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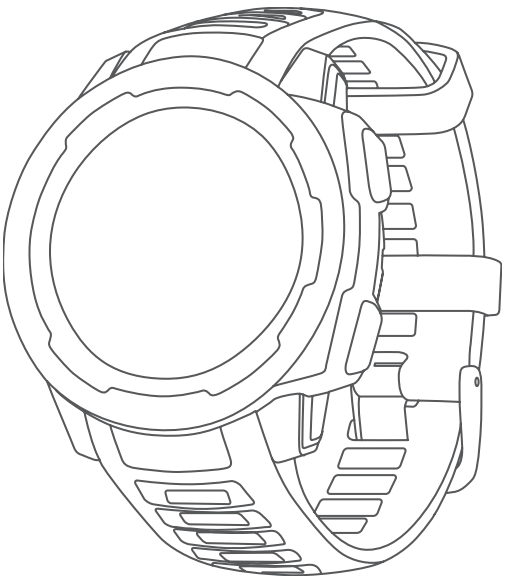

INSTINCT® SOLAR

Owner's Manual

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M/N: A03821

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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.

Getting Started

When using your watch the first time, you should complete these tasks to set it up and get to know the basic features.

1. Press **CTRL** to turn on the watch (*Buttons*, page 2).
2. Follow the on-screen instructions to complete the initial setup.

   During the initial setup, you can install the Garmin Connect™ app and pair your smartphone with your watch to receive notifications and more (*Pairing Your Smartphone with Your Device*, page 4).
3. Charge the device completely (*Charging the Device*, page 4).
4. Start an activity (*Starting an Activity*, page 6).

Buttons

① LIGHT CTRL	Press to turn the backlight on and off. Press to turn the device on. Hold to view the controls menu.
② GPS	Press to view the activity list and start or stop an activity. Press to choose an option in a menu. Hold to view GPS coordinates and save your location.
③ BACK SET	Press to return to the previous screen. Hold to view the clock menu.
④ DOWN ABC	Press to scroll through the widget loop and menus. Hold to view the altimeter, barometer, and compass (ABC) screen.
⑤ UP MENU	Press to scroll through the widget loop and menus. Hold to view the menu.

Using the Watch

- Hold **CTRL** to view the controls menu.

  The controls menu provides quick access to frequently used functions, such as turning on do not disturb mode, turning on the battery saver feature, and turning the watch off.
- From the watch face, press **UP** or **DOWN** to scroll through the widget loop.

  Your watch comes preloaded with widgets that provide at-a-glance information. More widgets are available when you pair your watch with a smartphone.
- From the watch face, press **GPS** to start an activity or open an app (*Starting an Activity*, page 6).
- Hold **MENU** to customize the watch face, adjust settings, and pair wireless sensors.

Viewing the Controls Menu

The controls menu contains options, such as turning on do not disturb mode, locking the keys, and turning the device off.

NOTE: You can add, reorder, and remove the options in the controls menu (*Customizing the Controls Menu*, page 46).

1 From any screen, hold **CTRL**.

2 Press **UP** or **DOWN** to scroll through the options.

Viewing Widgets

Your device comes preloaded with several widgets, and more are available when you pair your device with a smartphone.

- Press **UP** or **DOWN**.

  The device scrolls through the widget loop.
- Press **GPS** to view additional options and functions for a widget.

Pairing Your Smartphone with Your Device

To use the connected features of the Instinct device, it must be paired directly through the Garmin Connect app, instead of from the Bluetooth® settings on your smartphone.

1. From the app store on your smartphone, install and open the Garmin Connect app.
2. Bring your smartphone within 10 m (33 ft.) of your device.
3. Press **CTRL** to turn on the device.

   The first time you turn on the device, it is in pairing mode.

   TIP: To manually enter pairing mode, you can hold **MENU**, and select **Settings** > **Pair Phone**.
4. Select an option to add your device to your Garmin Connect account:
   - If this is the first time you are pairing a device with the Garmin Connect app, follow the on-screen instructions.
   - If you already paired another device with the Garmin Connect app, from the ☰ or ••• menu, select **Garmin Devices** > **Add Device**, and follow the on-screen instructions.

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. Plug the small end of the USB cable into the charging port on your device.

2. Plug the large end of the USB cable into a USB charging port.
3. Charge the device completely.

Product Updates

On your computer, install Garmin Express™ (www.garmin.com/express). On your smartphone, 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 www.garmin.com/express.
3. Follow the on-screen instructions.

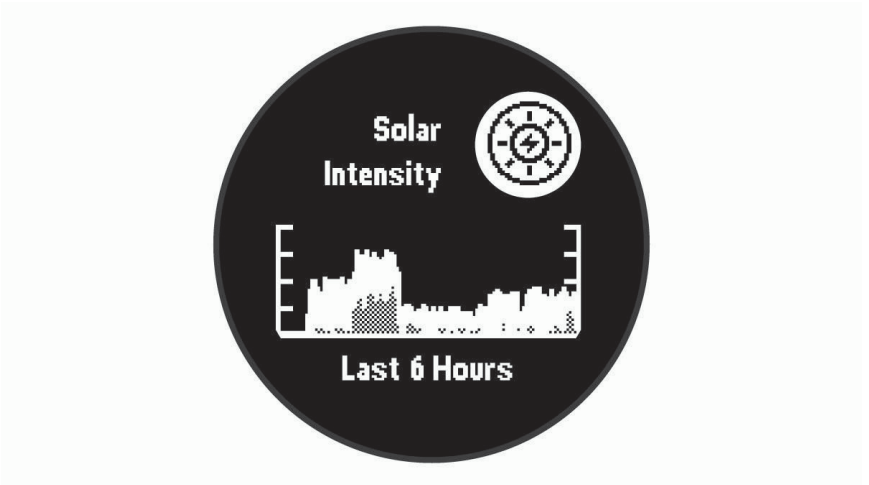
Solar Charging

Watch models with solar charging capability allow you to charge your watch while you use it.

Viewing the Solar Widget

From the watch face, press **UP** or **DOWN** to scroll to the solar widget.

A graph of the intensity of solar input for the last 6 hours appears.



Tips for Solar Charging

To maximize the battery life of your watch, follow these tips.

- When you are wearing the watch, avoid covering the face with your sleeve.
- When you are not wearing the watch, point the face toward a source of bright light, such as sunlight or fluorescent light.

  The watch will charge faster when exposed to sunlight, because the solar charging lens is optimized for the spectrum of sunlight.
- For maximum battery performance, charge the watch in bright sunlight.

  NOTE: The watch protects itself from overheating and stops charging automatically if the internal temperature exceeds the solar charging temperature threshold (*Specifications*, page 54).

  NOTE: The watch does not solar charge when connected to an external power source or when the battery is full.

Activities and Apps

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.

For more information about activity tracking and fitness metric accuracy, go to garmin.com/ataccuracy.

Starting an Activity

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

1. From the watch face, press **GPS**.
2. If this is the first time you have started an activity, select the checkbox next to each activity to add to your favorites, and select **Done**.
3. Select an option:
   - Select an activity from your favorites.
   - Select , and select an activity from the extended activity list.
4. If the activity requires GPS signals, go outside to an area with a clear view of the sky, and wait until the device is ready.

   The device is ready after it establishes your heart rate, acquires GPS signals (if required), and connects to your wireless sensors (if required).
5. Press **GPS** to start the activity timer.

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

Tips for Recording Activities

- Charge the device before starting an activity (*Charging the Device*, page 4).
- Press **UP** or **DOWN** to view additional data pages.

Power Modes

Power modes allow you to quickly adjust system settings, activity settings, and GPS settings to extend battery life during an activity. For example, power modes can disconnect paired sensors and turn on the UltraTrac GPS option. You can also create custom power modes.

During an activity, hold **MENU**, select **Power Mode**, and select an option.

Stopping an Activity

1. Press **GPS**.
2. Select an option:
   - To resume your activity, select **Resume**.
   - To save the activity and return to watch mode, select **Save** > **Done**.
   - To suspend your activity and resume it at a later time, select **Resume Later**.
   - To navigate back to the starting point of your activity along the path you traveled, select **Back to Start** > **TracBack**.

     NOTE: This feature is available only for activities that use GPS.
   - To navigate back to the starting point of your activity by the most direct path, select **Back to Start** > **Straight Line**.

     NOTE: This feature is available only for activities that use GPS.
   - To measure the difference between your heart rate at the end of the activity and your heart rate two minutes later, select **Recovery HR**, and wait while the timer counts down.
   - To discard the activity and return to watch mode, select **Discard** > **Yes**.

   NOTE: After stopping the activity, the device saves it automatically after 30 minutes.

Adding or Removing a Favorite Activity

The list of your favorite activities appears when you press GPS from the watch face, and it provides quick access to the activities you use most frequently. The first time you press GPS to start an activity, the device prompts you to select your favorite activities. You can add or remove favorite activities at any time.

1. Hold **MENU**.
2. Select **Settings** > **Activities & Apps**.

   Your favorite activities appear at the top of the list with a white background. Other activities appear in the extended list with a black background.
3. Select an option:
   - To add a favorite activity, select the activity, and select **Set as Favorite**.
   - To remove a favorite activity, select the activity, and select **Remove from Favorites**.

Creating a Custom Activity

1. From the watch face, press **GPS**.
2. Select **Add**.
3. Select an option:
   - Select **Copy Activity** to create your custom activity starting from one of your saved activities.
   - Select **Other** to create a new custom activity.
4. If necessary, select an activity type.
5. Select a name or enter a custom name.

   Duplicate activity names include a number, for example: Bike(2).
6. Select an option:
   - Select an option to customize specific activity settings. For example, you can customize the data screens or auto features.
   - Select **Done** to save and use the custom activity.
7. Select **Yes** to add the activity to your list of favorites.

Indoor Activities

The Instinct device 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 40).

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.

Calibrating the Treadmill Distance

To record more accurate distances for your treadmill runs, you can calibrate the treadmill distance after you run at least 1.5 km (1 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 6).
2. Run on the treadmill until your Instinct Solar device records at least 1.5 km (1 mi.).
3. After you complete your run, press **GPS**.
4. Select an option:
   - To calibrate the treadmill distance the first time, select **Save**.

     The device prompts you to complete the treadmill calibration.
   - To manually calibrate the treadmill distance after the first-time calibration, select **Calibrate & Save** > **Yes**.
5. Check the treadmill display for the distance traveled, and enter the distance on your device.

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. From the watch face, press **GPS**.
2. Select **Strength**.

   The first time you record a strength training activity, you must select which wrist your watch is on.
3. Press **GPS** to start the set timer.
4. Start your first set.

   The device counts your reps. Your rep count appears when you complete at least four reps.

   TIP: The device 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 **BACK** to finish the set.

   The watch displays the total reps for the set. After several seconds, the rest timer appears.
6. If necessary, press **DOWN**, and edit the number of reps.

   TIP: You can also add the weight used for the set.
7. When you are done resting, press **BACK** to start your next set.
8. Repeat for each strength training set until your activity is complete.
9. After your last set, press **GPS** to stop the set timer.
10. Select **Save**.

Outdoor Activities

The Instinct device comes preloaded with outdoor activities, such as running and cycling. GPS is turned on for outdoor activities. You can add new activities based on default activities, such as walking or rowing. You can also add custom activities to your device (*Creating a Custom Activity*, page 7).

Viewing Your Ski Runs

Your device 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. Hold **MENU**.
3. Select **View Runs**.
4. Press **UP** and **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.

Using the Metronome

The metronome feature plays tones at a steady rhythm to help you improve your performance by training at a faster, slower, or more consistent cadence.

NOTE: This feature is not available for all activities.

1. From the watch face, press **GPS**.
2. Select an activity.
3. Hold **MENU**.
4. Select the activity settings.
5. Select **Metronome** > **Status** > **On**.
6. Select an option:
   - Select **Beats / Minute** to enter a value based on the cadence you want to maintain.
   - Select **Alert Frequency** to customize the frequency of the beats.
   - Select **Sounds** to customize the metronome tone and vibration.
7. If necessary, select **Preview** to listen to the metronome feature before you run.
8. Go for a run (*Starting an Activity*, page 6).

   The metronome starts automatically.
9. During your run, press **UP** or **DOWN** to view the metronome screen.
10. If necessary, hold **MENU** to change the metronome settings.

Starting an Expedition

You can use the **Expedition** app to prolong the battery life while recording a multi-day activity.

