhead power lines.? Your device was already calibrated at the factory, and the device uses automatic calibration by default.? If you experience irregular compass behavior, for example, after moving long distances or after extreme temperature changes, you can manually calibrate the compass.? 1 Select the action key.? 2 Select Setup > Sensors > Compass > Calibrate > Start.? 3 Follow the on-screen instructions.? Tracking Weather Changes Overnight You can use your device to track changes in barometric pressure over time.? Increases in barometric pressure usually indicate good weather, and decreases in barometric pressure usually indicate bad weather.? 1 Select the action key.? 5 Navigation 2 Select Setup > Sensors > Mode > Always On.? repeatedly to return to the time of day page.? 3 Select 4 Select repeatedly until the barometric data page appears.? The current barometric pressure appears in large numbers, and the range of previous readings for the graph shown appears in small numbers at the bottom of the page.



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? 5 Compare the current reading with earlier readings to see if the barometric pressure is increasing or decreasing.  
 ? chirp? A chirp is a small Garmin accessory that is programmed and left in a geocache.? You can use your device to find a chirp in a geocache.? For more information about the chirp, see the chirp Owner's Manual at [www.garmin.com](http://www.garmin.com).

? Marking and Starting Navigation to a Man Overboard Location You can save a man overboard (MOB) location, and automatically start navigation back to it.? You can customize the hold function of the or key to access the MOB function quickly (page9).? 1 Select the action key.? 2 Select GPS Tools > MOB > Start.? The map page opens showing the route to the MOB location.? 3 Navigate using the compass (page5) or map (page5).? Finding a Geocache with a chirp 1 Select the action key.? 2 Select Setup > Geocaches > chirp > On.? 3 Hold .? 4 Select Start GPS.

? 5 Wait while the device locates satellites.? 6 Select the action key.? 7 Select GPS Tools > Geocaches.? 8 Select a geocache, and select chirp to show chirp details while you are navigating.? 9 Select Go, and navigate to the geocache (page3).? When you are within 32.?9 ft.? (10 m) of the geocache that contains a chirp, a message appears.? Geocaches A geocache is like a hidden treasure.? Geocaching is when you hunt for hidden treasures using GPS coordinates posted online by those hiding the geocache.

? Applications Jumpmaster The jumpmaster feature is designed for experienced skydivers, particularly those in the military.? The jumpmaster feature follows military guidelines for calculating the high altitude release point (HARP).? The device detects automatically when you have jumped to begin navigating toward the desired impact point (DIP) using the barometer and electronic compass.? Downloading Geocaches 1 2 3 4 5 Connect your device to a computer using the USB cable.? Go to [www.opencaching.com](http://www.opencaching.com).? If necessary, create an account.? Sign in.? Follow the on-screen instructions to find and download geocaches to your device.  
 ? Planning a Jump WARNING Jumpmaster is for use by experienced skydivers only.? Jumpmaster should not be used as a primary skydiving altimeter.? Failure to input the appropriate jump related information into Jumpmaster can lead to serious personal injury or death.? Navigating to a Geocache Before you can navigate to a geocache, you must go to [www.opencaching.com](http://www.opencaching.com), and download a geocache to your device.? Navigating to a geocache is like navigating to any other location.? ? See the navigation section (page4) for more information.? ? Go to the profiles section (page2) to create a profile for geocaching.? ? Go to the geocache settings (page10) to customize your device settings.

? ? Go to the data pages section (page9) to customize your data fields.? 1 Select a jump type (page6).? 2 Enter the jump information (page7).? The device calculates the HARP.? 3 Select GOTO HARP to start navigation to the HARP.? Jump Types The jumpmaster feature allows you to set the jump type to one of three types: HAHO, HALO, or Static.? The jump type selected determines what additional setup information is required (page7).? For all jump types, drop altitudes and opening altitudes are measured in feet above ground level (AGL).? HAHO: High Altitude High Opening.? The jumpmaster jumps from a very high altitude and opens the parachute at a high altitude.  
 ? You must set a DIP and a drop altitude of at least 1,000 feet.? The drop altitude is assumed to be the same as the opening altitude.? Common values for a drop altitude range from 12,000 to 24,000 feet AGL.? HALO: High Altitude Low Opening.? The jumpmaster jumps from a very high altitude and opens the parachute at a low altitude.  
 ? The required information is the same as the HAHO jump type, plus an opening altitude.? The opening altitude must not be greater than the drop altitude.? Common values for an opening altitude range from 2,000 to 6,000 feet AGL.? Logging the Attempt After you have attempted to find a geocache, you can log your results.? 1 Select the action key.

