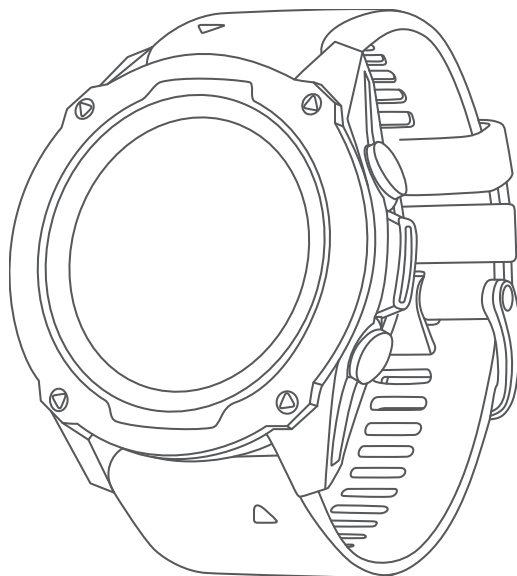


**GARMIN®**



# DESCENT™ G1 SERIES

---

## Owner's Manual

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|               |                                                                                                                                   |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------|
| Title         | Introduction - fitness                                                                                                            |
| Identifier    | GUID-8B9070D6-C0EA-45EE-8F62-1602492BF264                                                                                         |
| Language      | EN-US                                                                                                                             |
| Description   | No index entries necessary.                                                                                                       |
| Version       | 1                                                                                                                                 |
| Revision      | 4                                                                                                                                 |
| Changes       | This was created because the other introduction topic had a bad conref and Kelly thought the order of the warnings should change. |
| Status        | Released                                                                                                                          |
| Last Modified | 22/04/2017 23:00:50                                                                                                               |
| Author        | wiederan                                                                                                                          |

## 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.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Getting Started (fenix 6)                 |
| Identifier    | GUID-8E59FFB5-8C89-49A0-B2F0-8B0A5921042C |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 4                                         |
| Changes       | Advanced Organizer                        |
| Status        | Released                                  |
| Last Modified | 26/03/2020 14:31:02                       |
| Author        | gerson                                    |

## Getting Started

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

- 1 Press **LIGHT** to turn on the watch ([Device Overview, page 2](#)).
- 2 Follow the on-screen instructions to complete the initial setup.  
During the initial setup, you can pair your smartphone with your watch to receive notifications, set up your Garmin Pay™ wallet, and more ([Pairing Your Phone with Your Watch, page 139](#)).
- 3 Charge the device completely ([Charging the Watch, page 180](#)).
- 4 Start an activity ([Starting an Activity, page 40](#)).

|               |                                                 |
|---------------|-------------------------------------------------|
| Title         | Device Overview (Descent G1)                    |
| Identifier    | GUID-F473FABC-5D21-4F2C-8328-457333B68C3E       |
| Language      | EN-US                                           |
| Description   |                                                 |
| Version       | 1                                               |
| Revision      | 3                                               |
| Changes       | Save as from fenix 6. Different hold functions. |
| Status        | Released                                        |
| Last Modified | 29/09/2021 16:27:07                             |
| Author        | cozmyer                                         |

## Device Overview



### ① LIGHT

- Press to turn the backlight on and off.
- Press to turn the device on.
- Hold to view the controls menu.

**NOTE:** While diving, hold functions are disabled.

### ② MENU·UP

- Press to scroll through the glance loop and menus.
- Hold to view the menu.

**NOTE:** You can enable or disable this button for dive activities ([Dive Setup, page 12](#)).

### ③ DOWN

- Press to scroll through the glance loop and menus.
- Press to scroll through the data screens during a dive.
- Hold to view the altimeter, barometer, and compass (ABC) screen.

**NOTE:** While diving, hold functions are disabled.

### ④ START·STOP

- Press to view the activity list and start or stop an activity.

- Press to choose an option in a menu.
- Press to view the menu during a dive.
- Hold to view the clock menu.

**NOTE:** While diving, hold functions are disabled.

#### ⑤ BACK

- Press to return to the previous screen.
- Press to exit a menu during a dive.
- Press to record a lap, rest, or transition during a multisport activity.
- Hold to view the watch face from any screen.
- Hold to return to the primary data screen during a dive.

⑥: Double tap the device to scroll through the data screens during a dive.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Using the Watch (fenix)                   |
| Identifier    | GUID-0102B2DF-D808-474D-9F45-57D15C42C640 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 4                                         |
| Revision      | 4                                         |
| Changes       | Added links                               |
| Status        | Released                                  |
| Last Modified | 22/12/2021 14:18:48                       |
| Author        | cozmyer                                   |

## Using the Watch

- Hold **LIGHT** to view the controls menu ([Controls, page 113](#)).  
The controls menu provides quick access to frequently used functions, such as turning on do not disturb mode, saving a location, and turning the watch off.
- From the watch face, press **UP** or **DOWN** to scroll through the glance loop ([Glances, page 94](#)).
- From the watch face, press **START** to start an activity or open an app ([Activities and Apps, page 39](#)).
- Hold **MENU** to customize the watch face ([Customizing the Watch Face, page 93](#)), adjust settings ([System Settings, page 174](#)), pair wireless sensors ([Pairing Your Wireless Sensors, page 131](#)), and more.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Clocks                                    |
| Identifier    | GUID-78FE6EF5-ADA1-4B21-9861-40107E30886E |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 2                                         |
| Revision      | 3                                         |
| Changes       | New Clocks menu for MARQ, fenix 6         |
| Status        | Released                                  |
| Last Modified | 26/02/2019 12:52:39                       |
| Author        | gerson                                    |

## Clocks

|               |                                               |
|---------------|-----------------------------------------------|
| Title         | Setting an Alarm (Instinct)                   |
| Identifier    | GUID-830F7BD7-E27E-410E-A69E-96EFD4BED988     |
| Language      | EN-US                                         |
| Description   |                                               |
| Version       | 2                                             |
| Revision      | 3                                             |
| Changes       | Update for change to maximum number of alarms |
| Status        | Released                                      |
| Last Modified | 22/07/2019 09:13:54                           |
| Author        | tillmonmartha                                 |

### Setting an Alarm

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

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

|               |                                                                                                                |
|---------------|----------------------------------------------------------------------------------------------------------------|
| Title         | Starting the Countdown Timer                                                                                   |
| Identifier    | GUID-CC7A19C6-407F-44A1-803C-C2747FA1361F                                                                      |
| Language      | EN-US                                                                                                          |
| Description   |                                                                                                                |
| Version       | 2                                                                                                              |
| Revision      | 6                                                                                                              |
| Changes       | Update select to press with hard keys for consistency, update Restart string to Auto Restart, add Save option. |
| Status        | Released                                                                                                       |
| Last Modified | 17/06/2020 12:03:13                                                                                            |
| Author        | pruekatie                                                                                                      |

## Starting the Countdown Timer

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Saving a Quick Timer                      |
| Identifier    | GUID-23C196F9-B970-4582-ABEF-D0BA56476494 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 5                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 17/06/2020 11:46:50                       |
| Author        | pruekatie                                 |

## Saving a Quick Timer

You can set up to ten separate quick timers.

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Deleting a Timer                          |
| Identifier    | GUID-1875EF45-2C9A-4E39-A804-5D5938B162B6 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 5                                         |
| Changes       | Save as from MARQ/fenix 6.                |
| Status        | Released                                  |
| Last Modified | 17/06/2020 11:22:34                       |
| Author        | pruekatie                                 |

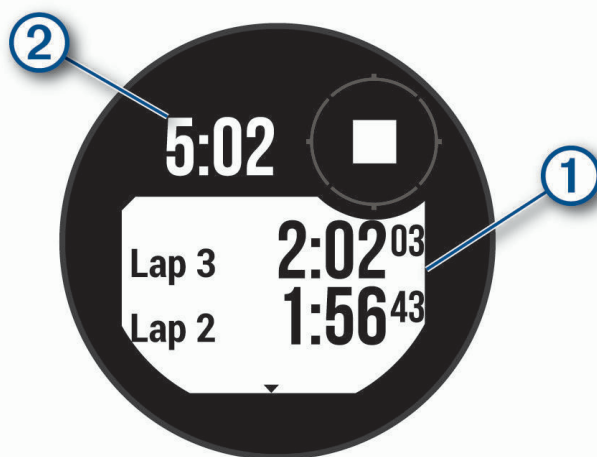
## Deleting a Timer

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

|               |                                                        |
|---------------|--------------------------------------------------------|
| Title         | Using the Stopwatch                                    |
| Identifier    | GUID-96244242-0974-4BD5-9DCE-3B1489940F08              |
| Language      | EN-US                                                  |
| Description   |                                                        |
| Version       | 2                                                      |
| Revision      | 3                                                      |
| Changes       | Update select to press with hard keys for consistency. |
| Status        | Released                                               |
| Last Modified | 17/06/2020 11:25:22                                    |
| Author        | pruekatie                                              |

## Using the Stopwatch

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



The total stopwatch time ② continues running.

- 5 Press **START** to stop both timers.
- 6 Press **UP**, and select an option.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Adding Alternate Time Zones               |
| Identifier    | GUID-5A15CA9F-3F8A-4EB4-ADF6-DC29AB3373B1 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 2                                         |
| Revision      | 4                                         |
| Changes       | Widget to glance                          |
| Status        | Released                                  |
| Last Modified | 20/01/2022 17:55:59                       |
| Author        | tillmonmartha                             |

## Adding Alternate Time Zones

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

- 1 From any screen, hold **START**.
- 2 Select **Alt. Time Zones**.
- 3 Select **Add Zone**.
- 4 Select a time zone.
- 5 If necessary, rename the time zone.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Diving                                    |
| Identifier    | GUID-FF7B29B4-4E81-41C3-A42C-D28C88E516CF |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 10                                        |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 21/09/2017 12:01:00                       |
| Author        | cozmyer                                   |

## Diving

|               |                                           |
|---------------|-------------------------------------------|
| Title         | ISPI_Warning_Dive                         |
| Identifier    | GUID-F4F90D7B-97DB-456F-8774-936A3A97E6E2 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 4                                         |
| Revision      | 3                                         |
| Changes       | Adding 40% O2 note to QSM/OM.             |
| Status        | Released                                  |
| Last Modified | 24/03/2020 07:56:24                       |
| Author        | gerson                                    |

## Dive Warnings

### WARNING

- The diving features of this device are for use by certified divers only. This device should not be used as a sole dive computer. Failure to input the appropriate dive-related information into the device can lead to serious personal injury or death.
- Make sure that you fully understand the use, displays, and limitations of your device. If you have questions about this manual or the device, always resolve any discrepancies or confusion before diving with the device. Always remember that you are responsible for your own safety.
- There is always a risk of decompression sickness (DCS) for any dive profile even if you follow the dive plan provided by the dive tables or a diving device. No procedure, diving device, or dive table will eliminate the possibility of DCS or oxygen toxicity. An individual's physiological make up can vary from day to day. This device cannot account for these variations. You are strongly advised to remain well within the limits provided by this device to minimize the risk of DCS. You should consult a physician regarding your fitness before diving.
- Always use backup instruments, including a depth gauge, submersible pressure gauge, and timer or watch. You should have access to decompression tables when diving with this device.
- Perform pre-dive safety checks, such as checking proper device function and settings, display function, battery level, tank pressure, and bubble checks to check hoses for leaks.
- This device should not be shared between multiple users for diving purposes. Diver profiles are user specific, and using another diver's profile can result in misleading information that could lead to injury or death.
- For safety reasons, you should never dive alone. Dive with a designated buddy. You should also stay with others for an extended time after a dive, because the potential onset of decompression sickness (DCS) may be delayed or triggered by surface activities.
- This device is not intended for commercial or professional dive activities. It is for recreational purposes only. Commercial or professional dive activities can expose the user to extreme depths or conditions that increase the risk of DCS.

- Do not dive with a gas if you have not personally verified its contents and input the analyzed value to the device. Failure to verify tank contents and input the appropriate gas values to the device will result in incorrect dive planning information and could result in serious injury or death.
- Diving with more than one gas mixture presents a much greater risk than diving with a single gas mixture. Mistakes related to the use of multiple gas mixtures may lead to serious injury or death.
- Always ensure a safe ascent. A rapid ascent increases the risk of DCS.
- Disabling the deco lockout feature on the device can result in an increased risk of DCS, which can result in personal injury or death. Disable this feature at your own risk.
- Violating a required decompression stop may result in serious injury or death. Never ascend above the displayed decompression stop depth.
- Always perform a safety stop between 3 and 5 meters (9.8 and 16.4 feet) for 3 minutes, even if no decompression stop is required.

|               |                                             |
|---------------|---------------------------------------------|
| Title         | Dive Modes                                  |
| Identifier    | GUID-B0F7269A-8B02-48F3-AED2-CECB581B361F   |
| Language      | EN-US                                       |
| Description   |                                             |
| Version       | 6                                           |
| Revision      | 3                                           |
| Changes       | Added more context to the dive mode phases. |
| Status        | Released                                    |
| Last Modified | 10/02/2022 13:12:13                         |
| Author        | cozmyer                                     |

## Dive Modes

The Descent G1 device supports six dive modes. Each dive mode has four phases: dive pre-check, surface display, in-dive, and post-dive. During the pre-dive check, you can confirm the dive settings before you start diving ([Dive Setup, page 12](#)). The surface phase shows the data screens for the dive mode ([Dive Data Screens, page 16](#)). The in-dive phase shows data about the dive in progress, and other watch features, such as GPS, are disabled ([Going Diving, page 26](#)). During the post-dive review, you can view a summary of the completed dive ([Viewing the Dive Log Glance, page 33](#)).

**Single-Gas:** This mode allows you to dive with a single gas blend. You can set up to 11 additional gases as backup gases.

**Multi-Gas:** This mode allows you to configure multiple gas blends and switch gases during your dive. You can set the oxygen content from 5–100%. This mode supports one bottom gas, and up to 11 additional gases as decompression or backup gases.

**NOTE:** Backup gases are not used in no-decompression limit (NDL) and time to surface (TTS) decompression calculations until you activate them during a dive.

**CCR:** This mode for closed-circuit rebreather (CCR) diving allows you to configure two partial pressure of oxygen (PO2) setpoints, closed-circuit (CC) diluent gases, and open-circuit (OC) decompression and backup gases.

**Gauge:** This mode allows you to dive with basic bottom timer features.

**NOTE:** After diving in gauge mode, the device can only be used in gauge or apnea mode for 24 hours.

**Apnea:** This mode allows you to free dive with apnea-specific dive data. This mode has a higher data refresh rate.

**Apnea Hunt:** This mode is similar to the Apnea dive mode, but tuned specifically for spearfishers. This mode disables start and stop tones.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Using the Pool Dive Mode                  |
| Identifier    | GUID-2B16A10D-7213-43E3-8C8B-A57C12AF89B8 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 4                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 31/10/2018 14:57:23                       |
| Author        | cozmyer                                   |

## Using the Pool Dive Mode

When the device is in pool dive mode, the tissue load and decompression lockout features function normally, but dives are not saved to the dive log.

**1** Hold **LIGHT** to view the controls menu.

**2** Select .

The pool dive mode turns off automatically at midnight.

|               |                                                                                       |
|---------------|---------------------------------------------------------------------------------------|
| Title         | Dive Setup                                                                            |
| Identifier    | GUID-6EC422C5-43A9-4430-BAAA-90331551BE42                                             |
| Language      | EN-US                                                                                 |
| Description   |                                                                                       |
| Version       | 6                                                                                     |
| Revision      | 6                                                                                     |
| Changes       | Added last deco stop and no-fly time options. Not sure if those will be added to Mk2. |
| Status        | Released                                                                              |
| Last Modified | 10/02/2022 12:48:36                                                                   |
| Author        | cozmyer                                                                               |

## Dive Setup

You can customize the dive settings based on your needs. Not all settings are applicable for all dive modes. You can also edit the settings before you start a dive.

Hold **MENU**, and select **Dive Setup**.

**Gases:** Sets the gas blends used in the gas dive modes ([Setting Up Your Breathing Gases, page 13](#)). You can have up to twelve gases for each gas dive mode.

**Conservatism:** Sets the level of conservatism for decompression calculations. Higher conservatism provides a shorter bottom time and a longer ascent time. The Custom option allows you to set a custom gradient factor.

**NOTE:** Make sure you understand gradient factors before entering a custom level of conservatism.

**Water Type:** Allows you to select the water type.

**PO2:** Sets the partial pressure of oxygen (PO2) thresholds, in bar, for decompression, warnings, and critical alerts ([Setting PO2 Thresholds, page 14](#)).

**Alerts:** Allows you to set tone, vibration, or silent alerts for depth and time. You can enable different alerts for different dive modes.

**Apnea Surf. Alert:** Allows you to set alerts for apnea surface intervals.

**Safety Stop:** Allows you to change the safety stop duration.

**Last Deco Stop:** Allows you to set the depth of the final decompression stop.

**End Dive Delay:** Allows you to set the length of time before the device ends and saves a dive after surfacing.

**CCR Setpoints:** Allows you to set high and low PO2 setpoints for closed-circuit rebreather (CCR) dives ([Setting CCR Setpoints, page 15](#)).

**Backlight:** Allows you to adjust the backlight settings for dive activities. You can enable the backlight throughout the dive or only when you are at depth.

**Heart Rate:** Allows you to enable or disable a heart rate monitor for dives. The Stored Strap Data option allows you to enable a chest heart rate monitor, such as the HRM-Swim™ or HRM-Tri™ device, that stores heart rate data with the dive. You can view chest heart rate monitor data in the Garmin Dive™ app after you complete the dive.

**Double Tap to Scroll:** Allows you to double tap the device to scroll through the dive data screens. If you notice accidental scrolling, you can use the Sensitivity option to adjust the responsiveness.

**UP Key:** Allows you to enable or disable the UP button during dive activities to prevent inadvertent button presses.

**Silent Diving:** Allows you to disable all tones and vibrations for alerts during dive activities.

**No-Fly Time:** Allows you to set the no-fly countdown timer mode ([No-Fly Time, page 16](#)).

**Deco Lockout:** Allows you to disable the decompression lockout feature. This feature prevents single-gas, multi-gas, and CCR dives for 24 hours if you violate a decompression ceiling for more than three minutes.

**NOTE:** You can still disable the decompression lockout feature after violating a decompression ceiling.

|               |                                              |
|---------------|----------------------------------------------|
| Title         | Setting Up Your Breathing Gases              |
| Identifier    | GUID-11057310-4E1D-4116-9BFB-EE5A57442196    |
| Language      | EN-US                                        |
| Description   |                                              |
| Version       | 1                                            |
| Revision      | 6                                            |
| Changes       | Broke this info out of the Dive Setup topic. |
| Status        | Released                                     |
| Last Modified | 21/07/2020 16:25:20                          |
| Author        | cozmyer                                      |

## Setting Up Your Breathing Gases

You can enter up to twelve gases for each gas dive mode. Decompression calculations include your decompression gases, but do not include your backup gases.

- 1 Hold **MENU**.
- 2 Select **Dive Setup > Gases**.
- 3 Select a dive mode.
- 4 Select the first gas in the list.  
For single-gas or multi-gas dive modes, this is the bottom gas. For the closed-circuit rebreather (CCR) dive mode, this is the diluent gas.
- 5 Select **Oxygen**, and enter the oxygen percentage of the gas blend.
- 6 Select **Helium**, and enter the helium percentage of the gas blend.  
The device calculates the remaining percentage as the nitrogen content.
- 7 Press **BACK**.
- 8 Select an option:
 

**NOTE:** Not all options are available for all dive modes.

  - Select **Add Backup**, and enter the oxygen and helium percentage for your backup gas.
  - Select **Add New**, enter the oxygen and helium percentage, and select **Mode** to set the intended use for the gas, such as decompression or backup.

**NOTE:** For the multi-gas dive mode, you can select **Set as Travel Gas** to set a decompression gas as your intended gas for descending.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Setting PO2 Thresholds                    |
| Identifier    | GUID-26B379F1-DFB8-488C-956F-0FA0E9CDD39B |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 9                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 21/07/2020 16:26:03                       |
| Author        | cozmyer                                   |

## Setting PO2 Thresholds

You can configure the partial pressure of oxygen (PO2) thresholds, in bars, for decompression, warning, and critical alerts.

- 1 Hold **MENU**.
- 2 Select **Dive Setup > PO2**.
- 3 Select an option:
  - Select **Deco PO2** to set the threshold that you can reach before you should begin your ascent and switch to the decompression gas with the highest percentage of oxygen.  
**NOTE:** The device does not switch gases for you automatically. You must select the gas.
  - Select **PO2 Warning** to set the threshold for the highest oxygen concentration level that you are comfortable reaching.
  - Select **PO2 Critical** to set the threshold for the maximum oxygen concentration level that you should reach.
- 4 Enter a value.

If you reach a threshold value during a dive, the device displays an alert message.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Setting CCR Setpoints                     |
| Identifier    | GUID-186BE525-8FDC-405E-B3DA-CFDCC9B69939 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 2                                         |
| Revision      | 4                                         |
| Changes       | Added the last step to set depth.         |
| Status        | Released                                  |
| Last Modified | 27/04/2021 15:01:54                       |
| Author        | cozmyer                                   |

## Setting CCR Setpoints

You can configure the high and low partial pressure of oxygen (PO<sub>2</sub>) setpoints for closed-circuit rebreather (CCR) dives.

