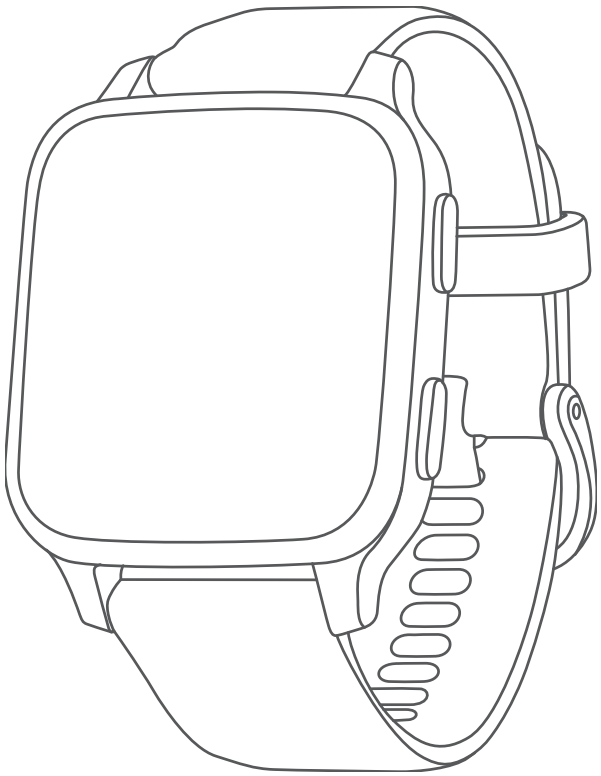
GARMIN



VENU® SQ

Owner's Manual

© 2020 Garmin Ltd. or its subsidiaries

All rights reserved. Under the copyright laws, this manual may not be copied, in whole or in part, without the written consent of Garmin. Garmin reserves the right to change or improve its products and to make changes in the content of this manual without obligation to notify any person or organization of such changes or improvements. Go to www.garmin.com for current updates and supplemental information concerning the use of this product.

Garmin®, the Garmin logo, ANT+®, Approach®, Auto Lap®, Auto Pause®, Edge®, and Venu® are trademarks of Garmin Ltd. or its subsidiaries, registered in the USA and other countries. Body Battery™, Connect IQ™, Firstbeat Analytics™, Garmin Connect™, Garmin Express™, Garmin Golf™, Garmin Move IQ™, Garmin Pay™, tempe™, TrueUp™, and Varia™ are trademarks of Garmin Ltd. or its subsidiaries. These trademarks may not be used without the express permission of Garmin.

Android™ is a trademark of Google, Inc. Apple®, iPhone®, and iTunes® are trademarks of Apple Inc., registered in the U.S. and other countries. The BLUETOOTH® word mark and logos are owned by the Bluetooth SIG, Inc. and any use of such marks by Garmin is under license. The Cooper Institute®, as well as any related trademarks, are the property of The Cooper Institute. iOS® is a registered trademark of Cisco Systems, Inc. used under license by Apple Inc. Wi-Fi® is a registered mark of Wi-Fi Alliance Corporation. Windows® is a registered trademark of Microsoft Corporation in the United States and other countries. Other trademarks and trade names are those of their respective owners.

This product is ANT+® certified. Visit www.thisisant.com/directory for a list of compatible products and apps.

M/N: AA3958, A03958

Table of Contents

Introduction 1
- Device Overview 1
  - Touchscreen Tips 2
    - Locking and Unlocking the Touchscreen 2
  - Using the Controls Menu 2
  - Icons 3
- Setting Up Your Watch 3

Smart Features 3
- Pairing Your Smartphone 3
- Connected Features 4
  - Phone Notifications 4
    - Enabling Bluetooth Notifications 4
    - Viewing Notifications 4
    - Replying to a Text Message 5
    - Receiving an Incoming Phone Call 5
    - Managing Notifications 5
    - Turning Off the Bluetooth Smartphone Connection 5
  - Using Do Not Disturb Mode 5
  - Finding Your Phone 6
- Connect IQ Features 6
  - Downloading Connect IQ Features 6
  - Downloading Connect IQ Features Using Your Computer 6
- Wi-Fi Connected Features 6
  - Connecting to a Wi-Fi Network 7

Music 7
- Connecting to a Third-Party Provider 7
  - Downloading Audio Content from a Third-Party Provider 7
  - Disconnecting from a Third-Party Provider 8
- Downloading Personal Audio Content 8
- Connecting Bluetooth Headphones 8
- Listening to Music 8
- Music Playback Controls 9

Garmin Pay 9
- Setting Up Your Garmin Pay Wallet 9
- Paying for a Purchase Using Your Watch 10
- Adding a Card to Your Garmin Pay Wallet 10
  - Managing Your Garmin Pay Cards 10
- Changing Your Garmin Pay Passcode 11

Safety and Tracking Features 11
- Adding Emergency Contacts 11
- Adding Contacts 11
- Turning Incident Detection On and Off 12
- Requesting Assistance 12

Heart Rate Features 12
- Wrist-based Heart Rate 12
  - Wearing the Device 12
  - Tips for Erratic Heart Rate Data 13
  - Viewing the Heart Rate Widget 13
  - Setting an Abnormal Heart Rate Alert 13
  - Broadcasting Heart Rate to Garmin Devices 14
  - Turning Off the Wrist-based Heart Rate Monitor 14
- About Heart Rate Zones 14
  - Setting Your Heart Rate Zones 14
  - Heart Rate Zone Calculations 15
- About VO2 Max. Estimates 15
  - Getting Your VO2 Max. Estimate 15
- Pulse Oximeter 15
  - Getting Pulse Oximeter Readings 16
  - Changing the Pulse Oximeter Tracking Mode 16
  - Tips for Erratic Pulse Oximeter Data 16

Activity Tracking 16
- Auto Goal 17
- Using the Move Alert 17
- Sleep Tracking 17
- Intensity Minutes 17
  - Earning Intensity Minutes 17
- Garmin Move IQ™ 18
- Activity Tracking Settings 18
  - Turning Off Activity Tracking 18

Widgets 19
Viewing Widgets 20
Customizing the Widget Loop 20
About My Day 20
Health Stats Widget 20
Heart Rate Variability and Stress Level 20
Using the Stress Level Widget 21
Body Battery 21
Viewing the Body Battery Widget 21
Tips for Improved Body Battery Data 21
Menstrual Cycle Tracking 22
Logging Your Menstrual Cycle Information 22
Pregnancy Tracking 22
Logging Your Pregnancy Information 22
Hydration Tracking 22
Using the Hydration Tracking Widget 23

Apps and Activities 23
Starting an Activity 24
Tips for Recording Activities 24
Stopping an Activity 24
Adding a Custom Activity 24
Adding or Removing a Favorite Activity 24
Indoor Activities 25
Recording a Strength Training Activity 25
Calibrating the Treadmill Distance 25
Outdoor Activities 25
Going for a Run 26
Going for a Ride 26
Going for a Pool Swim 26
Setting the Pool Size 26
Swim Terminology 27
Golfing 27
Downloading Golf Courses 27
Playing Golf 27
Hole Information 28
Changing the Pin Location 28
Viewing the Direction to the Pin 28
Viewing Layup and Dogleg Distances 29
Viewing Hazards 29
Keeping Score 29
Setting the Scoring Method 29
Tracking Golf Statistics 30
Recording Golf Statistics 30
Viewing Your Shot History 30
Viewing Your Round Summary 30
Ending a Round 31
Garmin Golf App 31

Training 31
Setting Up Your User Profile 31
Fitness Goals 31
Workouts 31
Starting a Workout 32
Using Garmin Connect Training Plans 32
Adaptive Training Plans 32
Starting Today's Workout 32
Viewing Scheduled Workouts 32
Personal Records 33
Viewing Your Personal Records 33
Restoring a Personal Record 33
Clearing a Personal Record 33
Clearing All Personal Records 33

Navigation 33
Saving Your Location 34
Deleting a Location 34
Navigating to a Saved Location 34
Navigating Back to Start 34
Stopping Navigation 34
Compass 34
Calibrating the Compass Manually 35

History 35
Using History 35
Viewing Your Time in Each Heart Rate Zone 35
Garmin Connect 36
Using the Garmin Connect App 36
Using Garmin Connect on Your Computer 37

Customizing Your Device 37
Changing the Watch Face 37

Editing a Watch Face 37
Creating a Custom Watch Face 38
Customizing the Controls Menu 38
Setting Up a Shortcut Control 38
Activities and App Settings 39
Customizing the Data Screens 39
Alerts 40
Setting an Alert 40
Auto Lap 41
Marking Laps Using the Auto Lap Feature 41
Using Auto Pause® 41
Using Auto Scroll 41
Changing the GPS Setting 42
GPS and Other Satellite Systems 42
Phone and Bluetooth Settings 42
System Settings 43
Time Settings 43
Time Zones 43
Setting the Time Manually 43
Setting an Alarm 43
Deleting an Alarm 43
Starting the Countdown Timer 44
Using the Stopwatch 44
Display Settings 44
Changing the Units of Measure 44
Garmin Connect Settings 44

Wireless Sensors 45

Pairing Your Wireless Sensors 45
Foot Pod 45
Calibrating Your Foot Pod 45
Improving Foot Pod Calibration 45
Using an Optional Bike Speed or Cadence Sensor 46
Calibrating Your Speed Sensor 46
Club Sensors 46
Situational Awareness 46
tempe 46

Device Information 47

Charging the Device 47
Product Updates 47
Updating the Software Using the Garmin Connect App 47
Updating the Software Using Garmin Express 48
Viewing Device Information 48
Viewing E-label Regulatory and Compliance Information 48
Specifications 48
Battery Life Information 48
Device Care 49
Cleaning the Device 49
Changing the Bands 49

Troubleshooting 49

Is my smartphone compatible with my device? 49
My phone will not connect to the device 50
My headphones will not connect to the device 50
My music cuts out or my headphones do not stay connected 50
My device is in the wrong language 50
My device does not display the correct time 51
Maximizing Battery Life 51
Restarting the Device 51
Restoring All Default Settings 51
Acquiring Satellite Signals 52
Improving GPS Satellite Reception 52
Activity Tracking 52
My step count does not seem accurate 52
Improving the Accuracy of Intensity Minutes and Calories 52
Getting More Information 52

Appendix 53

Data Fields 53
VO2 Max. Standard Ratings 55
Wheel Size and Circumference 56
Symbol Definitions 57

Index 58

Introduction

⚠ WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Always consult your physician before you begin or modify any exercise program.

