

**GARMIN®**



# VENU® 3 SERIES

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## Owner's Manual

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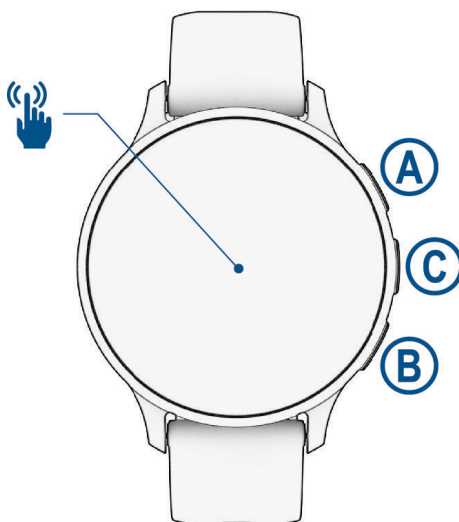
# Introduction

## ⚠ 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.

## Overview



- Ⓐ **Action button:** Hold for 2 seconds to turn on the watch.
  - Press to open the activities and apps menu.
  - Hold for 2 seconds to view the controls menu, including power.
  - Hold until the watch vibrates 3 times to request assistance (*Safety and Tracking Features, page 72*).
- Ⓑ **Back button:** Press to return to the previous screen, except during an activity.
  - During an activity, press to mark a new lap, start a new set or pose, or advance to the next stage of a workout.
  - Hold to view a menu of watch settings and options for the current screen.
- Ⓒ **Custom/Voice Assistant button:** Press to view the custom shortcut feature (*Setting Up a Shortcut, page 38*).
  - Hold to activate the voice assistant on your phone.
- 👉 **Touchscreen:** Swipe up, down, left, or right to scroll through glances, features, and menus (*Touchscreen Tips, page 2*).

## Touchscreen Tips

- Drag up or down to scroll through lists and menus.
- Swipe up or down to scroll quickly.
- Tap to select an item.
- Tap to wake the watch.
- From the watch face, swipe up or down to scroll through the glances on the watch.
- Tap a glance to view additional information, if available.
- Swipe right to return to the previous screen.
- Tap and hold an item on the watch face to bring up contextual information, such as glances or menus, if available.
- During an activity, swipe up or down to view the next data screen.
- During an activity, swipe right to view the watch face and glances, and swipe left to return to the activity data fields.
- After selecting an activity, swipe up to view the settings and options for that activity.
- When available, select  or swipe up to view additional menu options.
- Perform each menu selection as a separate action.

## Locking and Unlocking the Touchscreen

You can lock the touchscreen to prevent inadvertent screen touches.

**NOTE:** You can customize the controls menu ([Customizing the Controls Menu, page 37](#)).

- 1 Hold  to view the controls menu.
- 2 Select .

The touchscreen locks and does not respond to touches until you unlock it.

- 3 Hold any button to unlock the touchscreen.



## Icons

A flashing icon means the watch is searching for a signal. A solid icon means the signal was found or the sensor is connected. A slash through an icon means the feature is turned off.

For a full list of compatible sensors, see [Wireless Sensors, page 56](#).

|                                                                                     |                           |
|-------------------------------------------------------------------------------------|---------------------------|
|    | Phone connection status   |
|    | Heart rate monitor status |
|    | LiveTrack status          |
|    | Speed sensor status       |
|    | Cadence sensor status     |
|    | Varia™ bike light status  |
|    | Varia bike radar status   |
|    | Smart trainer status      |
|    | Power meter status        |
|  | tempe™ sensor status      |

## Setting Up Your Watch

To take full advantage of the Venu 3 series features, complete these tasks.

- Pair the watch with your phone using the Garmin Connect™ app ([Pairing Your Phone, page 64](#)).
- Check for software updates ([System Settings, page 75](#)).  
For the best experience, you should keep the software on your watch up to date. Software updates provide changes and improvements to privacy, security, and features.
- Set up Wi-Fi® networks ([Connecting to a Wi-Fi Network, page 67](#)).
- Set up music ([Music, page 60](#)).
- Set up your Garmin Pay™ wallet ([Setting Up Your Garmin Pay Wallet, page 38](#)).
- Set up safety features ([Safety and Tracking Features, page 72](#)).
- Set up your user profile ([User Profile, page 60](#)).
- Go to [garmin.com/voicefunctionality/tips](https://garmin.com/voicefunctionality/tips) for tips about using the voice assistant.

# Apps and Activities

Your watch includes a variety of preloaded apps and activities.

**Apps:** Apps provide interactive features for your watch, such as saving your location or calling someone from your watch ([Apps, page 18](#)).

**Activities:** Your watch comes preloaded with indoor and outdoor activity apps, including running, cycling, strength training, golfing, and more. When you start an activity, the watch displays and records sensor data, which you can save and share with the Garmin Connect community.

For more information about activity tracking and fitness metric accuracy, go to [garmin.com/ataccuracy](https://garmin.com/ataccuracy).

**Connect IQ™ Apps:** You can add features to your watch by installing apps from the Connect IQ app ([Downloading Connect IQ Features, page 70](#)).

## Starting an Activity

When you start an activity, GPS turns on automatically (if required).

- 1 Press **A**.
- 2 Select an option:
  - Select an activity from your favorites.
  - Select **...**, and select an activity from the extended activity list.
- 3 If the activity requires GPS signals, go outside to an area with a clear view of the sky, and wait until the watch is ready.

The watch is ready after it establishes your heart rate, acquires GPS signals (if required), and connects to your wireless sensors (if required).

- 4 Press **A** to start the activity timer.

The watch records activity data only while the activity timer is running.

## Tips for Recording Activities

- Charge the watch before starting an activity ([Charging the Watch, page 78](#)).
- Press **B** to record laps, start a new set or pose, or advance to the next workout step.
- Swipe up or down to view additional data screens ([Locking and Unlocking the Touchscreen, page 2](#)).

## Stopping an Activity

- 1 Press **A**.
- 2 Select an option:
  - To save the activity, select **✓**.
  - To discard the activity, select **🗑**.
  - To resume the activity, press **A**.

## Evaluating an Activity

**NOTE:** This feature is not available for all activities.

You can customize the self-evaluation setting for certain activities ([Enabling Self Evaluation, page 42](#)).

- 1 After you complete an activity, select **✓** ([Stopping an Activity, page 4](#)).
- 2 Select how you felt during the activity.
- 3 Select a number that corresponds with your perceived effort.

**NOTE:** You can select **Skip** to skip the self evaluation.

You can view evaluations in the Garmin Connect app.

## Indoor Activities

The watch can be used for training indoors, such as running on an indoor track or using a stationary bike or indoor trainer. GPS is turned off for indoor activities ([Activities and App Settings, page 21](#)).

When running or walking with GPS turned off, speed and distance are calculated using the accelerometer in the watch. The accelerometer is self-calibrating. The accuracy of the speed and distance data improves after a few outdoor runs or walks using GPS.

**TIP:** Holding the handrails of the treadmill reduces accuracy.

When cycling with GPS turned off, speed and distance data are not available unless you have an optional sensor that sends speed and distance data to the watch, such as a speed or cadence sensor.

## Recording a Strength Training Activity

You can record sets during a strength training activity. A set is multiple repetitions (reps) of a single move.

- 1 Press **A**.
- 2 Select **Strength**.
- 3 Press **A** to start the activity timer.
- 4 Start your first set.

By default, the watch counts your reps. Your rep count appears when you complete at least four reps. You can disable rep counting in the activity settings ([Activities and App Settings, page 21](#)).

**TIP:** The watch can only count reps of a single move for each set. When you want to change moves, you should finish the set and start a new one.

- 5 Press **B** to finish the set.  
The watch displays the total reps for the set. After several seconds, the rest timer appears.
- 6 If necessary, edit the number of reps, and select  to add the weight used for the set.
- 7 When you are done resting, press **B** to start your next set.
- 8 Repeat for each strength training set until your activity is complete.
- 9 After you complete your activity, press **A**, and select .

## Tips for Recording Strength Training Activities

- Do not look at the watch while performing reps.  
You should interact with the watch at the beginning and end of each set, and during rests.
- Focus on your form while performing reps.
- Perform bodyweight or free weight exercises.
- Perform reps with a consistent, wide range of motion.  
Each rep is counted when the arm wearing the watch returns to the starting position.
- **NOTE:** Leg exercises may not be counted.
- Turn on automatic set detection to start and stop your sets.
- Save and send your strength training activity to your Garmin Connect account.  
You can use the tools in your Garmin Connect account to view and edit activity details.

## Recording a HIIT Activity

You can use specialized timers to record a high-intensity interval training (HIIT) activity.

- 1 Press **(A)**.
- 2 Select **HIIT**.
- 3 Select an option:
  - Select **Free** to record an open, unstructured HIIT activity.
  - Select **HIIT Timers** > **AMRAP** to record as many rounds as possible during a set time period.
  - Select **HIIT Timers** > **EMOM** to record a set number of moves every minute on the minute.
  - Select **HIIT Timers** > **Tabata** to alternate between 20-second intervals of maximum effort with 10 seconds of rest.
  - Select **HIIT Timers** > **Custom** to set your move time, rest time, number of moves, and number of rounds.
  - Select **Workouts** to follow a saved workout.
- 4 If necessary, follow the on-screen instructions.
- 5 Press **(A)** to start your first round.

The watch displays a countdown timer and your current heart rate.
- 6 If necessary, press **(B)** to manually move to the next round or rest.
- 7 After you finish the activity, press **(A)** to stop the activity timer.
- 8 Select **✓**.

## Recording a Meditation Activity

You can use a guided session or create your own meditation activity.

- 1 Press **(A)**.
- 2 Select **Meditation**.
- 3 Select an option:
  - Select **Free** to record an open, unstructured meditation activity.
  - Select **Session** to follow a guided session with audio.
  - Select **Custom** to create a custom session with audio.
- 4 If necessary, press **(B)**, or follow the on-screen instructions.
- 5 Press **(A)** to start the activity timer.

The watch displays a countdown timer or intention.
- 6 Select an option:
  - Select **🔊** to listen to the meditation audio from the external speaker and set the speaker volume.
  - Connect your headphones to listen to the meditation audio ([Connecting Bluetooth Headphones, page 62](#)).

**NOTE:** Notifications are disabled during the meditation activity.
- 7 After you complete your activity, press **(A)**, and select **✓**.

## Recording a Breathwork Activity

- 1 Press **A**.
  - 2 Select **Breathwork**.
  - 3 Select an option:
    - Select **Coherence** to achieve a state of calm alertness.
    - Select **Relax and Focus** to relax your body and focus the mind.
    - Select **Relax and Focus (Short)** to relax your body and focus the mind in a shorter time frame.
    - Select **Tranquility** to lower your stress level and get ready for sleep.
  - 4 Press **A** to start the activity.
  - 5 Follow the on-screen instructions as the watch guides you through the breathing exercises.
  - 6 After you complete your activity, press **A**, and select .
- Your stress level change and breaths per minute appear.

## Calibrating the Treadmill Distance

To record more accurate distances for your treadmill runs, you can calibrate the treadmill distance after you run at least 2.4 km (1.5 mi.) on a treadmill. If you use different treadmills, you can manually calibrate the treadmill distance on each treadmill or after each run.

- 1 Start a treadmill activity (*Starting an Activity, page 4*).
- 2 Run on the treadmill until your Venu 3 series watch records at least 2.4 km (1.5 mi.).
- 3 After you complete your run, press **A**.
- 4 Check the treadmill display for the distance traveled.
- 5 Select an option:
  - To calibrate the first time, enter the treadmill distance on your watch.
  - To manually calibrate after the first-time calibration, swipe up, select **Calibrate & Save**, and enter the treadmill distance on your watch.

## Gaming

### Using the Garmin GameOn™ App

When you pair your watch with your computer, you can record a gaming activity on your watch and view real-time performance metrics on your computer.

- 1 On your computer, go to [www.overwolf.com/app/Garmin-Garmin\\_GameOn](http://www.overwolf.com/app/Garmin-Garmin_GameOn) and download the Garmin GameOn app.
- 2 Follow the on-screen instructions to complete the installation.
- 3 Launch the Garmin GameOn app.
- 4 When the Garmin GameOn app prompts you to pair your watch, press **A**, and select **Gaming** on your watch.  
**NOTE:** While your watch is connected to the Garmin GameOn app, notifications and other Bluetooth® features are disabled on the watch.
- 5 Select **Pair Now**.
- 6 Select your watch from the list, and follow the on-screen instructions.  
**TIP:** You can click  > **Settings** to customize your settings, reread the tutorial, or remove a watch. The Garmin GameOn app remembers your watch and settings the next time you open the app. If necessary, you can pair your watch to another computer (*Pairing Your Wireless Sensors, page 57*).
- 7 Select an option:
  - On your computer, start a supported game to automatically start the gaming activity.
  - On your watch, start a manual gaming activity (*Recording a Manual Gaming Activity, page 8*).

The Garmin GameOn app shows your real-time performance metrics. When you complete your activity, the Garmin GameOn app displays your gaming activity summary and match information.

## Recording a Manual Gaming Activity

You can record a gaming activity on your watch and manually enter stats for each match.

- 1 Press **A**.
- 2 Select **Gaming**.
- 3 Select **Skip**.
- 4 Select a game type.
- 5 Press **A** to start the activity timer.
- 6 Press **B** at the end of the match to record your match result or placement.
- 7 Press **B** to start a new match.
- 8 After you complete your activity, press **A**, and select .

## Going for a Pool Swim

**NOTE:** The touchscreen is not available during swim activities.

- 1 Press **A**.
- 2 Select **Pool Swim**.
- 3 Select your pool size, or enter a custom size.
- 4 Press **A** to start the activity timer.
- 5 Start swimming.  
The watch automatically records swim intervals and lengths.
- 6 Press **B** when you rest.  
**TIP:** You can enable the Auto Rest feature to set the watch to automatically detect when you are resting and create a rest interval (*Swim Auto Rest and Manual Rest, page 9*).  
The rest screen appears.
- 7 Press **B** to restart the interval timer.
- 8 After you complete your activity, press **A** to stop the activity timer.
- 9 Select an option:
  - To save the activity, hold **A**.
  - To discard the activity, hold **B**.

## Setting the Pool Size

The pool size must be correct to display accurate distance.

- 1 Press **A**.
- 2 Select **Pool Swim**.
- 3 Swipe up.
- 4 Select **Settings > Pool Size**.
- 5 Select your pool size, or enter a custom size.

**TIP:** You can select **Prompt** to select the pool size every time you start a pool swim activity.

## Swim Terminology

**Length:** One trip down the pool.

**Interval:** One or more consecutive lengths. A new interval starts after a rest.

**Stroke:** A stroke is counted every time your arm wearing the watch completes a full cycle.

**Swolf:** Your swolf score is the sum of the time for one pool length and the number of strokes for that length. For example, 30 seconds plus 15 strokes equals a swolf score of 45. For open water swimming, swolf is calculated over 25 meters. Swolf is a measurement of swimming efficiency and, like golf, a lower score is better.

## Swim Auto Rest and Manual Rest

The auto rest feature is available only for pool swimming. Your watch automatically detects when you are resting, and the rest screen appears. If you rest for more than 15 seconds, the watch automatically creates a rest interval. When you resume swimming, the watch automatically starts a new swim interval.

**TIP:** For best results using the auto rest feature, minimize your arm motions while resting.

To use manual rests instead, you can turn off the auto rest feature in the activity options ([Activities and App Settings, page 21](#)). During a pool or open water swim activity, you can manually mark a rest interval by pressing **B**. Swim data is not recorded during a rest interval.

**TIP:** Use manual rests if you are taking short rests or you want very precise swim interval timing.

## Outdoor Activities

The Venu 3 series watch comes preloaded with outdoor activities, such as running and biking. GPS is turned on for outdoor activities.

### Going for a Run

Before you can use a wireless sensor for your run, you must pair the sensor with your watch ([Pairing Your Wireless Sensors, page 57](#)).

- 1 Put on your wireless sensors, such as a heart rate monitor (optional).
- 2 Press **A**.
- 3 Select **Run**.
- 4 When using optional wireless sensors, wait while the watch connects to the sensors.
- 5 Go outside, and wait while the watch locates satellites.
- 6 Press **A** to start the activity timer.  
The watch records activity data only while the activity timer is running.
- 7 Start your activity.
- 8 Press **B** to record laps (optional) ([Marking Laps Using the Auto Lap Feature, page 24](#)).
- 9 Swipe up or down to scroll through data screens.
- 10 After you complete your activity, press **A**, and select .

### Going for a Ride

Before you can use a wireless sensor for your ride, you must pair the sensor with your watch ([Pairing Your Wireless Sensors, page 57](#)).

- 1 Pair your wireless sensors, such as a heart rate monitor, speed sensor, or cadence sensor (optional).
- 2 Press **A**.
- 3 Select **Bike**.
- 4 When using optional wireless sensors, wait while the watch connects to the sensors.
- 5 Go outside, and wait while the watch locates satellites.
- 6 Press **A** to start the activity timer.  
The watch records activity data only while the activity timer is running.
- 7 Start your activity.
- 8 Swipe up or down to scroll through data screens.
- 9 After you complete your activity, press **A**, and select .

## Swimming in Open Water

You can record swim data including distance, pace, and stroke rate.

**NOTE:** The touchscreen is not available during swim activities.

- 1 Press **A**.
- 2 Select **Open Water**.
- 3 Go outside and wait while the watch locates satellites.
- 4 Press **A** to start the activity timer.
- 5 Start swimming.
- 6 After you complete your activity, hold **A**.

## Recording a Bouldering Activity

You can record routes during a bouldering activity. A route is a climbing path along a boulder or small rock formation.

- 1 Press **A**.
- 2 Select **Bouldering**.
- 3 Select a grading system.  
**NOTE:** The next time you start a bouldering activity, the watch uses this grading system. You can hold **B**, select the activity settings, and select **Grading System** to change the system.
- 4 Select the difficulty level for the route.
- 5 Press **A** to start the route timer.
- 6 Start your first route.
- 7 Press **B** to finish the route.  
The rest timer appears.
- 8 When you are done resting, press **B** to start your next route.
- 9 Repeat this process for each route until your activity is complete.
- 10 After your last route, press **A** to stop the route timer.
- 11 Select **✓**.

## Viewing Your Ski Runs

Your watch records the details of each downhill skiing or snowboarding run using the auto run feature. This feature is turned on by default for downhill skiing and snowboarding. It automatically records new ski runs based on your movement. The timer pauses when you stop moving downhill and when you are on a chairlift. The timer remains paused during the chairlift ride. You can start moving downhill to restart the timer. You can view run details from the paused screen or while the timer is running.

- 1 Start a skiing or snowboarding activity.
- 2 Swipe up or down to view details of your last run, your current run, and your total runs.  
The run screens include time, distance traveled, maximum speed, average speed, and total descent.



# Golfing

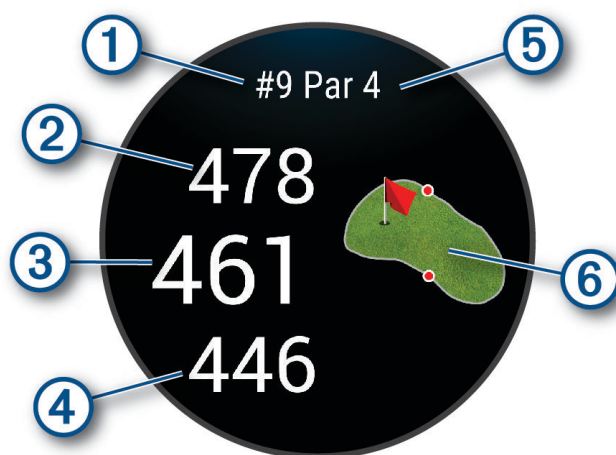
## Playing Golf

Before you play golf for the first time, you must download the Garmin Golf™ app from the app store on your phone ([Garmin Golf App, page 71](#)).

Before you play golf, you should charge the watch ([Charging the Watch, page 78](#)).

- 1 Press .
- 2 Select **Golf**.  
The device locates satellites, calculates your location, and selects a course if there is only one course nearby.
- 3 If the course list appears, select a course from the list.  
Courses are updated automatically.
- 4 Press .
- 5 Select  to keep score.

- 6 Select a tee box.  
The hole information screen appears.



|   |                                     |
|---|-------------------------------------|
| ① | Current hole number                 |
| ② | Distance to the back of the green   |
| ③ | Distance to the middle of the green |
| ④ | Distance to the front of the green  |
| ⑤ | Par for the hole                    |
| ⑥ | Map of the green                    |

**NOTE:** Because pin locations change, the watch calculates the distance to the front, middle, and back of the green, but not the actual pin location.

- 7 Select an option:
- Tap the map to view more detail or change the pin location ([Changing the Pin Location, page 13](#)).
  - Press **A** to open the golf menu ([Golf Menu, page 13](#)).
  - Hold **B** to open the golf settings ([Golf Settings, page 17](#)).

When you move to the next hole, the watch automatically transitions to display the new hole information.

## Golf Menu

During a round, you can press **A** to view additional features in the golf menu.

**Hazards:** Shows the bunkers and water hazards for the current hole.

**Layups:** Shows the layup and distance options for the current hole (par 4 and par 5 holes only).

**Change Hole:** Allows you to manually change the hole.

**Scorecard:** Opens the scorecard for the round (*Keeping Score, page 15*).

**Pin Pointer:** The PinPointer feature is a compass that points to the pin location when you are unable to see the green. This feature can help you line up a shot even if you are in the woods or in a deep sand trap.

**NOTE:** Do not use the PinPointer feature while in a golf cart. Interference from the golf cart can affect the accuracy of the compass.

**Round Summary:** During a round, view your score, statistics, and step information.

**Last Shot:** View information for your last shot.

**NOTE:** You can view distances for all shots detected during the current round. If needed, you can manually add a shot (*Adding a Shot Manually, page 15*).

**End Round:** Ends the current round.

## Viewing the Direction to the Pin

The PinPointer feature is a compass that provides directional assistance when you are unable to see the green. This feature can help you line up a shot even if you are in the woods or in a deep sand trap.

**NOTE:** Do not use the PinPointer feature while in a golf cart. Interference from the golf cart can affect the accuracy of the compass.

1 Press **A**.

2 Select .

The arrow points to the pin location.

## Changing the Pin Location

While playing a game, you can take a closer look at the green and move the pin location.

1 Select the map.

A larger view of the green appears.

2 Touch and drag the pin to the correct location.

 indicates the selected pin location.