- 1 Hold **MENU**.
- 2 Select **Dive Setup > CCR Setpoints**.
- 3 Select an option:
  - To configure the lower PO<sub>2</sub> setpoint, select **Low Setpoint**.
  - To configure the upper PO<sub>2</sub> setpoint, select **High Setpoint**.
- 4 Select **Mode**.
- 5 Select an option:
  - To automatically change the setpoint based on your current depth, select **Auto**.  
**NOTE:** For example, if you descend through the high setpoint depth or ascend through the low setpoint depth, the PO<sub>2</sub> threshold switches to the high or low setpoint, respectively. Automatic setpoint depths must be at least 6.1 m (20 ft.) apart.
  - To manually change setpoints during a dive, select **Manual**.  
**NOTE:** If you manually change setpoints within 1.8 m (6 ft.) of an automatic switch depth, then automatic setpoint switching is disabled until you are more than 1.8 m (6 ft.) above or below the automatic switch depth. This prevents unintended setpoint switching.
- 6 Select **PO<sub>2</sub>**, and enter a value.
- 7 If necessary, select **Depth**, and enter a depth value for the automatic setpoint change.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | No-Fly Time                               |
| Identifier    | GUID-96AE8D7C-9677-47EF-89CF-CEB040B8F497 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 3                                         |
| Revision      | 6                                         |
| Changes       | Major updates to the no-fly timer.        |
| Status        | Released                                  |
| Last Modified | 10/02/2022 13:09:53                       |
| Author        | cozmyer                                   |

## No-Fly Time

After a dive, you may need to wait several hours before it is safe to fly on an airplane. To indicate your remaining no-fly time, ✈ appears on the default watch face. You can view more details on the surface interval glance ([Viewing the Surface Interval Glance, page 33](#)).

Hold **MENU**, and select **Dive Setup > No-Fly Time**.

| No-Fly Time Mode     | Dive Type                                                            | No-Fly Time |
|----------------------|----------------------------------------------------------------------|-------------|
| Standard or 24 Hours | Dive duration of 3 minutes or less or depth of 5 m (15 ft.) or less. | 0 hours     |
| Standard             | Non-decompression dive more than 48 hours since the previous dive.   | 12 hours    |
| Standard             | Multiple non-decompression dives within 48 hours.                    | 18 hours    |
| Standard             | Dive with a completed decompression stop.                            | 24 hours    |
| 24 Hours             | Non-gauge dive that did not violate the decompression plan.          | 24 hours    |
| Standard or 24 Hours | Gauge dive or a dive that violated the decompression plan.           | 48 hours    |

|               |                                                                                              |
|---------------|----------------------------------------------------------------------------------------------|
| Title         | Dive Data Screens                                                                            |
| Identifier    | GUID-B6CFA012-37CE-45E2-AC72-6E78ACB01316                                                    |
| Language      | EN-US                                                                                        |
| Description   |                                                                                              |
| Version       | 3                                                                                            |
| Revision      | 3                                                                                            |
| Changes       | Removed text descriptions and broke out new sub-topics with images of the data screen loops. |
| Status        | Released                                                                                     |
| Last Modified | 21/07/2020 16:28:42                                                                          |
| Author        | cozmyer                                                                                      |

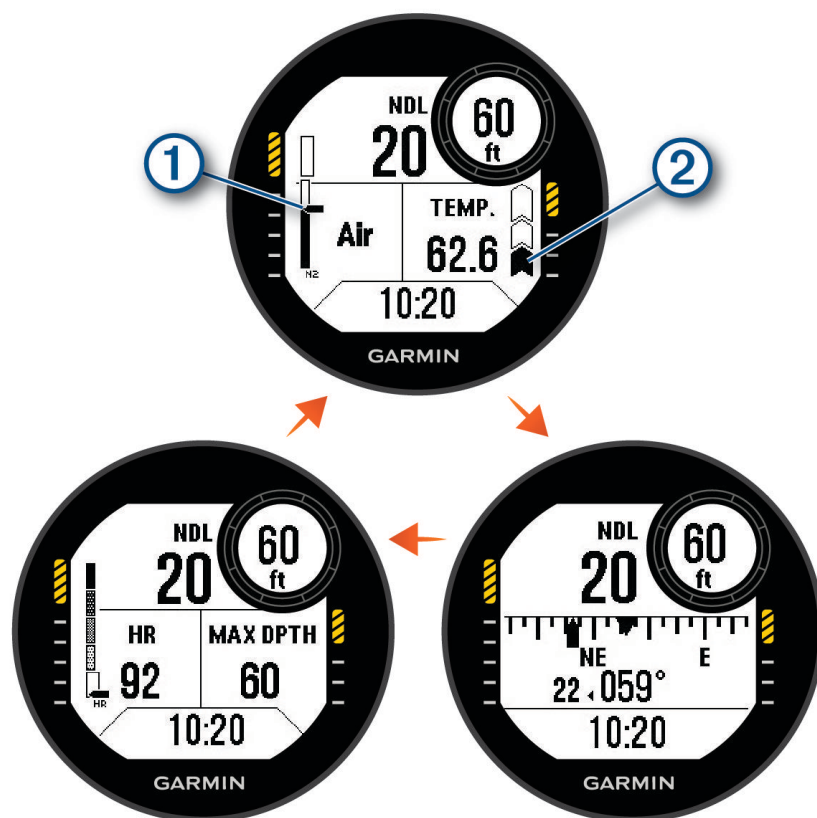
## Dive Data Screens

You can press **DOWN** or double-tap the device to scroll through the data screens.

In the activity settings, you can reorder the default data screens, add a dive stopwatch, and add custom data screens ([Customizing the Data Screens, page 68](#)). You can customize the data fields on some of the data screens.

|               |                                                    |
|---------------|----------------------------------------------------|
| Title         | Single-Gas and Multi-Gas Data Screens (Descent G1) |
| Identifier    | GUID-ABED36DD-AC1A-4517-BB8A-DCE5CFA338A5          |
| Language      | EN-US                                              |
| Description   |                                                    |
| Version       | 1                                                  |
| Revision      | 12                                                 |
| Changes       | Save as from the Mk2 topic.                        |
| Status        | Released                                           |
| Last Modified | 10/02/2022 13:07:05                                |
| Author        | cozmyer                                            |

## Single-Gas and Multi-Gas Data Screens



**Primary data screen:** Displays the main dive data, including your breathing gas, partial pressure of oxygen (PO2) level, and rate of ascent. You can edit one of the data fields.

Your nitrogen (N2) and helium (He) tissue load level.

Segment 1: 0 to 79% tissue load.

①

Segment 2: 80 to 99% tissue load.

When you start a safety stop, the safety stop gauge appears ([Performing a Safety Stop, page 31](#)). When your tissue load level reaches or exceeds 100%, the decompression stop gauge appears ([Performing a Decompression Stop, page 32](#)).

Your rate of ascent.

②

▲ Good. Ascent is less than 7.9 m (26 ft.) per minute.

▲ Moderately high. Ascent is between 7.9 and 10.1 m (26 and 33 ft.) per minute.



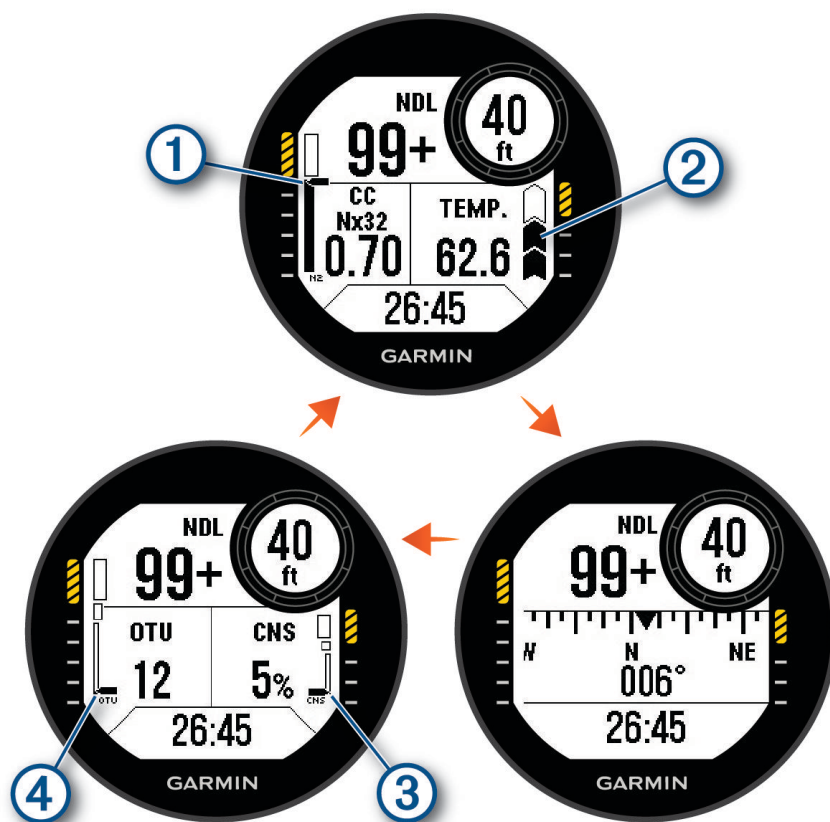
and alternating: Too high. Ascent is greater than 10.1 m (33 ft.) per minute.

**Dive compass:** Allows you to view the compass and set a directional heading to aid with underwater navigation ([Navigating with the Dive Compass, page 27](#)).

**Customizable data screen:** Displays additional dive data and physiological information. You can edit the gauges and two of the data fields ([Customizing the Data Screens, page 68](#)).

|               |                                           |
|---------------|-------------------------------------------|
| Title         | CCR Data Screens (Descent G1)             |
| Identifier    | GUID-B9AB63D0-E9AE-4B99-92C4-0C950E285E09 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 12                                        |
| Changes       | Save as from Mk2 topic.                   |
| Status        | Released                                  |
| Last Modified | 10/02/2022 13:07:02                       |
| Author        | cozmyer                                   |

## CCR Data Screens



**Primary data screen:** Displays the main dive data, including your breathing gas, partial pressure of oxygen (PO<sub>2</sub>) level, and rate of ascent. You can edit one of the data fields.

Your nitrogen (N<sub>2</sub>) and helium (He) tissue load level.  
Segment 1: 0 to 79% tissue load.

①

Segment 2: 80 to 99% tissue load.

When you start a safety stop, the safety stop gauge appears ([Performing a Safety Stop](#), page 31).  
When your tissue load level reaches or exceeds 100%, the decompression stop gauge appears ([Performing a Decompression Stop](#), page 32).

Your rate of ascent.

②

▲ Good. Ascent is less than 7.9 m (26 ft.) per minute.

▲ Moderately high. Ascent is between 7.9 and 10.1 m (26 and 33 ft.) per minute.



and alternating: Too high. Ascent is greater than 10.1 m (33 ft.) per minute.

**Dive compass:** Allows you to view the compass and set a directional heading to aid with underwater navigation ([Navigating with the Dive Compass, page 27](#)).

**Customizable data screen:** Displays additional dive data and physiological information. You can edit the gauges and two of the data fields ([Customizing the Data Screens, page 68](#)).

③

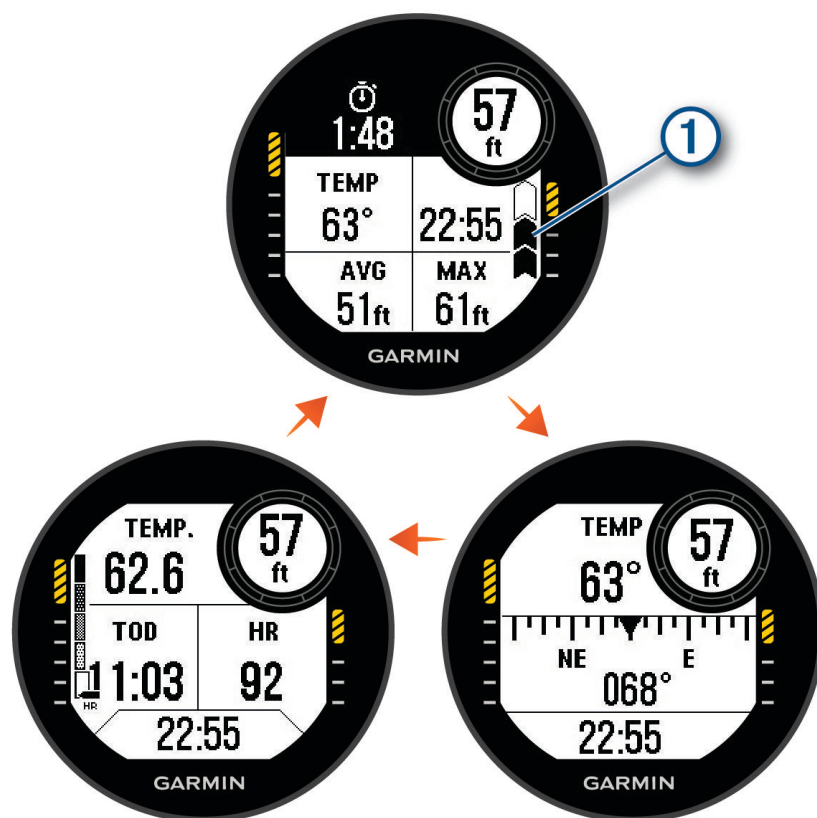
Your central nervous system (CNS) oxygen toxicity level.  
Segment 1: 0 to 79% CNS oxygen toxicity.  
Segment 2: 80 to 99% CNS oxygen toxicity.  
Segment 3: 100% or greater CNS oxygen toxicity.

④

Your current oxygen toxicity units (OTU).  
Segment 1: 0 to 249 OTU.  
Segment 2: 250 to 299 OTU.  
Segment 3: 300 or greater OTU.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Gauge Data Screens (Descent G1)           |
| Identifier    | GUID-7547CCC6-75A7-4D2E-B926-18C79CACE947 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 10                                        |
| Changes       | Save as from Mk2.                         |
| Status        | Released                                  |
| Last Modified | 10/02/2022 13:07:04                       |
| Author        | cozmyer                                   |

## Gauge Data Screens



**Dive stopwatch:** Displays the bottom time stopwatch, average depth, maximum depth, and rate of ascent ([Using the Gauge Dive Stopwatch, page 28](#)).

Your rate of ascent.

①

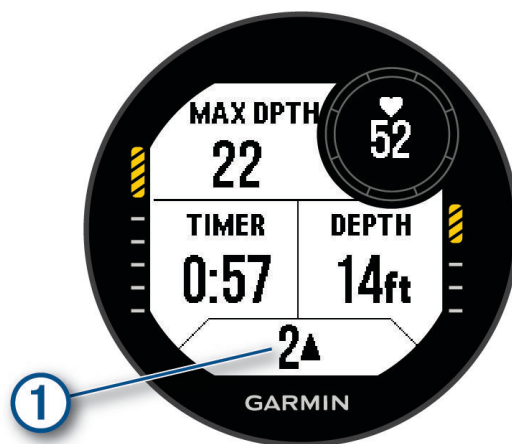
- ▲ Good. Ascent is less than 7.9 m (26 ft.) per minute.
- ▲▲ Moderately high. Ascent is between 7.9 and 10.1 m (26 and 33 ft.) per minute.
- ▲▲ and ▲ alternating: Too high. Ascent is greater than 10.1 m (33 ft.) per minute.

**Dive compass:** Allows you to view the compass and set a directional heading to aid with underwater navigation ([Navigating with the Dive Compass, page 27](#)).

**Customizable data screen:** Displays additional dive data and physiological information. You can edit the gauges and three of the data fields ([Customizing the Data Screens, page 68](#)).

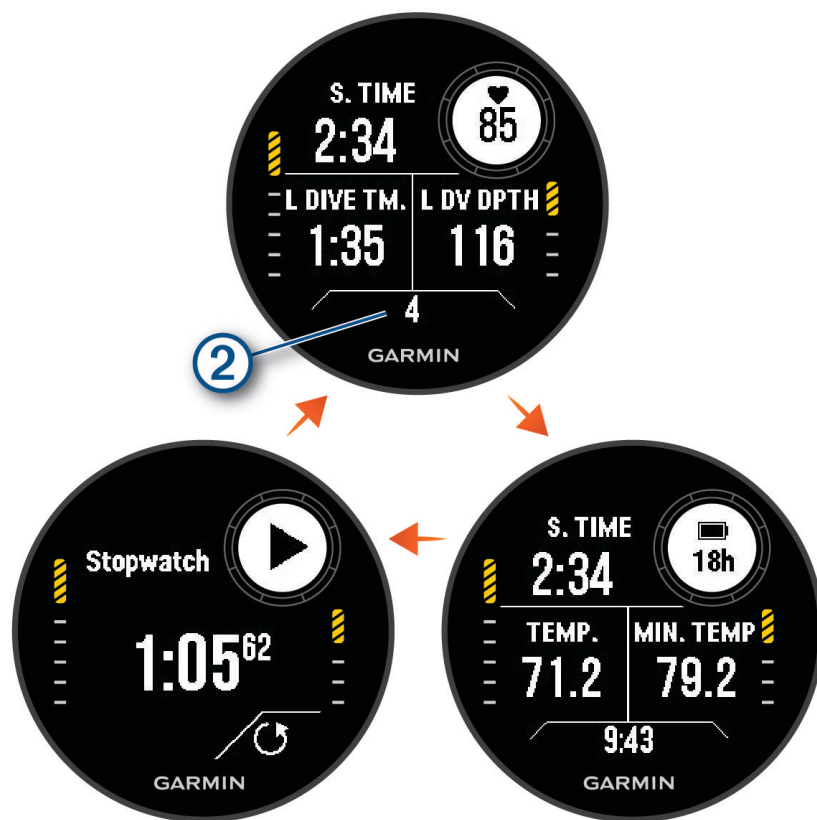
|               |                                                  |
|---------------|--------------------------------------------------|
| Title         | Apnea Data Screens (Descent G1)                  |
| Identifier    | GUID-5AE08711-5D97-4F87-A10F-7230808F79C7        |
| Language      | EN-US                                            |
| Description   |                                                  |
| Version       | 1                                                |
| Revision      | 9                                                |
| Changes       | Save as from Mk2, but splitting into two topics. |
| Status        | Released                                         |
| Last Modified | 10/02/2022 13:06:59                              |
| Author        | cozmyer                                          |

## Apnea Data Screens



**In-dive screen:** Displays the information about the current dive, including the elapsed time, current and maximum depth, heart rate data, and rate of ascent or descent. You can edit three of the data fields ([Customizing the Data Screens](#), page 68).

- 1 Your rate of ascent or descent in meters or feet per second. ▲ or ▼ appear when you are moving faster than 0.5 m/s (1.6 ft./s).



**Surface interval screen:** Displays the current surface interval time, heart rate, and last dive information. You can edit the data fields.

②

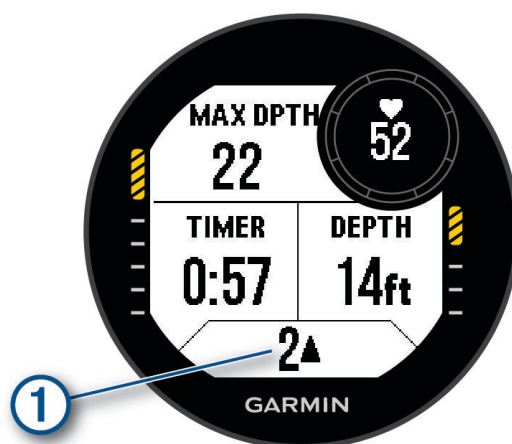
The number of completed dives.

**Time and temperature screen:** Displays the temperature, time of day, and battery level. You can edit the data fields.

**Stopwatch:** Displays the surface interval stopwatch ([Using the Basic Dive Stopwatch, page 29](#)).

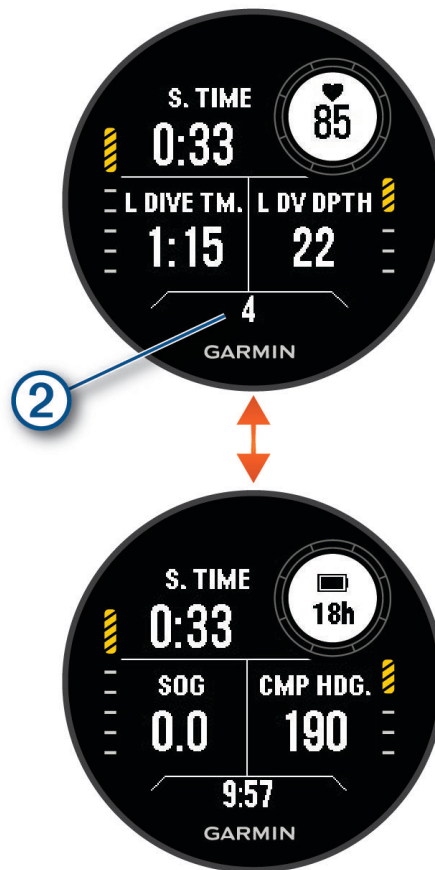
|               |                                                                       |
|---------------|-----------------------------------------------------------------------|
| Title         | Apnea Hunt Data Screens (Descent G1)                                  |
| Identifier    | GUID-588D0121-5B64-441D-AE66-2031B6ED7C45                             |
| Language      | EN-US                                                                 |
| Description   |                                                                       |
| Version       | 1                                                                     |
| Revision      | 11                                                                    |
| Changes       | Save as from Descent Mk2. Split apnea and apnea hunt into two topics. |
| Status        | Released                                                              |
| Last Modified | 10/02/2022 13:07:01                                                   |
| Author        | cozmyer                                                               |

## Apnea Hunt Data Screens



**In-dive screen:** Displays the information about the current dive, including the elapsed time, current and maximum depth, heart rate data, and rate ascent or descent. You can edit three of the data fields ([Customizing the Data Screens](#), page 68).

- 1 Your rate of ascent or descent in meters or feet per second. ▲ or ▼ appear when you are moving faster than 0.5 m/s (1.6 ft./s).



**Surface interval screen:** Displays the current surface interval time, as well as the elapsed time, maximum depth, and temperature for your last apnea dive. You can edit the data fields.

②

The number of completed dives.

