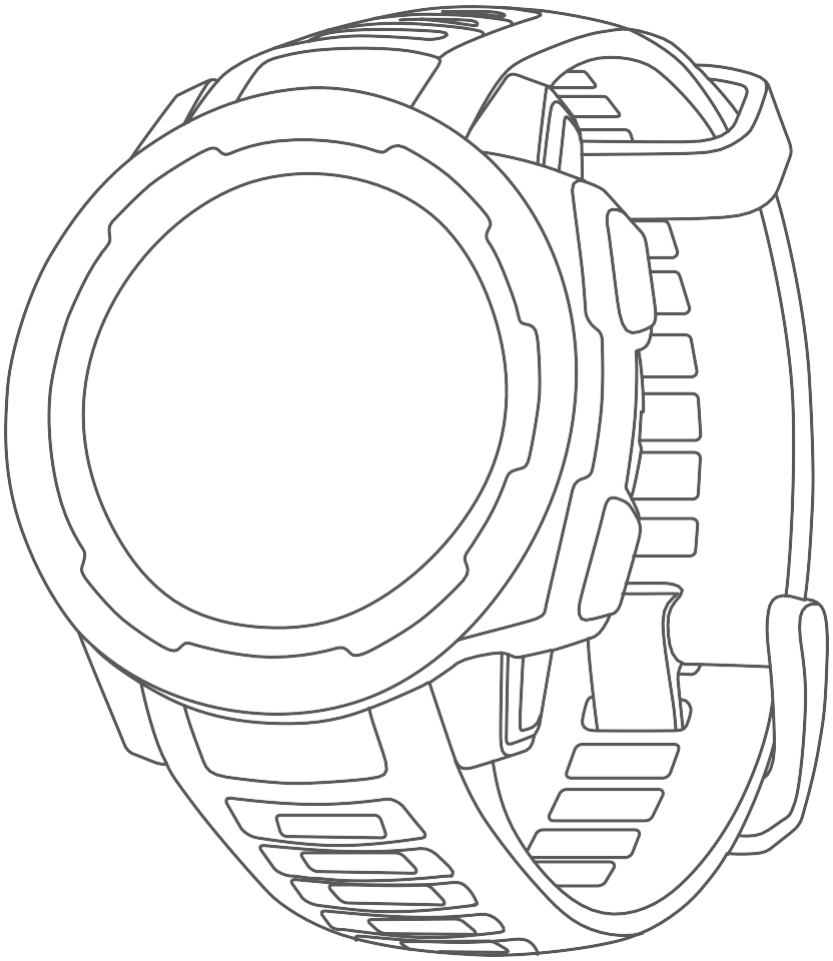
GARMIN



INSTINCT

TACTICAL

Owner's Manual

Table of Contents

Introduction

WARNING

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

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

Device Overview

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

Viewing the Controls Menu

The controls menu contains options, such as turning on do not disturb mode, locking the keys, and turning the device off. You can enable stealth mode. You can also enable night vision mode.

NOTE: You can add, reorder, and remove the options in the controls menu (*Customizing the Controls Menu, page 20*).

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

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

Enabling Night Vision Mode

You can enable night vision mode to reduce backlight intensity for compatibility with night vision goggles.

NOTE: When you enable night vision mode, wrist heartrate monitoring is disabled.

1 Hold **CTRL**.

2 Select .

Enabling Stealth Mode

You can enable stealth mode to prevent the storage and sharing of your GPS position and disable wireless communications.

1 Hold **CTRL**.

2 Select .

Viewing Widgets

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

- Select **UP** or **DOWN**.

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

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.

Pairing Your Smartphone with Your Device

To use the connected features of the Instinct device, itmust 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 andopen the Garmin Connect app.

2 Bring your smartphone within 10 m (33 ft.) of your device.

3 Select **CTRL** to turn on the device.

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

TIP: To manually enter pairing mode, you can hold **MENU**, and select **Settings** > **Pair Phone**.

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

- If this is the first time you are pairing a devicewith the Garmin Connect app, follow the on- screen instructions.
- If you already paired another device with the Garmin Connect app, from the ☰ or ••• menu, select **Garmin Devices** > **Add Device**, and follow the on-screen instructions.

Product Updates

On your computer, install Garmin Express (*Garmin.com.sg/express*). On your smartphone, install the Garmin Connect app.

This provides easy access to these services for Garmin devices:

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

Setting Up Garmin Express

1 Connect the device to your computer using a USBcable.

2 Go to *Garmin.com.sg/express*.

3 Follow the on-screen instructions.

Activities and Apps

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

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

Starting an Activity

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

1 From the watch face, select **GPS**.

2 Select an option:

- Select an activity from your favorites.
- Select ⁘, and select an activity from the extended activity list.

3 If the activity requires GPS signals, go outside to an area with a clear view of the sky, and wait untilthe device is ready.

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

4 Select **GPS** to start the activity timer.

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

Tips for Recording Activities

- Charge the device before starting an activity (*Charging the Device, page 1*).
- Select **BACK** to record laps.
- Select **UP** or **DOWN** to view additional data pages.

Stopping an Activity

1 Select **GPS**.

2 Select an option:

- To resume your activity, select **Resume**.
- To save the activity and return to watch mode, select **Save** > **Done**.
- To suspend your activity and resume it at a latertime, select **Resume Later**.
- To mark a lap, select **Lap**.
- To navigate back to the starting point of your activity along the path you traveled, select **Backto Start** > **TracBack**.
  NOTE: This feature is available only for activities that use GPS.
- To navigate back to the starting point of your activity by the most direct path, select **Back to Start** > **Straight Line**.
  NOTE: This feature is available only for activities that use GPS.

- To discard the activity and return to watch mode, select **Discard** > **Yes**.

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

Creating a Custom Activity

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

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

Indoor Activities

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

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

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

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

Calibrating the Treadmill Distance

To record more accurate distances for your treadmill runs, you can calibrate the treadmill distance after yourun 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 2*), and run at least 1.5 km (1 mi.) on the treadmill.
2. After you complete your run, select **GPS**.
3. Select an option:
   - To calibrate the treadmill distance the first time, select **Save**.
     The device prompts you to complete the treadmill calibration.
   - To manually calibrate the treadmill distance after the first- time calibration, select **Calibrate &Save** > **Yes**.
4. Check the treadmill display for the distance traveled, and enter the distance on your device.