Device Overview

Ⓐ **Action button**: Press to turn on the device.

Press to start and stop the activity timer.

Hold for 2 seconds to view the controls menu, including device power.

Hold for 5 seconds to request assistance (*Safety and Tracking Features*, page 11).

Ⓑ **Back (Menu) button**: Press to return to the previous screen, except during an activity.

During an activity, press to mark a new lap, start a new set or pose, or advance to the next stage of a workout.

Hold to view a menu of device settings and options for the current screen.

Ⓒ **Touchscreen**: Swipe up or down to scroll through widgets, features, and menus.

Tap to select.

Double-tap to wake the device.

Swipe right to return to the previous screen.

During an activity, swipe right to view the watch face and widgets.

From the watch face, swipe right to view the shortcut feature.

Touchscreen Tips

- Drag up or down to scroll through lists and menus.
- Swipe up or down to scroll quickly.
- Tap to select an item.
- From the watch face, swipe up or down to scroll through the widgets on the device.
- From a widget, tap to view additional widget screens, if available.
- During an activity, swipe up or down to view the next data screen.
- During an activity, swipe right to view the watch face and widgets, and swipe left to return to the activity data fields.
- Perform each menu selection as a separate action.

Locking and Unlocking the Touchscreen

You can lock the touchscreen to prevent inadvertent screen touches.

1 Hold Ⓐ to view the controls menu.

2 Select 🔒.

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

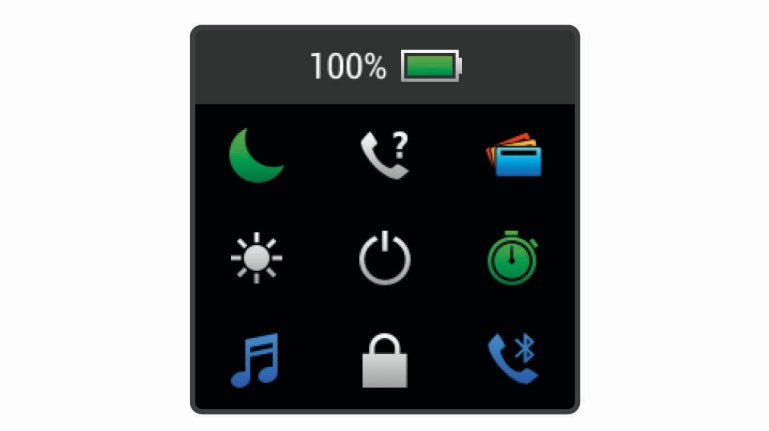
3 Hold any button to unlock the touchscreen.

Using the Controls Menu

The controls menu contains customizable shortcuts, such as locking the touchscreen and turning the device off.

NOTE: You can add, reorder, and remove the shortcuts in the controls menu (*Customizing the Controls Menu*, page 38).

1 From any screen, hold Ⓐ for 2 seconds.



2 Select an option.

Icons

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

	Smartphone connection status
	Heart rate monitor status
	Foot pod status
	LiveTrack status
	Speed and cadence sensor status
	Varia™ bike light status
	Varia bike radar status
	tempe™ sensor status
	Venu Sq alarm status

Setting Up Your Watch

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

- Pair the device with your smartphone using the Garmin Connect™ app (*Pairing Your Smartphone*, page 3).
- Set up Wi-Fi® networks (*Connecting to a Wi-Fi Network*, page 7).
- Set up music (*Music*, page 7).
- Set up your Garmin Pay™ wallet (*Setting Up Your Garmin Pay Wallet*, page 9).
- Set up safety features (*Safety and Tracking Features*, page 11).

Smart Features

Pairing Your Smartphone

To set up the Venu Sq 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. Select an option to enable pairing mode on your device:
   - If this is the first time you are setting up your device, press Ⓐ to turn on the device.
   - If you previously skipped the pairing process or paired your device with a different smartphone, hold Ⓑ, and select ⚙ > **Phone** > **Pair Phone** to manually enter pairing mode.
3. Select an option to add your device to your Garmin Connect account:
   - If this is the first device you have paired with the Garmin Connect app, follow the on-screen instructions.
   - If you have already paired another device with the Garmin Connect app, from the ☰ or ••• menu, select **Garmin Devices** > **Add Device**, and follow the on-screen instructions.

Connected Features

Connected features are available for your Venu Sq 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. Some features are also available when you connect your device to a wireless network.

Phone notifications: Displays phone notifications and messages on your Venu Sq device.

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

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

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

Software Updates: Allows you to update your device software.

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 Venu Sq device and currently within range.

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

Phone Notifications

Phone notifications require a compatible smartphone to be within Bluetooth range and paired with the device. When your phone receives messages, it sends notifications to your device.

Enabling Bluetooth Notifications

Before you can enable notifications, you must pair the Venu Sq device with a compatible smartphone (*Pairing Your Smartphone*, page 3).

1. Hold Ⓑ.
2. Select ⚙ > **Phone** > **Notifications**.
3. Select **During Activity** to set preferences for notifications that appear when recording an activity.
4. Select a notification preference.
5. Select **Not During Activity** to set preferences for notifications that appear when in watch mode.
6. Select a notification preference.
7. Select **Timeout**.
8. Select a timeout duration.
9. Select **Privacy**.
10. Select a privacy preference.

Viewing Notifications

1. From the watch face, swipe up or down to view the notifications widget.
2. Select a notification.
3. Scroll to read the full notification.
4. Swipe up to view the notification options.
5. Select an option:
   - To act on the notification, select an action, such as **Dismiss** or **Reply**.

     The available actions depend on the type of notification and your phone operating system. When you dismiss a notification on your phone or the Venu Sq device, it no longer appears in the widget.
   - To return to the notification list, press Ⓑ.

Replying to a Text Message

NOTE: This feature is available only for Android™ smartphones.

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

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

1. Swipe up or down to view the notifications widget.
2. Select a text message notification.
3. Swipe up to view the notification options.
4. Select **Reply**.
5. Select a message from the list.

   Your phone sends the selected message as a text message.

Receiving an Incoming Phone Call

When you receive a phone call on your connected smartphone, the Venu Sq device displays the name or phone number of the caller.

- To accept the call, select .

  NOTE: To talk to the caller, you must use your connected smartphone.
- To decline the call, select .
- To decline the call and immediately send a text message reply, select , and select a message from the list.

  NOTE: This feature is available only if your device is connected to an Android smartphone.

Managing Notifications

You can use your compatible smartphone to manage notifications that appear on your Venu Sq 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 38).

1. Hold Ⓐ to view the controls menu.
2. Select to turn off the Bluetooth smartphone connection on your Venu Sq device.

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

Using Do Not Disturb Mode

You can use do not disturb mode to turn off vibrations and the display for alerts and notifications. This mode disables the gesture setting (*Display Settings*, page 44). For example, you can use this mode while sleeping or watching a movie.

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

Finding Your Phone

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

1. Hold Ⓐ.
2. Select .

   Signal strength bars appear on the Venu Sq screen, and an audible alert sounds on your smartphone. The bars increase as you move closer to your smartphone.
3. Press Ⓑ to stop searching.

Connect IQ Features

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

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

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

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

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

Downloading Connect IQ Features

Before you can download features from the Connect IQ app, you must pair your Venu Sq device with your smartphone (*Pairing Your Smartphone*, page 3).

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

Downloading Connect IQ Features Using Your Computer

1. Connect the device to your computer using a USB cable.
2. Go to apps.garmin.com, and sign in.
3. Select a Connect IQ feature, and download it.
4. Follow the on-screen instructions.

Wi-Fi Connected Features

Wi-Fi is available only on the Venu Sq Music device.

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

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

Software updates: Your device downloads and installs the latest software update automatically when a Wi-Fi connection is available.

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

Connecting to a Wi-Fi Network

You must connect your device to the Garmin Connect app on your smartphone or to the Garmin Express™ application on your computer before you can connect to a Wi-Fi network.

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

1. Move within range of a Wi-Fi network.
2. From the Garmin Connect app, select ☰ or •••.
3. Select **Garmin Devices**, and select your device.
4. Select **General** > **Wi-Fi Networks** > **Add a Network**.
5. Select an available Wi-Fi network, and enter the login details.

Music

NOTE: This section is about three different music playback options for your Venu Sq Music device.

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

On a Venu Sq Music device, you can download audio content to your device from your computer or from a third-party provider, so you can listen when your smartphone is not nearby. To listen to audio content stored on your device, you can connect headphones with Bluetooth technology.

Connecting to a Third-Party Provider

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

1. From the Garmin Connect app, select ☰ or •••.
2. Select **Garmin Devices**, and select your device.
3. Select **Music**.
4. Select an option:
   - To connect to an installed provider, select a provider, and follow the on-screen instructions.
   - To connect to a new provider, select **Get Music Apps**, locate a provider, and follow the on-screen instructions.

Downloading Audio Content from a Third-Party Provider

Before you can download audio content from a third-party provider, you must connect to a Wi-Fi network (*Connecting to a Wi-Fi Network*, page 7).

1. Open the music controls widget.
2. Hold Ⓑ.
3. Select **Music Providers**.
4. Select a connected provider.
5. Select a playlist or other item to download to the device.
6. If necessary, select Ⓑ until you are prompted to sync with the service.