**Time of day screen:** Displays the time of day, speed over ground (SOG), and battery level. You can edit the data fields.

|               |                                                      |
|---------------|------------------------------------------------------|
| Title         | Going Diving                                         |
| Identifier    | GUID-F5BB5FFC-1071-4C7B-9968-2B2D985C4574            |
| Language      | EN-US                                                |
| Description   |                                                      |
| Version       | 7                                                    |
| Revision      | 7                                                    |
| Changes       | Changed title and moved task result info into steps. |
| Status        | Released                                             |
| Last Modified | 10/02/2022 13:11:47                                  |
| Author        | cozmyer                                              |

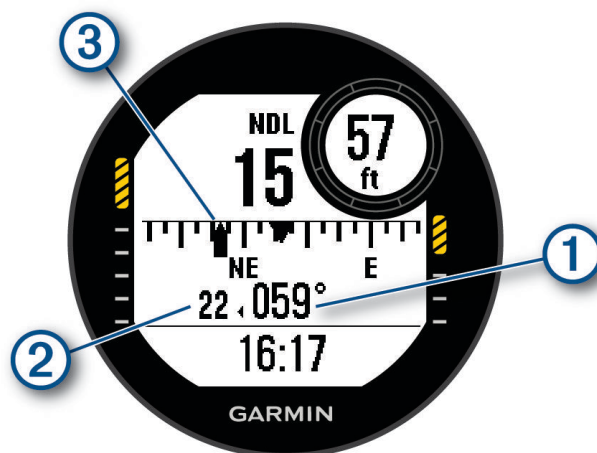
## Going Diving

- 1 From the watch face, press **START**.
  - 2 Select a dive mode ([Dive Modes, page 10](#)).
  - 3 If necessary, press **UP** to edit the dive settings, such as the gases, water type, and alerts ([Dive Setup, page 12](#)).
  - 4 Wait with your wrist out of the water until the watch acquires GPS signals and the status bar is filled (optional).  
The watch requires GPS signals to save your dive entry location.
  - 5 Press **START** until the primary dive data screen appears.
  - 6 Descend to start your dive.  
The activity timer starts automatically when you reach a depth of 1.2 m (4 ft.).  
**NOTE:** If you start a dive without selecting a dive mode, the watch uses the most recently used dive mode and settings, and your dive entry location is not saved.
  - 7 Select an option:
    - Press **DOWN** to scroll through the data screens and dive compass.  
**TIP:** You can also double tap the watch to scroll through the screens.
    - Press **START** to view the in-dive menu.
  - 8 When you are ready to end the dive, ascend to the surface.
  - 9 Keep your wrist out of the water so the watch can acquire GPS signals and save your dive exit location (optional).
  - 10 Select an option:
    - For a **Single-Gas, Multi-Gas, CCR**, or **Gauge** dive, wait for the **End Dive Delay** timer to count down.  
**NOTE:** When you ascend to 1 m (3.3 ft.), the **End Dive Delay** timer begins counting down ([Dive Setup, page 12](#)). You can press **START**, and select **Stop Dive** to save the dive before the timer elapses.
    - For an **Apnea** or **Apnea Hunt** dive, press **BACK**, and select .
- The watch saves the dive activity.
- TIP:** You can view your diving history in the dive log glance ([Viewing the Dive Log Glance, page 33](#)).

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Navigating with the Dive Compass          |
| Identifier    | GUID-8B118BD5-91E0-402A-8B57-784C0CF0A8FA |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 5                                         |
| Revision      | 4                                         |
| Changes       | Added conditions for screen color.        |
| Status        | Released                                  |
| Last Modified | 10/02/2022 13:02:07                       |
| Author        | cozmyer                                   |

## Navigating with the Dive Compass

1 During a **Single-Gas**, **Multi-Gas**, **CCR**, or **Gauge** dive, scroll to the dive compass.



The compass indicates your directional heading ①.

2 Press **START** to set the heading.

The compass indicates deviations ② from the set heading ③.

3 Press **START**, and select an option:

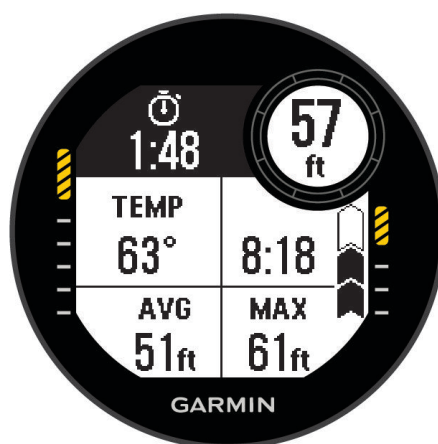
- To reset the heading, select **Reset Heading**.
- To change the heading by 180 degrees, select **Set to Recip..**  
**NOTE:** The compass indicates the reciprocal heading with a gray mark.
- To set to a 90-degree heading left or right, select **Set to 90L** or **Set to 90R**.
- To clear the heading, select **Clear Heading**.

|               |                                                                         |
|---------------|-------------------------------------------------------------------------|
| Title         | Using the Gauge Dive Stopwatch                                          |
| Identifier    | GUID-7DB86CEA-90D0-4B86-B7C2-379362C9362B                               |
| Language      | EN-US                                                                   |
| Description   |                                                                         |
| Version       | 4                                                                       |
| Revision      | 3                                                                       |
| Changes       | Added gauge to the title since there are multiple dive stopwatches now. |
| Status        | Released                                                                |
| Last Modified | 10/02/2022 13:01:50                                                     |
| Author        | cozmyer                                                                 |

## Using the Gauge Dive Stopwatch

**TIP:** You can add a simplified stopwatch screen to any of the gas dive modes ([Customizing the Data Screens](#), page 68).

- 1 Start a **Gauge** dive.
- 2 Scroll to the stopwatch screen.



- 3 Press **START**, and select **Reset Avg. Depth** to set the average depth to your current depth.
- 4 Press **START**, and select **Start Stopwatch**.
- 5 Select an option:
  - To stop using the stopwatch, press **START**, and select **Stop Stopwatch**.
  - To restart the stopwatch, press **START**, and select **Reset Stopwatch**.

|               |                                              |
|---------------|----------------------------------------------|
| Title         | Using the Basic Dive Stopwatch               |
| Identifier    | GUID-9F9DD4BE-4689-4250-8161-78DB3917CD43    |
| Language      | EN-US                                        |
| Description   |                                              |
| Version       | 1                                            |
| Revision      | 3                                            |
| Changes       | Save as from the gauge dive stopwatch topic. |
| Status        | Released                                     |
| Last Modified | 10/02/2022 13:03:44                          |
| Author        | cozmyer                                      |

## Using the Basic Dive Stopwatch

- 1 Select an option:
  - Add the **Stopwatch Timer** data screen to the **Single-Gas, Multi-Gas, CCR**, or **Gauge** dive mode.
  - Enable the **Stopwatch** surface data screen for the **Apnea** or **Apnea Hunt** dive mode.
- 2 During a gas dive or apnea surface interval, scroll to the stopwatch screen.
- 3 Press **START** to start the timer.
- 4 Press **STOP** to stop the timer.
- 5 Press **BACK** to reset the timer.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Switching Gases During a Dive             |
| Identifier    | GUID-3A9B1B51-858F-4C5E-B629-27ECF87CEBE1 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 7                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 21/07/2020 16:33:48                       |
| Author        | cozmyer                                   |

## Switching Gases During a Dive

- 1 Start a single-gas, multi-gas, or closed-circuit rebreather (CCR) dive.
- 2 Select an option:
  - Press **START**, select **Gas**, and select a backup or decompression gas.  
**NOTE:** If necessary, you can select **Add New** and enter a new gas.
  - Dive until you reach the **Deco PO2** threshold ([Setting PO2 Thresholds, page 14](#)).  
 The device prompts you to switch to the gas with the highest percentage of oxygen.  
**NOTE:** The device does not switch gases for you automatically. You must select the gas.

|               |                                             |
|---------------|---------------------------------------------|
| Title         | Switching Between CC and OC Diving          |
| Identifier    | GUID-6AE780B7-9BAF-4F81-8DFB-63AA4C6C66C5   |
| Language      | EN-US                                       |
| Description   |                                             |
| Version       | 2                                           |
| Revision      | 3                                           |
| Changes       | Added conditions for color vs. b/w screens. |
| Status        | Released                                    |
| Last Modified | 10/02/2022 13:02:39                         |
| Author        | cozmyer                                     |

## Switching Between CC and OC Diving for a Bailout Procedure

During a closed-circuit rebreather (CCR) dive, you can switch between closed-circuit (CC) and open-circuit (OC) diving while you perform a bailout procedure.

**1** Start a CCR dive.

**2** Press **START**.

**3** Select **Switch to OC**.

The PO2 data field colors on the primary data screen invert, and the device switches the active breathing gas to your OC decompression gas.

**NOTE:** If you have not set up an OC decompression gas, the device switches to your diluent gas.

**4** If necessary, press **START**, and select **Gas** to manually switch to a backup gas.

**5** Press **START**, and select **Switch to CC** to switch back to CC diving.

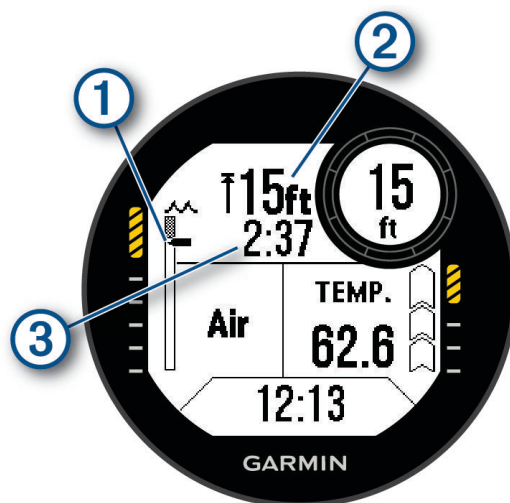
|               |                                                                                                                   |
|---------------|-------------------------------------------------------------------------------------------------------------------|
| Title         | Performing a Safety Stop                                                                                          |
| Identifier    | GUID-D532E9AC-F226-4AD8-AE17-4A90EDF68F0B                                                                         |
| Language      | EN-US                                                                                                             |
| Description   |                                                                                                                   |
| Version       | 2                                                                                                                 |
| Revision      | 3                                                                                                                 |
| Changes       | Removed inline icon. Not applicable to b/w screen, and not completely necessary with the rest of the description. |
| Status        | Released                                                                                                          |
| Last Modified | 10/02/2022 13:03:32                                                                                               |
| Author        | cozmyer                                                                                                           |

## Performing a Safety Stop

You should perform a safety stop during every dive to help reduce the risk of decompression sickness.

- 1 After a dive of at least 11 m (35 ft.), ascend to 5 m (15 ft.).

Safety stop information appears on the data screens.



- ① Your depth relative to the surface.  
As you ascend, your position moves upward toward the safety stop depth.
- ② The safety stop ceiling depth.
- ③ The safety stop timer.  
When you are within 1 m (5 ft.) of the ceiling depth, the timer starts counting down.

- 2 Stay within 2 m (8 ft.) of the safety stop ceiling depth until the safety stop timer reaches zero.

**NOTE:** If you ascend more than 3 m (8 ft.) above the safety stop ceiling depth, the safety stop timer pauses, and the device alerts you to descend below the ceiling depth. If you descend below 11 m (35 ft.), the safety stop timer resets.

- 3 Continue ascending to the surface.

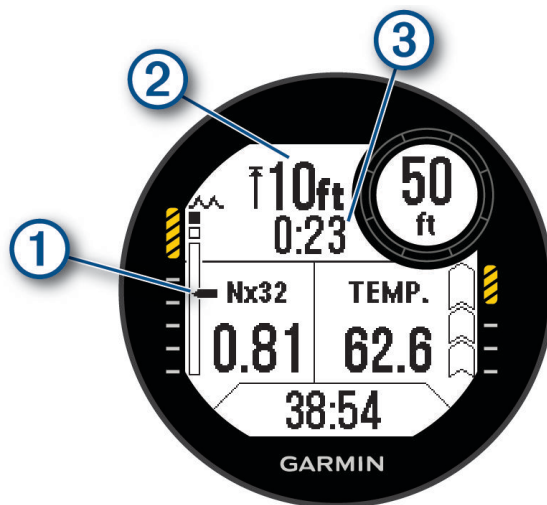
|               |                                                                                                                    |
|---------------|--------------------------------------------------------------------------------------------------------------------|
| Title         | Performing a Decompression Stop                                                                                    |
| Identifier    | GUID-1EB51E61-61EE-44BB-B17A-5EBE9251DF80                                                                          |
| Language      | EN-US                                                                                                              |
| Description   |                                                                                                                    |
| Version       | 2                                                                                                                  |
| Revision      | 4                                                                                                                  |
| Changes       | Removed inline icons. Not applicable to b/w screen, and not completely necessary with the rest of the description. |
| Status        | Released                                                                                                           |
| Last Modified | 10/02/2022 13:03:20                                                                                                |
| Author        | cozmyer                                                                                                            |

## Performing a Decompression Stop

You should always perform all the required decompression stops during a dive to help reduce the risk of decompression sickness. Missing a decompression stop adds significant risk.

- 1 When you exceed the no-decompression limit (NDL) time, begin your ascent.

Decompression stop information appears on the data screens.



- 1 Your depth relative to the surface.  
As you ascend, your position moves upward toward the required decompression stop depth. The empty segments represent cleared stops. You may clear a stop before ascending to it.
- 2 The decompression stop ceiling depth.
- 3 The decompression stop timer.

- 2 Stay within 0.6 m (2 ft.) of the decompression stop ceiling depth until the decompression stop timer reaches zero.

**NOTE:** If you ascend more than 0.6 m (2 ft.) above the decompression stop ceiling depth, the decompression stop timer pauses, and the device alerts you to descend below the ceiling depth. The depth and ceiling depth flash until you are within the safe margin.

- 3 Continue ascending to the surface or the next decompression stop.

|               |                                                  |
|---------------|--------------------------------------------------|
| Title         | Viewing the Surface Interval Glance              |
| Identifier    | GUID-5B6754B2-AC50-4686-AD61-8BCC57AE2D55        |
| Language      | EN-US                                            |
| Description   |                                                  |
| Version       | 6                                                |
| Revision      | 4                                                |
| Changes       | Updated to add no-fly information to the glance. |
| Status        | Released                                         |
| Last Modified | 10/02/2022 13:03:11                              |
| Author        | cozmyer                                          |

## Viewing the Surface Interval Glance

- 1 From the watch face, press **UP** or **DOWN** to view the surface interval glance.
- 2 Press **START** to view your oxygen toxicity units (OTU) and central nervous system (CNS) percentage.  
**NOTE:** The OTU accumulated during a dive expire after 24 hours.
- 3 Press **DOWN** to view your tissue load details.
- 4 Press **DOWN** to view your no-fly time remaining and the time of day the no-fly period ends.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Viewing the Dive Log Glance               |
| Identifier    | GUID-32B63BF5-5834-441B-985C-2FC344E90080 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 6                                         |
| Revision      | 4                                         |
| Changes       | Updated to glance.                        |
| Status        | Released                                  |
| Last Modified | 29/09/2021 16:24:29                       |
| Author        | cozmyer                                   |

## Viewing the Dive Log Glance

The glance displays summaries of your recently recorded dives.

- 1 From the watch face, press **UP** or **DOWN** to view the dive log glance.
- 2 Press **START** to view your most recent dive.
- 3 Press **DOWN > START** to view a different dive (optional).
- 4 Press **START**, and select an option:
  - To view additional information about the activity, select **All Stats**.
  - To view additional information about one of multiple apnea dives in the activity, select **Dives**, and select a dive.
  - To save a dive entry or exit location, select **Save Location**.
  - To view a depth graph for the activity, select **Depth Profile**.
  - To view a temperature graph for the activity, select **Temperature Plot**.
  - To view the gases you used, select **Gas Switches**.
  - To remove the activity from your device, select **Delete**.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Dive Planning                             |
| Identifier    | GUID-03287881-01B2-43F4-9443-C53D8C660A72 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 7                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 17/11/2017 16:31:31                       |
| Author        | cozmyer                                   |

## Dive Planning

You can plan for future dives using your device. The device can calculate no-decompression limit (NDL) times or create decompression plans. When planning a dive, the device uses your residual tissue load from recent dives in the calculations.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Calculating NDL Time                      |
| Identifier    | GUID-952167E8-F2CE-439B-8D09-63794727A47B |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 4                                         |
| Revision      | 3                                         |
| Changes       | Updated step 6 button press               |
| Status        | Released                                  |
| Last Modified | 10/02/2022 13:00:00                       |
| Author        | cozmyer                                   |

## Calculating NDL Time

You can calculate the no-decompression limit (NDL) time or maximum depth for a future dive. These calculations are not saved or applied to your next dive.

- 1 Press **START**.
- 2 Select **Plan Dive > Compute NDL**.
- 3 Select an option:
  - To calculate NDL based on your current tissue load, select **Diving Now**.
  - To calculate NDL based on your tissue load at a future time, select **Enter Surf. Interval**, and enter your surface interval time.
- 4 Enter an oxygen percentage.
- 5 Select an option:
  - To calculate the NDL time, select **Enter Depth**, and enter the planned depth for your dive.
  - To calculate the maximum depth, select **Enter Time**, and enter your planned dive time.

The NDL countdown clock, depth, and maximum operating depth (MOD) appear.
- 6 Press **START**.
- 7 Select an option:
  - To exit, select **Done**.
  - To add intervals to your dive, select **Add Repeat Dive**, and follow the on-screen instructions.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Creating a Decompression Plan             |
| Identifier    | GUID-7187F580-420E-457F-9C59-85F3D5AEB67B |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 4                                         |
| Revision      | 3                                         |
| Changes       | Added last deco stop option.              |
| Status        | Released                                  |
| Last Modified | 10/02/2022 13:00:19                       |
| Author        | cozmyer                                   |

## Creating a Decompression Plan

You can create open-circuit decompression plans and save them for future dives.

- 1 Press **START**.
- 2 Select **Plan Dive > Deco Plans > Add New**.
- 3 Enter a name for the decompression plan.
- 4 Select an option:
  - To enter the maximum partial pressure of oxygen in bars, select **P02**.  
**NOTE:** The device uses the P02 value for gas switching.
  - To enter your level of conservatism for decompression calculations, select **Conservatism**.
  - To enter your gas blends, select **Gases**.
  - To enter the depth of your last decompression stop, select **Last Deco Stop**.
  - To enter the maximum dive depth, select **Bottom Depth**.
  - To enter the time at the bottom depth, select **Bottom Time**.
- 5 Select **Save**.

|               |                                                   |
|---------------|---------------------------------------------------|
| Title         | Using Decompression Plans                         |
| Identifier    | GUID-462C7946-DF7F-4FDA-AD48-7C488CEFEDAB         |
| Language      | EN-US                                             |
| Description   |                                                   |
| Version       | 4                                                 |
| Revision      | 3                                                 |
| Changes       | Added options from the editing and deleting tasks |
| Status        | Released                                          |
| Last Modified | 10/02/2022 13:00:28                               |
| Author        | cozmyer                                           |

## Using Decompression Plans

- 1 Press **START**.
- 2 Select **Plan Dive > Deco Plans**.
- 3 Select a decompression plan.
- 4 Select an option:
  - To view the decompression plan, select **View**.
  - To use the decompression plan settings for a dive mode, select **Apply**.
  - To change the decompression plan details, select **Edit**.
  - To edit the name of the decompression plan, select **Rename**.
  - To remove the decompression plan, select **Delete > ✓**.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Altitude Diving                           |
| Identifier    | GUID-1F916AD6-A339-4CE9-81F8-87E8E196941C |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 6                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 21/07/2020 16:38:31                       |
| Author        | cozmyer                                   |

## Altitude Diving

At higher altitudes, the atmospheric pressure is lower, and your body contains a larger amount of nitrogen than it would at the start of a dive at sea level. The device accounts for altitude changes automatically using the barometric pressure sensor. The absolute pressure value used by the decompression model is not affected by the altitude or the gauge pressure displayed on the watch.

|               |                                                                                                         |
|---------------|---------------------------------------------------------------------------------------------------------|
| Title         | Tips for Wearing the Device with an Exposure Suit                                                       |
| Identifier    | GUID-93BB17C1-968F-47EF-82B0-C6F0DC20B2EE                                                               |
| Language      | EN-US                                                                                                   |
| Description   |                                                                                                         |
| Version       | 2                                                                                                       |
| Revision      | 3                                                                                                       |
| Changes       | Added turning off WHR, pulled in text from the wearing topic, and added a condition for the metal band. |
| Status        | Released                                                                                                |
| Last Modified | 21/07/2020 16:38:53                                                                                     |
| Author        | cozmyer                                                                                                 |

## Tips for Wearing the Device with an Exposure Suit

- Use the extra long silicone diving band to wear the device over a thick exposure suit.
- For accurate heart rate measurements, make sure that the device stays in contact with your skin and does not bump into other wrist-worn devices ([Wearing the Watch, page 120](#)).
- If you are wearing the device over an exposure suit, turn off the wrist-based heart rate monitor to increase battery life ([Wrist Heart Rate Monitor Settings, page 121](#)).

|               |                                             |
|---------------|---------------------------------------------|
| Title         | Dive Alerts                                 |
| Identifier    | GUID-80F7A2DF-6152-44DE-991E-F8B94A097A82   |
| Language      | EN-US                                       |
| Description   |                                             |
| Version       | 4                                           |
| Revision      | 7                                           |
| Changes       | Added conditions for color vs. b/w screens. |
| Status        | Released                                    |
| Last Modified | 10/02/2022 13:12:27                         |
| Author        | cozmyer                                     |

