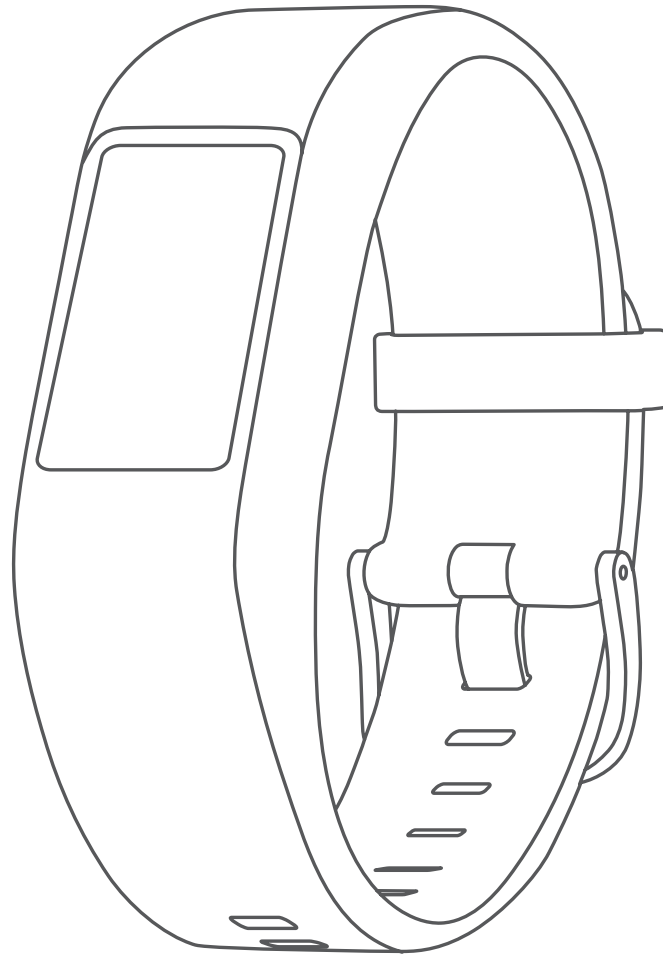


GARMIN®



**VIVOSPORT™**

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**Owner's Manual**

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M/N: A03193

# Table of Contents

<b>Introduction</b> .....	<b>1</b>
Turning On and Setting Up the Device .....	1
Wearing the Device and Heart Rate .....	1
Using the Device .....	1
Using the Backlight .....	1
<b>Widgets</b> .....	<b>1</b>
Auto Goal .....	2
Move Bar .....	2
Viewing the Heart Rate Graph .....	2
Intensity Minutes .....	2
Improving Calorie Accuracy .....	2
Heart Rate Variability and Stress Level .....	2
Sleep Tracking .....	3
VIRB Remote .....	3
<b>Training</b> .....	<b>3</b>
Recording a Timed Activity .....	3
Recording a Strength Training Activity .....	3
Setting the Run Mode .....	3
Alerts .....	4
Marking Laps .....	4
Using the Auto Pause® Feature .....	4
Broadcasting Heart Rate Data to Garmin® Devices .....	4
About VO2 Max. Estimates .....	4
<b>Clock</b> .....	<b>4</b>
Using the Stopwatch .....	4
Starting the Countdown Timer .....	5
Using the Alarm Clock .....	5
<b>Bluetooth Connected Features</b> .....	<b>5</b>
Viewing Notifications .....	5
Managing Notifications .....	5
Locating a Lost Smartphone .....	5
Using Do Not Disturb Mode .....	5
<b>History</b> .....	<b>5</b>
Viewing History .....	5
Personal Records .....	5
Garmin Connect .....	6
Syncing Your Data with the Garmin Connect Mobile App .....	6
Syncing Your Data with Your Computer .....	6
<b>Customizing Your Device</b> .....	<b>6</b>
Locking and Unlocking the Touchscreen .....	6
Wrist Heart Rate Monitor Settings .....	6
Device Settings .....	6
Garmin Connect Settings .....	7
<b>Device Information</b> .....	<b>8</b>
Specifications .....	8
Charging the Device .....	8
Device Care .....	8
<b>Troubleshooting</b> .....	<b>8</b>
Is my smartphone compatible with my device? .....	8
My phone will not connect to the device .....	8
Activity Tracking .....	8
Tips for Erratic Heart Rate Data .....	9
My device does not display the correct time .....	9
Acquiring Satellite Signals .....	9
Maximizing Battery Life .....	9
Restoring All Default Settings .....	10
Product Updates .....	10
Updating the Software Using Garmin Connect Mobile .....	10
Updating the Software Using Garmin Express .....	10
Getting More Information .....	10
<b>Appendix</b> .....	<b>10</b>

Fitness Goals .....	10
About Heart Rate Zones .....	10
Heart Rate Zone Calculations .....	10
VO2 Max. Standard Ratings .....	10
BSD 3-Clause License .....	11
<b>Index</b> .....	<b>12</b>



## Introduction

### ⚠ WARNING

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

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

## Turning On and Setting Up the Device

Before you can use your device, you must plug it into a power source to turn it on.