Outdoor Activities

The Instinct device comes preloaded with outdoor activities, such as running and cycling. GPS is turned on for outdoor activities. You can add new activities based on default activities, such as walking or rowing.You can also add custom activities to your device (*Creating a Custom Activity, page 3*).

Viewing Your Ski Runs

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

1. Start a skiing or snowboarding activity.
2. Hold **MENU**.
3. Select **View Runs**.
4. Select **UP** and **DOWN** to view details of your last run, your current run, and your total runs.

   The run screens include time, distance traveled, maximum speed, average speed, and total descent.

Using the Metronome

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

NOTE: This feature is not available for all activities.

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

   The metronome starts automatically.

9 During your run, select **UP** or **DOWN** to view the metronome screen.

10 If necessary, hold **MENU** to change the metronome settings.

Swimming

NOTICE

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

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

Swim Terminology

Length: One trip down the pool.

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

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

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

Stroke Types

Stroke type identification is available only for pool swimming. Your stroke type is identified at the end of a length. Stroke types appear in your swimming history and in your Garmin Connect account. You can also select stroke type as a custom data field (*Customizing the Data Screens, page 18*).

Free	Freestyle
Back	Backstroke
Breast	Breaststroke
Fly	Butterfly
Mixed	More than one stroke type in an interval
Drill	Used with drill logging (*Training with the Drill Log, page 4*)

Tips for Swimming Activities

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

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

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

Resting During Pool Swimming

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

NOTE: Swim data is not recorded during a rest.

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

  The display reverses to white text on a black background, and the rest screen appears.

2 During a rest, select **UP** or **DOWN** to view other data screens (optional).

3 Select **BACK**, and continue swimming.

4 Repeat for additional rest intervals.

Training with the Drill Log

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

1 During your pool swim activity, select **UP** or **DOWN** to view the drill log screen.

2 Select **BACK** to start the drill timer.

3 After you complete a drill interval, select **BACK**.

  The drill timer stops, but the activity timer continues to record the entire swim session.

4 Select a distance for the completed drill.

  Distance increments are based on the pool size selected for the activity profile.

5 Select an option:
- To start another drill interval, select **BACK**.
- To start a swim interval, select **UP** or **DOWN** to return to the swim training screens.

Jumpmaster

WARNING

The jumpmaster feature is for use by experienced skydivers only. The jumpmaster feature should not be used as a primary skydiving altimeter. Failure to input the appropriate jump related information can lead to serious personal injury or death.

The jumpmaster feature follows military guidelines for calculating the high altitude release point (HARP). The device detects automatically when you have jumped to begin navigating toward the desired impact point (DIP) using the barometer and electronic compass.

Planning a Jump

1 Select a jump type (*Jump Types, page 5*).

2 Enter the jump information (*Entering Jump*

Information, page 5).

The device calculates the HARP.

3 Select **Go To HARP** to start navigation to the HARP.

Jump Types

The jumpmaster feature allows you to set the jump type to one of three types: HAHO, HALO, or Static. Thejump type selected determines what additional setup information is required (*Entering Jump Information, page 5*). For all jump types, drop altitudes and opening altitudes are measured in feet above ground level (AGL).

HAHO: High Altitude High Opening. The jumpmaster jumps from a very high altitude and opens the parachute at a high altitude. You must set a DIP and a drop altitude of at least 1,000 feet. The drop altitude is assumed to be the same as the openingaltitude. Common values for a drop altitude range from 12,000 to 24,000 feet AGL.

HALO: High Altitude Low Opening. The jumpmaster jumps from a very high altitude and opens the parachute at a low altitude. The required information is the same as the HAHO jump type,plus an opening altitude. The opening altitude must not be greater than the drop altitude. Common values for an opening altitude range from2,000 to 6,000 feet AGL.

Static: The wind speed and direction are assumed to be constant for the duration of the jump. The dropaltitude must be at least 1,000 feet.

Entering Jump Information

1 Select **GPS**.

2 Select **Jumpmaster**.

3 Select a jump type (*Jump Types, page 5*).

4 Complete one or more actions to enter your jump information:

- Select **DIP** to set a waypoint for the desired landing location.
- Select **Drop Alt** to set the drop altitude AGL (in feet) when the jumpmaster exits the aircraft.
- Select **Open Alt** to set the open altitude AGL(in feet) when the jumpmaster opens the parachute.
- Select **Forward Throw** to set the horizontal distance traveled (in meters) due to aircraft speed.
- Select **Crs to HARP** to set the direction traveled (in degrees) due to aircraft speed.
- Select **Wind** to set the wind speed (in knots) and direction (in degrees).
- Select **Constant** to fine-tune some informationfor the planned jump. Depending on the jump type, you can select **Percent Max, Safety Factor, K-Open, K-Freefall,** or **K-Static** and enter additional information (*Constant Settings,page 5*).
- Select **Auto to DIP** to enable navigation to the DIP automatically after you jump.
- Select **Go To HARP** to start navigation to the HARP.

Entering Wind Information for HAHO andHALO Jumps

1 Select **GPS**.

2 Select **Jumpmaster**.

3 Select a jump type (*Jump Types, page 5*).

4 Select **Wind** > **Add**.

5 Select an altitude.

6 Enter a wind speed in knots and select **Done**.

7 Enter a wind direction in degrees and select **Done**.

The wind value is added to the list. Only wind values included in the list are used in calculations.

8 Repeat steps 5–7 for each available altitude.

Resetting Wind Information

1 Select **GPS**.

2 Select **Jumpmaster**.

3 Select **HAHO** or **HALO**.

4 Select **Wind** > **Reset**.

All wind values are removed from the list.

Entering Wind Information for a Static Jump

1 Select **GPS**.

2 Select **Jumpmaster** > **Static** > **Wind**.

3 Enter a wind speed in knots and select **Done**.

4 Enter a wind direction in degrees and select **Done**.

Constant Settings

Select Jumpmaster, select a jump type, and select Constant.

Percent Max: Sets the jump range for all jump types. A setting less than 100% decreases thedrift distance to the DIP, and a setting greater than 100% increases the drift distance. More experienced jumpmasters may want to use smaller numbers, and less experienced skydivers may want to use larger numbers.