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

Disconnecting from a Third-Party Provider

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

Downloading Personal Audio Content

Before you can send your personal music to your device, you must install the Garmin Express application on your computer (www.garmin.com/express).

You can load your personal audio files, such as .mp3 and .m4a files, to a Venu Sq Music device from your computer. For more information, go to www.garmin.com/musicfiles.

1. Connect the device to your computer using the included USB cable.
2. On your computer, open the Garmin Express application, select your device, and select **Music**.

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

Connecting Bluetooth Headphones

To listen to music loaded onto your Venu Sq Music device, you must connect headphones using Bluetooth technology.

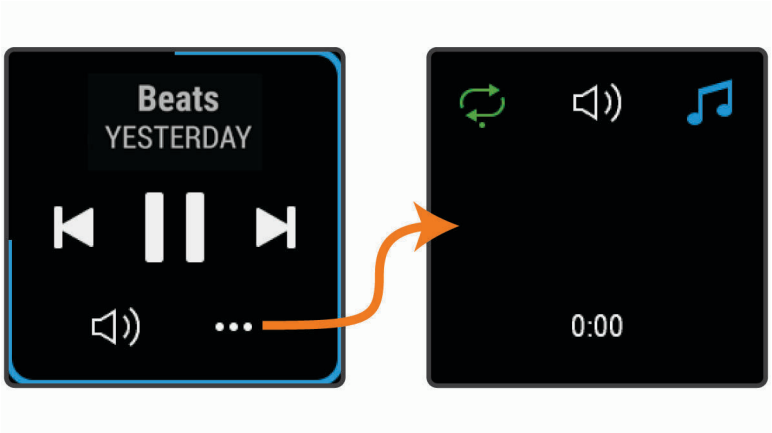
1. Bring the headphones within 2 m (6.6 ft.) of your device.
2. Enable pairing mode on the headphones.
3. Hold Ⓑ.
4. Select ⚙ > **Music** > **Headphones** > **Add New**.
5. Select your headphones to complete the pairing process.

Listening to Music

1. Open the music controls.
2. If necessary, connect your headphones with Bluetooth technology (*Connecting Bluetooth Headphones*, page 8).
3. Hold Ⓑ.
4. Select **Music Providers**, and select an option:
   - To listen to music downloaded to the watch from your computer, select **My Music** (*Downloading Personal Audio Content*, page 8).
   - To control music playback on your smartphone, select **Phone**.
   - To listen to music from a third-party provider, select the name of the provider and select a playlist to download.
5. Select ••• to open the music playback controls.

Music Playback Controls

NOTE: Some music playback controls are available on a Venu Sq Music device only.



•••	Select to open the music playback controls.
	Select to browse the audio files and playlists for the selected source.
	Select to adjust the volume.
	Select to play and pause the current audio file.
	Select to skip to the next audio file in the playlist. Hold to fast forward through the current audio file.
	Select to restart the current audio file. Select twice to skip to the previous audio file in the playlist. Hold to rewind through the current audio file.
	Select to change the repeat mode.
	Select to change the shuffle mode.

Garmin Pay

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

Setting Up Your Garmin Pay Wallet

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

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

Paying for a Purchase Using Your Watch

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

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

1. Hold Ⓐ.
2. Select .
3. Enter your four-digit passcode.

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

   Your most recently used payment card appears.

4. If you have added multiple cards to your Garmin Pay wallet, swipe to change to another card (optional).
5. Within 60 seconds, hold your watch near the payment reader, with the watch facing the reader.

   The watch vibrates and displays a check mark when it is finished communicating with the reader.
6. If necessary, follow the instructions on the card reader to complete the transaction.

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

Adding a Card to Your Garmin Pay Wallet

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

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

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

Managing Your Garmin Pay Cards

You can temporarily suspend or delete a card.

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

1. From the Garmin Connect app, select or •••.
2. Select **Garmin Pay**.
3. Select a card.
4. Select an option:
   - To temporarily suspend or unsuspend the card, select **Suspend Card**.

     The card must be active to make purchases using your Venu Sq device.
   - To delete the card, select .

Changing Your Garmin Pay Passcode

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

1 From the Venu Sq device page in the Garmin Connect app, select **Garmin Pay** > **Change Passcode**.

2 Follow the on-screen instructions.

The next time you pay using your Venu Sq device, you must enter the new passcode.

Safety and Tracking Features

⚠ CAUTION

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

The Venu Sq device has safety and tracking features that must be set up with the Garmin Connect app.

NOTICE

To use these features, your device must be connected to the Garmin Connect app using Bluetooth technology. You can enter emergency contacts in your Garmin Connect account.

For more information about safety and tracking features, go to www.garmin.com/safety.

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

Incident detection: When the Venu Sq device detects an incident during an outdoor walk, run, or bike activity, the device sends an automated message, LiveTrack link, and GPS location (if available) to your emergency contacts.

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

Adding Emergency Contacts

Emergency contact phone numbers are used for the safety and tracking features.

1 From the Garmin Connect app, select ☰ or •••.

2 Select **Safety & Tracking** > **Safety Features** > **Emergency Contacts** > **Add Emergency Contacts**.

3 Follow the on-screen instructions.

Adding Contacts

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

Three of these contacts can be used as emergency contacts (*Adding Emergency Contacts*, page 11).

1 From the Garmin Connect app, select ☰ or •••.

2 Select **Contacts**.

3 Follow the on-screen instructions.

After you add contacts, you must sync your data to apply the changes to your Venu Sq device (*Using the Garmin Connect App*, page 36).

Turning Incident Detection On and Off

Before you can enable incident detection on your device, you must set up emergency contacts in the Garmin Connect app (*Adding Emergency Contacts*, page 11). Your paired smartphone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

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

   NOTE: Incident detection is available only for outdoor walk, run, and bike activities.

When an incident is detected by your Venu Sq device with GPS enabled, the Garmin Connect app can send an automated text message and email with your name and GPS location to your emergency contacts. You have 15 seconds to cancel the message.

Requesting Assistance

Before you can request assistance, you must set up emergency contacts (*Adding Emergency Contacts*, page 11).

1. Hold Ⓐ.
2. When you feel three vibrations, release the button to activate the assistance feature.

   The countdown screen appears.

   TIP: You can select **Cancel** before the countdown is complete to cancel the message.

Heart Rate Features

The Venu Sq 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.

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 13 for more information about wrist-based heart rate.
- See *Tips for Erratic Pulse Oximeter Data*, page 16 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

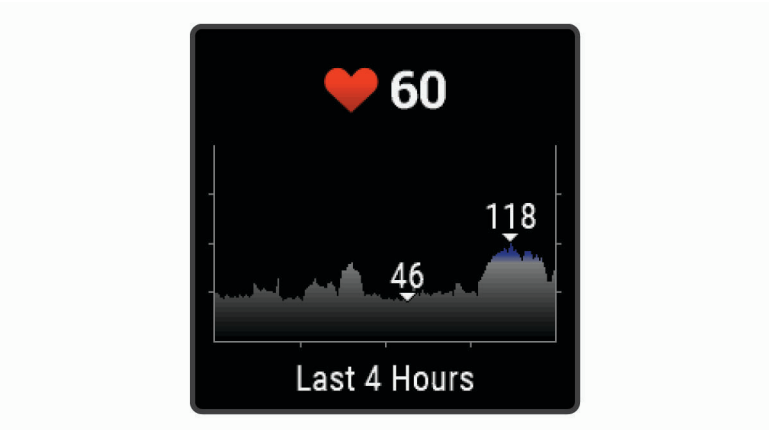
If the heart rate data is erratic or does not appear, you can try these tips.

- 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 heart rate widget displays your current heart rate in beats per minute (bpm) and a graph of your heart rate. The graph shows your recent heart rate activity, high and low heart rate, and color-coded bars to indicate the time spent in each heart rate zone (*About Heart Rate Zones*, page 14).

1 From the watch face, swipe to view the heart rate widget.



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

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.

1 Hold Ⓑ.
2 Select ⚙ > **Wrist Heart Rate** > **Abnormal Heart Rate Alerts**.
3 Select **High Alert** or **Low Alert**.
4 Select a heart rate threshold value.
5 Select the toggle to turn on the alert.

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

Broadcasting Heart Rate to Garmin Devices

You can broadcast your heart rate data from your Venu Sq device and view it on paired Garmin devices. For example, you can broadcast your heart rate data to an Edge® device while cycling.

NOTE: Broadcasting heart rate data decreases battery life.

1. Hold Ⓑ.
2. Select ⚙ > **Wrist Heart Rate**.
3. Select an option:
   - Select **Broadcast In Activity** to broadcast heart rate data during timed activities (*Starting an Activity*, page 24).
   - Select **Broadcast** to start broadcasting heart rate data now.
4. Pair your Venu Sq device with your Garmin ANT+® compatible device.

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

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 a chest heart rate monitor to the device. Chest heart rate data is only available during an activity.

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

NOTE: Disabling the wrist-based heart rate monitor also disables the on-wrist detection feature for Garmin Pay payments, and you must enter a passcode before making each payment (*Garmin Pay*, page 9).

1. Hold Ⓑ.
2. Select ⚙ > **Wrist Heart Rate** > **Status** > **Off**.

About Heart Rate Zones

Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

Setting Your Heart Rate Zones

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

1. Hold Ⓑ.
2. Select ⚙ > **User Profile** > **Heart Rate Zones**.
3. Select **Default** to view the default values (optional).

   The default values can be applied to running and cycling.
4. Select **Running** or **Cycling**.
5. Select **Preference** > **Set Custom**.
6. Select **Max. HR**, and enter your maximum heart rate.
7. Select a zone, and enter a value for each zone.