? 2 Select GPS Tools > Geocaches > Log Attempt.? 3 Select Found, Did Not Find, or Unattempted.? 4 Select an option: ? To begin navigation to a geocache nearest you, select Find Next.? ? @@@@2 Select Jumpmaster.? 3 Select a jump type (page6).? 4 Complete one or more actions to enter your jump information: ? Select DIP to set a waypoint for the desired landing location.? ? @@@? @@@? @@@? @@@? @@@? Select Constant to fine-tune some information for the planned jump.? @@@? @@@? @@@@K-Freefall: Sets the wind drag value for a parachute during freefall, based on the parachute canopy rating (HALO only).? Each parachute should be labeled with a K value.? K-Open: Sets the wind drag value for an open parachute, based on the parachute canopy rating (HAHO and HALO).

? Each parachute should be labeled with a K value.? K-Static: Sets the wind drag value for a parachute during a static jump, based on the parachute canopy rating (Static only).? Each parachute should be labeled with a K value.? Viewing Tide Information NOTE: This feature is not available in all areas.? @@1 Select the action key.? 2 Select Tides > Search Near.? 3 Select an option: ? @@@? @@@A list of the tide stations near the selected location appears.? 4 Select a station.? @@2 Select Jumpmaster.? 3 Select a jump type (page6).

? 4 Select Wind > Add.? 5 Select an altitude.? 6 Enter a wind speed in knots and select Done.? @@@Only wind values included in the list are used in calculations.? @@@@@? To pan the tide chart, select the action key, and select Pan Chart.

? ? @@@Select Jumpmaster.? Select HAHO or HALO.? Select Wind > Reset.? @@2 Select Clock > Alarm Clock > Add Alarm.? 3 Select the action key, , and to set the time.

? 4 Select Tone, Vibration, or Tone & Vib.?.? 5 Select Once, Daily, or Weekdays.? Starting the Countdown Timer 1 Select the action key.? 2 Select Clock > Timer.? 3 Select the action key, , and to set the time.? @@2 Select Jumpmaster > Static > Wind.? 3 Enter a wind speed in knots and select Done.? 4 Enter a wind direction in degrees and select Done.? @@Percent Max: Sets the jump range for all jump types.

? @@@@@2 Select Clock > Stopwatch.? 3 Select Start.? Adding a Custom Time Zone 1 Select the action key.? 2 Select Clock > Alt.? Zones > Add Zone.? @@Select a location.? Enter a radius.? @@1 Select the action key.? 2 Select GPS Tools > Area Calc.?.  
 ? 3 Walk around the perimeter of the area.? @@5 Select an option: ? Select Save Track, enter a name, and select Done.?.? Select Change Units to convert the area to a different unit.? ? @@@2 Select Clock > Alt.? Zones.

? 3 Select a time zone.? 4 Select an option: ? To change the time zone, select Edit Zone.?.? To customize the name of the time zone, select Edit Label.?.  
 @@1 Select the action key.? 2 Select an option: ? @@@? @@@@@@Event alert: An event alert notifies you once.  
 ? The event is a specific value.? For example, you can set the device to alert you when you reach a specified elevation.? Range alert: A range alert notifies you any time the device is above or below a specified range of values.



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? For example, you can set the device to alert you when your heart rate is below 60beats per minute (bpm) and over 210bpm.? 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 30minutes.? Alert Name Alert Type Proximity Distance Time Elevation Recurring Event, recurring Event, recurring Description See page8.? You can set an interval or a custom distance from your final destination.? You can set an interval or a custom time from your estimated time of arrival.? Viewing Satellite Information The satellite page shows your current location, GPS accuracy, satellite locations, and signal strength.

? 1 Select the action key.? 2 Select Start GPS.? 3 Select the action key.? 4 Select GPS Tools > Satellite.? 5 Select to view additional information.? Simulating a Location When you are planning routes or activities in a different area, you can turn off GPS and simulate a different location.? 1 Select the action key.? 2 Select Setup > System > GPS Mode > Demo Mode.? 3 Select a location.? 4 Select Go > Move to Location.

? Event, range, You can set minimum and maximum recurring elevation values.? You can also set the device to alert you when you ascend or descend a specified amount.? You can set alerts for reaching waypoints and the final destination of a track or route.? You can set minimum and maximum speed values.? You can set minimum and maximum pace values.

? You can set minimum and maximum heart rate values or select zone changes.? See page12 and page17.? You can set minimum and maximum cadence values.? You can set a low battery power alert.? Nav.

? Arrival Event Speed Pace Range Range Customizing Your Device Setup Overview The Setup menu contains numerous ways to customize your device.? Garmin recommends that you familiarize yourself with the settings for each feature.? If you customize your settings before your activity, you will spend less time adjusting the watch during your activity.? To open the Setup menu, select the action key, and select Setup.? NOTE: All changes you make are saved to the active profile (page2).? Heart Rate Range Cadence Battery Range Event Setting a Proximity Alarm Proximity alarms alert you when you are within a specified range of a particular location.? 1 Select the action key.? 8 Customizing Your Device Setup Item System Available Settings and Information You can customize GPS settings, arrow keys, and the device language (page9).? Customizing the Data Pages You can customize the data pages for each profile.? The organization and appearance of data pages depends on the active profile and the mode.