Safety Factor: Sets the margin of error for a jump (HAHO only). Safety factors are usually integer values of two or greater, and are determined by thejumpmaster based on specifications for the jump.

K-Freefall: Sets the wind drag value for a parachute during freefall, based on the parachute canopy rating (HALO only). Each parachute should be labeled with a K value.

K-Open: Sets the wind drag value for an open parachute, based on the parachute canopy rating(HAHO and HALO). Each parachute should be labeled with a K value.

K-Static: Sets the wind drag value for a parachute

during a static jump, based on the parachute canopy rating (Static only). Each parachute shouldbe labeled with a K value.

Heart Rate Features

The Instinct 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, yourdevice 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.

  NOTE: The optical sensor is located on the back ofthe device.
- See *Tips for Erratic Heart Rate Data, page 6* for more information about wrist-based heart rate.
- For more information about accuracy, go to *garmin.com/ataccuracy*.

Tips for Erratic Heart Rate Data

If the heart rate data is erratic or does not appear, youcan 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 backof the device.
- Wear the device above your wrist bone. The device should be snug but comfortable.
- Wait until the ♥ icon is solid before starting your activity.
- Warm up for 5 to 10 minutes and get a heart rate reading before starting your activity.

  NOTE: In cold environments, warm up indoors.
- Rinse the device with fresh water after each workout.

Viewing the Heart Rate Widget

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

1. From the watch face, select **UP** or **DOWN** to viewthe heart rate widget.
2. Select **GPS** to view your average resting heart rate values for the last 7 days.

Broadcasting Heart Rate Data to Garmin Devices

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

NOTE: Broadcasting heart rate data decreases batterylife.

1. From the heart rate widget, hold **MENU**.
2. Select **Options**.
3. Select an option:
   - Select **Broadcast Heart Rate** to start broadcasting heart rate data now.
   - Select **Broadcast During Activity** to broadcast heart rate during timed activities (*Starting an Activity, page 2*).

   The Instinct device starts broadcasting your heartrate data, and ♥ appears.

   NOTE: You can view only the heart rate widget while broadcasting heart rate data.
4. Pair your Instinct device with your Garmin ANT+ compatible device.

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

   TIP: To stop broadcasting your heart rate data,select any key, and select Yes.

Turning Off the Wrist Heart Rate Monitor

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

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

Training

Setting Up Your User Profile

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

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

Fitness Goals

Knowing your heart rate zones can help you measureand 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 usethe table (*Heart Rate Zone Calculations, page 7*) to determine the best heart rate zone for your fitnessobjectives.

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 maximumheart rate is 220 minus your age.

About Heart Rate Zones

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

Setting Your Heart Rate Zones

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

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

   You can use the average resting heart rate measured by your device, or you can set a custom resting heart rate.
5. Select **Zones** > **Based On**.
6. Select an option:
   - Select **BPM** to view and edit the zones in beatsper minute.
   - Select **%Max HR** to view and edit the zones as a percentage of your maximum heart rate.
   - Select **%HRR** to view and edit the zones as a percentage of your heart rate reserve (maximumheart rate minus resting heart rate).
7. Select a zone, and enter a value for each zone.
8. Select **Add Sport Heart Rate**, and select a sport profile to add separate heart rate zones (optional).

Heart Rate Zone Calculations

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

Activity Tracking

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

The number of steps taken during the day appearson 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 towardyour daily goal 1 .

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

Using the Move Alert

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move alert reminds you to keep moving. After one hour of inactivity, Move! and the move bar appear. Additional segments appear after every 15 minutes of inactivity. The device also beeps or vibrates if audible tones areturned on (*System Settings, page 22*).

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 GarminConnect account. Sleep statistics include total hours of sleep, sleep levels, and sleep movement. You can view your sleep statistics on your Garmin Connect account.

NOTE: Naps are not added to your sleep statistics. Youcan use do not disturb mode to turn off notifications and alerts, with the exception of alarms (*Using Do Not Disturb Mode, page 8*).

Using Automated Sleep Tracking

1. Wear your device while sleeping.
2. Upload your sleep tracking data to the Garmin Connect site (*Manually Syncing Data with Garmin Connect, page 15*).

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

Using Do Not Disturb Mode

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

NOTE: You can set your normal sleep hours in the user settings on your Garmin Connect account. You can enable the Sleep Time option in the system settings toautomatically enter do not disturb mode during your normal sleep hours (*System Settings, page 22*).

1. Hold **CTRL**.
2. Select .

Intensity Minutes

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

The device monitors your activity intensity and tracksyour time spent participating in moderate to vigorousintensity activities (heart rate data is required to quantify vigorous intensity). You can work toward achieving your weekly intensity minutes goal by participating in at least 10 consecutive minutes of moderate to vigorous intensity activities. The device adds the amount of moderate activity minutes with the amount of vigorous activity minutes. Your total vigorous intensity minutes are doubled when added.

Earning Intensity Minutes

Your Instinct 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 Events

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

Activity Tracking Settings

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

Status: Turns off the activity tracking feature.

Move Alert: Displays a message and the move bar on the digital watch face and steps screen. The devicealso beeps or vibrates if audible tones are turned on (*System Settings, page 22*).

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

goal.

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

Turning Off Activity Tracking

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

1. Hold **MENU**.
2. Select **Settings** > **Activity Tracking** > **Status** > **Off**.

Workouts

You can create custom workouts that include goals for each workout step and for varied distances, times,and calories. You can create workouts using Garmin Connect or select a training plan that has built-in workouts from Garmin Connect, and transfer them to your device.

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

Following a Workout From Garmin Connect

Before you can download a workout from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect, page 15*).

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

Starting a Workout

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

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

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

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

About the Training Calendar

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

Using Garmin Connect Training Plans

Before you can download and use a training plan from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect, page 15*), and you must pair the Instinct device with a compatible smartphone.

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

Interval Workouts

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

Creating an Interval Workout

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

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

Starting an Interval Workout

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

7 Follow the on-screen instructions.

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

Stopping an Interval Workout

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

Using Virtual Partner

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

NOTE: This feature is not available for all activities.

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

Setting a Training Target

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

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

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

Cancelling a Training Target

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

Racing a Previous Activity

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

NOTE: This feature is not available for all activities.

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

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

Personal Records

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

Viewing Your Personal Records

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

Restoring a Personal Record

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

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

   NOTE: This does not delete any saved activities.