1. From the watch face, press **GPS**.
2. Select **Expedition**.
3. Press **GPS** to start the activity timer.

   The device enters low power mode and collects GPS track points once an hour. To maximize battery life, the device turns off all sensors and accessories, including the connection to your smartphone.

Changing the Track Point Recording Interval

During an expedition, GPS track points are recorded once an hour by default. You can change how often GPS track points are recorded. Recording track points less frequently maximizes battery life.

NOTE: To maximize battery life, GPS track points are not recorded after sunset. You can customize this option in the activity settings.

1. From the watch face, press **GPS**.
2. Select **Expedition**.
3. Hold **MENU**.
4. Select the activity settings.
5. Select **Recording Interval**.
6. Select an option.

Recording a Track Point Manually

During an expedition, track points are recorded automatically based on the selected recording interval. You can manually record a track point at any time.

1. During an expedition, press **UP** or **DOWN** to view the map page.
2. Press **GPS**.
3. Select **Add Point**.

Viewing Track Points

1. During an expedition, press **UP** or **DOWN** to view the map page.
2. Press **GPS**.
3. Select **View Points**.
4. Select a track point from the list.
5. Select an option:
   - To start navigating to the track point, select **Go To**.
   - To view detailed information about the track point, select **Details**.

Going Hunting

You can save locations relevant to your hunt and view a map of saved locations.

1. From the watch face, press **GPS**.
2. Select **Hunt**.
3. From the time of day data screen, press **GPS** > **Start Hunt**.
4. From the time of day data screen, press **GPS**, and select an option:
   - To save your current location, select **Save Location**.
   - To view locations saved during this hunt activity, select **Hunt Locations**.
   - To view all previously saved locations, select **Saved Locations**.
5. After you complete your activity, scroll to the time of day data screen, press **GPS**, and select **End Hunt**.

Going Fishing

You can keep track of your daily fish count, count down your competition time, or set an interval timer to keep track of your fishing pace.

1. From the watch face, press **GPS**.
2. Select **Fish**.
3. From the time of day data screen, press **GPS** > **Start Fish**.
4. From the time of day data screen, press **GPS**, and select an option:
   - To add the catch to your fish count and save the location, select **Log Catch**.
   - To save your current location, select **Save Location**.
   - To set an interval timer, end time, or end time reminder for the activity, select **Fish Timers**.
5. After you complete your activity, scroll to the time of day data screen, press **GPS**, and select **End Fish**.

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 watch has wrist-based heart rate enabled for swim activities.

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. 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.

Stroke Types

Stroke type identification is available only for pool swimming. Your stroke type is identified at the end of a length. Stroke types appear in your swimming history and in your Garmin Connect account. You can also select stroke type as a custom data field (*Customizing the Data Screens*, page 41).

Free	Freestyle
Back	Backstroke
Breast	Breaststroke
Fly	Butterfly
Mixed	More than one stroke type in an interval
Drill	Used with drill logging (*Training with the Drill Log*, page 12)

Tips for Swimming Activities

- Before starting a pool swimming activity, follow the on-screen instructions to select your pool size or enter a custom size.

  The next time you start a pool swimming activity, the device uses this pool size. You can hold MENU, select the activity settings, and select Pool Size to change the size.
- Press **BACK** to record a rest during pool swimming.

  The device automatically records swim intervals and lengths for pool swimming.
- Press **BACK** to record an interval during open water swimming.

Resting During Pool Swimming

The default rest screen displays two rest timers. It also displays time and distance for the last completed interval.

NOTE: Swim data is not recorded during a rest.

1. During your swim activity, press **BACK** to start a rest.

   The display reverses to white text on a black background, and the rest screen appears.
2. During a rest, press **UP** or **DOWN** to view other data screens (optional).
3. Press **BACK**, and continue swimming.
4. Repeat for additional rest intervals.

Auto Rest

The auto rest feature is available only for pool swimming. Your device automatically detects when you are resting, and the rest screen appears. If you rest for more than 15 seconds, the device automatically creates a rest interval. When you resume swimming, the device automatically starts a new swim interval. You can turn on the auto rest feature in the activity options (*Activities and App Settings*, page 40).

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

If you do not want to use the auto rest feature, you can select BACK to manually mark the beginning and end of each rest interval.

Training with the Drill Log

The drill log feature is available only for pool swimming. You can use the drill log feature to manually record kick sets, one-arm swimming, or any type of swimming that is not one of the four major strokes.

1. During your pool swim activity, press **UP** or **DOWN** to view the drill log screen.
2. Press **BACK** to start the drill timer.
3. After you complete a drill interval, press **BACK**.
   The drill timer stops, but the activity timer continues to record the entire swim session.
4. Select a distance for the completed drill.
   Distance increments are based on the pool size selected for the activity profile.
5. Select an option:
   - To start another drill interval, press **BACK**.
   - To start a swim interval, press **UP** or **DOWN** to return to the swim training screens.

Training

Setting Up Your User Profile

You can update your gender, birth year, height, weight, and heart rate zone settings. The device uses this information to calculate accurate training data.

1. From the watch face, hold **UP**.
2. Select **Settings** > **User Profile**.
3. Select an option.

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 13) 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.

Setting Your Heart Rate Zones

The device 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, cycling, and swimming. 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. From the watch face, hold **MENU**.
2. Select **Settings** > **User Profile** > **Heart Rate**.
3. Select **Max. HR**, and enter your maximum heart rate.
4. Select **Resting HR**, and enter your resting heart rate.

   You can use the average resting heart rate measured by your device, or you can set a custom resting heart rate.
5. Select **Zones** > **Based On**.
6. 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).
7. Select a zone, and enter a value for each zone.
8. Select **Sport Heart Rate**, and select a sport profile to add separate heart rate zones (optional).

Letting the Device Set Your Heart Rate Zones

The default settings use your profile information to set your maximum heart rate and 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 12).
- 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.

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

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 widget. The step count is updated periodically.

For more information about activity tracking and fitness metric accuracy, go to garmin.com/ataccuracy.

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 ①.

If you choose not to use the auto goal feature, you can set a personalized step goal 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, Move! and the move bar appear. Additional segments appear after every 15 minutes of inactivity. The device also beeps or vibrates if audible tones are turned on (*System Settings*, page 50).

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

Sleep Tracking

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

NOTE: Naps are not added to your sleep statistics. You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms (*Using Do Not Disturb Mode*, page 15).

Using Automated Sleep Tracking

1. Wear your device while sleeping.
2. Upload your sleep tracking data to the Garmin Connect site (*Manually Syncing Data with Garmin Connect*, page 31).

   You can view your sleep statistics on your Garmin Connect account.

Using Do Not Disturb Mode

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

NOTE: You can set your normal sleep hours in the user settings on your Garmin Connect account. You can enable the During Sleep option in the system settings to automatically enter do not disturb mode during your normal sleep hours (*System Settings*, page 50).

NOTE: You can add options to the controls menu (*Customizing the Controls Menu*, page 46).

1 Hold **CTRL**.

2 Select .

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 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 Instinct Solar device calculates intensity minutes by comparing your heart rate data 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.
- Wear your device all day and night for the most accurate resting heart rate.

Garmin 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. For more detail and accuracy, you can record a timed activity on your device.

Activity Tracking Settings

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

Status: Turns off the activity tracking features.

Move Alert: Displays a message and the move bar on the digital watch face and steps screen. The device also beeps or vibrates if audible tones are turned on (*System Settings*, page 50).

Goal Alerts: Allows you to turn on and off goal alerts, or turn them off only during activities. Goal alerts appear for your daily steps goal, daily floors climbed goal, and weekly intensity minutes goal.

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

Sleep Pulse Ox: Sets your device to record pulse oximeter readings while you are inactive during the day or continuously while you sleep.

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 **MENU**.

2 Select **Settings** > **Activity Tracking** > **Status** > **Off**.

Workouts

You can create custom workouts that include goals for each workout step and for varied distances, times, and calories. During your activity, you can view workout-specific data screens that contain workout step information, such as the workout step distance or average step pace.

Your device includes several preloaded workouts for multiple activities. You can create and find more workouts using Garmin Connect, or select a training plan that has built-in workouts and transfer them to your device.

You can schedule workouts using Garmin Connect. You can plan workouts in advance and store them on your device.

Following a Workout From Garmin Connect

Before you can download a workout from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect*, page 29).

1. Select an option:
   - Open the Garmin Connect app.
   - Go to connect.garmin.com.
2. Select **Training** > **Workouts**.
3. Find a workout, or create and save a new workout.
4. Select or **Send to Device**.
5. Follow the on-screen instructions.

Starting a Workout

Before you can start a workout, you must download a workout from your Garmin Connect account.

1. From the watch face, press **GPS**.
2. Select an activity.
3. Hold **MENU**.
4. Select **Training** > **My Workouts**.
5. Select a workout.

   NOTE: Only workouts that are compatible with the selected activity appear in the list.
6. Select **Do Workout**.
7. Press **GPS** to start the activity timer.

After you begin a workout, the device displays each step of the workout, step notes (optional), the target (optional), and the current workout data.

About the Training Calendar

The training calendar on your device is an extension of the training calendar or schedule you set up in Garmin Connect. After you have added a few workouts to the Garmin Connect calendar, you can send them to your device. All scheduled workouts sent to the device appear in the calendar widget. When you select a day in the calendar, you can view or do the workout. The scheduled workout stays on your device whether you complete it or skip it. When you send scheduled workouts from Garmin Connect, they overwrite the existing training calendar.

Using Garmin Connect Training Plans

Before you can download and use a training plan from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect*, page 29), and you must pair the Instinct device with a compatible smartphone.

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

Interval Workouts

You can create interval workouts based on distance or time. The device saves your custom interval workout until you create another interval workout. You can use open intervals for track workouts and when you are running a known distance.

Creating an Interval Workout

1. From the watch face, press **GPS**.
2. Select an activity.
3. Hold **MENU**.
4. Select **Training** > **Intervals** > **Edit** > **Interval** > **Type**.
5. Select **Distance**, **Time**, or **Open**.

   TIP: You can create an open-ended interval by selecting the Open option.
6. If necessary, select **Duration**, enter a distance or time interval value for the workout, and select ✓.
7. Press **BACK**.
8. Select **Rest** > **Type**.
9. Select **Distance**, **Time**, or **Open**.
10. If necessary, enter a distance or time value for the rest interval, and select ✓.
11. Press **BACK**.
12. Select one or more options:
    - To set the number of repetitions, select **Repeat**.
    - To add an open-ended warm up to your workout, select **Warm Up** > **On**.
    - To add an open-ended cool down to your workout, select **Cool Down** > **On**.

Starting an Interval Workout

1. From the watch face, press **GPS**.
2. Select an activity.
3. Hold **MENU**.
4. Select **Training** > **Intervals** > **Do Workout**.
5. Press **GPS** to start the activity timer.
6. When your interval workout has a warm up, press **BACK** to begin the first interval.
7. Follow the on-screen instructions.

After you complete all of the intervals, a message appears.

Stopping an Interval Workout

- At any time, press **BACK** to stop the current interval or rest period and transition to the next interval or rest period.
- After all intervals and rest periods are complete, press **BACK** to end the interval workout and transition to a timer that can be used for cool down.
- At any time, press **GPS** to stop the activity timer. You can resume the timer or end the interval workout.

Using Virtual Partner®

Your Virtual Partner is a training tool designed to help you meet your goals. You can set a pace for the Virtual Partner and race against it.

NOTE: This feature is not available for all activities.

1. Hold **MENU**.
2. Select **Settings** > **Activities & Apps**.
3. Select an activity.
4. Select the activity settings.
5. Select **Data Screens** > **Add** > **Virtual Partner**.
6. Enter a pace or speed value.
7. Press **UP** or **DOWN** to change the location of the Virtual Partner screen (optional).
8. Start your activity (*Starting an Activity*, page 6).
9. Press **UP** or **DOWN** to scroll to the Virtual Partner screen and see who is leading.

Setting a Training Target

The training target feature works with the Virtual Partner feature so you can train toward a set distance, distance and time, distance and pace, or distance and speed goal. During your training activity, the device gives you real-time feedback about how close you are to achieving your training target.

1. From the watch face, press **GPS**.
2. Select an activity.
3. Hold **MENU**.
4. Select **Training** > **Set a Target**.
5. Select an option:
   - Select **Distance Only** to select a preset distance or enter a custom distance.
   - Select **Distance and Time** to select a distance and time target.
   - Select **Distance and Pace** or **Distance and Speed** to select a distance and pace or speed target.