? 1 Select the action key.? 2 Select Setup > Data Pages.? 3 Select a mode.? @@@@5 Select a page to edit data fields.? 6 Select an option: ? Select Edit, and change the data fields.? ? Select Move Up or Move Down to change the order of the data pages.? ? @@@@@@@You can adjust the backlight and screen contrast (page10).? @@@@@@@You can customize the track recording settings (page10).? You can customize the appearance of the time page (page10).? @@@@@@@@@@Language: Sets the text language on the device.

? NOTE: Changing the text language does not change the language of user-entered data or map data.? Pos.? Format You can change how your position data appears (page10).? Profiles Fitness You can change the active profile and edit your profiles (page2).? You can turn on Auto Lap, customize your fitness user profile, and edit your heart rate zones (page10).

? Geocaches You can customize how your geocaches are listed and activate chirp (page10).? Menu About You can customize the items that appear in the main menu (page9).? You can view information about the device and software (page13).? About UltraTrac UltraTrac is a GPS setting that records track points less frequently than normal GPS mode in order to save battery.? The default interval between track points is one point per minute.

? You can adjust the interval.? Customizing the Main Menu You can move or delete items in the main menu.? 1 Select the action key.? 2 Select Setup > Menu.? 3 Select a menu item.? 4 Select an option: ? Select Move Up or Move Down to change the location of the item in the list.? ? Select Remove to delete an item from the list.? Compass Settings Select Setup > Sensors > Compass.? Display: Sets the directional heading on the compass to degrees or milliradians.? North Ref.

?: Sets the north reference of the compass (page9).? Mode: Sets the compass to use either a combination of GPS and the electronic sensor data when moving (Auto) or GPS data only (Off).? Calibrate: Allows you to manually calibrate the compass sensor (page5).? Customizing the Arrow Keys You can customize the hold function of and and for your activity.? For example, if the hiking profile is active, you can customize the hold function to start and stop the timer.? 1 Select the action key.? 2 Select Setup > System > Hot Keys.? 3 Select an option: ? Select Hold Up to set the function performed when you hold .? ? Select Hold Down to set the function performed when you hold .? ? Select Data Page Back to set the function performed when you select .

? ? Select Data Page Up to set the function performed when you select .? ? Select Data Page Down to set the function performed when you select .? NOTE: The available options depend on the current profile.? Customizing Your Device Setting the North Reference You can set the directional reference used in calculating heading information.? 1 Select the action key.

? 2 Select Setup > Sensors > Compass > North Ref.?.? 3 Select an option: ? To set geographic north as the heading reference, select True.?.? ? To set the magnetic declination for your location automatically, select Magnetic.?.? ? To set grid north (000) as the heading reference, select Grid.

? ? To set the magnetic variation value manually, select User, enter the magnetic variance, and select Done.? 9 Altimeter Settings Select Setup > Sensors > Altimeter.? Auto Cal.?: Allows the altimeter to self-calibrate each time you turn on GPS tracking.? Baro.? Plot: Variable records changes in elevation while you are moving.? Fixed assumes the device is stationary at a fixed elevation.? Therefore, the barometric pressure should only change due to weather.? Amb.? Press.

? records ambient pressure changes over a period of time.? Elev.? Plot: Sets the device to record elevation changes over a period of time or distance.? Time Settings Select Setup > Time.? Time Page: Allows you to customize the appearance of the time of day.? Format: Allows you to select a 12-hour or a 24-hour display time.? Time Zone: Allows you to select the time zone for the device.? You can select Auto to set the time zone automatically based on your GPS position.? Changing the Units of Measure You can customize units of measure for distance and speed, elevation, depth, temperature, and pressure.? 1 Select the action key.

? 2 Select Setup > Units.? 3 Select a measurement type.? 4 Select a unit of measure.? Setting the Device Tones 1 2 3 4 You can customize tones for messages and keys.



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? Select the action key.

? Select Setup > Tones.? Select Messages or Keys.? Select an option.? Display Settings Select Setup > Display.? Backlight: Adjusts the backlight level and the length of time before the backlight turns off.

? Contrast: Adjusts the screen contrast.? Position Format Settings NOTE: Do not change the position format or the map datum coordinate system unless you are using a map or chart that specifies a different position format.? Select Setup > Pos.? Format.? Format: Sets the position format in which a given location reading appears.? Datum: Sets the coordinate system on which the map is structured.? Spheroid: Shows the coordinate system the device is using.? The default coordinate system is WGS 84.? Map Settings Select Setup > Map.? Orientation: Adjusts how the map is shown on the page.