Clearing a Personal Record

1 From the watch face, hold **MENU**.
2 Select **History** > **Records**.
3 Select a sport.

4 Select a record to delete.
5 Select **Clear Record** > **Yes**.
NOTE: This does not delete any saved activities.

Clearing All Personal Records

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

Clock

Setting an Alarm

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

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

Starting the Countdown Timer

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

5 Select **GPS** to start the timer.

Using the Stopwatch

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

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

Syncing the Time with GPS

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

1 From any screen, hold **SET**.
2 Select **Set Time With GPS**.
3 Wait while the device locates satellites (*Acquiring Satellite Signals, page 26*).

Setting Alerts

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

Navigation

Saving a Dual Grid Location

You can save your current location using dual grid coordinates to navigate back to the same locationlater.

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

Editing Your Saved Locations

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

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

Viewing the Altimeter, Barometer, andCompass

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

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

Projecting a Waypoint

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

1. If necessary, select **GPS** > **Add** > **Project Wpt**. to add the project waypoint app to the apps list.
2. Select **Yes** to add the app to your list of favorites.
3. From the watch face, select **GPS** > **Project Wpt**.
4. Select **UP** or **DOWN** to set the heading.
5. Select **GPS**.
6. Select **DOWN** to select a unit of measure.
7. Select **UP** to enter the distance.
8. Select **GPS** to save.

   The projected waypoint is saved with a default name.

Navigating to a Destination

You can use your device to navigate to a destination orfollow a course.

1. From the watch face, select **GPS** > **Navigate**.
2. Select a category.
3. Respond to the on-screen prompts to choose a destination.
4. Select **Go To**.

   Navigation information appears.

5 Select **GPS** to begin navigation.

Creating and Following a Course on Your Device

1. From the watch face, select **GPS** > **Navigate** > **Courses** > **Create New**.
2. Enter a name for the course, and select ✔.
3. Select **Add Location**.
4. Select an option.
5. If necessary, repeat steps 3 and 4.
6. Select **Done** > **Do Course**.

   Navigation information appears.
7. Select **GPS** to begin navigation.

Marking and Starting Navigation to a Man Overboard Location

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

TIP: You can customize the hold function of the keys to access the MOB function (*Customizing the Hot Keys,page 22*).

From the watch face, select **GPS** > **Navigate** > **Last MOB**.

Navigation information appears.

Navigating with Sight ‘N Go

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

1. From the watch face, select **GPS** > **Navigate** > **Sight ‘N Go**.
2. Point the top of the watch at an object, and select **GPS**.

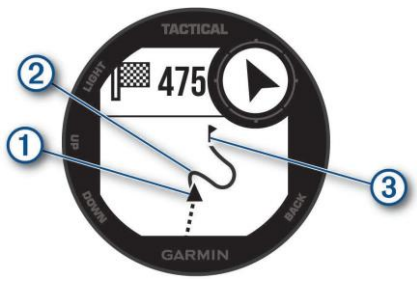
   Navigation information appears.

3 Select **GPS** to begin navigation.

Navigating to Your Starting Point During an Activity

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

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



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

Navigating to the Starting Point of Your Last Saved Activity

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

1. Select **GPS** > **Navigate** > **Back to Start** > **Straight Line**.

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

   NOTE: You can start the timer to prevent the device from timing out to watch mode.
2. Select **DOWN** to view the compass (optional).The arrow points toward your starting point.

Stopping Navigation

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

Calculating the Size of an Area

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

1. From the watch face, select **GPS** > **Area Calc**.
2. Walk around the perimeter of the area.

   TIP: You can hold **MENU**, and select **Pan/Zoom** to adjust the map (*Panning and Zooming the Map,page 13*).
3. Select **GPS** to calculate the area.
4. Select an option:
   - To exit without saving, select **Done**.
   - To convert measurements of the area to a different unit of measure, select **Change Units**.
   - To save, select **Save Activity**.

Map

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

- Map navigation (*Panning and Zooming the Map, page 13*)
- Map settings (*Map Settings, page 21*)

Panning and Zooming the Map

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

History

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

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

Using History

History contains previous activities you have saved onyour device.

1. Hold **MENU**.
2. Select **History** > **Activities**.
3. Select an activity.
4. Select an option:
   - To view additional information about the activity, select **Details**.
   - To select a lap and view additional information about each lap, select **Laps**.
   - To select an interval and view additional information about each interval, select **Intervals**.
   - To select an exercise set and view additional information about each set, select **Sets**.
   - To view the activity on a map, select **Map**.
   - To view your time in each heart rate zone, select**Time in Zone** (*Viewing Your Time in Each Heart Rate Zone, page 13*).
   - To view an elevation plot of the activity, select **Elevation Plot**.
   - To delete the selected activity, select **Delete**.

Viewing Your Time in Each Heart Rate Zone

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

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

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

Viewing Data Totals

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

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

Using the Odometer

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

1. From the watch face, hold **MENU**.
2. Select **History** > **Totals** > **Odometer**.

3 Select **UP** or **DOWN** to view odometer totals.

Syncing Activities

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

1 Hold **MENU**.

2 Select **History** > **Options** > **TrueUp** > **On**.

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

Deleting History

1 From the watch face, hold **MENU**.

2 Select **History** > **Options**.

3 Select an option:

- Select **Delete All Activities** to delete all activities from the history.
- Select **Reset Totals** to reset all distance andtime totals.

  NOTE: This does not delete any saved activities.

Connected Features

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

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

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

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

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

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

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

Enabling Bluetooth Notifications

Before you can enable notifications, you must pair the Instinct device with a compatible mobile device (*Pairing Your Smartphone with Your Device, page 2*).

1 From the watch face, hold **MENU**.

2 Select **Settings** > **Phone** > **Smart Notifications** > **Status** > **On**.

3 Select **During Activity**.

4 Select a notification preference.

5 Select a sound preference.

6 Select **Not During Activity**.

7 Select a notification preference.

8 Select a sound preference.

9 Select **Timeout**.

10 Select the amount of time the alert for a new notification appears on the screen.

Viewing Notifications

1 From the watch face, select **UP** or **DOWN** to viewthe notifications widget.

2 Select **GPS**.

3 Select a notification.

4 Select **DOWN** for more options.

5 Select **BACK** to return to the previous screen.

Managing Notifications

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

Select an option:

- If you are using an iPhone® device, go to the 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** > **Smart Notifications**.