3 Press **B** to accept the pin location.

The distances on the hole information screen are updated to reflect the new pin location. The pin location is saved for only the current round.

## Viewing Layup and Dogleg Distances

You can view a list of layup and dogleg distances for par 4 and 5 holes.

1 Press **A**.

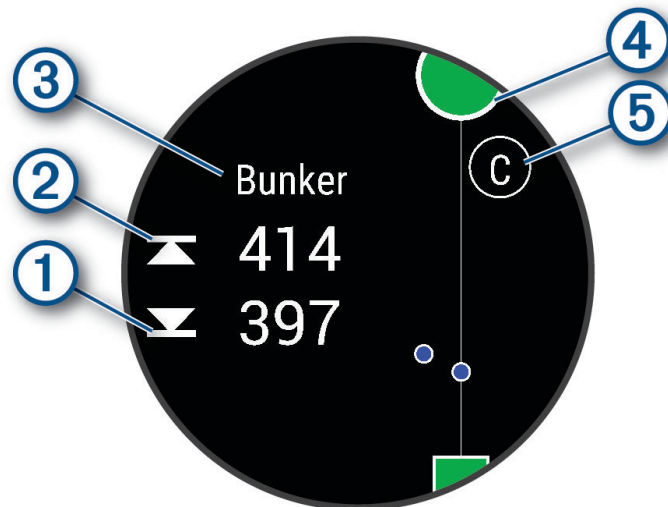
2 Select **Layups**.

**NOTE:** Distances and locations are removed from the list as you pass them.

## Viewing Hazards

You can view distances to hazards along the fairway for par 4 and 5 holes. Hazards that affect shot selection are displayed individually or in groups to help you determine the distance to layup or carry.

- 1 Press **A**.
- 2 Select **Hazards**.



- The distances to the front **1** and back **2** of the nearest hazard appear on the screen.
- The hazard type **3** is listed at the top of the screen.
- The green is represented as a half circle **4** at the top of the screen. The line below the green represents the center of the fairway.
- Hazards **5** are indicated by a letter signifying the order of the hazards on the hole, and are shown below the green in approximate locations relative to the fairway.

## Measuring a Shot with Garmin AutoShot™

Each time you take a shot along the fairway, the watch records your shot distance so you can view it later ([Viewing Your Shot History, page 16](#)). Putts are not detected.

- 1 While playing golf, wear the watch on your leading wrist for better shot detection.  
When the watch detects a shot, your distance from the shot location appears in the banner **1** at the top of the screen.



**TIP:** You can tap the banner to hide it for 10 seconds.

- 2 Hit your next shot.  
The watch records the distance of your last shot.

## Adding a Shot Manually

You can manually add a shot if the device doesn't detect it. You must add the shot from the location of the missed shot.

- 1 Press **A**.
- 2 Select **Last Shot** >  > **Add Shot**.
- 3 Select  to start a new shot from your current location.

## Keeping Score

- 1 While playing golf, press **A**.
- 2 Select **Scorecard**.
- 3 Select a hole.
- 4 Select  or  to set the score.
- 5 Select .

## Setting the Scoring Method

You can change the method the watch uses to keep score.

- 1 During a round, hold **B**.
- 2 Select **Golf Settings** > **Scoring** > **Scoring Method**.
- 3 Select a scoring method.

## About Stableford Scoring

When you select the Stableford scoring method ([Setting the Scoring Method, page 15](#)), points are awarded based on the number of strokes taken relative to par. At the end of a round, the highest score wins. The device awards points as specified by the United States Golf Association.

The scorecard for a Stableford scored game shows points instead of strokes.

| Points | Strokes Taken Relative to Par |
|--------|-------------------------------|
| 0      | 2 or more over                |
| 1      | 1 over                        |
| 2      | Par                           |
| 3      | 1 under                       |
| 4      | 2 under                       |
| 5      | 3 under                       |

## Tracking Golf Statistics

When you enable statistics tracking on the watch, you can view your statistics for the current round ([Viewing Your Round Summary, page 16](#)). You can compare rounds and track improvements using the Garmin Golf app.

- 1 Press **A**.
- 2 Select **Golf**.

The device locates satellites, calculates your location, and selects a course if there is only one course nearby.
- 3 If the course list appears, select a course from the list.

Courses are updated automatically.
- 4 Select  > **Settings** > **Scoring** > **Stat Tracking**.

## Recording Golf Statistics

Before you can record statistics, you must enable statistics tracking ([Tracking Golf Statistics, page 15](#)).

- 1 From the scorecard, select a hole.
- 2 Set the number of strokes taken, including putts, and select ✓.
- 3 Set the number of putts taken, and select ✓.

**NOTE:** The number of putts taken is used for statistics tracking only and does not increase your score.

- 4 Select an option:
  - If your ball hit the fairway, select ↑.
  - If your ball missed the fairway, select ↶ or ↷.
- 5 Select ✓.

## Viewing Your Shot History

- 1 After playing a hole, press (A).
- 2 Select **Last Shot** to view information for your last shot.

## Viewing Your Round Summary

During a round, you can view your score, statistics, and step information.

- 1 Press (A).
- 2 Select **Round Summary**.
- 3 Swipe up or down to view more information.

## Ending a Round

- 1 Press (A).
- 2 Select **End Round**.
- 3 Swipe up.
- 4 Select an option:
  - To save the round and return to watch mode, select **Save**.
  - To edit your scorecard, select **Edit Score**.
  - To discard the round and return to watch mode, select **Discard**.
  - To pause the round and resume it at a later time, select **Pause**.

## Customizing Your Golf Club List

After you pair your compatible golf watch with your phone using the Garmin Golf app, you can use the app to customize the default golf club list.

- 1 Open the Garmin Golf app on your phone.
- 2 Select **Profile > My Bag**.
- 3 Select an option to add, edit, delete, or mark a club inactive.
- 4 Sync your compatible Garmin® golf watch with the Garmin Golf app.  
The updated golf club list appears on your golf watch.

## Golf Settings

During a round, press , and select Settings to customize golf settings and features.

**Scoring:** Allows you to set your scoring preferences and turn on statistics tracking.

**Driver Distance:** Sets the average distance the ball travels from the tee box on your drive.

**PlaysLike:** Sets preferences for the "plays like" distance feature, which shows adjusted distances to the green while playing golf ([PlaysLike Distance Icons, page 17](#)).

**NOTE:** This feature requires a Garmin Golf subscription.

**Tournament Mode:** Disables the PinPointer and PlaysLike distance features. These features are not allowed during sanctioned tournaments or handicap calculation rounds.

**Golf Distance:** Sets the unit of measure for distance.

**Club Prompt:** Displays a prompt that enables you to enter which club you used after each detected shot.

**Record Activity:** Enables activity FIT file recording for golf activities. FIT files record fitness information that is tailored for the Garmin Connect app.

**Club Sensors:** Allows you to set up your compatible Approach® CT10 club tracking sensors.

### PlaysLike Distance Icons

The PlaysLike distance feature accounts for elevation changes on the course by showing the adjusted distance to the green. During a round, you can tap a distance to the green to view the PlaysLike distance.

: Distance plays longer than expected due to a change in elevation.

: Distance plays as expected.

: Distance plays shorter than expected due to a change in elevation.

## Health Snapshot™

The Health Snapshot feature records several key health metrics while you hold still for two minutes. It provides a glimpse of your overall cardiovascular status. The watch records metrics such as your average heart rate, stress level, and respiration rate. You can add the Health Snapshot feature to the list of your favorite apps ([Customizing the Activities and Apps List, page 21](#)).

## Adding a Custom Activity

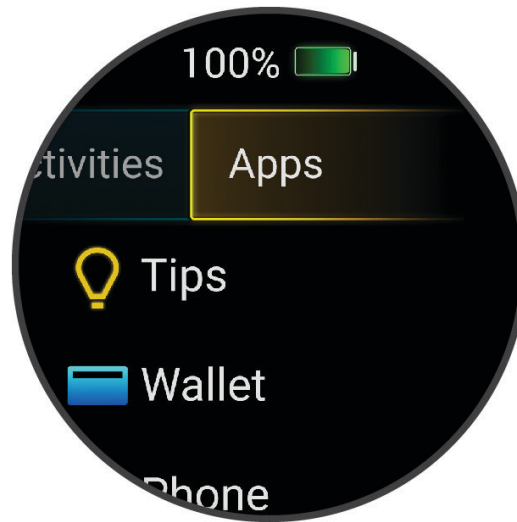
You can create a custom activity and add it to the activity list.

- 1 Press .
- 2 Select  >  > .
- 3 Select an activity type to copy.
- 4 Select an activity name.
- 5 If necessary, edit the activity app settings ([Activities and App Settings, page 21](#)).
- 6 When you are finished editing, select **Done**.

## Apps

You can customize your watch using the apps menu, which lets you quickly access watch features and options. Some apps require a Bluetooth connection to a compatible phone. Many apps can also be found in the glances ([Glances, page 26](#)).

Press **(A)**, and select Apps.





| Icon                                                                                | Name              | More Information                                                                                                    |
|-------------------------------------------------------------------------------------|-------------------|---------------------------------------------------------------------------------------------------------------------|
|    | Alarms            | <a href="#">Setting an Alarm, page 74</a>                                                                           |
|    | Alt. Time Zones   | <a href="#">Adding Alternate Time Zones, page 35</a>                                                                |
|    | Body Battery™     | <a href="#">Body Battery, page 29</a>                                                                               |
|    | Calendar          | Select to view upcoming events from your phone calendar.                                                            |
|    | Calories          | Select to view your active and resting calorie information for the current day.                                     |
|    | Challenges        | Select to view your current leaderboard ranking if you participate in a Garmin Connect challenge.                   |
|    | Connect IQ Store  | <a href="#">Downloading Connect IQ Features, page 70</a>                                                            |
|    | Contacts          | Select to open your Garmin Connect contact list on your watch.                                                      |
|    | Dial Pad          | Select to open the phone dial pad ( <a href="#">Calling from the Watch, page 64</a> ).                              |
|    | Flashlight        | Select to turn on the AMOLED display as a flashlight.<br><b>NOTE:</b> Using the flashlight can reduce battery life. |
|   | Floors Climbed    | Select to view your daily floors climbed and goal streak information.                                               |
|  | Garmin Coach      | <a href="#">Adaptive Training Plans, page 45</a>                                                                    |
|  | Health Snapshot   | <a href="#">Health Snapshot™, page 17</a>                                                                           |
|  | Heart Rate        | <a href="#">Viewing the Heart Rate Glance, page 49</a>                                                              |
|  | History           | <a href="#">Using History, page 46</a>                                                                              |
|  | HRV Status        | <a href="#">Heart Rate Variability Status, page 31</a>                                                              |
|  | Hydration         | <a href="#">Hydration Tracking, page 34</a>                                                                         |
|  | Intensity Minutes | <a href="#">Intensity Minutes, page 42</a>                                                                          |
|  | Jet Lag           | <a href="#">Using the Jet Lag Adviser, page 35</a>                                                                  |
|  | Last Activity     | Select to view a brief summary of your last recorded activity.                                                      |
|  | Last Golf         | Select to view a brief summary of your last recorded golf activity and golf history.                                |
|  | Last Push         | Select to view a brief summary of your last recorded wheelchair push activity and push history.                     |

| Icon                                                                                | Name          | More Information                                                                                                                                                         |
|-------------------------------------------------------------------------------------|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | Last Ride     | Select to view a brief summary of your last recorded cycling activity and cycling history.                                                                               |
|    | Last Run      | Select to view a brief summary of your last recorded run activity and run history.                                                                                       |
|    | Last Strength | Select to view a brief summary of your last recorded strength activity and strength history.                                                                             |
|    | Last Swim     | Select to view a brief summary of your last recorded swim activity and swim history.                                                                                     |
|    | Lights        | <a href="#">Using the Varia Camera Controls, page 35</a>                                                                                                                 |
|    | Messenger     | <a href="#">Garmin Messenger App, page 70</a>                                                                                                                            |
|    | Music         | <a href="#">Music, page 60</a>                                                                                                                                           |
|    | Naps          | Select to start a nap timer and set an alarm to wake you up.                                                                                                             |
|    | Notifications | <a href="#">Enabling Bluetooth Notifications, page 65</a>                                                                                                                |
|   | Phone         | Select to open the phone controls, such as contacts and the dial pad.                                                                                                    |
|  | Pulse Ox      | <a href="#">Pulse Oximeter, page 53</a>                                                                                                                                  |
|  | Recovery      | Select to view your recovery time. The maximum time is 4 days, and the minimum time is 6 hours.                                                                          |
|  | Respiration   | Select to view your respiration rate history, and do a breathing activity to help you relax.                                                                             |
|  | Save Location | Select to save your current location to navigate back to it later.                                                                                                       |
|  | Sleep Coach   | Select to view your recommended sleep need based on sleep history, activity history, HRV status, and naps.                                                               |
|  | Sleep Score   | Select to view your sleep score based on the quality and duration of the previous night's sleep.                                                                         |
|  | Steps         | <a href="#">Auto Goal, page 41</a>                                                                                                                                       |
|  | Stopwatch     | <a href="#">Using the Stopwatch, page 74</a>                                                                                                                             |
|  | Stress        | <a href="#">Using the Stress Level Glance, page 31</a>                                                                                                                   |
|  | Timer         | <a href="#">Starting the Countdown Timer, page 74</a>                                                                                                                    |
|  | Tips          | Select to view interactive watch tips and scan a direct link to <a href="https://support.garmin.com">support.garmin.com</a> to access the owner's manual for your watch. |

| Icon                                                                              | Name            | More Information                                                               |
|-----------------------------------------------------------------------------------|-----------------|--------------------------------------------------------------------------------|
|  | Voice Assistant | <a href="#">Using the Voice Assistant, page 66</a>                             |
|  | Wallet          | Select to open your Garmin Pay wallet ( <a href="#">Garmin Pay, page 38</a> ). |
|  | Weather         | Select to view the current weather forecast and conditions.                    |
|  | Women's Health  | <a href="#">Menstrual Cycle Tracking, page 32</a>                              |

## Customizing the Activities and Apps List

- 1 Press .
- 2 Select **Activities** or **Apps**.
- 3 Select .
- 4 Select an option:
  - To add an activity or app, select .
  - To remove an activity or app, select the activity or app, and select .
  - To reorder the list, select an activity or app, hold , and drag it to the desired location on the screen.

## Activities and App Settings

These settings allow you to customize each preloaded activity app based on your needs. For example, you can customize data screens and enable alerts and training features. Not all settings are available for all activity types.

Press , select an activity, and select  > **Settings**.

**2 Players:** Sets the scorecard to keep score for two players.

**NOTE:** This setting is only available during a round. You must enable this setting each time you begin a round.

**Accent Color:** Sets the accent color of each activity to help identify which activity is active.

**Alerts:** Sets the training alerts for the activity ([Activity Alerts, page 23](#)).

**Auto Lap:** Sets the options for the Auto Lap® feature ([Auto Lap, page 24](#)).

**Auto Pause:** Sets the watch to stop recording data when you stop moving or when you drop below a specified speed ([Using Auto Pause®, page 24](#)).

**Auto Rest:** Enables the watch to automatically detect when you are resting during a pool swim and create a rest interval.

**Auto Scroll:** Enables you to move through all of the activity data screens automatically while the timer is running ([Using Auto Scroll, page 24](#)).

**Auto Set:** Enables the watch to start and stop exercise sets automatically during a strength training activity.

**Broadcast Heart Rate:** Enables automatic heart rate data broadcasting when you start the activity ([Broadcasting Heart Rate to Garmin Devices, page 50](#)).

**Broadcast to GameOn:** Enables automatic biometrics data broadcasting to the Garmin GameOn app when you start a gaming activity ([Using the Garmin GameOn™ App, page 7](#)).

**Club Prompt:** Displays a prompt to enter which golf club you used after each detected shot.

**Data Screens:** Enables you to customize data screens and add new data screens for the activity ([Customizing the Data Screens, page 22](#)).

**Distance Unit:** Sets the unit of measure for the distance.

**Driver Distance:** Sets the average distance the golf ball travels on your drive.

**Edit Weight:** Allows you to add the weight used for an exercise set during a strength training or cardio activity.

**Enable Videos:** Enables instructive workout animations for a strength, cardio, yoga, HIIT, or Pilates activity. Animations are available for pre-installed workouts and workouts downloaded from Garmin Connect.

**Ending Alerts:** Sets an alert to notify you when your meditation session is ending.

**GPS:** Sets the mode for the GPS antenna ([Changing the GPS Setting, page 25](#)).

**Grading System:** Sets the grading system for rating the route difficulty for a rock climbing activity.

**Jump Mode:** Sets the jump rope activity target to a set time, number of reps, or open ended.

**Meditation Type:** Sets the meditation activity to a guided session, custom, or open ended.

**Pool Size:** Sets the pool length for pool swimming ([Setting the Pool Size, page 8](#)).

**Power Averaging:** Controls whether the watch includes zero values for bike power data that occur when you are not pedaling.

**Prompt:** Enables or disables setting the pool size every time you start a pool swim activity.

**Record Activity:** Enables activity FIT file recording for golf activities. FIT files record fitness information that is tailored for Garmin Connect.

**Rename:** Sets the activity name.

**Rep Counting:** Enables or disables rep counting during a strength training activity.

**Running Power:** Allows you to record running power data and customize the settings ([Running Power Settings, page 58](#)).

**Scoring:** Enables or disables scorekeeping automatically when you start a round of golf. The Always Ask option prompts you when you begin a round.

**Scoring Method:** Sets the scoring method to stroke play or Stableford scoring while playing golf.

**Self Evaluation:** Sets how often you evaluate your perceived effort for the activity ([Evaluating an Activity, page 4](#)).

**Stat Tracking:** Enables statistics tracking while playing golf.

**Status:** Enables or disables scorekeeping automatically when you start a round of golf. The Always Ask option prompts you when you begin a round.

**Tournament Mode:** Disables features that are not allowed during sanctioned golf tournaments.

**Vibration Alerts:** Enables alerts that notify you to inhale or exhale during a breathwork activity.

## 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 ([Data Fields, page 85](#)).

1 Press .

2 Select an activity.

3 Select .

4 Select the activity settings.

5 Select **Data Screens**.

6 Select a data screen to customize.

7 Select one or more options:

**NOTE:** Not all options are available for all activities.

- To adjust the style and number of data fields on each data screen, select **Layout**.
- To customize the fields on a data screen, select the screen, and select **Edit Data Fields**.
- To show or hide a data screen, select the toggle switch next to the screen.
- To show or hide the heart rate zone gauge screen, select **HR Zone Gauge**.

## Activity Alerts

You can set alerts for each activity, which can help you to train toward specific goals or increase your awareness of your environment. Some alerts are available only for specific activities. Some alerts require optional accessories, such as a heart rate monitor or cadence sensor. There are three types of alerts: event alerts, range alerts, and recurring alerts.

**Event alert:** An event alert notifies you once. The event is a specific value. For example, you can set the watch to alert you when you burn a specified number of calories.

**Range alert:** A range alert notifies you each time the watch is above or below a specified range of values. For example, you can set the watch to alert you when your pace is above 10 minutes per mile and below 15 minutes per mile.

**Recurring alert:** A recurring alert notifies you each time the watch records a specified value or interval. For example, you can set the watch to alert you every 30 minutes.

| Alert Name  | Alert Type       | Description                                                                                                                         |
|-------------|------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| Cadence     | Range            | You can set minimum and maximum cadence values.                                                                                     |
| Calories    | Event, recurring | You can set the number of calories.                                                                                                 |
| Custom      | Event, recurring | You can select an existing message or create a custom message and select an alert type.                                             |
| Distance    | Recurring        | You can set a distance interval.                                                                                                    |
| Heart Rate  | Range            | You can set minimum and maximum heart rate values or select zone changes ( <a href="#">Heart Rate Zone Calculations, page 51</a> ). |
| Pace        | Range            | You can set minimum and maximum pace values.                                                                                        |
| Power       | Range            | You can set the high or low power level.                                                                                            |
| Run/Walk    | Recurring        | You can set timed walking breaks at regular intervals.                                                                              |
| Speed       | Range            | You can set minimum and maximum speed values.                                                                                       |
| Stroke Rate | Range            | You can set high or low strokes per minute.                                                                                         |
| Time        | Event, recurring | You can set a time interval.                                                                                                        |

## Setting an Alert

- 1 Press **A**.
- 2 Select an activity.  
**NOTE:** This feature is not available for all activities.
- 3 Select the activity settings.
- 4 Select **Alerts**.
- 5 Select an option:
  - To add a new alert for the activity, select **Add New**.
  - To edit an existing alert, select the alert name.
- 6 If necessary, select the type of alert.
- 7 Select a zone, enter the minimum and maximum values, or enter a custom value for the alert.
- 8 If necessary, turn on the alert.

For event and recurring alerts, a message appears each time you reach the alert value ([Activity Alerts, page 23](#)). For range alerts, a message appears each time you exceed or drop below the specified range (minimum and maximum values).

## Auto Lap

### Marking Laps Using the Auto Lap Feature

You can set your watch to use the Auto Lap feature to mark a lap at a specific distance automatically. This feature is helpful for comparing your performance over different parts of an activity (for example, every 1 mile or 5 kilometers).

- 1 Press .
- 2 Select an activity.  
**NOTE:** This feature is not available for all activities.
- 3 Select  > **Settings** > **Auto Lap**.
- 4 Enter the distance between laps.
- 5 To turn the Auto Lap feature on or off, select the toggle switch.

Each time you complete a lap, a message appears that displays the time for that lap. The watch also vibrates if vibration is turned on ([System Settings, page 75](#)).

### Using Auto Pause

You can use the Auto Pause feature to pause the timer automatically when you stop moving or when your pace or speed 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:** The watch does not record activity data while the timer is stopped or paused.

- 1 Press .
- 2 Select an activity.  
**NOTE:** This feature is not available for all activities.
- 3 Select  > **Settings** > **Auto Pause**.
- 4 Select an option:  
**NOTE:** Not all options are available for all activities.
  - To pause the timer automatically when you stop moving, select **When Stopped**.
  - To pause the timer automatically when your pace drops below a specified value, select **Pace**.
  - To pause the timer automatically when your speed drops below a specified value, select **Speed**.

### Using Auto Scroll

You can use the auto scroll feature to cycle through all of the activity data screens automatically while the timer is running.

- 1 Press .
- 2 Select an activity.  
**NOTE:** This feature is not available for all activities.
- 3 Select  > **Settings** > **Auto Scroll**.
- 4 Select a display speed.