   The training target screen appears and displays your estimated finish time. The estimated finish time is based on your current performance and the time remaining.
6. Press **GPS** to start the activity timer.

Cancelling a Training Target

1. During an activity, hold **MENU**.
2. Select **Cancel Target** > **Yes**.

Racing a Previous Activity

You can race a previously recorded or downloaded activity. This feature works with the Virtual Partner feature so you can see how far ahead or behind you are during the activity.

NOTE: This feature is not available for all activities.

1. From the watch face, press **GPS**.
2. Select an activity.
3. Hold **MENU**.
4. Select **Training** > **Race an Activity**.
5. Select an option:
   - Select **From History** to select a previously recorded activity from your device.
   - Select **Downloaded** to select an activity you downloaded from your Garmin Connect account.
6. Select the activity.

   The Virtual Partner screen appears indicating your estimated finish time.
7. Press **GPS** to start the activity timer.
8. After you complete your activity, press **GPS**, and select **Save**.

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. From the watch face, hold **MENU**.
2. Select **History** > **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. From the watch face, hold **MENU**.
2. Select **History** > **Records**.
3. Select a sport.
4. Select a record to restore.
5. Select **Previous** > **Yes**.

   NOTE: This does not delete any saved activities.

Clearing a Personal Record

1. From the watch face, hold **MENU**.
2. Select **History** > **Records**.
3. Select a sport.
4. Select a record to delete.
5. Select **Clear Record** > **Yes**.

   NOTE: This does not delete any saved activities.

Clearing All Personal Records

1. From the watch face, hold **MENU**.
2. Select **History** > **Records**.
3. Select a sport.
4. Select **Clear All Records** > **Yes**.
   The records are deleted for that sport only.
   NOTE: This does not delete any saved activities.

Clocks

Setting an Alarm

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

1. From any screen, hold **SET**.
2. Select **Alarms**.
3. Enter the alarm time.
4. Select **Repeat**, and select when the alarm should repeat (optional).
5. Select **Sounds**, and select a type of notification (optional).
6. Select **Backlight** > **On** to turn on the backlight with the alarm (optional).
7. Select **Label**, and select a description for the alarm (optional).

Starting the Countdown Timer

1. From any screen, hold **SET**.
2. Select **Timers**.
3. Enter the time.
4. If necessary, select an option to edit the timer:
   - To automatically restart the timer after it expires, press **UP** and select **Auto Restart** > **On**.
   - To select a type of notification, press **UP** and select **Sounds**.
5. Press **GPS** to start the timer.

Saving a Quick Timer

You can set up to ten separate quick timers.

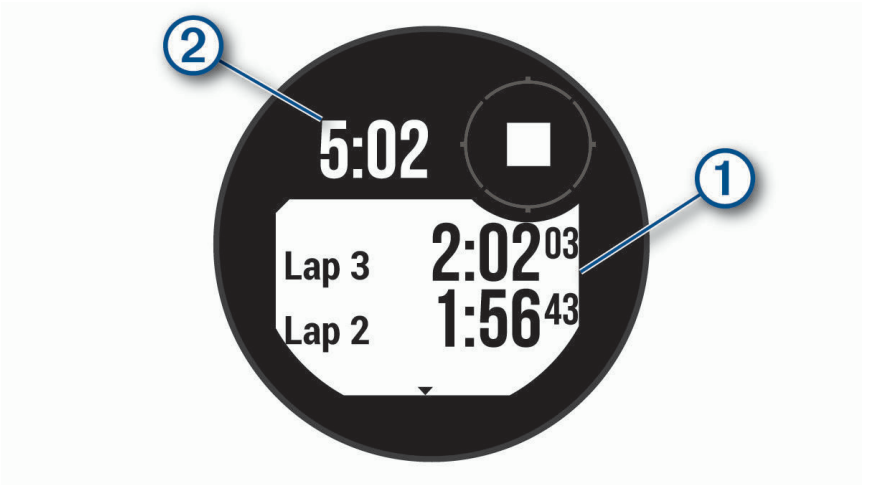
1. From any screen, hold **SET**.
2. Select **Timers**.
3. Select an option:
   - To save your first quick timer, enter the time, press **UP**, and select **Save**.
   - To save additional quick timers, select **Add Timer**, and enter the time.

Deleting a Timer

1. From any screen, hold **SET**.
2. Select **Timers**.
3. Select a timer.
4. Press **UP**.
5. Select **Delete**.

Using the Stopwatch

1 From any screen, hold **SET**.
2 Select **Stopwatch**.
3 Press **GPS** to start the timer.
4 Press **SET** to restart the lap timer ①.



The total stopwatch time ② continues running.
5 Press **GPS** to stop both timers.
6 Press **UP**, and select an option.

Syncing the Time with GPS

Each time you turn on the device and acquire satellites, the device 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 From any screen, hold **SET**.
2 Select **Set Time With GPS**.
3 Wait while the device locates satellites (*Acquiring Satellite Signals*, page 59).

Setting Alerts

1 From any screen, hold **SET**.
2 Select **Alerts**.
3 Select an option:
- To set an alert to sound a specific number of minutes or hours before the actual sunset occurs, select **Til Sunset** > **Status** > **On**, select **Time**, and enter the time.
- To set an alert to sound a specific number of minutes or hours before the actual sunrise occurs, select **Til Sunrise** > **Status** > **On**, select **Time**, and enter the time.
- To set an alert to sound when a storm approaches, select **Storm** > **On**, select **Rate**, and select the rate of pressure change.
- To set an alert to sound every hour, select **Hourly** > **On**.

Adding Alternate Time Zones

You can display the current time of day in additional time zones on the alternate time zones widget. You can add up to three alternate time zones.

NOTE: You may need to add the alternate time zones widget to the widget loop (*Customizing the Widget Loop*, page 38).

1. From the watch face, press **UP** or **DOWN** to view the alternate time zones widget.
2. Press **GPS**.
3. Select **Add Zone**.
4. Select a time zone.
5. If necessary, rename the time zone.

Navigation

Saving Your Location

You can save your current location to navigate back to it later.

1. From any screen, hold **GPS**.
2. Press **GPS**.
3. If necessary, press **DOWN** to edit location information.

Editing Your Saved Locations

You can delete a saved location or edit its name, elevation, and position information.

1. From the watch face, press **GPS**.
2. Select **Navigate** > **Saved Locations**.
3. Select a saved location.
4. Select an option to edit the location.

Viewing the Altimeter, Barometer, and Compass

The device contains internal altimeter, barometer, and compass sensors with automatic calibration.

1. From any screen, hold **ABC**.
2. Press **UP** or **DOWN** to view separate altimeter, barometer, and compass screens.

Projecting a Waypoint

You can create a new location by projecting the distance and bearing from your current location to a new location.

NOTE: You may need to add the Project Wpt. app to the activities and apps list.

1. From the watch face, press **GPS**.
2. Select **Project Wpt.**.
3. Press **UP** or **DOWN** to set the heading.
4. Press **GPS**.
5. Press **DOWN** to select a unit of measure.
6. Press **UP** to enter the distance.
7. Press **GPS** to save.

The projected waypoint is saved with a default name.

Navigating to a Destination

You can use your device to navigate to a destination or follow a course.

1. From the watch face, press **GPS**.
2. Select an activity.
3. Hold **MENU**.
4. Select **Navigation**.
5. Select a category.
6. Respond to the on-screen prompts to choose a destination.
7. Select **Go To**.
   Navigation information appears.
8. Press **GPS** to begin navigation.

Creating and Following a Course on Your Device

1. From the watch face, press **GPS**.
2. Select an activity.
3. Hold **MENU**.
4. Select **Navigation** > **Courses** > **Create New**.
5. Enter a name for the course, and select ✔.
6. Select **Add Location**.
7. Select an option.
8. If necessary, repeat steps 6 and 7.
9. Select **Done** > **Do Course**.
   Navigation information appears.
10. Press **GPS** to begin navigation.

Creating a Course on Garmin Connect

Before you can create a course on the Garmin Connect app, you must have a Garmin Connect account (*Garmin Connect*, page 29).

1. From the Garmin Connect app, select ☰ or •••.
2. Select **Training** > **Courses** > **Create Course**.
3. Select a course type.
4. Follow the on-screen instructions.
5. Select **Done**.
   NOTE: You can send this course to your device (*Sending a Course to Your Device*, page 23).

Sending a Course to Your Device

You can send a course you created using the Garmin Connect app to your device (*Creating a Course on Garmin Connect*, page 23).

1. From the Garmin Connect app, select ☰ or •••.
2. Select **Training** > **Courses**.
3. Select a course.
4. Select ⋮ > **Send to Device**.
5. Select your compatible device.
6. Follow the on-screen instructions.

Viewing or Editing Course Details

You can view or edit course details before you navigate a course.

1. From the watch face, press **GPS**.
2. Select an activity.
3. Hold **MENU**.
4. Select **Navigation** > **Courses**.
5. Press **GPS** to select a course.
6. Select an option:
   - To begin navigation, select **Do Course**.
   - To view the course on the map and pan or zoom the map, select **Map**.
   - To begin the course in reverse, select **Do Course in Reverse**.
   - To view an elevation plot of the course, select **Elevation Plot**.
   - To change the course name, select **Name**.
   - To edit the course path, select **Edit**.
   - To delete the course, select **Delete**.

Marking and Starting Navigation to a Man Overboard Location

You can save a man overboard (MOB) location, and automatically start navigation back to it.

TIP: You can customize the hold function of the keys to access the MOB function (*Customizing the Hot Keys*, page 51).

1. From the watch face, press **GPS**.
2. Select an activity.
3. Hold **MENU**.
4. Select **Navigation** > **Last MOB**.

   Navigation information appears.

Navigating with Sight 'N Go

You can point the device at an object in the distance, such as a water tower, lock in the direction, and then navigate to the object.

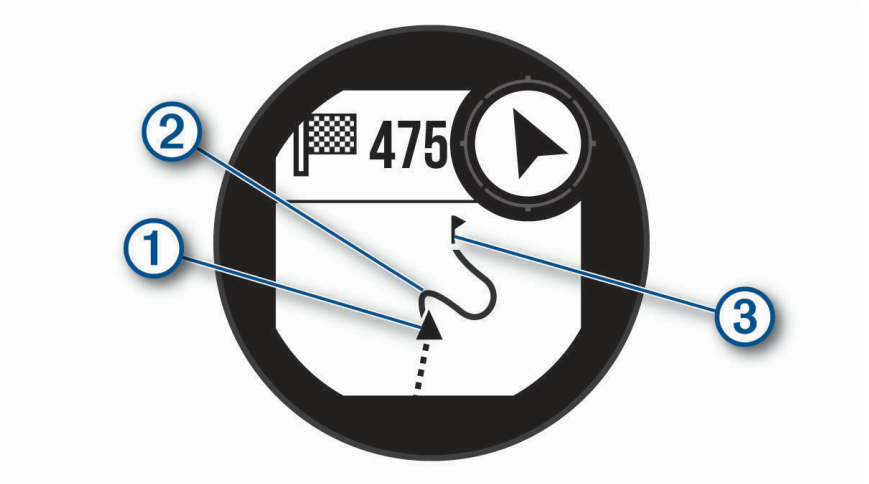
1. From the watch face, press **GPS**.
2. Select an activity.
3. Hold **MENU**.
4. Select **Navigation** > **Sight 'N Go**.
5. Point the top of the watch at an object, and press **GPS**.

   Navigation information appears.
6. Press **GPS** to begin navigation.

Navigating to Your Starting Point During an Activity

You can navigate back to the starting point of your current activity in a straight line or along the path you traveled. This feature is available only for activities that use GPS.

1. During an activity, select **GPS** > **Back to Start**.
2. Select an option:
   - To navigate back to the starting point of your activity along the path you traveled, select **TracBack**.
   - To navigate back to the starting point of your activity in a straight line, select **Straight Line**.



Your current location ①, the track to follow ②, and your destination ③ appear on the map.

Navigating to the Starting Point of a Saved Activity

You can navigate back to the starting point of a saved activity in a straight line or along the path you traveled. This feature is available only for activities that use GPS.

1. From the watch face, press **GPS**.
2. Select an activity.
3. Hold **MENU**.
4. Select **Navigation** > **Activities**.
5. Select an activity.
6. Select **Back to Start**, and select an option:
   - To navigate back to the starting point of your activity along the path you traveled, select **TracBack**.
   - To navigate back to the starting point of your activity in a straight line, select **Straight Line**.