Heart Rate Zone Calculations

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

About VO2 Max. Estimates

VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. In simple terms, VO2 max. is an indication of cardiovascular strength and should increase as your level of fitness improves.

On the device, your VO2 max. estimate appears as a number and description. On your Garmin Connect account, you can view additional details about your VO2 max. estimate.

VO2 max. data is provided by Firstbeat Analytics. VO2 max. analysis is provided with permission from The Cooper Institute®. For more information, see the appendix (*VO2 Max. Standard Ratings*, page 55), and go to www.CooperInstitute.org.

Getting Your VO2 Max. Estimate

The device requires heart rate data and a timed, (up to 15 minutes) brisk walk or run to display your VO2 max. estimate.

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

   If you have already recorded a brisk walk or run outdoors, your VO2 max. estimate may appear. The device displays the date your VO2 max. estimate was last updated. The device updates your VO2 max. estimate each time you complete an outdoor walk or run of 15 minutes or longer. You can manually start a VO2 max. test to get an updated estimate.
3. To start a VO2 max. test, tap the screen.
4. Follow the on-screen instructions to get your VO2 max. estimate.

   A message appears when the test is complete.

Pulse Oximeter

The Venu Sq device has a wrist-based pulse oximeter to gauge the saturation of oxygen in your blood. Knowing your oxygen saturation can be valuable in understanding your overall health and help you determine how your body is adapting to altitude. Your 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 (*Changing the Pulse Oximeter Tracking Mode*, page 16). 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 accuracy of the pulse oximeter reading can vary based on your blood flow, the device placement on your wrist, and your stillness.

NOTE: You may need to add the pulse oximeter widget to the widget loop.

1. While you are sitting or inactive, swipe up or down to view the pulse oximeter widget.
2. Hold the arm wearing the device at heart level while the device reads your blood oxygen saturation.
3. Keep still.

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

Changing the Pulse Oximeter Tracking Mode

You can manually begin a pulse oximeter reading by viewing the pulse oximeter widget.

1. Hold Ⓑ.
2. Select ⚙ > **Wrist Heart Rate** > **Pulse Ox** > **Tracking Mode**.
3. Select an option:
   - To turn on measurements while you are inactive during the day, select **All Day**.

     NOTE: Turning on all-day tracking mode decreases battery life.
   - To turn on continuous measurements while you sleep, select **During Sleep**.

     NOTE: Unusual sleep positions can cause abnormally low sleep-time SpO2 readings.
   - To turn off automatic measurements, select **Off**.

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.

Activity Tracking

The activity tracking feature records your daily step count, distance traveled, intensity minutes, 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, a message appears, and the red bar appears on the steps widget. Additional segments appear after every 15 minutes of inactivity. The device also vibrates if vibration is turned on (*System Settings*, page 43).

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 stages, 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 5).

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 Venu Sq 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.

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

Activity Tracking Settings

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

Status: Turns off the activity tracking features.

Move Alert: Displays a message on the digital watch face. The device also vibrates to alert you.

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, weekly intensity minutes goal, and hydration goal.

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

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

Turning Off Activity Tracking

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

1 Hold Ⓑ.

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

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 20).

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.

Garmin coach: Displays scheduled workouts when you select a Garmin coach training plan in your Garmin Connect account.

Golf: Displays golf scores and statistics for your last round.

Health stats: Displays a dynamic summary of your current health statistics. The measurements includes heart rate, Body Battery level, stress, and more.

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

History: Displays your activity history and a graph of your recorded activities.

Hydration: Allows you to track the amount of water you consume and the progress toward your daily goal.

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

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

Lights: Provides bike light controls when you have a Varia light paired with your Venu Sq device.

Menstrual cycle tracking: Displays your current cycle. You can view and log your daily symptoms.

Music controls: Provides music player controls for your smartphone or on-device music.

My day: Displays a dynamic summary of your activity today. The metrics include timed activities, intensity minutes, 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.

Respiration: Your current respiration rate in breaths per minute and seven-day average. You can do a breathing activity to help you relax.

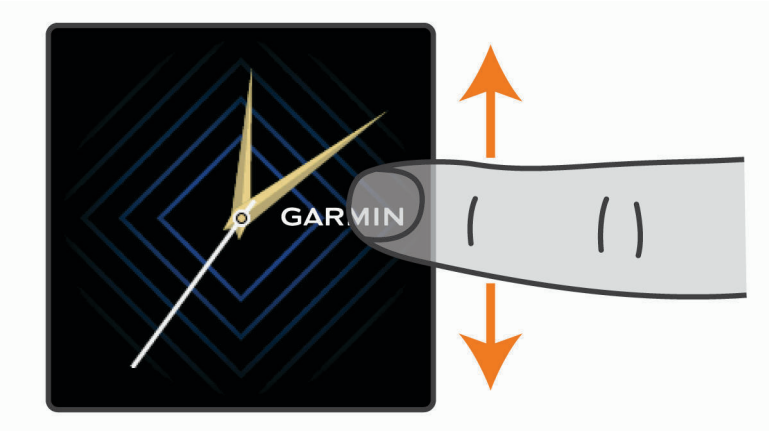
Steps: Tracks your daily step count, step goal, and data for previous days.

Stress: Displays your current stress level and a graph of your stress level. You can do a breathing activity to help you relax.

Weather: Displays the current temperature and weather forecast.

Viewing Widgets

- From the watch face, swipe up or down.



  The device scrolls through the widget loop.
- Tap the touchscreen to view additional screens for a widget.
- Hold Ⓑ to view additional options and functions for a widget.

Customizing the Widget Loop

1. Hold Ⓑ.
2. Select ⚙ > **Widgets**.
3. Select a widget.
4. Select an option:
   - Select **Reorder** to change the location of the widget in the widget loop.
   - Select **Remove from List** to remove the widget from the widget loop.
5. Select **Add More**.
6. Select a widget.

   The widget is added to the widget loop.

About My Day

The My Day widget is a daily snapshot of your activity. This is a dynamic summary that updates throughout the day. The metrics include recorded activities, intensity minutes for the week, steps, and calories burned. You can tap the touchscreen for an option to improve accuracy or to view additional metrics.

Health Stats Widget

The Health Stats widget provides an at-a-glance view of your health data. This is a dynamic summary that updates throughout the day. The metrics include your heart rate, stress level, Body Battery level, and respiration rate. You can tap the touchscreen to view additional metrics.

Heart Rate Variability and Stress Level

Your device analyzes your heart rate variability while you are inactive to determine your overall stress. Training, physical activity, sleep, nutrition, and general life stress all impact your stress level. The stress level range is from 0 to 100, where 0 to 25 is a resting state, 26 to 50 is low stress, 51 to 75 is medium stress, and 76 to 100 is a high stress state. Knowing your stress level can help you identify stressful moments throughout your day. For best results, you should wear the device while sleeping.

You can sync your device with your Garmin Connect account to view your all-day stress level, long-term trends, and additional details.

Using the Stress Level Widget

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

1 While you are sitting or inactive, swipe up or down to view the stress level widget.

TIP: If you are too active for the watch to determine your stress level, a message appears instead of a stress level number. You can check your stress level again after several minutes of inactivity.

2 Tap the touchscreen to view a graph of your stress level since midnight.

Blue bars indicate periods of rest. Yellow bars indicate periods of stress. Gray bars indicate times that you were too active to determine your stress level.

3 To start a breathing activity, swipe up, and select ✔.

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 21).

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 Swipe 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 20).

2 Tap the touchscreen to view a combined graph of your Body Battery and stress level.

3 Swipe up to view your Body Battery data since midnight.

Tips for Improved Body Battery Data

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

Menstrual Cycle Tracking

Your menstrual cycle is an important part of your health. You can use your device to log physical symptoms, sex drive, sexual activity, ovulation days, and more (*Logging Your Menstrual Cycle Information*, page 22). You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app.

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

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

Logging Your Menstrual Cycle Information

Before you can log your menstrual cycle information from your Venu Sq device, you must set up menstrual cycle tracking in the Garmin Connect app.

1. Swipe to view the women's health tracking widget.
2. Tap the touchscreen.
3. Select an option:
   - To log your physical symptoms, such as acne, backache, and fatigue, select **Physical Symptoms**.
   - To log your mood, select **Mood**.
   - To log your discharge, select **Discharge**.
   - To rate your sex drive from low to high, select **Sex Drive**.
   - To log your sexual activity, select **Sexual Activity**.
   - To designate the current date as an ovulation day, select **Ovulation Day**.

Pregnancy Tracking

The pregnancy tracking feature displays weekly updates on your pregnancy and provides health and nutrition information. You can use your device to log physical and emotional symptoms, blood glucose readings, and baby movement (*Logging Your Pregnancy Information*, page 22). You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app.

Logging Your Pregnancy Information

Before you can log your information, you must set up pregnancy tracking in the Garmin Connect app.

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

Hydration Tracking

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

NOTE: You can use the Connect IQ app to download the hydration tracking widget.

Using the Hydration Tracking Widget

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

1 Swipe up or down to view the hydration widget.

2 Select + for each serving of fluid you consume (1 cup, 8 oz., or 250 mL).

3 Select a container to increase your fluid intake by the volume of the container.

4 Hold Ⓑ to customize the widget.

5 Select an option:

- To change the units of measure, select **Units**.
- To enable dynamic daily goals that increase after recording an activity, select **Auto Goal**.
- To turn on hydration reminders, select **Alerts**.
- To customize your container sizes, select **Containers**, select a container, select the units of measure, and enter the container size.

Apps and Activities

Your device includes a variety of preloaded apps and activities.

Apps: Apps provide interactive features for your device, such as navigating to saved locations.

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

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

Connect IQ Apps: You can add features to your watch by installing apps from the Connect IQ mobile app (*Connect IQ Features*, page 6).

Starting an Activity

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

1. Press Ⓐ.
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 ✔.
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 Ⓐ 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 47).
- Press Ⓑ to record laps, start a new set or pose, or advance to the next workout step.
- Swipe up or down to view additional data pages.