## Changing the GPS Setting

For more information about GPS, go to [garmin.com/aboutGPS](http://garmin.com/aboutGPS).

- 1 Press **A**.
- 2 Select an activity.
- 3 Select **⏮** > **Settings** > **GPS**.
- 4 Select an option:
  - Select **Off** to disable GPS for the activity.
  - Select **GPS Only** to enable the GPS satellite system.
  - Select **All Systems** to enable multiple satellite systems.

**NOTE:** Using GPS and another satellite system together can reduce battery life more quickly than using GPS only.

## Appearance

You can customize the appearance of the watch face and the quick access features in the glance loop and controls menu.

### Watch Face Settings

You can customize the appearance of the watch face by selecting the layout, colors, and additional data. You can also download custom watch faces from the Connect IQ store.

### Changing the Watch Face

You can choose from several preloaded watch faces or use a Connect IQ watch face that is downloaded to your watch ([Downloading Connect IQ Features, page 70](#)). You can also edit an existing watch face ([Editing a Watch Face, page 26](#)) or create a new one ([Creating a Custom Watch Face, page 25](#)).

- 1 From the watch face, hold **B**.
- 2 Select **Watch Face**.
- 3 Swipe right or left to scroll through the available watch faces.
- 4 Tap the touchscreen to select the watch face.

### Creating a Custom Watch Face

You can create a new watch face by selecting the layout, colors, and additional data.

- 1 From the watch face, hold **B**.
- 2 Select **Watch Face**.
- 3 Swipe left, and select **+**.
- 4 Select the type of watch face.
- 5 Select the type of background.
- 6 Swipe up or down to scroll through the background options, and tap the screen to select the displayed background.
- 7 Swipe up or down to scroll through the analog and digital dials, and tap the screen to select the displayed dial.
- 8 Select each data field you want to customize, and select the data to display in it.  
A white border indicates the customizable data fields for this dial.
- 9 Swipe left to customize the time markers.
- 10 Swipe up or down to scroll through the time markers, and tap the screen to select a time marker.
- 11 Swipe up or down to scroll through the accent colors, and tap the screen to select the displayed color.
- 12 Press **A**.

The watch sets the new watch face as your active watch face.

## Editing a Watch Face

You can customize the style and data fields for the watch face.

**NOTE:** You cannot edit some watch faces.

- 1 From the watch face, hold **B**.
- 2 Select **Watch Face**.
- 3 Swipe right or left to scroll through the available watch faces.
- 4 Select  to edit a watch face.
- 5 Select an option to edit.
- 6 Swipe up or down to scroll through the options.
- 7 Press **A** to select the option.
- 8 Tap the touchscreen to select the watch face.

## Glances

Your watch comes preloaded with glances that provide quick information ([Viewing Glances, page 29](#)). Some glances require a Bluetooth connection to a compatible phone.

Some glances are not visible by default. You can add them to the glances list manually ([Customizing the Glance Loop, page 29](#)). Some glances are a grouping of related metrics, such as health or activity performance.

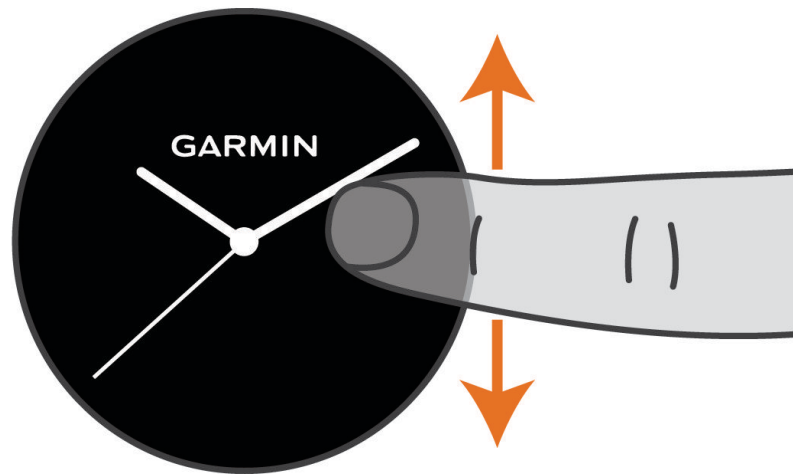


| Name                                                                          | Description                                                                                                                                                                                                                                                                                                                                                                                          |
|-------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Alternate time zones                                                          | Displays the current time of day in additional time zones ( <a href="#">Adding Alternate Time Zones, page 35</a> ).                                                                                                                                                                                                                                                                                  |
| Body Battery                                                                  | With all-day wear, displays your current Body Battery level and a graph of your level for the last several hours ( <a href="#">Body Battery, page 29</a> ).                                                                                                                                                                                                                                          |
| Calendar                                                                      | Displays upcoming meetings from your phone calendar.                                                                                                                                                                                                                                                                                                                                                 |
| Calories                                                                      | Displays your calorie information for the current day.                                                                                                                                                                                                                                                                                                                                               |
| Camera controls                                                               | Allows you to manually take a photo and record a video clip when paired with a compatible Varia headlight or tail light camera ( <a href="#">Using the Varia Camera Controls, page 35</a> ).                                                                                                                                                                                                         |
| Challenges                                                                    | Displays your current leaderboard ranking if you participate in a Garmin Connect challenge.                                                                                                                                                                                                                                                                                                          |
| Floors climbed                                                                | Tracks your floors climbed and progress toward your goal.                                                                                                                                                                                                                                                                                                                                            |
| Garmin coach                                                                  | Displays scheduled workouts when you select a Garmin coach adaptive training plan in your Garmin Connect account. The plan adjusts to your current level of fitness, coaching and schedule preferences, and race date.                                                                                                                                                                               |
| Health Snapshot                                                               | Starts a Health Snapshot session on your watch that records several key health metrics while you hold still for two minutes. It provides a glimpse of your overall cardiovascular status. The watch records metrics such as your average heart rate, stress level, and respiration rate.<br>Displays summaries of your saved Health Snapshot sessions ( <a href="#">Health Snapshot™, page 17</a> ). |
| Heart rate                                                                    | Displays your current heart rate in beats per minute (bpm) and a graph of your average resting heart rate (RHR).                                                                                                                                                                                                                                                                                     |
| History                                                                       | Displays your activity history and a graph of your recorded activities ( <a href="#">Using History, page 46</a> ).                                                                                                                                                                                                                                                                                   |
| HRV status                                                                    | Displays your seven-day average of your overnight heart rate variability ( <a href="#">Heart Rate Variability Status, page 31</a> ).                                                                                                                                                                                                                                                                 |
| Hydration                                                                     | Allows you to track the amount of water you consume and the progress toward your daily goal ( <a href="#">Downloading Connect IQ Features, page 70</a> ).                                                                                                                                                                                                                                            |
| Intensity minutes                                                             | Tracks your time spent participating in moderate to vigorous activities, your weekly intensity minutes goal, and progress toward your goal.                                                                                                                                                                                                                                                          |
| Jet Lag Adviser                                                               | Displays your internal clock during travel, and provides guidance to help you acclimate to the time zone of your destination ( <a href="#">Using the Jet Lag Adviser, page 35</a> ).                                                                                                                                                                                                                 |
| Last activity                                                                 | Displays a brief summary of your last recorded activity.                                                                                                                                                                                                                                                                                                                                             |
| Last golf<br>Last ride<br>Last run<br>Last strength<br>Last swim<br>Last push | Displays a brief summary of your last recorded activity and history of the specified sport.                                                                                                                                                                                                                                                                                                          |
| Lights                                                                        | Provides bike light controls when you have a Varia light paired with your Venu 3 series watch.                                                                                                                                                                                                                                                                                                       |

| Name           | Description                                                                                                                                                                                                                       |
|----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Messenger      | Displays your Garmin Messenger™ app conversations and allows you to reply to messages from your watch ( <a href="#">Garmin Messenger App, page 70</a> ).                                                                          |
| Music          | Provides music player controls for your phone or watch music.                                                                                                                                                                     |
| Naps           | Displays total nap time and Body Battery level gains. You can start the nap timer and set an alarm to wake you up.                                                                                                                |
| Notifications  | Alerts you to incoming calls, texts, social network updates, and more, based on your phone notification settings ( <a href="#">Enabling Bluetooth Notifications, page 65</a> ).                                                   |
| Pulse oximeter | Allows you to take a manual pulse oximeter reading ( <a href="#">Getting Pulse Oximeter Readings, page 53</a> ). If you are too active for the watch to determine your pulse oximeter reading, the measurements are not recorded. |
| Pushes         | In wheelchair mode, tracks your daily wheelchair push count, push goal, and data for previous days ( <a href="#">Wheelchair Mode, page 60</a> ).                                                                                  |
| Recovery       | Displays your recovery time. The maximum time is four days.                                                                                                                                                                       |
| Respiration    | Your current respiration rate in breaths per minute and seven-day average. You can do a breathing activity to help you relax.                                                                                                     |
| Sleep coach    | Provides recommendations for your sleep need based on sleep and activity history, HRV status, and naps.                                                                                                                           |
| Sleep score    | Displays total sleep time, a sleep score, and sleep stage information for the previous night. You can also view any overnight breathing variations ( <a href="#">Sleep Tracking, page 41</a> ).                                   |
| Steps          | Tracks your daily step count, step goal, and data for previous days.                                                                                                                                                              |
| Stress         | Displays your current stress level and a graph of your stress level. You can do a breathing activity to help you relax. If you are too active for the watch to determine your stress level, stress measurements are not recorded. |
| Weather        | Displays the current temperature and weather forecast.                                                                                                                                                                            |
| Women's health | Displays your current cycle or pregnancy tracking status. You can view and log your daily symptoms.                                                                                                                               |

## Viewing Glances

- From the watch face, swipe up or down.



The watch scrolls through the glance loop.

- Select a glance to view additional information.
- Hold **B** to view additional options and functions for a glance.

## Customizing the Glance Loop

- 1 From the watch face, swipe up or down.

The watch scrolls through the glance loop.

- 2 Select .
- 3 Select a glance.
- 4 Select an option:
  - To remove a glance from the loop, select .
  - To change the location of a glance in the loop, select and hold , and drag the glance to the desired location on the screen.
- 5 If necessary, select  to add a glance to the loop.

## Body Battery

Your watch analyzes your heart rate variability, stress level, sleep quality, and activity data to determine your overall Body Battery level. Like a gas gauge on a car, it indicates your amount of available reserve energy. The Body Battery level range is from 5 to 100, where 5 to 25 is very low reserve energy, 26 to 50 is low reserve energy, 51 to 75 is medium reserve energy, and 76 to 100 is high reserve energy.

You can sync your watch with your Garmin Connect account to view your most up-to-date Body Battery level, long-term trends, and additional details ([Tips for Improved Body Battery Data, page 30](#)).

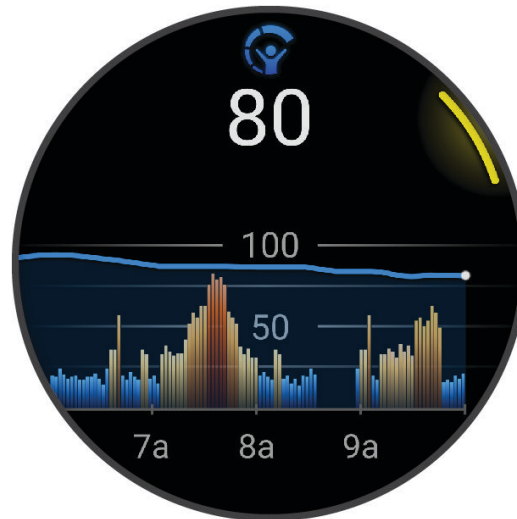
## Viewing the Body Battery Glance

The Body Battery glance displays your current Body Battery level.

- 1 Swipe up or down to view the Body Battery glance.

**NOTE:** You may need to add the glance to your glance loop ([Customizing the Glance Loop](#), page 29).

- 2 Select the glance to view a graph of your latest Body Battery data.



- 3 Swipe up to view a combined graph of your Body Battery and stress level.
- 4 Swipe up to view a list of factors impacting your Body Battery level.

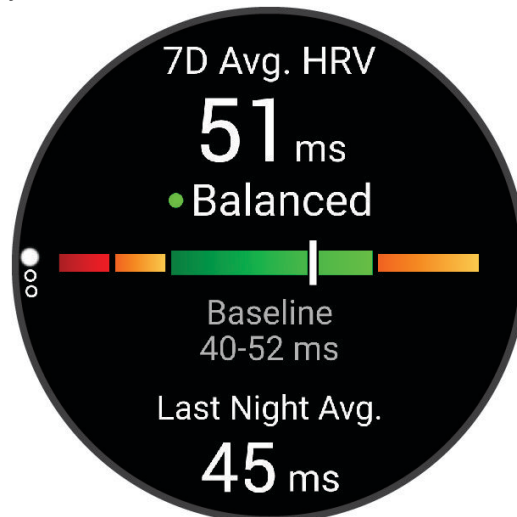
**NOTE:** Select each factor to view more details.

### Tips for Improved Body Battery Data

- For more accurate results, wear the watch while sleeping.
- Good sleep charges your Body Battery.
- Strenuous activity and high stress can cause your Body Battery to drain more quickly.
- Food intake, as well as stimulants like caffeine, has no impact on your Body Battery.

## Heart Rate Variability Status

Your watch analyzes your wrist heart rate readings while you are sleeping to determine your heart rate variability (HRV). Training, physical activity, sleep, nutrition, and healthy habits all impact your heart rate variability. HRV values can vary widely based on gender, age, and fitness level. A balanced HRV status may indicate positive signs of health such as good training and recovery balance, greater cardiovascular fitness, and resilience to stress. An unbalanced or poor status may be a sign of fatigue, greater recovery needs, or increased stress. For best results, you should wear the watch while sleeping. The watch requires three weeks of consistent sleep data to display your heart rate variability status.



| Color Zone                                                                                 | Status            | Description                                                                                                                                                 |
|--------------------------------------------------------------------------------------------|-------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  Green  | Balanced          | Your seven-day average HRV is within your baseline range.                                                                                                   |
|  Orange | Unbalanced        | Your seven-day average HRV is above or below your baseline range.                                                                                           |
|  Red    | Low               | Your seven-day average HRV is well below your baseline range.                                                                                               |
| No color                                                                                   | Poor<br>No status | Your HRV values are averaging well below the normal range for your age.<br>No status means that there is insufficient data to generate a seven-day average. |

You can sync your watch with your Garmin Connect account to view your current heart rate variability status, trends, and educational feedback.

## Using the Stress Level Glance

The stress level glance displays your current stress level and a graph of your stress level since midnight. It can also guide you through a breathing activity to help you relax.

- 1 While you are sitting or inactive, swipe up or down to view the stress level glance.  
**TIP:** If you are too active for the watch to determine your stress level, a message appears instead of a stress level number. You can check your stress level again after several minutes of inactivity.
- 2 Tap the glance to view a graph of your stress level since midnight.  
Blue bars indicate periods of rest. Yellow bars indicate periods of stress. Gray bars indicate times that you were too active to determine your stress level.
- 3 To start a breathing activity, swipe up, and select .

## Recovery Time

You can use your Garmin device with wrist-based heart rate or a compatible chest heart rate monitor to display how much time remains before you are fully recovered and ready for the next hard workout.

**NOTE:** The recovery time recommendation uses your VO2 max. estimate and may seem inaccurate at first. The device requires you to complete a few activities to learn about your performance.

The recovery time appears immediately following an activity. The time counts down until it is optimal for you to attempt another hard workout. The device updates your recovery time throughout the day based on changes in sleep, stress, relaxation, and physical activity.

### Viewing Your Recovery Time

For the most accurate estimate, complete the user profile setup ([Setting Up Your User Profile, page 60](#)), and set your maximum heart rate ([Setting Your Heart Rate Zones, page 50](#)).

- 1 Start a running activity.
- 2 After your run, select .
- 3 Swipe up to view the activity summary and recovery time.

The maximum recovery time is 4 days.

### Recovery Heart Rate

If you are training with wrist-based heart rate or a compatible chest heart rate monitor, you can check your recovery heart rate value after each activity. Recovery heart rate is the difference between your exercising heart rate and your heart rate two minutes after the exercise has stopped. For example, after a typical training run, you stop the timer. Your heart rate is 140 bpm. After two minutes of no activity or cool down, your heart rate is 90 bpm. Your recovery heart rate is 50 bpm (140 minus 90). Some studies have linked recovery heart rate to cardiac health. Higher numbers generally indicate healthier hearts.

**TIP:** For best results, you should stop moving for two minutes while the device calculates your recovery heart rate value.

**NOTE:** Your recovery heart rate is not calculated for low-impact activities, such as yoga.

## Women's Health

### Menstrual Cycle Tracking

Your menstrual cycle is an important part of your health. You can use your watch to log physical symptoms, sex drive, sexual activity, ovulation days, and more ([Logging Your Menstrual Cycle Information, page 33](#)). You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app. You can install the women's health tracking app from the Connect IQ app ([Downloading Connect IQ Features, page 70](#)).

- Menstrual cycle tracking and details
- Physical and emotional symptoms
- Period and fertility predictions
- Health and nutrition information

**NOTE:** You can use the Garmin Connect app to add and remove glances.

## Logging Your Menstrual Cycle Information

Before you can log your menstrual cycle information from your Venu 3 series watch, you must set up menstrual cycle tracking in the Garmin Connect app and install the women's health tracking app from the Connect IQ app ([Downloading Connect IQ Features, page 70](#)).

- 1 Swipe to view the women's health tracking glance.
- 2 Tap the touchscreen.
- 3 Select **+**.
- 4 If today is a period day, select **Period Day** > **✓**.
- 5 Select an option:
  - To rate your flow from light to heavy, select **Flow**.
  - To log your physical symptoms, such as acne, backache, and fatigue, select **Symptoms**.
  - To log your mood, select **Mood**.
  - To log your discharge, select **Discharge**.
  - To designate the current date as an ovulation day, select **Ovulation Day**.
  - To log your sexual activity, select **Sexual Activity**.
  - To rate your sex drive from low to high, select **Sex Drive**.
  - To designate the current date as a period day, select **Period Day**.

## Pregnancy Tracking

The pregnancy tracking feature displays weekly updates on your pregnancy and provides health and nutrition information. You can use your watch to log physical and emotional symptoms, blood glucose readings, and baby movement ([Logging Your Pregnancy Information, page 33](#)). You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app.

## Logging Your Pregnancy Information

Before you can log your information, you must set up pregnancy tracking in the Garmin Connect app and install the women's health tracking app from the Connect IQ app ([Downloading Connect IQ Features, page 70](#)).

- 1 Swipe to view the women's health tracking glance.



- 2 Tap the touchscreen.
- 3 Select an option:
  - Select **Symptoms** to log your physical symptoms, mood, and more.
  - Select **Blood Glucose** to log your glucose levels before and after meals and before bed.
  - Select **Movement** to use a stopwatch or timer to log the baby's movements.
- 4 Follow the on-screen instructions.

## Hydration Tracking

You can track your daily fluid intake, turn on goals and alerts, and enter the container sizes you use most often. If you enable automatic goals, your goal increases on the days when you record an activity. When you exercise, you need more fluid to replace the sweat lost.

**NOTE:** You can use the Connect IQ app to add and remove glances.

### Using the Hydration Tracking Glance

The hydration tracking glance displays your fluid intake and your daily hydration goal.

- 1 Swipe up or down to view the hydration glance.
- 2 Select the glance to add your fluid intake.



- 3 Select **+** for each serving of fluid you consume (1 cup, 8 oz., or 250 mL).
- 4 Select a container to increase your fluid intake by the volume of the container.
- 5 Hold **(B)** to customize the glance.
- 6 Select an option:
  - To change the units of measure, select **Units**.
  - To enable dynamic daily goals that increase after recording an activity, select **Auto Increase Goal**.
  - To turn on hydration reminders, select **Alerts**.
  - To customize your container sizes, select **Containers**, select a container, select the units of measure, and enter the container size.

## Updating the Weather Location

- 1 Swipe up or down to view the weather glance.
- 2 Select the glance to view the current weather for your location.
- 3 Hold **(B)**.
- 4 Select **Weather Options > Update Current Location**.
- 5 Wait while the watch locates satellites ([Acquiring Satellite Signals](#), page 83).

## Changing Temperature and Pressure Units of Measure

- 1 Swipe up or down to view the weather glance.
- 2 Select the glance to view the current weather for your location.
- 3 Hold **(B)**.
- 4 Select **Weather Options**.
- 5 Select an option:
  - To change the unit of measure for temperature, select **Temperature**.
  - To change the unit of measure for pressure, select **Pressure**.



## Adding Alternate Time Zones

You can display the current time of day in additional time zones on the alternate time zones glance.

**NOTE:** You may need to add the alternate time zones glance to the glance loop ([Customizing the Glance Loop](#), page 29).

- 1 Swipe up or down to view the alternate time zones glance.
- 2 Select the glance to add a time zone.
- 3 Select **Add Zone**.
- 4 Select a region.
- 5 Press .
- 6 Select a time zone.

## Using the Jet Lag Adviser

Before you can use the Jet Lag glance, you must plan a trip in the Garmin Connect app ([Planning a Trip in the Garmin Connect App](#), page 35).

You can use the Jet Lag glance while traveling to see how your internal clock compares to the local time, and to receive guidance on how to reduce the effects of jet lag.

- 1 From the watch face, swipe up or down to view the **Jet Lag** glance.
- 2 Press  to see how your internal clock compares to the local time, and the overall level of your jet lag.
- 3 Select an option:
  - To see an informational message about your current jet lag level, press .
  - To see a timeline for recommended actions to help reduce symptoms of jet lag, swipe up.

## Planning a Trip in the Garmin Connect App

- 1 From the Garmin Connect app, select **•••**.
- 2 Select **Training & Planning > Jet Lag Adviser > Add Trip Details**.
- 3 Follow the on-screen instructions.

## Using the Varia Camera Controls

### NOTICE

Some jurisdictions may prohibit or regulate the recording of video, audio, or photographs, or may require that all parties have knowledge of the recording and provide consent. It is your responsibility to know and follow all laws, regulations, and any other restrictions in jurisdictions where you plan to use this device.

Before you can use the Varia camera controls, you must pair the accessory with your watch ([Pairing Your Wireless Sensors](#), page 57).

- 1 Add the **Lights** glance to your watch ([Glances](#), page 26).  
When the watch detects the Varia camera, the glance title changes to Camera Control.
- 2 From the **Lights** glance, select an option:
  - Select  to change the recording mode.
  - Select  to take a photo.
  - Select  to save a clip.

