

**GARMIN**<sup>®</sup>  
**vivoactive**<sup>®</sup> HR



Owner's Manual

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M/N: A03765

# Table of Contents

<b>Introduction</b> .....	<b>1</b>
Device Overview.....	1
Icons.....	1
Using the Backlight.....	1
Using Do Not Disturb Mode.....	1
Touchscreen Tips.....	1
Locking and Unlocking the Touchscreen.....	1
<b>Smart Features</b> .....	<b>1</b>
Pairing Your Smartphone.....	1
Connected Features.....	2
Phone Notifications.....	2
Enabling Bluetooth Notifications.....	2
Locating a Lost Smartphone.....	2
<b>Heart Rate Features</b> .....	<b>2</b>
Wearing the Device and Heart Rate.....	2
Viewing the Heart Rate Widget.....	2
Turning Off the Wrist Heart Rate Monitor.....	2
Setting Your Heart Rate Zones.....	3
Letting the Device Set Your Heart Rate Zones.....	3
Broadcasting Heart Rate to Garmin® Devices.....	3
Tips for Erratic Heart Rate Data.....	3
Recovery Heart Rate.....	3
<b>Widgets</b> .....	<b>3</b>
Viewing Widgets.....	3
Customizing the Widget Loop.....	4
Connect IQ Features.....	4
About My Day.....	4
Intensity Minutes.....	4
Earning Intensity Minutes.....	4
Activity Tracking.....	4
Using the Move Alert.....	4
Auto Goal.....	4
Viewing Your Step Totals and Floors Climbed.....	4
Sleep Tracking.....	4
Turning Off Activity Tracking.....	4
Viewing the Weather Widget.....	4
VIRB Remote.....	5
Controlling a VIRB Action Camera.....	5
<b>Apps</b> .....	<b>5</b>
Activities.....	5
Starting an Activity.....	5
Running.....	5
Biking.....	5
Walking.....	5
Swimming.....	6
Golfing.....	6
Water Sports.....	7
Skiing.....	7
Indoor Activities.....	7
Creating a Custom Activity.....	7
<b>Navigation</b> .....	<b>7</b>
Marking Your Location.....	7
Deleting a Location.....	7
Navigating to a Saved Location.....	7
Navigating Back to Start.....	8
Stopping Navigation.....	8
Compass.....	8
Calibrating the Compass Manually.....	8
<b>History</b> .....	<b>8</b>
Using History.....	8
Viewing Your Time in Each Heart Rate Zone.....	8
Personal Records.....	8

Viewing Your Personal Records.....	8
Restoring a Personal Record.....	8
Clearing a Personal Record.....	8
Clearing All Personal Records.....	8
Garmin Connect.....	8
Using Garmin Connect Mobile.....	9
Using Garmin Connect on Your Computer.....	9
Garmin Move IQ™ Events.....	9
<b>Customizing Your Device</b> .....	<b>9</b>
Changing the Watch Face.....	9
Setting Up Your User Profile.....	9
App Settings.....	9
Customizing the Data Screens.....	9
Changing the GPS Setting.....	9
Alerts.....	9
Auto Lap.....	10
Using Auto Pause®.....	10
Using Auto Scroll.....	10
Changing the Background Contrast and Accent Color.....	10
Bluetooth Settings.....	10
Garmin Connect Settings.....	11
Device Settings on Your Garmin Connect Account.....	11
User Settings on Your Garmin Connect Account.....	11
System Settings.....	11
Time Settings.....	11
Backlight Settings.....	11
Changing the Units of Measure.....	12
<b>ANT+ Sensors</b> .....	<b>12</b>
Pairing ANT+ Sensors.....	12
Foot Pod.....	12
Improving Foot Pod Calibration.....	12
Calibrating Your Foot Pod.....	12
Using an Optional Bike Speed or Cadence Sensor.....	12
Calibrating Your Speed Sensor.....	12
Situational Awareness.....	12
tempe.....	12
Managing ANT+ Sensors.....	12
<b>Device Information</b> .....	<b>13</b>
Charging the Device.....	13
Viewing Device Information.....	13
Specifications.....	13
Device Care.....	13
Cleaning the Device.....	13
Data Management.....	13
Disconnecting the USB Cable.....	13
Deleting Files.....	13
<b>Troubleshooting</b> .....	<b>13</b>
Maximizing Battery Life.....	13
Resetting the Device.....	14
Restoring All Default Settings.....	14
Acquiring Satellite Signals.....	14
Improving GPS Satellite Reception.....	14
My daily step count does not appear.....	14
The floors climbed amount does not seem accurate.....	14
My intensity minutes are flashing.....	14
Improving the Accuracy of Intensity Minutes and Calories.....	14
Is my smartphone compatible with my device?.....	14
Support and Updates.....	14
Updating the Software Using Garmin Connect Mobile.....	14
Updating the Software Using Garmin Express.....	14
How can I manually pair ANT+ sensors?.....	14
Getting More Information.....	15
<b>Appendix</b> .....	<b>15</b>
Data Fields.....	15

Fitness Goals.....	16
About Heart Rate Zones.....	16
Heart Rate Zone Calculations.....	16
Wheel Size and Circumference.....	16
Software License Agreement.....	17
BSD 3-Clause License.....	17
Symbol Definitions.....	17
<b>Index.....</b>	<b>18</b>

## 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.

## Device Overview



①	Touchscreen	Swipe up or down to scroll through widgets, data screens, and menus. Swipe right to return to the previous screen. Touch to select. Hold to return to the watch face or time of day screen.
②		Press to return to the previous screen. Press to mark a new lap (requires user configuration). Hold to view shortcut menu options, including turning the device on and off.
③		Press to open the app list. Press to start or stop activities or apps. Hold to open the menu. The menu items change based on your activity or the widget you are viewing.

### Icons

A flashing icon means the device is searching for a signal. A solid icon means the signal was found or the sensor is connected.

	GPS status
	Bluetooth® technology status
	Heart rate monitor status
	Foot pod status
	LiveTrack status
	Speed and cadence sensor status
	Varia™ bike light status
	Varia bike radar status
	Varia Vision™ status
	tempe™ sensor status
	VIRB® camera status
	vivoactive HR alarm status

### Using the Backlight

- At any time, touch or swipe the touchscreen to turn on the backlight.

**NOTE:** Alerts and messages activate the backlight automatically.

- Customize the backlight setting ([Backlight Settings, page 11](#)).

## Using Do Not Disturb Mode

You can use do not disturb mode to turn off tones, vibrations, and the backlight for alerts and notifications. For example, you can use this mode while sleeping or watching a movie.

**NOTE:** The device automatically enters do not disturb mode during your normal sleep hours. You can set your normal sleep hours in the user settings on your Garmin Connect™ account.

- Hold .

- Select **Do Not Disturb**.

**TIP:** To exit do not disturb mode, hold , and select Do Not Disturb.

## Touchscreen Tips

- From the watch face, swipe up or down to scroll through the widgets on the device.
- Before you start the activity timer, hold your finger on a data field to change it.
- During an activity, swipe up or down to view the next data screen.
- During an activity, hold your finger on the touchscreen to view the watch face and widgets.
- Drag your finger up or down to scroll through widgets and menus.
- Perform each menu selection as a separate action.

### Locking and Unlocking the Touchscreen

You can lock the touchscreen to prevent inadvertent screen touches.

- Hold .

- Select **Lock Device**.

- Select a key to unlock the device.

## Smart Features

### Pairing Your Smartphone

You should connect your vivoactive HR device to a smartphone to access the full features of the device.

**NOTE:** Your vivoactive HR device must be paired directly through the Garmin Connect Mobile app, instead of from the Bluetooth settings on your smartphone.

**TIP:** You can also set up the device on your computer using the Garmin Express™ application.

- From the app store on your smartphone, install and open the Garmin Connect Mobile app.

You can go to [www.garminconnect.com/vivoactiveHR](http://www.garminconnect.com/vivoactiveHR) for additional information on pairing and setup.

- Select an option:

- During the initial setup, follow the on-screen instructions to pair your device with your smartphone.
- If you did not pair your device with your smartphone during the initial setup, hold on the vivoactive HR device, and select **Settings > Bluetooth**.