## Dive Alerts

| Alert Message                              | Cause                                                                                                                      | Watch Action                                                                                                     |
|--------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| None                                       | You completed the decompression stop.                                                                                      | The decompression stop depth and time flash for five seconds.                                                    |
| None                                       | Your partial pressure of oxygen (PO2) value is above the specified warning value.                                          | Your PO2 value flashes.                                                                                          |
| %1 OTU accumulated. End your dive now.     | Your oxygen toxicity units are above the safe limit. During a dive, "%1" is replaced with the number of units accumulated. | The alert appears every two minutes, up to three times.                                                          |
| 250 OTU accumulated.                       | Your oxygen toxicity units (OTU) are at 250 units, and you are nearing the safe limit of 300 units.                        | None                                                                                                             |
| Approaching Deco Stop                      | You are within one stop interval (3 m or 9.8 ft.) of the decompression stop depth.                                         | None                                                                                                             |
| Approaching NDL                            | You have 10 minutes of no decompression limit (NDL) time remaining.                                                        | The alert appears again when you have 5 minutes of NDL time remaining.                                           |
| Ascending too fast. Slow your ascent.      | You are ascending faster than 9.1 m/min. (30 ft./min.) for more than 5 seconds.                                            | None                                                                                                             |
| Battery critically low. End your dive now. | Less than 10% battery power remains.                                                                                       | The alert appears when the watch is below 10% battery power and on the dive pre-check screen for your next dive. |
| Battery is low.                            | Less than 20% battery power remains.                                                                                       | The alert appears when the watch is below 20% battery power and on the dive pre-check screen for your next dive. |
| CNS toxicity at %1%. End your dive now.    | Your CNS oxygen toxicity is too high. During a dive, "%1" is replaced with your current CNS percentage.                    | The alert appears every two minutes, up to three times.                                                          |
| CNS toxicity at 80%.                       | Your central nervous system (CNS) oxygen toxicity is at 80% of the safe limit.                                             | The alert appears during a dive and on the dive pre-check screen for your next dive.                             |
| Decompression Cleared                      | You completed all decompression stops.                                                                                     | None                                                                                                             |

| Alert Message                                     | Cause                                                                                                                                     | Watch Action                                                                                                                                                              |
|---------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Descend below deco ceiling.                       | You are more than 0.6 m (2 ft.) above the decompression ceiling.                                                                          | The current depth and stop depth flash.<br>If you remain above the decompression ceiling for more than three minutes, the decompression lockout feature goes into effect. |
| Descend to complete safety stop.                  | You are more than 2 m (8 ft.) above the safety stop ceiling.                                                                              | The current depth and stop depth flash.                                                                                                                                   |
| Diluent PO2 is low. Flushing may be dangerous.    | The PO2 of the diluent gas is too low, and filling the rebreather breathing loop with the diluent gas may be dangerous.                   | None                                                                                                                                                                      |
| Dive will end in %1 seconds.                      | The watch will automatically end and save the dive. During a dive, "%1" is replaced by the number of seconds.                             | None                                                                                                                                                                      |
| Do not dive. Failed to read depth sensor.         | The watch has invalid or missing depth sensor data before you start a dive activity.                                                      | Do not start a dive. Call Garmin® Product Support.                                                                                                                        |
| Failed to read depth sensor. End your dive now.   | The watch has invalid or missing depth sensor data after you have started a dive activity.                                                | Use a backup dive computer or dive plan and end your dive. Call Garmin Product Support.                                                                                   |
| NDL exceeded. Decompression now required.         | You have exceeded your NDL time.                                                                                                          | None                                                                                                                                                                      |
| PO2 is high. Ascend or switch to lower O2 gas.    | Your PO2 value is above the specified critical value.                                                                                     | Your PO2 value flashes.<br>The alert appears every 30 seconds, up to three times, until you ascend to a safe level or switch gases.                                       |
| PO2 is low. Descend or switch to higher O2 gas.   | Your PO2 value is below 0.18 bar.                                                                                                         | Your PO2 value flashes.<br>The alert appears every 30 seconds, up to three times, until you descend to a safe level or switch gases.                                      |
| Safety Stop Cleared                               | You completed the safety stop.                                                                                                            | None                                                                                                                                                                      |
| Switch to %1 now?                                 | In a multi-gas dive, a gas with a higher oxygen content is now safe to breathe. During a dive, "%1" is replaced with the name of the gas. | You can switch gases now, or wait to switch gases later in the dive. A confirmation message for your choice appears.                                                      |
| Switched to high setpoint.                        | The watch automatically switched to your specified CCR high setpoint.                                                                     | None                                                                                                                                                                      |
| Switched to low setpoint.                         | The watch automatically switched to your specified CCR low setpoint.                                                                      | None                                                                                                                                                                      |
| This pool dive will not be saved to the dive log. | The watch is in pool dive mode.                                                                                                           | The watch will not save the current dive to the dive log.                                                                                                                 |

|               |                                                 |
|---------------|-------------------------------------------------|
| Title         | Dive Terminology                                |
| Identifier    | GUID-72517952-197C-4C42-8A50-B5CB59ED686F       |
| Language      | EN-US                                           |
| Description   |                                                 |
| Version       | 2                                               |
| Revision      | 3                                               |
| Changes       | Clarifying TTS does not factor in safety stops. |
| Status        | Released                                        |
| Last Modified | 16/11/2021 13:13:43                             |
| Author        | burzinskititu                                   |

## Dive Terminology

**Central nervous system (CNS):** A measure of central nervous system oxygen toxicity caused by exposure to increased partial pressure of oxygen (PO<sub>2</sub>) while diving.

**Closed-circuit rebreather (CCR):** A diving mode used for dives performed with a rebreather that recirculates exhaled gas and removes carbon dioxide.

**Maximum operating depth (MOD):** The greatest depth at which a breathing gas can be used before the partial pressure of oxygen (PO<sub>2</sub>) exceeds the safe limit.

**No decompression limit (NDL):** A dive that does not require decompression time while ascending to the surface.

**Oxygen toxicity units (OTU):** A measure of pulmonary oxygen toxicity caused by exposure to increased partial pressure of oxygen (PO<sub>2</sub>) while diving. One OTU is equivalent to breathing 100% oxygen at 1 ATM for 1 minute.

**Partial pressure of oxygen (PO<sub>2</sub>):** The pressure of the oxygen in the breathing gas, based on depth and oxygen percentage.

**Surface interval (SI):** The amount of time that has elapsed since the completion of the last dive.

**Time to surface (TTS):** The estimated amount of time it will take to ascend to the surface, including decompression stops.

|               |                                               |
|---------------|-----------------------------------------------|
| Title         | Activities and Apps                           |
| Identifier    | GUID-C2484178-A914-441B-8696-54FE20D83FBA     |
| Language      | EN-US                                         |
| Description   |                                               |
| Version       | 10                                            |
| Revision      | 5                                             |
| Changes       | Moved custom activity sentence to this topic. |
| Status        | Released                                      |
| Last Modified | 22/12/2021 12:49:21                           |
| Author        | cozmyer                                       |

## Activities and Apps

Your watch can be used for indoor, outdoor, athletic, and fitness activities. When you start an activity, the watch displays and records sensor data. You can create custom activities or new activities based on default activities ([Creating a Custom Activity, page 69](#)). When you finish your activities, you can save and share them with the Garmin Connect™ community.

You can also add Connect IQ™ activities and apps to your watch using the Connect IQ app ([Connect IQ Features, page 147](#)).

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

|               |                                                                                                                                                          |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title         | Starting an Activity                                                                                                                                     |
| Identifier    | GUID-90B3EF66-C7DC-4BB5-A1A3-C07E1E9E7A57                                                                                                                |
| Language      | EN-US                                                                                                                                                    |
| Description   | A generic version of "Going for a Hike" or "Going for a Run." Covers the same information, but applies more broadly to the varied activities of fenix 2. |
| Version       | 11                                                                                                                                                       |
| Revision      | 4                                                                                                                                                        |
| Changes       | Device to watch. This topic has a Hebrew spacing issue.                                                                                                  |
| Status        | Released                                                                                                                                                 |
| Last Modified | 19/01/2022 13:40:55                                                                                                                                      |
| Author        | tillmonmartha                                                                                                                                            |

## Starting an Activity

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

- 1 From the watch face, press **START**.
- 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 until the watch is ready.  
The watch is ready after it establishes your heart rate, acquires GPS signals (if required), and connects to your wireless sensors (if required).
- 4 Press **START** to start the activity timer.  
The watch records activity data only while the activity timer is running.

|               |                                             |
|---------------|---------------------------------------------|
| Title         | Tips for Recording Activities               |
| Identifier    | GUID-16DF3142-A509-4D31-A0FC-A3A38E4D8DD1   |
| Language      | EN-US                                       |
| Description   |                                             |
| Version       | 4                                           |
| Revision      | 8                                           |
| Changes       | Added v3.1.1 content and power mode bullet. |
| Status        | Released                                    |
| Last Modified | 20/12/2021 11:55:25                         |
| Author        | cozmyer                                     |

## Tips for Recording Activities

- Charge the watch before starting an activity ([Charging the Watch, page 180](#)).
- Press **BACK** to record laps, start a new set or pose, or advance to the next workout step.
- Press **UP** or **DOWN** to view additional data screens.
- Hold **MENU**, and select **Power Mode** to use a power mode to extend battery life ([Customizing Power Modes, page 173](#)).

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Stopping an Activity (fenix 5)            |
| Identifier    | GUID-996CC115-E86F-4FA9-8C13-1405A9A7485F |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 6                                         |
| Revision      | 4                                         |
| Changes       | Added a recovery HR option.               |
| Status        | Released                                  |
| Last Modified | 01/02/2021 10:20:50                       |
| Author        | cozmyer                                   |

## Stopping an Activity

1 Press **STOP**.

2 Select an option:

- To resume your activity, select **Resume**.
- To save the activity and return to watch mode, select **Save > Done**.
- To suspend your activity and resume it at a later time, select **Resume Later**.
- To mark a lap, select **Lap**.
- To navigate back to the starting point of your activity along the path you traveled, select **Back to Start > TracBack**.

**NOTE:** This feature is available only for activities that use GPS.

- To navigate back to the starting point of your activity by the most direct path, select **Back to Start > Straight Line**.

**NOTE:** This feature is available only for activities that use GPS.

- To measure the difference between your heart rate at the end of the activity and your heart rate two minutes later, select **Recovery HR**, and wait while the timer counts down.
- To discard the activity and return to watch mode, select **Discard > ✓**.

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

|               |                                                         |
|---------------|---------------------------------------------------------|
| Title         | Running                                                 |
| Identifier    | GUID-5A5AC2C5-B5AE-4C00-806E-8AD475F6FB0C               |
| Language      | EN-US                                                   |
| Description   | Chapter topic. Can contain concept info if appropriate. |
| Version       | 1                                                       |
| Revision      | 4                                                       |
| Changes       |                                                         |
| Status        | Released                                                |
| Last Modified | 22/04/2017 22:48:21                                     |
| Author        | gerson                                                  |

## Running

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Going for a Virtual Run                   |
| Identifier    | GUID-9F45EF2C-D6D5-4583-B4C6-A386743B650A |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1.1.1                                     |
| Revision      | 3                                         |
| Changes       | Branch for fenix that uses "press."       |
| Status        | Released                                  |
| Last Modified | 19/06/2020 09:43:32                       |
| Author        | cozmyer                                   |

## Going for a Virtual Run

You can pair your Descent G1 device with a compatible third-party app to transmit pace, heart rate, or cadence data.

- 1 From the watch face, press **START**.
- 2 Select **Virtual Run**.
- 3 On your tablet, laptop, or smartphone, open the Zwift™ app or another virtual training app.
- 4 Follow the on-screen instructions to start a running activity and pair the devices.
- 5 Press **START** to start the activity timer.
- 6 After you complete your run, press **STOP** to stop the activity timer.

|               |                                                        |
|---------------|--------------------------------------------------------|
| Title         | Calibrating the Treadmill Distance                     |
| Identifier    | GUID-86541696-B60E-44BC-9A46-4349C86A1CD8              |
| Language      | EN-US                                                  |
| Description   |                                                        |
| Version       | 2                                                      |
| Revision      | 6                                                      |
| Changes       | Update select to press with hard keys for consistency. |
| Status        | Released                                               |
| Last Modified | 20/05/2020 15:57:32                                    |
| Author        | pruekatie                                              |

## Calibrating the Treadmill Distance

To record more accurate distances for your treadmill runs, you can calibrate the treadmill distance after you run at least 1.5 km (1 mi.) on a treadmill. If you use different treadmills, you can manually calibrate the treadmill distance on each treadmill or after each run.

- 1 Start a treadmill activity ([Starting an Activity, page 40](#)).
- 2 Run on the treadmill until your Descent G1 device records at least 1.5 km (1 mi.).
- 3 After you complete your run, press **STOP**.
- 4 Select an option:
  - To calibrate the treadmill distance the first time, select **Save**.  
The device prompts you to complete the treadmill calibration.
  - To manually calibrate the treadmill distance after the first-time calibration, select **Calibrate & Save** > .
- 5 Check the treadmill display for the distance traveled, and enter the distance on your device.

|               |                                                                                           |
|---------------|-------------------------------------------------------------------------------------------|
| Title         | Swimming                                                                                  |
| Identifier    | GUID-AC68D94C-821E-4567-8705-F433CDEA5525                                                 |
| Language      | EN-US                                                                                     |
| Description   | Possibly just a chapter container topic, but concept content can be added if appropriate. |
| Version       | 8                                                                                         |
| Revision      | 5                                                                                         |
| Changes       | Updated chest HR condition. Added WHR info from the Heart Rate While Swimming topic.      |
| Status        | Released                                                                                  |
| Last Modified | 22/12/2021 13:29:09                                                                       |
| Author        | cozmyer                                                                                   |

## Swimming

**NOTE:** The watch has wrist-based heart rate enabled for swim activities.

|               |                                                                                                                             |
|---------------|-----------------------------------------------------------------------------------------------------------------------------|
| Title         | Swim Terminology (Generic with definition list)                                                                             |
| Identifier    | GUID-9481691E-B9E0-4793-BDF7-4F78D8703E2B                                                                                   |
| Language      | EN-US                                                                                                                       |
| Description   | Based on GUID-5618C3AF-6021-466D-B3DD-68F0C9630807, but uses a definition list and eliminates device-specific instructions. |
| Version       | 4                                                                                                                           |
| Revision      | 3                                                                                                                           |
| Changes       | Fixed condition.                                                                                                            |
| Status        | Released                                                                                                                    |
| Last Modified | 21/06/2019 15:25:26                                                                                                         |
| Author        | mcdanielm                                                                                                                   |

## 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.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Stroke Types                              |
| Identifier    | GUID-F743888D-45AC-4D2C-B6F4-D299C84B5BFF |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 2                                         |
| Revision      | 4                                         |
| Changes       | adding conditions for OM                  |
| Status        | Released                                  |
| Last Modified | 21/06/2019 15:25:29                       |
| Author        | wiederan                                  |

## 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 68](#)).

|        |                                                                                  |
|--------|----------------------------------------------------------------------------------|
| Free   | Freestyle                                                                        |
| Back   | Backstroke                                                                       |
| Breast | Breaststroke                                                                     |
| Fly    | Butterfly                                                                        |
| Mixed  | More than one stroke type in an interval                                         |
| Drill  | Used with drill logging ( <a href="#">Training with the Drill Log, page 46</a> ) |

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Tips for Swimming Activities              |
| Identifier    | GUID-F8057807-FC5A-45D1-BDA7-C62721206E00 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 4                                         |
| Revision      | 2                                         |
| Changes       | Changing select to press for hard keys    |
| Status        | Released                                  |
| Last Modified | 06/08/2019 12:13:40                       |
| Author        | gerson                                    |

## Tips for Swimming Activities

- Before starting a pool swimming activity, follow the on-screen instructions to select your pool size or enter a custom size.  
The next time you start a pool swimming activity, the device uses this pool size. You can hold MENU, select the activity settings, and select Pool Size to change the size.
- Press **BACK** to record a rest during pool swimming.  
The device automatically records swim intervals and lengths for pool swimming.
- Press **BACK** to record an interval during open water swimming.

|               |                                             |
|---------------|---------------------------------------------|
| Title         | Resting During Pool Swimming                |
| Identifier    | GUID-E2F06373-4A87-4F48-84A0-C5D01C5B9859   |
| Language      | EN-US                                       |
| Description   |                                             |
| Version       | 4                                           |
| Revision      | 4                                           |
| Changes       | AMOLED doesn't change the background color. |
| Status        | Released                                    |
| Last Modified | 22/12/2021 14:20:20                         |
| Author        | cozmyer                                     |

## Resting During Pool Swimming

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

**NOTE:** Swim data is not recorded during a rest.

- 1 During your swim activity, press **BACK** to start a rest.  
The rest screen appears.
- 2 During a rest, press **UP** or **DOWN** to view other data screens (optional).
- 3 Press **BACK**, and continue swimming.
- 4 Repeat for additional rest intervals.

|               |                                                 |
|---------------|-------------------------------------------------|
| Title         | Auto Rest                                       |
| Identifier    | GUID-70DA63E3-4008-4406-B3E2-E914BE082BFA       |
| Language      | EN-US                                           |
| Description   |                                                 |
| Version       | 2                                               |
| Revision      | 5                                               |
| Changes       | Updates from Anne (feature now off by default). |
| Status        | Released                                        |
| Last Modified | 21/08/2019 10:45:42                             |
| Author        | mcdanielm                                       |

## Auto Rest

The auto rest feature is available only for pool swimming. Your device automatically detects when you are resting, and the rest screen appears. If you rest for more than 15 seconds, the device automatically creates a rest interval. When you resume swimming, the device automatically starts a new swim interval. You can turn on the auto rest feature in the activity options ([Activities and App Settings, page 70](#)).

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

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Training with the Drill Log               |
| Identifier    | GUID-A28AE3E4-89B3-41A1-92D5-DAD392C0D5F5 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 2                                         |
| Revision      | 2                                         |
| Changes       | changing select to press for hard keys    |
| Status        | Released                                  |
| Last Modified | 06/08/2019 12:13:40                       |
| Author        | gerson                                    |

## Training with the Drill Log

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

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Multisport                                |
| Identifier    | GUID-05226345-0236-472A-AA19-D6E428604A52 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 3                                         |
| Revision      | 3                                         |
| Changes       | Removed total distance as per Jira 36358  |
| Status        | Released                                  |
| Last Modified | 08/10/2020 08:27:39                       |
| Author        | wiederan                                  |

## Multisport

Triathletes, duathletes, and other multisport competitors can take advantage of the multisport activities, such as Triathlon or Swimrun. During a multisport activity, you can transition between activities and continue to view your total time. For example, you can switch from biking to running and view your total time for biking and running throughout the multisport activity.

You can customize a multisport activity, or you can use the default triathlon activity set up for a standard triathlon.

|               |                                                            |
|---------------|------------------------------------------------------------|
| Title         | Triathlon Training (MARQ Athlete)                          |
| Identifier    | GUID-62DEE084-A8B3-40A8-9D4F-CC27B0699C3C                  |
| Language      | EN-US                                                      |
| Description   |                                                            |
| Version       | 3                                                          |
| Revision      | 2                                                          |
| Changes       | changing select to press for hard keys. Using step conrefs |
| Status        | Released                                                   |
| Last Modified | 06/08/2019 12:13:40                                        |
| Author        | gerson                                                     |

## Triathlon Training

When you participate in a triathlon, you can use the triathlon activity to quickly transition to each sport segment, to time each segment, and to save the activity.

- 1 From the watch face, press **START**.
- 2 Select **Triathlon**.
- 3 Press **START** to start the activity timer.
- 4 Press **BACK** at the beginning and end of each transition.  
The transition feature can be turned on or off for the triathlon activity settings.
- 5 After you complete your activity, press **STOP**, and select **Save**.

|               |                                                                                        |
|---------------|----------------------------------------------------------------------------------------|
| Title         | Creating a Multisport Activity                                                         |
| Identifier    | GUID-89CDBACD-34A6-40E4-BE62-50BE269E9A64                                              |
| Language      | EN-US                                                                                  |
| Description   |                                                                                        |
| Version       | 3                                                                                      |
| Revision      | 2                                                                                      |
| Changes       | Using step conref for first step (consistency, changing select to press for hard keys) |
| Status        | Released                                                                               |
| Last Modified | 06/08/2019 12:13:40                                                                    |
| Author        | gerson                                                                                 |

## Creating a Multisport Activity

- 1 From the watch face, press **START**.
- 2 Select **Add > Multisport**.
- 3 Select a multisport activity type, or enter a custom name.  
Duplicate activity names include a number. For example, Triathlon(2).
- 4 Select two or more activities.
- 5 Select an option:
  - Select an option to customize specific activity settings. For example, you can select whether to include transitions.
  - Select **Done** to save and use the multisport activity.
- 6 Select  to add the activity to your list of favorites.

|               |                                                                                     |
|---------------|-------------------------------------------------------------------------------------|
| Title         | Indoor Activities (multisport watch)                                                |
| Identifier    | GUID-3A4C7C6C-1FE3-4EB5-B38E-3F744A5C1F00                                           |
| Language      | EN-US                                                                               |
| Description   | Concept that describes how indoor activities are different from regular activities. |
| Version       | 6                                                                                   |
| Revision      | 4                                                                                   |
| Changes       | Device to watch. Remove foot pod line from note.                                    |
| Status        | Released                                                                            |
| Last Modified | 20/12/2021 11:50:22                                                                 |
| Author        | tillmonmartha                                                                       |

## Indoor Activities

The Descent watch can be used for training indoors, such as running on an indoor track or using a stationary bike or indoor trainer. GPS is turned off for indoor activities ([Activities and App Settings, page 70](#)).

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

**TIP:** Holding the handrails of the treadmill reduces accuracy.

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

|               |                                                                                                                             |
|---------------|-----------------------------------------------------------------------------------------------------------------------------|
| Title         | Recording a Strength Training Activity (fenix 5)                                                                            |
| Identifier    | GUID-573EC4B6-D45B-46E7-BE37-FB542CBB4FC1                                                                                   |
| Language      | EN-US                                                                                                                       |
| Description   |                                                                                                                             |
| Version       | 3                                                                                                                           |
| Revision      | 4                                                                                                                           |
| Changes       | Step conref for starting an activity, changing select to press, breaking hard key press and screen selection into two steps |
| Status        | Released                                                                                                                    |
| Last Modified | 04/12/2019 14:33:21                                                                                                         |
| Author        | gerson                                                                                                                      |

## Recording a Strength Training Activity

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

**1** From the watch face, press **START**.

**2** Select **Strength**.

The first time you record a strength training activity, you must select which wrist your watch is on.