? North Up shows North at the top of the page.? Track Up shows your current direction of travel toward the top of the page.? 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.? Points: Selects the zoom level for points on the map.? Track Log: Allows you to show or hide tracks on the map.? Go To Line: Allows you to select how the course appears on the map.? Fitness Settings Select Setup > Fitness.? Auto Lap: Sets the device to automatically mark the lap at a specific distance.? User: Sets the user profile information (page10).

? HR Zones: Sets the five heart rate zones for fitness activities (page12).? FIT Activity: Sets the type of fitness activity being performed.? This allows your activity type to appear correctly when you transfer your activity data to Garmin Connect.? Foot Pod Speed: Sets the speed to Off, Indoor, and Always On (page12).? Track Settings Select Setup > Tracks.

? Method: Selects a track recording method.? Auto records the tracks at a variable rate to create an optimum representation of your tracks.? If you select Distance or Time, you can set the interval rate manually.? Interval: Allows you to set the track log recording rate.? Recording points more frequently creates a more-detailed track, but it fills the track log faster.

? Auto Start: Sets the device to record your track automatically when you select Start GPS.? Auto Save: Sets the device to automatically save your track when you turn off GPS.? Auto Pause: Sets the device to stop recording your track when you are not moving.? Output: Sets the device to save the track as a GPX, FIT, or a GPX/FIT file (page14).? ? GPX records a traditional track that allows you to perform GPS functions with the track such as navigation and routes.?

? FIT records additional information such as lap data and is used to record a track greater than 10,000 points.? FIT files can be uploaded to Garmin Connect? and are much more compact than GPX files.?? GPX/FIT allows you to output both file types.? 10 Setting Your Fitness User Profile The device uses information that you enter about yourself to calculate accurate data.? You can modify the following user profile information: gender, age, weight, height, and lifetime athlete (page10).

? 1 Select the action key.? 2 Select Setup > Fitness > User.? 3 Modify the settings.? 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.? Geocache Settings Select Setup > Geocaches.? List: Allows you to display the geocache list by names or codes.? chirp: Turns chirp searching on or off (page6).? Customizing Your Device Fitness Customizing Your Running or Cycling Profile There are many ways to customize your device for ease of use while running or cycling.? You can access the settings menu using the action key.?? Select Setup > Tracks > Auto Pause to turn on Auto Pause (page10).

? ? Select Setup > Tracks > Output to set your output format if you plan to manage your fitness activities using Garmin Connect (page10).? ? Select Setup > Data Pages to customize the data fields and to change the order of the data pages (page9).? ? Select Setup > Units to change units of measurement.? For example, you can record your biking distance in kilometers instead of miles.?? Customize the hold function of your arrow keys for your activity (page9).

? ? Select Setup > Fitness > Auto Lap to set your lap distance.? The default distance is 1mi (1.60km).? ? Enter your fitness user profile information (page10) and heart rate zones (page12) to obtain accurate calorie measurements.? 1 2 3 4 Select the action key.

? Select FIT History.? Select an activity.? Select Save as Track.? Deleting an Activity 1 Select the action key.? 2 Select FIT History.? 3 Select an activity.? 4 Select Delete > Yes.? Using Garmin Connect 1 Connect the device to your computer using the USB cable.? 2 Go to [www.garminconnect.com/](http://www.garminconnect.com/).

? 3 Follow the on-screen instructions.? ANT+ Sensors The device is compatible with these optional, wireless ANT+ accessories.?? Heart rate monitor (page11) ? GSC? 10 speed and cadence sensor (page13) ? tempe wireless temperature sensor (page11) For information about compatibility and purchasing additional sensors, go to <http://buy.garmin.com/>.? Going for a Run Before you go for a run, you must change the profile to running (page2).? 1 Select the action key.? 2 Select Start GPS.? 3 Wait while the device locates satellites.

? 4 Hold to start the timer.? 5 Start running.? You can hold to pause and resume your run.? You can hold to mark a lap.? Select the action key.

? 6 7 Select Stop GPS to finish your run.? The device automatically saves your run.? 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 with range (3 m) of the sensor.

? NOTE: Stay 10 m away from other ANT+ sensors while pairing.? 2 Select the action key.? 3 Select Setup > ANT Sensor.? 4 Select your sensor.? 5 Select New Search.? When the sensor is paired with your device, the sensor status changes from Searching to Connected.? Sensor data appears in the data page loop or a custom data field.? History History includes date, time, distance, calories, average speed or pace, ascent, descent, 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.? You can upload your history to Garmin Connect (page11) or BaseCamp (page4) periodically to keep track of all your activity data.? tempe The tempe is an ANT+ wireless temperature sensor.? You can attach the sensor to a secure strap or loop where it is exposed to ambient air, and therefore, provides a consistent source of accurate temperature data.? You must pair the tempe with your device to display temperature data from the tempe.