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

- 1 From the app store on your smartphone, install the Garmin Connect Mobile app.
- 2 Plug the small end of the USB cable into the charging port on your device.



- 3 Plug the USB cable into a power source to turn on the device (*Charging the Device*, page 8).

Hello! appears when the device turns on.



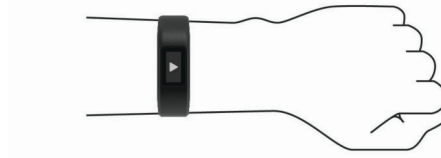
- 4 Select an option to add your device to your Garmin Connect account:
  - If this is the first device you have paired with the Garmin Connect Mobile app, follow the on-screen instructions.
  - If you have already paired another device with the Garmin Connect Mobile app, from the settings menu, select **Garmin Devices > Add Device**, and follow the on-screen instructions.

After you pair successfully, the device restarts. Your device syncs automatically when you open the Garmin Connect Mobile app.

## Wearing the Device and Heart Rate

- Wear the vivosport device above your wrist bone.

**NOTE:** The device should be snug but comfortable, and it should not move while running or exercising.



**NOTE:** The heart rate sensor is located on the back of the device.

- See *Tips for Erratic Heart Rate Data*, page 9 for more information about wrist-based heart rate.
- For more information about the accuracy of wrist-based heart rate, go to [garmin.com/ataccuracy](http://garmin.com/ataccuracy).

## Using the Device



Swipe	Swipe the touchscreen ① to scroll through widgets and menu options.
Hold	Hold the touchscreen to open and close the menu.
Tap	Tap the touchscreen to make a selection. Tap ↶ to return to the previous screen.
Double tap	During a timed activity, double tap the touchscreen to start and stop an activity.
Wrist gesture	Rotate and lift your wrist toward your body to turn the backlight on. Rotate your wrist away from your body to turn the backlight off.


## Using the Backlight











- At any time, tap or swipe the touchscreen to turn on the backlight.  
**NOTE:** Alerts and messages activate the backlight automatically.
- At any time, rotate and lift your wrist toward your body to turn on the backlight.
- Adjust the backlight brightness and timeout (*Display Settings*, page 7).

## Widgets

Your device comes preloaded with widgets that provide at-a-glance information. You can swipe the touchscreen to scroll through the widgets. You can tap widgets to view additional information, such as a graph of your heart rate and your step total for the previous day. Some widgets require a paired smartphone.

**NOTE:** You can use the Garmin Connect Mobile app to select the watch face and add or remove widgets, such as music controls for your smartphone.

Time and date	The current time and date. The time and date are set automatically when the device acquires satellite signals. The device updates the time and date when you sync your device with a smartphone or computer.
	The total number of steps taken and your step goal for the day. The device learns and proposes a new step goal for you each day.

	Your current heart rate in beats per minute (bpm) and seven-day average resting heart rate.
	The total number of floors climbed and your floors climbed goal for the day.
	The distance traveled in kilometers or miles for the day.
	Your intensity minutes total and goal for the week.
	The amount of total calories burned for the day, including both active and resting calories.
	Your current stress level. The device measures your heart rate variability while you are inactive to estimate your stress level. A lower number indicates a lower stress level.
	The current temperature and weather forecast from a paired smartphone.
	Notifications from your smartphone, including calls, texts, social network updates, and more, based on your smartphone notification settings.
	Controls for the music player on your smartphone.
	Controls for a paired VIRB® action camera (sold separately).

## Auto Goal

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



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

## Move Bar

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move bar reminds you to keep moving. After one hour of inactivity, the move bar ① appears. Additional segments ② appear after every 15 minutes of inactivity.



You can reset the move bar by walking a short distance.

## Viewing the Heart Rate Graph

The heart rate graph displays your heart rate for the last hour, your lowest heart rate in beats per minute (bpm), and your highest heart rate during that period.

- 1 Swipe to view the heart rate screen.
- 2 Tap the touchscreen to view the heart rate graph.

## Intensity Minutes

To improve your health, organizations such as the U.S. Centers for Disease Control and Prevention, the American Heart Association®, and the World Health Organization, recommend at least 150 minutes per week of moderate intensity activity, such as brisk walking, or 75 minutes per week of vigorous intensity activity, such as running.

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




## Earning Intensity Minutes

Your vivosport 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.

## Improving Calorie Accuracy

The device displays an estimate of your total calories burned for the current day. You can improve the accuracy of this calculation by walking briskly or running outside for 15 minutes.