Stopping an Activity

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

Adding a Custom Activity

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

1. Press Ⓐ.
2. Select > **Add More**.
3. Select an activity type to copy.
4. Select an activity name.
5. If necessary, edit the activity app settings (*Activities and App Settings*, page 39).
6. When you are finished editing, select **Done**.

Adding or Removing a Favorite Activity

The list of your favorite activities appears when you press Ⓐ from the watch face, and it provides quick access to the activities you use most. The first time you press Ⓐ 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 Ⓑ.
2. Select > **Activities & Apps**.

   Your favorite activities appear at the top of the list. Other activities appear in the extended list.
3. Select an option:
   - To add a favorite activity, select the activity, and select **Add Favorite**.
   - To remove a favorite activity, select the activity, and select **Remove Favorite**.

Indoor Activities

The Venu Sq 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 39).

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

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

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

Recording a Strength Training Activity

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

1. Press Ⓐ.
2. Select **Strength**.
3. Press Ⓐ to start the activity 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 Ⓑ to finish the set.

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

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 24).
2. Run on the treadmill until your Venu Sq device records at least 1.5 km (1 mi.).
3. After you complete your run, press Ⓐ.
4. Check the treadmill display for the distance traveled.
5. Select an option:
   - To calibrate the first time, enter the treadmill distance on your device.
   - To manually calibrate after the first-time calibration, swipe up, select **Calibrate & Save**, and enter the treadmill distance on your device.

Outdoor Activities

The Venu Sq device comes preloaded with apps for outdoor activities, such as running and biking. GPS is turned on for outdoor activities. You can add apps using default activities, such as cardio or rowing.

Going for a Run

Before you can use a wireless sensor for your run, you must pair the sensor with your device (*Pairing Your Wireless Sensors*, page 45).

1. Put on your wireless sensors, such as a foot pod or heart rate monitor (optional).
2. Press Ⓐ.
3. Select **Run**.
4. When using optional wireless sensors, wait while the device connects to the sensors.
5. Go outside, and wait while the device locates satellites.
6. Press Ⓐ to start the activity timer.
   The device records activity data only while the activity timer is running.
7. Start your activity.
8. Press Ⓑ to record laps (optional) (*Marking Laps Using the Auto Lap Feature*, page 41).
9. Swipe up or down to scroll through data screens.
10. After you complete your activity, press Ⓐ, and select ✔.

Going for a Ride

Before you can use a wireless sensor for your ride, you must pair the sensor with your device (*Pairing Your Wireless Sensors*, page 45).

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

Going for a Pool Swim

1. Press Ⓐ.
2. Select **Pool Swim**.
3. Select your pool size, or enter a custom size.
4. Press Ⓐ to start the activity timer.
5. Start your activity.
   The device automatically records swim intervals and lengths.
6. Press Ⓑ when you rest.
   The rest screen appears.
7. Press Ⓑ to restart the interval timer.
8. After you complete your activity, press Ⓐ to stop the activity timer, and hold Ⓐ again to save the activity.

Setting the Pool Size

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

Swim Terminology

Length: One trip down the pool.

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

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

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

Golfing

Downloading Golf Courses

Before you play a course for the first time, you must download it using the Garmin Connect app.

1. From the Garmin Connect app, select **Download Golf Courses** > ✚.
2. Select a golf course.
3. Select **Download**.

   After the course finishes downloading, it appears in the list of courses on your Venu Sq device.

Playing Golf

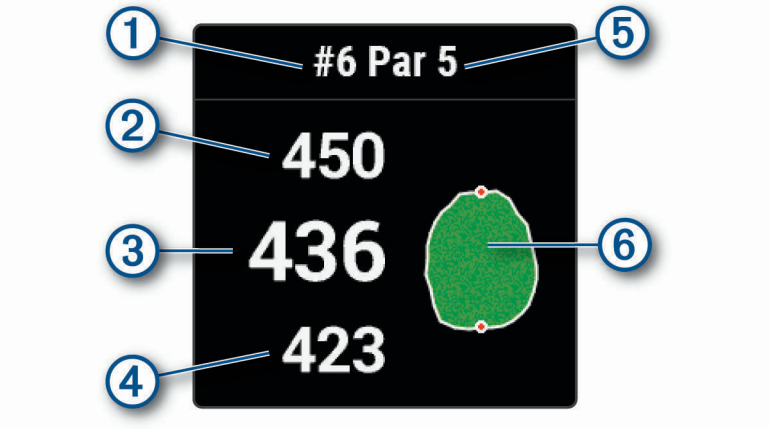
Before you play a course for the first time, you must download it using your smartphone (*Downloading Golf Courses*, page 27). Downloaded courses are updated automatically. Before you play golf, you should charge the device (*Charging the Device*, page 47).

1. Press Ⓐ.
2. Select **Golf**.
3. Wait while the device locates satellites.
4. Select a course from the list of available courses.
5. Select ✔ to keep score.
6. Swipe up or down to scroll through the holes.

   The device automatically transitions when you move to the next hole.

Hole Information

The device calculates the distance to the front and back of the green, and to the selected pin location (*Changing the Pin Location*, page 28).



1	Current hole number
2	Distance to the back of the green
3	Distance to the selected pin location
4	Distance to the front of the green
5	Par for the hole
6	Map of the green

Changing the Pin Location

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

1. Select the map.

   A larger view of the green appears.
2. Swipe up or down to scroll through the pin locations.

   indicates the selected pin location.
3. Press B to accept the pin location.

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

Viewing the Direction to the Pin

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

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

1. Press A.
2. Select .

   The arrow points to the pin location.

Viewing Layup and Dogleg Distances

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

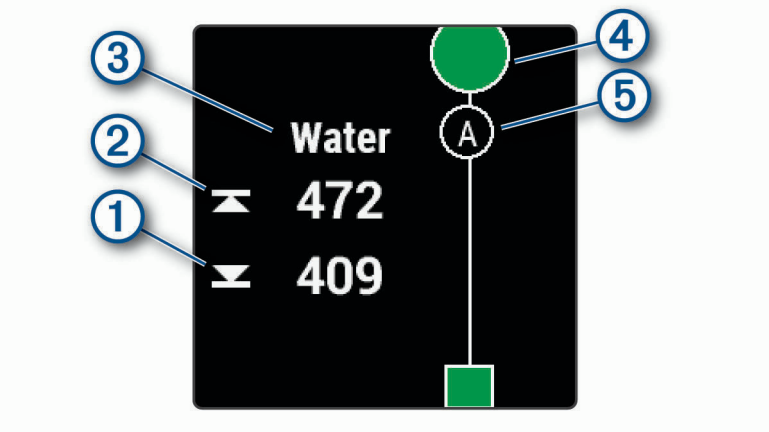
1 Press Ⓐ.
2 Select .

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

Viewing Hazards

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

1 From the hole information screen, press Ⓐ, and select .



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

2 Swipe to view other hazards for the current hole.

Keeping Score

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

Setting the Scoring Method

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

1 Hold Ⓑ.
2 Select > **Activities & Apps** > **Golf**.
3 Select the activity settings.
4 Select **Scoring** > **Scoring Method**.
5 Select a scoring method.

About Stableford Scoring

When you select the Stableford scoring method (*Setting the Scoring Method*, page 29), points are awarded based on the number of strokes taken relative to par. At the end of a round, the highest score wins. The device awards points as specified by the United States Golf Association.

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

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

Tracking Golf Statistics

When you enable statistics tracking on the device, you can view your statistics for the current round (*Viewing Your Round Summary*, page 30). You can compare rounds and track improvements using the Garmin Golf™ app.

1. Hold Ⓑ.
2. Select ⚙ > **Activities & Apps** > **Golf**.
3. Select the activity settings.
4. Select **Scoring** > **Stat Tracking**.

Recording Golf Statistics

Before you can record statistics, you must enable statistics tracking (*Tracking Golf Statistics*, page 30).

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

   NOTE: The number of putts taken is used for statistics tracking only and does not increase your score.
4. Select an option:
   - If your ball hit the fairway, select ↑.
   - If your ball missed the fairway, select ↰ or ↱.
5. Select ✓.

Viewing Your Shot History

1. After playing a hole, press Ⓐ.
2. Select ⛳ to view information for your last shot.
3. Select ••• to view information about each shot for a hole.

Viewing Your Round Summary

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

1. Press Ⓐ.
2. Select ⓘ.

Ending a Round

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

Garmin Golf App

The Garmin Golf app allows you to upload scorecards from your compatible Garmin device to view detailed statistics and shot analyses. Golfers can compete with each other at different courses using the Garmin Golf app. More than 42,000 courses have leaderboards that anyone can join. You can set up a tournament event and invite players to compete.

The Garmin Golf app syncs your data with your Garmin Connect account. You can download the Garmin Golf app from the app store on your smartphone.

Training

Setting Up Your User Profile

You can update your gender, birth year, height, weight, wrist, and heart rate zone (*Setting Your Heart Rate Zones*, page 14) settings. The device uses this information to calculate accurate training data.

1 Hold Ⓑ.
2 Select ⚙ > **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 15) 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.

Workouts

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

You can create a scheduled training plan using the calendar in Garmin Connect and send the scheduled workouts to your device.

Starting a Workout

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

1. Press Ⓐ.
2. Select an activity.
3. Swipe up.
4. Select **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 Ⓐ 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.

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 36), and you must pair the Venu Sq 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.

Adaptive Training Plans

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

Starting Today's Workout

After you send a training plan to your device, the Garmin Coach widget appears in your widget loop.

1. From the watch face, swipe to view the Garmin Coach widget.

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

Viewing Scheduled Workouts

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

1. Press Ⓐ.
2. Select an activity.
3. Swipe up.
4. Select **Training Calendar**.

   Your scheduled workouts appear, sorted by date.
5. Select a workout.
6. Select an option:
   - To view the steps for the workout, select **View**.
   - To start the workout, select **Do Workout**.