   A line appears on the map from your current location to the starting point of the last saved activity.

   NOTE: You can start the timer to prevent the device from timing out to watch mode.
7. Press **DOWN** to view the compass (optional).

   The arrow points toward your starting point.

Stopping Navigation

1. During an activity, hold **MENU**.
2. Select **Stop Navigation**.

Calculating the Size of an Area

Before you can calculate the size of an area, you must acquire satellites.

1. From the watch face, press **GPS**.
2. Select **Area Calc.**.
3. Walk around the perimeter of the area.

   TIP: You can hold MENU, and select Pan/Zoom to adjust the map (*Panning and Zooming the Map*, page 26).
4. Press **GPS** to calculate the area.
5. Select an option:
   - To exit without saving, select **Done**.
   - To convert measurements of the area to a different unit of measure, select **Change Units**.
   - To save, select **Save Activity**.

Map

▲ represents your location on the map. Location names and symbols appear on the map. When you are navigating to a destination, your route is marked with a line on the map.

- Map navigation (*Panning and Zooming the Map*, page 26)
- Map settings (*Map Settings*, page 48)

Panning and Zooming the Map

1. While navigating, press **UP** or **DOWN** to view the map.
2. Hold **MENU**.
3. Select **Pan/Zoom**.
4. Select an option:
   - To toggle between panning up and down, panning left and right, or zooming, press **GPS**.
   - To pan or zoom the map, press **UP** and **DOWN**.
   - To quit, press **BACK**.

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. You can change the compass settings manually (*Compass Settings*, page 46). To open the compass settings quickly, you can press GPS from the compass widget.

Altimeter and Barometer

The device contains an internal altimeter and barometer. The device collects elevation and pressure data continuously, even in low-power mode. The altimeter displays your approximate elevation based on pressure changes. The barometer displays environmental pressure data based on the fixed elevation where the altimeter was most recently calibrated (*Altimeter Settings*, page 47). You can press GPS from the altimeter or barometer widgets to open the altimeter or barometer settings quickly.

History

History includes time, distance, calories, average pace or speed, lap data, and optional sensor information.

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

Using History

History contains previous activities you have saved on your device.

1. Hold **MENU**.
2. Select **History** > **Activities**.
3. Select an activity.
4. Select an option:
   - To view additional information about the activity, select **Details**.
   - To select a lap and view additional information about each lap, select **Laps**.
   - To select an interval and view additional information about each interval, select **Intervals**.
   - To select an exercise set and view additional information about each set, select **Sets**.
   - To view the activity on a map, select **Map**.
   - To view your time in each heart rate zone, select **Time in Zone** (*Viewing Your Time in Each Heart Rate Zone*, page 27).
   - To view an elevation plot of the activity, select **Elevation Plot**.
   - To delete the selected activity, select **Delete**.

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. From the watch face, hold **MENU**.
2. Select **History** > **Activities**.
3. Select an activity.
4. Select **Time in Zone**.

Viewing Data Totals

You can view the accumulated distance and time data saved to your device.

1. From the watch face, hold **MENU**.
2. Select **History** > **Totals**.
3. If necessary, select an activity.
4. Select an option to view weekly or monthly totals.

Using the Odometer

The odometer automatically records the total distance traveled, elevation gained, and time in activities.

1. From the watch face, hold **MENU**.
2. Select **History** > **Totals** > **Odometer**.
3. Press **UP** or **DOWN** to view odometer totals.

Syncing Activities

You can sync activities from other Garmin devices to your Instinct Solar device using your Garmin Connect account. For example, you can record a ride with an Edge® device, and view your activity details on your Instinct Solar device.

1. Hold **MENU**.
2. Select **History** > **Options** > **TrueUp** > **On**.

When you sync your device with your smartphone, recent activities from your other Garmin devices appear on your Instinct Solar device.

Deleting History

1. From the watch face, hold **MENU**.
2. Select **History** > **Options**.
3. 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.

Connected Features

Connected features are available for your Instinct device when you connect the device to a compatible smartphone using Bluetooth technology. Some features require you to install the Garmin Connect app on the connected smartphone. Go to www.garmin.com/apps for more information.

Phone notifications: Displays phone notifications and messages on your Instinct 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.

Weather: Allows you to view current weather conditions and weather forecasts.

Bluetooth sensors: Allows you to connect Bluetooth compatible sensors, such as a heart rate monitor.

Find my phone: Locates your lost smartphone that is paired with your Instinct device and currently within range.

Find my device: Locates your lost Instinct device that is paired with your smarphone and currently within range.

Enabling Bluetooth Notifications

Before you can enable notifications, you must pair the Instinct device with a compatible mobile device (*Pairing Your Smartphone with Your Device*, page 4).

1. From the watch face, hold **MENU**.
2. Select **Settings** > **Phone** > **Smart Notifications** > **Status** > **On**.
3. Select **During Activity**.
4. Select a notification preference.
5. Select a sound preference.
6. Select **Not During Activity**.
7. Select a notification preference.
8. Select a sound preference.
9. Select **Timeout**.
10. Select the amount of time the alert for a new notification appears on the screen.

Viewing Notifications

1. From the watch face, press **UP** or **DOWN** to view the notifications widget.
2. Press **GPS**.
3. Select a notification.
4. Press **DOWN** for more options.
5. Press **BACK** to return to the previous screen.

Managing Notifications

You can use your compatible smartphone to manage notifications that appear on your Instinct Solar device.

Select an option:

- If you are using an iPhone® device, go to the iOS® notifications settings to select the items to show on the device.
- If you are using an Android™ smartphone, from the Garmin Connect app, select **Settings** > **Notifications**.

Turning Off the Bluetooth Smartphone Connection

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

NOTE: You can add options to the controls menu (*Customizing the Controls Menu*, page 46).

1. Hold **CTRL** to view the controls menu.
2. Select to turn off the Bluetooth smartphone connection on your Instinct device.

   Refer to the owner's manual for your mobile device to turn off Bluetooth technology on your mobile device.

Turning On and Off Smartphone Connection Alerts

You can set the Instinct Solar device to alert you when your paired smartphone connects and disconnects using Bluetooth technology.

NOTE: Smartphone connection alerts are turned off by default.

1. Hold **MENU**.
2. Select **Settings** > **Phone** > **Alerts**.

Locating a Lost Mobile Device

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

NOTE: You can add options to the controls menu (*Customizing the Controls Menu*, page 46).

1. Hold **CTRL** to view the controls menu.
2. Select .

   The Instinct device begins searching for your paired mobile device. An audible alert sounds on your mobile device, and the Bluetooth signal strength appears on the Instinct device screen. The Bluetooth signal strength increases as you move closer to your mobile device.
3. Press **BACK** to stop searching.

Garmin Connect

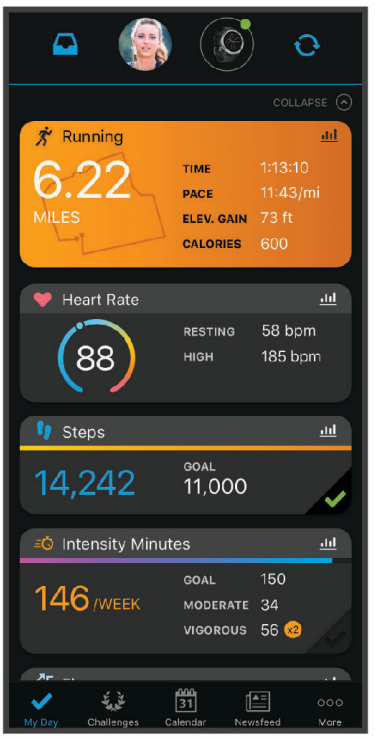
You can connect with your friends on your Garmin Connect account. Your Garmin Connect account gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, rides, swims, hikes, and more.

You can create your free Garmin Connect account when you pair your device with your phone using the Garmin Connect app, or you can go to connect.garmin.com.

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

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 activity, including time, distance, heart rate, calories burned, and customizable reports.



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.

Updating the Software Using the Garmin Connect App

Before you can update your device software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the device with a compatible smartphone (*Pairing Your Smartphone with Your Device*, page 4).

Sync your device with the Garmin Connect app (*Manually Syncing Data with Garmin Connect*, page 31).

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

Updating the Software Using Garmin Express

Before you can update your device software, you must download and install the Garmin Express application and add your device (*Using Garmin Connect on Your Computer*, page 31).

1 Connect the device to your computer using the USB cable.

When new software is available, the Garmin Express application sends it to your device.

2 After the Garmin Express application finishes sending the update, disconnect the device from your computer.

Your device installs the update.

Using Garmin Connect on Your Computer

The Garmin Express application connects your device 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 device.

1. Connect the device to your computer using the USB cable.
2. Go to www.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.

Manually Syncing Data with Garmin Connect

NOTE: You can add options to the controls menu (*Customizing the Controls Menu*, page 46).

1. Hold **CTRL** to view the controls menu.
2. Select .

Garmin Explore™

The Garmin Explore website and mobile app allow you to plan trips and use cloud storage for your waypoints, routes, and tracks. They offer advanced planning both online and offline, allowing you to share and sync data with your compatible Garmin device. You can use the mobile app to download maps for offline access, and then navigate anywhere without using your cellular service.

You can download the Garmin Explore app from the app store on your smartphone, or you can go to explore.garmin.com.

Heart Rate Features

The Instinct Solar device 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 widget. If both wrist-based heart rate and chest heart rate data are available when you start an activity, your device uses the chest heart rate data.

Using the Stress Level Widget

The stress level widget displays your current stress level and a graph of your stress level for the last several hours. It can also guide you through a breathing activity to help you relax.

1 While you are sitting or inactive, press **UP** or **DOWN** from the watch face to view the stress level widget.

2 Wait until the device begins the stress level reading.

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.

3 Press **GPS** to view a graph of your stress level for the last 2.5 hours.

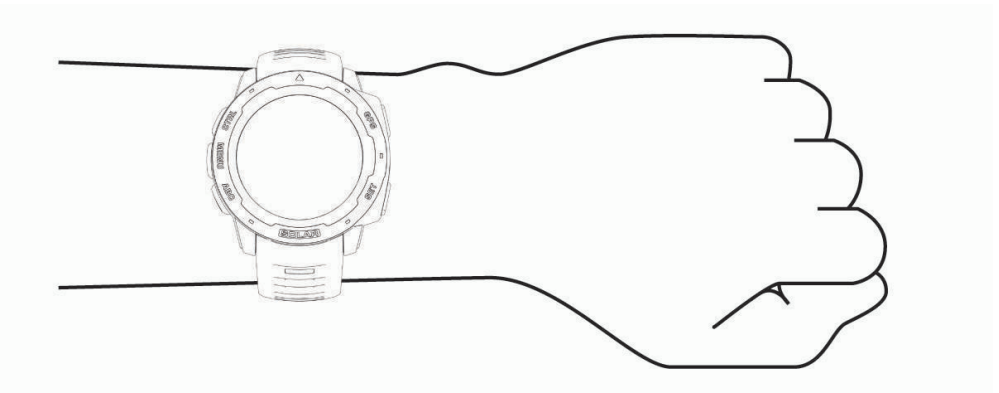
4 To start a breathing activity, press **DOWN** > **GPS**, and enter a duration for the breathing activity in minutes.

Wrist-based Heart Rate

Wearing the Device

- Wear the device above your wrist bone.

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



  NOTE: The optical sensor is located on the back of the device.
- See *Tips for Erratic Heart Rate Data*, page 33 for more information about wrist-based heart rate.
- See *Tips for Erratic Pulse Oximeter Data*, page 36 for more information about the pulse oximeter sensor.
- For more information about accuracy, go to garmin.com/ataccuracy.
- For more information about device wear and care, go to www.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 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.

Viewing the Heart Rate Widget

The widget displays your current heart rate in beats per minute (bpm) and a graph of your heart rate for the last 4 hours.

1. From the watch face, select **UP** or **DOWN** to view the heart rate widget.
   NOTE: You may need to add the widget to your widget loop (*Customizing the Widget Loop*, page 38).
2. Select **GPS** to view your average resting heart rate values for the last 7 days.

Broadcasting Heart Rate Data to Garmin Devices

You can broadcast your heart rate data from your Instinct Solar device and view it on paired Garmin devices.

NOTE: Broadcasting heart rate data decreases battery life.