- Open the Garmin Connect Mobile app.

- Select an option to add your device to your Garmin Connect account:

- If this is the first device you have paired with the Garmin Connect Mobile app, follow the on-screen instructions.
- If you have already paired another device with the Garmin Connect Mobile app, from the settings menu, select **Garmin Devices > +** in the Garmin Connect Mobile app, and follow the on-screen instructions.

After you pair successfully, a message appears, and your device syncs automatically with your smartphone.

## Connected Features

Connected features are available for your vivoactive HR device when you connect the device to a compatible smartphone using Bluetooth wireless technology. Some features require you to install the Garmin Connect Mobile app on the connected smartphone. Go to [www.garmin.com/apps](http://www.garmin.com/apps) for more information.

**Phone notifications:** Displays phone notifications and messages on your vivoactive HR device.

**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 Garmin Connect tracking page.

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

**Connect IQ™:** Allows you to extend your device features with new watch faces, widgets, apps, and data fields.

## Phone Notifications

Phone notifications require a compatible smartphone to be paired with the vivoactive HR device. When your phone receives messages, it sends notifications to your device.

## Enabling Bluetooth Notifications

Before you can enable notifications, you must pair the vivoactive HR device with a compatible mobile device ([Pairing Your Smartphone, page 1](#)).

- 1 Hold **⏏**.
- 2 Select **Settings > Bluetooth > Smart Notifications**.
- 3 Select **During Activity** to set preferences for notifications that appear when recording an activity.
- 4 Select a notification preference.
- 5 Select **Not During Activity** to set preferences for notifications that appear when in watch mode.
- 6 Select a notification preference.
- 7 Select **Timeout**.
- 8 Select a timeout duration.

## Viewing Notifications

- 1 From the watch face, swipe up or down to view the notifications widget.
- 2 Select a notification.  
You can tap the touchscreen to view the full notification.
- 3 Select **⏪** to return to the previous screen.

## Managing Notifications

You can use your compatible smartphone to manage notifications that appear on your vivoactive HR device.

Select an option:

- If you are using an Apple® device, use the notification center settings on your smartphone to select the items to show on the device.
- If you are using an Android™ device, use the app settings in the Garmin Connect Mobile app to select the items to show on the device.

## Turning Off Bluetooth Technology

- 1 Hold **⏏**.
- 2 Select **Settings > Bluetooth > Status > Off** to turn off Bluetooth wireless technology on your vivoactive HR device.  
Refer to the owner's manual for your mobile device to turn off Bluetooth wireless technology on your mobile device.

## Locating a Lost Smartphone

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

- 1 Select **⏏**.
- 2 Select **Find My Phone**.  
The vivoactive HR device begins searching for your paired mobile device. Bars appear on the vivoactive HR device screen corresponding to Bluetooth signal strength, and an audible alert sounds on your mobile device.
- 3 Select **⏪** to stop searching.

## Heart Rate Features

The vivoactive HR device has a wrist-based heart rate monitor and is also compatible with ANT+® chest heart rate monitors. You can view wrist-based heart rate data on the heart rate widget. When both wrist-based heart rate and ANT+ heart rate data are available, your device uses the ANT+ heart rate data. You must have a heart rate monitor to use the features described in this section.

## Wearing the Device and Heart Rate

- Wear the vivoactive HR device above your wrist bone.  
**NOTE:** The device should be snug but comfortable, and it should not move while running or exercising.

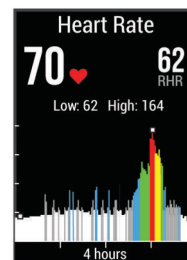


- **NOTE:** The heart rate sensor is located on the back of the device.
- See [Tips for Erratic Heart Rate Data, page 3](#) for more information about wrist-based heart rate.

## Viewing the Heart Rate Widget

The widget displays your current heart rate in beats per minute (bpm), lowest resting heart rate (RHR) for today, and a graph of your heart rate.

- 1 From the watch face, swipe down.



- 2 Tap the touchscreen to view your average resting heart rate values for the last 7 days.


## Turning Off the Wrist Heart Rate Monitor

For the vivoactive HR, the default value for the Heart Rate setting is Auto. The device automatically uses the wrist-based heart rate monitor unless you pair an ANT+ heart rate monitor to the device.

- 1 Hold **⏏**.
- 2 Select **Settings > Sensors > Heart Rate > Off**.

## Setting Your Heart Rate Zones

The device uses your user profile information from the initial setup to determine your default heart rate zones. The device has separate heart rate zones for 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 device or using your Garmin Connect account.

- 1 Hold .
- 2 Select **Settings > User Profile > Heart Rate Zones**.
- 3 Select **Default** to view the default values (optional).  
The default values can be applied to running and cycling.
- 4 Select **Running** or **Cycling**.
- 5 Select **Preference > Set Custom**.
- 6 Select **Based On**.
- 7 Select an option:
  - Select **BPM** to view and edit the zones in beats per minute.
  - Select **%Max. HR** to view and edit the zones as a percentage of your maximum heart rate.
  - Select **%HRR** to view and edit the zones as a percentage of your heart rate reserve (maximum heart rate minus resting heart rate).
- 8 Select **Max. HR**, and enter your maximum heart rate.
- 9 Select a zone, and enter a value for each zone.
- 10 Select **Resting HR**, and enter your resting heart rate.

### Letting the Device Set Your Heart Rate Zones


The default settings allow the device to detect your maximum heart rate and set your heart rate zones as a percentage of your maximum heart rate.

- Verify that your user profile settings are accurate ([Setting Up Your User Profile, page 9](#)).
- Run often with the wrist or chest heart rate monitor.
- Try a few heart rate training plans, available from your Garmin Connect account.
- View your heart rate trends and time in zones using your Garmin Connect account.

## Broadcasting Heart Rate to Garmin® Devices

You can broadcast your heart rate data from your vívoactive HR device and view it on paired Garmin devices. For example, you can broadcast your heart rate data to an Edge® device while cycling, or to a VIRB action camera during an activity.


**NOTE:** Broadcasting heart rate data decreases battery life.

- 1 Hold .
- 2 Select **Settings > Sensors > Heart Rate**.
- 3 Select an option:
  - Select **Broadcast In Activity** to broadcast heart rate data during timed activities ([Starting an Activity, page 5](#)).
  - Select **Broadcast** to start broadcasting heart rate data now.
- 4 Pair your vívoactive HR device with your Garmin ANT+ compatible device.  
**NOTE:** The pairing instructions differ for each Garmin compatible device. See your owner's manual.

## 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 device.

- Avoid wearing sunscreen, lotion, and insect repellent under the device.
- Avoid scratching the heart rate sensor on the back of the device.
- Wear the device above your wrist bone. The device 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 device with fresh water after each workout.

## Recovery Heart Rate

If you are training with a 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. You can save or discard the activity after this value appears.

## Widgets

Your device comes preloaded with widgets that provide at-a-glance information. Some widgets require a Bluetooth connection to a compatible smartphone.

Some widgets are not visible by default. You can add them to the widget loop manually.

**Notifications:** Alerts you to incoming calls, texts, social network updates, and more, based on your smartphone notification settings.

**Calendar:** Displays upcoming meetings from your smartphone calendar.

**Music controls:** Provides music player controls for your smartphone.

**Weather:** Displays the current temperature and weather forecast.

**My day:** Displays a dynamic summary of your activity today. The metrics include your last recorded activity, intensity minutes, floors climbed, steps, calories burned, and more.

**Activity tracking:** Tracks your daily step count, step goal, distance traveled, calories burned, and sleep statistics.

**Intensity minutes:** Tracks your time spent participating in moderate to vigorous activities, your weekly intensity minutes goal, and progress toward your goal.

**Heart rate:** Displays your current heart rate in beats per minute (bpm), lowest resting heart rate (RHR) for today, and a graph of your heart rate.