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? Viewing an Activity You can view the history or a map of your fitness activity.? 1 Select the action key.? 2 Select FIT History.? A list of your activities appears by date.? 3 Select an activity.

? 4 Select Details or View Map.? 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.

? Saving an Activity as a Track You can save an activity as a track using GPS.? This allows you to perform GPS functions with the activity, such as navigation and routes.? Fitness 11 ? ? ? ? 2 Wet both electrodes on the back of the strap to create a strong connection between your chest and the transmitter.? ? contact patch.? Wrap the strap around your chest, and connect the strap 4 hook to the loop.

? The Garmin logo should be right-side up.? Bring the device within range (3m) of the heart rate monitor.? 5 After you put on the heart rate monitor, it is on standby and ready to send data.? 3 If the heart rate monitor has a contact patch, wet the ? 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 (page14).? 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 that can interfere with your heart rate monitor.

? Sources of interference may include strong electromagnetic fields, some 2.?4 Ghz wireless sensors, high-voltage power lines, electric motors, ovens, microwave ovens, 2.?4 Ghz cordless phones, and wireless LAN access points.? Replace the battery (page13).? 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.

? 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.? Setting the Foot Pod Mode You can set your device to use foot pod data instead of GPS data to calculate pace.

? 1 Select the action key.? 2 Select Setup > Fitness > Foot Pod Speed.? 3 Select an option: ? Select Indoor when you are training indoors without GPS.? ? Select Always On when training outdoors, when your GPS signal is weak, or when you lose satellite signals.? 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 (page17) 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.? Going for a Run Using a Foot Pod Before you go for a run, you must change the profile to running (page2), and pair the foot pod with your device (page11).? When your device can not acquire satellite signals, such as when running indoors on a treadmill, you can use the foot pod to measure your running distance.? 1 Install your foot pod according to the accessory instructions.? 2 Select the action key.

? 3 Select Setup > Fitness > Foot Pod Speed > Indoor.? 4 Hold to start the timer.? 5 Start running.? You can hold to pause and resume your run.? You can hold to mark a lap.? 6 Hold to stop the timer.? The device automatically saves your run.? Setting Your Heart Rate Zones Before the device can determine your heart rate zones, you must set up your fitness user profile (page10).? You can manually adjust the heart rate zones according to your fitness goals (page12).? 1 Select the action key.

? 2 Select Setup > Fitness > HR Zones.? 3 Enter the maximum and minimum heart rate for zone 5.? 4 Enter your minimum heart rate for zones 4-1.? The maximum heart rate for each zone is based on the minimum heart rate of the previous zone.? For example, if you enter 167 as a minimum heart rate for zone 5, the device uses 166 as the maximum rate for zone 4.

? Foot Pod Calibration Calibrating your foot pod is optional and can improve accuracy.? There are three ways to adjust the calibration: distance, GPS, and manual.? Calibrating Your Foot Pod by Distance Before you can calibrate your device, you must pair your device with the foot pod (page11).? For best results, the foot pod should be calibrated using the inside lane of a regulation track or an exact distance.? A ANT+ Sensors Tips for Erratic Heart Rate Data If the heart rate data is erratic or does not appear, you can try these tips.

? ? Reapply moisture to the electrodes and contact patch.? 12 regulation track (2laps = 0.?5mi.? or 800m) is more accurate than a treadmill.? 1 Select the action key.? 2 Select Setup > ANT Sensor > Foot Pod > Calibrate > Distance.? 3 Select Start to begin recording.? 4 Run or walk 0.?5mi.? or 800m.

? 5 Select Stop.? Calibrating Your Foot Pod by GPS Before you can calibrate your device, you must acquire GPS signals, and pair your device with the foot pod (page11).? 1 Select the action key.? 2 Select Setup > ANT Sensor > Foot Pod > Calibrate > GPS.? 3 Select Start to begin recording.? 4 Run or walk approximately 0.?62mi.? or 1k.? The device informs you when you have traveled far enough.? 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.? Avoid pressing the keys under water.? Avoid extreme shock and harsh treatment, because it can degrade the life of the product.? Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.? Cleaning the Device 1 Wipe the device using a cloth dampened with a mild detergent solution.

? 2 Wipe it dry.? Specifications Battery type Battery life Water resistance 500mAh Lithium-ion battery Up to 5 weeks Water resistant to 164ft.



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? (50m) NOTE: The watch is designed for surface swimming. ? Calibrating Your Foot Pod Manually Before you can calibrate your device, you must pair your device with the foot pod (page11). ? Garmin recommends manual calibration if you know your calibration factor.