Turning Off Bluetooth Technology

1 Hold **MENU**.

2 Select **Settings** > **Phone** > **Status** > **Off** to turn off Bluetooth wireless technology on your Instinct device.

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

Turning On and Off Smartphone Connection Alerts

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

NOTE: Smartphone connection alerts are turned off by default.

1 From the watch face, hold **MENU**.

2 Select **Settings** > **Phone** > **Alerts**.

Locating a Lost Mobile Device

You can use this feature to help locate a lost mobile device that is paired using Bluetooth wireless

technology and currently within range.

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

   The Instinct device begins searching for your paired mobile device. An audible alert sounds on your mobile device, and the Bluetooth signalstrength displays on the Instinct device screen.The Bluetooth signal strength increases as youmove closer to your mobile device.
3. Select **BACK** to stop searching.

Garmin Connect

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

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

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

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

Analyze your data: You can view more detailed information about your activity, including time, distance, heart rate, calories burned, and customizable reports.

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

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

Updating the Software Using the Garmin Connect App

Before you can update your device software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the device with acompatible smartphone (*Pairing Your Smartphone withYour Device, page 2*).

Sync your device with the Garmin Connect app (*Manually Syncing Data with Garmin Connect, page 15*).

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

Updating the Software Using Garmin Express

Before you can update your device software, you must download and install the Garmin Express application and add your device (*Using Garmin Connect on Your Computer, page 15*).

1. Connect the device to your computer using theUSB 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 fromyour computer.

   Your device installs the update.

Using Garmin Connect on Your Computer

The Garmin Express application connects your deviceto your Garmin Connect account using a computer.
You can use the Garmin Express application to upload your activity data to your Garmin Connect account andto send data, such as workouts or training plans, from the Garmin Connect website to your device.

1. Connect the device to your computer using theUSB cable.
2. Go to *Garmin.com.sg/express*.
3. Download and install the Garmin Express application.
4. Open the Garmin Express application, and select **Add Device**.
5. Follow the on-screen instructions.

Manually Syncing Data with Garmin Connect

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

Garmin Explore

The Garmin Explore website and mobile app allow you to plan trips and use cloud storage for your waypoints,routes, and tracks. They offer advanced planning both online and offline, allowing you to share and sync datawith your compatible Garmin device. You can use the mobile app to download maps for offline access, and

then navigate anywhere without using your cellular service.

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

Customizing Your Device

Widgets

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

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

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

Alternate time zones: Displays the current time of dayin additional time zones.

Calendar: Displays upcoming meetings from your smartphone calendar.

Calories: Displays your calorie information for the current day.

Compass: Displays an electronic compass.

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

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

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

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

inReach controls: Allows you to send messages onyour paired inReach device.

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

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

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

Music controls: Provides music player controls foryour smartphone.

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

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

Sensor information: Displays information from an internal sensor or a connected ANT+ sensor.

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

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

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

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

Weather: Displays the current temperature and weather forecast.

Xero bow sight: Displays laser location information when you have a Xero bow sight paired with yourInstinct device.

Customizing the Widget Loop

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

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

   The widget is added to the widget loop.

inReach Remote

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

Using the inReach Remote

Before you can use the inReach remote function, you must set the inReach widget to be shown in the widgetloop (*Customizing the Widget Loop, page 16*).

1. Turn on the inReach device.
2. On your Instinct device, select **UP** or **DOWN** fromthe watch face to view the inReach widget.
3. Select **GPS** to search for your inReach device.
4. Select **GPS** to pair your inReach device.
5. Select **GPS**, and select an option:
   - To send an SOS message, select **Initiate SOS**. **NOTE:** You should only use the SOS function in a real emergency situation.
   - To send a text message, select **Messages** > **New Message**, select the message contacts, and enter the message text or select a quick text option.
   - To send a preset message, select **Send Prese**t,

and select a message from the list.
- To view the timer and distance traveled duringan activity, select **Tracking**.

VIRB Remote

The VIRB remote function allows you to control your VIRB action camera using your device. Go to *Garmin.com.sg/minisite/virb* to purchase a VIRB action camera.

Controlling a VIRB Action Camera

Before you can use the VIRB remote function, you must enable the remote setting on your VIRB camera. See the VIRB Series Owner's Manual for more information. You must also set the VIRB widget to be shown in the widget loop (*Customizing the Widget Loop,page 16*).

1. Turn on your VIRB camera.
2. On your Instinct device, select **UP** or **DOWN** fromthe watch face to view the VIRB widget.
3. Wait while the device connects to your VIRB camera.
4. Select **GPS**.
5. Select an option:
   - To record video, select **Start Recording**. The video counter appears on the Instinctscreen.
   - To take a photo while recording video, select **DOWN**.
   - To stop recording video, select **GPS**.
   - To take a photo, select **Take Photo**.
   - To change video and photo settings, select **Settings**.

Controlling a VIRB Action Camera During an Activity

Before you can use the VIRB remote function, you must enable the remote setting on your VIRB camera. See the VIRB Series Owner's Manual for more information. You must also set the VIRB widget to be shown in the widget loop (*Customizing the Widget Loop,page 16*).

1. Turn on your VIRB camera.
2. On your Instinct device, select **UP** or **DOWN** fromthe watch face to view the VIRB widget.
3. Wait while the device connects to your VIRB camera.

   When the camera is connected, a VIRB data screenis automatically added to the activity apps.
4. During an activity, select **UP** or **DOWN** to view the VIRB data screen.
5. Hold **MENU**.
6. Select **VIRB Remote**.
7. Select an option:
   - To control the camera using the activity timer, select **Settings** > **Timer Start/Stop**.
     NOTE: Video recording automatically starts and stops when you start and stop an activity.
   - To control the camera using the menu options,select **Settings** > **Manual**.
   - To manually record video, select **Start Recording**.
     The video counter appears on the Instinct screen.
   - To take a photo while recording video, select **DOWN**.
   - To manually stop recording video, select **GPS**.
   - To take a photo, select **Take Photo**.

Activities and App Settings

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

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

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

3D Speed: Calculates your speed using your elevation change and your horizontal movement over ground(*3D Speed and Distance, page 19*).