- 1 Swipe to view the calories screen.
- 2 Select .
  - NOTE:**  appears when calories need to be calibrated. This calibration process only needs to be completed once. If you have already recorded a timed walk or run,  may not appear.
- 3 Follow the on-screen instructions.

## Heart Rate Variability and Stress Level

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



## Viewing the Stress Level Graph

The stress level graph displays your stress for the last hour.

- 1 Swipe to view the stress level screen.
- 2 Tap the touchscreen to view the stress level graph.

## Starting a Relaxation Timer

You can start the relaxation timer to begin a guided breathing exercise.

- 1 Swipe to view the stress level screen.
- 2 Tap the touchscreen.
  - The stress level graph appears.
- 3 Swipe to select **Relax Timer**.
- 4 Select  or  to set the relaxation timer.
- 5 Tap the center of the touchscreen to select the time and move to the next screen.
- 6 Double tap the touchscreen to start the relaxation timer.
- 7 Follow the on-screen instructions.
- 8 View your updated stress level when the relaxation timer is complete.

## Sleep Tracking

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




**NOTE:** Naps are not added to your sleep statistics.

## VIRB Remote

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

### Controlling a VIRB Action Camera








Before you can use the VIRB remote function, you must enable the remote setting on your VIRB camera. See the *VIRB Series Owner's Manual* for more information. You must also enable the VIRB screen on your vivosport device (*Device Settings on Your Garmin Connect Account*, page 7).

- 1 Turn on your VIRB camera.
- 2 On your vivosport device, swipe to view the **VIRB** screen.
- 3 Wait while the device connects to your VIRB camera.
- 4 Select an option:
  - To record video, select .
  - The video counter appears on the vivosport device.
  - To stop recording video, select .
  - To take a photo, select .



## Training

### Recording a Timed Activity

You can record a timed activity, which can be saved and sent to your Garmin Connect account.



- 1 Hold the touchscreen to view the menu.
- 2 Select .
- 3 Swipe to select an activity:
  - Select  for walking.
  - Select  for running.
  - Select  for cycling.
  - Select  for a cardio activity.
  - Select  for strength training.
  - Select  for other activity types.
- 4 Select **Outside** or **Inside**.
- 5 If your location is set to outside, go outside, and wait while the device locates GPS satellites.


It may take a few minutes to locate satellite signals. When satellites are located, a message appears.
- 6 Double tap the touchscreen to start the timer.
- 7 Start your activity.
- 8 Swipe to view additional data screens.
- 9 After you complete your activity, double tap the touchscreen to stop the timer.






**TIP:** You can double tap the touchscreen to resume the timer.
- 10 Swipe to select an option:
  - Select  to save the activity.
  - Select  to delete the activity.

## Recording a Strength Training Activity

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

- 1 Hold the touchscreen to view the menu.
- 2 Select  > .
- 3 Double tap the touchscreen to start the timer.
- 4 Start your first set.

The device counts your reps. Your rep count appears when you complete at least 6 reps.
- 5 Swipe to view additional data screens (optional).
- 6 Select  to finish a set.

A rest timer appears.
- 7 During a rest, select an option:
  - To view additional data screens, swipe the touchscreen.
  - To edit your rep count, select **Edit Reps**, select  or , and tap the center of the touchscreen.
- 8 Select  to start your next set.
- 9 Repeat steps 6 through 8 until your activity is complete.
- 10 Double tap the touchscreen to stop the timer.
- 11 Swipe to select an option:
  - Select  to save the activity.
  - Select  to delete the activity.

### Tips for Recording Strength Training Activities



- Do not look at the device while performing reps.

You should interact with the device at the beginning and end of each set, and during rests.
  - Focus on your form while performing reps.
  - Perform bodyweight or free weight exercises.
  - Perform reps with a consistent, wide range of motion.

Each rep is counted when the arm wearing the device returns to the starting position.
- NOTE:** Leg exercises may not be counted.
- Save and send your strength training activity to your Garmin Connect account.

You can use the tools in your Garmin Connect account to view and edit activity details.

### Setting the Run Mode

- 1 Hold the touchscreen to view the menu.
  - 2 Select  > .
  - 3 Select **Outside** or **Inside**.
  - 4 Select **Run Mode**.
  - 5 Select an option:
    - Select **Free** to run outdoors or indoors, at your own pace, without running mode alerts.

**NOTE:** This is the default run mode.
    - Select **Run/Walk** to train using timed running and walking intervals.
    - Select **Virtual Pacer** to train toward a pace goal.
- NOTE:** You can use your Garmin Connect account to customize your run/walk intervals and pace goal (*Activity Profile Settings on Your Garmin Connect Account*, page 7).
- 6 Go for a run.

Each time you complete an interval or exceed or drop below the target pace, a message appears and the device vibrates.



## Virtual Pacer™


Virtual Pacer is a training tool designed to help you improve your performance by encouraging you to run at the pace you set.