? If you have calibrated a foot pod with another Garmin product, you may know your calibration factor. ? 1 Select the action key. ? 2 Select Setup > ANT Sensor > Foot Pod > Calibrate > Manual. ? 3 Adjust the calibration factor: ? Increase the calibration factor if your distance is too low. ? Decrease the calibration factor if your distance is too high. ? Operating temperature From -4 to 122F (from -20 to 50C) range Radio frequency/ protocol 2. ? 4GHz ANT?+ wireless communications protocol Bluetooth Smart device Heart Rate Monitor Specifications Battery type Battery life Water resistance User-replaceable CR2032, 3 volts Up to 4. ?5 years (1 hour per day) Water resistant to 98. ?4 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 Using an Optional Bike Cadence Sensor You can use a compatible bike cadence sensor to send data to your device. ? ? Pair the sensor with your device (page11). ? ? Create a custom profile for biking (page2). ? ? Update your fitness user profile information (page10). ? Operating temperature range Radio frequency/ protocol Battery Information Device Information Viewing Device Information You can view the unit ID, software version, and license agreement. ? 1 Select the action key. ? 2 Select Setup > About. ? The actual battery life depends on how much you use GPS, device sensors, optional wireless sensors, and the backlight. ? Battery Life 16 hours 50 hours Up to 2 weeks Up to 5 weeks Mode Normal GPS mode UltraTrac GPS mode Always On sensor mode Watch mode 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](http://www.garmin.com/?products/?/?webupdater). ? 3 Follow the on-screen instructions. ? 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). ? Device Care NOTICE Do not use a sharp object to clean the device. ? Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes. ? 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. ? Device Information 13 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 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. ? 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. ? Troubleshooting Locking the Keys You can lock the keys to prevent inadvertent key presses. ? 1 Select the data page you want to view while the keys are locked.

? and to lock the keys. ? 2 Hold and to unlock the keys. ? 3 Hold 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. ? Resetting Your Device If the device stops responding, you may need to reset it. ? 1 Hold for at least 25 seconds. ? 2 Hold for one second to turn on the device. ? Resetting the Device to Factory Settings You can restore all of the device settings to the factory default values. ? 1 Select the action key. ? 2 Select Setup > Reset > All Settings > Yes. ? Clearing All Sensor Plot Data 1 Select the action key. ? 2 Select Setup > Reset > Clear Plots > Yes.

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

? Data Management NOTE: The device is not compatible with Windows 95, 98, Me, Windows NT, and Mac OS 10. ?3 and earlier. ? File Types The device supports these file types. ? ? Files from BaseCamp or HomePort. ? ? Go to [www.garmin.com/?trip?/?\\_?planning](http://www.garmin.com/?trip?/?_?planning). ? ? GPI custom POI files from the Garmin POI Loader. ? Go to [www.garmin.com/?products/?/?poi-loader](http://www.garmin.com/?products/?/?poi-loader). ? ? GPX track files. ? ? GPX geocache files. ? Go to [www.opencaching.com](http://www.opencaching.com). ? ? FIT files for exporting to Garmin Connect. ? ? GPX/FIT files for recording data in both formats simultaneously. ? Appendix Data Fields Some data fields require you to be navigating or require ANT?+ accessories to display data. ? ACCURACY (GPS): The margin of error for your exact location.

? For example, your GPS location is accurate to within +/-12feet (3. ?65m). ? AMB PRESS (ambient pressure): The uncalibrated environmental pressure. ? ASCENT (ascent total): The total elevation distance ascended since the last reset. ? AVG ASCENT (average ascent): The average vertical distance of ascent since the last reset. ? AVG CAD (average cadence): The average cadence for the current activity. ? AVG DESCNT (average descent): The average vertical distance of descent since the last reset. ? 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. ? 14 Appendix AVG HR (average heart rate): The average heart rate for the current activity. ? AVG HR % (average heart rate percentage): The average percentage of maximum heart rate for the current activity. ? AVG LAP (average lap): The average lap time for the current activity. ? AVG PACE (average pace): The average pace for the current activity. ? AVG SPEED (average speed overall): The average speed while moving and stopped since the last reset. ? BAROMETER: The calibrated current pressure.



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? **BATTERY**: The remaining battery power.? **BEARING**: The direction from your current location to a destination.

? You must be navigating for this data to appear.? **CADENCE**: The revolutions of the crank arm or strides per minute.? Your device must be connected to a cadence accessory.? **CALORIES**: The amount of total calories burned.? **CMP HDNG** (compass heading): The direction you are moving based on the compass.? **COMPASS**: A visual representation of the direction in which the device is pointing.? **COURSE**: The direction from your starting location to a destination.? Course can be viewed as a planned or set route.? You must be navigating for this data to appear.? **DATE**: The current day, month, and year.