**Last sport:** Displays a brief summary of your last recorded sport and your total distance for the week.

**VIRB controls:** Provides camera controls when you have a VIRB device paired with your vívoactive HR device.

**Calories:** Displays your calorie information for the current day.

**Golf:** Displays golf information for your last round.

## Viewing Widgets

From the watch face, swipe up or down.

## Customizing the Widget Loop

- 1 Hold **⌘**.
- 2 Select **Settings > Widgets**.
- 3 Select an option:
  - Select an item to show or hide it from the app list or rearrange the app list.
  - Select **Add Widgets** to add an item to the widget loop.

### Connect IQ Features

You can add Connect IQ features to your watch from Garmin and other providers using the Garmin Connect Mobile app. You can customize your device with watch faces, data fields, widgets, and apps.

**Watch Faces:** Allow you to customize the appearance of the clock.

**Data Fields:** Allow you to 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.

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

### Downloading Connect IQ Features

Before you can download Connect IQ features from the Garmin Connect Mobile app, you must pair your vivoactive HR device with your smartphone.

- 1 From the settings in the Garmin Connect Mobile app, select **Connect IQ Store**.
- 2 If necessary, select your device.
- 3 Select a Connect IQ feature.
- 4 Follow the on-screen instructions.

### Downloading Connect IQ Features Using Your Computer

- 1 Connect the device to your computer using a USB cable.
- 2 Go to [garminconnect.com](http://garminconnect.com) and sign in.
- 3 From your devices widget, select **Connect IQ Store**.
- 4 Select a Connect IQ feature, and download it.
- 5 Follow the on-screen instructions.

## About My Day

The My Day widget is a daily snapshot of your activity. This is a dynamic summary that updates throughout the day. As soon as you climb a flight of stairs or record an activity, it appears in the widget. The metrics include your last recorded sport, intensity minutes for the week, floors climbed, steps, calories burned, and more. You can tap the touchscreen for an option to improve accuracy or to view additional metrics.

## Intensity Minutes

To improve your health, organizations such as the U.S. Centers for Disease Control and Prevention, the American Heart Association®, and 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 device 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). You can work toward achieving your weekly intensity minutes goal by participating in at least 10 consecutive minutes of moderate to vigorous intensity activities. The device 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 vivoactive HR device calculates intensity minutes by comparing your heart rate data during an activity to your average resting heart rate. If heart rate is turned off, the device calculates moderate intensity minutes by analyzing your steps per minute.

- Start a timed activity for the most accurate calculation of intensity minutes.
- Exercise for at least 10 consecutive minutes at a moderate or vigorous intensity level.

## Activity Tracking

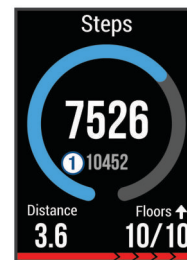
### Using the Move Alert

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, Move! and the red bar appear. Additional segments appear after every 15 minutes of inactivity. The device also vibrates if vibration is turned on ([System Settings](#), page 11).

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

### Auto Goal

Your device creates a daily step goal automatically, based on your previous activity levels. As you move during the day, the device shows your progress toward your daily goal [🕒](#).



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

### Viewing Your Step Totals and Floors Climbed

- 1 From the watch face, swipe up or down to view the steps widget.
- 2 Tap the touchscreen to view your daily step totals for the last seven days.
- 3 Swipe up to view your daily floors climbed and descended.

### Sleep Tracking

While you are sleeping, the device monitors your movement. Sleep statistics include total hours of sleep, sleep levels, and sleep movement. You can set your normal sleep hours in the user settings on your Garmin Connect account. You can view your sleep statistics on your Garmin Connect account.

### 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 Hold **⌘**.
- 2 Select **Settings > Activity Tracking > Status > Off**.

## Viewing the Weather Widget

- 1 From the watch face, swipe to view the weather widget.
- 2 Tap the touchscreen to view hourly and daily weather data.
- 3 Scroll down to view daily weather data.



## VIRB Remote


The VIRB remote function allows you to control your VIRB action camera using your device. Go to [www.garmin.com/VIRB](http://www.garmin.com/VIRB) to purchase a VIRB action camera.

### Controlling a VIRB Action Camera

Before you can use the VIRB remote function, you must enable the remote setting on your VIRB camera. See the *VIRB Series Owner's Manual* for more information. You must also set the VIRB widget to be shown in the widget loop ([Customizing the Widget Loop, page 4](#)).

- 1 Turn on your VIRB camera.
- 2 On your vivoactive HR device, swipe to view the VIRB widget.
- 3 Wait while the device connects to your VIRB camera.
- 4 Select an option:
  - To record video, tap the touchscreen. The video counter appears on the vivoactive HR screen.
  - To stop recording video, tap the touchscreen.
  - To take a photo, swipe right, and tap the touchscreen.

## Apps

You can select  to view the apps on your device. Some apps require a Bluetooth connection to a compatible smartphone.

**Activities:** Your device comes preloaded with fitness and outdoor activity apps including running, cycling, swimming, golfing, and more.

**Find my phone:** You can use this preloaded app to help locate a lost phone that is connected to your device using Bluetooth wireless technology.




### Activities

Your device can be used for indoor, outdoor, athletic, and fitness activities. When you start an activity, the device displays and records sensor data. You can save activities and share them with the Garmin Connect community.

You can also add Connect IQ activity apps to your device using your Garmin Connect account ([Connect IQ Features, page 4](#)).


### Starting an Activity


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


- 1 Select .
- 2 Select an activity.
- 3 If necessary, wait while the device connects to your ANT+ sensors.
- 4 If the activity requires GPS, go outside, and wait while the device locates satellites.
- 5 Wait until  stops flashing and a message appears.
- 6 Select  to start the timer.

**NOTE:** The device does not record your activity data until you start the timer.

### Turning On the Lap Key




You can customize  to function as a lap key during timed activities such as running and biking.

- 1 Select .
- 2 Select an activity.

**NOTE:** This feature is not available for all activities.
- 3 Hold .
- 4 Select the activity name at the top of the screen.
- 5 Select **Laps > Lap Key**.

The lap key stays on for the selected activity until you turn off the lap key.

### Stopping an Activity






- 1 Select .
- 2 Select an option:
  - To save and review the activity, select .
  - To discard the activity and return to watch mode, select .

**NOTE:** If you do not save the activity manually, the device automatically saves it after 25 minutes.

## Running

### Going for a Run





Before you can use an ANT+ sensor for your run, you must pair the sensor with your device ([Pairing ANT+ Sensors, page 12](#)).

- 1 Put on your ANT+ sensors, such as a foot pod or heart rate monitor (optional).
- 2 Select .
- 3 Select **Run**.
- 4 When using optional ANT+ sensors, wait while the device connects to the sensors.
- 5 Go outside, and wait while the device locates satellites.
- 6 Select  to start the timer. History is recorded only while the timer is running.
- 7 Start your activity.
- 8 Select  to record laps (optional) ([Auto Lap, page 10](#)).
- 9 Swipe up or down to scroll through data screens.
- 10 After you complete your activity, select  >  to save the activity.

## Biking

### Going for a Ride



Before you can use an ANT+ sensor for your ride, you must pair the sensor with your device ([Pairing ANT+ Sensors, page 12](#)).

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

## Walking

### Going for a Walk

Before you can use an ANT+ sensor for your walk, you must pair the sensor with your device ([Pairing ANT+ Sensors, page 12](#)).

- 1 Put on your ANT+ sensors, such as a foot pod or heart rate monitor (optional).
- 2 Select .
- 3 Select **Walk**.
- 4 When using optional ANT+ sensors, wait while the device connects to the sensors.
- 5 Go outside, and wait while the device locates satellites.
- 6 Select  to start the timer.

History is recorded only while the timer is running.

- 7 Start your activity.
- 8 Swipe up or down to scroll through data screens.
- 9 After you complete your activity, select **≡** > **✓** to save the activity.

## Swimming

### NOTICE

The device is intended for surface swimming. Scuba diving with the device may damage the product and will void the warranty.

