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Connect 1 Connect the device to your computer using the USB cable (page 1). 2 Go to www.garminconnect.com/start. 3 Follow the on-screen instructions.

History You can view your last seven running sessions on your Forerunner , but

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you can upload and
view unlimited
running sessions to
Garmin Connect.
When the memory
is full, your

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and provides
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is so easy to use,
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smartwatch

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sports apps,

contactless

payments, music

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and all-day health
monitoring

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your run with the
press of one button.
Simply acquire
satellites and then
as you run, you can
see your time and

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distance clearly displayed on one screen and calories and pace on another. You can also customise the settings to show pace and distance on the same screen.

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Owner ' s Manual 5

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Pairing the Heart

Rate Monitor

(Optional) While

you are trying to

pair your heart rate

monitor with your

Forerunner for the

first time, move 10

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m away from other
heart rate monitors.
Using the Heart
Rate Monitor The
heart rate monitor
is on standby and
ready to send data.
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App; Setting Up
Garmin Express;

Updating the
Software Using
Garmin Express;

Getting More
Information;

Activity Tracking.

My daily step count
does not appear;

My step count does

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not seem accurate;

The step counts on
my device and my

Garmin Connect
account don't

match; My intensity
minutes are flashing

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Computer; Playing

Audio Prompts

During Your

Activity; History.

Viewing History;

Deleting a Run from

History; Personal

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Records; Clearing a
Personal Record;
Restoring a
Personal Record;
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Events; Data
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