## Controls

The controls menu lets you quickly access watch features and options. You can add, reorder, and remove the options in the controls menu ([Customizing the Controls Menu, page 37](#)).

From any screen, hold .



| Icon | Name                 | Description                                                                                                                                                                                                                                                                                                                                                 |
|------|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|      | Assistance           | Select to send an assistance request ( <a href="#">Requesting Assistance, page 73</a> ).                                                                                                                                                                                                                                                                    |
|      | Battery Saver        | Select to enable or disable the battery saver feature ( <a href="#">Battery Manager Settings, page 76</a> ).                                                                                                                                                                                                                                                |
|      | Brightness           | Select to adjust the screen brightness ( <a href="#">Customizing the Display Settings, page 76</a> ).                                                                                                                                                                                                                                                       |
|      | Broadcast Heart Rate | Select to turn on heart rate broadcasting to a paired device ( <a href="#">Broadcasting Heart Rate to Garmin Devices, page 50</a> ).                                                                                                                                                                                                                        |
|      | Do Not Disturb       | Select to enable or disable do not disturb mode to dim the screen and disable alerts and notifications. For example, you can use this mode while watching a movie.                                                                                                                                                                                          |
|      | Find My Phone        | Select to play an audible alert on your paired phone, if it is within Bluetooth range. The Bluetooth signal strength appears on the Venu 3 series watch screen, and it increases as you move closer to your phone.<br>Select to navigate to your lost phone during a GPS activity ( <a href="#">Locating a Phone Lost During a GPS Activity, page 66</a> ). |
|      | Lock Screen          | Select to lock the buttons and the touchscreen to prevent inadvertent presses and swipes.                                                                                                                                                                                                                                                                   |
|      | Phone Connection     | Select to enable or disable Bluetooth technology and your connection to your paired phone.                                                                                                                                                                                                                                                                  |
|      | Power Off            | Select to turn off the watch.                                                                                                                                                                                                                                                                                                                               |
|      | Red Shift            | Select to turn the screen to shades of red to use the watch in low light conditions.                                                                                                                                                                                                                                                                        |
|      | Sleep Mode           | Select to enable or disable Sleep Mode, set a nap timer, and manually track your naps.                                                                                                                                                                                                                                                                      |
|      | Sync                 | Select to sync your watch with your paired phone.                                                                                                                                                                                                                                                                                                           |
|      | Time Sync            | Select to sync your watch with the time on your phone or using satellites.                                                                                                                                                                                                                                                                                  |
|      | Volume               | Select to open the watch volume controls.                                                                                                                                                                                                                                                                                                                   |

## Customizing the Controls Menu

You can add, remove, and change the order of the options in the controls menu ([Controls, page 36](#)).

- 1 Hold .  
The controls menu appears.
- 2 Select **Edit**.
- 3 Select the shortcut you want to customize.
- 4 Select an option:
  - To change the location of the shortcut in the controls menu, select and hold and drag the shortcut to the desired location on the screen.
  - To remove the shortcut from the controls menu, select
- 5 If necessary, select to add a shortcut to the controls menu.

## Morning Report

Your watch displays a morning report based on your normal wake time. Press to view the report, which includes weather, sleep, overnight heart rate variability status, and more ([Customizing Your Morning Report, page 38](#)).

### Customizing Your Morning Report

**NOTE:** You can customize these settings on your watch or in your Garmin Connect account.

- 1 Hold **B**.
- 2 Select **Settings > Notifications & Alerts > Morning Report**.
- 3 Select an option:
  - Select **Show Report** to enable or disable the morning report.
  - Select **Edit Report** to customize the order and type of data that appears in your morning report.
  - Select **Your Name** to customize your display name.

### Setting Up a Shortcut

You can set up a shortcut to your favorite app, glance, or control, such as your Garmin Pay wallet or the music controls.

- 1 Hold **B**.
- 2 Select **Settings > Shortcut**.
- 3 Select a button or swipe gesture to customize.
- 4 Select an option:
  - Select a shortcut.
  - Select **Disable** to turn off the button or swipe function.

## Garmin Pay

The Garmin Pay feature allows you to use your watch to pay for purchases in participating locations using credit or debit cards from a participating financial institution.

### Setting Up Your Garmin Pay Wallet

You can add one or more participating credit or debit cards to your Garmin Pay wallet. Go to [garmin.com/garminpay/banks](https://garmin.com/garminpay/banks) to find participating financial institutions.

- 1 From the Garmin Connect app, select **•••**.
- 2 Select **Garmin Pay > Get Started**.
- 3 Follow the on-screen instructions.

## Paying for a Purchase Using Your Watch

Before you can use your watch to pay for purchases, you must set up at least one payment card.

You can use your watch to pay for purchases in a participating location.

1 Press **A**.

2 Select **Apps > Wallet**.

3 Enter your four-digit passcode.

**NOTE:** If you enter your passcode incorrectly three times, your wallet locks, and you must reset your passcode in the Garmin Connect app.

Your most recently used payment card appears.



4 If you have added multiple cards to your Garmin Pay wallet, swipe to change to another card (optional).

5 Within 60 seconds, hold your watch near the payment reader, with the watch facing the reader.

The watch vibrates and displays a check mark when it is finished communicating with the reader.

6 If necessary, follow the instructions on the card reader to complete the transaction.

**TIP:** After you successfully enter your passcode, you can make payments without a passcode for 24 hours while you continue to wear your watch. If you remove the watch from your wrist or disable heart rate monitoring, you must enter the passcode again before making a payment.

## Adding a Card to Your Garmin Pay Wallet

You can add up to 10 credit or debit cards to your Garmin Pay wallet.

1 From the Garmin Connect app, select **...**.

2 Select **Garmin Pay > ⋮ > Add Card**.

3 Follow the on-screen instructions.

After the card is added, you can select the card on your watch when you make a payment.

## Managing Your Garmin Pay Cards

You can temporarily suspend or delete a card.

**NOTE:** In some countries, participating financial institutions may restrict the Garmin Pay features.

1 From the Garmin Connect app, select **...**.

2 Select **Garmin Pay**.

3 Select a card.

4 Select an option:

- To temporarily suspend or unsuspend the card, select **Suspend Card**.

The card must be active to make purchases using your Venu 3 series watch.

- To delete the card, select **🗑**.

## Changing Your Garmin Pay Passcode

You must know your current passcode to change it. If you forget your passcode, you must reset the Garmin Pay feature for your Venu 3 series watch, create a new passcode, and reenter your card information.

- 1 From the Garmin Connect app, select •••.
- 2 Select **Garmin Pay > Change Passcode**.
- 3 Follow the on-screen instructions.

The next time you pay using your Venu 3 series watch, you must enter the new passcode.

# Training

## Unified Training Status

When you use more than one Garmin device with your Garmin Connect account, you can choose which device is the primary data source for everyday use and for training purposes.

From the Garmin Connect app, select ••• > **Settings**.

**Primary Training Device:** Sets the priority data source for training metrics like your training status and load focus.

**NOTE:** Garmin devices that do not have the training status feature cannot be set as the Primary Training Device, but can still be used to record your training data.

**Primary Wearable:** Sets the priority data source for daily health metrics like steps and sleep. This should be the watch you wear most often.

**TIP:** For the most accurate results, Garmin recommends that you sync often with your Garmin Connect account.

## Syncing Activities and Performance Measurements

You can sync activities and performance measurements from other Garmin devices to your Venu 3 series watch using your Garmin Connect account. This allows your watch to more accurately reflect your training and fitness. For example, you can record a ride with an Edge® bike computer, and view your activity details and recovery time on your Venu 3 series watch.

Sync your Venu 3 series watch and other Garmin devices to your Garmin Connect account.

**TIP:** You can set a primary training device and primary wearable in the Garmin Connect app ([Unified Training Status](#), page 40).

Recent activities and performance measurements from your other Garmin devices appear on your Venu 3 series watch.

## Activity Tracking

The activity tracking feature records your daily step count, distance traveled, intensity minutes, floors climbed, calories burned, and sleep statistics for each recorded day. Your calories burned includes your base metabolism plus activity calories.

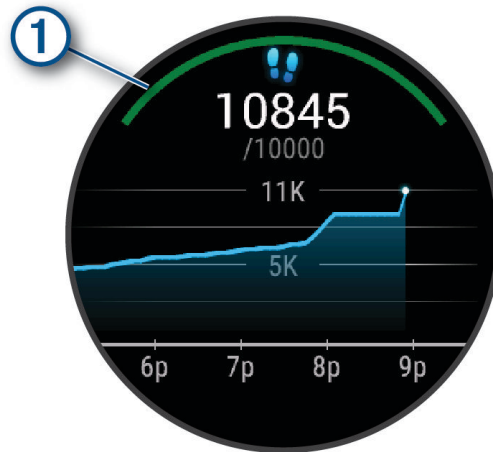
The number of steps taken during the day appears on the steps glance. The step count is updated periodically.

When wheelchair mode is enabled, the watch records different metrics, such as pushes instead of steps ([Wheelchair Mode](#), page 60).

For more information about activity tracking and fitness metric accuracy, go to [garmin.com/ataccuracy](https://garmin.com/ataccuracy).

## Auto Goal

Your watch creates a daily step goal automatically, based on your previous activity levels. As you move during the day, the watch shows your progress toward your daily goal ①. Your watch also creates a daily floors climbed goal.



When wheelchair mode is enabled, the watch tracks pushes instead of steps and creates a daily push goal ([Wheelchair Mode](#), page 60).

If you choose not to use the auto goal feature, you can set personalized goals on your Garmin Connect account.

## Using the Move Alert

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move alert reminds you to keep moving. After one hour of inactivity, a message appears. The watch also vibrates, if vibration is turned on ([System Settings](#), page 75).

Go for a short walk (at least a couple of minutes) to reset the move alert.

### Turning on the Move Alert

- 1 Hold **(B)**.
- 2 Select **Settings > Notifications & Alerts > Health & Wellness > Move Alert > On**.

## Sleep Tracking

While you are sleeping, the watch automatically detects your sleep and monitors your movement during your normal sleep hours. You can set your normal sleep hours in the Garmin Connect app or in the watch settings. Sleep statistics include total hours of sleep, sleep stages, sleep movement, and sleep score. Your sleep coach provides sleep need recommendations based on your sleep and activity history, HRV status, and naps ([Glances](#), page 26). Naps are added to your sleep statistics, and can also impact your recovery. You can view detailed sleep statistics on your Garmin Connect account.

**NOTE:** You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms ([Using Do Not Disturb Mode](#), page 67).

### Using Automated Sleep Tracking

- 1 Wear your watch while sleeping.
- 2 Upload your sleep tracking data to your Garmin Connect account ([Garmin Connect](#), page 68).  
You can view your sleep statistics on your Garmin Connect account.  
You can view sleep information, including naps, on your Venu 3 series watch ([Glances](#), page 26).

## Breathing Variations

### ⚠ CAUTION

The Venu 3 series device is not a medical device and is not intended for use in the diagnosis or monitoring of any medical condition. For more information on pulse oximeter accuracy, go to [garmin.com/ataccuracy](https://garmin.com/ataccuracy).

The optical heart rate sensor on the Venu 3 series device has a pulse oximeter feature that can measure your overnight breathing variations. Breathing variation insights are provided to enhance awareness of your sleep environment and general wellness. Occasional or frequent breathing variations may be due to your individual lifestyle factors or your sleeping environment. Contact your doctor or healthcare provider if you're concerned about your level of breathing variations.

**NOTE:** You must turn on pulse oximeter sleep tracking to detect breathing variations (*Changing the Pulse Oximeter Tracking Mode*, page 54).

The sleep score glance displays your current breathing variations data.

**NOTE:** You may need to add the glance to your glances list (*Customizing the Glance Loop*, page 29).

On your Garmin Connect account, you can view additional details about breathing variations, including trends over multiple days.

## Intensity Minutes

To improve your health, organizations such as the World Health Organization recommend at least 150 minutes per week of moderate intensity activity, such as brisk walking, or 75 minutes per week of vigorous intensity activity, such as running.

The watch monitors your activity intensity and tracks your time spent participating in moderate to vigorous intensity activities (heart rate data is required to quantify vigorous intensity). The watch adds the amount of moderate activity minutes with the amount of vigorous activity minutes. Your total vigorous intensity minutes are doubled when added.

### Earning Intensity Minutes

Your Venu 3 series watch calculates intensity minutes by comparing your heart rate data to your average resting heart rate. If heart rate is turned off, the watch calculates moderate intensity minutes by analyzing your steps per minute.

- Start a timed activity for the most accurate calculation of intensity minutes.
- Wear your watch all day and night for the most accurate resting heart rate.

## Move IQ

When your movements match familiar exercise patterns, the Move IQ feature automatically detects the event and displays it in your timeline. The Move IQ events show activity type and duration, but they do not appear in your activities list or newsfeed.

The Move IQ feature can automatically start a timed activity for walking and running using time thresholds you set in the Garmin Connect app or the watch activity settings. These activities are added to your activities list.

## Enabling Self Evaluation

When you save an activity, you can evaluate your perceived effort and how you felt during the activity. Your self evaluation information can be viewed in your Garmin Connect account.

1 Press .

2 Select an activity.

**NOTE:** This feature is not available for all activities.

3 Select  > **Settings** > **Self Evaluation**.

4 Select an option:

- To complete self evaluation only after workouts, select **Workouts Only**.
- To complete self evaluation after every activity, select **Always**.



## Activity Tracking Settings

Hold **B**, and select **Settings > Activity Tracking**.

**Status:** Turns off the activity tracking features.

**Move IQ:** Allows you to turn on and off Move IQ events.

**Auto Activity Start:** Allows your watch to create and save timed activities automatically when the Move IQ feature detects you are walking or running. You can set the minimum time threshold for running and walking.

**Intensity Minutes:** Allows you to set a heart rate zone for moderate intensity minutes and a higher heart rate zone for vigorous intensity minutes. You can also select Auto to use the default algorithm.

## Turning Off Activity Tracking

When you turn off activity tracking, your steps, floors climbed, intensity minutes, sleep tracking, and Move IQ events are not recorded.

- 1 From the watch face, hold **B**.
- 2 Select **Settings > Activity Tracking > Status > Off**.

## Workouts

Your watch can guide you through multiple-step workouts that include goals for each workout step, such as distance, time, reps, or other metrics. Your watch includes several preloaded workouts for multiple activities, including strength, cardio, running, and biking. You can create and find more workouts and training plans using the Garmin Connect app and transfer them to your watch.

If your watch is in wheelchair mode, your watch includes workouts for push activities, handcycling, and more ([User Profile, page 60](#)).

**On your watch:** You can open the workouts app from the activity list to show all workouts currently loaded on your watch ([Customizing the Activities and Apps List, page 21](#)).

You can also view your workout history.

**On the app:** You can create and find more workouts, or select a training plan that has built-in workouts and transfer them to your watch ([Following a Workout From Garmin Connect, page 44](#)).

You can schedule workouts.

You can update and edit your current workouts.

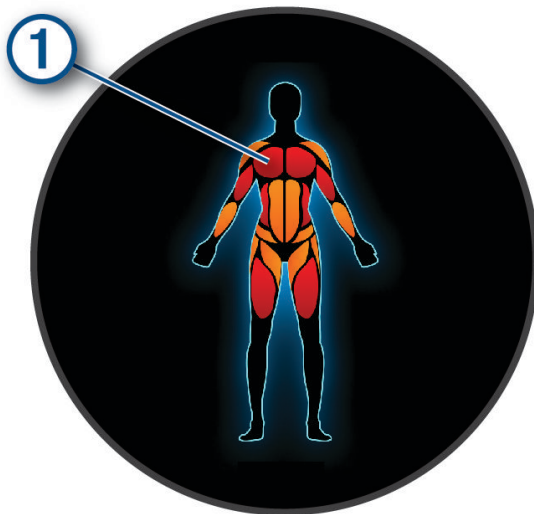
## Starting a Workout

Your watch can guide you through multiple steps in a workout.

- 1 Press **A**.
- 2 Select an activity.
- 3 Select **⬆** > **Workouts**.
- 4 Select a workout.

**NOTE:** Only workouts that are compatible with the selected activity appear in the list.

**TIP:** If available, tap the muscle map **①** to view the targeted muscle groups.



- 5 Swipe up to view the workout steps (optional).
- 6 Press **A** to start the activity timer.

After you begin a workout, the watch displays each step of the workout, step notes (optional), the target (optional), and the current workout data. For strength, yoga, or Pilates activities, an instructional animation appears.

## Following a Workout From Garmin Connect

Before you can download a workout from Garmin Connect, you must have a Garmin Connect account ([Garmin Connect](#), page 68).

- 1 Select an option:
  - Open the Garmin Connect app, and select **⋮**.
  - Go to [connect.garmin.com](https://connect.garmin.com).
- 2 Select **Training & Planning > Workouts**.
- 3 Find a workout, or create and save a new workout.
- 4 Select **📱** or **Send to Device**.
- 5 Follow the on-screen instructions.

## Using Garmin Connect Training Plans

Before you can download and use a training plan, you must have a Garmin Connect account ([Garmin Connect](#), page 68), and you must pair the Venu 3 series watch with a compatible phone.

- 1 From the Garmin Connect app, select **⋮**.
- 2 Select **Training & Planning > Garmin Coach Plans**.
- 3 Select and schedule a training plan.
- 4 Follow the on-screen instructions.
- 5 Review the training plan in your calendar.

## Adaptive Training Plans

Your Garmin Connect account has an adaptive training plan and Garmin coach to fit your training goals. For example, you can answer a few questions and find a plan to help you complete a 5 km race. The plan adjusts to your current level of fitness, coaching and schedule preferences, and race date. When you start a plan, the Garmin coach glance is added to the glance loop on your Venu 3 series watch.

## Starting Today's Workout

After you send a training plan to your watch, the Garmin coach glance appears in your glance loop.

- 1 From the watch face, swipe to view the Garmin coach glance.
- 2 Select the glance.  
If a workout for this activity is scheduled for today, the watch shows the workout name and prompts you to start it.
- 3 Select a workout.
- 4 Select **View** to view the workout steps, and swipe right when you are finished viewing the steps (optional).
- 5 Select **Do Workout**.
- 6 Follow the on-screen instructions.

## Viewing Scheduled Workouts

You can view workouts scheduled in your training calendar and start a workout.

- 1 Press **A**.
- 2 Select an activity.
- 3 Swipe up.
- 4 Select **Training Calendar**.  
Your scheduled workouts appear, sorted by date.
- 5 Select a workout.
- 6 Scroll to view the steps for the workout.
- 7 Press **A** to start the workout.

## Health and Wellness Settings and Alerts

Hold **B**, and select **Settings > Notifications & Alerts > Health & Wellness**.

**Heart Rate:** See [Setting an Abnormal Heart Rate Alert, page 49](#).

**Move Alert:** Enables the Move Alert feature ([Using the Move Alert, page 41](#)).

**Stress Alerts:** Notifies you when periods of stress have drained your Body Battery ([Using the Stress Level Glance, page 31](#)).

**Rest Alerts:** Notifies you after you have a restful period and its impact on your Body Battery ([Body Battery, page 29](#)).

**Daily Summary:** Enables the Body Battery daily summary that appears a few hours before the start of your sleep window. The daily summary provides insight on how your daily stress and activity history impacted your Body Battery ([Viewing the Body Battery Glance, page 30](#)).

**Goals:** Allows you to turn on and off goal alerts, or turn them on during general use while not in an activity. Goal alerts appear for your daily steps goal and weekly intensity minutes goal. Your watch also creates a daily floors climbed goal.

**Jet Lag:** Allows you to turn on and off specific jet lag notifications, for example, tips for when to take a nap or seek light ([Using the Jet Lag Adviser, page 35](#)).

**Weight Shift Alert:** While in wheelchair mode, allows you to set a timer to remind you to shift your weight in the chair ([Wheelchair Mode, page 60](#)).

# History

Your watch stores up to 200 hours of activity data. You can synchronize your data to view unlimited activities, activity tracking data, and heart rate monitoring data on your Garmin Connect account ([Using the Garmin Connect App, page 68](#)) ([Using Garmin Connect on Your Computer, page 69](#)).

When the watch memory is full, your oldest data is overwritten.

## Using History

- 1 Press **(A)**.
- 2 Select **Apps > History**.  
**NOTE:** You may need to add the app to your home screen ([Customizing the Activities and Apps List, page 21](#)).  
The watch displays your total activity time in hours.
- 3 Select **•••**, and select an option.
  - Swipe up to view a previous activity.
  - Select the activity and swipe up to view additional information about each activity.
- 4 Hold **(B)**, and select an option:
  - Select **Graph View** to set the range of data displayed in the history graph.
  - Select **Records** to view your personal record for a specific sport.
  - Select **Totals** to view your weekly and monthly totals for a specific sport.
  - Select **Options** to delete activities or reset totals.

## Viewing Your Time in Each Heart Rate Zone

Before you can view heart rate zone data, you must complete an activity with heart rate and save the activity. Viewing your time in each heart rate zone can help you adjust your training intensity.

- 1 Press **(A)**.
- 2 Select **Apps > History**.  
**NOTE:** You may need to add the app to your home screen ([Customizing the Activities and Apps List, page 21](#)).
- 3 Select **•••**.
- 4 Swipe up, and select an activity.
- 5 Swipe up to view the heart rate zone information.

## Personal Records

When you complete an activity, the watch displays any new personal records you achieved during that activity. Personal records include your fastest time over several typical race distances, highest strength activity weight for major movements, and longest run or ride. For wheelchair activities, personal records include pushes, handcycling, and goal streaks.

**NOTE:** For cycling, personal records also include most ascent and best power (power meter required).

## Viewing Your Personal Records

- 1 Press **(A)**.
- 2 Select **Apps > History**.  
**NOTE:** You may need to add the app to your home screen ([Customizing the Activities and Apps List, page 21](#)).
- 3 Hold **(B)**.
- 4 Select **Records**.
- 5 Select a sport.

## Clearing Personal Records

- 1 Press **A**.
- 2 Select **Apps > History**.  
**NOTE:** You may need to add the app to your home screen (*Customizing the Activities and Apps List*, page 21).
- 3 Hold **B**.
- 4 Select **Records**.
- 5 Select a sport.
- 6 Select an option:
  - Select a record, and select **Clear Record**.
  - Select **Clear All Records**.
- 7 Select **✓**.

## Viewing Data Totals

- 1 Press **A**.
- 2 Select **Apps > History**.  
**NOTE:** You may need to add the app to your home screen (*Customizing the Activities and Apps List*, page 21).
- 3 Hold **B**.
- 4 Select **Totals**.
- 5 Select a sport.
- 6 Select **Weekly** or **Monthly**.