**NOTE:** The device cannot record heart rate data while swimming.

### Going for a Pool Swim

**NOTE:** Heart rate is not available while swimming.

- 1 Select **≡**.
- 2 Select **Pool Swim**.
- 3 Select your pool size, or enter a custom size.
- 4 Select **≡** to start the timer.  
History is recorded only while the timer is running.
- 5 Start your activity.  
The device automatically records swim intervals and lengths.
- 6 When resting, select **⏸** to pause the interval timer.  
The display inverts color, and the rest screen appears.
- 7 Select **⏪** to restart the interval timer.
- 8 After you complete your activity, select **≡**, and select **✓**.

### Setting the Pool Size

- 1 Select **≡**.
- 2 Select **Pool Swim**.
- 3 Hold **≡**.
- 4 Select the activity name at the top of the screen.
- 5 Select **Pool Size**.
- 6 Select your pool size, or enter a custom size.

### 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 device 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. Swolf is a measurement of swimming efficiency and, like golf, a lower score is better.

## Golfing

### Playing Golf

Before you go play a course for the first time, you must download it from the Garmin Connect Mobile app ([Connected Features, page 2](#)). Courses downloaded from the Garmin Connect Mobile app are updated automatically.

- 1 Select **≡**.
- 2 Select **Golf**.
- 3 Go outside, and wait while the device locates satellites.
- 4 Select a course.  
You can scroll through the data screens for each hole. The device automatically transitions when you move to the next hole.
- 5 After you complete your activity, hold **≡**, and select **End Round**.

### Hole Information

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



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
▲	Next hole
▼	Previous hole

### Viewing Layup and Dogleg Distances

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

Swipe left or right until the layup and dogleg information appears.

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

### Using the Odometer

You can use the odometer to record the time, distance, and steps traveled. The odometer automatically starts and stops when you start or end a round.

- 1 Swipe left or right until the odometer appears.
- 2 If necessary, hold **≡**, and select **Reset Odometer** to reset the odometer to zero.

### Keeping Score

- 1 From the hole information screen, hold **≡**.
- 2 Select **Start Scoring**.  
The scorecard appears when you are on the green.
- 3 Select **−** or **+** to set the score.
- 4 Select **✓**.  
Your total score is updated.

### Reviewing Scores





- 1 From the hole information screen, hold **≡**.
- 2 Select **Scorecard**, and select a hole.
- 3 Select **−** or **+** to change the score for that hole.
- 4 Select **✓**.  
Your total score is updated.

### Measuring a Shot





- 1 Take a shot, and watch where your ball lands.
- 2 Select **≡**.
- 3 Walk or drive to your ball.  
The distance automatically resets when you move to the next hole.
- 4 If necessary, hold **≡**, and select **New Shot** to reset the distance at any time.

## Water Sports

### Starting a Rowing Activity





- 1 Select .
- 2 Select **Row**.
- 3 Go outside, and wait while the device locates satellites.
- 4 Select  to start the timer.  
History is recorded only while the timer is running.
- 5 Start your activity.
- 6 Swipe up or down to scroll through data screens.
- 7 After you complete your activity, select  >  to save the activity.

### Starting a Stand Up Paddle Boarding Activity





- 1 Select .
- 2 Select **SUP**.
- 3 Go outside, and wait while the device locates satellites.
- 4 Select  to start the timer.  
History is recorded only while the timer is running.
- 5 Start your activity.
- 6 Swipe up or down to scroll through data screens.
- 7 After you complete your activity, select  >  to save the activity.

## Skiing

### Going Cross-Country Skiing

- 1 Select .
- 2 Select **XC Ski**.
- 3 Go outside, and wait while the device locates satellites.
- 4 Select  to start the timer.  
History is recorded only while the timer is running.
- 5 Start your activity.
- 6 Swipe up or down to scroll through data screens.
- 7 After you complete your activity, select  >  to save the activity.

### Going Downhill Skiing or Snowboarding

- 1 Select .
- 2 Select **Ski / Board**.
- 3 Go outside, and wait while the device locates satellites.
- 4 Select  to start the timer.  
History is recorded only while the timer is running.
- 5 Start your activity.  
The auto run feature is turned on by default. This feature 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.
- 6 If necessary, start moving downhill to restart the timer.
- 7 Swipe up or down to scroll through data screens.
- 8 After you complete your activity, select  >  to save the activity.

## Indoor Activities


The vivoactive HR device can be used for training indoors, such as running on an indoor track or using a stationary bike. GPS is turned off for indoor activities.

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


**TIP:** Holding the handrails of the treadmill reduces accuracy. You can use an optional foot pod to record pace, distance, and cadence.

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

## Creating a Custom Activity

- 1 Select .
- 2 Select **Add New**.
- 3 Select an activity template.
- 4 Select an accent color.
- 5 Select a name.  
Duplicate activity names include a number. For example, Walk(2).
- 6 Select an option:
  - Select **Use Default** to create your custom activity starting from the default system settings.
  - Select a copy of an existing activity to create your custom activity starting from one of your saved activities.

## Customizing the App List



- 1 Hold .
- 2 Select **Settings > Apps**.
- 3 Select an option:
  - Select an item to show or hide it from the app list or rearrange the app list.
  - Select **Add Apps** to add an item to the app list.

## Navigation


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

## Marking Your Location

A location is a point that you record and store in the device. 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 Hold .
- 3 Select **Navigation > Save Location**.  
The location information appears.
- 4 Select .

## Deleting a Location

- 1 Hold .
- 2 Select **Navigation > Saved Locations**.
- 3 Select a location.
- 4 Select **Delete > Yes**.

## Navigating to a Saved Location

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

- 1 Hold .
- 2 Select **Navigation > Saved Locations**.
- 3 Select a location, and select **Go To**.
- 4 Select an activity.  
The compass appears.
- 5 Move forward.  
The compass arrow points toward the saved location.


**TIP:** For more accurate navigation, orient your device toward the direction in which you are navigating.

- 6 Select  to start the timer.

## 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 .
- 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 device toward the direction in which you are navigating.

## Stopping Navigation

- 1 Hold .
- 2 Select **Stop Navigation**.

## Compass


The device 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 device was already calibrated at the factory, and the device uses automatic calibration by default. If you experience irregular compass behavior, for example, after moving long distances or after extreme temperature changes, you can manually calibrate the compass.

- 1 Hold .
- 2 Select **Settings > Sensors > Compass > Calibrate > Start**.
- 3 Follow the on-screen instructions.


**TIP:** Move your wrist in a small figure eight motion until a message appears.

## History

Your device stores up to 14 days of activity tracking and heart rate monitoring data, and up to seven timed activities. You can view your last seven timed activities on your device. You can synchronize your data to view unlimited activities, activity tracking data, and heart rate monitoring data on your Garmin Connect account ([Using Garmin Connect Mobile, page 9](#)) ([Using Garmin Connect on Your Computer, page 9](#)).

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

### Using History


- 1 Hold .
- 2 Select **History**.
- 3 Select an activity.
- 4 Select an option:
  - Select **Details** to view additional information about the activity.

- Select **Laps** to select a lap and view additional information about each lap.
- Select **Delete** to delete the selected activity.

### 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 Hold .
- 2 Select **History**.
- 3 Select an activity.
- 4 Select **Time in Zone**.

## Personal Records


When you complete an activity, the device displays any new personal records you achieved during that activity. Personal records include your fastest time over several typical race distances and longest run or ride.

### Viewing Your Personal Records

- 1 Hold .
- 2 Select **Settings > Records**.
- 3 Select a sport.
- 4 Select a record.
- 5 Select **View Record**.


### Restoring a Personal Record

You can set each personal record back to the one previously recorded.

- 1 Hold .
- 2 Select **Settings > Records**.
- 3 Select a sport.
- 4 Select a record.
- 5 Select **Previous > Yes**.


**NOTE:** This does not delete any saved activities.

### Clearing a Personal Record

- 1 Hold .
- 2 Select **Settings > Records**.
- 3 Select a sport.
- 4 Select a record.
- 5 Select **Clear Record > Yes**.

**NOTE:** This does not delete any saved activities.

### Clearing All Personal Records

- 1 Hold .
- 2 Select **Settings > Records**.
- 3 Select a sport.
- 4 Select a record.
- 5 Select **Clear All Records > Yes**.