## Alerts

You can use alerts to train toward specific time, distance, calories, and heart rate goals.

### Setting a Recurring Alert

A recurring alert notifies you each time the device records a specified value or interval. For example, you can set the device to alert you every 100 calories. You can use your Garmin Connect account to customize the specified values or intervals for recurring alerts (*Activity Profile Settings on Your Garmin Connect Account, page 7*).


- 1 Hold the touchscreen to view the menu.
- 2 Select , and select an activity.
- 3 Select **Alerts**.
- 4 Select **Time**, **Dist**, or **Cal** to turn on the alert.

**NOTE:** The Dist alert is available only for walking, running, and cycling.

Each time you reach the alert value, a message appears and the device vibrates.

### Setting Your Heart Rate Alerts

You can set the device to alert you when your heart rate is above or below a target zone or a custom range. For example, you can set the device to alert you when your heart rate is above 180 beats per minute (bpm). You can use your Garmin Connect account to define custom zones (*Activity Profile Settings on Your Garmin Connect Account, page 7*).


- 1 Hold the touchscreen to view the menu.
- 2 Select , and select an activity.
- 3 Select **Alerts > HR Alert**.
- 4 Select an option:
  - To use the range of an existing heart rate zone, select a heart rate zone.
  - To use custom minimum or maximum values, select **Custom**.

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

## Marking Laps

You can set your device to use the Auto Lap® feature, which marks a lap automatically at every kilometer or mile. This feature is helpful for comparing your performance over different parts of an activity.

**NOTE:** The Auto Lap feature is not available for all activities.


- 1 Hold the touchscreen to view the menu.
- 2 Select , and select an activity.
- 3 Select **Auto Lap** to turn on the feature.
- 4 Start your activity.

## Using the Auto Pause® Feature

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 need to stop.

**NOTE:** The paused time is not saved with your history data.

**NOTE:** The Auto Pause feature is not available for all activities.





- 1 Hold the touchscreen to view the menu.
- 2 Select , and select an activity.
- 3 Select **Auto Pause** to turn on the feature.

- 4 Start your activity.

## Broadcasting Heart Rate Data to Garmin® Devices

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

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

- 1 Hold the touchscreen to view the menu.
  - 2 Select  >  > .
- The vivosport device starts broadcasting your heart rate data.
- NOTE:** You can view only the heart rate monitoring screen while broadcasting heart rate data.
- 3 Pair your vivosport device with your Garmin ANT+® compatible device.
- NOTE:** The pairing instructions differ for each Garmin compatible device. See your owner's manual.
- 4 Tap the heart rate monitoring screen, and select  to stop broadcasting your heart rate data.

## About VO2 Max. Estimates



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

On the device, your VO2 max. estimate appears as a number, description, and level on the gauge. On your Garmin Connect account, you can view additional details about your VO2 max. estimate, including your fitness age. Your fitness age gives you an idea of how your fitness compares with a person of the same gender and different age. As you exercise, your fitness age can decrease over time.

VO2 max. data and analysis is provided with permission from The Cooper Institute®. For more information, see the appendix (*VO2 Max. Standard Ratings, page 10*), and go to [www.CooperInstitute.org](http://www.CooperInstitute.org).

### Getting Your VO2 Max. Estimate

The device requires wrist-based heart rate data and a timed 15 minute brisk walk or run to display your VO2 max. estimate.




- 1 Hold the touchscreen to view the menu.
  - 2 Select  > .
- If you have already recorded a 15 minute brisk walk or run, your VO2 max. estimate may appear. The device displays the date your VO2 max. estimate was last updated. The device updates your VO2 max. estimate each time you complete a timed walk or run.
- 3 If necessary, follow the on-screen instructions to get your VO2 max. estimate.

**NOTE:** Instructions appear when your VO2 max. estimate needs to be calculated.

A message appears when the test is complete.

## Clock

### Using the Stopwatch

- 1 Hold the touchscreen to view the menu.
- 2 Select  > .
- 3 Double tap the touchscreen to start the timer.
- 4 Double tap the touchscreen to stop the timer.
- 5 If necessary, select  to reset the timer.



## Starting the Countdown Timer

- 1 Hold the touchscreen to view the menu.
- 2 Select > .
- 3 Select or to set the timer.
- 4 Tap the center of the touchscreen to select the time and move to the next screen.
- 5 Select to start the timer.
- 6 Select to stop the timer.

## Using the Alarm Clock

- 1 Set alarm clock times and frequencies on your Garmin Connect account (*Device Settings on Your Garmin Connect Account, page 7*).
- 2 On the vívosport device, hold the touchscreen to view the menu.
- 3 Select > .
- 4 Swipe to scroll through the alarms.
- 5 Select an alarm to turn it on or off.

## Bluetooth Connected Features

The vívosport device has several Bluetooth connected features for your compatible smartphone using the Garmin Connect Mobile app.