## Deleting History

- 1 Press **A**.
- 2 Select **Apps > History**.  
**NOTE:** You may need to add the app to your home screen (*Customizing the Activities and Apps List*, page 21).
- 3 Hold **B**.
- 4 Select **Options**.
- 5 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.
- 6 Select **✓**.

## Heart Rate Features

The Venu 3 series watch has a wrist-based heart rate monitor and is also compatible with chest heart rate monitors (sold separately). You can view heart rate data on the heart rate glance. If both wrist-based heart rate and chest heart rate data are available when you start an activity, your watch uses the chest heart rate data.

## Wrist-based Heart Rate

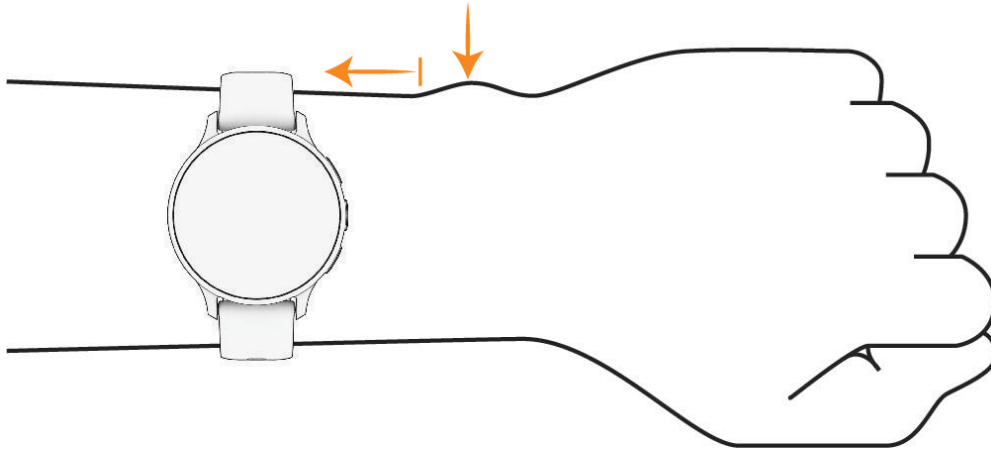
### Wearing the Watch

#### ⚠ CAUTION

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist. For more information, go to [garmin.com/fitandcare](https://garmin.com/fitandcare).

- Wear the watch above your wrist bone.

**NOTE:** The watch should be snug but comfortable. For more accurate heart rate readings, the watch should not shift while running or exercising. For pulse oximeter readings, you should remain motionless.



**NOTE:** The optical sensor is located on the back of the watch.

- See [Tips for Erratic Heart Rate Data, page 48](#) for more information about wrist-based heart rate.
- See [Tips for Erratic Pulse Oximeter Data, page 54](#) for more information about the pulse oximeter sensor.
- For more information about accuracy, go to [garmin.com/ataccuracy](https://garmin.com/ataccuracy).
- For more information about watch wear and care, go to [garmin.com/fitandcare](https://garmin.com/fitandcare).

### Tips for Erratic Heart Rate Data

If the heart rate data is erratic or does not appear, you can try these tips.

- Clean and dry your arm before putting on the watch.
- Avoid wearing sunscreen, lotion, and insect repellent under the watch.
- Avoid scratching the heart rate sensor on the back of the watch.
- Wear the watch above your wrist bone. The watch should be snug but comfortable.
- Wait until the ❤ icon is solid before starting your activity.
- Warm up for 5 to 10 minutes and get a heart rate reading before starting your activity.

**NOTE:** In cold environments, warm up indoors.

- Rinse the watch with fresh water after each workout.
- While exercising, use a silicone band.

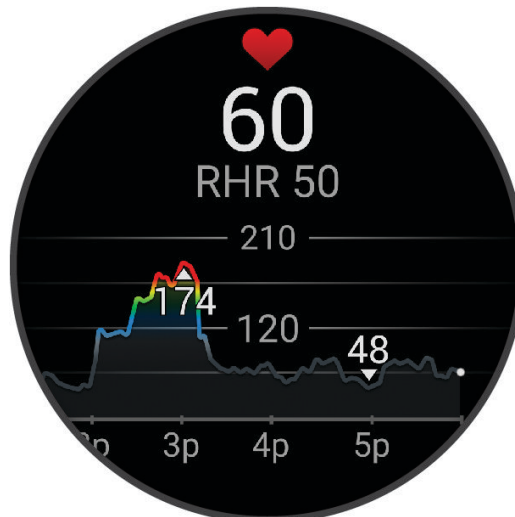
## Viewing the Heart Rate Glance

The heart rate glance displays your current heart rate in beats per minute (bpm). For more information on heart rate accuracy, go to [garmin.com/ataccuracy](https://garmin.com/ataccuracy).

- 1 From the watch face, swipe up or down to view the heart rate glance.

**NOTE:** You may need to add the glance to your glance loop (*Customizing the Glance Loop*, page 29).

- 2 Select the glance to view your current heart rate in beats per minute (bpm) and a graph of your heart rate for the last 4 hours.



- 3 Tap the graph, and swipe left or right to pan the graph.
- 4 Swipe up to view your average resting heart rate values for the last 7 days.

## Wrist Heart Rate Monitor Settings

Hold **(B)**, and select **Settings > Watch Sensors > Wrist Heart Rate**.

**Status:** Enables or disables the wrist heart rate monitor. The default value is Auto, which automatically uses the wrist heart rate monitor unless you pair an external heart rate monitor.

**NOTE:** Disabling the wrist heart rate monitor also disables the wrist-based pulse oximeter sensor. You can perform a manual reading from the pulse oximeter glance.

**Broadcast Heart Rate:** Allows you to begin broadcasting your heart rate data to a paired device (*Broadcasting Heart Rate to Garmin Devices*, page 50).

**Source Switching:** Allows the watch to select the best source of heart rate data when wearing your watch and an external heart rate monitor. For more information, go to [garmin.com/dynamicsourceswitching/](https://garmin.com/dynamicsourceswitching/).

**During Swim:** Enables or disables the wrist heart rate monitor during swimming activities.

## Setting an Abnormal Heart Rate Alert

### ⚠ CAUTION

This feature only alerts you when your heart rate exceeds or drops below a certain number of beats per minute, as selected by the user, after at least ten minutes of inactivity. This feature does not notify you when your heart rate drops below the selected threshold during your chosen sleep window configured in the Garmin Connect app. This feature does not notify you of any potential heart condition and is not intended to treat or diagnose any medical condition or disease. Always defer to your health care provider for any heart-related issues.

- 1 Hold **(B)**.
- 2 Select **Settings > Notifications & Alerts > Health & Wellness > Heart Rate**.
- 3 Select **High Alert** or **Low Alert** to turn on the alert.
- 4 Select a heart rate threshold value.

Each time you exceed or drop below the custom value, a message appears and the watch vibrates.

## Broadcasting Heart Rate to Garmin Devices

You can broadcast your heart rate data from your watch and view it on paired devices. Broadcasting heart rate data decreases battery life.

**TIP:** You can customize the activity settings to broadcast your heart rate data automatically when you begin an activity ([Activities and App Settings, page 21](#)). For example, you can broadcast your heart rate data to an Edge device while cycling.

- 1 Press **B**.
- 2 Select **Settings > Watch Sensors > Wrist Heart Rate > Broadcast Heart Rate**.
- 3 Press **A**.  
The watch starts broadcasting your heart rate data.
- 4 Pair your watch with your compatible device.  
**NOTE:** The pairing instructions differ for each Garmin compatible device. See your owner's manual.
- 5 Press **A** to stop broadcasting your heart rate data.

## Turning Off the Wrist-based Heart Rate Monitor

The default value for the Wrist Heart Rate setting is Auto. The watch automatically uses the wrist-based heart rate monitor unless you pair a chest heart rate monitor to the watch. Chest heart rate data is only available during an activity.

**NOTE:** Disabling the wrist-based heart rate monitor also disables features such as your VO2 max. estimate, sleep tracking, intensity minutes, the all-day stress feature, and the wrist-based pulse oximeter sensor.

**NOTE:** Disabling the wrist-based heart rate monitor also disables the on-wrist detection feature for Garmin Pay payments, and you must enter a passcode before making each payment ([Garmin Pay, page 38](#)).

- 1 Hold **B**.
- 2 Select **Settings > Watch Sensors > Wrist Heart Rate > Status > Off**.  
Some sensor lights may flash after the wrist-based heart rate monitor is turned off.

## 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 Your Heart Rate Zones

The watch uses your user profile information from the initial setup to determine your default heart rate zones. You can set separate heart rate zones for sport profiles, such as running and cycling. For the most accurate calorie data during your activity, set your maximum heart rate. You can also set each heart rate zone and enter your resting heart rate manually. You can manually adjust your zones on the watch or using your Garmin Connect account.

- 1 Hold **B**.
- 2 Select **Settings > User Profile > Heart Rate**.
- 3 Select **Max. HR**, and enter your maximum heart rate.
- 4 Select **✓**.
- 5 Select **Resting HR**.
- 6 Select an option:
  - Select **Use Average** to use your average resting heart rate from the watch.
  - Select **Set Custom** to set a custom resting heart rate.
- 7 Select a zone, and enter a value for each zone.
- 8 Select a sport profile to add separate heart rate zones (optional).
- 9 Repeat the steps to add sport heart rate zones (optional).



## 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.

If you know your maximum heart rate, you can use the table ([Heart Rate Zone Calculations, page 51](#)) 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.

## Heart Rate Zone Calculations

| Zone | % of Maximum Heart Rate | Perceived Exertion                                                       | Benefits                                                   |
|------|-------------------------|--------------------------------------------------------------------------|------------------------------------------------------------|
| 1    | 50–60%                  | Relaxed, easy pace, rhythmic breathing                                   | Beginning-level aerobic training, reduces stress           |
| 2    | 60–70%                  | Comfortable pace, slightly deeper breathing, conversation possible       | Basic cardiovascular training, good recovery pace          |
| 3    | 70–80%                  | Moderate pace, more difficult to hold conversation                       | Improved aerobic capacity, optimal cardiovascular training |
| 4    | 80–90%                  | Fast pace and a bit uncomfortable, breathing forceful                    | Improved anaerobic capacity and threshold, improved speed  |
| 5    | 90–100%                 | Sprinting pace, unsustainable for long period of time, labored breathing | Anaerobic and muscular endurance, increased power          |

## About VO2 Max. Estimates

VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. In simple terms, VO2 max. is an indication of athletic performance and should increase as your level of fitness improves. The Venu 3 series device requires wrist-based heart rate or a compatible chest heart rate monitor to display your VO2 max. estimate.

On the device, your VO2 max. estimate appears as a number, description, and position on the color gauge. On your Garmin Connect account, you can view additional details about your VO2 max. estimate, such as where it ranks for your age and sex.

**NOTE:** VO2 max. is not available when the watch is in wheelchair mode.



|                                                                                            |           |
|--------------------------------------------------------------------------------------------|-----------|
|  Purple | Superior  |
|  Blue   | Excellent |
|  Green  | Good      |
|  Orange | Fair      |
|  Red    | Poor      |

VO2 max. data is provided by Firstbeat Analytics™. VO2 max. analysis is provided with permission from The Cooper Institute®. For more information, see the appendix (*VO2 Max. Standard Ratings, page 88*), and go to [www.CooperInstitute.org](http://www.CooperInstitute.org).

## Getting Your VO2 Max. Estimate

This feature requires wrist-based heart rate or a compatible chest heart rate monitor. If you are using a chest heart rate monitor, you must put it on and pair it with your watch ([Pairing Your Wireless Sensors, page 57](#)).

For the most accurate estimate, complete the user profile setup ([Setting Up Your User Profile, page 60](#)), and set your maximum heart rate ([Setting Your Heart Rate Zones, page 50](#)). The estimate may seem inaccurate at first. The watch requires a few runs to learn about your running performance.

- 1 Hold **B**.
- 2 Select **Settings > User Profile > VO2 Max.**

If you have already recorded a brisk walk or run outdoors, your VO2 max. estimate may appear. The watch displays the date your VO2 max. estimate was last updated. The watch updates your VO2 max. estimate each time you complete an outdoor walk or run of 15 minutes or longer. You can manually start a VO2 max. test to get an updated estimate.

- 3 To start a VO2 max. test, tap the screen.
- 4 Follow the on-screen instructions to get your VO2 max. estimate.
- 5 Walk or run at a moderate or high intensity, reaching at least 70% of your maximum heart rate.  
A message with your VO2 max. estimate appears when the test is complete.

## Viewing Your Fitness Age

Your fitness age gives you an idea of how your fitness compares with a person of the same sex. Your watch uses information, such as your age, body mass index (BMI), resting heart rate data, and vigorous activity history to provide a fitness age. If you have an Index™ scale, your watch uses the body fat percentage metric instead of BMI to determine your fitness age. Exercise and lifestyle changes can impact your fitness age.

**NOTE:** For the most accurate fitness age, complete the user profile setup ([Setting Up Your User Profile, page 60](#)).

- 1 Hold **B**.
- 2 Select **Settings > User Profile > Fitness Age.**

## Pulse Oximeter

The Venu 3 series watch has a wrist-based pulse oximeter to gauge the saturation of oxygen in your blood. Knowing your oxygen saturation can be valuable in understanding your overall health and help you determine how your body is adapting to altitude. Your watch gauges your blood oxygen level by shining light into the skin and checking how much light is absorbed. This is referred to as SpO<sub>2</sub>.

On the watch, your pulse oximeter readings appear as an SpO<sub>2</sub> percentage. On your Garmin Connect account, you can view additional details about your pulse oximeter readings, including trends over multiple days ([Changing the Pulse Oximeter Tracking Mode, page 54](#)). For more information on pulse oximeter accuracy, go to [garmin.com/ataccuracy](https://garmin.com/ataccuracy).

## Getting Pulse Oximeter Readings

You can manually begin a pulse oximeter reading from the pulse oximeter glance. The accuracy of the pulse oximeter reading can vary based on your blood flow, the watch placement on your wrist, and your stillness.

**NOTE:** You may need to add the pulse oximeter glance to the glance loop ([Customizing the Glance Loop, page 29](#)).

- 1 While you are sitting or inactive, swipe up or down to view the pulse oximeter glance.
- 2 Select the glance to begin the reading.
- 3 Hold the arm wearing the watch at heart level while the watch reads your blood oxygen saturation.
- 4 Keep still.

The watch displays your oxygen saturation as a percentage, and a graph of your pulse oximeter readings and heart rate values for the last 24 hours.

## Changing the Pulse Oximeter Tracking Mode

- 1 Hold **B**.
- 2 Select **Settings > Watch Sensors > Pulse Oximeter > Tracking Mode**.
- 3 Select an option:
  - To turn on measurements while you are inactive during the day, select **All Day**.  
**NOTE:** Turning on pulse oximeter tracking decreases battery life.
  - To turn on continuous measurements while you sleep, select **During Sleep**.  
**NOTE:** Unusual sleep positions can cause abnormally low sleep-time SpO2 readings.
  - To turn off automatic measurements, select **On Demand**.

## Tips for Erratic Pulse Oximeter Data

If the pulse oximeter data is erratic or does not appear, you can try these tips.

- Remain motionless while the watch reads your blood oxygen saturation.
- Wear the watch above your wrist bone. The watch should be snug but comfortable.
- Hold the arm wearing the watch at heart level while the watch reads your blood oxygen saturation.
- Use a silicone or nylon band.
- Clean and dry your arm before putting on the watch.
- Avoid wearing sunscreen, lotion, and insect repellent under the watch.
- Avoid scratching the optical sensor on the back of the watch.
- Rinse the watch with fresh water after each workout.

## Navigation

You can use the GPS navigation features on your watch to save locations, navigate to locations, and find your way home.

### Saving Your Location

Before you can navigate to a saved location, your watch must locate satellites.

A location is a point that you record and store in the watch. If you want to remember landmarks or return to a certain spot, you can mark a location.

- 1 Go to the place where you want to mark a location.
- 2 Press **A**.
- 3 Select **Navigate > Save Location**.

**TIP:** To quickly mark a location, you can select  from the apps menu ([Customizing the Activities and Apps List, page 21](#)).

After the watch acquires GPS signals, the location information appears.

- 4 Select .
- 5 Select an icon.

### Deleting a Location

- 1 Press **A**.
- 2 Select **Navigate > Saved Locations**.
- 3 Select a location.
- 4 Select **Delete > **.

## Navigating to a Saved Location

Before you can navigate to a saved location, your watch must locate satellites.

- 1 Press **(A)**.
- 2 Select **Navigate > Saved Locations**.
- 3 Select a location, and select **Go To**.
- 4 Press **(A)** to start the activity timer.
- 5 Swipe up to view the compass data screen.  
**NOTE:** The compass arrow points toward the saved location.
- 6 Move forward.  
**TIP:** For more accurate navigation, orient the top of the screen toward the direction in which you are moving.

## Navigating Back to Start

Before you can navigate back to start, you must locate satellites, start the timer, and start your activity.

At any time during your activity, you can return to your starting location. For example, if you are running in a new city, and you are unsure how to get back to the trail head or hotel, you can navigate back to your starting location. This feature is not available for all activities.

- 1 Hold **(B)**.
- 2 Select **Navigation > Back to Start**.  
The compass appears.
- 3 Move forward.  
The compass arrow points toward your starting point.  
**TIP:** For more accurate navigation, orient your watch toward the direction in which you are navigating.

## Stopping Navigation

- To stop navigation and continue your activity, hold **(B)**, and select **Stop Navigation**.
- To stop navigation and save your activity, press **(A)**, and select **✓**.

## Compass

The watch has a 3-axis compass with automatic calibration. The compass features and appearance change depending on your activity, whether GPS is enabled, and whether you are navigating to a destination.

## Calibrating the Compass Manually

### 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 watch was already calibrated at the factory, and the watch 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 Hold **(B)**.
- 2 Select **Settings > Watch Sensors > Compass > Start Calibration**.
- 3 Follow the on-screen instructions.  
**TIP:** Move your wrist in a small figure eight motion until a message appears.

## Wireless Sensors

Your watch can be paired and used with wireless sensors using ANT+® or Bluetooth technology ([Pairing Your Wireless Sensors, page 57](#)). After the devices are paired, you can customize the optional data fields ([Customizing the Data Screens, page 22](#)). If your watch was packaged with a sensor, they are already paired. For information about specific Garmin sensor compatibility, purchasing, or to view the owner's manual, go to [buy.garmin.com](http://buy.garmin.com) for that sensor.

| Sensor Type       | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|-------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Club Sensors      | You can use Approach CT10 golf club sensors to automatically track your golf shots, including location, distance, and club type.                                                                                                                                                                                                                                                                                                                                  |
| eBike             | You can use your watch with your eBike and view bike data, such as battery and range information, during your rides.                                                                                                                                                                                                                                                                                                                                              |
| Heart Rate        | You can use an external sensor, such as the HRM 200, HRM 600, HRM-Fit™, or HRM-Pro™ series heart rate monitor, to view heart rate data during your activities.                                                                                                                                                                                                                                                                                                    |
| Foot Pod          | You can use a foot pod to record pace and distance instead of using GPS when you are training indoors or when your GPS signal is weak.                                                                                                                                                                                                                                                                                                                            |
| Headphones        | You can use Bluetooth headphones to listen to music loaded onto your Venu 3 series watch ( <a href="#">Connecting Bluetooth Headphones, page 62</a> ).                                                                                                                                                                                                                                                                                                            |
| Lights            | You can use Varia smart bike lights to improve situational awareness. With a Varia headlight camera, you can also take photos and record video during a ride ( <a href="#">Using the Varia Camera Controls, page 35</a> ).                                                                                                                                                                                                                                        |
| PC                | You can play video games on your computer and see real-time statistics on your device ( <a href="#">Using the Garmin GameOn™ App, page 7</a> ).                                                                                                                                                                                                                                                                                                                   |
| Power             | You can use the Rally™ or Vector™ power meter bike pedals to view your power data on your watch. You can adjust your power zones to match your goals and abilities, or use range alerts to be notified when you reach a specified power zone ( <a href="#">Setting an Alert, page 23</a> ).                                                                                                                                                                       |
| Radar             | You can use a Varia rearview bike radar to improve situational awareness and send alerts about approaching vehicles. With a Varia radar camera tail light, you can also take photos and record video during a ride ( <a href="#">Using the Varia Camera Controls, page 35</a> ).                                                                                                                                                                                  |
| Smart Trainer     | You can use your watch with an indoor bike smart trainer to simulate resistance while following a course, ride, or workout.                                                                                                                                                                                                                                                                                                                                       |
| Speed/<br>Cadence | You can attach speed or cadence sensors to your bike and view the data during your ride. If necessary, you can manually enter your wheel circumference ( <a href="#">Calibrating Your Speed Sensor, page 59</a> ).<br>You can also attach speed or cadence sensors to your wheelchair and view the data during your activity. When the sensor is attached, your watch creates and saves an activity to your Garmin Connect account each time you push your chair. |
| tempe             | You can attach the tempe temperature sensor to a secure strap or loop where it is exposed to ambient air, so it provides a consistent source of accurate temperature data.                                                                                                                                                                                                                                                                                        |

## Pairing Your Wireless Sensors

The first time you connect a wireless sensor to your watch using ANT+ or Bluetooth technology, you must pair the watch and sensor. After they are paired, the watch connects to the sensor automatically when you start an activity and the sensor is active and within range. For more information about connection types, go to [www.garmin.com/hrm\\_connection\\_types](http://www.garmin.com/hrm_connection_types).

- 1 Put on the heart rate monitor, install the sensor, or press the button to wake up the sensor.

**NOTE:** See your wireless sensor owner's manual for pairing information.

- 2 Bring the watch within 3 m (10 ft.) of the sensor.

**NOTE:** Stay 10 m (33 ft.) away from other wireless sensors while pairing.

- 3 Hold **B**.

- 4 Select **Settings > Accessories > Add New**.

- 5 Select an option:

- Select **Search All**.
- Select your sensor type.

After the sensor is paired with your watch, the sensor status changes from Searching to Connected. Sensor data appears in the data screen loop or a custom data field. You can customize the optional data fields ([Customizing the Data Screens, page 22](#)).

## Heart Rate Accessory Running Pace and Distance

The HRM-Fit and HRM-Pro series accessories calculate your running pace and distance based on your user profile and the motion measured by the sensor on every stride. The heart rate monitor provides running pace and distance when GPS is not available, such as during treadmill running. You can view your running pace and distance on your compatible Venu 3 series watch when connected using ANT+ technology. You can also view it on compatible third-party training apps when connected using Bluetooth technology.