1. From the heart rate widget, hold **MENU**.
2. Select **Heart Rate Options** > **Broadcast Heart Rate**.
   The Instinct Solar device starts broadcasting your heart rate data, and ♥ appears.
   NOTE: You can view only the heart rate widget while broadcasting heart rate data from the heart rate widget.
3. Pair your Instinct Solar device with your Garmin ANT+® compatible device.
   NOTE: The pairing instructions differ for each Garmin compatible device. See your owner's manual.
   TIP: To stop broadcasting your heart rate data, press any button, and select Yes.

Broadcasting Heart Rate Data During an Activity

You can set up your Instinct Solar device to broadcast your heart rate data automatically when you begin an activity. 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. From the heart rate widget, hold **MENU**.
2. Select **Heart Rate Options** > **Broadcast During Activity**.
3. Begin an activity (*Starting an Activity*, page 6).

   The Instinct Solar device starts broadcasting your heart rate data in the background.

   NOTE: There is no indication that the device is broadcasting your heart rate data during an activity.
4. Pair your Instinct Solar device with your Garmin ANT+ compatible device.

   NOTE: The pairing instructions differ for each Garmin compatible device. See your owner's manual.

   TIP: To stop broadcasting your heart rate data, stop the activity (*Stopping an Activity*, page 6).

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 a period of inactivity. 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.

You can set the heart rate threshold value.

1. From the heart rate widget, hold **MENU**.
2. Select **Heart Rate Options** > **Abnormal Heart Rate Alerts**.
3. Select **High Alert** or **Low Alert**.
4. Set the heart rate threshold value.

Each time your heart rate exceeds or drops below the threshold value, a message appears and the device vibrates.

Turning Off the Wrist-based Heart Rate Monitor

The default value for the Wrist 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.

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

1. From the heart rate widget, hold **MENU**.
2. Select **Heart Rate Options** > **Status** > **Off**.

Body Battery™

Your device 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 0 to 100, where 0 to 25 is low reserve energy, 26 to 50 is medium reserve energy, 51 to 75 is high reserve energy, and 76 to 100 is very high reserve energy.

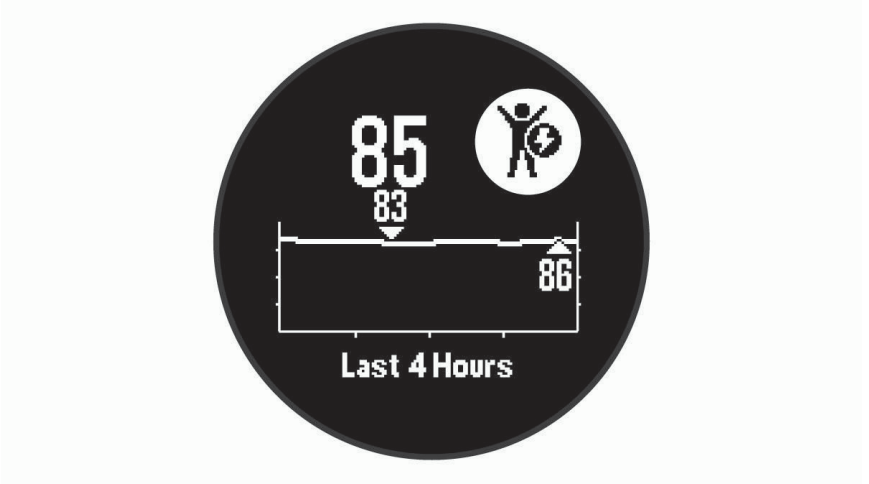
You can sync your device with your Garmin Connect account to view your most up-to-date Body Battery level, long-term trends, and additional details (*Tips for Improved Body Battery Data*, page 36).

Viewing the Body Battery Widget

The Body Battery widget displays your current Body Battery level and a graph of your Body Battery level for the last several hours.

1 Press **UP** or **DOWN** to view the Body Battery widget.

NOTE: You may need to add the widget to your widget loop (*Customizing the Widget Loop*, page 38).



2 Press **GPS** to view a combined graph of your Body Battery and stress levels.

3 Press **DOWN** to see your Body Battery data since midnight.

Tips for Improved Body Battery Data

- Your Body Battery level updates when you sync your device with your Garmin Connect account.
- For more accurate results, wear the device while sleeping.
- Rest and good sleep charge your Body Battery.
- Strenuous activity, high stress, and poor sleep can cause your Body Battery to drain.
- Food intake, as well as stimulants like caffeine, has no impact on your Body Battery.

Pulse Oximeter

The Instinct Solar device has a wrist-based pulse oximeter to gauge the saturation of oxygen in your blood. Knowing your oxygen saturation can help you determine how your body is adapting to exercise and stress. Your device gauges your blood oxygen level by shining light into the skin and checking how much light is absorbed. This is referred to as SpO_2.

On the device, your pulse oximeter readings appear as an SpO_2 percentage. On your Garmin Connect account, you can view additional details about your pulse oximeter readings, including trends over multiple days (*Turning On Pulse Oximeter Sleep Tracking*, page 36). For more information on pulse oximeter accuracy, go to garmin.com/ataccuracy.

Getting Pulse Oximeter Readings

You can manually begin a pulse oximeter reading by viewing the pulse oximeter widget. The widget displays your most recent blood oxygen saturation percentage.

1. While you are sitting or inactive, press **UP** or **DOWN** to view the pulse oximeter widget.
2. Wait until the device begins the pulse oximeter reading.
3. Remain motionless for up to 30 seconds.

   NOTE: If you are too active for the watch to get a pulse oximeter reading, a message appears instead of a percentage. You can check again after several minutes of inactivity. For best results, hold the arm wearing the device at heart level while the device reads your blood oxygen saturation.

Turning On Pulse Oximeter Sleep Tracking

You can set your device to continuously measure your blood oxygen saturation while you sleep.

NOTE: Unusual sleep positions can cause abnormally low sleep-time SpO2 readings.

1. From the pulse oximeter widget, hold **MENU**.
2. Select **Sleep Pulse Ox** > **On**.

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

Customizing Your Device

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 (*Customizing the Widget Loop*, page 38).

ABC: Displays combined altimeter, barometer, and compass information.

Alternate time zones: Displays the current time of day in additional time zones.

Body Battery: With all day wear, displays your current Body Battery level and a graph of your level for the last several hours.

Calendar: Displays upcoming meetings from your smartphone calendar.

Calories: Displays your calorie information for the current day.

Dog tracking: Displays your dog's location information when you have a compatible dog tracking device paired with your Instinct device.

Floors climbed: Tracks your floors climbed and progress toward your goal.

Heart rate: Displays your current heart rate in beats per minute (bpm) and a graph of your average resting heart rate (RHR).

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

inReach® controls: Allows you to send messages on your paired inReach device.

Last activity: Displays a brief summary of your last recorded activity, such as your last run, last ride, or last swim.

Last sport: Displays a brief summary of your last recorded sport.

Moon Phase: Displays the moonrise and moonset times, along with the moon phase, based on your GPS position.

Music controls: Provides music player controls for your smartphone.

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

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

Pulse oximeter: Allows you to take a manual pulse oximeter reading.

Solar intensity: Displays a graph of the intensity of solar input for the last 6 hours.

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.

Sunrise and sunset: Displays sunrise, sunset, and civil twilight times.

VIRB controls: Provides camera controls when you have a VIRB device paired with your Instinct device.

Weather: Displays the current temperature and weather forecast.

Xero® device: Displays laser location information when you have a compatible Xero device paired with your Instinct device.

Customizing the Widget Loop

You can change the order of widgets in the widget loop, remove widgets, and add new widgets.

1. From the watch face, hold **MENU**.
2. Select **Settings** > **Widgets**.
3. Select a widget.
4. Select an option:
   - Select **Reorder** to change the location of the widget in the widget loop.
   - Select **Remove** to remove the widget from the widget loop.
5. Select **Add Widgets**.
6. Select a widget.

   The widget is added to the widget loop.

inReach Remote

The inReach remote function allows you to control your inReach device using your Instinct device. Go to buy.garmin.com to purchase an inReach device.

Using the inReach Remote

Before you can use the inReach remote function, you must add the inReach widget to the widget loop (*Customizing the Widget Loop*, page 38).

1. Turn on the inReach device.
2. On your Instinct watch, press **UP** or **DOWN** from the watch face to view the inReach widget.
3. Press **GPS** to search for your inReach device.
4. Press **GPS** to pair your inReach device.
5. Press **GPS**, and select an option:
   - To send an SOS message, select **Initiate SOS**.

     NOTE: You should only use the SOS function in a real emergency situation.
   - To send a text message, select **Messages** > **New Message**, select the message contacts, and enter the message text or select a quick text option.
   - To send a preset message, select **Send Preset**, and select a message from the list.
   - To view the timer and distance traveled during an activity, select **Tracking**.

VIRB Remote

The VIRB remote function allows you to control your VIRB action camera using your device. Go to 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.

1. Turn on your VIRB camera.
2. Pair your VIRB camera with your Instinct watch (*Pairing Your Wireless Sensors*, page 52).
   The VIRB widget is automatically added to the widget loop.
3. Press **UP** or **DOWN** from the watch face to view the VIRB widget.
4. If necessary, wait while your watch connects to your camera.
5. Select an option:
   - To record video, select **Start Recording**.
     The video counter appears on the Instinct screen.
   - To take a photo while recording video, press **DOWN**.
   - To stop recording video, press **GPS**.
   - To take a photo, select **Take Photo**.
   - To take multiple photos in burst mode, select **Take Burst**.
   - To send the camera to sleep mode, select **Sleep Camera**.
   - To wake the camera from sleep mode, select **Wake Camera**.
   - To change video and photo settings, select **Settings**.

Controlling a VIRB Action Camera During an Activity

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.

1. Turn on your VIRB camera.
2. Pair your VIRB camera with your Instinct watch (*Pairing Your Wireless Sensors*, page 52).
   When the camera is paired, a VIRB data screen is automatically added to activities.
3. During an activity, press **UP** or **DOWN** to view the VIRB data screen.
4. If necessary, wait while your watch connects to your camera.
5. Hold **MENU**.
6. Select **VIRB Remote**.
7. Select an option:
   - To control the camera using the activity timer, select **Settings** > **Recording Mode** > **Timer Start/Stop**.
     NOTE: Video recording automatically starts and stops when you start and stop an activity.
   - To control the camera using the menu options, select **Settings** > **Recording Mode** > **Manual**.
   - To manually record video, select **Start Recording**.
     The video counter appears on the Instinct screen.
   - To take a photo while recording video, press **DOWN**.
   - To manually stop recording video, press **GPS**.
   - To take multiple photos in burst mode, select **Take Burst**.
   - To send the camera to sleep mode, select **Sleep Camera**.
   - To wake the camera from sleep mode, select **Wake Camera**.

Activities and App Settings

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

Hold **MENU**, select **Settings** > **Activities & Apps**, select an activity, and select the activity settings.

3D Distance: Calculates your distance traveled using your elevation change and your horizontal movement over ground.

3D Speed: Calculates your speed using your elevation change and your horizontal movement over ground (*3D Speed and Distance*, page 44).

Alerts: Sets the training or navigation alerts for the activity.

Auto Climb: Enables the device to detect elevation changes automatically using the built-in altimeter.

Auto Lap: Sets the options for the Auto Lap® feature (*Auto Lap*, page 43).

Auto Pause: Sets the device to stop recording data when you stop moving or when you drop below a specified speed (*Enabling Auto Pause®*, page 43).

Auto Rest: Enables the device to automatically detect when you are resting during a pool swim and create a rest interval (*Auto Rest*, page 11).

Auto Run: Enables the device to detect ski runs automatically using the built-in accelerometer.

Auto Scroll: Enables you to move through all of the activity data screens automatically while the timer is running (*Using Auto Scroll*, page 44).

Background Color: Sets the background color of each activity to black or white.

Countdown Start: Enables a countdown timer for pool swimming intervals.

Data Screens: Enables you to customize data screens and add new data screens for the activity (*Customizing the Data Screens*, page 41).

GPS: Sets the mode for the GPS antenna. Using the GPS + GLONASS or GPS + GALILEO options provides increased performance in challenging environments and faster position acquisition. Using the GPS and another satellite together can reduce battery life more than using the GPS option only. Using the UltraTrac option records track points and sensor data less frequently (*UltraTrac*, page 45).

Lap Key: Enables you to record a lap, set, or a rest during the activity (*Turning On and Off the Lap Key*, page 44).

Metronome: Plays tones at a steady rhythm to help you improve your performance by training at a faster, slower, or more consistent cadence (*Using the Metronome*, page 9).

Pool Size: Sets the pool length for pool swimming.