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

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

**Weather updates:** Displays the current temperature and weather forecast from your smartphone.

**Music controls:** Allows you to control the music player on your smartphone.

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

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

**Activity uploads:** Automatically sends your activity to the Garmin Connect Mobile app as soon as you open the app.

**Software updates:** Your device wirelessly downloads and installs the latest software update.

## Viewing Notifications

- When a notification appears on your device, select an option:
  - Tap the touchscreen, and select to view the entire notification.
  - Select to dismiss the notification.

- When an incoming call appears on your device, select an option:

**NOTE:** Available options vary based on your smartphone.

- Select to accept the call on your smartphone.
- Select to decline or silence the call.
- To view all notifications, swipe to view the notifications widget, tap the touchscreen, and select an option:
  - Swipe to scroll through the notifications.
  - Select a notification, and select to view the entire notification.
  - Select a notification, and select to dismiss the notification.

## Managing Notifications

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

Select an option:

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

## Locating a Lost Smartphone

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

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

The vívosport device begins searching for your paired smartphone. An audible alert sounds on your smartphone, and the Bluetooth signal strength appears on the vívosport device screen. The Bluetooth signal strength increases as you move closer to your smartphone.

## Using Do Not Disturb Mode

You can use do not disturb mode to disable the backlight from turning on with gestures and vibration alerts. For example, you can use this mode while sleeping or watching a movie.

**NOTE:** In your Garmin Connect account, you can set the device to automatically enter do not disturb mode during your normal sleep hours. You can set your normal sleep hours in the user settings on your Garmin Connect account.

- 1 Hold the touchscreen to view the menu.
- 2 Select > to enable do not disturb mode.  
 appears on the time of day screen.
- 3 Hold the touchscreen, and select > > **OFF** to disable do not disturb mode.

## History

Your device stores up to 14 days of activity tracking and heart rate monitoring data, and up to seven timed activities. You can view your last seven timed activities on your device. You can synchronize your data to view unlimited activities, activity tracking data, and heart rate monitoring data on your Garmin Connect account (*Syncing Your Data with the Garmin Connect Mobile App, page 6*) (*Syncing Your Data with Your Computer, page 6*).

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

## Viewing History

- 1 Hold the touchscreen to view the menu.
- 2 Select > .
- 3 Select an activity.

## Personal Records

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

## Viewing Your Personal Records

- 1 Hold the touchscreen to view the menu.
- 2 Select > .
- 3 Select or .

- 4 Swipe to view your personal records.

### Restoring a Personal Record

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

- 1 Hold the touchscreen to view the menu.
- 2 Select > .
- 3 Select or .
- 4 Select a record.
- 5 Select **Restore Last** > .

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

### Clearing a Personal Record

- 1 Hold the touchscreen to view the menu.
- 2 Select > .
- 3 Select or .
- 4 Select a record.
- 5 Select **Clear** > .

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

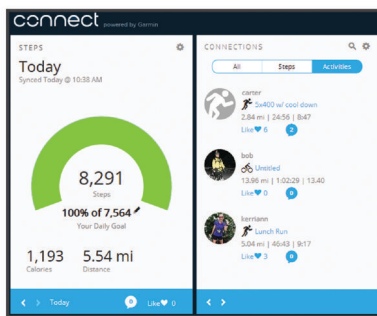
## Garmin Connect

You can connect with your friends on your Garmin Connect account. Garmin Connect gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, 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 [garminconnect.com](http://garminconnect.com).

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

**Analyze your data:** You can view more detailed information about your activity, including time, distance, 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.

### Garmin Move IQ™

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

## Syncing Your Data with the Garmin Connect Mobile App

Your device periodically syncs data with the Garmin Connect Mobile app automatically. You can also manually sync your data at any time.

- 1 Bring the device near your smartphone.
- 2 Open the Garmin Connect Mobile app.  
**TIP:** The app can be open or running in the background.
- 3 Hold the touchscreen to view the menu.
- 4 Select .
- 5 Wait while your data syncs.
- 6 View your current data in the Garmin Connect Mobile app.

## Syncing Your Data with Your Computer

Before you can sync your data with the Garmin Connect application on your computer, you must install the Garmin Express™ application ([Setting Up Garmin Express, page 6](#)).

- 1 Connect the device to your computer using the USB cable.
- 2 Open the Garmin Express application.  
The device enters mass storage mode.
- 3 Follow the on-screen instructions.
- 4 View your data on your Garmin Connect account.

### Setting Up Garmin Express

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

## Customizing Your Device

### Locking and Unlocking the Touchscreen

You can enable the Auto Lock option to automatically lock the touchscreen after a period of inactivity to prevent inadvertent screen touches.

- 1 Hold the touchscreen to view the menu.
- 2 Select > **Auto Lock**.
- 3 Select an option.
- 4 Double tap the touchscreen to unlock the device.