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, ride, or swim.

Viewing Your Personal Records

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

   NOTE: This does not delete any saved activities.

Clearing a Personal Record

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

   NOTE: This does not delete any saved activities.

Clearing All Personal Records

1. From the watch face, hold Ⓑ.
2. Select **History** > **Records**.
3. Select a sport.
4. Select **Clear All Records** > ✔.

   The records are deleted for that sport only.

   NOTE: This does not delete any saved activities.

Navigation

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

Saving Your Location

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

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

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

   TIP: To quickly mark a location, you can select 📍 from the controls menu (*Using the Controls Menu*, page 2).

   After the device acquires GPS signals, the location information appears.
4. Select ✔.
5. Select an icon.

Deleting a Location

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

Navigating to a Saved Location

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

1. Press Ⓐ.
2. Select **Navigate** > **Saved Locations**.
3. Select a location, and select **Go To**.
4. Press Ⓐ to start the activity timer.
5. Move forward.

   The compass appears. The compass arrow points toward the saved location.

   TIP: For more accurate navigation, orient the top of the screen toward the direction in which you are moving.

Navigating Back to Start

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

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

1. Hold Ⓑ.
2. Select **Navigation** > **Back to Start**.

   The compass appears.
3. Move forward.

   The compass arrow points toward your starting point.

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

Stopping Navigation

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

Compass

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

Calibrating the Compass Manually

NOTICE

Calibrate the electronic compass outdoors. To improve heading accuracy, do not stand near objects that influence magnetic fields, such as vehicles, buildings, and overhead power lines.

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

1. Hold Ⓑ.
2. Select ⚙ > **Sensors** > **Compass** > **Start Calibration**.
3. Follow the on-screen instructions.

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

History

Your device stores up to 14 days of activity tracking and heart rate monitoring data, and up to seven timed activities. You can view your last seven timed activities on your device. You can synchronize your data to view unlimited activities, activity tracking data, and heart rate monitoring data on your Garmin Connect account (*Using the Garmin Connect App*, page 36) (*Using Garmin Connect on Your Computer*, page 37).

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

Using History

1. Hold Ⓑ.
2. Select **History**.
3. Select an option:
   - To view an activity from this week, select **This Week**.
   - To view an older activity, select **Previous Weeks**.
4. Select an activity.
5. Select ^, and select an option:
   - Select **Laps** to view additional information about each lap.
   - Select **Sets** to view additional information about each weight lifting set.
   - Select **Intervals** to view additional information about each swim interval.
   - Select **Time in Zone** to view your time in each heart rate zone.
   - Select **Delete** to delete the selected activity.

Viewing Your Time in Each Heart Rate Zone

Before you can view heart rate zone data, you must complete an activity with heart rate and save the activity.

Viewing your time in each heart rate zone can help you adjust your training intensity.

1. Hold Ⓑ.
2. Select **History**.
3. Select an option:
   - To view an activity from this week, select **This Week**.
   - To view an older activity, select **Previous Weeks**.
4. Select an activity.
5. Swipe up, and select **Time in Zone**.

Garmin Connect

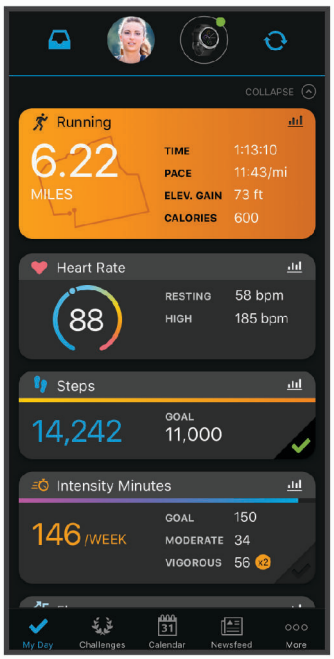
Your Garmin Connect account allows you to track your performance and connect with your friends. It gives you the tools to track, analyze, share, and encourage each other. You can record the events of your active lifestyle, including runs, walks, rides, swims, hikes, golf games, and more.

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

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

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

NOTE: To view some data, you must pair an optional wireless sensor with your device (*Pairing Your Wireless Sensors*, page 45).



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

Share your activities: You can connect with friends to follow each other's activities or post links to your activities on your favorite social networking sites.

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

Using the Garmin Connect App

After you pair your device with your smartphone (*Pairing Your Smartphone*, page 3), you can use the Garmin Connect app to upload all of your activity data to your Garmin Connect account.

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

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

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. You can also add music to your device (*Downloading Personal Audio Content*, page 8). You can also install device software updates and manage your Connect IQ apps.

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.

Customizing Your Device

Changing the Watch Face

You can choose from several preloaded watch faces or use a Connect IQ watch face that is downloaded to your device (*Connect IQ Features*, page 6). You can also edit an existing watch face (*Editing a Watch Face*, page 37) or create a new one (*Creating a Custom Watch Face*, page 38).

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

Editing a Watch Face

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

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

Creating a Custom Watch Face

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

1. From the watch face, hold Ⓑ.
2. Select **Watch Face**.
3. Swipe left, and select +.
4. Swipe up or down to scroll through the background options, and tap the screen to select the displayed background.
5. Swipe up or down to scroll through the analog and digital dials, and tap the screen to select the displayed dial.
6. Swipe up or down to scroll through the accent colors, and tap the screen to select the displayed color.
7. Select each data field you want to customize, and select the data to display in it.

   A white border indicates the customizable data fields for this dial.
8. Swipe left to customize the time markers.
9. Swipe up or down to scroll through the time markers.
10. Press Ⓐ.

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

Customizing the Controls Menu

You can add, remove, and change the order of the options in the controls menu (*Using the Controls Menu*, page 2).

1. Hold Ⓐ.

   The controls menu appears.
2. Hold Ⓑ.

   The controls menu switches to edit mode.
3. Select the shortcut you want to customize.
4. Select an option:
   - To change the location of the shortcut in the controls menu, select the location where you want it to appear, or drag the shortcut to a new location.
   - To remove the shortcut from the controls menu, select 🗑.
5. If necessary, select ✚ to add a shortcut to the controls menu.

   NOTE: This option is available only after you remove at least one shortcut from the menu.

Setting Up a Shortcut Control

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

1. From the watch face, swipe right.
2. Select an option:
   - If this is the first time you are setting up a shortcut, swipe up, and select **Setup**.
   - If you previously set up a shortcut, hold Ⓑ, and select ⚙ > **Shortcut**.
3. Select a shortcut control.

When you swipe right from the watch face, the shortcut control appears.

Activities and App Settings

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

Hold Ⓑ, select ⚙ > **Activities & Apps**, select an activity, and select the activity settings.

Alerts: Sets the training alerts for the activity (*Alerts*, page 40).

Auto Lap: Sets the options for the Auto Lap® feature (*Auto Lap*, page 41).

Auto Pause: Sets the device to stop recording data when you stop moving or when you drop below a specified speed (*Using Auto Pause®*, page 41).

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

Auto Scroll: Enables you to move through all of the activity data screens automatically while the timer is running (*Using Auto Scroll*, page 41).

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

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

Data Screens: Enables you to customize data screens and add new data screens for the activity (*Customizing the Data Screens*, page 39).

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

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

GPS: Sets the mode for the GPS antenna (*Changing the GPS Setting*, page 42).

Pool Size: Sets the pool length for pool swimming.

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

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

Stat Tracking: Enables statistics tracking while playing golf.

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

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

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

Customizing the Data Screens

You can customize data screens based on your training goals or optional accessories. For example, you can customize one of the data screens to display your lap pace or heart rate zone.

1. Hold Ⓑ.
2. Select ⚙ > **Activities & Apps**.
3. Select an activity.
4. Select the activity settings.
5. Select **Data Screens**.
6. Select a data screen to customize.
7. Select one or more options:

   NOTE: Not all options are available for all activities.

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

Alerts

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

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

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.
Heart Rate	Range	You can set minimum and maximum heart rate values or select zone changes.
Pace	Range	You can set minimum and maximum pace values.
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 Ⓑ.
2. Select ⚙ > **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 Using the Auto Lap Feature

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

1. Hold Ⓑ.
2. Select ⚙ > **Activities & Apps**.
3. Select an activity.

   NOTE: This feature is not available for all activities.
4. Select the activity settings.
5. Select an option:
   - To turn the Auto Lap feature on or off, select the toggle switch.
   - To adjust the distance between laps, select **Auto Lap**.

Each time you complete a lap, a message appears that displays the time for that lap. The device also vibrates if vibration is turned on (*System Settings*, page 43).

Using Auto Pause•

You can use the Auto Pause feature to pause the timer automatically when you stop moving or when your pace or speed drops below a specified value. This feature is helpful if your activity includes stop lights or other places where you need to slow down or stop.

NOTE: The device does not record activity data while the timer is stopped or paused.

1. Hold Ⓑ.
2. Select ⚙ > **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:

   NOTE: Not all options are available for all activities.
   - To pause the timer automatically when you stop moving, select **When Stopped**.
   - To pause the timer automatically when your pace drops below a specified value, select **Pace**.
   - To pause the timer automatically when your speed drops below a specified value, select **Speed**.

Using Auto Scroll

Before you can turn on the auto scroll feature, you must have the Always On setting enabled during activities (*Display Settings*, page 44).

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

1. Hold Ⓑ.
2. Select ⚙ > **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 Ⓑ.
2. Select ⚙ > **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 **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.

   NOTE: Using GPS and another satellite system together can reduce battery life more quickly than using GPS only (*GPS and Other Satellite Systems*, page 42).

GPS and Other Satellite Systems

The GPS + GLONASS or GPS + GALILEO options offer increased performance in challenging environments and faster position acquisition than using GPS only. However, using GPS and another satellite system together can reduce battery life more quickly than using GPS only.