Power Mode: Sets the default power mode for the activity.

Power Save Timeout: Sets the power-save timeout options for the activity (*Power Save Timeout Settings*, page 45).

Record After Sunset: Sets the device to record track points after sunset during an expedition.

Recording Interval: Sets the frequency for recording track points during an expedition (*Changing the Track Point Recording Interval*, page 9).

Rename: Sets the activity name.

Restore Defaults: Allows you to reset the activity settings.

Stroke Detect.: Enables stroke detection for pool swimming.

Customizing the Data Screens

You can show, hide, and change the layout and content of data screens for each activity.

1. Hold **MENU**.
2. Select **Settings** > **Activities & Apps**.
3. Select the activity to customize.
4. Select the activity settings.
5. Select **Data Screens**.
6. Select a data screen to customize.
7. Select an option:
   - Select **Layout** to adjust the number of data fields on the data screen.
   - Select a field to change the data that appears in the field.
   - Select **Reorder** to change the location of the data screen in the loop.
   - Select **Remove** to remove the data screen from the loop.
8. If necessary, select **Add** to add a data screen to the loop.
   You can add a custom data screen, or select one of the predefined data screens.

Adding a Map to an Activity

You can add the map to the data screens loop for an activity.

1. Hold **MENU**.
2. Select **Settings** > **Activities & Apps**.
3. Select the activity to customize.
4. Select the activity settings.
5. Select **Data Screens** > **Add** > **Map**.

Alerts

You can set alerts for each activity, which can help you to train toward specific goals, to increase your awareness of your environment, and to navigate to your destination. Some alerts are available only for specific activities. 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 device to alert you when you reach a specified elevation.

Range alert: A range alert notifies you each time 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 60 beats per minute (bpm) and over 210 bpm.

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.

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.
Elevation	Range	You can set minimum and maximum elevation values.
Heart Rate	Range	You can set minimum and maximum heart rate values or select zone changes. See *About Heart Rate Zones*, page 12 and *Heart Rate Zone Calculations*, page 13.
Pace	Range	You can set minimum and maximum pace values.
Proximity	Event	You can set a radius from a saved location.
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. Hold **MENU**.
2. Select **Settings** > **Activities & Apps**.
3. Select an activity.

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

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

Auto Lap

Marking Laps by Distance

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

1. Hold **MENU**.
2. Select **Settings** > **Activities & Apps**.
3. Select an activity.

   NOTE: This feature is not available for all activities.
4. Select the activity settings.
5. Select **Auto Lap**.
6. Select an option:
   - Select **Auto Lap** to turn Auto Lap on or off.
   - Select **Auto Distance** to adjust the distance between laps.

Each time you complete a lap, a message appears that displays the time for that lap. The device also beeps or vibrates if audible tones are turned on (*System Settings*, page 50).

If necessary, you can customize the data pages to display additional lap data (*Customizing the Data Screens*, page 41).

Customizing the Lap Alert Message

You can customize one or two data fields that appear in the lap alert message.

1. Hold **MENU**.
2. Select **Settings** > **Activities & Apps**.
3. Select an activity.

   NOTE: This feature is not available for all activities.
4. Select the activity settings.
5. Select **Auto Lap** > **Lap Alert**.
6. Select a data field to change it.
7. Select **Preview** (optional).

Enabling Auto Pause®

You can use the Auto Pause feature to pause the timer automatically when you stop moving. This feature is helpful if your activity includes stop lights or other places where you must stop.

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

1. Hold **MENU**.
2. Select **Settings** > **Activities & Apps**.
3. Select an activity.

   NOTE: This feature is not available for all activities.
4. Select the activity settings.
5. Select **Auto Pause**.
6. Select an option:
   - To pause the timer automatically when you stop moving, select **When Stopped**.
   - To pause the timer automatically when your pace or speed drops below a specified level, select **Custom**.

Enabling Auto Climb

You can use the auto climb feature to detect elevation changes automatically. You can use it during activities such as climbing, hiking, running, or biking.

1. Hold **MENU**.
2. Select **Settings** > **Activities & Apps**.
3. Select an activity.

   NOTE: This feature is not available for all activities.
4. Select the activity settings.
5. Select **Auto Climb** > **Status** > **On**.
6. Select an option:
   - Select **Run Screen** to identify which data screen appears while running.
   - Select **Climb Screen** to identify which data screen appears while climbing.
   - Select **Invert Colors** to reverse the display colors when changing modes.
   - Select **Vertical Speed** to set the rate of ascent over time.
   - Select **Mode Switch** to set how quickly the device changes modes.

3D Speed and Distance

You can set 3D speed and distance to calculate your speed or distance using both your elevation change and your horizontal movement over ground. You can use it during activities such as skiing, climbing, navigating, hiking, running, or biking.

Turning On and Off the Lap Key

You can turn on the Lap Key setting to record a lap or a rest during an activity using BACK. You can turn off the Lap Key setting to avoid recording laps due to accidental key presses during an activity.

1. Hold **MENU**.
2. Select **Settings** > **Activities & Apps**.
3. Select an activity.
4. Select the activity settings.
5. Select **Lap Key**.

   The lap key status changes to On or Off based on the current setting.

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. Hold **MENU**.
2. Select **Settings** > **Activities & Apps**.
3. Select an activity.

   NOTE: This feature is not available for all activities.
4. Select the activity settings.
5. Select **Auto Scroll**.
6. Select a display speed.

Changing the GPS Setting

For more information about GPS, go to www.garmin.com/aboutGPS.

1. Hold **MENU**.
2. Select **Settings** > **Activities & Apps**.
3. Select the activity to customize.
4. Select the activity settings.
5. Select **GPS**.
6. Select an option:
   - Select **Off** to disable GPS for the activity.
   - Select **Normal (GPS Only)** to enable the GPS satellite system.
   - Select **GPS + GLONASS** (Russian satellite system) for more accurate position information in situations with poor sky visibility.
   - Select **GPS + GALILEO** (European Union satellite system) for more accurate position information in situations with poor sky visibility.
   - Select **UltraTrac** to record track points and sensor data less frequently (*UltraTrac*, page 45).

   NOTE: Using GPS and another satellite together can reduce battery life more quickly than using GPS only (*GPS and Other Satellite Systems*, page 45).

GPS and Other Satellite Systems

Using GPS and another satellite system together offers increased performance in challenging environments and faster position acquisition than using GPS only. However, using multiple systems can reduce battery life more quickly than using GPS only.

Your device can use these Global Navigation Satellite Systems (GNSS).

GPS: A satellite constellation built by the United States.

GLONASS: A satellite constellation built by Russia.

GALILEO: A satellite constellation built by the European Space Agency.

UltraTrac

The UltraTrac feature is a GPS setting that records track points and sensor data less frequently. Enabling the UltraTrac feature increases battery life but decreases the quality of recorded activities. You should use the UltraTrac feature for activities that demand longer battery life and for which frequent sensor data updates are less important.

Power Save Timeout Settings

The timeout settings affect how long your device stays in training mode, for example, when you are waiting for a race to start. Hold **MENU**, select **Settings** > **Activities & Apps**, select an activity, and select the activity settings. Select **Power Save Timeout** to adjust the timeout settings for the activity.

Normal: Sets the device to enter low-power watch mode after 5 minutes of inactivity.

Extended: Sets the device to enter low-power watch mode after 25 minutes of inactivity. The extended mode can result in shorter battery life between charges.

Customizing Your Activity List

1. From the watch face, hold **MENU**.
2. Select **Settings** > **Activities & Apps**.
3. Select an option:
   - Select an activity to customize the settings, set the activity as a favorite, change the order of appearance, and more.
   - Select **Add** to add more activities or create custom activities.

Removing an Activity or App

1. From the watch face, hold **MENU**.
2. Select **Settings** > **Activities & Apps**.
3. Select an activity.
4. Select an option:
   - To remove an activity from your list of favorites, select **Remove from Favorites**.
   - To delete the activity from the apps list, select **Remove**.

Customizing the Controls Menu

You can add, remove, and change the order of the shortcut menu options in the controls menu (*Viewing the Controls Menu*, page 3).

1. From the watch face, hold **MENU**.
2. Select **Settings** > **Controls**.
3. Select a shortcut to customize.
4. Select an option:
   - Select **Reorder** to change the location of the shortcut in the controls menu.
   - Select **Remove** to remove the shortcut from the controls menu.
5. If necessary, select **Add New** to add an additional shortcut to the controls menu.

Customizing the Watch Face

You can customize the watch face information and appearance.

1. From the watch face, hold **MENU**.
2. Select **Watch Face**.
3. Press **UP** or **DOWN** to preview the watch face options.
4. Press **GPS**.
5. Select an option:
   - To activate the watch face, select **Apply**.
   - To customize the data that appears on the watch face, select **Customize**, press **UP** or **DOWN** to preview the options, and press **GPS**.

Sensors Settings

Compass Settings

Hold **MENU**, and select **Settings** > **Sensors & Accessories** > **Compass**.

Calibrate: Allows you to manually calibrate the compass sensor (*Calibrating the Compass Manually*, page 47).

Display: Sets the directional heading on the compass to degrees or milliradians.

North Ref.: Sets the north reference of the compass (*Setting the North Reference*, page 47).

Mode: Sets the compass to use electronic-sensor data only (On), a combination of GPS and electronic-sensor data when moving (Auto), or GPS data only (Off).

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 **MENU**.
2. Select **Settings** > **Sensors & Accessories** > **Compass** > **Calibrate** > **Start**.
3. Follow the on-screen instructions.

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

Setting the North Reference

You can set the directional reference used in calculating heading information.

1. Hold **MENU**.
2. Select **Settings** > **Sensors & Accessories** > **Compass** > **North Ref.**.
3. Select an option:
   - To set geographic north as the heading reference, select **True**.
   - To set the magnetic declination for your location automatically, select **Magnetic**.
   - To set grid north (000º) as the heading reference, select **Grid**.
   - To set the magnetic variation value manually, select **User**, enter the magnetic variance, and select **Done**.

Altimeter Settings

Hold **MENU**, and select **Settings** > **Sensors & Accessories** > **Altimeter**.

Calibrate: Allows you to manually calibrate the altimeter sensor.

Auto Cal.: Allows the altimeter to self-calibrate each time you turn on GPS tracking.

Elevation: Sets the units of measure for elevation.

Calibrating the Barometric Altimeter

Your device was already calibrated at the factory, and the device uses automatic calibration at your GPS starting point by default. You can manually calibrate the barometric altimeter if you know the correct elevation.

1. Hold **MENU**.
2. Select **Settings** > **Sensors & Accessories** > **Altimeter**.
3. Select an option:
   - To calibrate automatically from your GPS starting point, select **Auto Cal.**, and select an option.
   - To enter the current elevation manually, select **Calibrate** > **Yes**.
   - To enter the current elevation from the digital elevation model, select **Calibrate** > **Use DEM**.

     NOTE: Some devices require a phone connection to use DEM for calibration.
   - To enter the current elevation from your GPS starting point, select **Calibrate** > **Use GPS**.

Barometer Settings

Hold **MENU**, and select **Settings** > **Sensors & Accessories** > **Barometer**.

Calibrate: Allows you to manually calibrate the barometer sensor.

Plot: Sets the time scale for the chart in the barometer widget.

Storm Alert: Sets the rate of barometric pressure change that triggers a storm alert.

Watch Mode: Sets the sensor used in watch mode. The Auto option uses both the altimeter and barometer according to your movement. You can use the Altimeter option when your activity involves changes in altitude, or the Barometer option when your activity does not involve changes in altitude.

Pressure: Sets how the device displays pressure data.

Calibrating the Barometer

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

1. Hold **MENU**.
2. Select **Settings** > **Sensors & Accessories** > **Barometer** > **Calibrate**.
3. Select an option:
   - To enter the current elevation and sea level pressure (optional), select **Yes**.
   - To calibrate automatically from the digital elevation model, select **Use DEM**.

     NOTE: Some devices require a phone connection to use DEM for calibration.
   - To calibrate automatically from your GPS starting point, select **Use GPS**.

Xero Laser Location Settings

Before you can customize laser location settings, you must pair a compatible Xero device (*Pairing Your Wireless Sensors*, page 52).

Hold **MENU**, and select **Sensors & Accessories** > **XERO Laser Locations** > **Laser Locations**.

During Activity: Enables the display of laser location information from a compatible, paired Xero device during an activity.

Share Mode: Allows you to share laser location information publicly or broadcast it privately.

Map Settings

You can customize how the map appears in the map app and data screens.