**3** Press **START** to start the set timer.

**4** Start your first set.

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

**TIP:** The device can only count reps of a single move for each set. When you want to change moves, you should finish the set and start a new one.

**5** Press **BACK** to finish the set.

The watch displays the total reps for the set. After several seconds, the rest timer appears.

**6** If necessary, press **DOWN**, and edit the number of reps.

**TIP:** You can also add the weight used for the set.

**7** When you are done resting, press **BACK** to start your next set.

**8** Repeat for each strength training set until your activity is complete.

**9** After your last set, press **START** to stop the set timer.

**10** Select **Save**.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Recording a HIIT Activity                 |
| Identifier    | GUID-130DBE4C-91D2-43D1-A6B4-1DEF7958903F |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 3                                         |
| Revision      | 3                                         |
| Changes       | Add "From the watch face" to Step 1.      |
| Status        | Released                                  |
| Last Modified | 10/02/2022 10:10:29                       |
| Author        | pruekatie                                 |

## Recording a HIIT Activity

You can use specialized timers to record a high-intensity interval training (HIIT) activity.

- 1 From the watch face, press **START**.
- 2 Select **HIIT**.
- 3 Select an option:
  - Select **Free** to record an open, unstructured HIIT activity.
  - Select **HIIT Timers** > **AMRAP** to record as many rounds as possible during a set time period.
  - Select **HIIT Timers** > **EMOM** to record a set number of moves every minute on the minute.
  - Select **HIIT Timers** > **Tabata** to alternate between 20-second intervals of maximum effort with 10 seconds of rest.
  - Select **HIIT Timers** > **Custom** to set your move time, rest time, number of moves, and number of rounds.
  - Select **Workouts** to follow a saved workout.
- 4 If necessary, follow the on-screen instructions.
- 5 Press **START** to start your first round.  
The watch displays a countdown timer and your current heart rate.
- 6 If necessary, press **BACK** to manually move to the next round or rest.
- 7 After you finish the activity, press **STOP** to stop the activity timer.
- 8 Select **Save**.

|               |                                                                                                                                                                          |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title         | Using an ANT+ Indoor Trainer                                                                                                                                             |
| Identifier    | GUID-5956B2AD-038A-4998-860B-032081F18F61                                                                                                                                |
| Language      | EN-US                                                                                                                                                                    |
| Description   |                                                                                                                                                                          |
| Version       | 1.1.1                                                                                                                                                                    |
| Revision      | 6                                                                                                                                                                        |
| Changes       | Branched for Outdoor. Adding additional steps for selecting smart trainer options. Flipped follow course/follow workout options to match device order, per SME feedback. |
| Status        | Released                                                                                                                                                                 |
| Last Modified | 08/10/2020 08:28:04                                                                                                                                                      |
| Author        | burzinskittu                                                                                                                                                             |

## Using an ANT+ Indoor Trainer

Before you can use a compatible ANT+ indoor trainer, you must mount your bike on the trainer and pair it with your device ([Pairing Your Wireless Sensors, page 131](#)).

You can use your device with an indoor trainer to simulate resistance while following a course, ride, or workout. While using an indoor trainer, GPS is turned off automatically.

- 1 From the watch face, press **START**.
- 2 Select **Bike Indoor**.
- 3 Hold **MENU**.
- 4 Select **Smart Trainer Options**.
- 5 Select an option:
  - Select **Free Ride** to go for a ride.
  - Select **Follow Course** to follow a saved course ([Courses, page 166](#)).
  - Select **Follow Workout** to follow a saved workout ([Workouts, page 76](#)).
  - Select **Set Power** to set the target power value.
  - Select **Set Grade** to set the simulated grade value.
  - Select **Set Resistance** to set the resistance force applied by the trainer.
- 6 Press **START** to start the activity timer.

The trainer increases or decreases resistance based on the elevation information in the course or ride.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Climbing Sports                           |
| Identifier    | GUID-6BC50348-E3CA-433D-9505-AACECF018958 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 4                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 19/06/2020 09:22:57                       |
| Author        | cozmyer                                   |

## Climbing Sports

|               |                                                 |
|---------------|-------------------------------------------------|
| Title         | Recording an Indoor Climbing Activity (fenix 6) |
| Identifier    | GUID-D67857E8-04FB-44CA-9D58-B77AB8D50F83       |
| Language      | EN-US                                           |
| Description   |                                                 |
| Version       | 3                                               |
| Revision      | 3                                               |
| Changes       | LAP button push required to start new route.    |
| Status        | Released                                        |
| Last Modified | 01/02/2021 10:19:46                             |
| Author        | pruekatie                                       |

## Recording an Indoor Climbing Activity

You can record routes during an indoor climbing activity. A route is a climbing path along an indoor rock wall.

1 From the watch face, press **START**.

2 Select **Climb Indoor**.

3 Select  to record route statistics.

4 Select a grading system.

**NOTE:** The next time you start an indoor climbing activity, the device uses this grading system. You can hold MENU, select the activity settings, and select Grading System to change the system.

5 Select the difficulty level for the route.

6 Press **START**.

7 Start your first route.

**NOTE:** When the route timer is running, the device automatically locks the buttons to prevent accidental button presses. You can hold any button to unlock the watch.

8 When you finish the route, descend to the ground.

The rest timer starts automatically when you are on the ground.

**NOTE:** If necessary, you can press BACK to finish the route.

9 Select an option:

- To save a successful route, select **Completed**.
- To save an unsuccessful route, select **Attempted**.
- To delete the route, select **Discard**.

10 Enter the number of falls for the route.

11 When you are done resting, press **BACK** and begin your next route.

12 Repeat this process for each route until your activity is complete.

13 Press **STOP**.

14 Select **Save**.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Recording a Bouldering Activity (fenix 6) |
| Identifier    | GUID-584D4C5D-8E09-4EB4-89FA-7FCA1B7F0B7A |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 6                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 19/06/2020 09:23:24                       |
| Author        | cozmyer                                   |

## Recording a Bouldering Activity

You can record routes during a bouldering activity. A route is a climbing path along a boulder or small rock formation.

1 From the watch face, press **START**.

2 Select **Bouldering**.

3 Select a grading system.

**NOTE:** The next time you start a bouldering activity, the device uses this grading system. You can hold MENU, select the activity settings, and select Grading System to change the system.

4 Select the difficulty level for the route.

5 Press **START** to start the route timer.

6 Start your first route.

7 Press **BACK** to finish the route.

8 Select an option:

- To save a successful route, select **Completed**.
- To save an unsuccessful route, select **Attempted**.
- To delete the route, select **Discard**.

The rest timer appears.

9 When you are done resting, press **BACK** to start your next route.

10 Repeat this process for each route until your activity is complete.

11 After your last route, press **STOP** to stop the route timer.

12 Select **Save**.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Starting an Expedition                    |
| Identifier    | GUID-7B792EB8-0CC4-44E2-87E8-DED033CA8223 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 3                                         |
| Revision      | 1                                         |
| Changes       | No English Changes. Versioned to fix DA.  |
| Status        | Released                                  |
| Last Modified | 07/03/2022 11:00:57                       |
| Author        | pullins                                   |

## Starting an Expedition

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

**1** From the watch face, press **START**.

**2** Select **Expedition**.

**3** Press **START** to start the activity timer.

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Recording a Track Point Manually          |
| Identifier    | GUID-0DF451A9-2B14-45B6-B753-E7418BC22528 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 2                                         |
| Revision      | 2                                         |
| Changes       | Changing select to press for hard keys    |
| Status        | Released                                  |
| Last Modified | 06/08/2019 12:13:40                       |
| Author        | gerson                                    |

## Recording a Track Point Manually

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

**1** During an expedition, press **UP** or **DOWN** to view the map page.

**2** Press **START**.

**3** Select **Add Point**.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Viewing Track Points                      |
| Identifier    | GUID-D4FB5428-4BA4-4CA5-A64C-3E12483BF5E1 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 2                                         |
| Revision      | 2                                         |
| Changes       | Changing select to press for hard keys    |
| Status        | Released                                  |
| Last Modified | 06/08/2019 12:13:40                       |
| Author        | gerson                                    |

## Viewing Track Points

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Hunting                                   |
| Identifier    | GUID-135067A5-7E0B-4467-A79C-D084B20D1DE1 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 14                                        |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 22/02/2022 08:02:30                       |
| Author        | pruekatie                                 |

## Going Hunting

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

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

|               |                                                          |
|---------------|----------------------------------------------------------|
| Title         | Going Fishing                                            |
| Identifier    | GUID-A6881EE1-DB08-4922-925F-C7526EFAE8A2                |
| Language      | EN-US                                                    |
| Description   | Save as from quatix. No English change. Versioned to HR. |
| Version       | 1                                                        |
| Revision      | 8                                                        |
| Changes       |                                                          |
| Status        | Released                                                 |
| Last Modified | 07/03/2022 10:44:19                                      |
| Author        | pruekatie                                                |

## Going Fishing

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

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Skiing                                    |
| Identifier    | GUID-A0593325-AE5F-41AA-888A-137DAA071967 |
| Language      | EN-US                                     |
| Description   | Chapter topic.                            |
| Version       | 1                                         |
| Revision      | 3                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 22/04/2017 22:48:46                       |
| Author        | gerson                                    |

## Skiing

|               |                                                                   |
|---------------|-------------------------------------------------------------------|
| Title         | Viewing Your Ski Runs                                             |
| Identifier    | GUID-A4400F3B-E55E-4CCF-A1E7-BAC62C26DAAF                         |
| Language      | EN-US                                                             |
| Description   | Describes how to view ski runs from your current skiing activity. |
| Version       | 4                                                                 |
| Revision      | 2                                                                 |
| Changes       | Changing to press for hard keys                                   |
| Status        | Released                                                          |
| Last Modified | 06/08/2019 12:13:40                                               |
| Author        | gerson                                                            |

## Viewing Your Ski Runs

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

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

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Recording a Backcountry Skiing Activity   |
| Identifier    | GUID-DA1C794E-E736-486A-B989-139E0554CA2E |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 2                                         |
| Revision      | 3                                         |
| Changes       | Fixed typo in the title.                  |
| Status        | Released                                  |
| Last Modified | 26/02/2020 10:07:14                       |
| Author        | burzinskittu                              |

## Recording a Backcountry Skiing Activity

The backcountry skiing activity lets you manually switch between climbing and descending tracking modes so you can accurately track your statistics.

- 1 From the watch face, press **START**.
- 2 Select **Backcountry Ski**.
- 3 Select an option:
  - If you are starting your activity on a climb, select **Climbing**.
  - If you are starting your activity moving downhill, select **Descending**.
- 4 Press **START** to start the activity timer.
- 5 Press **BACK** to switch between climbing and descending tracking modes.
- 6 After your activity is finished, press **START** to stop the timer.
- 7 Select **Save**.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Golfing                                   |
| Identifier    | GUID-D0EA2A7E-44C9-48EB-8425-18AAD45D9AFB |
| Language      | EN-US                                     |
| Description   | Chapter topic.                            |
| Version       | 1                                         |
| Revision      | 3                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 14/04/2021 09:05:21                       |
| Author        | gerson                                    |

## Golfing

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Playing Golf (Instinct 2)                 |
| Identifier    | GUID-A604EB07-4D88-4DD8-8597-098AE5198184 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 5                                         |
| Changes       | Save as from fenix 7                      |
| Status        | Released                                  |
| Last Modified | 20/01/2022 18:04:09                       |
| Author        | tillmonmartha                             |

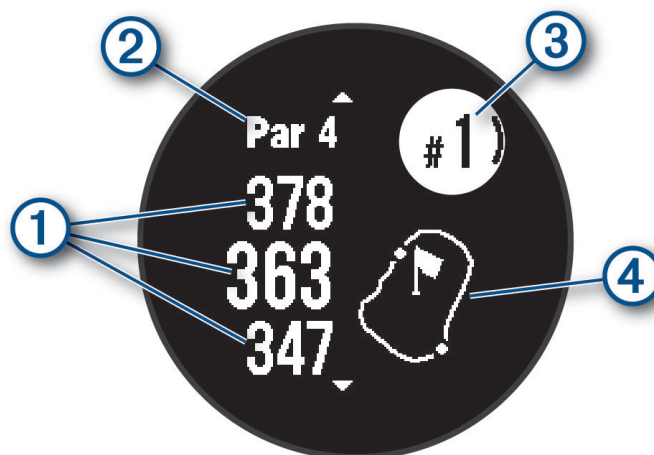
## Playing Golf

Before you play a course for the first time, you must download it from the Garmin Connect app ([Garmin Connect, page 144](#)). Courses downloaded from the Garmin Connect app are updated automatically.

Before you play golf, you should charge the watch ([Charging the Watch, page 180](#)).

- 1 From the watch face, press **START**.
- 2 Select **Golf**.
- 3 Go outside, and wait while the watch locates satellites.
- 4 Select a course from the list of available courses.
- 5 Select **✓** to keep score.
- 6 Select a tee box.

The hole information screen appears.



|   |                                                      |
|---|------------------------------------------------------|
| ① | Distance to the front, middle, and back of the green |
| ② | Par for the hole                                     |
| ③ | Current hole number                                  |
| ④ | Map of the green                                     |

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

**7** Select an option:

- Press **UP** or **DOWN** to view the location and distance to a layup or to the front and back of a hazard.
- Press **START** to open the golf menu ([Golf Menu](#), page 60).

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Golf Menu (Instinct 2)                    |
| Identifier    | GUID-FBA99345-CF0C-486C-B641-48DC992E0830 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 8                                         |
| Changes       | Save as from fenix 7                      |
| Status        | Released                                  |
| Last Modified | 20/01/2022 18:04:53                       |
| Author        | tillmonmartha                             |

## Golf Menu

During a round, you can press **START** to open additional features in the golf menu.

**End Round:** Ends the current round.

**Pause Round:** Pauses the current round. You can resume the round at any time by starting a Golf activity.

**Change Hole:** Allows you to manually change the hole.

**Move Flag:** Allows you to move the pin location to get a more precise distance measurement ([Moving the Flag](#), page 62).

**Measure Shot:** Shows the distance of your previous shot recorded with the Garmin AutoShot™ feature ([Viewing Measured Shots](#), page 63). You can also manually record a shot ([Manually Measuring a Shot](#), page 63).

**Scorecard:** Opens the scorecard for the round ([Keeping Score](#), page 64).

**Odometer:** Shows the recorded time, distance, and steps traveled. The odometer automatically starts and stops when you start or end a round. You can reset the odometer during a round.

**Club Stats:** Shows your statistics with each golf club, such as distance and accuracy information. Appears when you pair Approach® CT10 sensors.

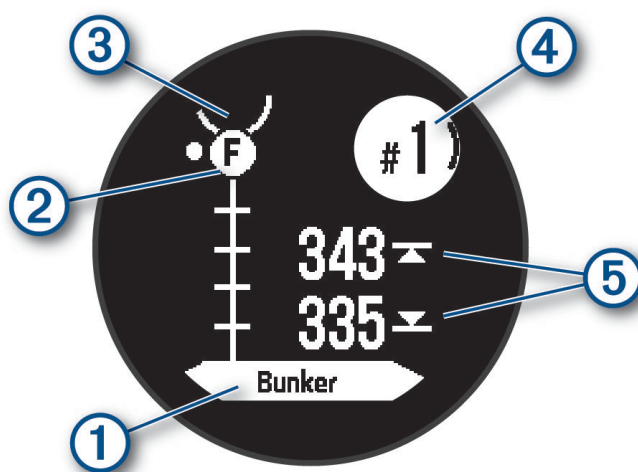
**Settings:** Allows you to customize the golf activity settings ([Activities and App Settings](#), page 70).

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Viewing Hazards (Instinct 2)              |
| Identifier    | GUID-4557FC31-A316-47CA-87DB-C73A079A748D |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 5                                         |
| Changes       | Save as from fenix 6                      |
| Status        | Released                                  |
| Last Modified | 20/01/2022 18:01:26                       |
| Author        | tillmonmartha                             |

## Viewing Hazards

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

**1** From the hole information screen, press **UP** or **DOWN** to view hazard information.



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

**2** Press **UP** or **DOWN** to view other hazards for the current hole.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Moving the Flag                           |
| Identifier    | GUID-6F0DED41-AC66-49BD-867C-DE0E857E2E45 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 3                                         |
| Revision      | 3                                         |
| Changes       | Added touch and keyed conditions.         |
| Status        | Released                                  |
| Last Modified | 22/12/2021 14:18:50                       |
| Author        | cozmyer                                   |

## Moving the Flag

You can take a closer look at the green and move the pin location.

- 1 From the hole information screen, press **START**.
- 2 Select **Move Flag**.
- 3 Press **UP** or **DOWN** to move the pin location.
- 4 Press **START**.

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Changing Holes (fenix 6)                  |
| Identifier    | GUID-61AA1C21-0351-4DED-91FE-E7A48C76F299 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 3                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 06/08/2019 12:13:40                       |
| Author        | gerson                                    |

## Changing Holes

You can change holes manually from the hole view screen.

- 1 While playing golf, press **START**.
- 2 Select **Change Hole**.
- 3 Select a hole.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Viewing Measured Shots                    |
| Identifier    | GUID-36C094EA-AFF5-4A82-BBEC-E91C445DCF86 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 4                                         |
| Revision      | 4                                         |
| Changes       | Added "Previous Shots" string.            |
| Status        | Released                                  |
| Last Modified | 27/04/2020 12:35:54                       |
| Author        | burzinskititu                             |

## Viewing Measured Shots

Before the device can automatically detect and measure shots, you must enable scoring.

Your device features automatic shot detection and recording. Each time you take a shot along the fairway, the device records your shot distance so you can view it later.

**TIP:** Automatic shot detection works best when you wear the device on your leading wrist and make good contact with the ball. Putts are not detected.

1 While playing golf, press **START**.

2 Select **Measure Shot**.

Your last shot distance appears.

**NOTE:** The distance automatically resets when you hit the ball again, putt on the green, or move to the next hole.

3 Press **DOWN**.

4 Select **Previous Shots** to view all recorded shot distances.

|               |                                                                        |
|---------------|------------------------------------------------------------------------|
| Title         | Manually Measuring a Shot (fenix 7)                                    |
| Identifier    | GUID-F265290C-F32C-48DF-B0E0-5F5147D930F0                              |
| Language      | EN-US                                                                  |
| Description   |                                                                        |
| Version       | 2                                                                      |
| Revision      | 5                                                                      |
| Changes       | Updated confirmation uicontrol. Added a prereq from S62 and a postreq. |
| Status        | Released                                                               |
| Last Modified | 22/12/2021 14:20:12                                                    |
| Author        | cozmyer                                                                |

## Manually Measuring a Shot

You can manually add a shot if the watch doesn't detect it. You must add the shot from the location of the missed shot.

1 Take a shot and watch where your ball lands.

2 From the hole information screen, press **START**.

3 Select **Measure Shot**.

4 Press **DOWN**.

5 Select **Add Shot** > .

6 If necessary, enter the club you used for the shot.

7 Walk or drive to your ball.

The next time you take a shot, the watch automatically records your last shot distance. If necessary, you can manually add another shot.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Keeping Score                             |
| Identifier    | GUID-EF10C0FC-366E-419F-BE6C-E4A16E5C5D8C |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 2                                         |
| Revision      | 2                                         |
| Changes       | Changing select to press for hard keys    |
| Status        | Released                                  |
| Last Modified | 06/08/2019 12:13:40                       |
| Author        | gerson                                    |

## Keeping Score

- 1 From the hole information screen, press **START**.
- 2 Select **Scorecard**.  
The scorecard appears when you are on the green.
- 3 Press **UP** or **DOWN** to scroll through the holes.
- 4 Press **START** to select a hole.
- 5 Press **UP** or **DOWN** to set the score.  
Your total score is updated.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Enabling Statistics Tracking              |
| Identifier    | GUID-B147D250-2F48-4C2E-A366-D5C8F7147F98 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 4                                         |
| Revision      | 3                                         |
| Changes       | Versioned to fix HR.                      |
| Status        | Released                                  |
| Last Modified | 10/02/2022 10:09:19                       |
| Author        | pullins                                   |

## Enabling Statistics Tracking

The Stat Tracking feature enables detailed statistics tracking while playing golf.

- 1 From the hole information screen, hold **MENU**.
- 2 Select the activity settings.
- 3 Select **Stat Tracking**.

|               |                                                                 |
|---------------|-----------------------------------------------------------------|
| Title         | Recording Statistics (fenix 6)                                  |
| Identifier    | GUID-B7060DB3-2333-4E0E-8798-570390667402                       |
| Language      | EN-US                                                           |
| Description   |                                                                 |
| Version       | 3                                                               |
| Revision      | 3                                                               |
| Changes       | Clarify per FQC JIRA 36628. Roll up on next ECO (not a driver). |
| Status        | Released                                                        |
| Last Modified | 08/10/2020 08:27:51                                             |
| Author        | gerson                                                          |

## Recording Statistics

Before you can record statistics, you must enable statistics tracking ([Enabling Statistics Tracking, page 64](#)).

- 1 From the scorecard, select a hole.
- 2 Enter the total number of strokes taken, including putts, and press **START**.
- 3 Set the number of putts taken, and press **START**.  
**NOTE:** The number of putts taken is used for statistics tracking only and does not increase your score.
- 4 If necessary, select an option:  
**NOTE:** If you are on a par 3 hole, fairway information does not appear.
  - If your ball hit the fairway, select **In Fairway**.
  - If your ball missed the fairway, select **Missed Right** or **Missed Left**.
- 5 If necessary, enter the number of penalty strokes.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Surfing                                   |
| Identifier    | GUID-429263C7-B5FD-47C0-8F08-A80795753C53 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 3                                         |
| Revision      | 4                                         |
| Changes       | Fixing varid on step 1.                   |
| Status        | Released                                  |
| Last Modified | 10/02/2022 09:46:12                       |
| Author        | cozmyer                                   |

## Surfing

You can use the surfing activity to record your surfing sessions. After your session, you can view the number of waves, longest wave, and maximum speed.