Alerts: Sets the training or navigation alerts for theactivity.

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

Auto Lap: Sets the options for the Auto Lap feature(*Auto Lap, page 19*).

Auto Pause: Sets the device to stop recording data when you stop moving or when you drop below aspecified speed (*Auto Lap, page 19*).

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

Auto Scroll: Enables you to move through all of the activity data screens automatically while the timeris running (*Using Auto Scroll, page 19*).

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

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

Data Screens: Enables you to customize data screens and add new data screens for the activity(*Customizing the Data Screens, page 18*).

GPS: Sets the mode for the GPS antenna. Using the GPS + GLONASS or GPS + GALILEO options provides increased performance in challenging environments and faster position acquisition. Using the GPS and another satellite together can reduce battery life more than using the GPS optiononly. Using the UltraTrac option records track points and sensor data less frequently (*UltraTrac, page 20*).

Lap Key: Enables you to record a lap, set, or a rest during the activity (*Turning On and Off the Lap Key,page 19*).

Metronome: Plays tones at a steady rhythm to help you improve your performance by training at a faster, slower, or more consistent cadence (*Usingthe Metronome, page 3*).

Pool Size: Sets the pool length for pool swimming.

Power Save Timeout: Sets the power-save timeoutoptions for the activity (*Power Save Timeout Settings, page 20*).

Rename: Sets the activity name.

Restore Defaults: Allows you to reset the activitysettings.

Stroke Detect: Enables stroke detection for pool swimming.

Customizing the Data Screens

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

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

   You can add a custom data screen, or select one ofthe predefined data screens.

Adding a Map to an Activity

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

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

Alerts

You can set alerts for each activity, which can help you to train toward specific goals, to increase yourawareness of your environment, and to navigate toyour destination. Some alerts are available only for specific activities. There are three types of alerts:

event alerts, range alerts, and recurring alerts.

Event alert: An event alert notifies you once. The eventis a specific value. For example, you can set the device to alert you when you reach a specified elevation.

Range alert: A range alert notifies you each time the device is above or below a specified range of values. For example, you can set the device to alertyou when your heart rate is below 60 beats per minute (bpm) and over 210 bpm.

Recurring alert: A recurring alert notifies you each timethe device records a specified value or interval. Forexample, you can set the device to alert you every 30 minutes.

Alert Name	Alert Type	Description
Cadence	Range	You can set minimum and maximum cadence values.
Calories	Event, recurring	You can set the number of calories.
Custom	Event, recurring	You can select an existing message or create a custom message and select an alert type.
Distance	Recurring	You can set a distance interval.
Elevation	Range	You can set minimum and maximum elevation values.
Heart Rate	Range	You can set minimum and maximum heart rate valuesor select zone changes. See *About Heart Rate Zones, page 7* and *Heart Rate Zone Calculations, page 7*.
Pace	Range	You can set minimum and maximum pace values.
Proximity	Event	You can set a radius from a saved location.
Run/Walk	Recurring	You can set timed walking breaks at regular intervals.
Speed	Range	You can set minimum and maximum speed values.
Stroke Rate	Range	You can set high or low strokes per minute.
Time	Event, recurring	You can set a time interval.

Setting an Alert

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

   NOTE: This feature is not available for all activities.
4. Select the activity settings.
5. Select **Alerts**.
6. Select an option:
   - Select **Add New** to add a new alert for the activity.
   - Select the alert name to edit an existing alert.

7. If necessary, select the type of alert.
8. Select a zone, enter the minimum and maximum values, or enter a custom value for the alert.
9. If necessary, turn on the alert.

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

Auto Lap

Marking Laps by Distance

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

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

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

Each time you complete a lap, a message appears that displays the time for that lap. The device also beeps or vibrates if audible tones are turned on (*System Settings, page 22*).

If necessary, you can customize the data pages todisplay additional lap data (*Customizing the Data Screens, page 18*).

Customizing the Lap Alert Message

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

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

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

Enabling Auto Pause

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

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

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

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

Enabling Auto Climb

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

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

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

3D Speed and Distance

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

Turning On and Off the Lap Key

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

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

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

Using Auto Scroll

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

timer is running.

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

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

UltraTrac

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

Power Save Timeout Settings

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

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

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

Customizing Your Activity List

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

Removing an Activity or App

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

Customizing the Controls Menu

You can add, remove, and change the order of the shortcut menu options in the controls menu (*Viewing the Controls Menu, page 1*).

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

Customizing the Watch Face

You can customize the watch face information and appearance.

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

Sensors Settings

Compass Settings

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

Calibrate: Allows you to manually calibrate the compass sensor (*Calibrating the Compass Manually,page 20*).

Display: Sets the directional heading on the compassto degrees or milliradians.

North Ref: Sets the north reference of the compass (*Setting the North Reference, page 21*).

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

Calibrating the Compass Manually

NOTICE

Calibrate the electronic compass outdoors. To improve heading accuracy, do not stand near objectsthat 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 extremetemperature changes, you can manually calibrate the compass.

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

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

Setting the North Reference

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

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

Altimeter Settings

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

Calibrate: Allows you to manually calibrate the altimeter sensor.

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

Elevation: Sets the units of measure for elevation.

Calibrating the Barometric Altimeter

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

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

Barometer Settings

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

Calibrate: Allows you to manually calibrate the barometer sensor.

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

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

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

Pressure: Sets how the device displays pressure data.

Calibrating the Barometer

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

1. Hold **MENU**.
2. Select **Settings** > **Sensors & Accessories** > **Barometer** > **Calibrate**.
3. Select an option:
   - To enter the current elevation or sea level pressure, select **Yes**.
   - To calibrate automatically from your GPS starting point, select **Use GPS**.

Map Settings

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

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

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

User Locations: Shows or hides saved locations on themap.

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

Navigation Settings

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

Customizing Map Features

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

Heading Settings

You can set the behavior of the pointer that appearswhen navigating.

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

Bearing: Points in the direction of your destination.

Course: Shows your relationship to the course line

leading to the destination.

Setting Navigation Alerts

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

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

System Settings

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

Language: Sets the language displayed on the device.

Time: Adjusts the time settings (*Time Settings, page 22*).

Backlight: Adjusts the backlight settings (*Changing the Backlight Settings, page 22*).