From the watch face, hold **MENU**, and select **Settings** > **Map**.

Orientation: Sets the orientation of the map. The North Up option shows north at the top of the screen. The Track Up option shows your current direction of travel at the top of the screen.

User Locations: Shows or hides saved locations on the map.

Auto Zoom: Automatically selects the zoom level for optimal use of your map. When disabled, you must zoom in or out manually.

Navigation Settings

You can customize the map features and appearance when navigating to a destination.

Customizing Map Features

1. Hold **MENU**.
2. Select **Settings** > **Navigation** > **Data Screens**.
3. Select an option:
   - Select **Map** to turn on or off the map.
   - Select **Elevation Plot** to turn on or off the elevation plot.
   - Select a screen to add, remove, or customize.

Heading Settings

You can set the behavior of the pointer that appears when navigating.

Hold **MENU**, and select **Settings** > **Navigation** > **Type**.

Bearing: Points in the direction of your destination.

Course: Shows your relationship to the course line leading to the destination.

Setting Navigation Alerts

You can set alerts to help you navigate to your destination.

1. Hold **MENU**.
2. Select **Settings** > **Navigation** > **Alerts**.
3. Select an option:
   - To set an alert for a specified distance from your final destination, select **Final Distance**.
   - To set an alert for the estimated time remaining until you reach your final destination, select **Final ETE**.
   - To set an alert when you stray from the course, select **Off Course**.
4. If necessary, select **Status** to turn on the alert.
5. If necessary, enter a distance or time value, and select ✔.

Power Manager Settings

Hold **MENU**, and select **Settings** > **Power Manager**.

Battery Saver: Allows you to customize system settings to extend battery life in watch mode (*Customizing the Battery Saver Feature*, page 49).

Power Modes: Allows you to customize system settings, activity settings, and GPS settings to extend battery life during an activity (*Customizing Power Modes*, page 50).

Customizing the Battery Saver Feature

The battery saver feature allows you to quickly adjust system settings to extend battery life in watch mode.

You can turn on the battery saver feature from the controls menu (*Viewing the Controls Menu*, page 3).

1. Hold **MENU**.
2. Select **Settings** > **Power Manager** > **Battery Saver**.
3. Select **Status** to turn on the battery saver feature.
4. Select **Edit**, and select an option:
   - Select **Watch Face** to enable a low-power watch face that updates once per minute.
   - Select **Phone** to disconnect your paired phone.
   - Select **Activity Tracking** to turn off all-day activity tracking, including steps, floors climbed, intensity minutes, sleep tracking, and Move IQ events.
   - Select **Wrist Heart Rate** to turn off the wrist heart rate monitor.
   - Select **Backlight** to disable the automatic backlight.

   The watch displays the hours of battery life gained with each setting change.
5. Select **During Sleep** to enable the battery saver feature during your normal sleep hours.

   TIP: You can set your normal sleep hours in the user settings on your Garmin Connect account.
6. Select **Low Battery Alert** to receive an alert when the battery is low.

Customizing Power Modes

Your device comes preloaded with several power modes, allowing you to quickly adjust system settings, activity settings, and GPS settings to extend battery life during an activity. You can customize existing power modes and create new custom power modes.

1. Hold **MENU**.
2. Select **Settings** > **Power Manager** > **Power Modes**.
3. Select an option:
   - Select a power mode to customize.
   - Select **Add** to create a custom power mode.
4. If necessary, enter a custom name.
5. Select an option to customize specific power mode settings.

   For example, you can change the GPS setting or disconnect your paired phone.

   The watch displays the hours of battery life gained with each setting change.
6. If necessary, select **Done** to save and use the custom power mode.

Restoring a Power Mode

You can reset a preloaded power mode to the factory default settings.

1. Hold **MENU**.
2. Select **Settings** > **Power Manager** > **Power Modes**.
3. Select a preloaded power mode.
4. Select **Restore** > **Yes**.

System Settings

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

Language: Sets the language displayed on the device.

Time: Adjusts the time settings (*Time Settings*, page 51).

Backlight: Adjusts the backlight settings (*Changing the Backlight Settings*, page 51).

Sounds: Sets the device sounds, such as key tones, alerts, and vibrations.

Do Not Disturb: Turns on or off do not disturb mode. Use the During Sleep option to turn on do not disturb mode automatically during your normal sleep hours. You can set your normal sleep hours on your Garmin Connect account.

Hot Keys: Allows you to assign shortcuts to device keys (*Customizing the Hot Keys*, page 51).

Auto Lock: Allows you to lock the keys automatically to prevent accidental key presses. Use the During Activity option to lock the keys during a timed activity. Use the Not During Activity option to lock the keys when you are not recording a timed activity.

Units: Sets the units of measure used on the device (*Changing the Units of Measure*, page 51).

Format: Sets general format preferences, such as the pace and speed shown during activities, the start of the week, and geographical position format and datum options.

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 not record entire activities that last for longer periods of time.

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

Reset: Allows you to reset user data and settings (*Resetting All Default Settings*, page 59).

Software Update: Allows you to install software updates downloaded using Garmin Express.

Time Settings

Hold **MENU**, and select **Settings** > **System** > **Time**.

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

Set Time: Sets the time zone for the device. The Auto option sets the time zone automatically based on your GPS position.

Time: Allows you to adjust the time if it is set to the Manual option.

Alerts: Allows you to set hourly alerts, as well as sunrise and sunset alerts that sound a specific number of minutes or hours before the actual sunrise or sunset occurs.

Sync With GPS: Allows you to manually sync the time with GPS when you change time zones, and to update for daylight saving time.

Changing the Backlight Settings

1. From the watch face, hold **MENU**.
2. Select **Settings** > **System** > **Backlight**.
3. Select an option:
   - Select **During Activity**.
   - Select **Not During Activity**.
4. Select an option:
   - Select **Keys** to turn on the backlight for key presses.
   - Select **Alerts** to turn on the backlight for alerts.
   - Select **Gesture** to turn on the backlight by raising and turning your arm to look at your wrist.
   - Select **Timeout** to set the length of time before the backlight turns off.
   - Select **Brightness** to set the brightness level of the backlight.

Customizing the Hot Keys

You can customize the hold function of individual keys and combinations of keys.

1. From the watch face, hold **MENU**.
2. Select **Settings** > **System** > **Hot Keys**.
3. Select a key or combination of keys to customize.
4. Select a function.

Changing the Units of Measure

You can customize the units of measure displayed on the device.

1. From the watch face, hold **MENU**.
2. Select **Settings** > **System** > **Units**.
3. Select a measurement type.
4. Select a unit of measure.

Viewing Device Information

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

1. From the watch face, hold **MENU**.
2. Select **Settings** > **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.

1 From the watch face, hold **MENU**.
2 Select **Settings** > **About**.

Wireless Sensors

Your device can be used with wireless ANT+ or Bluetooth sensors. For more information about compatibility and purchasing optional sensors, go to buy.garmin.com.

Pairing Your Wireless Sensors

The first time you connect a wireless sensor to your device using ANT+ or Bluetooth 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 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.
2 Bring the device within 3 m (10 ft.) of the sensor.
   NOTE: Stay 10 m (33 ft.) away from other wireless sensors while pairing.
3 Hold **MENU**.
4 Select **Settings** > **Sensors & Accessories** > **Add New**.
5 Select an option:
   - Select **Search All**.
   - Select your sensor type.

   After the sensor is paired with your device, the sensor status changes from Searching to Connected. Sensor data appears in the data screen loop or a custom data field.

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 Your Wireless Sensors*, page 52).
- Set your wheel size (*Wheel Size and Circumference*, page 66).
- Go for a ride (*Starting an Activity*, page 6).

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 Your Wireless Sensors*, page 52).

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 Manually

Before you can calibrate your device, you must pair your device with the foot pod sensor (*Pairing Your Wireless Sensors*, page 52).

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. From the watch face, hold **MENU**.
2. Select **Settings** > **Sensors & Accessories**.
3. Select your foot pod.
4. Select **Cal. Factor** > **Set Value**.
5. Adjust the calibration factor:
   - Increase the calibration factor if your distance is too low.
   - Decrease the calibration factor if your distance is too high.

Setting Foot Pod Speed and Distance

Before you can customize the foot pod speed and distance, you must pair your device with the foot pod sensor (*Pairing Your Wireless Sensors*, page 52).

You can set your device to calculate speed and distance using your foot pod data instead of GPS data.

1. From the watch face, hold **MENU**.
2. Select **Settings** > **Sensors & Accessories**.
3. Select your foot pod.
4. Select **Speed** or **Distance**.
5. Select an option:
   - Select **Indoor** when you are training with GPS turned off, usually indoors.
   - Select **Always** to use your foot pod data regardless of the GPS setting.

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.

Device Information

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to 24 days in smartwatch mode
Water rating	10 ATM[1]
Operating and storage temperature range	From -20º to 60ºC (from -4º to 140ºF)
USB charging temperature range	From 0º to 45ºC (from 32º to 113ºF)
Solar charging temperature range	From 0º to 60ºC (from 32º to 140ºF)
Wireless frequency/protocol	2.4 GHz @ 0 dBm nominal

Battery Life Information

The actual battery life depends on the features enabled on your device, such as activity tracking, wrist-based heart rate, smartphone notifications, GPS, internal sensors, and connected sensors (*Maximizing the Battery Life*, page 60).

Battery Life	Battery Life With Solar	Mode
Up to 24 days	Up to 24 days plus 30 days[2]	Smartwatch mode with activity tracking and 24/7 wrist-based heart rate monitoring
Up to 30 hours	Up to 30 hours plus 8 hours[3]	GPS mode with wrist-based heart rate
Up to 70 hours	Up to 70 hours plus 75 hours[3]	Max. battery GPS mode
Up to 28 days	Up to 28 days plus 40 days[2]	Expedition GPS mode
Up to 56 days	Up to 56 days plus unlimited[2]	Battery saver watch mode

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 the device.

1. Complete an action:
   - For Windows computers, select the **Safely Remove Hardware** icon in the system tray, and select your device.
   - For Apple® computers, select the device, and select **File** > **Eject**.
2. Disconnect the cable from your computer.

[1] The device withstands pressure equivalent to a depth of 100 m. For more information, go to www.garmin.com/waterrating.
[2] All-day wear with 3 hr./day outside in 50,000 lux conditions.
[3] With use in 50,000 lux conditions.

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.

   NOTE: If you are using an Apple computer, you must empty the Trash folder to completely remove the files.

Device Maintenance

Device Care

NOTICE

Do not use a sharp object to clean the device.

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

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

Avoid pressing the keys under water.

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

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

Cleaning the Device

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.

Changing the Bands

You can replace the bands with new Instinct bands or compatible QuickFit® 22 bands.

1 Use a paper clip to push in the watch pin.

2 Remove the band from the watch.

3 Select an option:

- To install Instinct bands, align one side of the new band with the holes on the device, push in the exposed watch pin, and press the band into place.

NOTE: Make sure the band is secure. The watch pin should align with the holes on the device.

- To install QuickFit 22 bands, remove the watch pin from the Instinct band, replace the watch pin on the device, and press the new band into place.

NOTE: Make sure the band is secure. The latch should close over the watch pin.

4 Repeat the steps to change the other band.

Troubleshooting

My device is in the wrong language

You can change the device language selection if you have accidently selected the wrong language on the device.

1. Hold **MENU**.
2. Scroll down to the last item in the list, and press **GPS**.
3. Scroll down to the second to last item in the list, and press **GPS**.
4. Press **GPS**.
5. Select your language.
6. Press **GPS**.

Managing Language Files

You can remove language files from your device to increase the amount of available storage space. If necessary, you can install the language files again later.

1. Hold **MENU**.
2. Select **Settings** > **System** > **Language**.
3. Select a language.
4. Select an option:
   - To remove the language file, select **Delete**.
   - To install the language file, select **Install**, connect the device to your computer using a USB cable, and sync with the Garmin Express application.

Is my smartphone compatible with my device?

The Instinct Solar device is compatible with smartphones using Bluetooth technology.

Go to www.garmin.com/ble for compatibility information.

My phone will not connect to the device

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

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

Can I use my Bluetooth sensor with my watch?

The device is compatible with some Bluetooth 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. Hold **MENU**.
2. Select **Settings** > **Sensors & Accessories** > **Add New**.
3. Select an option:
   - Select **Search All**.
   - Select your sensor type.

   You can customize the optional data fields (*Customizing the Data Screens*, page 41).