- 1 From the watch face, press **START**.
- 2 Select **Surf**.
- 3 Wait on the beach until your watch acquires GPS signals.
- 4 Press **START** to start the activity timer.
- 5 After you complete your activity, press **STOP** to stop the activity timer.
- 6 Select **Save** to review the summary of your surfing session.

|               |                                                                                                                  |
|---------------|------------------------------------------------------------------------------------------------------------------|
| Title         | Viewing Tide Information (Instinct Solar Surf)                                                                   |
| Identifier    | GUID-3DB3FF64-F943-4D96-8334-C9C7764FE85E                                                                        |
| Language      | EN-US                                                                                                            |
| Description   |                                                                                                                  |
| Version       | 4                                                                                                                |
| Revision      | 6                                                                                                                |
| Changes       | Adding a conditioned note that this is not available for all product types; device to watch; smartphone to phone |
| Status        | Released                                                                                                         |
| Last Modified | 24/01/2022 15:19:25                                                                                              |
| Author        | tillmonmartha                                                                                                    |

## Viewing Tide Information

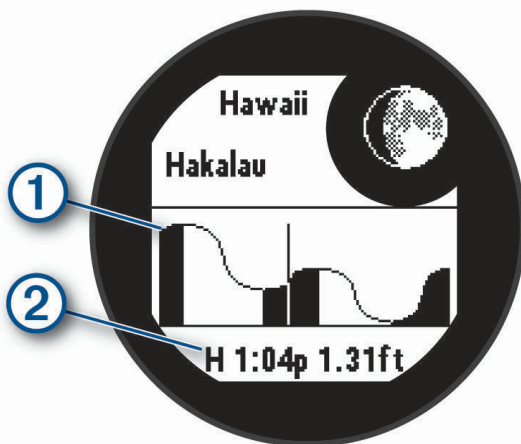
### ⚠ WARNING

Tide information is for information purposes only. It is your responsibility to heed all posted water-related guidance, to remain aware of your surroundings, and to use safe judgment in, on, and around the water at all times. Failure to heed this warning could result in serious personal injury or death.

When you pair your watch with a compatible phone, you can view information about a tide station, including the tide height and when the next high and low tides will occur.

- 1 From the watch face, press **START**.
- 2 Select **Tides**.
- 3 Select an option:
  - To use your current location when you are near a tide station, select **Current Location**.
  - To select a recently used tide station, select **Recent**.
  - To select a saved location, select **Saved**.
  - To enter coordinates for a location, select **Coordinates**.

A 24-hour tide chart appears for the current date with the current tide height ① and information about the next tide ②.



- 4 Press **DOWN** to see tide information for upcoming days.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Customizing Activities and Apps           |
| Identifier    | GUID-25FA2988-33F2-4FC9-92FA-E457CBDB9E72 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 4                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 22/12/2021 13:46:13                       |
| Author        | cozmyer                                   |

## Customizing Activities and Apps

You can customize the activities and apps list, data screens, data fields, and other settings.

|               |                                                                           |
|---------------|---------------------------------------------------------------------------|
| Title         | Adding or Removing a Favorite Activity                                    |
| Identifier    | GUID-B1501DD1-3616-4171-8814-07340761F494                                 |
| Language      | EN-US                                                                     |
| Description   |                                                                           |
| Version       | 3                                                                         |
| Revision      | 7                                                                         |
| Changes       | Added favorite activity condition. No black/white background differences. |
| Status        | Released                                                                  |
| Last Modified | 22/12/2021 13:41:03                                                       |
| Author        | cozmyer                                                                   |

## Adding or Removing a Favorite Activity

The list of your favorite activities appears when you press **START** from the watch face, and it provides quick access to the activities you use most frequently. You can add or remove favorite activities at any time.

- 1 Hold **MENU**.
- 2 Select **Activities & Apps**.  
Your favorite activities appear at the top of the list.
- 3 Select an option:
  - To add a favorite activity, select the activity, and select **Set as Favorite**.
  - To remove a favorite activity, select the activity, and select **Remove from Favorites**.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Changing the Order of an App in the List  |
| Identifier    | GUID-2B7CD712-3EAA-4A09-B289-CA9BB278DEBD |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 3                                         |
| Revision      | 2                                         |
| Changes       | Changing to press for hard keys           |
| Status        | Released                                  |
| Last Modified | 06/08/2019 12:13:40                       |
| Author        | gerson                                    |

## Changing the Order of an Activity in the Apps List

- 1 Hold **MENU**.
- 2 Select **Activities & Apps**.
- 3 Select an activity.
- 4 Select **Reorder**.
- 5 Press **UP** or **DOWN** to adjust the position of the activity in the apps list.

|               |                                              |
|---------------|----------------------------------------------|
| Title         | Customizing the Data Screens (Outdoor watch) |
| Identifier    | GUID-638CD68D-11B0-4D9C-B8B7-E28D15EC4566    |
| Language      | EN-US                                        |
| Description   |                                              |
| Version       | 9                                            |
| Revision      | 3                                            |
| Changes       | Added options for diving, conditioned.       |
| Status        | Released                                     |
| Last Modified | 08/10/2020 08:25:53                          |
| Author        | cozmyer                                      |

## Customizing the Data Screens

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

- 1 Hold **MENU**.
- 2 Select **Activities & Apps**.
- 3 Select the activity to customize.
- 4 Select the activity settings.
- 5 Select **Data Screens**.
- 6 Select a data screen to customize.
- 7 Select an option:
  - Select **Layout** to adjust the number of data fields on the data screen.
  - Select a field to change the data that appears in the field.
  - Select **Left Gauge** or **Right Gauge** to add graphical dive gauges.
  - Select **Reorder** to change the location of the data screen in the loop.
  - Select **Remove** to remove the data screen from the loop.

**NOTE:** Not all options are available for dive activities.

- 8 If necessary, select **Add New** to add a data screen to the loop.

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

|               |                                                                                                    |
|---------------|----------------------------------------------------------------------------------------------------|
| Title         | Adding a Map to an Activity (outdoor watch)                                                        |
| Identifier    | GUID-A877CC78-A0E1-4836-84E2-6A7366C8F705                                                          |
| Language      | EN-US                                                                                              |
| Description   |                                                                                                    |
| Version       | 5                                                                                                  |
| Revision      | 5                                                                                                  |
| Changes       | Removed Settings menu. MARQ/fenix 6 going forward. Use previous version to support older products. |
| Status        | Released                                                                                           |
| Last Modified | 26/02/2019 12:52:39                                                                                |
| Author        | gerson                                                                                             |

## Adding a Map to an Activity

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

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

|               |                                                                            |
|---------------|----------------------------------------------------------------------------|
| Title         | Creating a Custom Activity                                                 |
| Identifier    | GUID-7B574BD8-05BB-410D-9A2A-7646D0B037B6                                  |
| Language      | EN-US                                                                      |
| Description   |                                                                            |
| Version       | 3                                                                          |
| Revision      | 2                                                                          |
| Changes       | Using step confref for first step (changing select to press for hard keys) |
| Status        | Released                                                                   |
| Last Modified | 06/08/2019 12:13:40                                                        |
| Author        | gerson                                                                     |

## Creating a Custom Activity

- 1 From the watch face, press **START**.
- 2 Select **Add**.
- 3 Select an option:
  - Select **Copy Activity** to create your custom activity starting from one of your saved activities.
  - Select **Other** to create a new custom activity.
- 4 If necessary, select an activity type.
- 5 Select a name or enter a custom name.  
Duplicate activity names include a number, for example: Bike(2).
- 6 Select an option:
  - Select an option to customize specific activity settings. For example, you can customize the data screens or auto features.
  - Select **Done** to save and use the custom activity.
- 7 Select  to add the activity to your list of favorites.

|               |                                                        |
|---------------|--------------------------------------------------------|
| Title         | Activities and App Settings                            |
| Identifier    | GUID-4EE5B773-E8A3-4C61-8D64-432B575963D8              |
| Language      | EN-US                                                  |
| Description   |                                                        |
| Version       | 4                                                      |
| Revision      | 6                                                      |
| Changes       | Remove touchscreen reference. Changed device to watch. |
| Status        | Released                                               |
| Last Modified | 10/02/2022 12:45:31                                    |
| Author        | cozmyer                                                |

## 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 Activities & Apps, select an activity, and select the activity settings.

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

**3D Speed:** Calculates your speed using your elevation change and your horizontal movement over ground.

**Add Activity:** Allows you to customize a multisport activity.

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

**Auto Climb:** Enables the watch to detect elevation changes automatically using the built-in altimeter ([Enabling Auto Climb, page 74](#)).

**Auto Lap:** Sets the options for the Auto Lap® feature to automatically mark laps at a specific distance. When you complete a lap, a customizable lap alert message appears. This feature is helpful for comparing your performance over different parts of an activity.

**Auto Pause:** Sets the options for the Auto Pause® feature to stop recording data when you stop moving or when you drop below a specified speed. This feature is helpful if your activity includes stop lights or other places where you must stop.

**Auto Rest:** Enables the watch to automatically detect when you are resting during a pool swim and create a rest interval ([Auto Rest, page 46](#)).

**Auto Run:** Enables the watch to detect ski or windsurf runs automatically using the built-in accelerometer. For the windsurf activity, you can set speed and distance thresholds for automatically starting a run.

**Auto Scroll:** Sets the watch to scroll through all of the activity data screens automatically while the activity timer is running.

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

**Big Numbers:** Changes the size of the numbers on the golf hole information screen.

**Broadcast Heart Rate:** Enables automatic heart rate data broadcasting when you start the activity ([Broadcasting Heart Rate Data, page 123](#)).

**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 68](#)).

**Golf Distance:** Sets the unit of measure used while playing golf.

**GPS:** Sets the mode for the GPS antenna. Using the GPS + GLONASS or GPS + GALILEO options provides increased performance in challenging environments and faster position acquisition. Using the GPS and another satellite together can reduce battery life more than using the GPS option only. Using the UltraTrac option records track points and sensor data less frequently ([Changing the GPS Setting, page 75](#)).

**Grading System:** Sets the grading system for rating the route difficulty for a rock climbing activity.

**Lap Key:** Enables or disables the BACK button for recording a lap, set, or rest during the activity.

**Lock Device:** Locks the buttons during a multisport activity to prevent inadvertent button presses.

**Metronome:** Plays tones or vibrates at a steady rhythm to help you improve your performance by training at a faster, slower, or more consistent cadence. You can set the beats per minute (bpm) of the cadence you want to maintain, beat frequency, and sound settings.

**Penalties:** Enables penalty stroke tracking while playing golf ([Recording Statistics, page 65](#)).

**Pool Size:** Sets the pool length for pool swimming.

**Power Averaging:** Controls whether the watch includes zero values for power data that occur when you are not pedaling.

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

**Power Save Timeout:** Sets the power-save timeout length for how long your watch stays in training mode, for example, when you are waiting for a race to start. The Normal option sets the watch to enter low-power watch mode after 5 minutes of inactivity. The Extended option sets the watch to enter low-power watch mode after 25 minutes of inactivity. The extended mode can result in shorter battery life between charges.

**Record Activity:** Enables activity FIT file recording for golf activities. FIT files record fitness information that is tailored for Garmin Connect.

**Recording Interval:** Sets the frequency for recording track points during an expedition. By default, GPS track points are recorded once an hour, and they are not recorded after sunset. Recording track points less frequently maximizes battery life.

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

**Record VO2 Max.:** Enables VO2 max. recording for trail run activities.

**Rename:** Sets the activity name.

**Repeat:** Enables the Repeat option for multisport activities. For example, you can use this option for activities that include multiple transitions, such as a swimrun.

**Restore Defaults:** Allows you to reset the activity settings.

**Route Stats:** Enables route statistics tracking for indoor climbing activities.

**Scoring:** Enables or disables scorekeeping automatically when you start a round of golf.

**SpeedPro:** Enables advanced speed metrics for windsurf activity runs.

**Stat Tracking:** Enables statistics tracking while playing golf ([Recording Statistics, page 65](#)).

**Stroke Detect.:** Enables stroke detection for pool swimming.

**Transitions:** Enables transitions for multisport activities.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Activity Alerts (outdoor watch)           |
| Identifier    | GUID-E9B4413D-28EB-4054-8622-5CCD3F4571D2 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 11                                        |
| Revision      | 5                                         |
| Changes       | Updated title                             |
| Status        | Released                                  |
| Last Modified | 22/12/2021 14:13:37                       |
| Author        | cozmyer                                   |

## Activity Alerts

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

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

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

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

| Alert Name  | Alert Type       | Description                                                                                                                                                                                 |
|-------------|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Cadence     | Range            | You can set minimum and maximum cadence values.                                                                                                                                             |
| Calories    | Event, recurring | You can set the number of calories.                                                                                                                                                         |
| Custom      | Event, recurring | You can select an existing message or create a custom message and select an alert type.                                                                                                     |
| Distance    | Recurring        | You can set a distance interval.                                                                                                                                                            |
| Elevation   | Range            | You can set minimum and maximum elevation values.                                                                                                                                           |
| Heart Rate  | Range            | You can set minimum and maximum heart rate values or select zone changes. See <a href="#">About Heart Rate Zones, page 150</a> and <a href="#">Heart Rate Zone Calculations, page 153</a> . |
| Pace        | Range            | You can set minimum and maximum pace values.                                                                                                                                                |
| Pacing      | Recurring        | You can set a target swim pace.                                                                                                                                                             |
| Power       | Range            | You can set the high or low power level.                                                                                                                                                    |
| 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.                                                                                                                                                                |
| Track Timer | Recurring        | You can set a track time interval in seconds.                                                                                                                                               |

|               |                                            |
|---------------|--------------------------------------------|
| Title         | Setting an Alert (outdoor watch)           |
| Identifier    | GUID-D68697C7-D321-4B42-8A52-5C9D257B58CE  |
| Language      | EN-US                                      |
| Description   |                                            |
| Version       | 6                                          |
| Revision      | 1                                          |
| Changes       | No English change. Versioned to fix PT-BR. |
| Status        | Released                                   |
| Last Modified | 20/05/2021 13:43:40                        |
| Author        | pullins                                    |

## Setting an Alert

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

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

|               |                                                                                                    |
|---------------|----------------------------------------------------------------------------------------------------|
| Title         | Enabling Auto Climb                                                                                |
| Identifier    | GUID-E93B3A01-9EA5-40AD-B2E3-F70B1FACE4B6                                                          |
| Language      | EN-US                                                                                              |
| Description   |                                                                                                    |
| Version       | 4                                                                                                  |
| Revision      | 3                                                                                                  |
| Changes       | Removed Settings menu. MARQ/fenix 6 going forward. Use previous version to support older products. |
| Status        | Released                                                                                           |
| Last Modified | 26/02/2019 12:52:39                                                                                |
| Author        | gerson                                                                                             |

## 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 **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**.

6 Select **Always** or **When Not Navigating**.

7 Select an option:

- Select **Run Screen** to identify which data screen appears while running.
- Select **Climb Screen** to identify which data screen appears while climbing.
- Select **Invert Colors** to reverse the display colors when changing modes.
- Select **Vertical Speed** to set the rate of ascent over time.
- Select **Mode Switch** to set how quickly the device changes modes.

**NOTE:** The Current Screen option allows you to automatically switch to the last screen you were viewing before the auto climb transition occurred.

|               |                                             |
|---------------|---------------------------------------------|
| Title         | Changing the GPS Setting                    |
| Identifier    | GUID-31C5EBD6-A5E6-46FA-9EDE-43DBA4872546   |
| Language      | EN-US                                       |
| Description   |                                             |
| Version       | 4                                           |
| Revision      | 4                                           |
| Changes       | Pulled in UltraTrac info from that concept. |
| Status        | Released                                    |
| Last Modified | 20/01/2022 17:57:22                         |
| Author        | cozmyer                                     |

## Changing the GPS Setting

For more information about GPS, go to [www.garmin.com/aboutGPS](http://www.garmin.com/aboutGPS).

**1** Hold **MENU**.

**2** Select **Activities & Apps**.

**3** Select an activity.

**NOTE:** This feature is not available for all activities.

**4** Select the activity settings.

**5** Select **GPS**.

**6** Select an option:

- Select **Off** to disable GPS for the activity.
- Select **Normal (GPS Only)** to enable the GPS satellite system.
- Select **GPS + GLONASS** (Russian satellite system) for more accurate position information in situations with poor sky visibility.

**NOTE:** Using GPS and another satellite system together can reduce battery life more quickly than using GPS only.

- Select **GPS + GALILEO** (European Union satellite system) for more accurate position information in situations with poor sky visibility.
- Select **UltraTrac** to record track points and sensor data less frequently.

**NOTE:** Enabling the UltraTrac feature increases battery life but decreases the quality of recorded activities. You should use the UltraTrac feature for activities that demand longer battery life and for which frequent sensor data updates are less important.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Training                                  |
| Identifier    | GUID-D3B0DF91-9FBF-4A20-9381-C286B002BBBA |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 2                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 22/04/2017 23:05:05                       |
| Author        | wiederan                                  |

## Training

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Workouts (Forerunners)                    |
| Identifier    | GUID-54A017B7-95D1-4C96-A39F-AEA91B7ACE29 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 4                                         |
| Revision      | 4                                         |
| Changes       | Added info about workout data fields.     |
| Status        | Released                                  |
| Last Modified | 19/06/2020 09:23:46                       |
| Author        | cozmyer                                   |

## Workouts

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

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

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Following a Workout From Garmin Connect   |
| Identifier    | GUID-D6E80F0C-F319-47D1-AF95-0884F3386635 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 9                                         |
| Revision      | 2                                         |
| Changes       | Fixing hyperlink bug for GCM variable.    |
| Status        | Released                                  |
| Last Modified | 21/04/2020 16:14:30                       |
| Author        | mcdanielm                                 |

## 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 144](#)).

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

|               |                                                                                                       |
|---------------|-------------------------------------------------------------------------------------------------------|
| Title         | Starting a Workout (Outdoor Watch)                                                                    |
| Identifier    | GUID-3AA7B50B-EBE5-4A29-A15A-316849BA9BDB                                                             |
| Language      | EN-US                                                                                                 |
| Description   |                                                                                                       |
| Version       | 6                                                                                                     |
| Revision      | 2                                                                                                     |
| Changes       | Adding step conrefs back in for consistency. Add activity timer to your conref to resolve SDL queries |
| Status        | Released                                                                                              |
| Last Modified | 05/09/2019 10:15:43                                                                                   |
| Author        | gerson                                                                                                |

## Starting a Workout

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

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

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

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

|               |                                                                |
|---------------|----------------------------------------------------------------|
| Title         | Following a Daily Suggested Workout                            |
| Identifier    | GUID-1F857C7A-31A2-46AF-A639-2C3F5ECC3AF1                      |
| Language      | EN-US                                                          |
| Description   |                                                                |
| Version       | 2                                                              |
| Revision      | 3                                                              |
| Changes       | Missing step to select start/stop button to view menu options. |
| Status        | Released                                                       |
| Last Modified | 22/02/2022 13:19:08                                            |
| Author        | gerson                                                         |

## Following a Daily Suggested Workout

Before the device can suggest a daily workout, you must have a training status and VO2 max. estimate ([Training Status, page 106](#)).

- 1 From the watch face, select **START**.
- 2 Select **Run** or **Bike**.  
The daily suggested workout appears.
- 3 Select **START**, and select an option:
  - To do the workout, select **Do Workout**.
  - To discard the workout, select **Dismiss**.
  - To preview the workout steps, select **Steps**.
  - To update the workout target setting, select **Target Type**.
  - To turn off future workout notifications, select **Disable Prompt**.

The suggested workout updates automatically to changes in training habits, recovery time, and VO2 max.

|               |                                                                                            |
|---------------|--------------------------------------------------------------------------------------------|
| Title         | Customizing an Interval Workout                                                            |
| Identifier    | GUID-20F63B41-1586-4BD0-84B4-1F4A61EA2F84                                                  |
| Language      | EN-US                                                                                      |
| Description   |                                                                                            |
| Version       | 3                                                                                          |
| Revision      | 3                                                                                          |
| Changes       | Using step conref for step 1. changing to press for hard keys. The SK has a spacing issue. |
| Status        | Released                                                                                   |
| Last Modified | 11/03/2021 11:09:09                                                                        |
| Author        | gerson                                                                                     |

## Creating an Interval Workout

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

|               |                                                                                       |
|---------------|---------------------------------------------------------------------------------------|
| Title         | Starting an Interval Workout                                                          |
| Identifier    | GUID-FD25EFA9-3928-4B36-B47F-632993594B6F                                             |
| Language      | EN-US                                                                                 |
| Description   |                                                                                       |
| Version       | 4                                                                                     |
| Revision      | 2                                                                                     |
| Changes       | Using step conrefs for steps 1 and 5. Update your step ph lib to use "activity timer" |
| Status        | Released                                                                              |
| Last Modified | 11/03/2021 11:12:04                                                                   |
| Author        | gerson                                                                                |

## Starting an Interval Workout

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

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | About the Training Calendar               |
| Identifier    | GUID-F5EB9C7C-A74E-4A26-BFB5-1E6DA4399067 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 3                                         |
| Revision      | 5                                         |
| Changes       | Changed widget to glance                  |
| Status        | Released                                  |
| Last Modified | 22/12/2021 14:13:42                       |
| Author        | cozmyer                                   |

## About the Training Calendar

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

|               |                                              |
|---------------|----------------------------------------------|
| Title         | Using Garmin Connect Training Plans - Modern |
| Identifier    | GUID-A2FB338B-0E75-4149-A5EE-BA66064D2ABF    |
| Language      | EN-US                                        |
| Description   |                                              |
| Version       | 8                                            |
| Revision      | 5                                            |
| Changes       | device to watch; smartphone to phone         |
| Status        | Released                                     |
| Last Modified | 20/12/2021 11:55:57                          |
| Author        | tillmonmartha                                |

## Using Garmin Connect Training Plans

Before you can download and use a training plan, you must have a Garmin Connect account ([Garmin Connect, page 144](#)), and you must pair the Descent watch with a compatible phone.