The pace and distance accuracy improves with calibration.

**Automatic calibration:** The default setting for your watch is **Auto Calibrate**. The heart rate accessory calibrates each time you run outside with it connected to your compatible Venu 3 series watch.

**NOTE:** Automatic calibration does not work for indoor, trail, or ultra run activity profiles ([Tips for Recording Running Pace and Distance, page 57](#)).

**Manual calibration:** You can select **Calibrate & Save** after a treadmill run with your connected heart rate accessory ([Calibrating the Treadmill Distance, page 7](#)).

## Tips for Recording Running Pace and Distance

- Update your Venu 3 series watch software ([Product Updates, page 80](#)).
- Complete several outdoor runs with GPS and your connected HRM-Fit or HRM-Pro series accessory. It's important that your outdoor range of paces matches your range of paces on the treadmill.
- If your run includes sand or deep snow, go to the sensor settings, and turn off **Auto Calibrate**.
- If you previously connected a compatible foot pod using ANT+ technology, set the foot pod status to **Off**, or remove it from the list of connected sensors.
- Complete a treadmill run with manual calibration ([Calibrating the Treadmill Distance, page 7](#)).
- If automatic and manual calibrations don't seem accurate, go to the sensor settings, and select **HRM Pace & Distance > Reset Calibration Data**.

**NOTE:** You can try turning off **Auto Calibrate**, and then manually calibrate again ([Calibrating the Treadmill Distance, page 7](#)).



## Running Power

Garmin running power is calculated using measured running dynamics information, user mass, environmental data, and other sensor data. The power measurement estimates the amount of power a runner applies to the road surface, and it is displayed in watts. Using running power as a gauge of effort may suit some runners better than using either pace or heart rate. Running power can be more responsive than heart rate for indicating the level of effort, and it can account for the uphill, downhill, and wind, which a pace measurement does not do.

Running power can be measured using the watch sensors. You can customize the running power data fields to view your power output and make adjustments to your training ([Data Fields, page 85](#)). You can set up power alerts to be notified when you reach a specified power zone ([Activity Alerts, page 23](#)).

Running power zones are similar to cycling power zones. The values for the zones are default values based on gender, weight, and average ability, and may not match your personal abilities. You can view your zones on the Garmin Connect account.

### Running Power Settings

Press , select a running activity, and select  > **Settings** > **Running Power**.

**Status:** Enables or disables recording Garmin running power data.

**Account for Wind:** Enables or disables using wind data when calculating your running power. Wind data is a combination of the speed, heading, and barometer data from your watch and the available wind data from your phone.

## Running Dynamics

Running dynamics is feedback about your running form. Your Venu 3 series watch has an accelerometer to calculate five running form metrics. You can view your running dynamics data in the Garmin Connect app.

| Metric               | Description                                                                                                                                                                                            |
|----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Run cadence          | Cadence is the number of steps per minute. It displays the 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.                                                                             |
| 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.<br><b>NOTE:</b> Ground contact time is not available while walking. |
| Stride length        | Stride length is the length of your stride from one footfall to the next. It is measured in meters.                                                                                                    |
| Vertical ratio       | Vertical ratio is the ratio of vertical oscillation to stride length. It displays a percentage. A lower number typically indicates better running form.                                                |

### Color Gauges and Running Dynamic Data

Garmin has researched many runners of all different levels. The data values in the red or orange zones are typical for less experienced or slower runners. The data values in the green, blue, or purple zones are typical for more experienced or faster runners. More experienced runners tend to exhibit shorter ground contact times, lower vertical oscillation, lower vertical ratio, and higher cadence than less experienced runners. However, taller runners typically have slightly slower cadences, longer strides, and slightly higher vertical oscillation. Vertical ratio is your vertical oscillation divided by stride length. It is not correlated with height.

For additional theories and interpretations of running dynamics data, you can search reputable running publications and websites.



| Color Zone                                                                               | Percentile in Zone | Cadence Range |
|------------------------------------------------------------------------------------------|--------------------|---------------|
|  Purple | >95                | >183 spm      |
|  Blue   | 70–95              | 174–183 spm   |
|  Green  | 30–69              | 164–173 spm   |
|  Orange | 5–29               | 153–163 spm   |
|  Red    | <5                 | <153 spm      |

## Using an Optional Bike Speed or Cadence Sensor

You can use a compatible bike speed or cadence sensor to send data to your watch.

- Pair the sensor with your watch ([Pairing Your Wireless Sensors, page 57](#)).
- Set your wheel size ([Calibrating Your Speed Sensor, page 59](#)).
- Go for a ride ([Starting an Activity, page 4](#)).

## Calibrating Your Speed Sensor

Before you can calibrate your speed sensor, you must pair your watch with a compatible speed sensor ([Pairing Your Wireless Sensors, page 57](#)).

Manual calibration is optional and can improve accuracy.

- 1 Hold **B**.
- 2 Select **Settings > Accessories > Speed/Cadence > Wheel Size**.
- 3 Select an option:
  - Select **Auto** to automatically calculate your wheel size and calibrate your speed sensor.
  - Select **Manual**, and enter your wheel size to manually calibrate your speed sensor ([Wheel Size and Circumference, page 88](#)).

## Training with Power Meters

- Go to [buy.garmin.com](http://buy.garmin.com) for a list of power meters that are compatible with your Venu 3 series device (such as Rally and Vector).
- For more information, see the owner's manual for your power meter.
- Adjust your power zones to match your goals and abilities.
- Use range alerts to be notified when you reach a specified power zone ([Setting an Alert, page 23](#)).
- Customize the power data fields ([Customizing the Data Screens, page 22](#)).

## Situational Awareness

### WARNING

The Varia device can improve situational awareness. It is not a replacement for cyclist attentiveness and good judgment. Always maintain awareness of your surroundings, and operate the bicycle in a safe manner. Failure to do so could result in serious injury or death.

Your Venu 3 series device can be used with the Varia smart bike lights and rearview radar ([Using the Varia Camera Controls, page 35](#)). See the owner's manual for your Varia device for more information.

## tempe

Your device is compatible with the tempe temperature sensor. You can attach the sensor to a secure strap or loop where it is exposed to ambient air, so it provides a consistent source of accurate temperature data. You must pair the tempe sensor with your device to display temperature data. See the instructions for your tempe sensor for more information.

## User Profile

You can update your user profile on your watch or on the Garmin Connect app.

### Setting Up Your User Profile

You can update your sex, birth year, height, weight, wrist, and heart rate zones ([Setting Your Heart Rate Zones, page 50](#)) settings. The watch uses this information to calculate accurate training data.

- 1 Hold **B**.
- 2 Select **Settings > User Profile**.
- 3 Select an option.

### Gender Settings

When you first set up the watch, you must choose a sex. Most fitness and training algorithms are binary. For the most accurate results, Garmin recommends selecting your sex assigned at birth. After the initial setup, you can customize the profile settings in your Garmin Connect account.

**Profile & Privacy:** Enables you to customize the data on your public profile.

**User Settings:** Sets your sex. If you select Not Specified, the algorithms that require a binary input will use the sex you specified when you first set up the watch.

### Wheelchair Mode

Wheelchair mode updates your glances, apps, and available activities. For example, wheelchair mode has indoor and outdoor push and handcycling activities, such as Push - Run Speed and Push - Walk Speed, instead of running and walking activities. When wheelchair mode is turned on, your Venu 3 series watch tracks your movements as pushes rather than steps. Icons are also updated to represent a wheelchair user. The watch does not update your VO2 max. estimate while in wheelchair mode. Incident detection is also disabled.

The first time you enable wheelchair mode on your watch, you can select your exercise frequency in order to set your activity level to the correct algorithm. While wheelchair mode is turned on, you can pair a cadence sensor to receive distance and speed in activities such as handcycling. For indoor activities, you are prompted to pair a speed sensor for speed data, but a speed sensor is not required to record the activity. For information about specific Garmin sensor compatibility, purchasing, or to view the owner's manual, go to [buy.garmin.com](http://buy.garmin.com) for that sensor.

You can turn wheelchair mode on or off in your user profile settings ([Setting Up Your User Profile, page 60](#)).

For more information about wheelchair physiology, go to [garmin.com/en-US/garmin-technology/health-science/wheelchair-physiology/](http://garmin.com/en-US/garmin-technology/health-science/wheelchair-physiology/).

## Music

**NOTE:** There are three different music playback options for your Venu 3 series watch.

- Third-party provider music
- Personal audio content
- Music stored on your phone

On a Venu 3 series watch, you can download audio content to your watch from your computer or from a third-party provider, so you can listen when your phone is not nearby. To listen to audio content stored on your watch, you can connect Bluetooth headphones. You can also listen to audio content directly through the speaker in your watch.

## Downloading Personal Audio Content

Before you can send your personal music to your watch, you must install the Garmin Express™ application on your computer ([garmin.com/express](http://garmin.com/express)).

You can load your personal audio files, such as .mp3 and .m4a files, to a Venu 3 series watch from your computer. For more information, go to [garmin.com/musicfiles](http://garmin.com/musicfiles).

- 1 Connect the watch to your computer using the included USB cable.
- 2 On your computer, open the Garmin Express application, select your watch, and select **Music**.  
**TIP:** For Windows® computers, you can select  and browse to the folder with your audio files. For Apple® computers, the Garmin Express application uses your iTunes® library.
- 3 In the **My Music** or **iTunes Library** list, select an audio file category, such as songs or playlists.
- 4 Select the checkboxes for the audio files, and select **Send to Device**.
- 5 If necessary, in the Venu 3 series list, select a category, select the checkboxes, and select **Remove From Device** to remove audio files.

## Connecting to a Third-Party Provider

Before you can download music or other audio files to your watch from a supported third-party provider, you must connect the provider to your watch.

Some third-party music provider options are already installed on your watch.

For more options, you can download the Connect IQ app on your phone ([Downloading Connect IQ Features, page 70](#)).

- 1 Press **(A)**.
- 2 Select **Apps > Connect IQ Store**.
- 3 Follow the on-screen instructions to install a third-party music provider.
- 4 From the apps menu on the watch, select **Music**.
- 5 Select the music provider.  
**NOTE:** If you want to select another provider, hold **(B)**, select **Settings > Music > Music Providers**, and follow the on-screen instructions.

## Downloading Audio Content from a Third-Party Provider

Before you can download audio content from a third-party provider, you must connect to a Wi-Fi network ([Connecting to a Wi-Fi Network, page 67](#)).

- 1 From the apps menu on the watch, select **Music**.
- 2 Hold **(B)**.
- 3 Select **Music Providers**.
- 4 Select a connected provider, or select **Add Music Apps** to add a music provider from the Connect IQ store.
- 5 Select a playlist or other item to download to the watch.
- 6 If necessary, press **(B)** until you are prompted to sync with the service.

**NOTE:** Downloading audio content can drain the battery. You may be required to connect the watch to an external power source if the battery is low.

## Disconnecting from a Third-Party Provider

- 1 From the Garmin Connect app, select **...**.
- 2 Select **Garmin Devices**, and select your watch.
- 3 Select **Music**.
- 4 Select an installed third-party provider, and follow the on-screen instructions to disconnect the third-party provider from your watch.

## Connecting Bluetooth Headphones

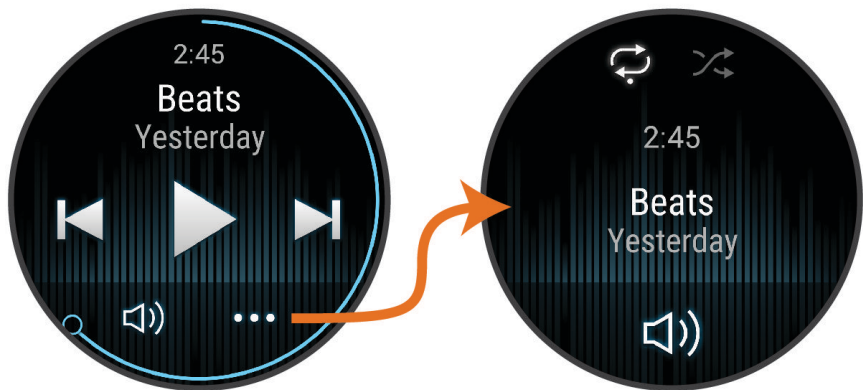
- 1 Bring the headphones within 2 m (6.6 ft.) of your watch.
- 2 Enable pairing mode on the headphones.
- 3 Hold **B**.
- 4 Select **Settings > Music > Headphones > Add New**.
- 5 Select your headphones to complete the pairing process.

## Listening to Music

- 1 From the apps menu on the watch, select **Music**.
- 2 Hold **B**.
- 3 Select an option:
  - If this is your first time listening to music, select **Settings > Music > Music Providers**.
  - If this is not your first time listening to music, select **Music Providers**.
- 4 Select an option:
  - To listen to music downloaded to the watch from your computer, select **My Music**, and select an option ([Downloading Personal Audio Content, page 61](#)).
  - To listen to music from a third-party provider, select the name of the provider, and select a playlist.
  - To control music playback on your phone, select **Phone**.
- 5 If necessary, connect your Bluetooth headphones ([Connecting Bluetooth Headphones, page 62](#)).
- 6 Select **▶**.

## Music Playback Controls

**NOTE:** Music playback controls may look different, depending on the selected music source.



|     |                                                                                                                                                                 |
|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ... | Select to view more music playback controls.                                                                                                                    |
| 🔊   | Select to adjust the volume.                                                                                                                                    |
| ▶   | Select to play and pause the current audio file.                                                                                                                |
| ▶   | Select to skip to the next audio file in the playlist.<br>Hold to fast forward through the current audio file.                                                  |
| ◀   | Select to restart the current audio file.<br>Select twice to skip to the previous audio file in the playlist.<br>Hold to rewind through the current audio file. |
| 🔄   | Select to change the repeat mode.                                                                                                                               |
| 🔀   | Select to change the shuffle mode.                                                                                                                              |

## Connectivity

Connectivity features are available for your watch when you pair with your compatible phone ([Pairing Your Phone, page 64](#)). Additional features are available when you connect your watch to a Wi-Fi network ([Connecting to a Wi-Fi Network, page 67](#)).

### Phone Connectivity Features

Phone connectivity features are available for your Venu 3 series watch when you pair it using the Garmin Connect app ([Pairing Your Phone, page 64](#)).

- App features from the Garmin Connect app, the Connect IQ app, and more ([Phone Apps and Computer Applications, page 67](#))
- Glances ([Glances, page 26](#))
- Controls menu features ([Controls, page 36](#))
- Safety and tracking features ([Safety and Tracking Features, page 72](#))
- Phone interactions, such as notifications ([Enabling Bluetooth Notifications, page 65](#))

## Pairing Your Phone

To set up the Venu 3 series watch, it must be paired directly through the Garmin Connect app and the Bluetooth settings on your phone.

- 1 During the initial setup on your watch, select  when you are prompted to pair with your phone.

**NOTE:** If you previously skipped the pairing process, you can hold , and select **Settings > System > Connectivity > Phone > Pair Phone** to manually enter pairing mode.

- 2 Scan the QR code with your phone, and follow the on-screen instructions to complete the pairing and setup process.

## Viewing Notifications

- 1 From the watch face, swipe up or down to view the notifications glance.

- 2 Select the glance.

- 3 Select a notification to read the full notification.

- 4 Swipe up to view the notification options.

- 5 Select an option:

- To act on the notification, select an action, such as **Dismiss** or **Reply**.

The available actions depend on the type of notification and your phone operating system. When you dismiss a notification on your phone or the Venu 3 series watch, it no longer appears in the glance.

- To return to the notification list, swipe right.

## Replying with a Customized Text Message

**NOTE:** This feature is available only if your watch is connected to an Android™ phone using Bluetooth technology.

When you receive a text message notification on your Venu 3 series watch, you can send a quick reply by selecting from a list of messages. You can customize messages in the Garmin Connect app.

**NOTE:** This feature sends text messages using your phone. Regular text message limits and charges may apply. Contact your mobile carrier for more information.

- 1 Swipe up or down to view the notifications glance.

- 2 Select the glance.

- 3 Select a text message notification.

- 4 Swipe up to view the notification options.

- 5 Select **Reply**.

- 6 Select a message from the list.

Your phone sends the selected message as a text message.

## Calling from the Watch

**NOTE:** This feature is available only if your watch is connected to a compatible phone using Bluetooth technology.

- 1 Press .

- 2 Select **Apps > Phone**.

- 3 Select an option:

- To dial a phone number using the dial pad, select , dial the phone number, and select .
- To call a phone number from your contacts, select , select a contact name, and select a phone number ([Adding Contacts, page 74](#)).
- To view recent calls made or received on the watch, swipe up.

**NOTE:** The watch does not sync with the recent calls list on your phone.

**TIP:** You can select  to hang up before the call connects.

## Receiving an Incoming Phone Call

When you receive a phone call on your connected phone, the Venu 3 series watch displays the name or phone number of the caller.

- To accept the call, select .
- To decline the call, select .
- To decline the call and immediately send a text message reply, select , and select a message from the list.

**NOTE:** To send a text message reply, you must be connected to a compatible Android phone using Bluetooth technology.

## Playing Audio Prompts During an Activity

You can enable your Venu 3 series watch to play motivational status announcements during a run or other activity. Audio prompts play on your connected Bluetooth headphones, if available. During an audio prompt, the watch lowers the primary audio volume to play the announcement.

**NOTE:** This feature is not available for all activities.

- 1 Hold .
- 2 Select **Settings > Audio Prompts**.
- 3 Select an option:
  - To hear a prompt for each lap, select **Lap Alert**.
  - To customize prompts with your pace and speed information, select **Pace/Speed Alert**.
  - To customize prompts with your heart rate information, select **Heart Rate Alert**.
  - To customize prompts with power data, select **Power Alert**.
  - To hear prompts when you start and stop the activity timer, including the Auto Pause feature, select **Timer Events**.
  - To hear workout alerts play as an audio prompt, select **Workout Alerts**.
  - To hear activity alerts play as an audio prompt, select **Activity Alerts** ([Activity Alerts](#), page 23).
  - To change the language or the dialect of the voice prompts, select **Dialect**.
  - To change the voice of the prompts to male or female, select **Voice**.
  - To set the audio device used for voice alerts, select **Audio Output**.

## Managing Notifications

You can use your compatible phone to manage notifications that appear on your Venu 3 series watch.

Select an option:

- If you are using an iPhone®, go to the iOS® notifications settings, and select the notifications to show on your phone and watch.

**NOTE:** All notifications that you enable on your iPhone also appear on your watch.

- If you are using an Android phone, from the Garmin Connect app, select **••• > Settings > Notifications > App Notifications**, and select the notifications that you want to appear on your watch.

## Enabling Bluetooth Notifications

Before you can enable notifications, you must pair the Venu 3 series watch with a compatible phone ([Pairing Your Phone](#), page 64).

- 1 Hold .
- 2 Select **Settings > Notifications & Alerts > Smart Notifications**.
- 3 Select an option:
  - Select **General Use** to set preferences for notifications that appear when in watch mode.
  - Select **During Activity** to set preferences for notifications that appear when recording an activity.
  - Select **During Sleep** to turn **Do Not Disturb** on or off.
  - Select **Privacy** to set a privacy preference.

## Turning Off the Bluetooth Phone Connection

You can turn off the Bluetooth phone connection from the controls menu.

**NOTE:** You can add options to the controls menu ([Customizing the Controls Menu, page 37](#)).

- 1 Hold **A** to view the controls menu.
- 2 Select  to turn off the Bluetooth phone connection on your Venu 3 series watch.  
Refer to the owner's manual for your phone to turn off Bluetooth technology on your phone.

## Using the Voice Assistant

To use the voice assistant, your watch must be connected to a compatible phone using Bluetooth technology ([Pairing Your Phone, page 64](#)). Go to [garmin.com/voicefunctionality](https://garmin.com/voicefunctionality) for information about compatible phones.

You can communicate with the voice assistant on your phone using the integrated speaker and microphone in your watch. Go to [garmin.com/voicefunctionality/tips](https://garmin.com/voicefunctionality/tips) for tips about how to set up your voice assistant.

- 1 From any screen, hold **C**.  
When connected to the voice assistant on your phone,  appears.
- 2 Say a command phrase, such as *Call Mom* or *Send a text message*.

**NOTE:** Communication from the voice assistant is audible only.

## Turning On and Off Phone Connection Alerts

You can set the Venu 3 series watch to alert you when your paired phone connects and disconnects using Bluetooth technology.

**NOTE:** Phone connection alerts are turned off by default.

- 1 Hold **B**.
- 2 Select **Settings > System > Connectivity > Phone > Connected Alerts**.

## Finding Your Phone

You can use this feature to help locate a lost phone that is paired using Bluetooth technology and currently within range.

- 1 Hold **A**.
- 2 Select .  
Signal strength bars appear on the Venu 3 series screen, and an audible alert sounds on your phone. The bars increase as you move closer to your phone.
- 3 Press **B** to stop searching.

## Locating a Phone Lost During a GPS Activity

Your Venu 3 series watch automatically stores a GPS location when Bluetooth technology on your paired phone is disconnected during a GPS activity. You can use this feature to help locate a phone that is lost during an activity.

- 1 Start a GPS activity.
- 2 When prompted to navigate to the last known location of your device, select .
- 3 Orient yourself so the bearing pointer turns green, which indicates your direction of travel.
- 4 Swipe down to reconnect your watch with your phone (optional).  
An audible alert sounds on your phone.
- 5 Navigate to your phone.
- 6 When your watch is within Bluetooth range of your phone, the Bluetooth signal strength appears on the screen.

The signal strength increases as you move closer to your phone.



## Turning Off Find My Phone Alerts

- 1 Hold **(B)**.
- 2 Select **Settings > System > Connectivity > Phone > Find My Phone Alerts**.

## Using Do Not Disturb Mode

You can use do not disturb mode to turn off vibrations and the display for alerts and notifications ([Customizing the Display Settings, page 76](#)). For example, you can use this mode while sleeping or watching a movie.

- To manually turn on or off do not disturb mode, hold **(A)**, and select **(-)**.
- To automatically turn on do not disturb mode during your sleep hours, open the device settings in the Garmin Connect app, and select **Notifications and Alerts > Smart Notifications > During Sleep**.

## Wi-Fi Connectivity Features

**Activity uploads to your Garmin Connect account:** Automatically sends your activity to your Garmin Connect account as soon as you finish recording the activity.