Restarting Your Device

1. Hold **CTRL** until the device turns off.
2. Hold **CTRL** to turn on the device.

Resetting All Default Settings

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

1. Hold **MENU**.
2. Select **Settings** > **System** > **Reset**.
3. Select an option:
   - To reset all of the device settings to the factory default values and delete all user-entered information and activity history, select **Delete Data and Reset Settings**.
   - To reset all of the device settings to the factory default values and save all user-entered information and activity history, select **Reset Default Settings**.

Acquiring Satellite Signals

The device may need a clear view of the sky to acquire satellite signals. The time and date are set automatically based on the GPS position.

TIP: For more information about GPS, go to www.garmin.com/aboutGPS.

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 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.

The temperature reading is not accurate

Your body temperature affects the temperature reading for the internal temperature sensor. To get the most accurate temperature reading, you should remove the watch from your wrist and wait 20 to 30 minutes.

You can also use an optional tempe external temperature sensor to view accurate ambient temperature readings while wearing the watch.

Maximizing the Battery Life

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

- Change the power mode during an activity (*Power Modes*, page 6).
- Turn on the battery saver feature from the controls menu (*Viewing the Controls Menu*, page 3).
- Reduce the backlight timeout (*Changing the Backlight Settings*, page 51).
- Reduce the backlight brightness.
- Use UltraTrac GPS mode for your activity (*UltraTrac*, page 45).
- Turn off Bluetooth technology when you are not using connected features (*Connected Features*, page 28).
- When pausing your activity for a longer period of time, use the resume later option (*Stopping an Activity*, page 6).
- Turn off activity tracking (*Turning Off Activity Tracking*, page 15).
- Use a watch face that is not updated every second.

  For example, use a watch face without a second hand (*Customizing the Watch Face*, page 46).
- Limit the smartphone notifications the device displays (*Managing Notifications*, page 29).
- Stop broadcasting heart rate data to paired Garmin devices (*Broadcasting Heart Rate Data to Garmin Devices*, page 33).
- Turn off wrist-based heart rate monitoring (*Turning Off the Wrist-based Heart Rate Monitor*, page 34).

  NOTE: Wrist-based heart rate monitoring is used to calculate vigorous intensity minutes and calories burned.
- Turn on manual pulse oximeter readings.

Activity Tracking

For more information about activity tracking accuracy, go to garmin.com/ataccuracy.

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.

My step count does not seem accurate

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

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

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

The step counts on my device and my Garmin Connect account don't match

The step count on your Garmin Connect account updates when you sync your device.

1. Select an option:
   - Sync your step count with the Garmin Connect application (*Using Garmin Connect on Your Computer*, page 31).
   - Sync your step count with the Garmin Connect app (*Manually Syncing Data with Garmin Connect*, page 31).
2. Wait while the device syncs your data.

   Syncing can take several minutes.

   NOTE: Refreshing the Garmin Connect app or the Garmin Connect application does not sync your data or update your step count.

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.
- In windy environments, cover the device with your sleeve or jacket as strong gusts can cause erratic readings.

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.

Getting More Information

You can find more information about this product on the Garmin website.

- Go to support.garmin.com for additional manuals, articles, and software updates.
- Go to buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.
- Go to www.garmin.com/ataccuracy for information about feature accuracy.

  This is not a medical device.

Appendix

Data Fields

%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 from a compatible temperature sensor.

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

Ambient Press.: The uncalibrated ambient pressure.

Average HR: The average heart rate for the current activity.

Average Pace: The average pace 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 10). In open water swimming, 25 meters is used to calculate your swolf score.

Avg. %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current activity.

Avg. Ascent: The average vertical distance of ascent since the last reset.

Avg. Cadence: Cycling. The average cadence for the current activity.

Avg. Cadence: Running. The average cadence for the current activity.

Avg. Descent: The average vertical distance of descent since the last reset.

Avg. Lap Time: The average lap time for the current activity.

Avg. Moving Speed: The average speed when moving for the current activity.

Avg. Nautical Speed: The average speed in knots for the current activity.

Avg. Overall Speed: The average speed for the current activity, including both moving and stopped speeds.

Avg. Speed: The average speed for the current activity.

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

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

Avg. Strk Rate: Paddle sports. The average number of strokes per minute (spm) during the current activity.

Avg Dist Per Stk: Swimming. The average distance traveled per stroke during the current activity.

Avg Dist Per Stk: Paddle sports. The average distance traveled per stroke during the current activity.

Avg HR %Max.: The average percentage of maximum heart rate for the current activity.

Baro. Pressure: The calibrated current pressure.

Battery Level: The remaining battery power.

Bearing: The direction from your current location to a destination. You must be navigating for this data to appear.

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.

Compass Hdg.: The direction you are moving based on the compass.

Course: The direction from your starting location to a destination. Course can be viewed as a planned or set route. You must be navigating for this data to appear.

Dest. Wpt: The last point on the route to the destination. You must be navigating for this data to appear.

Dist. Per Stroke: Paddle sports. The distance traveled per stroke.

Dist. Remaining: The remaining distance to the final destination. You must be navigating for this data to appear.

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

Distance To Next: The remaining distance to the next waypoint on the route. You must be navigating for this data to appear.

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.

Estimated Total Distance: The estimated distance from the start to the final destination. You must be navigating for this data to appear.

ETA: The estimated time of day when you will reach the final destination (adjusted to the local time of the destination). You must be navigating for this data to appear.

ETA at Next: The estimated time of day when you will reach the next waypoint on the route (adjusted to the local time of the waypoint). You must be navigating for this data to appear.

ETE: The estimated time remaining until you reach the final destination. You must be navigating for this data to appear.

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.

Glide Ratio: The ratio of horizontal distance traveled to the change in vertical distance.

Glide Ratio Dest.: The glide ratio required to descend from your current position to the destination elevation. You must be navigating for this data to appear.

GPS: The strength of the GPS satellite signal.

GPS Elevation: The altitude of your current location using GPS.

GPS Heading: The direction you are moving based on GPS.

Grade: The calculation of rise (elevation) over run (distance). For example, if for every 3 m (10 ft.) you climb you travel 60 m (200 ft.), the grade is 5%.

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. Avg. %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current swim interval.

Int. Avg. %Max.: The average percentage of maximum heart rate for the current swim interval.

Int. Avg. HR: The average heart rate for the current swim interval.

Int. Distance: The distance traveled for the current interval.

Int. Max. %HRR: The maximum percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current swim interval.

Int. Max. %Max.: The maximum percentage of maximum heart rate for the current swim interval.

Int. Max. HR: The maximum heart rate for the current swim interval.

Int. Pace: The average pace for the current interval.

Int. Swolf: The average swolf score for the current interval.

Interval Lengths: The number of pool lengths completed during the current interval.

Interval Time: The stopwatch time for the current interval.

Int Strk/Len: The average number of strokes per pool length during the current interval.

Int Strk Rate: The average number of strokes per minute (spm) during the current interval.

Int Strk Type: The current stroke type for the interval.

L. Lap HR %Max.: The average percentage of maximum heart rate for the last completed lap.

L. Lap Stk. Rate: Swimming. The average number of strokes per minute (spm) during the last completed lap.

L. Lap Stk. Rate: Paddle sports. The average number of strokes per minute (spm) during the last completed lap.

L. Lap Strokes: Swimming. The total number of strokes for the last completed lap.

L. Lap Strokes: Paddle sports. The total number of strokes for the last completed lap.

L. Lap Swolf: The swolf score for the last completed lap.

L. Len. Stk. Rate: The average number 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.

Lap %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current lap.

Lap Ascent: The vertical distance of ascent 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 Descent: The vertical distance of descent for the current lap.

Lap Distance: The distance traveled for the current lap.

Lap Dist Per Stk: Swimming. The average distance traveled per stroke during the current lap.

Lap Dist Per Stk: Paddle sports. The average distance traveled per stroke during 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 Strk Rate: Swimming. The average number of strokes per minute (spm) during the current lap.

Lap Strk Rate: Paddle sports. The average number of strokes per minute (spm) during the current lap.

Lap Strokes: Swimming. The total number of strokes for the current lap.

Lap Strokes: Paddle sports. The total number of strokes for the current lap.

Lap Swolf: The swolf score for the current lap.

Lap Time: The stopwatch time for the current lap.

Last Lap %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the last completed lap.

Last Lap Ascent: The vertical distance of ascent for the last completed lap.

Last Lap Cad.: Cycling. The average cadence for the last completed lap.

Last Lap Cad.: Running. The average cadence for the last completed lap.

Last Lap Descent: The vertical distance of descent 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. Pace: The average pace for your last completed pool length.

Last Len. Swolf: The swolf score for the last completed pool length.

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

L Lap Dist P Stk: Swimming. The average distance traveled per stroke during the last completed lap.

L Lap Dist P Stk: Paddle sports. The average distance traveled per stroke during the last completed lap.

Max. Ascent: The maximum rate of ascent in feet per minute or meters per minute since the last reset.

Max. Descent: The maximum rate of descent in meters per minute or feet per minute since the last reset.

Max. Elevation: The highest elevation reached since the last reset.

Max. Nautical Speed: The maximum speed in knots for the current activity.

Maximum Speed: The top speed for the current activity.

Min. Elevation: The lowest elevation reached since the last reset.

Moving Time: The total time moving for the current activity.

Nautical Dist: The distance traveled in nautical meters or nautical feet.

Nautical Speed: The current speed in knots.

Next Waypoint: The next point on the route. You must be navigating for this data to appear.

Off Course: The distance to the left or right by which you have strayed from the original path of travel. You must be navigating for this data to appear.

Pace: The current pace.

Repeat On: The timer for the last interval plus the current rest (pool swimming).

Reps: During a strength training activity, the number of repetitions in a workout set.

Rest Timer: The timer for the current rest (pool swimming).

Set Timer: During a strength training activity, the amount of time spent in the current workout set.

Speed: The current rate of travel.

Stopped Time: The total time stopped for the current activity.

Stroke Rate: Swimming. The number of strokes per minute (spm).

Stroke Rate: Paddle sports. The number of strokes per minute (spm).

Strokes: Swimming. The total number of strokes for the current activity.

Strokes: Paddle sports. 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. You can pair a tempe sensor with your device to provide a consistent source of accurate temperature data.

Time in Zone: The time elapsed in each heart rate zone.

Time of Day: The time of day based on your current location and time settings (format, time zone, daylight saving time).

Timer: The current time of the countdown timer.

Time to Next: The estimated time remaining before you reach the next waypoint in the route. You must be navigating for this data to appear.

Total Ascent: The total elevation distance ascended since the last reset.

Total Descent: The total elevation distance descended since the last reset.

V Dist to Dest: The elevation distance between your current position and the final destination. You must be navigating for this data to appear.

Vert. Spd.: The rate of ascent or descent over time.

Vert Spd to Tgt: The rate of ascent or descent to a predetermined altitude. You must be navigating for this data to appear.

VMG: The speed at which you are closing on a destination along a route. You must be navigating for this data to appear.

Wheel Size and Circumference

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 is marked on both sides of the tire. This is not a comprehensive list. You can also measure the circumference of your wheel or use one of the calculators available on the internet.

Tire Size	Wheel Circumference (mm)
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 × 1.75	1890
24 × 1-1/4	1905
24 × 2.00	1925
24 × 2.125	1965
26 × 7/8	1920
26 × 1-1.0	1913
26 × 1	1952
26 × 1.25	1953
26 × 1-1/8	1970
26 × 1.40	2005
26 × 1.50	2010
26 × 1.75	2023
26 × 1.95	2050
26 × 2.00	2055
26 × 1-3/8	2068
26 × 2.10	2068
26 × 2.125	2070
26 × 2.35	2083
26 × 1-1/2	2100
26 × 3.00	2170
27 × 1	2145
27 × 1-1/8	2155

Tire Size	Wheel Circumference (mm)
27 × 1-1/4	2161
27 × 1-3/8	2169
29 x 2.1	2288
29 x 2.2	2298
29 x 2.3	2326
650 x 20C	1938
650 x 23C	1944
650 × 35A	2090
650 × 38B	2105
650 × 38A	2125
700 × 18C	2070
700 × 19C	2080
700 × 20C	2086
700 × 23C	2096
700 × 25C	2105
700C Tubular	2130
700 × 28C	2136
700 × 30C	2146
700 × 32C	2155
700 × 35C	2168
700 × 38C	2180
700 × 40C	2200
700 × 44C	2235
700 × 45C	2242
700 × 47C	2268

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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