- 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.

|               |                                               |
|---------------|-----------------------------------------------|
| Title         | PacePro Training                              |
| Identifier    | GUID-27B26831-3708-46EA-BF15-18039D28EC3A     |
| Language      | EN-US                                         |
| Description   |                                               |
| Version       | 2                                             |
| Revision      | 3                                             |
| Changes       | SME edit: "maximize" to "optimize" per Joe H. |
| Status        | Released                                      |
| Last Modified | 01/09/2020 10:04:01                           |
| Author        | mcdanielm                                     |

## PacePro Training

Many runners like to wear a pace band during a race to help achieve their race goal. The PacePro feature allows you to create a custom pace band based on distance and pace or distance and time. You can also create a pace band for a known course to optimize your pace effort based on elevation changes.

You can create a PacePro plan using the Garmin Connect app. You can preview the splits and elevation plot before you run the course.

|               |                                                |
|---------------|------------------------------------------------|
| Title         | Downloading a PacePro Plan from Garmin Connect |
| Identifier    | GUID-E6084D17-E9F6-4B85-B132-DB592BADAFB7      |
| Language      | EN-US                                          |
| Description   |                                                |
| Version       | 2                                              |
| Revision      | 3                                              |
| Changes       | Updated GC varid.                              |
| Status        | Released                                       |
| Last Modified | 22/12/2021 13:43:12                            |
| Author        | cozmyer                                        |

## Downloading a PacePro Plan from Garmin Connect

Before you can download a PacePro plan from Garmin Connect, you must have a Garmin Connect account ([Garmin Connect, page 144](#)).

- 1 Select an option:
  - Open the Garmin Connect app, and select  or .
  - Go to [connect.garmin.com](https://connect.garmin.com).
- 2 Select **Training** > **PacePro Pacing Strategies**.
- 3 Follow the on-screen instructions to create and save a PacePro plan.
- 4 Select  or **Send to Device**.

|               |                                                                                 |
|---------------|---------------------------------------------------------------------------------|
| Title         | Starting a PacePro Plan                                                         |
| Identifier    | GUID-47D0D0FB-F4E5-4217-B223-861518049BBA                                       |
| Language      | EN-US                                                                           |
| Description   |                                                                                 |
| Version       | 4                                                                               |
| Revision      | 4                                                                               |
| Changes       | Updated steps 5, 6, and 7. Added steps for stopping a plan as a tip at the end. |
| Status        | Released                                                                        |
| Last Modified | 07/03/2022 09:26:46                                                             |
| Author        | cozmyer                                                                         |

## Starting a PacePro Plan

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

1 From the watch face, press **START**.

2 Select an outdoor running activity.

3 Hold **MENU**.

4 Select **Training > PacePro Plans**.

5 Select a plan.

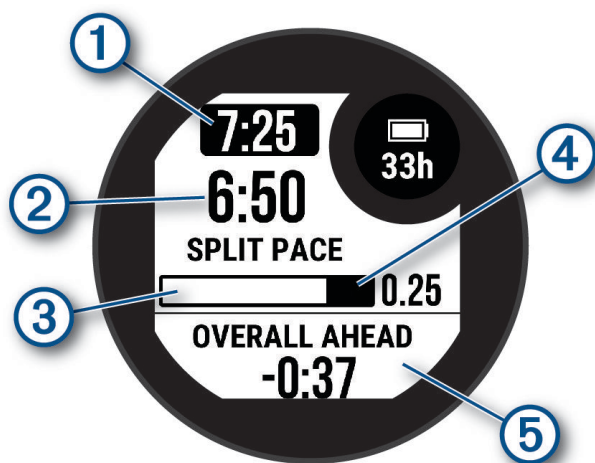
6 Press **START**.

**TIP:** You can preview the splits, elevation plot, and the map before you accept the PacePro plan.

7 Select **Accept Plan** to start the plan.

8 If necessary, select ☒ to enable course navigation.

9 Press **START** to start the activity timer.



|   |                                                  |
|---|--------------------------------------------------|
| ① | Target split pace                                |
| ② | Current split pace                               |
| ③ | Completion progress for the split                |
| ④ | Distance remaining in the split                  |
| ⑤ | Overall time ahead of or behind your target time |

**TIP:** You can hold MENU, and select **Stop PacePro** > ✓ to stop the PacePro plan. The activity timer continues running.

|               |                                                        |
|---------------|--------------------------------------------------------|
| Title         | Using Virtual Partner (Outdoor Watch)                  |
| Identifier    | GUID-80AA39BE-7DDD-4CEE-B7DA-7F679286EA1A              |
| Language      | EN-US                                                  |
| Description   | Based on Forerunner 620 topic, updated for fenix 2 UI. |
| Version       | 8                                                      |
| Revision      | 3                                                      |
| Changes       | Add Settings menu with condition.                      |
| Status        | Released                                               |
| Last Modified | 17/06/2020 09:32:22                                    |
| Author        | pruekatie                                              |

## Using Virtual Partner\*

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

**NOTE:** This feature is not available for all activities.

- 1 Hold **MENU**.
- 2 Select **Activities & Apps**.
- 3 Select an activity.
- 4 Select the activity settings.
- 5 Select **Data Screens > Add New > Virtual Partner**.
- 6 Enter a pace or speed value.
- 7 Press **UP** or **DOWN** to change the location of the Virtual Partner screen (optional).
- 8 Start your activity ([Starting an Activity, page 40](#)).
- 9 Press **UP** or **DOWN** to scroll to the Virtual Partner screen and see who is leading.

|               |                                                                           |
|---------------|---------------------------------------------------------------------------|
| Title         | Setting a Training Target                                                 |
| Identifier    | GUID-C3DF6A79-08C1-419E-9027-9245A6CA8628                                 |
| Language      | EN-US                                                                     |
| Description   |                                                                           |
| Version       | 6                                                                         |
| Revision      | 4                                                                         |
| Changes       | Added cancelling as a tip and removed it as a nested task below this one. |
| Status        | Released                                                                  |
| Last Modified | 22/12/2021 13:43:11                                                       |
| Author        | cozmyer                                                                   |

## 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 watch gives you real-time feedback about how close you are to achieving your training target.

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

The training target screen appears and displays your estimated finish time. The estimated finish time is based on your current performance and the time remaining.

- 6 Press **START** to start the activity timer.

**TIP:** You can hold **MENU**, and select **Cancel Target > ✓** to cancel the training target.

|               |                                                                                     |
|---------------|-------------------------------------------------------------------------------------|
| Title         | Racing a Previous Activity                                                          |
| Identifier    | GUID-30FAA18A-31DF-4CFB-9A1B-F52075FB5438                                           |
| Language      | EN-US                                                                               |
| Description   |                                                                                     |
| Version       | 4                                                                                   |
| Revision      | 2                                                                                   |
| Changes       | Using step conrefs for consistency. Update your step ph lib to use "activity timer" |
| Status        | Released                                                                            |
| Last Modified | 06/08/2019 12:13:40                                                                 |
| Author        | gerson                                                                              |

## Racing a Previous Activity

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

**NOTE:** This feature is not available for all activities.

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

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | History                                   |
| Identifier    | GUID-E549F49A-3FB6-4FDB-8CB6-3622B1DCAE78 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 2                                         |
| Revision      | 3                                         |
| Changes       | Removed ANT+ to increase reuse potential. |
| Status        | Released                                  |
| Last Modified | 13/11/2017 13:01:55                       |
| Author        | semrau                                    |

## History

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

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

|               |                                                                               |
|---------------|-------------------------------------------------------------------------------|
| Title         | Using History (Outdoor)                                                       |
| Identifier    | GUID-1CBCC4BA-CC63-41EE-A8CB-9463CC4660ED                                     |
| Language      | EN-US                                                                         |
| Description   | Base on GUID-271B1E41-1F86-4E91-BE6C-D975F8DB3EE9, and update for fenix 2 UI. |
| Version       | 10                                                                            |
| Revision      | 3                                                                             |
| Changes       | Updated terminology for widget and device                                     |
| Status        | Released                                                                      |
| Last Modified | 22/02/2022 12:03:59                                                           |
| Author        | cozmyer                                                                       |

## Using History

History contains previous activities you have saved on your watch.

- 1 From the watch face, hold **MENU**.
- 2 Select **History > Activities**.
- 3 Select an activity.
- 4 Press **START**.
- 5 Select an option:
  - To view additional information about the activity, select **All Stats**.
  - To view the impact of the activity on your aerobic and anaerobic fitness, select **Training Effect** ([About Training Effect, page 110](#)).
  - To view your time in each heart rate zone, select **Heart Rate** ([Viewing Your Time in Each Heart Rate Zone, page 88](#)).
  - To select a lap and view additional information about each lap, select **Laps**.
  - To select a ski or snowboard run and view additional information about each run, select **Runs**.
  - 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 an elevation plot for the activity, select **Elevation Plot**.
  - To delete the selected activity, select **Delete**.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Multisport History                        |
| Identifier    | GUID-7F75FCAD-D929-4AB1-A5F6-8556FAF4569D |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 4                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 22/04/2017 20:56:39                       |
| Author        | wiederan                                  |

## Multisport History

Your device stores the overall multisport summary of the activity, including overall distance, time, calories, and optional accessory data. Your device also separates the activity data for each sport segment and transition so you can compare similar training activities and track how quickly you move through the transitions. Transition history includes distance, time, average speed, and calories.

|               |                                                                                                                                                                  |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title         | Viewing Your Time in Each Heart Rate Zone                                                                                                                        |
| Identifier    | GUID-198B5E12-3A62-4467-A724-88D0103AE92D                                                                                                                        |
| Language      | EN-US                                                                                                                                                            |
| Description   |                                                                                                                                                                  |
| Version       | 4                                                                                                                                                                |
| Revision      | 6                                                                                                                                                                |
| Changes       | Updated options/layout for 2019 watches going forward. Applies to MARQ/fenix 6/Forerunner 945. Use previous version for older products. Removed outdated prereq. |
| Status        | Released                                                                                                                                                         |
| Last Modified | 22/02/2022 11:16:22                                                                                                                                              |
| Author        | gerson                                                                                                                                                           |

## Viewing Your Time in Each Heart Rate Zone

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 **Heart Rate**.

|               |                                                                 |
|---------------|-----------------------------------------------------------------|
| Title         | Personal Records (multi)                                        |
| Identifier    | GUID-51F2755C-0909-4C39-9540-B9F4F1D3E156                       |
| Language      | EN-US                                                           |
| Description   |                                                                 |
| Version       | 2.1.1                                                           |
| Revision      | 3                                                               |
| Changes       | Use for devices with no swim; updated condition to power meter. |
| Status        | Released                                                        |
| Last Modified | 12/04/2019 09:32:48                                             |
| Author        | mcdanielm                                                       |

## 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.

**NOTE:** For cycling, personal records also include most ascent and best power (power meter required).

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Viewing Your Personal Records             |
| Identifier    | GUID-6FA88D99-2430-4C76-BD01-575596D73EC8 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 2                                         |
| Revision      | 3                                         |
| Changes       | Fixing first step for consistency.        |
| Status        | Released                                  |
| Last Modified | 26/02/2019 12:52:39                       |
| Author        | mcdanielm                                 |

## 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**.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Restoring a Personal Record               |
| Identifier    | GUID-857D5DEF-B88C-4B97-ADBB-0700C72F2D76 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 2                                         |
| Revision      | 3                                         |
| Changes       | Fixing first step for consistency.        |
| Status        | Released                                  |
| Last Modified | 26/02/2019 12:52:39                       |
| Author        | mcdanielm                                 |

## 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 > ✓**.

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

|               |                                                         |
|---------------|---------------------------------------------------------|
| Title         | Clearing Personal Records                               |
| Identifier    | GUID-FFCF2C10-6DB3-419E-B228-7B8AC430505C               |
| Language      | EN-US                                                   |
| Description   |                                                         |
| Version       | 3                                                       |
| Revision      | 4                                                       |
| Changes       | Combined clearing one record with clearing all records. |
| Status        | Released                                                |
| Last Modified | 20/12/2021 11:43:56                                     |
| Author        | cozmyer                                                 |

## Clearing Personal Records

- 1 From the watch face, hold **MENU**.
- 2 Select **History > Records**.
- 3 Select a sport.
- 4 Select an option:
  - To delete one record, select a record, and select **Clear Record > ✓**.
  - To delete all records for the sport, select **Clear All Records > ✓**.

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Viewing Data Totals                       |
| Identifier    | GUID-4A58F0CF-6E14-494B-80FB-7443426C827A |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 6                                         |
| Revision      | 5                                         |
| Changes       | Step 3 is necessary. Terminology changes. |
| Status        | Released                                  |
| Last Modified | 22/12/2021 13:27:44                       |
| Author        | cozmyer                                   |

## Viewing Data Totals

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

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

|               |                                                        |
|---------------|--------------------------------------------------------|
| Title         | Using the Odometer (fenix6)                            |
| Identifier    | GUID-7D1F164F-415F-4E6A-BD9C-D64974380EC7              |
| Language      | EN-US                                                  |
| Description   |                                                        |
| Version       | 5                                                      |
| Revision      | 3                                                      |
| Changes       | Update select to press with hard keys for consistency. |
| Status        | Released                                               |
| Last Modified | 17/06/2020 12:04:25                                    |
| Author        | pruekatie                                              |

## Using the Odometer

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

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Deleting History                          |
| Identifier    | GUID-0423E64D-C9CE-458F-8C0A-20B2353F6E78 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 4                                         |
| Revision      | 5                                         |
| Changes       | Fixed first step for consistency.         |
| Status        | Released                                  |
| Last Modified | 26/02/2019 12:52:39                       |
| Author        | mcdanielm                                 |

## Deleting History

- 1 From the watch face, hold **MENU**.
- 2 Select **History > Options**.
- 3 Select an option:
  - Select **Delete All Activities** to delete all activities from the history.
  - Select **Reset Totals** to reset all distance and time totals.

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Appearance                                |
| Identifier    | GUID-9B690310-0734-43F7-816F-218B3A179C3C |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 5                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 22/12/2021 13:20:43                       |
| Author        | cozmyer                                   |

## Appearance

You can customize the appearance of the watch face and the quick access features in the glance loop and controls menu.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Watch Face Settings (outdoor watch)       |
| Identifier    | GUID-A4EA51C3-D0B2-48E3-807A-768C6F07D7BA |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 5                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 22/04/2017 22:50:00                       |
| Author        | semrau                                    |

## Watch Face Settings

You can customize the appearance of the watch face by selecting the layout, colors, and additional data. You can also download custom watch faces from the Connect IQ store.

|               |                                                        |
|---------------|--------------------------------------------------------|
| Title         | Customizing the Watch Face (Instinct)                  |
| Identifier    | GUID-7CD73B1B-5800-45EF-86C1-B619FFE40AC5              |
| Language      | EN-US                                                  |
| Description   |                                                        |
| Version       | 2                                                      |
| Revision      | 3                                                      |
| Changes       | Update select to press with hard keys for consistency. |
| Status        | Released                                               |
| Last Modified | 17/06/2020 11:22:12                                    |
| Author        | pruekatie                                              |

## Customizing the Watch Face

You can customize the watch face information and appearance.

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

|               |                                                                                                                                                              |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title         | Glances (watch widgets)                                                                                                                                      |
| Identifier    | GUID-97EA1540-A780-480F-BA4D-9A9E147FB225                                                                                                                    |
| Language      | EN-US                                                                                                                                                        |
| Description   |                                                                                                                                                              |
| Version       | 28                                                                                                                                                           |
| Revision      | 8                                                                                                                                                            |
| Changes       | KP: Aviation glance updates for D2 Series. METAR/Aviation Weather glances conditioned on METAR + NEXRAD/No NEXRAD conditions. KC: Added optional solar note. |
| Status        | Released                                                                                                                                                     |
| Last Modified | 22/02/2022 13:22:03                                                                                                                                          |
| Author        | pruekatie                                                                                                                                                    |

## Glances

Your watch comes preloaded with glances that provide quick information ([Viewing the Glance Loop, page 96](#)). Some glances require a Bluetooth® connection to a compatible phone.

Some glances are not visible by default. You can add them to the glance loop manually ([Customizing the Glance Loop, page 97](#)).

| Name                 | Description                                                                                                                                                                                                                                                                                                                                                |
|----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ABC                  | Displays combined altimeter, barometer, and compass information.                                                                                                                                                                                                                                                                                           |
| Alternate time zones | Displays the current time of day in additional time zones ( <a href="#">Adding Alternate Time Zones, page 8</a> ).                                                                                                                                                                                                                                         |
| Altitude acclimation | At altitudes above 800 m (2625 ft.), displays graphs showing altitude-corrected values for your average pulse oximeter reading, respiration rate, and resting heart rate for the last seven days.                                                                                                                                                          |
| Altimeter            | Displays the approximate elevation based on pressure changes.                                                                                                                                                                                                                                                                                              |
| Barometer            | Displays the environmental pressure data based on elevation.                                                                                                                                                                                                                                                                                               |
| Body Battery™        | With all day wear, displays your current Body Battery level and a graph of your level for the last several hours ( <a href="#">Body Battery, page 97</a> ).                                                                                                                                                                                                |
| Calendar             | Displays upcoming meetings from your phone calendar.                                                                                                                                                                                                                                                                                                       |
| Calories             | Displays your calorie information for the current day.                                                                                                                                                                                                                                                                                                     |
| Compass              | Displays an electronic compass.                                                                                                                                                                                                                                                                                                                            |
| Dive log             | Displays brief summaries of your recently recorded dives ( <a href="#">Viewing the Dive Log Glance, page 33</a> ).                                                                                                                                                                                                                                         |
| Dog tracking         | Displays your dog's location information when you have a compatible dog tracking device paired with your Descent watch.                                                                                                                                                                                                                                    |
| Floors climbed       | Tracks your floors climbed and progress toward your goal.                                                                                                                                                                                                                                                                                                  |
| Garmin coach         | Displays scheduled workouts when you select a Garmin coach adaptive training plan in your Garmin Connect account. The plan adjusts to your current level of fitness, coaching and schedule preferences, and race date.                                                                                                                                     |
| Health Snapshot™     | Starts a Health Snapshot activity on your watch that records several key health metrics while you hold still for two minutes. It provides a glimpse of your overall cardiovascular status. The watch records metrics such as your average heart rate, stress level, and respiration rate. You can view summaries of your saved Health Snapshot activities. |

| Name                               | Description                                                                                                                                                                                                                        |
|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Heart rate                         | Displays your current heart rate in beats per minute (bpm) and a graph of your average resting heart rate (RHR).                                                                                                                   |
| Intensity minutes                  | Tracks your time spent participating in moderate to vigorous activities, your weekly intensity minutes goal, and progress toward your goal.                                                                                        |
| inReach® controls                  | Allows you to send messages on your paired inReach device ( <a href="#">Using the inReach Remote, page 134</a> ).                                                                                                                  |
| Last sport                         | Displays a brief summary of your last recorded activity.                                                                                                                                                                           |
| Last ride<br>Last run<br>Last swim | Displays a brief summary of your last recorded activity and history of the specified sport.                                                                                                                                        |
| Moon phase                         | Displays the moonrise and moonset times, along with the moon phase, based on your GPS position.                                                                                                                                    |
| Music controls                     | Provides music player controls for your phone.                                                                                                                                                                                     |
| Notifications                      | Alerts you to incoming calls, texts, social network updates, and more, based on your phone notification settings ( <a href="#">Enabling Bluetooth Notifications, page 140</a> ).                                                   |
| Performance                        | Displays performance measurements that help you track and understand your training activities and race performances ( <a href="#">Performance Measurements, page 98</a> ).                                                         |
| Pulse oximeter                     | Allows you to take a manual pulse oximeter reading ( <a href="#">Getting Pulse Oximeter Readings, page 124</a> ). If you are too active for the watch to determine your pulse oximeter reading, the measurements are not recorded. |
| Sleep                              | Displays total sleep time, a sleep score, and sleep stage information for the previous night.                                                                                                                                      |
| Solar intensity                    | Displays a graph of the intensity of solar input for the last 6 hours, and the average for the previous week.<br><b>NOTE:</b> This feature is not available for all product models.                                                |
| Steps                              | Tracks your daily step count, step goal, and data for previous days.                                                                                                                                                               |
| Stress                             | Displays your current stress level and a graph of your stress level. You can do a breathing activity to help you relax. If you are too active for the watch to determine your stress level, stress measurements are not recorded.  |
| Sunrise and sunset                 | Displays sunrise, sunset, and civil twilight times.                                                                                                                                                                                |
| Surface interval                   | Displays your surface interval time, oxygen toxicity units (OTU), central nervous system (CNS) oxygen toxicity percentage, and tissue load after a dive ( <a href="#">Viewing the Surface Interval Glance, page 33</a> ).          |
| Surfline™                          | Uses your current location to display current wave conditions, such as tide and wave height and surf rating, for the nearest surf spots.                                                                                           |
| Temperature                        | Displays temperature data from the internal temperature sensor.                                                                                                                                                                    |
| Training status                    | Displays your current training status and training load, which shows you how your training affects your fitness level and performance ( <a href="#">Training Status, page 106</a> ).                                               |
| VIRB® controls                     | Provides camera controls when you have a VIRB device paired with your Descent watch ( <a href="#">VIRB Remote, page 135</a> ).                                                                                                     |

| Name         | Description                                                                                                                                                           |
|--------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Weather      | Displays the current temperature and weather forecast.                                                                                                                |
| Xero® device | Displays laser location information when you have a compatible Xero device paired with your Descent watch ( <a href="#">Xero Laser Location Settings, page 137</a> ). |

|               |                                                  |
|---------------|--------------------------------------------------|
| Title         | Viewing the Glance Loop (fenix 7)                |
| Identifier    | GUID-EC6FD9D1-76D1-4EA1-BABF-0800945E0230        |
| Language      | EN-US                                            |
| Description   |                                                  |
| Version       | 8                                                |
| Revision      | 3                                                |
| Changes       | Updated device to watch and smartphone to phone. |
| Status        | Released                                         |
| Last Modified | 22/12/2021 12:49:58                              |
| Author        | cozmyer                                          |

## Viewing the Glance Loop

Glances provide quick access to health data, activity information, built-in sensors, and more. When you pair your watch, you can view data from your phone, such as notifications, weather, and calendar events.