### Wrist Heart Rate Monitor Settings

Hold the touchscreen to view the menu, and select .

: Allows you to turn the wrist heart rate monitor on or off. You can use the Activity Only option to use the wrist heart rate monitor only during timed activities.

: Allows you to start broadcasting heart rate data to paired Garmin devices ([Broadcasting Heart Rate Data to Garmin® Devices, page 4](#)).

### Device Settings

You can customize some settings on your vivosport device. Additional settings can be customized on your Garmin Connect account.

Hold the touchscreen to view the menu, and select .

: Allows you to pair your smartphone and adjust Bluetooth settings ([Bluetooth Settings, page 7](#)).



: Adjusts the display settings ([Display Settings, page 7](#)).

: Sets the device to display time in a 12-hour or 24-hour format, and allows you to set the time manually ([Setting the Time Manually, page 7](#)).

: Turns activity tracking and the move alert on and off.


: Adjusts the system settings ([System Settings, page 7](#)).

## Bluetooth Settings

Hold the touchscreen to view the menu, and select  > . Your Bluetooth connection status appears.



: Turns Bluetooth wireless technology on and off.



**NOTE:** Other Bluetooth settings appear only when Bluetooth wireless technology is enabled.

: Allows you to enable phone notifications from your compatible smartphone. You can use the Calls Only option to display notifications for only incoming phone calls.

**Pair Now:** Allows you to pair your device with a compatible Bluetooth enabled smartphone. This setting allows you to use Bluetooth connected features using the Garmin Connect Mobile app, including notifications and activity uploads to Garmin Connect.

## Display Settings

Hold the touchscreen to view the menu, and select  > .

**Brightness:** Sets the brightness level of the backlight. You can select  or  to adjust the brightness level.

**NOTE:** A higher brightness level decreases battery life.

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






**NOTE:** A longer backlight timeout decreases battery life.

**Gesture:** Sets the backlight to turn on for wrist gestures. Gestures include rotating your wrist toward your body to view the device. You can use the Activity Only option to use gestures only during timed activities.

**Orientation:** Sets the device to display data in landscape or portrait format.

## Setting the Time Manually

By default, the time is set automatically when the vivosport device is paired with a smartphone.

- 1 Hold the touchscreen to view the menu.
- 2 Select  >  > **Set Time > Manual**.
- 3 Tap the center of the touchscreen to set the hours, minutes, month, day, and year.
- 4 Select  or  to adjust each setting.
- 5 Tap the center of the touchscreen to move to the next screen.
- 6 Select  to confirm each setting.

## System Settings

Hold the touchscreen to view the menu, and select  > .

**Vibration:** Sets the vibration level.

**NOTE:** A higher vibration level decreases battery life.

**Wrist:** Allows you to customize which wrist the device is worn on.

**NOTE:** This setting is used for strength training and gestures.

**Language:** Sets the device language.

**NOTE:** You should select the two-letter language code that matches your language.

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

**About:** Displays the unit ID, software version, regulatory information, license agreement, and remaining battery percentage ([Viewing Device Information, page 8](#)).

**Restore Defaults:** Allows you to reset user data and settings ([Restoring All Default Settings, page 10](#)).

## Garmin Connect Settings

You can customize your device settings, activity profile settings, and user settings on your Garmin Connect account. Some settings can also be customized on your vivosport device.

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

After customizing settings, sync your data to apply the changes to your device ([Syncing Your Data with the Garmin Connect Mobile App, page 6](#)) ([Syncing Your Data with Your Computer, page 6](#)).

## User Settings on Your Garmin Connect Account

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

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

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

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

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

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

## Device Settings on Your Garmin Connect Account

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

**Alarms:** Sets alarm clock times and frequencies for your device. You can set up to eight separate alarms.

**Activity Tracking:** Turns activity tracking features on and off, such as the move alert.

**Auto Activity Start:** Turns on and off Move IQ events. You can specify how long to wait before the device automatically starts the timer for specific activities.

**NOTE:** This setting decreases battery life.

**Visible Widgets:** Allows you to customize the widgets that appear on your device.

**Default Widget:** Sets the widget that appears after a period of inactivity.

**Gesture:** Sets the backlight to turn on for wrist gestures. Gestures include rotating your wrist toward your body to view the device.

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

**NOTE:** A longer timeout decreases battery life.

**Which wrist?:** Allows you to customize which wrist the device is worn on.

**NOTE:** This setting is used for strength training and gestures.

**Screen Orientation:** Sets the device to display data in landscape or portrait format.

**Watch Face:** Allows you to select the watch face.

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

**Language:** Sets the device language.

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

## Activity Profile Settings on Your Garmin Connect Account

From your Garmin Connect account, select **Activity Profiles**, and select an activity type.