**Audio content:** Allows you to sync audio content from third-party providers.

**Software updates:** You can download and install the latest software.

**Workouts and training plans:** You can browse for and select workouts and training plans on your Garmin Connect account. The next time your watch has a Wi-Fi connection, the files are sent to your watch.

## Connecting to a Wi-Fi Network

You can connect to a Wi-Fi network from your watch, through the Garmin Connect app on your phone, or through the Garmin Express application on your computer ([Using Garmin Connect on Your Computer, page 69](#)).

To sync your watch with a third-party music provider, you must connect to a Wi-Fi network. Connecting the watch to a Wi-Fi network also helps to increase the transfer speed of larger files.

- 1 Move within range of a Wi-Fi network.
- 2 To connect from the Garmin Connect app, select **••• > Garmin Devices**, and select your watch.
- 3 Select **System > Connectivity > Wi-Fi > My Networks > Add a Network**.
- 4 Select an available Wi-Fi network, and enter the login details.

## Phone and Bluetooth Settings

Hold **(B)**, and select **Settings > System > Connectivity > Phone**.

**Status:** Displays the current Bluetooth connection status and allows you to turn Bluetooth technology on or off.

**Connected Alerts:** Alerts you when your paired phone connects and disconnects.

**Pair Phone:** Connects your device with a compatible phone equipped with Bluetooth technology.

**Sync:** Allows you to transfer the data between your device and the Garmin Connect app.

**Call Audio:** Allows you to enable or disable call audio on your watch.

## Phone Apps and Computer Applications

You can connect your watch to multiple Garmin phone apps and computer applications using the same Garmin account.

## Garmin Connect

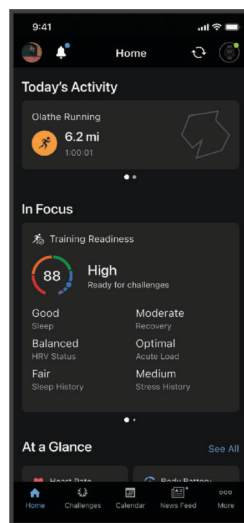
Your Garmin Connect account allows you to track your performance and connect with your friends. It gives you the tools to track, analyze, share, and encourage each other. You can record the events of your active lifestyle, including runs, walks, rides, swims, hikes, golf games, and more.

You can create your free Garmin Connect account when you pair your watch with your phone using the Garmin Connect app. You can also create an account when you set up the Garmin Express application ([garmin.com/express](https://garmin.com/express)).

**Store your activities:** After you complete and save a timed activity with your watch, you can upload that activity to your Garmin Connect account and keep it as long as you want.

**Analyze your data:** You can view more detailed information about your fitness and outdoor activities, including time, distance, heart rate, calories burned, cadence, an overhead map view, and pace and speed charts. You can view more detailed information about your golf games, including scorecards, statistics, and course information. You can also view customizable reports.

**NOTE:** To view some data, you must pair an optional wireless sensor with your watch ([Pairing Your Wireless Sensors, page 57](#)).



**Track your progress:** You can track your daily steps, join a friendly competition with your connections, and meet your goals.

**Share your activities:** You can connect with friends to follow each other's activities or share links to your activities.

**Manage your settings:** You can customize your watch and user settings on your Garmin Connect account.

## Using the Garmin Connect App

After you pair your watch with your phone ([Pairing Your Phone, page 64](#)), you can use the Garmin Connect app to upload all of your activity data to your Garmin Connect account.

- 1 Verify the Garmin Connect app is running on your phone.
- 2 Bring your watch within 10 m (30 ft.) of your phone.

Your watch automatically syncs your data with the Garmin Connect app and your Garmin Connect account.

## Updating the Software Using the Garmin Connect App

Before you can update your watch software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the watch with a compatible phone ([Pairing Your Phone, page 64](#)).

Sync your watch with the Garmin Connect app ([Using the Garmin Connect App, page 68](#)).

When new software is available, the Garmin Connect app automatically sends the update to your watch.

The update is applied when you are not actively using the watch. When the update is complete, your watch restarts.

## Using Garmin Connect on Your Computer

The Garmin Express application connects your watch to your Garmin Connect account using a computer. You can use the Garmin Express application to upload your activity data to your Garmin Connect account and to send data, such as workouts or training plans, from the Garmin Connect website to your watch. You can also add music to your watch ([Downloading Personal Audio Content, page 61](#)). You can also install software updates and manage your Connect IQ apps.

- 1 Connect the watch to your computer using the USB cable.
- 2 Go to [garmin.com/express](https://garmin.com/express).
- 3 Download and install the Garmin Express application.
- 4 Open the Garmin Express application, and select **Add Device**.
- 5 Follow the on-screen instructions.

## Updating the Software Using Garmin Express

Before you can update your device software, you must have a Garmin Connect account, and you must download the Garmin Express application.

- 1 Connect the device to your computer using the USB cable.  
When new software is available, Garmin Express 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 set up your device with Wi-Fi connectivity, Garmin Connect can automatically download available software updates to your device when it connects using Wi-Fi.

## Manually Syncing Data with Garmin Connect

**NOTE:** You can add options to the controls menu ([Customizing the Controls Menu, page 37](#)).

- 1 Hold **(A)** to view the controls menu.
- 2 Select **Sync**.

## Garmin Connect+ Subscription

You can enhance the data, connections, and training available on your Garmin Connect account with a Garmin Connect+ subscription. To sign up, you can download the Garmin Connect app from the app store on your phone, or go to [connect.garmin.com](https://connect.garmin.com).

**Active Intelligence (AI):** Receive AI insights about your data and activities.

**LiveTrack+:** Send LiveTrack text messages, receive a personalized profile page, and view previous LiveTrack sessions.

**Track indoor activities:** View your indoor activity and workout data in real time, enabling you to adjust your performance during the activity.

**Training guidance:** Get additional expert support and guidance for select Garmin Coach training plans.

**Performance dashboard:** View your training data your way with customized charts and graphs.

**Social features:** Gain access to exclusive badges, badge challenges, and double points for challenges. You can update your profile avatar with customizable frames.

## Connect IQ Features

You can add Connect IQ apps, glances, music providers, watch faces, and more to your watch using the Connect IQ store on your watch or phone ([garmin.com/connectiqapp](https://garmin.com/connectiqapp)).

**Watch Faces:** Customize the appearance of the clock.

**Device Apps:** Add interactive features to your watch, such as glances and new outdoor and fitness activity types.

**Data Fields:** Download new data fields that present sensor, activity, and history data in new ways. You can add Connect IQ data fields to built-in features and pages.

**Widgets:** Provide information at a glance, including sensor data and notifications.

**Music:** Add music providers to your watch.

## Downloading Connect IQ Features

Before you can download features from the Connect IQ app, you must pair your Venu 3 series watch with your phone ([Pairing Your Phone](#), page 64).

- 1 From the app store on your phone, install and open the Connect IQ app.
- 2 If necessary, select your watch.
- 3 Select a Connect IQ feature.
- 4 Follow the on-screen instructions.

## Downloading Connect IQ Features Using Your Computer

- 1 Connect the watch to your computer using a USB cable.
- 2 Go to [apps.garmin.com](https://apps.garmin.com), and sign in.
- 3 Select a Connect IQ feature, and download it.
- 4 Follow the on-screen instructions.

## Garmin Messenger App

### WARNING

Before you can use certain inReach® features of the Garmin Messenger app, including SOS, tracking, and inReach Weather, you must have an active satellite subscription and a connected inReach device. Always test the app before you use it outdoors.

With an inReach subscription and a connected inReach device, you can use the Garmin Messenger app for tracking, SOS, inReach Weather, and managing your service plan. You can also use the app to message other inReach device users, as well as friends and family. The app works over both the Iridium® satellite network and the internet (using a wireless connection or cellular data on your phone). Messages sent using a wireless connection or cellular data on your phone do not incur data charges or additional charges on your inReach subscription. Messages received may incur charges if message delivery is attempted over both the Iridium satellite network and the internet. Standard text messaging rates for your cellular data plan apply.

Without an inReach subscription, the app also provides a messaging experience for friends and family. Anyone can download the app and connect their phone, allowing them to communicate with other app users over the internet (no login is required). App users can also create group messaging threads with other SMS phone numbers. New members added to the group message can download the app to see what others are saying.

You can download the Garmin Messenger app from the app store on your phone ([garmin.com/messengerapp](https://garmin.com/messengerapp)).

## Using the Messenger Feature

### CAUTION

The non-satellite messaging features of the Garmin Messenger app alone should not be relied on as a primary method to obtain emergency assistance.

### NOTICE

To use the Messenger feature, your Venu 3 series watch must be connected to the Garmin Messenger app on your compatible phone using Bluetooth technology.

The Messenger feature on your watch allows you to view, compose, and reply to messages from the Garmin Messenger phone app.

- 1 From the watch face, swipe up or down to view the **Messenger** glance.

**TIP:** The Messenger feature is available as a glance or app menu option on your watch.

- 2 Select the glance to open it.
- 3 If this is your first time using the **Messenger** feature, scan the QR code with your phone, and follow the on-screen instructions to complete the pairing and setup process.
- 4 On your watch, select an option:
  - To compose a new message, select **New Message**, select a recipient, and either select a pre-defined message or compose your own.
  - To view a conversation, swipe up or down, and select a conversation.
  - To reply to a message, select a conversation, select **Reply**, and either select a pre-defined message or compose your own.

## Garmin Golf App

The Garmin Golf app allows you to upload scorecards from your Venu 3 series device to view detailed statistics and shot analyses. Golfers can compete with each other at different courses using the Garmin Golf app. More than 43,000 courses have leaderboards that anyone can join. You can set up a tournament event and invite players to compete. With a Garmin Golf membership, you can view green contour data on your phone. Additional features are available for your Venu 3 series device with a Garmin Golf membership, such as more detailed course maps, dynamic hazards, and PlaysLike distance.

The Garmin Golf app syncs your data with your Garmin Connect account. You can download the Garmin Golf app from the app store on your phone ([garmin.com/golfapp](https://garmin.com/golfapp)).

# Safety and Tracking Features

## ⚠ CAUTION

The safety and tracking features are supplemental features and should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

Incident detection is not available when the watch is in wheelchair mode.

## NOTICE

To use the safety and tracking features, the Venu 3 series watch must be connected to the Garmin Connect app using Bluetooth technology. Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. You can enter emergency contacts in your Garmin Connect account.

For more information about safety and tracking features, go to [garmin.com/safety](https://garmin.com/safety).

**Assistance:** Allows you to send a message with your name, LiveTrack link, and GPS location (if available) to your emergency contacts.

**Incident Detection:** When the Venu 3 series watch detects an incident during certain outdoor activities, the watch sends an automated message, LiveTrack link, and GPS location (if available) to your emergency contacts.

**LiveTrack:** Allows friends and family to follow your races and training activities in real time. You can invite followers using email or social media, allowing them to view your live data on a web page.

## Adding Emergency Contacts

Emergency contact phone numbers are used for the safety and tracking features. One phone number from your emergency contacts or an emergency services phone number, such as 911, can be used as your emergency calling number.

- 1 From the Garmin Connect app, select ●●●.
- 2 Select **Safety & Tracking > Safety Features > Emergency Contacts > Add Emergency Contacts**.
- 3 Follow the on-screen instructions.

Your emergency contacts receive a notification when you add them as an emergency contact, and can accept or decline your request. If a contact declines, you must choose another emergency contact.

## Incident Detection

## ⚠ CAUTION

Incident detection is a supplemental feature available only for certain outdoor activities. Incident detection should not be relied on as a primary method to obtain emergency assistance.

Incident detection is not available when the watch is in wheelchair mode.

## NOTICE

Before you can enable incident detection on your watch, you must set up emergency contacts in the Garmin Connect app ([Adding Emergency Contacts, page 72](#)). Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

## Turning Incident Detection On and Off

**NOTE:** Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available.

Before you can enable incident detection on your watch, you must set up emergency contacts in the Garmin Connect app ([Adding Emergency Contacts, page 72](#)). Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

- 1 From the watch face, hold **B**.
- 2 Select **Settings > Safety & Tracking > Incident Detection**.
- 3 Select an activity.

**NOTE:** Incident detection is available only for certain outdoor activities.

When an incident is detected by your Venu 3 series watch and your phone is connected, the Garmin Connect app can send an automated text message and email with your name and GPS location (if available) to your emergency contacts. A message appears on your watch and paired phone indicating your contacts will be informed after 15 seconds have elapsed. If assistance is not needed, you can cancel the automated emergency message. If an emergency calling phone number has been designated, you also have the option to call that phone number from your watch.

## Requesting Assistance

### ⚠ CAUTION

Assistance is a supplemental feature and should not be relied upon as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

### NOTICE

Before you can request assistance, you must set up emergency contacts in the Garmin Connect app ([Adding Emergency Contacts, page 72](#)). Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply). If an emergency calling phone number has been designated, you have the option to call that phone number from your watch.

- 1 Hold **A**.
- 2 When you feel three vibrations, release the button to activate the assistance feature.  
The countdown screen appears.
- 3 If necessary, select an option before the countdown is complete:
  - To send a customized message with your request, select .
  - To call your emergency calling phone number, select .
  - To cancel the message, select **X**.

## Turning On LiveTrack

Before you can start your first LiveTrack session, you must set up contacts in the Garmin Connect app ([Adding Emergency Contacts, page 72](#)).

- 1 Hold **B**.
- 2 Select **Settings > Safety & Tracking > LiveTrack**.
- 3 Select **Auto Start > On** to start a LiveTrack session each time you start an outdoor activity.

## Adding Contacts

You can add up to 50 contacts to the Garmin Connect app. Contact emails can be used with the LiveTrack feature.

Three of these contacts can be used as emergency contacts.

One phone number from your emergency contacts or an emergency services phone number, such as 911, can be used as your emergency calling number ([Adding Emergency Contacts, page 72](#)).

- 1 From the Garmin Connect app, select **•••** > **Contacts**.
- 2 Follow the on-screen instructions.

After you add contacts, you must sync your data to apply the changes to your Venu 3 series watch ([Using the Garmin Connect App, page 68](#)).

## Clocks

### Setting an Alarm

You can set multiple alarms. You can set each alarm to occur once or to repeat regularly.

- 1 Hold **(B)**.
- 2 Select **Clocks** > **Alarms** > **Add Alarm**.
- 3 Enter a time.
- 4 Select the alarm.
- 5 Select **Repeat**, and select an option.
- 6 Select **Sounds**, and select an option.
- 7 Select **Label**, and select a description for the alarm.

### Deleting an Alarm

- 1 Hold **(B)**.
- 2 Select **Clocks** > **Alarms**.
- 3 Select an alarm, and select **Delete**.

### Using the Stopwatch

- 1 Hold **(B)**.
- 2 Select **Clocks** > **Stopwatch**.
- 3 Press **(A)** to start the timer.
- 4 Press **(B)** to restart the lap timer.  
The total stopwatch time continues running.
- 5 Press **(A)** to stop the timer.
- 6 Select an option:
  - To reset the timer, swipe down.
  - To save the stopwatch time as an activity, swipe up, and select **Save**.
  - To review the lap timers, swipe up, and select **Review Laps**.
  - To exit the stopwatch, swipe up, and select **Done**.

### Starting the Countdown Timer

- 1 Hold **(B)**.
- 2 Select **Clocks** > **Timer**.
- 3 Enter the time, and select **✓**.
- 4 Press **(A)**.



## Syncing the Time with GPS

Each time you turn on the watch and acquire satellites, the watch automatically detects your time zones and the current time of day. You can also manually sync the time with GPS when you change time zones and to update for daylight saving time.

- 1 Hold **B**.
- 2 Select **Clocks > Time > Time Sync**.
- 3 Wait while the watch locates satellites ([Acquiring Satellite Signals, page 83](#)).

## Setting the Time Manually

By default, the time is set automatically when the Venu 3 series watch is paired with a phone.

- 1 Hold **B**.
- 2 Select **Clocks > Time > Time Source > Manual**.
- 3 Select **Time**, and enter the time of day.

# Customizing the Watch

## System Settings

Hold **B**, and select **Settings > System**.

**Display:** Sets the display timeout and brightness ([Customizing the Display Settings, page 76](#)).

**Sounds:** Sets the watch volume and sounds, such as button and system tones ([Sound Settings, page 76](#)).

**Vibration:** Turns vibration on or off and sets the vibration intensity.

**Battery Manager:** Allows you to monitor battery usage and enable Battery Saver to extend battery life ([Battery Manager Settings, page 76](#)).

**Connectivity:** Allows you to pair your phone and manage phone and Wi-Fi settings ([Phone and Bluetooth Settings, page 67](#)).

**Format:** Sets the measurement units used to display data ([Changing the Units of Measure, page 76](#)).

**Data Recording:** Sets how the device records activity data. The Smart recording option (default) allows for longer activity recordings. The Every Second recording option provides more detailed activity recordings, but may require you to charge the battery more frequently.

**Passcode:** Sets a four-digit passcode to secure your personal information when the watch is not on your wrist ([Setting Your Watch Passcode, page 77](#)).

**Auto Lock:** Allows you to lock the buttons and touchscreen automatically to prevent accidental button presses and touchscreen swipes. Use the During Activity option to lock the buttons and touchscreen during a timed activity. You can hold any button to unlock the touchscreen.

**Language:** Sets the language displayed on the watch.

**Reset:** Allows you to reset the default settings or delete personal data and reset the settings ([Resetting All Default Settings, page 83](#)).

**NOTE:** If you have set up a Garmin Pay wallet, restoring default settings also deletes the wallet from your device.

**Software Update:** Allows you to check for software updates.

**About:** Displays the unit ID, software version, regulatory information, and license agreement.

## Customizing the Display Settings

- 1 Hold **B**.
- 2 Select **Settings > System > Display**.
- 3 Turn **Large Fonts** on to increase the size of the text on the screen.
- 4 Select **Brightness** to set the brightness level of the screen.
- 5 Select **General Use** or **During Activity**.
- 6 Select an option:
  - Select **Timeout** to set the length of time before the screen turns off.
  - Select **Always On** to keep the watch face data visible and turn down the brightness and background. This option impacts the battery and display life ([About the AMOLED Display, page 78](#)).
  - Select **Gesture** to turn on the screen by raising and turning your arm to look at your wrist.
  - Select **Sensitivity** to adjust the gesture sensitivity to turn on the display more or less often.
  - Select **Red Shift** to turn the screen to shades of red so that you can use the watch in low light conditions and help preserve your night vision.
- 7 Select **During Sleep > Watch Face** to choose a sleep watch face with minimal, dim settings or to keep the default watch face on during your defined sleep window.

## Sound Settings

Hold **B**, and select **Settings > System > Sounds**.

**Volume:** Sets the volume for voice and system tones. You can also select Mute to silence all sounds.

**System Tones:** Turns the system tones on, off, or on only during an activity.

**Button Tones:** Turns the button tones on or off.

## Battery Manager Settings

Hold **B**, and select **Settings > System > Battery Manager**.

**Battery Saver:** Turns off certain features to maximize battery life.

**Battery %:** Displays the battery life as a remaining percentage.

**Battery Est.:** Displays the battery life as a remaining time estimate.

## Changing the Units of Measure

You can customize units of measure for distance, pace and speed, elevation, and more.

- 1 Hold **B**.
- 2 Select **Settings > System > Format**.
- 3 Select an option.
  - Select **Units** to set the primary units of measure for the watch.
  - Select **Pace/Speed** to display your pace or speed in miles or kilometers during a timed activity.

## Setting Your Watch Passcode

### NOTICE

If you enter your passcode incorrectly three times, the watch locks temporarily. After five incorrect attempts, the watch locks until you reset your passcode in the Garmin Connect app. If you have not paired your watch with your phone, the watch deletes your data and resets to the factory default settings after five incorrect attempts.

You can set up a watch passcode to secure your personal information when the watch is not on your wrist. If you are using the Garmin Pay feature, the watch uses the same four-digit passcode required to open your wallet ([Garmin Pay](#), page 38).

- 1 Hold **(B)**.
- 2 Select **Settings > System > Passcode > Set Passcode**.
- 3 Enter a four-digit passcode.

The next time you remove the watch from your wrist, you must enter the passcode before you can view any information.

## Changing Your Watch Passcode

You must know your existing watch passcode to change it. If you forget your passcode or make too many incorrect passcode attempts, you must reset it in the Garmin Connect app.

- 1 Hold **(B)**.
- 2 Select **Settings > System > Passcode > Change Passcode**.
- 3 Enter your existing four-digit passcode.
- 4 Enter a new four-digit passcode.

The next time you remove the watch from your wrist, you must enter the passcode before you can view any information.

## Time Zones

Each time you turn on the watch and acquire satellites or sync with your phone, the watch automatically detects your time zone and the current time of day.

## Calibrating the Barometer

Your watch was already calibrated at the factory, and the watch uses automatic calibration at your GPS starting point by default. You can manually calibrate the barometer if you know the correct elevation or the correct sea level pressure.

- 1 Hold **(B)**.
- 2 Select **Settings > Watch Sensors > Barometer**.
- 3 Select an option:
  - To enter the current elevation and sea level pressure (optional), select **Manual**.
  - To calibrate automatically from your GPS starting point, select **Use GPS**.

## Garmin Connect Settings

You can change your watch settings from your Garmin Connect account, using either the Garmin Connect app or the Garmin Connect website. Some settings are available only using your Garmin Connect account and cannot be changed on your watch.

- From the Garmin Connect app, select **••• > Garmin Devices**, and select your watch.
- From the devices widget in the Garmin Connect application, select your watch.

After customizing settings, sync your data to apply the changes to your watch ([Using the Garmin Connect App](#), page 68, [Using Garmin Connect on Your Computer](#), page 69).

# Device Information

## About the AMOLED Display

By default, the watch settings are optimized for battery life and performance ([Maximizing Battery Life, page 83](#)).

Image persistence, or pixel "burn-in," is normal behavior for AMOLED devices. To extend the display life, you should avoid displaying static images at high brightness levels for long time periods. To minimize burn-in, the Venu 3 series display turns off after the selected timeout ([Customizing the Display Settings, page 76](#)). You can turn your wrist toward your body, tap the touchscreen, or press a button to wake the watch.