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

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

Hot Keys: Allows you to assign shortcuts to devicekeys (*Customizing the Hot Keys, page 22*).

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

Units: Sets the units of measure used on the device(*Changing the Units of Measure, page 22*).

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

Data Recording: Sets how the device records activity data. The Smart recording option (default) allows for longer activity recordings. The Every Second recording option provides more detailed activity recordings, but may not record entire activities thatlast for longer periods of time.

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

Reset: Allows you to reset user data and settings(*Resetting All Default Settings, page 26*).

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

Time Settings

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

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

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

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

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

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

Changing the Backlight Settings

1. From the watch face, hold **MENU**.
2. Select **Settings** > **System** > **Backlight**.
3. Select **Night Vision** to reduce the backlight intensity for compatibility with night vision goggles(optional).
4. Select an option:
   - Select **During Activity**.
   - Select **Not During Activity**.
5. Select an option:
   - Select **Keys** to turn on the backlight for key presses.
   - Select **Alerts** to turn on the backlight for alerts.
   - Select **Gesture** to turn on the backlight by raising and turning your arm to look at your wrist.
   - Select **Timeout** to set the length of time beforethe backlight turns off.
   - Select **Brightness** to set the brightness level ofthe backlight.
     NOTE: If you enable night vision mode, you cannot adjust the brightness level.

Customizing the Hot Keys

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

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

Changing the Units of Measure

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

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

Viewing Device Information

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

1. Hold **MENU**.
2. Select **Settings** > **About**.

Viewing E-label Regulatory and Compliance Information

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

1. Hold **MENU**.
2. From the settings menu, select **About**.

Wireless Sensors

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

Pairing Your Wireless Sensors

The first time you connect a wireless sensor to your device using ANT+ or Bluetooth technology, you must pair the device and sensor. After they are paired, the device connects to the sensor automatically when youstart an activity and the sensor is active and within range.

1. If you are pairing a heart rate monitor, put on theheart rate monitor.

   The heart rate monitor does not send or receivedata until you put it on.
2. Bring the device within 3 m (10 ft.) of the sensor.

   NOTE: Stay 10 m (33 ft.) away from other wireless sensors while pairing.
3. Hold **MENU**.
4. Select **Settings** > **Sensors & Accessories** > **Add New**.
5. Select an option:
   - Select **Search All**.
   - Select your sensor type.

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

Using an Optional Bike Speed or Cadence Sensor

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

- Pair the sensor with your device (*Pairing Your Wireless Sensors, page 23*).
- Set your wheel size (*Wheel Size and Circumference, page 30*).
- Go for a ride (*Starting an Activity, page 2*).

Foot Pod

Your device is compatible with the foot pod. You canuse the foot pod to record pace and distance insteadof 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, amessage appears on your device. Approximately fivehours of battery life remain.

Improving Foot Pod Calibration

Before you can calibrate your device, you must acquireGPS signals and pair your device with the foot pod (*Pairing Your Wireless Sensors, page 23*).

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

1. Stand outside for 5 minutes with a clear view ofthe 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 shouldnot need to calibrate the foot pod again unless your running style changes.

Calibrating Your Foot Pod Manually

Before you can calibrate your device, you must pairyour device with the foot pod sensor (*Pairing Your Wireless Sensors, page 23*).

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

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

Setting Foot Pod Speed and Distance

Before you can customize the foot pod speed and distance, you must pair your device with the foot podsensor (*Pairing Your Wireless Sensors, page 23*).

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

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

tempe

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

Device Information

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Water rating	10 ATM[1]
Operating and storage 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)
Wireless frequencies/ protocols	2.4 GHz @ 2.4 dBm nominal

[1] The device withstands pressure equivalent to a depth of 100 m. Formore information, go to *Garmin.com.sg/legal/waterrating*.

Battery Life Information

The actual battery life depends on the features enabled on your device, such as activity tracking, wrist-based heart rate, smartphone notifications, GPS,internal sensors, and connected sensors (*Maximizing the Battery Life, page 26*).

Battery Life	Mode
Up to 14 days	Smartwatch mode with activity tracking and 24/7 wrist- based heartrate monitoring
Up to 14 hours	GPS mode with wrist-based heartrate
Up to 35 hours	UltraTrac GPS mode

NOTE: Typical value tested under Garmin's laboratory conditions. The actual battery life depends on the features enabled on your device and environmental factors, such as activity tracking, wrist-based heart rate, smartphone notifications frequency, GPS status,internal sensors, and connected sensors.

Data Management

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

Disconnecting the USB Cable

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

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

Deleting Files

NOTICE

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

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

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

Device Maintenance

Device Care

NOTICE

Do not use a sharp object to clean the device.

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

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

Avoid pressing the keys under water.

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

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

Cleaning the Device

NOTICE

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

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

After cleaning, allow the device to dry completely.

TIP: For more information, go to *Garmin.com.sg/legal/fit-and-care*.

Changing the Bands

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

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

2. Remove the band from the watch.

3. Select an option:
   - To install Instinct bands, align one side of the new band with the holes on the device, push in the exposed watch pin, and press the band intoplace.

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

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

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

4. Repeat the steps to change the other band.

Troubleshooting

My device is in the wrong language

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

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

Is my smartphone compatible with my device?

The Instinct device is compatible with smartphonesusing Bluetooth wireless technology.

Go to *Garmin.com.sg/ble* for compatibility

information.

My phone will not connect to the device

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

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

Can I use my Bluetooth sensor with my watch?

The device is compatible with some Bluetooth sensors. The first time you connect a sensor to your Garmin device, you must pair the device and sensor. After they are paired, the device connects to the sensor automatically when you start an activity and the sensor is active and within range.

1. Hold **MENU**.
2. Select **Settings** > **Sensors & Accessories** > **Add New**.
3. Select an option:
   - Select **Search All**.
   - Select your sensor type.

   You can customize the optional data fields (*Customizing the Data Screens, page 18*).

Restarting Your Device

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

Resetting All Default Settings

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

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

Acquiring Satellite Signals

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

TIP: For more information about GPS, go to *Garmin.com.sg/about-gps*.

1. Go outdoors to an open area.

   The front of the device should be oriented toward the sky.
2. Wait while the device locates satellites.

   It may take 30–60 seconds to locate satellite signals.