? **DESCENT** (descent total): The total elevation distance descended since the last reset.? **DISTANCE** (trip odometer): A running tally of the distance traveled since the last reset.? **ELEVATION**: The altitude of your current location above or below sea level.? **FINAL DEST** (final destination): The last point on the route to the destination.? You must be navigating for this data to appear.? **FINAL DIST** (distance to final destination): The remaining distance to the final destination.? You must be navigating for this data to appear.? **FINAL ETA** (final estimated time of arrival): 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.? **FINAL ETE** (final estimated time en route): The estimated time remaining before you reach the destination.

? You must be navigating for this data to appear.? **FINAL LOC** (final location): The last point on the route or course.? **FINAL VDST** (final vertical distance to destination): The elevation distance between your current position and the final destination.? You must be navigating for this data to appear.? **FINAL VSPD** (final vertical speed to destination): The rate of ascent or descent to a predetermined altitude.

? You must be navigating for this data to appear.? **GLIDE RATIO**: The ratio of horizontal distance traveled to the change in vertical distance.? **GPS** (signal strength): The strength of the GPS satellite signal.? **GPS ELEVTN** (GPS elevation): The altitude of your current location using GPS.? **GPS HDNG** (GPS heading): The direction you are moving based on GPS.

? **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%.? **GR DEST** (glide ratio to destination): The glide ratio required to descend from your current position to the destination elevation.? You must be navigating for this data to appear.? **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** (heart rate percentage maximum): The percentage of maximum heart rate.? **HR ZONE** (heart rate zone): The current range of heart rate (1 to 5).? The default zones are based on your user profile, maximum heart rate, and resting heart rate.

? **LAP ASCNT** (lap ascent): The vertical distance of ascent for the current lap.? **LAP CAD** (lap cadence): The average cadence for the current lap.? **LAP DESCNT** (lap descent): The vertical distance of descent for the current lap.? **LAP DIST** (lap distance): The distance traveled for the current lap.? **LAP HR** (lap heart rate): The average heart rate for the current lap.? **LAP HR %** (lap heart rate percentage): The average percentage of maximum 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.

? **LAP TOTAL**: The stopwatch time for all the completed laps.? **LAT/LON** (latitude/longitude): The current position in latitude and longitude regardless of the selected position format setting.? **LLAP ASCNT** (last lap ascent): The vertical distance of ascent for the last completed lap.? **LLAP CAD** (last lap cadence): The average cadence for the last completed lap.? **LLAP DECNT** (last lap descent): The vertical distance of descent for the last completed lap.

? **LLAP DIST** (last lap distance): The distance traveled for the last completed lap.? **LLAP HR** (last lap heart rate): The average heart rate for the last completed lap.? **LLAP PACE** (last lap pace): The average pace for the last completed lap.? **LLAP SPD** (last lap speed): The average speed for the last completed lap.? **LLAP TIME** (last lap time): The stopwatch time for the last completed lap.

? **LOCATION**: The current position using the selected position format setting.? **MAX ASCENT** (maximum ascent): The maximum rate of ascent in feet per minute or meters per minute since the last reset.? **MAX DESCNT** (maximum descent): The maximum rate of descent in feet per minute or meters per minute since the last reset.? **MAX ELEVTN** (maximum elevation): The highest elevation reached since the last reset.? **MAX SPEED** (maximum speed): The highest speed reached since the last reset.? **15 Appendix MAX TEMP** (maximum temperature): The maximum temperature recorded in the last 24hours.? **MIN ELEVTN** (minimum elevation): The lowest elevation reached since the last reset.? **MIN TEMP** (minimum temperature): The minimum temperature recorded in the last 24hours.? **@@@NEXT DEST** (next destination): The next point on the route.? You must be navigating for this data to appear.

? @@You must be navigating for this data to appear.? @@You must be navigating for this data to appear.? **NEXT ETE** (next estimated time en route): The estimated time remaining before you reach the next waypoint in the route.? You must be navigating for this data to appear.? **NEXT VDST** (next vertical distance): The elevation distance between your current position and the next waypoint in the route.? You must be navigating for this data to appear.? **NONE**: This is a blank data field.? **ODOMETER**: A running tally of distance traveled for all trips.? This total does not clear when resetting the trip data.? **OFF COURSE**: The distance to the left or right by which you have strayed from the original path of travel.

? You must be navigating for this data to appear.? **PACE**: The current pace.? **SPEED**: The current rate of travel.? **STEPS**: The number of steps recorded by the foot pod.? **STOP TIME**: A running tally of the time spent not moving since the last reset.

? **STOPWATCH**: The stopwatch time for the current activity.? **SUNRISE**: The time of sunrise based on your GPS position.? **SUNSET**: The time of sunset based on your GPS position.? **TEMP** (temperature): The temperature of the air.? Your body temperature affects the temperature sensor.