## Charging the Watch

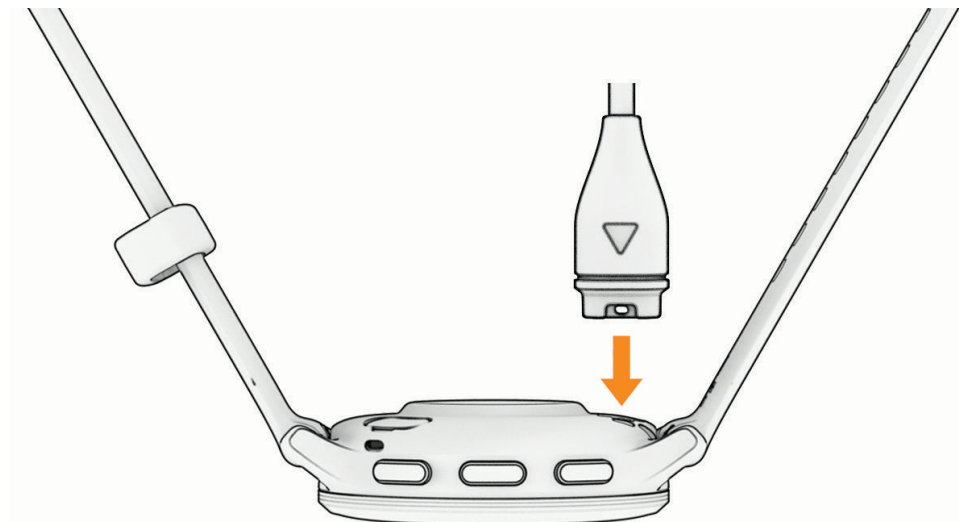
### ⚠ WARNING

This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

### NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions ([Device Care, page 79](#)).

- 1 Plug the cable (▲ end) into the charging port on your watch.



- 2 Plug the other end of the cable into a USB charging port.  
The watch displays the current battery charge level.

## Changing the Bands

The watch is compatible with standard quick-release bands. Venu 3S has 18 mm wide bands, and Venu 3 has 22 mm wide bands.

- 1 Slide the quick-release pin on the spring bar to remove the band.



- 2 Insert one side of the spring bar for the new band into the watch.
- 3 Slide the quick-release pin, and align the spring bar with the opposite side of the watch.
- 4 Repeat steps 1 through 3 to change the other band.

## Viewing Device Information

You can view the unit ID, software version, regulatory information, and license agreement.

- 1 Hold **B**.
- 2 Select **Settings > System > About**.

## Viewing E-label Regulatory and Compliance Information

The label for this device is provided electronically. The e-label may provide regulatory information, such as identification numbers provided by the FCC or regional compliance markings, as well as applicable product and licensing information.

Hold **B** for 10 seconds.

## Device Care

### NOTICE

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Avoid pressing the buttons 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.

Keep the leather band clean and dry. Avoid swimming or showering with the leather band. Exposure to water or sweat can damage or discolor the leather band. Use silicone bands as an alternative.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

## Cleaning the Watch

### ⚠ CAUTION

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist.

### NOTICE

Even small amounts of sweat or moisture can cause corrosion of the electrical contacts when connected to a charger. Corrosion can prevent charging and data transfer.

**TIP:** For more information, go to [garmin.com/fitandcare](https://garmin.com/fitandcare).

- 1 Rinse with water, or use a damp lint-free cloth.
- 2 Allow the watch to dry completely.

## Cleaning the Leather Bands

- 1 Wipe the leather bands with a dry cloth.
- 2 Use a leather conditioner to clean the leather bands.

## Product Updates

Your device automatically checks for updates when connected to Bluetooth or Wi-Fi. You can manually check for updates from the system settings ([System Settings, page 75](#)). On your computer, install Garmin Express ([garmin.com/express](https://garmin.com/express)). On your phone, install the Garmin Connect app.

This provides easy access to these services for Garmin devices:

- Software updates
- Data uploads to Garmin Connect
- Product registration

## Setting Up Garmin Express

- 1 Connect the device to your computer using a USB cable.
- 2 Go to [garmin.com/express](https://garmin.com/express).
- 3 Follow the on-screen instructions.

## Specifications

|                             |                                                                                             |
|-----------------------------|---------------------------------------------------------------------------------------------|
| Battery type                | Rechargeable, built-in lithium-ion battery                                                  |
| Battery life                | Up to 14 days in smartwatch mode for Venu 3<br>Up to 10 days in smartwatch mode for Venu 3S |
| Operating temperature range | From -20° to 55°C (from -4° to 131°F)                                                       |
| Charging temperature range  | From 0° to 45°C (from 32° to 113°F)                                                         |
| Wireless frequencies        | 2.4 GHz @ 17 dBm maximum<br>13.56 MHz @ -40 dBm maximum                                     |
| EU SAR Venu 3               | 1.12 W/kg torso, 0.36 W/kg limb                                                             |
| EU SAR Venu 3S              | 1.94 W/kg torso, 0.45 W/kg limb                                                             |
| Water rating                | Swim, 5 ATM <sup>1</sup>                                                                    |

<sup>1</sup> The device withstands pressure equivalent to a depth of 50 m. For more information, go to [www.garmin.com/waterrating](https://www.garmin.com/waterrating).

## Battery Life Information

The actual battery life depends on the features enabled on your watch, such as activity tracking, wrist-based heart rate, phone notifications, GPS, and connected sensors.

| Mode                                                                         | Venu 3S Battery Life | Venu 3 Battery Life |
|------------------------------------------------------------------------------|----------------------|---------------------|
| Smartwatch mode with activity tracking and continuous wrist-based heart rate | Up to 10 days        | Up to 14 days       |
| Smartwatch mode with battery saver                                           | Up to 20 days        | Up to 26 days       |
| GPS Only mode                                                                | Up to 21 hr.         | Up to 26 hr.        |
| All Systems GPS mode                                                         | Up to 15 hr.         | Up to 20 hr.        |
| All Systems GPS mode with music playback                                     | Up to 8 hr.          | Up to 11 hr.        |
| Always On display mode                                                       | Up to 5 days         | Up to 5 days        |

## Troubleshooting

### Is my phone compatible with my watch?

The Venu 3 series watch is compatible with phones using Bluetooth technology.

Go to [garmin.com/ble](https://garmin.com/ble) for Bluetooth compatibility information.

Go to [garmin.com/voicefunctionality](https://garmin.com/voicefunctionality) for voice functionality compatibility information.

### My phone will not connect to the watch

If your phone will not connect to the watch, you can try these tips.

- Turn off your phone and your watch, and turn them back on again.
- Enable Bluetooth technology on your phone.
- Update the Garmin Connect app to the latest version.
- Remove your watch from the Garmin Connect app and the Bluetooth settings on your phone to retry the pairing process.
- If you bought a new phone, remove your watch from the Garmin Connect app on the phone you intend to stop using.
- Bring your phone within 10 m (33 ft.) of the watch.
- On your phone, open the Garmin Connect app, and select **••• > Garmin Devices > Add Device** to enter pairing mode.
- From the watch face, hold **(B)**, and select **Settings > System > Connectivity > Phone > Pair Phone**.

### My headphones will not connect to the watch

If your Bluetooth headphones were previously connected to your phone, they may connect to your phone automatically instead of connecting to your watch. You can try these tips.

- Turn off Bluetooth technology on your phone.  
Refer to the owner's manual for your phone for more information.
- Stay 10 m (33 ft.) away from your phone while connecting your headphones to your watch.
- Pair your headphones with your watch ([Connecting Bluetooth Headphones, page 62](#)).

## My music cuts out or my headphones won't stay connected

When using a Venu 3 series watch connected to Bluetooth headphones, the signal is strongest when there is a direct line of sight between the watch and the antenna on the headphones.

- If the signal passes through your body, you may experience signal loss or your headphones may become disconnected.
- If you wear your Venu 3 series watch on your left wrist, you should make sure the headphone's Bluetooth antenna is on your left ear.
- Since headphones vary by model, you can try wearing the watch on your other wrist.
- If you are using metal or leather watch bands, you can switch to silicone watch bands to improve signal strength.

## My watch is in the wrong language

You can change the language selection if you have accidentally selected the wrong language on the watch.

- 1 Hold **B**.
- 2 Scroll down to the last item in the list, and select it.
- 3 Scroll down to the last item in the list, and select it.
- 4 Scroll down to the tenth item in the list, and select it.
- 5 Select your language.

## My watch does not display the correct time

The watch updates the time and date when it syncs with your phone or when the watch acquires GPS signals. You should sync your watch to receive the correct time when you change time zones and to update for daylight saving time.

- 1 Hold **B**, and select **Clocks > Time**.
- 2 Verify the **Auto** option for **Time Source** is enabled.
- 3 Select an option:
  - To sync the time with your phone, select **Time Sync** and wait while your watch automatically starts syncing with your phone.
  - To sync time using satellite signals, select **Time Sync > Use GPS**, go outdoors to an open area with a clear view of the sky, and wait while the watch acquires satellite signals.

## The heart rate on my watch is not accurate

For more information on your heart rate sensor, go to [garmin.com/hearttrate](https://garmin.com/hearttrate).



## Maximizing Battery Life

You can do several things to extend the life of the battery.

- Turn on **Battery Saver** (*Battery Manager Settings, page 76*).
- Stop using the **Always On** display timeout option, and select a shorter display timeout (*Customizing the Display Settings, page 76*).
- Reduce the display brightness (*Customizing the Display Settings, page 76*).
- Switch from a live watch face to a watch face with a static background (*Changing the Watch Face, page 25*).
- Turn off Bluetooth technology when you are not using connected features (*Turning Off the Bluetooth Phone Connection, page 66*).
- Turn off activity tracking (*Activity Tracking Settings, page 43*).
- Limit the type of phone notifications (*Managing Notifications, page 65*).
- Stop broadcasting heart rate data to paired Garmin devices (*Broadcasting Heart Rate to Garmin Devices, page 50*).
- Turn off wrist-based heart rate monitoring (*Turning Off the Wrist-based Heart Rate Monitor, page 50*).
- Turn off automatic pulse oximeter readings (*Changing the Pulse Oximeter Tracking Mode, page 54*).

## Restarting the Watch

If the watch stops responding, you may need to restart it.

**NOTE:** Restarting the watch may erase your data or settings.

- 1 Hold **(A)** for 15 seconds.  
The watch turns off.
- 2 Hold **(A)** for one second to turn on the watch.

## Resetting All Default Settings

Before you reset all default settings, you should sync the watch with the Garmin Connect app to upload your activity data.

You can reset all of the watch settings to the factory default values.

- 1 Hold **(B)**.
- 2 Select **Settings > System > Reset**.
- 3 Select an option:
  - To reset all of the watch settings to the factory default values, including user profile data, but save activity history and downloaded apps and files, select **Reset Default Settings**.
  - To reset all of the watch settings to the factory default values and delete all user-entered information and activity history, select **Delete Data and Reset Settings**.

**NOTE:** If you have set up a Garmin Pay wallet, this option deletes the wallet from your watch. If you have music stored on your watch, this option deletes your stored music.

## Acquiring Satellite Signals

The watch may need a clear view of the sky to acquire satellite signals.

- 1 Go outdoors to an open area.  
The front of the watch should be oriented toward the sky.
- 2 Wait while the watch locates satellites.  
It may take 30 to 60 seconds to locate satellite signals.

## Improving GPS Satellite Reception

- Frequently sync the device to your Garmin account:
    - Connect your device to a computer using the USB cable and the Garmin Express application.
    - Sync your device to the Garmin Connect app using your Bluetooth enabled phone.
    - Connect your device to your Garmin account using a Wi-Fi wireless network.
- While connected to your Garmin account, the device downloads several days of satellite data, allowing it to quickly locate satellite signals.
- Take your device outside to an open area away from tall buildings and trees.
  - Remain stationary for a few minutes.

## Activity Tracking

For more information about activity tracking accuracy, go to [garmin.com/ataccuracy](https://garmin.com/ataccuracy).

### My step count does not seem accurate

If your step count does not seem accurate, you can try these tips.

- Wear the watch on your non-dominant wrist.
- Carry the watch in your pocket when pushing a stroller or lawn mower.
- Carry the watch in your pocket when actively using your hands or arms only.

**NOTE:** The watch may interpret some repetitive motions, such as washing dishes, folding laundry, or clapping your hands, as steps.

### The floors climbed amount does not seem accurate

Your watch uses an internal barometer to measure elevation changes as you climb floors. A floor climbed is equal to 3 m (10 ft.).

- Locate the small barometer holes on the back of the watch, near the charging contacts, and clean the area around the charging contacts.

The barometer performance may be affected if the barometer holes are obstructed. You can rinse the watch with water to clean the area.

After cleaning, allow the watch to dry completely.
- Avoid holding handrails or skipping steps while climbing stairs.
- In windy environments, cover the watch with your sleeve or jacket as strong gusts can cause erratic readings.

## Exiting Demo Mode

Demo mode shows a preview of features on your watch.

- 1 Quickly press **B** eight times.
- 2 Select .

## Getting More Information

- Go to [support.garmin.com](https://support.garmin.com) for additional manuals, articles, and software updates.
- Go to [buy.garmin.com](https://buy.garmin.com), or contact your Garmin dealer for information about optional accessories and replacement parts.
- Go to [www.garmin.com/ataccuracy](https://www.garmin.com/ataccuracy).

This is not a medical device. The pulse oximeter feature is not available in all countries.

# Appendix

## Data Fields

Some data fields require ANT+ accessories to display data.

**24-Hour Max.:** The maximum temperature recorded in the last 24 hours from a compatible temperature sensor.

**24-Hour Min.:** The minimum temperature recorded in the last 24 hours from a compatible temperature sensor.

**500M Pace:** The current rowing pace per 500 meters.

**Active Time:** The total time of active movement for the current activity.

**Average Cadence:** Cycling. The average cadence for the current activity.

**Average Cadence:** Running. The average cadence 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 Lap Time:** The average lap time for the current activity.

**Average Move Time:** The average move time for the current activity.

**Average Pose Time:** The average pose time for the current activity.

**Average Speed:** The average speed for the current activity.

**Average Swolf:** The average swolf score for the current activity. Your swolf score is the sum of the time for one length plus the number of strokes for that length ([Swim Terminology, page 8](#)).

**Avg. 500M Pace:** The average rowing pace per 500 meters for the current activity.

**Avg. Dist./Stk.:** The average distance traveled per stroke during the current activity.

**Avg. Pace:** The average pace for the current activity.

**Avg. Power:** The average power output for the current activity.

**Avg. Stks./Len.:** The average number of strokes per length during the current activity.

**Avg. Stroke Rate:** The average number of strokes per minute (spm) during the current activity.

**Body Battery:** Gaming. The amount of energy reserves you have remaining for the rest of the day.

**Cadence:** Cycling. The number of revolutions of the crank arm. Your device must be connected to a cadence accessory for this data to appear.

**Cadence:** Running. The steps per minute (right and left).

**Calories:** The amount of total calories burned.

**Dist. Per Stroke:** The distance traveled per stroke.

**Distance:** The distance traveled for the current track or activity.

**eBike Battery:** The remaining battery power of an eBike.

**eBike Range:** The estimated distance you can travel based on the current eBike settings and remaining battery power.

**Elapsed Time:** The total time recorded. For example, if you start the timer and run for 10 minutes, then stop the timer for 5 minutes, then start the timer and run for 20 minutes, your elapsed time is 35 minutes.

**Elevation:** The altitude of your current location above or below sea level.

**Floors Climbed:** The total number of floors climbed up for the day.

**Floors Descended:** The total number of floors climbed down for the day.

**Floors per Minute:** The number of floors climbed up per minute.

**Game Power:** Gaming. The estimated power remaining during the current activity.

**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.

**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).

**Int. Stks./Len.:** The average number of strokes per length during the current interval.

**Interval Distance:** The distance traveled for the current interval.

**Interval Lengths:** The number of pool lengths completed during the current interval.

**Interval Pace:** The average pace for the current interval.

**Interval Swolf:** The average swolf score for the current interval.

**Interval Time:** The stopwatch time for the current interval.

**Int Strk Type:** The current stroke type for the interval.

**L. Lap Dist./Stk.:** Paddle sports. The average distance traveled per stroke for the last completed lap.

**L. Lap HR %Max.:** The average percentage of maximum heart rate for the last completed lap.

**L. Len. Stk. Rate:** The average number of strokes per minute (spm) during the last completed pool length.

**L. Len. Stk. Type:** The stroke type used during the last completed pool length.

**L. Len. Strokes:** The total number of strokes for the last completed pool length.

**L. Move HR %Max.:** The average percentage of maximum heart rate for the last completed move.

**Lap 500M Pace:** The average rowing pace per 500 meters for the current lap.

**Lap Cadence:** Cycling. The average cadence for the current lap.

**Lap Cadence:** Running. The average cadence for the current lap.

**Lap Dist./Stk.:** Paddle sports. The average distance traveled per stroke for the current lap.

**Lap Distance:** The distance traveled for the current lap.

**Lap HR:** The average heart rate for the current lap.

**Lap HR %Max.:** The average percentage of maximum heart rate for the current lap.

**Lap Pace:** The average pace for the current lap.

**Lap Power:** The average power output for the current lap.

**Lap Pushes:** The number of wheelchair pushes in the current lap.

**Laps:** The number of laps completed for the current activity.

**Lap Speed:** The average speed for the current lap.

**Lap Steps:** The number of steps during the current lap.

**Lap Time:** The stopwatch time for the current lap.

**Last Int. Swolf:** The average swolf score for the last completed interval.

**Last Lap 500M Pace:** The average rowing pace per 500 meters for the last lap.

**Last Lap Cadence:** Cycling. The average cadence for the last completed lap.

**Last Lap Cadence:** Running. The average cadence for the last completed lap.

**Last Lap Dist.:** The distance traveled for the last completed lap.

**Last Lap HR:** The average heart rate 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.

**Last Len. Swolf:** The swolf score for the last completed pool length.

**Last Length Pace:** The average pace for your last completed pool length.

**Last Move Dist.:** The distance traveled for the last completed move.

**Last Move HR:** The average heart rate for the last completed move.

**Last Move Pace:** The average pace for the last completed move.

**Last Move Speed:** The average speed for the last completed move.

**Last Move Time:** The stopwatch time for the last completed move.

**Last Pose Time:** The stopwatch time for the last completed pose.

**Last Round Reps:** The number of repetitions in the last round of the activity.

**Lengths:** The number of pool lengths completed during the current activity.

**Main:** Gaming. The primary training data screen.

**Maximum Speed:** The top speed for the current activity.

**Moderate Minutes:** The number of moderate intensity minutes.

**Move Distance:** The distance traveled for the current move.

**Move HR:** The average heart rate for the current move.

**Move HR %Max.:** The average percentage of maximum heart rate for the current move.

**Move Pace:** The average pace for the current move.

**Moves:** The total number of moves completed during the current activity.

**Move Speed:** The average speed for the current move.

**Move Time:** The stopwatch time for the current move.

**Pace:** The current pace.

**Pose Time:** The stopwatch time for the current pose.

**Power:** Cycling and running. The current power output in watts.

**Pushes:** The number of wheelchair pushes in the current activity.

**Reps:** During a gym activity, the number of repetitions in a workout set.

**Respiration Rate:** Your respiration rate in breaths per minute (brpm).

**Rounds:** The number of exercise groups performed in an activity, such as jump rope.

**Set Timer:** During a strength training activity, the amount of time spent in the current workout set.

**Speed:** The current rate of travel.

**Steps:** The number of steps during the current activity.

**Stress:** Your current stress level.

**Stroke Rate:** The number of strokes per minute (spm).

**Strokes:** The total number of strokes for the current activity.

**Sunrise:** The time of sunrise based on your GPS position.

**Sunset:** The time of sunset based on your GPS position.

**Swim Time:** The swimming time for the current activity, not including rest time.

**Temperature:** The temperature of the air. Your body temperature affects the temperature sensor. Your device must be connected to a temperature sensor for this data to appear.

**Time in Zone:** The time elapsed in each heart rate or power zone.

**Time of Day:** The time of day based on your current location and time settings (format, time zone, daylight saving time).

**Timer:** The stopwatch time for the current activity.

**Timer:** The current time of the activity timer.

**Total Ascent:** The total elevation distance ascended during the activity or since the last reset.

**Total Descent:** The total elevation distance descended during the activity or since the last reset.

**Total Minutes:** The total number of intensity minutes.

**Vertical Speed:** The rate of ascent or descent over time.

**Vigorous Minutes:** The number of vigorous intensity minutes.

## VO2 Max. Standard Ratings

These tables include standardized classifications for VO2 max. estimates by age and sex.

**NOTE:** VO2 max. is not available when the watch is in wheelchair mode.

| Males     | Percentile | 20–29 | 30–39 | 40–49 | 50–59 | 60–69 | 70–79 |
|-----------|------------|-------|-------|-------|-------|-------|-------|
| Superior  | 95         | 55.4  | 54    | 52.5  | 48.9  | 45.7  | 42.1  |
| Excellent | 80         | 51.1  | 48.3  | 46.4  | 43.4  | 39.5  | 36.7  |
| Good      | 60         | 45.4  | 44    | 42.4  | 39.2  | 35.5  | 32.3  |
| Fair      | 40         | 41.7  | 40.5  | 38.5  | 35.6  | 32.3  | 29.4  |
| Poor      | 0–40       | <41.7 | <40.5 | <38.5 | <35.6 | <32.3 | <29.4 |

| Females   | Percentile | 20–29 | 30–39 | 40–49 | 50–59 | 60–69 | 70–79 |
|-----------|------------|-------|-------|-------|-------|-------|-------|
| Superior  | 95         | 49.6  | 47.4  | 45.3  | 41.1  | 37.8  | 36.7  |
| Excellent | 80         | 43.9  | 42.4  | 39.7  | 36.7  | 33    | 30.9  |
| Good      | 60         | 39.5  | 37.8  | 36.3  | 33    | 30    | 28.1  |
| Fair      | 40         | 36.1  | 34.4  | 33    | 30.1  | 27.5  | 25.9  |
| Poor      | 0–40       | <36.1 | <34.4 | <33   | <30.1 | <27.5 | <25.9 |

Data reprinted with permission from The Cooper Institute. For more information, go to [www.CooperInstitute.org](http://www.CooperInstitute.org).

## Wheel Size and Circumference

When used for cycling, your speed sensor automatically detects your wheel size. If necessary, you can manually enter your wheel circumference in the speed sensor settings.

The tire size for cycling is marked on both sides of the tire. You can measure the circumference of your wheel or use one of the calculators available on the internet.

## Symbol Definitions

These symbols may appear on the device or accessory labels.

|                                                                                     |                                                                                                                                                                                                                                                                                      |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | WEEE disposal and recycling symbol. The WEEE symbol is attached to the product in compliance with the EU directive 2012/19/EU on Waste Electrical and Electronic Equipment (WEEE). It is intended to deter the improper disposal of this product and to promote reuse and recycling. |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