**NOTE:** This does not delete any saved activities.

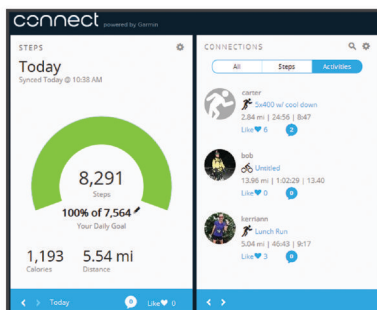
## Garmin Connect

You can connect with your friends on your Garmin Connect account. Garmin Connect gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, rides, swims, hikes, golf games, and more. Garmin Connect is also your online statistics tracker where you can analyze and share all your rounds of golf. To sign up for a free account, go to [www.garminconnect.com/start](http://www.garminconnect.com/start).

## Customizing Your Device

**Store your activities:** After you complete and save a timed activity with your device, 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.



**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 post links to your activities on your favorite social networking sites.

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

**Access the Connect IQ store:** You can download apps, watch faces, data fields, and widgets.

### Using Garmin Connect Mobile

You can upload all of your activity data to your Garmin Connect account for comprehensive analysis. With your Garmin Connect account, you can view a map of your activity, and share your activities with friends. You can turn on auto upload in the Garmin Connect Mobile app.

- 1 From the Garmin Connect Mobile app settings menu, select **Garmin Devices**.
- 2 Select your vivoactive HR device, and select **Device Settings**.
- 3 Select the toggle switch to turn on auto upload.

### Using Garmin Connect on Your Computer

If you have not paired your vivoactive HR device with your smartphone, you can upload all of your activity data to your Garmin Connect account using your computer.

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

### Garmin Move IQ™ Events

The Move IQ feature automatically detects activity patterns, such as walking, running, biking, swimming, and elliptical training, for at least 10 minutes. You can view the event type and duration on your Garmin Connect timeline, but they do not appear in your activities list, snapshots, or newsfeed. For more detail and accuracy, you can record a timed activity on your device.

### Changing the Watch Face

You can use the default digital watch face or a Connect IQ watch face ([Connect IQ Features, page 4](#)).

- 1 From the watch face, hold **≡**.
- 2 Select **Watch Faces**.
- 3 Select an option.

### Setting Up Your User Profile

You can update your gender, birth year, height, weight, wrist, and heart rate zone ([Setting Your Heart Rate Zones, page 3](#)) settings. The device uses this information to calculate accurate training data.

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

### App Settings

These settings allow you to customize your apps based on your training needs. For example, you can customize data screens and enable alerts and training features.

**NOTE:** You can change the settings, data screens, and alerts before or during an 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.

- 1 Select **≡**.
- 2 Select an activity.  
**NOTE:** This feature is not available for all activities.
- 3 Hold **≡**.
- 4 Select the activity name at the top of the screen.
- 5 Select **Data Screens**.
- 6 Select a screen.
- 7 If necessary, select the toggle switch to enable the data screen.
- 8 Select a data field to change it.

### Changing the GPS Setting

By default, the device uses GPS to locate satellites. For increased performance in challenging environments and faster GPS position location, you can enable GPS and GLONASS. Using GPS and GLONASS reduces battery life more than using only GPS.

- 1 Select **≡**.
- 2 Select an activity.  
**NOTE:** This feature is not available for all activities.
- 3 Hold **≡**.
- 4 Select the activity name at the top of the screen.
- 5 Select **GPS > GLONASS**.


### Alerts

You can set alerts for each activity, which can help you to train toward specific goals. Some alerts are available only for specific activities.

### Setting Range Alerts



A range alert notifies you when the device is above or below a specified range of values. For example, you can set the device to alert you when your heart rate is below zone 2 and over zone 5 ([Setting Your Heart Rate Zones, page 3](#)).

- 1 Select **≡**.

- 2 Select an activity.  
**NOTE:** This feature is not available for all activities.
  - 3 Hold .
  - 4 Select the activity name at the top of the screen.
  - 5 Select **Alerts > Add New**.
  - 6 Select the type of alert.  
Depending on your accessories, the alerts may include heart rate, pace, speed, and cadence.
  - 7 If necessary, turn on the alert.
  - 8 Select a zone or enter a value for each alert.
- Each time you exceed or drop below the specified range, a message appears. The device also vibrates if vibration is turned on ([System Settings, page 11](#)).

### Setting a Recurring Alert



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

- 1 Select .
- 2 Select an activity.  
**NOTE:** This feature is not available for all activities.
- 3 Hold .
- 4 Select the activity name at the top of the screen.
- 5 Select **Alerts > Add New**.
- 6 Select an option:
  - Select **Custom**, select a message, and select an alert type.
  - Select **Time** or **Distance**.
- 7 Enter a value.

Each time you reach the alert value, a message appears. The device also vibrates if vibration is turned on ([System Settings, page 11](#)).

### Setting Walk Break Alerts

Some running programs use timed walking breaks at regular intervals. For example, during a long training run, you can set the device to alert you to run for 4 minutes, and then walk for 1 minute, and repeat. Auto Lap® functions as usual while you are using the run or walk alerts.



- 1 Select .
- 2 Select an activity.  
**NOTE:** This feature is not available for all activities.
- 3 Hold .
- 4 Select the activity name at the top of the screen.
- 5 Select **Alerts > Add New > Run/Walk**.
- 6 Enter a time for the run interval.
- 7 Enter a time for the walk interval.


Each time you reach the alert value, a message appears. The device also vibrates if vibration is turned on ([System Settings, page 11](#)).

## Auto Lap

### Marking Laps

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

- 1 Select .
- 2 Select an activity.  
**NOTE:** This feature is not available for all activities.
- 3 Hold .

- 4 Select the activity name at the top of the screen.
- 5 Select **Laps**.
- 6 Select an option:
  - Select the **Auto Lap** toggle switch to turn on the Auto Lap feature.
  - Select the **Lap Key** toggle switch to use  to mark a lap during an activity.

**TIP:** You can select Auto Lap and enter a custom distance if the Auto Lap feature is turned on.



Each time you complete a lap, a message appears that displays the time for that lap. The device also vibrates if vibration is turned on ([System Settings, page 11](#)).

If necessary, you can customize the data screens to display additional lap data ([Customizing the Data Screens, page 9](#)).

## 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:** History is not recorded while the timer is stopped or paused.



- 1 Select .
- 2 Select an activity.  
**NOTE:** This feature is not available for all activities.
- 3 Hold .
- 4 Select the activity name at the top of the screen.
- 5 Select **Auto Pause**.
- 6 Select an option:
  - Select **When Stopped** to pause the timer automatically when you stop moving.
  - Select **Pace** to pause the timer automatically when your pace drops below a specified value.
  - Select **Speed** to pause the timer automatically when your speed drops below a specified value.

## Using Auto Scroll

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

- 1 Select .
- 2 Select an activity.  
**NOTE:** This feature is not available for all activities.
- 3 Hold .
- 4 Select the activity name at the top of the screen.
- 5 Select **Auto Scroll**.
- 6 Select a display speed.

## Changing the Background Contrast and Accent Color

- 1 Select .
- 2 Select an activity.  
**NOTE:** This feature is not available for all activities.
- 3 Hold .
- 4 Select the activity name at the top of the screen.
- 5 Select **Background** to set the background color to black or white.
- 6 Select **Accent Color** to select an accent color for the watch face and data screens.

## Bluetooth Settings

Hold , and select **Settings > Bluetooth**.

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

**Smart Notifications:** The device turns smart notifications on and off automatically based on your selections ([Enabling Bluetooth Notifications, page 2](#)).

**Pair Mobile Device:** Connects your device with a compatible mobile device equipped with Bluetooth Smart wireless technology.

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

**Stop LiveTrack:** Allows you to stop a LiveTrack session while one is in progress.

## Garmin Connect Settings

You can customize your device settings and user settings on your Garmin Connect account.

- From the settings menu in the Garmin Connect Mobile app, select **Garmin Devices**, and select your device.
- From the devices widget in the Garmin Connect application, select **Device Settings**.