Phone and Bluetooth Settings

Hold Ⓑ, and select ⚙ > **Phone**.

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

Notifications: The device turns smart notifications on and off automatically based on your selections (*Enabling Bluetooth Notifications*, page 4).

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

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

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

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

System Settings

Hold Ⓑ, and select ⚙ > **System**.

Auto Lock: Automatically locks the touchscreen to prevent inadvertent screen touches. You can hold any button to unlock the touchscreen.

Language: Sets the language of the device interface.

Time: Sets the time format and source for local time (*Time Settings*, page 43).

Date: Allows you to manually set the date and date format.

Display: Sets the display timeout and brightness (*Display Settings*, page 44).

Physio TrueUp: Allows your device to sync activities, history, and data from other Garmin devices.

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

Do Not Disturb: Turns on or off do not disturb mode.

Units: Sets the measurement units used to display data (*Changing the Units of Measure*, page 44).

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

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

Reset: Allows you to reset the default settings or delete personal data and reset the settings (*Restoring All Default Settings*, page 51).

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

Software Update: Allows you to check for software updates.

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

Time Settings

Hold Ⓑ, and select ⚙ > **System** > **Time**.

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

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

Time Zones

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

Setting the Time Manually

By default, the time is set automatically when the Venu Sq device is paired with a mobile device.

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

Setting an Alarm

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

1. Hold Ⓑ.
2. Select **Clocks** > **Alarms** > **Add Alarm**.
3. Select **Time**, and enter a time.
4. Select **Repeat**, and select an option.
5. Select **Label**, and select a description for the alarm.

Deleting an Alarm

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

Starting the Countdown Timer

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

Using the Stopwatch

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

Display Settings

Hold Ⓑ, and select ⚙ > **System** > **Display**.

Brightness: Sets the brightness level of the display.

Timeout: Sets the length of time before the display turns off. You can use the Always On option to keep the watch face data visible and turn off only the background. This option impacts the battery and display life.

NOTE: The Always On and Gesture settings are disabled during your sleep window to prevent the display from turning on while you are asleep.

Gesture: Sets the display to turn on when you rotate your wrist toward your body to view the device. You can use the Only During Activity option to use this feature only during timed activities. You can also adjust the gesture sensitivity to turn on the display more or less often.

During Activity: Sets the display to remain on or to turn it off based on the Timeout setting during a timed activity.

Changing the Units of Measure

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

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

Garmin Connect Settings

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

- From the Garmin Connect app, select ☰ or •••, select **Garmin Devices**, and select your device.
- From the devices widget in the Garmin Connect application, select your device.

After customizing settings, sync your data to apply the changes to your device (*Using the Garmin Connect App*, page 36, *Using Garmin Connect on Your Computer*, page 37).

Wireless Sensors

Your device can be used with wireless ANT+ sensors. Your device with music features can also be used with 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 ANT+ or Bluetooth 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.

TIP: Some ANT+ sensors pair with your device automatically when you start an activity with the sensor turned on and near the device.

1. Move at least 10 m (33 ft.) away from other wireless sensors.
2. If you are pairing a heart rate monitor, put on the heart rate monitor.

   The heart rate monitor does not send or receive data until you put it on.
3. Hold Ⓑ.
4. Select ⚙ > **Sensors** > **Add New**.
5. Bring the device within 3 m (10 ft.) of the sensor, and wait while the device pairs with the sensor.

   After the device connects to the sensor, an icon appears at the top of the screen.

Foot Pod

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

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

Calibrating Your Foot Pod

Before you can calibrate your foot pod, you must pair your device with the foot pod (*Pairing Your Wireless Sensors*, page 45).

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

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

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 45).

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.

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 45).
- Set your wheel size (*Calibrating Your Speed Sensor*, page 46).
- Go for a ride (*Going for a Ride*, page 26).

Calibrating Your Speed Sensor

Before you can calibrate your speed sensor, you must pair your device with a compatible speed sensor (*Pairing Your Wireless Sensors*, page 45).

Manual calibration is optional and can improve accuracy.

1. Hold Ⓑ.
2. Select ⚙ > **Sensors** > **Speed/Cadence** > **Wheel Size**.
3. Select an option:
   - Select **Auto** to automatically calculate your wheel size and calibrate your speed sensor.
   - Select **Manual**, and enter your wheel size to manually calibrate your speed sensor (*Wheel Size and Circumference*, page 56).

Club Sensors

Your Venu Sq Music device is compatible with Approach® CT10 golf club sensors. You can use paired club sensors to automatically track your golf shots, including location, distance, and club type. See the owner's manual for your club sensors for more information.

Situational Awareness

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

NOTE: You may need to update the Venu Sq software before pairing Varia devices (*Updating the Software Using the Garmin Connect App*, page 47).

tempe

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

Device Information

Charging the Device

⚠ WARNING

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

NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions in the appendix.

1 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
- Course updates
- Data uploads to Garmin Connect
- Product registration

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*, page 3).

Sync your device with the Garmin Connect app (*Using the Garmin Connect App*, page 36).

When new software is available, the Garmin Connect app automatically sends the update to your device. The update is applied when you are not actively using the device. When the update is complete, your device restarts.

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 37).

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.

Viewing Device Information

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

1 Hold Ⓑ.

2 Select ⚙ > **System** > **About**.

Viewing E-label Regulatory and Compliance Information

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

Hold Ⓑ for 10 seconds.

Specifications

Battery type	Rechargeable, built-in lithium-polymer battery
Battery life	Up to 6 days in smartwatch mode
Operating temperature range	From -20° to 60°C (from -4° to 140°F)
Charging temperature range	From 0° to 45°C (from 32° to 113°F)
Venu Sq wireless frequency	2.4 GHz @ -0.82 dBm nominal
Venu Sq Music wireless frequency	2.4 GHz @ 9.98 dBm nominal
Water rating	Swim, 5 ATM[1]

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, and connected sensors.

Mode	Battery Life
Smartwatch mode with activity tracking and 24/7 wrist-based heart rate monitoring	Up to 6 days
Smartwatch mode with on-device music playback	Up to 8 hr.
GPS mode	Up to 14 hr.
GPS mode with on-device music playback	Up to 6 hr.

[1] The device withstands pressure equivalent to a depth of 50 m. For more information, go to www.garmin.com/waterrating.

Device Care

NOTICE
Avoid extreme shock and harsh treatment, because it can degrade the life of the product.
Avoid pressing the keys under water.
Do not use a sharp object to clean the device.
Never use a hard or sharp object to operate the touchscreen, or damage may result.
Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.
Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.
Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

Cleaning the Device

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

1 Wipe the device using a cloth dampened with a mild detergent solution.

2 Wipe it dry.

After cleaning, allow the device to dry completely.

TIP: For more information, go to www.garmin.com/fitandcare.

Changing the Bands

The device is compatible with 20 mm wide, standard, quick-release bands.

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

2 Insert one side of the spring bar for the new band into the device.

3 Slide the quick-release pin, and align the spring bar with the opposite side of the device.

4 Repeat steps 1 through 3 to change the other band.

Troubleshooting

Is my smartphone compatible with my device?

The Venu Sq 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 Ⓑ, and select ⚙ > **Phone** > **Pair Phone**.

My headphones will not connect to the device

If your headphones were previously connected to your smartphone using Bluetooth technology, they may connect to your smartphone before connecting to your device. You can try these tips.

- Turn off Bluetooth technology on your smartphone.

  Refer to the owner's manual for your smartphone for more information.
- Stay 10 m (33 ft.) away from your smartphone while connecting headphones to your device.
- Pair your headphones with your device (*Connecting Bluetooth Headphones*, page 8).

My music cuts out or my headphones do not stay connected

When using a Venu Sq Music device connected to headphones using Bluetooth technology, the signal is strongest when there is a direct line of sight between the device and the antenna on the headphones.

- If the signal passes through your body, you may experience signal loss or your headphones may become disconnected.
- It is recommended to wear your headphones with the antenna on the same side of your body as your Venu Sq Music device.
- Since headphones vary by model, you can try moving the watch to your other wrist.

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 Ⓑ.
2. Select ⚙.
3. Scroll down to the last item in the list, and select it.
4. Scroll down to the second item in the list, and select it.
5. Select your language.

My device does not display the correct time

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

1. Hold Ⓑ, and select ⚙ > **System** > **Time**.
2. Verify the **Auto** option is enabled.
3. Select an option:
   - Confirm that your smartphone displays the correct local time, and sync your device to the smartphone (*Using the Garmin Connect App*, page 36).
   - Start an outdoor activity, go outdoors to an open area with a clear view of the sky, and wait while the device acquires satellite signals.

   The time and date are updated automatically.

Maximizing Battery Life

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

- Reduce the display timeout (*Display Settings*, page 44).
- Reduce the display brightness (*Display Settings*, page 44).
- Turn off Bluetooth technology when you are not using connected features (*Turning Off the Bluetooth Smartphone Connection*, page 5).
- Turn off activity tracking (*Activity Tracking Settings*, page 18).
- Limit the smartphone notifications the device displays (*Managing Notifications*, page 5).
- Stop broadcasting heart rate data to paired Garmin devices (*Broadcasting Heart Rate to Garmin Devices*, page 14).
- Turn off wrist-based heart rate monitoring (*Turning Off the Wrist-based Heart Rate Monitor*, page 14).
- Turn off automatic pulse oximeter readings (*Changing the Pulse Oximeter Tracking Mode*, page 16).

Restarting the Device

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

NOTE: Restarting the device may erase your data or settings.

1. Hold Ⓐ for 15 seconds.

   The device turns off.
2. Hold Ⓐ for one second to turn on the device.

Restoring All Default Settings

You can reset all of the device settings to the factory default values. You should sync your device with the Garmin Connect app to upload your activity data before you reset the device.