Improving GPS Satellite Reception

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

  While connected to your Garmin Connect account, the device downloads several days of satellite data, allowing it to quickly locate satellite signals.
- Take your device outside to an open area away from tall buildings and trees.
- Remain stationary for a few minutes.

The temperature reading is not accurate

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

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

Maximizing the Battery Life

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

- Reduce the backlight timeout (*Changing the Backlight Settings, page 22*).
- Reduce the backlight brightness.
- Use UltraTrac GPS mode for your activity (*UltraTrac, page 20*).
- Turn off Bluetooth wireless technology when you are not using connected features (*Connected Features, page 14*).
- When pausing your activity for a longer period

of time, use the resume later option (*Stopping an Activity, page 2*).

- Turn off activity tracking (*Turning Off Activity Tracking, page 9*).
- Use a watch face that is not updated every second.

  For example, use a watch face without a secondhand (*Customizing the Watch Face, page 20*).
- Limit the smartphone notifications the device displays (*Managing Notifications, page 14*).
- Stop broadcasting heart rate data to paired Garmin devices (*Broadcasting Heart Rate Data to Garmin Devices, page 6*).
- Turn off wrist-based heart rate monitoring (*Turning Off the Wrist Heart Rate Monitor, page 6*).

  NOTE: Wrist-based heart rate monitoring is used to calculate vigorous intensity minutes and calories burned.

Activity Tracking

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

My daily step count does not appear

The daily step count is reset every night at midnight.

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

My step count does not seem accurate

If your step count does not seem accurate, you can trythese 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 usingyour hands or arms only.

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

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

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

1. Select an option:
   - Sync your step count with the Garmin Connect application (*Using Garmin Connect on Your Computer, page 15*).
   - Sync your step count with the Garmin Connect app (*Manually Syncing Data with Garmin Connect,page 15*).
2. Wait while the device syncs your data.

   Syncing can take several minutes.

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

The floors climbed amount does not seem accurate

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

- Avoid holding handrails or skipping steps while climbing stairs.
- In windy environments, cover the device with your sleeve or jacket as strong gusts can cause erratic readings.

My intensity minutes are flashing

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

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

Getting More Information

You can find more information about this product onthe Garmin website.

- Go to *support.garmin.com* for additional manuals, articles, and software updates.
- Go to *buy.garmin.com*, or contact your Garmin dealer for information about optional accessoriesand replacement parts.

Appendix

Data Fields

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

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

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

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

Ambient Press: The uncalibrated ambient pressure.

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

Average Pace: The average pace for the current activity.

Average Swolf: The average swolf score for the current activity. Your swolf score is the sum of the time for one length plus the number of strokes for thatlength (*Swim Terminology, page 4*). In open water swimming, 25 meters is used to calculateyour swolf score.

Avg %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart

rate) for the current activity.

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

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

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

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

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

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

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

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

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

Avg Speed: The average speed for the current activity.

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

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

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

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

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

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

Baro Pressure: The calibrated current pressure.

Battery Level: The remaining battery power.

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

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

Cadence: Running. The steps per minute (right andleft).

Calories: The amount of total calories burned.

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

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

Dest Location: The position of your final destination.

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

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

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

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

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

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

Elevation: The altitude of your current location aboveor below sea level.

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

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

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

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

Floors Climbed: The total number of floors climbed upfor the day.

Floors Descended: The total number of floors climbeddown for the day.

Floors per Minute: The number of floors climbed upper minute.

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

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

GPS: The strength of the GPS satellite signal.

GPS Elevation: The altitude of your current locationusing GPS.

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

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

Heading: The direction you are moving.

Heart Rate: Your heart rate in beats per minute (bpm). Your device must be connected to a compatibleheart 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 Distance: The distance traveled for the current interval.

Int Pace: The average pace for the current interval.

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

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

Interval Time: The stopwatch time for the current interval.

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

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

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

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

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

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

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

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

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

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

L Len Stk Type: The stroke type used during the last completed pool length.

L Len Strokes: The total number of strokes for the last completed pool length.

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

Lap 500m Pace: The average rowing pace per 500meters for the current lap.

Lap Ascent: The vertical distance of ascent for thecurrent lap.

Lap Cadence: Cycling. The average cadence for the current lap.

Lap Cadence: Running. The average cadence for the current lap.

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

Lap Distance: The distance traveled for the current lap.

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

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

Lap HR: The average heart rate for the current lap.

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

Lap Pace: The average pace for the current lap.

Laps: The number of laps completed for the current activity.

Lap Speed: The average speed for the current lap.

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

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

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

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

Lap Swolf: The swolf score for the current lap.

Lap Time: The stopwatch time for the current lap.

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

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

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

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

Last Lap Descent: The vertical distance of descent forthe last completed lap.

Last Lap Dist: The distance traveled for the last completed lap.

Last Lap HR: The average heart rate for the last completed lap.

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

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

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

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

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

Lat/Lon: The current position in latitude and longitude regardless of the selected position format setting.

Lengths: The number of pool lengths completed duringthe current activity.

LL 500m Pace: The average rowing pace per 500meters for the last lap.

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

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

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

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

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

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

Maximum Speed: The top speed for the current activity.

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

Nautical Dist: The distance traveled in nautical metersor nautical feet.

Nautical Speed: The current speed in knots.

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

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

Pace: The current pace.

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

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

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

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

Speed: The current rate of travel.

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

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

Strokes: Swimming. The total number of strokes forthe current activity.

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

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

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

Timer: The current time of the countdown timer.

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

Total Ascent: The total elevation distance ascendedsince the last reset.

Total Descent: The total elevation distance descendedsince the last reset.

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

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

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

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

Wheel Size and Circumference

Your speed sensor automatically detects your wheel size. If necessary, you can manually enter your wheel circumference in the speed sensor settings.

The tire size is marked on both sides of the tire. Thisis 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

Tire Size	Wheel Circumference (mm)
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
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 accessorylabels.

~	Alternating current. The device is suitable for alternating current.
⎓	Direct current. The device is suitable for direct current only.
⏛	Fuse. Indicates a fuse specification or location.
	WEEE disposal and recycling symbol. The WEEE symbol is attached to the product in compliance with the EU directive 2012/19/EUon Waste Electrical and Electronic Equipment (WEEE). It is intended to deter the improper disposal of this product and to promote reuseand recycling.

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