After customizing settings, sync your data to apply the changes to your device ([Using Garmin Connect Mobile, page 9](#), [Using Garmin Connect on Your Computer, page 9](#)).

### Device Settings on Your Garmin Connect Account

From your Garmin Connect account, select **Device Settings**.

**Activity Tracking:** Turns activity tracking features on and off, such as the steps, floors climbed, intensity minutes, sleep tracking, move alert, Move IQ events, and wrist-based heart rate monitoring.

**Auto Backlight:** Sets the backlight to turn on for interactions, which includes the keys, touchscreen, and notifications. Gestures include rotating your wrist toward your body to view the device.

**Wrist Worn On:** Allows you to customize which wrist the band is worn on.

**Time Format:** Sets the device to display time in a 12-hour or 24-hour format.

**Date Format:** Sets the device to display the month and day format.

**Language:** Sets the device language.

**Units:** Sets the device to display the distance traveled in kilometers or miles.

### User Settings on Your Garmin Connect Account

From your Garmin Connect account, select **User Settings**.

**Custom Step Length:** Allows your device to more accurately calculate the distance traveled using your custom step length. You can enter a known distance and the number of steps it takes to cover the distance, and Garmin Connect can calculate your step length.

**Daily Steps:** Allows you to enter your daily step goal. You can use the Auto Goal setting to allow your device to determine your step goal automatically.

**Daily Floors Climbed:** Allows you to enter a daily goal for the amount of floors to climb.

**Weekly Intensity Minutes:** Allows you to enter a weekly goal for the number of minutes to participate in moderate to vigorous intensity activities.

**Heart Rate Zones:** Allows you to estimate your maximum heart rate and determine custom heart rate zones.

## System Settings

Hold **[Menu]**, and select **Settings > System**.

**Auto Lock:** Automatically locks the touchscreen in watch mode to prevent inadvertent screen touches. You can select a key to unlock the touchscreen.

**Language:** Sets the language of the device interface.

**Time:** Sets the time format and source for local time ([Time Settings, page 11](#)).

**Backlight:** Sets the backlight mode, timeout, and brightness ([Backlight Settings, page 11](#)).

**Vibration:** Turns vibration on or off.

**Units:** Sets the measurement units used to display data ([Changing the Units of Measure, page 12](#)).

**USB Mode:** Sets the device to use mass storage mode or Garmin mode when connected to a computer.

**Restore Defaults:** Allows you to restore all of the device settings to the factory default values ([Restoring All Default Settings, page 14](#)).

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

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

### Time Settings

Hold **[Menu]**, and select **Settings > System > Time**.

**Time Format:** Sets the device to show time in a 12-hour or a 24-hour format.

**Set Local Time:** Allows you to set the time manually or automatically based on your paired mobile device.

#### Time Zones

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

#### Setting the Time Manually

By default, the time is set automatically when the vivoactive HR device is paired with a mobile device.

- 1 Hold **[Menu]**.
- 2 Select **Settings > System > Time > Set Local Time > Manual**.
- 3 Select **Time**, and enter the time of day.

#### Setting the Alarm

- 1 Hold **[Menu]**.
- 2 Select **Clocks > Alarms > Add New**.
- 3 Select **Time**, and enter a time.
- 4 Select **Days**, and select an option.

#### Deleting an Alarm

- 1 Hold **[Menu]**.
- 2 Select **Clocks > Alarms**.
- 3 Select an alarm, and select **Remove**.

#### Starting the Countdown Timer

- 1 Hold **[Menu]**.
- 2 Select **Clocks > Timer**.
- 3 Enter the time.
- 4 Select **Start**.
- 5 If necessary, select **[Menu]** for more options.

#### Using the Stopwatch

- 1 Hold **[Menu]**.
- 2 Select **Clocks > Stopwatch**.
- 3 Select **[Menu]**.

### Backlight Settings

Hold **[Menu]**, and select **Settings > System > Backlight**.

**Mode:** Sets the backlight to turn on for interactions which includes the keys, touchscreen, and notifications. The device has an ambient light sensor that detects the light level. Interactions activate the backlight in a low-light environment. Gestures include rotating your wrist toward your body to view the device.

**Timeout:** Sets the length of time before the backlight turns off.

**Brightness:** Sets the brightness level of the backlight. During an activity, the backlight uses the brightest setting.

## Changing the Units of Measure

You can customize units of measure for distance, pace and speed, elevation, weight, height, and temperature.

- 1 Hold **■**.
- 2 Select **Settings > System > Units**.
- 3 Select a measurement type.
- 4 Select a unit of measure.

## ANT+ Sensors

Your device can be used with wireless ANT+ sensors. For more information about compatibility and purchasing optional sensors, go to <http://buy.garmin.com>.

### Pairing ANT+ Sensors

Pairing is the connecting of ANT+ wireless sensors. The first time you connect a sensor to your Garmin device, you must pair the device and sensor. After they are paired, the device connects to the sensor automatically when you start an activity and the sensor is active and within range.

- 1 Stay 10 m (33 ft.) away from other ANT+ sensors while pairing.
- 2 If you are pairing a heart rate monitor, put on the heart rate monitor.  
The heart rate monitor does not send or receive data until you put it on.
- 3 Select **■**.
- 4 Select an activity.
- 5 Bring the device within 1 cm of the sensor, and wait while the device connects to the sensor.  
When the device detects the sensor, an icon appears at the top of the screen.

### Foot Pod

Your device is compatible with the foot pod. You can use the foot pod to record pace and distance instead of using GPS when you are training indoors or when your GPS signal is weak. The foot pod is on standby and ready to send data (like the heart rate monitor).

After 30 minutes of inactivity, the foot pod powers off to conserve the battery. When the battery is low, a message appears on your device. Approximately five hours of battery life remain.

### Improving Foot Pod Calibration

Before you can calibrate your device, you must acquire GPS signals and pair your device with the foot pod ([Pairing ANT+ Sensors, page 12](#)).

The foot pod is self-calibrating, but you can improve the accuracy of the speed and distance data with a few outdoor runs using GPS.

- 1 Stand outside for 5 minutes with a clear view of the sky.
- 2 Start a running activity.
- 3 Run on a track without stopping for 10 minutes.
- 4 Stop your activity, and save it.

Based on the recorded data, the foot pod calibration value changes, if necessary. You should not need to calibrate the foot pod again unless your running style changes.

### Calibrating Your Foot Pod

Before you can calibrate your foot pod, you must pair your device with the foot pod ([Pairing ANT+ Sensors, page 12](#)).

Manual calibration is recommended if you know your calibration factor. If you have calibrated a foot pod with another Garmin product, you may know your calibration factor.

- 1 Hold **■**.
- 2 Select **Settings > Sensors > Foot Pod > Calib. Factor**.
- 3 Adjust the calibration factor:
  - Increase the calibration factor if your distance is too low.
  - Decrease the calibration factor if your distance is too high.

### Using an Optional Bike Speed or Cadence Sensor

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

- Pair the sensor with your device ([Pairing ANT+ Sensors, page 12](#)).
- Update your fitness user profile information ([Setting Up Your User Profile, page 9](#)).
- Set your wheel size ([Calibrating Your Speed Sensor, page 12](#)).
- Go for a ride ([Going for a Ride, page 5](#)).

### Calibrating Your Speed Sensor

Before you can calibrate your speed sensor, you must pair your device with a compatible speed sensor ([Pairing ANT+ Sensors, page 12](#)).

Manual calibration is optional and can improve accuracy.

- 1 Hold **■**.
- 2 Select **Settings > Sensors > 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 16](#)).

### Situational Awareness

Your vivoactive HR device can be used with the Varia Vision device, Varia smart bike lights, and rearview radar to improve situational awareness. See the owner's manual for your Varia device for more information.

**NOTE:** You may need to update the vivoactive HR software before pairing Varia devices ([Updating the Software Using Garmin Connect Mobile, page 14](#)).

### tempe

The tempe is an ANT+ wireless temperature sensor. You can attach the sensor to a secure strap or loop where it is exposed to ambient air, and therefore, provides a consistent source of accurate temperature data. You must pair the tempe with your device to display temperature data from the tempe.