**Activity Mode Alerts:** Allows you to customize activity mode alerts, such as your recurring alerts and heart rate alerts. You can set the device to alert you when your heart rate is above

or below a target zone or custom range. You can select an existing heart rate zone or define a custom zone.

**Auto Lap:** Allows your device to mark laps automatically at every kilometer or mile, based on your preferred unit of distance (*Marking Laps, page 4*).

**Auto Pause:** Allows your device to pause the timer automatically when you stop moving (*Using the Auto Pause® Feature, page 4*).

**Auto Set Detection:** Allows your device to start and stop exercise sets automatically during a strength training activity.

**Data Fields:** Allows you to customize the data screens that appear during a timed activity.

## Device Information



### Specifications

Battery type	Rechargeable, built-in lithium-polymer battery
Battery life	Up to 7 days in watch mode Up to 8 hr. in GPS mode
Operating temperature range	From -20° to 50°C (from -4° to 122°F)
Charging temperature range	From 0° to 45°C (from 32° to 113°F)
Wireless frequencies/ protocols	ANT+ 2.4 GHz @ 1 dBm nominal Bluetooth 2.4 GHz @ 1 dBm nominal
Water rating	Swim*

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

### Viewing Device Information

You can view the unit ID, software version, regulatory information, and remaining battery percentage.

- 1 Hold the touchscreen to view the menu.
- 2 Select  >  > **About**.
- 3 Swipe to view the information.

### Charging the Device

#### **WARNING**

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

#### **NOTICE**

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

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



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

### Tips for Charging Your Device

- Connect the charger securely to the device to charge it using the USB cable (*Charging the Device, page 8*).  
You can charge the device by plugging the USB cable into a Garmin approved AC adapter with a standard wall outlet or a USB port on your computer. Charging a fully depleted battery takes about one hour.
- View the remaining battery percentage on the device information screen (*Viewing Device Information, page 8*).

### Device Care

#### **NOTICE**

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

Do not use a sharp object to clean the device.

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

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

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

Do not place in high temperature environments, such as a clothes dryer.

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

### Cleaning the Device

#### **NOTICE**

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

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

After cleaning, allow the device to dry completely.

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





## Troubleshooting

### Is my smartphone compatible with my device?

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

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

### My phone will not connect to the device

- Enable Bluetooth wireless technology on your smartphone.
- On your smartphone, open the Garmin Connect Mobile app, select  or , and select **Garmin Devices > Add Device** to enter pairing mode.
- On your device, hold the touchscreen to view the menu, and select  >  > **Pair Now** to enter pairing mode.

### Activity Tracking

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

### My step count does not seem accurate

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

- Wear the device on your non-dominant wrist.



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

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

### 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 synchronize your device.

1 Select an option:

- Synchronize your step count with the Garmin Connect application (*Syncing Your Data with Your Computer*, page 6).
- Synchronize your step count with the Garmin Connect Mobile app (*Syncing Your Data with the Garmin Connect Mobile App*, page 6).

2 Wait while the device synchronizes your data.

Synchronizing can take several minutes.

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

### My stress level does not appear

Before the device can detect your stress level, wrist-based heart rate monitoring must be turned on.

The device samples your heart rate variability throughout the day during periods of inactivity to determine your stress level. The device does not determine your stress level during timed activities.

If dashes appear instead of your stress level, be still, and wait while the device measures your heart rate variability.

### My intensity minutes are flashing

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

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

### The floors climbed amount does not seem accurate

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

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

The barometer performance may be affected if the barometer holes are obstructed. You can use canned air to clear obstructions. You can rinse the device with water to clean the area.

After cleaning, allow the device to dry completely.

- 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.

## Tips for Erratic Heart Rate Data

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

- Clean and dry your arm before putting on the device.
- Avoid wearing sunscreen, lotion, and insect repellent under the device.
- Avoid scratching the heart rate sensor on the back of the device.

- Wear the device above your wrist bone. The device should be snug but comfortable.
- 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.

## My device does not display the correct time

The device updates the time and date when you sync your device to a computer or smartphone. You should sync your device to receive the correct time when you change time zones, and to update for daylight saving time.

- 1 Select the **Auto** option in the time settings (*Device Settings*, page 6).
- 2 Confirm that your computer or smartphone displays the correct local time.
- 3 Select an option:
  - Sync your device to a computer (*Syncing Your Data with Your Computer*, page 6).
  - Sync your device to a smartphone (*Syncing Your Data with the Garmin Connect Mobile App*, page 6).

The time and date are updated automatically.

## 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.

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

## Improving GPS Satellite Reception

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

While connected to your Garmin Connect account, the device downloads several days of satellite data, allowing it to quickly locate satellite signals.

- Take your device outside to an open area away from tall buildings and trees.
- Remain stationary for a few minutes.