? @@**TIMER**: The current time of the countdown timer.? @@@@**TURN**: The angle of difference (in degrees) between the bearing to your destination and your current course.? L means turn left.? R means turn right.? You must be navigating for this data to appear.? **VERT SPEED** (vertical speed): The rate of ascent or descent over time.? **VMG** (velocity made good): The speed at which you are closing on a destination along a route.? You must be navigating for this data to appear.



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? You can adjust the altimeter and barometric settings by selecting Setup > Sensors > Altimeter > Baro.? Plot.? Sensor Altimeter with GPS On Barometer with GPS On Fixed Elevation is equal to GPS elevation.? Variable Elevation reflects changes in ambient pressure and GPS position.? Barometric pressure reading reflects changes in Barometric pressure reading reflects changes in ambient pressure and changes in GPS position.

? Using ambient pressure and changes in GPS position.? the barometer at a constant altitude results in accurate readings.? Elevation remains constant.? Elevation reflects changes in ambient pressure.? Barometric pressure reading reflects changes in Barometric pressure reading is based on the ambient pressure.? Using the barometer at a constant calibrated altitude and changes in ambient altitude results in accurate readings.? pressure.? Altimeter with GPS Off Barometer with GPS Off 16 Appendix Heart Rate Zone Calculations Zone % of Maximum Heart Rate 1 50?60% Perceived Exertion Benefits 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% Appendix 17 Index A accessories?14 adventures?4 alarms?8 clock?7 proximity?8 alerts?8 location?8 almanac hunting and fishing?8 sunrise and sunset?8 altimeter?1, 2, 5, 10, 14, 16 ANT+ sensors?11 pairing?11 area calculation?8 Auto Pause?10, 11 GPS?9, 13 signal?1, 2, 8 stopping?2, 8 GSC 10?11 H heart rate?2 monitor?11, 13 zones?12, 17 heart rate monitor?11?14 history?11 sending to computer?11 viewing?11 HomePort?14 hunting and fishing times?8 version?13 software license agreement?13, 16 specifications?13 speed?4 speed and cadence sensors?2 stopwatch?8 sunrise and sunset times?8 system settings?9 T tempe?11 temperature?1, 2, 5, 11 tides?7 time of day?1 time settings?8, 10 time zones?8, 10 timer?11 countdown?7 tones?7, 10 TracBack?5 tracks?4, 10, 11 deleting?4 recording?2 transferring, files?14 transferring files?6 trip planner. See routes troubleshooting?12, 14 J jumpmaster?6, 7 K keys?1, 9 locking?14 B backlight?1, 10 barometer?1, 2, 5, 14, 16 BaseCamp?2, 14 battery?13 charging?1 life?1, 13 replacing?13 bearing pointer?3 bike sensors?13 L language?9 lifetime athlete?10 locations?4, 8 editing?3 saving?3 locking, keys?14 U UltraTrac?9 unit ID?13 units of measure?10 updating software?13 USB disconnecting?14 transferring files?14 user data, deleting?14 user profile?10 C cadence, sensors?13 calibrating altimeter?5 compass?5 charging?1 chirp?6, 10 cleaning the device?13, 14 compass?1?5, 9 computer, connecting?2 contrast?10 coordinates?4 countdown timer?7 customizing the device?9, 11 M main menu, customizing?9 man overboard (MOB)?6 maps?4 browsing?5 navigating?5 orientation?10 settings?10 viewing?11 zoom?5 menu?1 moon phase?8 V vibration alerts?10 W WAAS?9 water resistance?13 waypoints?1?4 deleting?3 editing?3 projecting?3 saving?3 weather?5 N navigation?4 compass?4 Sight 'N Go?5 waypoints?3 north reference?9 D data sharing?4 storing?11 transferring?11 data fields?9 deleting all user data?14 locations?3 profiles?2 demo mode?8 device registration?16 resetting?14 distance?4 downloading, geocaches?6 P pairing ANT+ sensors?11 position format?10 product registration?16 profiles?2, 10 proximity alarms?8 Z zones, time?8 zooming?1 maps?5 R registering the device?16 replacing battery?13 replacing the battery?13 resetting, device?14 restoring settings?14 routes?3, 4 creating?3 deleting?4 editing?3 viewing on the map?4 running?11 E elevation?1, 2 plot?14 F files transferring?6 types?14 finding locations, near your location?3 fishing times?8 fitness?10, 11 foot pod?12, 13 S satellite page?8 satellite signals?8 acquiring?2 saving activities?11 screen?10 settings?8?11, 14 sharing data?4 Sight 'N Go?5 software updating?13 Index G Garmin Connect, storing data?11 geocaches?4, 6, 10, 14 downloading?6 navigating to?6 18 www.garmin.

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