### Managing ANT+ Sensors

You can manually add, turn on, turn off, or remove ANT+ sensors.

- 1 Hold **■**.
- 2 Select **Settings > Sensors**.



- 3 Select a sensor.
- 4 Select an option.

## Device Information

### Charging the Device

#### ⚠ 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 in the appendix.

- 1 Align the charger posts with the contacts on the back of the device, and press the charger ① until it clicks.



- 2 Plug the USB cable into a USB port on your computer.
- 3 Charge the device completely.

### Viewing Device Information

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

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

### Specifications

Battery type	Rechargeable, built-in lithium-polymer battery
Battery life	Up to 8 days in smartwatch mode (with heart rate) Up to 13 hr. in GPS mode
Operating temperature range	From -20° to 50°C (from -4° to 122°F)
Charging temperature range	From 0° to 45°C (from 32° to 113°F)
Radio frequency/protocol	2.4 GHz ANT+ wireless communications protocol Bluetooth Smart wireless technology
Water rating	Swim, 5 ATM*

\*The device withstands pressure equivalent to a depth of 50 m. For more information, go to [www.garmin.com/waterrating](http://www.garmin.com/waterrating).

### Device Care

#### NOTICE

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

Avoid pressing the keys under water.

Do not use a sharp object to clean the device.

Never use a hard or sharp object to operate the touchscreen, or damage may result.

Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.

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

### Cleaning the Device

#### 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.

- 1 Wipe the device using a cloth dampened with a mild detergent solution.
- 2 Wipe it dry.

After cleaning, allow the device to dry completely.

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

### Data Management

**NOTE:** The device is not compatible with Windows® 95, 98, Me, Windows NT®, and Mac® OS 10.3 and earlier.

#### Disconnecting the USB Cable

If your device is connected to your computer as a removable drive or volume, you must safely disconnect your device from your computer to avoid data loss. If your device is connected to your Windows computer as a portable device, it is not necessary to safely disconnect.

- 1 Complete an action:
  - For Windows computers, select the **Safely Remove Hardware** icon in the system tray, and select your device.
  - For Mac computers, drag the volume icon to the trash.
- 2 Disconnect the cable from your computer.

#### Deleting Files

#### NOTICE

If you do not know the purpose of a file, do not delete it. Your device memory contains important system files that should not be deleted.

- 1 Open the **Garmin** drive or volume.
- 2 If necessary, open a folder or volume.
- 3 Select a file.
- 4 Press the **Delete** key on your keyboard.

## Troubleshooting

### Maximizing Battery Life

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



- Reduce the backlight timeout ([Backlight Settings, page 11](#)).
- Reduce the backlight brightness ([Backlight Settings, page 11](#)).
- Turn off Bluetooth wireless technology when you are not using connected features ([Turning Off Bluetooth Technology, page 2](#)).
- Use a Connect IQ watch face that is not updated every second.  
For example, use a watch face without a second hand ([Changing the Watch Face, page 9](#)).
- Turn off activity tracking ([Activity Tracking, page 4](#)).

- Limit the smartphone notifications the device displays ([Managing Notifications, page 2](#)).
- Stop broadcasting heart rate data to paired Garmin devices ([Broadcasting Heart Rate to Garmin® Devices, page 3](#)).
- Turn off wrist-based heart rate monitoring ([Turning Off the Wrist Heart Rate Monitor, page 2](#)).

## Resetting the Device

If the device stops responding, you may need to reset it.


**NOTE:** Resetting the device may erase your data or settings.

- 1 Hold  for 15 seconds.  
The device turns off.
- 2 Hold  for one second to turn on the device.

## Restoring All Default Settings

**NOTE:** This deletes all user-entered information and activity history.

You can reset all settings back to the factory default values.

- 1 Hold .
- 2 Select **Settings > System > Restore Defaults > Yes**.

## Acquiring Satellite Signals

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

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

## Improving GPS Satellite Reception

- Frequently sync the device to your Garmin Connect account:
  - Connect your device to a computer using the USB cable and the Garmin Express application.
  - Sync your device to the Garmin Connect Mobile app using your Bluetooth enabled smartphone.

While connected to your Garmin Connect 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.

## My daily step count does not appear

The daily step count is reset every night at midnight.

If dashes appear instead of your step count, allow the device to acquire satellite signals and set the time automatically.

## The floors climbed amount does not seem accurate

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

- Avoid holding handrails or skipping steps while climbing stairs.


## My intensity minutes are flashing

When you exercise at an intensity level that qualifies toward your intensity minutes goal, the intensity minutes flash.

Exercise for at least 10 consecutive minutes at a moderate or vigorous intensity level.

## Improving the Accuracy of Intensity Minutes and Calories

You can improve the accuracy of these estimates by walking or running outside for 20 minutes.

- 1 From the watch face, swipe to view the **My Day** widget.
- 2 Select .
- 3 Follow the on-screen instructions.

## Is my smartphone compatible with my device?

The vivoactive HR device is compatible with smartphones using Bluetooth Smart wireless technology.

Go to [www.garmin.com/ble](http://www.garmin.com/ble) for compatibility information.

## Support and Updates

Garmin Express ([www.garmin.com/express](http://www.garmin.com/express)) provides easy access to these services for Garmin devices.

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

## Updating the Software Using Garmin Connect Mobile

Before you can update your device software using the Garmin Connect Mobile app, you must have a Garmin Connect account, and you must pair the device with a compatible smartphone ([Pairing Your Smartphone, page 1](#)).

- 1 Synchronize your device with the Garmin Connect Mobile app ([Using Garmin Connect Mobile, page 9](#)).  
When new software is available, your device alerts you to update the software.
- 2 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 and install 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 Disconnect the device from your computer.  
Your device alerts you to update the software.
- 3 Select an option.

## How can I manually pair ANT+ sensors?

You can use the device settings to manually pair ANT+ sensors. The first time you connect a sensor to your device using ANT+ wireless technology, you must pair the device and sensor. After they are paired, the device connects to the sensor automatically when you start an activity and the sensor is active and within range.

- 1 Stay 10 m (33 ft.) away from other ANT+ sensors while pairing.
- 2 If you are pairing a heart rate monitor, put on the heart rate monitor.  
The heart rate monitor does not send or receive data until you put it on.
- 3 Hold .
- 4 Select **Settings > Sensors > Add New**.
- 5 Select an option:
  - Select **Search All**.
  - Select your sensor type.

After the sensor is paired with your device, a message appears. Sensor data appears in the data page loop or a custom data field.

## Getting More Information

- Go to [www.garmin.com/intosports](http://www.garmin.com/intosports).
- Go to [www.garmin.com/learningcenter](http://www.garmin.com/learningcenter).
- Go to <http://buy.garmin.com>, or contact your Garmin dealer for information about optional accessories and replacement parts.

## Appendix

### Data Fields

Some data fields require ANT+ accessories to display data.

**%HRR:** The percentage of heart rate reserve (maximum heart rate minus resting heart rate).

**24-Hour Max.:** The maximum temperature recorded in the last 24 hours.

**24-Hour Min.:** The minimum temperature recorded in the last 24 hours.

**30s Avg. Vertical Speed:** The 30-second moving average of vertical speed.

**Average %HRR:** The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) 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 Distance Per Stroke:** The average distance traveled per stroke during 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 Pace:** The average pace for the current activity.

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

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

**Average Strokes/Length:** The average number of strokes per length during 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 6*).

**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.

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

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

**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.

**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).

**Interval Distance:** The distance traveled for the current interval.

**Interval Distance Per Stroke:** The average distance traveled per stroke during 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 Stroke Rate:** The average number of strokes per minute (spm) during the current interval.

**Interval Strokes:** The total number of strokes for the current interval.

**Interval Strokes/Length:** The average number of strokes per length during the current interval.

**Interval SWOLF:** The average swolf score for the current interval.

**Interval Time:** The stopwatch time for the current interval.

**Lap %HRR:** The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) 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 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.

**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 Interval Distance Per Stroke:** The average distance traveled per stroke during the last completed interval.