## Maximizing Battery Life

- Turn off the **Auto Activity Start** setting (*Device Settings on Your Garmin Connect Account*, page 7).
- Decrease the screen brightness and timeout (*Display Settings*, page 7).
- Turn off wrist gestures (*Display Settings*, page 7).
- In your smartphone notification center settings, limit the notifications that appear on your vivosport device (*Managing Notifications*, page 5).
- Turn off smart notifications (*Bluetooth Settings*, page 7).
- Turn off Bluetooth wireless technology when you are not using connected features (*Bluetooth Settings*, page 7).
- Stop broadcasting heart rate data to paired Garmin devices (*Broadcasting Heart Rate Data to Garmin® Devices*, page 4).
- Turn off wrist-based heart rate monitoring (*Wrist Heart Rate Monitor Settings*, page 6).




**NOTE:** Wrist-based heart rate monitoring is used to calculate vigorous intensity minutes, VO2 max., stress level, and calories burned.

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

## Restoring All Default Settings

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

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

- 1 Hold the touchscreen to view the menu.
- 2 Select  >  > **Restore Defaults** > .

## Product Updates

On your computer, install Garmin Express ([www.garmin.com/express](http://www.garmin.com/express)). On your smartphone, install the Garmin Connect Mobile app.

This provides easy access to these services for Garmin devices:

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

## Updating the Software Using Garmin Connect Mobile

Before you can update your device software using the Garmin Connect Mobile app, you must have a Garmin Connect account, and you must pair the device with a compatible smartphone (*Turning On and Setting Up the Device*, page 1).

Sync your device with the Garmin Connect Mobile app (*Syncing Your Data with the Garmin Connect Mobile App*, page 6).

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

## Updating the Software Using Garmin Express

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

- 1 Connect the device to your computer using the USB cable. When new software is available, Garmin Express sends it to your device.
- 2 Disconnect the device from your computer. Your device alerts you to update the software.
- 3 Select an option.

## Getting More Information

- Go to [www.support.garmin.com](http://www.support.garmin.com) for additional manuals, articles, and software updates.
- Go to [www.garmin.com/intosports](http://www.garmin.com/intosports).

## VO2 Max. Standard Ratings

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

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

## Appendix

### Fitness Goals

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

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

If you know your maximum heart rate, you can use the table (*Heart Rate Zone Calculations*, page 10) to determine the best heart rate zone for your fitness objectives.

If you do not know your maximum heart rate, use one of the calculators available on the Internet. Some gyms and health centers can provide a test that measures maximum heart rate. The default maximum heart rate is 220 minus your age.

### About Heart Rate Zones

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

### Heart Rate Zone Calculations

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
1	50–60%	Relaxed, easy pace, rhythmic breathing	Beginning-level aerobic training, reduces stress
2	60–70%	Comfortable pace, slightly deeper breathing, conversation possible	Basic cardiovascular training, good recovery pace
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

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

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# Index

## A

- accessories 10
- activities 3
- activity tracking 1, 2
- alarms 5
- alerts 4
  - vibration 5
- applications 5
  - smartphone 1
- Auto Lap 4, 7
- Auto Pause 4

## B

- backlight 1, 5, 7
- battery 8
  - charging 8
  - maximizing 6, 7, 9
- Bluetooth technology 5, 7, 8

## C

- calibrating 2
- calorie 2
  - alerts 4
- charging 8
- cleaning the device 8
- clock 5, 7
- Connect IQ 1
- countdown timer 5
- customizing the device 6

## D

- data
  - storing 6
  - transferring 6
- data screens 7
- deleting, personal records 6
- display settings 7
- distance, alerts 4

## G

- Garmin Connect 1, 6, 7, 10
- Garmin Express 6
  - updating software 10
- goals 1, 7
- GPS, signal 9

## H

- heart rate 1, 2
  - alerts 4
  - monitor 6, 9
  - pairing sensors 4
  - zones 10
- history 5, 6
  - sending to computer 6
  - viewing 5

## I

- intensity minutes 2, 9

## L

- laps 4
- locking, screen 6

## M

- mass storage mode 6
- menu 1

## N

- notifications 1, 5

## P

- pace 4
- pairing
  - ANT+ sensors 4
  - smartphone 1, 8
- personal records 5, 6
  - deleting 6

## S

- satellite signals 9
- saving activities 3
- screen 7
- settings 6, 7, 10
  - device 7
- sleep mode 3
- smartphone 8
  - applications 5
  - pairing 1, 8
- software
  - updating 10
  - version 8
- specifications 8
- stopwatch 4
- storing data 6
- stress level 2, 9
- system settings 7

## T

- time 7
  - alerts 4
- time of day 9
- timer 3
  - countdown 5
- touchscreen 1, 6
- training, modes 3
- troubleshooting 3, 8–10

## U

- unit ID 8
- updates, software 10
- USB 10
  - transferring files 6

## V

- VIRB remote 3
- Virtual Pacer 4
- VO2 max. 4, 10