1. Hold Ⓑ.
2. Select ⚙ > **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**.

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

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.
  - Connect your device to your Garmin Connect account using a Wi-Fi wireless network.

  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.

Activity Tracking

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

My step count does not seem accurate

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

- Wear the 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.

Improving the Accuracy of Intensity Minutes and Calories

You can improve the accuracy of these estimates by walking or running outside with GPS for 15 minutes.

NOTE: After you calibrate the device for the first time, ! no longer appears in the My Day widget.

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

Getting More Information

- 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.

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

Appendix

Data Fields

Some data fields require ANT+ accessories to display data.

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

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

500m Pace: The current rowing pace per 500 meters.

Average 500m Pace: The average rowing pace per 500 meters for the current activity.

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

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

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

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

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

Average Speed: The average speed for the current activity.

Average Swolf: The average swolf score for the current activity. Your swolf score is the sum of the time for one length plus the number of strokes for that length (*Swim Terminology*, page 27).

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

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

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

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

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

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

Calories: The amount of total calories burned.

Dist. Per Stroke: The distance traveled per stroke.

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

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.

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. Dist./Stk.: The average distance traveled per stroke during the current interval.

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

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

Interval Distance: The distance traveled for the current interval.

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

Interval Pace: The average pace for the current interval.

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

Interval Time: The stopwatch time for the current interval.

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

L. Int. Dist./Stk.: The average distance traveled per stroke during the last completed interval.

L. Int. Stk. Type: The stroke type used during the last completed interval.

L. Len. Stk. Rate: The average number of strokes per minute (spm) during the last completed pool length.

L. Len. Stk. Type: The stroke type used during the last completed pool length.
L. Len. Strokes: The total number of strokes for the last completed pool length.
Lap 500m Pace: The average rowing pace per 500 meters for the current lap.
Lap Cadence: Cycling. The average cadence for the current lap.
Lap Cadence: Running. The average cadence for the current lap.
Lap Distance: The distance traveled for the current lap.
Lap HR: The average heart rate for the current lap.
Lap HR %Max.: The average percentage of maximum heart rate for the current lap.
Lap Pace: The average pace for the current lap.
Laps: The number of laps completed for the current activity.
Lap Speed: The average speed for the current lap.
Lap Steps: The number of steps during the current lap.
Lap Time: The stopwatch time for the current lap.
Last Int. Swolf: The average swolf score for the last completed interval.
Last Lap 500m Pace: The average rowing pace per 500 meters for the last lap.
Last Lap Cadence: Cycling. The average cadence for the last completed lap.
Last Lap Cadence: Running. The average cadence for the last completed lap.
Last Lap Dist.: The distance traveled for the last completed lap.
Last Lap HR: The average heart rate for the last completed lap.
Last Lap HR %Max.: The average percentage of maximum heart rate for the last completed lap.
Last Lap Pace: The average pace for the last completed lap.
Last Lap Speed: The average speed for the last completed lap.
Last Lap Time: The stopwatch time for the last completed lap.
Last Len. Swolf: The swolf score for the last completed pool length.
Last Length Pace: The average pace for your last completed pool length.
Lengths: The number of pool lengths completed during the current activity.
Maximum Speed: The top speed for the current activity.
Pace: The current pace.
Reps: During a strength training activity, the number of repetitions in a workout set.
Respiration Rate: Your respiration rate in breaths per minute (brpm).
Set Timer: During a strength training activity, the amount of time spent in the current workout set.
Speed: The current rate of travel.
Steps: The number of steps during the current activity.
Stress: Your current stress level.
Stroke Rate: The number of strokes per minute (spm).
Strokes: The total number of strokes for the current activity.
Sunrise: The time of sunrise based on your GPS position.
Sunset: The time of sunset based on your GPS position.
Temperature: The temperature of the air. Your body temperature affects the temperature sensor. Your device must be connected to a tempe sensor for this data to appear.
Time in Zone: The time elapsed in each heart rate or power zone.
Time of Day: The time of day based on your current location and time settings (format, time zone, daylight saving time).
Timer: The stopwatch time for the current activity.
Vertical Speed: The rate of ascent or descent over time.

VO2 Max. Standard Ratings

These tables include standardized classifications for VO2 max. estimates by age and gender.

Males	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	55.4	54	52.5	48.9	45.7	42.1
Excellent	80	51.1	48.3	46.4	43.4	39.5	36.7
Good	60	45.4	44	42.4	39.2	35.5	32.3
Fair	40	41.7	40.5	38.5	35.6	32.3	29.4
Poor	0–40	<41.7	<40.5	<38.5	<35.6	<32.3	<29.4

Females	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	49.6	47.4	45.3	41.1	37.8	36.7
Excellent	80	43.9	42.4	39.7	36.7	33	30.9
Good	60	39.5	37.8	36.3	33	30	28.1
Fair	40	36.1	34.4	33	30.1	27.5	25.9
Poor	0–40	<36.1	<34.4	<33	<30.1	<27.5	<25.9

Data reprinted with permission from The Cooper Institute. For more information, go to www.CooperInstitute.org.

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.

Index

A
accessories **45, 52**
activities **24, 25, 39**
  adding **24**
  custom **24**
  favorites **24**
  saving **24**
  starting **24**
activity tracking **16–18**
alarms **40, 43**
alerts **40**
  heart rate **13**
ANT+ sensors **45, 46**
applications **4, 6, 11, 31**
  smartphone **3, 23**
assistance **11, 12**
Auto Lap **41**
Auto Pause **41**
auto scroll **41**

B
bands **49**
battery
  charging **47**
  life **48**
  maximizing **5, 51**
bike sensors **46**
Bluetooth sensors **45**
Bluetooth technology **4, 5, 11, 42, 49**
  headphones **8, 50**
Bluetooth Technology **6**
Body Battery **20, 21**

C
cadence
  alerts **40**
  sensors **46**
calendar **32**
calibrating, compass **35**
calorie, alerts **40**
calories **52**
charging **47**
cleaning the device **49**
clock **43**
compass **28, 34**
  calibrating **35**
computer **8**
Connect IQ **6**
contacts, adding **11**
controls menu **38**
countdown timer **44**
courses
  downloading **27**
  playing **27, 28**
  selecting **27**
customizing the device **38, 39**
cycling **26**

D
data
  storing **31, 36, 37**
  transferring **31, 36, 37**
  uploading **36**
data fields **2, 6, 26, 39, 53**
deleting
  history **35**
  personal records **33**
distance, alerts **40**
dogleg **29**

E
emergency contacts **11**

F
foot pod **3, 45**

G
Garmin Connect **3, 4, 6, 11, 31, 32, 36, 44, 47**
  storing data **37**
Garmin Express **6**
  updating software **47**
Garmin Pay **9–11**
GLONASS **42**
golf round, ending **31**
GPS **3, 42**
  signal **52**
green view, pin location **28**

H
hazards **29**
headphones **50**
  Bluetooth technology **8, 50**
  connecting **8**
health stats **22**
heart rate **3, 12, 13, 20**
  alerts **13, 40**
  monitor **13, 14**
  pairing sensors **14**
  zones **14, 15, 31, 35**
history **26, 35**
  sending to computer **31, 36, 37**
  viewing **30**
hydration **22, 23**

I
icons **3**
incident detection **11, 12**
indoor training **25**
intensity minutes **17, 52**
intervals **27**

K
keys **1, 49**

L
laps **35**
layup **29**
lengths **27**
license **48**
LiveTrack **11**
locations **34**
  deleting **34**
locking, screen **2, 43**

M
main menu, customizing **20**
maps **34**
menstrual cycle **22**
menu **1, 2**
music **3, 7**
  loading **7, 8**
  playing **8**
  services **7, 8**
music controls **9**

N
navigation **33, 34**
  stopping **34**
NFC **10**
notifications **4, 5**
  phone calls **5**
  text messages **5**

O
oxygen saturation **15, 16**

P
pairing
  ANT+ sensors **14**
  sensors **45**
  smartphone **3, 50**
payments **9–11**
personal records **33**
  deleting **33**
phone calls **5**
pin location, green view **28**
pool size
  custom **26**
  setting **26**
profiles, user **31**
pulse oximeter **12, 15, 16**

R
replacement parts **49**
resetting the device **51**

S
satellite signals **3, 52**
saving activities **25, 26**
scorecard **29, 30**
scoring **29, 30**
screen **44**
settings **16, 18, 20, 39, 42–44, 51**
shortcuts **2, 38**
sleep mode **5, 17**
smartphone **3, 6, 11, 19, 31, 49**
  applications **4, 6, 23**
  pairing **3, 50**
software
  updating **47, 48**
  version **48**
specifications **48**
speed and cadence sensors **3, 46**
statistics **30**
stopwatch **44**
storing data **31, 36**
stress level **20, 21**
stress score **21**
strokes **27**
swimming **26**
swolf score **27**
system settings **43**

T
tempe **46**
temperature **46**
text messages **5**
time **43**
  alerts **40**
  settings **43**
time of day **43, 51**
time zones **43**
timer **25, 26**
  countdown **44**
touchscreen **1, 2**
tracking **11, 16**
training **4**
  calendar **32**
  pages **26**
  plans **31, 32**
treadmill **25**
troubleshooting **13, 16, 21, 49–52**

U
unit ID **48**
units of measure **44**
updates, software **47, 48**
uploading data **36**
USB **48**
user profile **31**

V
VO2 max. **15, 55**

W
wallet **3, 10**
watch face **2**

watch faces **6, 37, 38**
wheel sizes **46, 56**
Wi-Fi, connecting **7**
Wi-Fi, connecting **6**
widgets **2, 6, 13, 16, 19–23**
workouts **31, 32**

Z

zones
  heart rate **14**
  time **43**

September 2020

GUID-IC3C7630-B695-44C3-AF56-949CID4889FB v2