**Last Interval Stroke Rate:** The average number of strokes per minute (spm) during the last completed interval.

**Last Interval Strokes:** The total number of strokes for the last completed interval.

**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 Distance:** The distance traveled for the last completed lap.

**Last Lap Pace:** The average pace for the last completed lap.

**Last Lap Speed:** The average speed for the last completed lap.

**Last Lap Time:** The stopwatch time for the last completed lap.

**Last Length Pace:** The average pace for your last completed pool length.

**Last Length Stroke Rate:** The average number strokes per minute (spm) during the last completed pool length.

**Last Length Strokes:** The total number of strokes for the last completed pool length.

**Last Length SWOLF:** The swolf score for the last completed pool length.

**Lengths:** The number of pool lengths completed during the current activity.

**Maximum Speed:** The top speed for the current activity.

**Nautical Distance:** The distance traveled in nautical meters or nautical feet.

**Nautical Speed:** The current speed in knots.

**Pace:** The current pace.

**Speed:** The current rate of travel.

**Steps:** The number of steps during the current activity.

**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.

**Temperature:** The temperature of the air. Your body temperature affects the temperature sensor.

**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.

**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.

**Vertical Speed:** The rate of ascent or descent over time.

## Fitness Goals

Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles.

- Your heart rate is a good measure of exercise intensity.
- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.
- Knowing your heart rate zones can prevent you from overtraining and can decrease your risk of injury.

If you know your maximum heart rate, you can use the table ([Heart Rate Zone Calculations, page 16](#)) 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.

## 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.

## 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

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
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

## Wheel Size and Circumference

The wheel size is marked on both sides of the tire. This is not a comprehensive list. You can also use one of the calculators available on the Internet.

Wheel Size	L (mm)
12 × 1.75	935
14 × 1.5	1020
14 × 1.75	1055
16 × 1.5	1185
16 × 1.75	1195
18 × 1.5	1340
18 × 1.75	1350
20 × 1.75	1515
20 × 1-3/8	1615
22 × 1-3/8	1770
22 × 1-1/2	1785
24 × 1	1753
24 × 3/4 Tubular	1785
24 × 1-1/8	1795
24 × 1-1/4	1905
24 × 1.75	1890
24 × 2.00	1925
24 × 2.125	1965
26 × 7/8	1920
26 × 1(59)	1913
26 × 1(65)	1952
26 × 1.25	1953
26 × 1-1/8	1970
26 × 1-3/8	2068
26 × 1-1/2	2100
26 × 1.40	2005
26 × 1.50	2010
26 × 1.75	2023
26 × 1.95	2050
26 × 2.00	2055
26 × 2.10	2068
26 × 2.125	2070
26 × 2.35	2083
26 × 3.00	2170
27 × 1	2145
27 × 1-1/8	2155
27 × 1-1/4	2161
27 × 1-3/8	2169
650 × 35A	2090
650 × 38A	2125
650 × 38B	2105

Wheel Size	L (mm)
700 × 18C	2070
700 × 19C	2080
700 × 20C	2086
700 × 23C	2096
700 × 25C	2105
700 × 28C	2136
700 × 30C	2170
700 × 32C	2155
700C Tubular	2130
700 × 35C	2168
700 × 38C	2180
700 × 40C	2200

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## 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.
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# Index

## A

- accessories [12, 14, 15](#)
- activities [5, 9](#)
  - custom [7](#)
  - saving [5](#)
  - starting [5](#)
- activity tracking [4](#)
- alarms [11](#)
- alerts [9, 10](#)
  - cadence [9](#)
  - distance [10](#)
  - heart rate [9](#)
  - time [10](#)
- ANT+ sensors [12](#)
- applications [2, 4](#)
  - smartphone [1, 5](#)
- apps [9](#)
- Auto Lap [10](#)
- Auto Pause [10](#)
- auto scroll [10](#)

## B

- backlight [1, 11](#)
- battery
  - charging [13](#)
  - maximizing [2, 11, 13](#)
- bike sensors [12](#)
- Bluetooth technology [2, 10, 14](#)
- Bluetooth Technology [2](#)

## C

- cadence, sensors [12](#)
- calibrating, compass [8](#)
- calories [14](#)
- charging [13](#)
- cleaning the device [13](#)
- clock [11](#)
- color screen [10](#)
- compass [8](#)
  - calibrating [8](#)
- Connect IQ [1, 4](#)
- contrast [10](#)
- countdown timer [11](#)
- courses
  - playing [6](#)
  - selecting [6](#)
- customizing the device [9, 10](#)
- cycling [5](#)

## D

- data
  - storing [8, 9](#)
  - transferring [8, 9](#)
  - uploading [9](#)
- data fields [1, 4, 5, 9, 15](#)
- deleting
  - all user data [13](#)
  - history [8](#)
  - personal records [8](#)
- dogleg [6](#)

## F

- foot pod [1, 12](#)

## G

- Garmin Connect [1, 2, 4, 8, 9, 11, 14](#)
  - storing data [9](#)
- Garmin Express
  - registering the device [14](#)
  - updating software [14](#)
- GLONASS [9](#)
- goals [11](#)
- GPS [1, 9](#)
  - signal [14](#)

## H

- heart rate [1, 2](#)
  - monitor [2, 3](#)

- pairing sensors [3](#)
- zones [3, 8, 16](#)
- history [5, 7, 8](#)
  - sending to computer [8, 9](#)

## I

- icons [1](#)
- indoor training [7](#)
- intensity minutes [4, 14](#)
- intervals [6](#)

## K

- keys [1, 5, 13](#)

## L

- laps [5, 8](#)
- layup [6](#)
- lengths [6](#)
- license [13](#)
- locations [7](#)
  - deleting [7](#)
- locking, screen [1, 11](#)

## M

- main menu, customizing [4](#)
- maps [7](#)
- measuring a shot [6](#)
- menu [1](#)

## N

- navigation [7, 8](#)
  - stopping [8](#)
- notifications [2](#)

## O

- odometer [6](#)

## P

- paddle boarding [7](#)
- pairing
  - ANT+ sensors [3, 12, 14](#)
  - smartphone [1](#)
- personal records [8](#)
  - deleting [8](#)
- pool size
  - custom [6](#)
  - setting [6](#)
- product registration [14](#)
- profiles [5](#)
  - user [9](#)

## R

- registering the device [14](#)
- resetting the device [14](#)
- rowing [7](#)

## S

- satellite signals [1, 14](#)
- saving activities [5–7](#)
- scorecard [6](#)
- screen [11](#)
- settings [4, 9–12, 14](#)
  - device [11](#)
- skiing [7](#)
  - alpine [7](#)
  - snowboarding [7](#)
- sleep mode [1, 4](#)
- smartphone [3, 4, 14](#)
  - applications [2, 5](#)
  - pairing [1](#)
- snowboarding [7](#)
- software
  - updating [14](#)
  - version [13](#)
- software license agreement [17](#)
- specifications [13](#)
- speed and cadence sensors [1, 12](#)
- stand up paddle boarding (SUP) [7](#)
- steps [4](#)
- stopwatch [11](#)
- storing data [8](#)
- strokes [6](#)

- swimming [6](#)
- swolf score [6](#)
- system settings [11](#)

## T

- tempe [12](#)
- temperature [12](#)
- time [11](#)
  - settings [11](#)
- time of day [11](#)
- time zones [11](#)
- timer [5–7](#)
  - countdown [11](#)
- touchscreen [1](#)
- training [2, 9, 10](#)
  - pages [5](#)
- troubleshooting [3, 14, 15](#)

## U

- unit ID [13](#)
- units of measure [12](#)
- updates, software [14](#)
- uploading data [9](#)
- USB [14](#)
  - disconnecting [13](#)
- user data, deleting [13](#)
- user profile [9](#)

## V

- VIRB remote [5](#)

## W

- walking intervals [10](#)
- watch face [1](#)
- watch faces [4, 9, 10](#)
- weather [4](#)
- wheel sizes [12, 16](#)
- widgets [1–4](#)

## Z

- zones
  - heart rate [3](#)
  - time [11](#)



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