### 1 Press **UP** or **DOWN**.

The watch scrolls through the glance loop and displays summary data for each glance.



### 2 Press **START** to view more information.

### 3 Select an option:

- Press **DOWN** to view details about a glance.
- Press **START** to view additional options and functions for a glance.

|               |                                                |
|---------------|------------------------------------------------|
| Title         | Customizing the Glance Loop (fenix 7)          |
| Identifier    | GUID-61C825F5-5D80-413F-BA3F-CD8C51BB63F2      |
| Language      | EN-US                                          |
| Description   |                                                |
| Version       | 9                                              |
| Revision      | 5                                              |
| Changes       | Updated the menu path and switched to glances. |
| Status        | Released                                       |
| Last Modified | 22/12/2021 14:28:16                            |
| Author        | cozmyer                                        |

## Customizing the Glance Loop

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

- 1 Hold **MENU**.
- 2 Select **Appearance > Glances**.
- 3 Select an option:
  - Select a glance, and press **UP** or **DOWN** to change the location of the glance in the loop.
  - Select a glance, and select  to remove the glance from the loop.
  - Select **Add**, and select a glance to add it to the loop.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Body Battery                              |
| Identifier    | GUID-87E1392B-2C55-40B7-A1FF-3AB9252DA0A0 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 3                                         |
| Revision      | 3                                         |
| Changes       | Device to watch                           |
| Status        | Released                                  |
| Last Modified | 20/12/2021 11:42:42                       |
| Author        | tillmonmartha                             |

## Body Battery

Your watch analyzes your heart rate variability, stress level, sleep quality, and activity data to determine your overall Body Battery level. Like a gas gauge on a car, it indicates your amount of available reserve energy. The Body Battery level range is from 0 to 100, where 0 to 25 is low reserve energy, 26 to 50 is medium reserve energy, 51 to 75 is high reserve energy, and 76 to 100 is very high reserve energy.

You can sync your watch with your Garmin Connect account to view your most up-to-date Body Battery level, long-term trends, and additional details ([Tips for Improved Body Battery Data, page 98](#)).

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Tips for Improved Body Battery Data       |
| Identifier    | GUID-77DAE539-D617-45E9-A471-F21C4432245D |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 3                                         |
| Revision      | 3                                         |
| Changes       | Device to watch                           |
| Status        | Released                                  |
| Last Modified | 20/12/2021 11:55:24                       |
| Author        | tillmonmartha                             |

## Tips for Improved Body Battery Data

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

|               |                                                  |
|---------------|--------------------------------------------------|
| Title         | Performance Measurements                         |
| Identifier    | GUID-F5BF67CE-C94E-4842-AE96-A7A05C85B732        |
| Language      | EN-US                                            |
| Description   |                                                  |
| Version       | 8                                                |
| Revision      | 14                                               |
| Changes       | Added stamina metric and links to nested topics. |
| Status        | Released                                         |
| Last Modified | 22/02/2022 12:05:14                              |
| Author        | cozmyer                                          |

## Performance Measurements

These performance measurements are estimates that can help you track and understand your training activities and race performances. The measurements require a few activities using wrist-based heart rate or a compatible chest heart rate monitor. Cycling performance measurements require a heart rate monitor and a power meter.

These estimates are provided and supported by Firstbeat Analytics™. For more information, go to [garmin.com/performance-data/running](https://garmin.com/performance-data/running).

**NOTE:** The estimates may seem inaccurate at first. The watch requires you to complete a few activities to learn about your performance.

**VO2 max.:** VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance ([About VO2 Max. Estimates, page 99](#)).

**Predicted race times:** Your watch uses the VO2 max. estimate and your training history to provide a target race time based on your current state of fitness ([Viewing Your Predicted Race Times, page 100](#)).

**Performance condition:** Your performance condition is a real-time assessment after 6 to 20 minutes of activity. It can be added as a data field so you can view your performance condition during the rest of your activity. It compares your real-time condition to your average fitness level ([Performance Condition, page 101](#)).

**Functional threshold power (FTP):** The watch uses your user profile information from the initial setup to estimate your FTP. For a more accurate rating, you can conduct a guided test ([Getting Your FTP Estimate, page 102](#)).

**Lactate threshold:** Lactate threshold requires a chest heart rate monitor. Lactate threshold is the point where your muscles start to rapidly fatigue. Your watch measures your lactate threshold level using heart rate data and pace ([Lactate Threshold, page 104](#)).

|               |                                           |
|---------------|-------------------------------------------|
| Title         | About VO2 Max. Estimates (vivosmart 3)    |
| Identifier    | GUID-5C6CB6AA-3603-4708-89FB-C819F065A5B0 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 6                                         |
| Revision      | 4                                         |
| Changes       | Added conditioned power meter statement   |
| Status        | Released                                  |
| Last Modified | 20/01/2022 17:55:19                       |
| Author        | tillmonmartha                             |

## About VO2 Max. Estimates

VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. In simple terms, VO2 max. is an indication of cardiovascular strength and should increase as your level of fitness improves. The Descent G1 watch requires wrist-based heart rate or a compatible chest heart rate monitor to display your VO2 max. estimate. The watch has separate VO2 max. estimates for running and cycling. You must run either outside with GPS or ride with a compatible power meter at a moderate level of intensity for several minutes to get an accurate VO2 max. estimate.

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

VO2 max. data is provided by Firstbeat Analytics. VO2 max. analysis is provided with permission from The Cooper Institute®. For more information, see the appendix ([VO2 Max. Standard Ratings, page 215](#)), and go to [www.CooperInstitute.org](http://www.CooperInstitute.org).

|               |                                                                   |
|---------------|-------------------------------------------------------------------|
| Title         | Getting Your VO2 Max. Estimate (running)                          |
| Identifier    | GUID-015C6746-435D-48E0-8ED8-CA2C81684E38                         |
| Language      | EN-US                                                             |
| Description   |                                                                   |
| Version       | 7                                                                 |
| Revision      | 5                                                                 |
| Changes       | Add xref to Enabling VO2 Max. There are spacing issues in the HE. |
| Status        | Released                                                          |
| Last Modified | 01/02/2021 10:17:45                                               |
| Author        | pruekatie                                                         |

## Getting Your VO2 Max. Estimate for Running

This feature requires wrist-based heart rate or a compatible chest heart rate monitor. If you are using a chest heart rate monitor, you must put it on and pair it with your device ([Pairing Your Wireless Sensors, page 131](#)).

For the most accurate estimate, complete the user profile setup ([Setting Up Your User Profile, page 150](#)), and set your maximum heart rate ([Setting Your Heart Rate Zones, page 152](#)). The estimate may seem inaccurate at first. The device requires a few runs to learn about your running performance. You can disable VO2 max. recording for ultra run and trail run activities if you do not want those run types to affect your VO2 max. estimate ([Activities and App Settings, page 70](#)).

- 1 Run for at least 10 minutes outdoors.
- 2 After your run, select **Save**.
- 3 Select **UP** or **DOWN** to scroll through the performance measurements.

**TIP:** You can select START to view additional information.

|               |                                                      |
|---------------|------------------------------------------------------|
| Title         | Getting Your VO2 Max. Estimate for Cycling           |
| Identifier    | GUID-E17003DB-1F26-483E-A8B4-BBF04B4E3A9B            |
| Language      | EN-US                                                |
| Description   |                                                      |
| Version       | 7                                                    |
| Revision      | 6                                                    |
| Changes       | Step 3 reflects updated UI: PE appears automatically |
| Status        | Released                                             |
| Last Modified | 01/09/2020 10:04:01                                  |
| Author        | mcdanielm                                            |

## Getting Your VO2 Max. Estimate for Cycling

This feature requires a power meter and wrist-based heart rate or a compatible chest heart rate monitor. The power meter must be paired with your Descent G1 device ([Pairing Your Wireless Sensors, page 131](#)). If you are using a chest heart rate monitor, you must put it on and pair it with your device.

For the most accurate estimate, complete the user profile setup ([Setting Up Your User Profile, page 150](#)) and set your maximum heart rate ([Setting Your Heart Rate Zones, page 152](#)). The estimate may seem inaccurate at first. The device requires a few rides to learn about your cycling performance.

- 1 Ride at a steady, high intensity for at least 20 minutes.
- 2 After your ride, select **Save**.
- 3 Select **UP** or **DOWN** to scroll through the performance measurements.

**TIP:** You can select START to view additional information.

|               |                                                            |
|---------------|------------------------------------------------------------|
| Title         | Viewing Your Predicted Race Times                          |
| Identifier    | GUID-31B2458A-859A-4A34-AB83-224E4A29387A                  |
| Language      | EN-US                                                      |
| Description   |                                                            |
| Version       | 7                                                          |
| Revision      | 8                                                          |
| Changes       | Updated steps for viewing details. Updated device to watch |
| Status        | Released                                                   |
| Last Modified | 22/12/2021 13:47:11                                        |
| Author        | cozmyer                                                    |

## Viewing Your Predicted Race Times

For the most accurate estimate, complete the user profile setup ([Setting Up Your User Profile, page 150](#)), and set your maximum heart rate ([Setting Your Heart Rate Zones, page 152](#)).

Your watch uses the VO2 max. estimate ([About VO2 Max. Estimates, page 99](#)) and your training history to provide a target race time. The watch analyzes several weeks of your training data to refine the race time estimates.

**TIP:** If you have more than one Garmin device, you can enable the Physio TrueUp™ feature, which allows your watch to sync activities, history, and data from other devices ([Syncing Activities and Performance Measurements, page 178](#)).

- 1 From the watch face, press **UP** or **DOWN** to view the performance glance.
- 2 Press **START** to view glance details.
- 3 Press **UP** or **DOWN** to view a predicted race time.
- 4 Press **START** to view predictions for other distances.

**NOTE:** The predictions may seem inaccurate at first. The watch requires a few runs to learn about your running performance.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Performance Condition                     |
| Identifier    | GUID-901ACCFC-FB0D-414E-B80C-54970AF4E357 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 4                                         |
| Revision      | 1                                         |
| Changes       | No English change. Versioned to fix IT.   |
| Status        | Released                                  |
| Last Modified | 07/08/2020 09:37:33                       |
| Author        | pullins                                   |

## Performance Condition

As you complete your activity, such as running or cycling, the performance condition feature analyzes your pace, heart rate, and heart rate variability to make a real-time assessment of your ability to perform compared to your average fitness level. It is approximately your real-time percentage deviation from your baseline VO2 max. estimate.

Performance condition values range from -20 to +20. After the first 6 to 20 minutes of your activity, the device displays your performance condition score. For example, a score of +5 means that you are rested, fresh, and capable of a good run or ride. You can add performance condition as a data field to one of your training screens to monitor your ability throughout the activity. Performance condition can also be an indicator of fatigue level, especially at the end of a long training run or ride.

**NOTE:** The device requires a few runs or rides with a heart rate monitor to get an accurate VO2 max. estimate and learn about your running or riding ability ([About VO2 Max. Estimates, page 99](#)).

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Viewing Your Performance Condition        |
| Identifier    | GUID-73903771-7910-4AC4-AC70-0E1974538934 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 4                                         |
| Revision      | 3                                         |
| Changes       | wording change from Joe Heikes            |
| Status        | Released                                  |
| Last Modified | 22/04/2017 22:49:55                       |
| Author        | wiederan                                  |

## Viewing Your Performance Condition

This feature requires wrist-based heart rate or a compatible chest heart rate monitor.

- 1 Add **Perform. Cond.** to a data screen ([Customizing the Data Screens, page 68](#)).
- 2 Go for a run or ride.  
After 6 to 20 minutes, your performance condition appears.
- 3 Scroll to the data screen to view your performance condition throughout the run or ride.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Getting Your FTP Estimate (Instinct)      |
| Identifier    | GUID-4250B4E0-62F7-41B5-99FE-70070C110B47 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 5                                         |
| Changes       | save as from fenix 7                      |
| Status        | Released                                  |
| Last Modified | 20/01/2022 18:05:35                       |
| Author        | tillmonmartha                             |

## Getting Your FTP Estimate

Before you can get your functional threshold power (FTP) estimate, you must pair a chest heart rate monitor and power meter with your watch ([Pairing Your Wireless Sensors, page 131](#)), and you must get your VO2 max. estimate ([Getting Your VO2 Max. Estimate for Cycling, page 100](#)).

The watch uses your user profile information from the initial setup and your VO2 max. estimate to estimate your FTP. The watch automatically detects your FTP during rides at a steady, high intensity with heart rate and power.

- 1 Press **UP** or **DOWN** to view the performance glance.
- 2 Press **START** to view the glance details.
- 3 Press **UP** or **DOWN** to view your FTP estimate.

Your FTP estimate appears as a value measured in watts per kilogram, your power output in watts, and a position on the gauge.

For more information, see the appendix ([FTP Ratings, page 216](#)).

**NOTE:** When a performance notification alerts you to a new FTP, you can select Accept to save the new FTP, or Decline to keep your current FTP.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Conducting an FTP Test                    |
| Identifier    | GUID-C8DAC4B1-3159-4E8C-ADD9-6FA012EBA697 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 3                                         |
| Revision      | 7                                         |
| Changes       | Updates from Joe H and Kerri              |
| Status        | Released                                  |
| Last Modified | 22/04/2017 22:46:07                       |
| Author        | wiederan                                  |

## Conducting an FTP Test

Before you can conduct a test to determine your functional threshold power (FTP), you must pair a chest heart rate monitor and a power meter with your device ([Pairing Your Wireless Sensors, page 131](#)), and you must get your VO2 max. estimate ([Getting Your VO2 Max. Estimate for Cycling, page 100](#)).

**NOTE:** The FTP test is a challenging workout that takes about 30 minutes to complete. Choose a practical and mostly flat route that allows you to ride at a steadily increasing effort, similar to a time trial.

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

**2** Select a cycling activity.

**3** Hold **MENU**.

**4** Select **Training > FTP Guided Test**.

**5** Follow the on-screen instructions.

After you begin your ride, the device displays each step duration, the target, and current power data. A message appears when the test is complete.

**6** After you complete the guided test, complete the cool down, stop the timer, and save the activity.

Your FTP appears as a value measured in watts per kilogram, your power output in watts, and a position on the color gauge.

**7** Select an option:

- Select **Accept** to save the new FTP.
- Select **Decline** to keep your current FTP.

|               |                                                     |
|---------------|-----------------------------------------------------|
| Title         | Lactate Threshold                                   |
| Identifier    | GUID-3ED97FFE-025E-47EA-9C70-DD86156617BD           |
| Language      | EN-US                                               |
| Description   |                                                     |
| Version       | 2                                                   |
| Revision      | 4                                                   |
| Changes       | Adding Auto Detection text similar to Max. HR topic |
| Status        | Released                                            |
| Last Modified | 22/12/2021 14:13:40                                 |
| Author        | cozmyer                                             |

## Lactate Threshold

Lactate threshold is the exercise intensity at which lactate (lactic acid) starts to accumulate in the bloodstream. In running, it is the estimated level of effort or pace. When a runner exceeds the threshold, fatigue starts to increase at an accelerating rate. For experienced runners, the threshold occurs at approximately 90% of their maximum heart rate and between 10k and half-marathon race pace. For average runners, the lactate threshold often occurs well below 90% of maximum heart rate. Knowing your lactate threshold can help you determine how hard to train or when to push yourself during a race.

If you already know your lactate threshold heart rate value, you can enter it in your user profile settings ([Setting Your Heart Rate Zones, page 152](#)). You can turn on the Auto Detection feature to automatically record your lactate threshold during an activity.

|               |                                                                                   |
|---------------|-----------------------------------------------------------------------------------|
| Title         | Performing a Guided Test to Determine Your Lactate Threshold                      |
| Identifier    | GUID-1B0C9B93-01CD-4A0C-A30F-B815C0347159                                         |
| Language      | EN-US                                                                             |
| Description   |                                                                                   |
| Version       | 5                                                                                 |
| Revision      | 3                                                                                 |
| Changes       | Per FR645 FRM96 feedback - VO2 estimate from previous run is no longer necessary. |
| Status        | Released                                                                          |
| Last Modified | 02/01/2018 11:13:10                                                               |
| Author        | semrau                                                                            |

## Performing a Guided Test to Determine Your Lactate Threshold

This feature requires a Garmin chest heart rate monitor. Before you can perform the guided test, you must put on a heart rate monitor and pair it with your device ([Pairing Your Wireless Sensors, page 131](#)).

The device uses your user profile information from the initial setup and your VO2 max. estimate to estimate your lactate threshold. The device will automatically detect your lactate threshold during runs at a steady, high intensity with heart rate.

**TIP:** The device requires a few runs with a chest heart rate monitor to get an accurate maximum heart rate value and VO2 max. estimate. If you are having trouble getting a lactate threshold estimate, try manually lowering your maximum heart rate value.

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

2 Select an outdoor running activity.

GPS is required to complete the test.

3 Hold **MENU**.

4 Select **Training > Lactate Threshold Guided Test**.

5 Start the timer, and follow the on-screen instructions.

After you begin your run, the device displays each step duration, the target, and current heart rate data. A message appears when the test is complete.

6 After you complete the guided test, stop the timer and save the activity.

If this is your first lactate threshold estimate, the device prompts you to update your heart rate zones based on your lactate threshold heart rate. For each additional lactate threshold estimate, the device prompts you to accept or decline the estimate.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Training Status                           |
| Identifier    | GUID-44C7BB4B-EFF7-4A42-AC03-8A6AABB94807 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 4                                         |
| Revision      | 6                                         |
| Changes       | Added links to nested topics.             |
| Status        | Released                                  |
| Last Modified | 22/12/2021 14:34:37                       |
| Author        | cozmyer                                   |

## Training Status

These measurements are estimates that can help you track and understand your training activities. The measurements require a few activities using wrist-based heart rate or a compatible chest heart rate monitor. Cycling performance measurements require a heart rate monitor and a power meter.

These estimates are provided and supported by Firstbeat Analytics. For more information, go to [garmin.com/performance-data/running](https://garmin.com/performance-data/running).

**NOTE:** The estimates may seem inaccurate at first. The watch requires you to complete a few activities to learn about your performance.

**Training status:** Training status shows you how your training affects your fitness and performance. Your training status is based on changes to your training load and VO2 max. over an extended time period.

**VO2 max.:** VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance ([About VO2 Max. Estimates, page 99](#)). Your watch displays heat and altitude corrected VO2 max. values when you are acclimating to high heat environments or high altitude ([Heat and Altitude Performance Acclimation, page 108](#)).

**Training load:** Training load is the sum of your excess post-exercise oxygen consumption (EPOC) over the last 7 days. EPOC is an estimate of how much energy it takes for your body to recover after exercise ([Training Load, page 109](#)).

**Training load focus:** Your watch analyzes and distributes your training load into different categories based on the intensity and structure of each activity recorded. Training load focus includes the total load accumulated per category, and the focus of the training. Your watch displays your load distribution over the last 4 weeks ([Training Load Focus, page 109](#)).

**Recovery time:** The recovery time displays how much time remains before you are fully recovered and ready for the next hard workout ([Recovery Time, page 111](#)).

|               |                                                                                                                                                                                                                                                                        |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title         | Training Status Levels                                                                                                                                                                                                                                                 |
| Identifier    | GUID-6F81BF5B-B49A-4506-95E2-0F4A04D8B319                                                                                                                                                                                                                              |
| Language      | EN-US                                                                                                                                                                                                                                                                  |
| Description   |                                                                                                                                                                                                                                                                        |
| Version       | 3                                                                                                                                                                                                                                                                      |
| Revision      | 4                                                                                                                                                                                                                                                                      |
| Changes       | 2019 watches (MARQ, fenix 6, Forerunner 945) separate the training status and performance stats widgets into 2. Retitled this topic since it's only about training status. It should be used as a sub-topic under the new high-level description Training Status topic |
| Status        | Released                                                                                                                                                                                                                                                               |
| Last Modified | 26/02/2019 12:52:39                                                                                                                                                                                                                                                    |
| Author        | gerson                                                                                                                                                                                                                                                                 |

## Training Status Levels

Training status shows you how your training affects your fitness level and performance. Your training status is based on changes to your training load and VO2 max. over an extended time period. You can use your training status to help plan future training and continue improving your fitness level.

**Peaking:** Peaking means that you are in ideal race condition. Your recently reduced training load is allowing your body to recover and fully compensate for earlier training. You should plan ahead, since this peak state can only be maintained for a short time.

**Productive:** Your current training load is moving your fitness level and performance in the right direction. You should plan recovery periods into your training to maintain your fitness level.

**Maintaining:** Your current training load is enough to maintain your fitness level. To see improvement, try adding more variety to your workouts or increasing your training volume.

**Recovery:** Your lighter training load is allowing your body to recover, which is essential during extended periods of hard training. You can return to a higher training load when you feel ready.

**Unproductive:** Your training load is at a good level, but your fitness is decreasing. Your body may be struggling to recover, so you should pay attention to your overall health including stress, nutrition, and rest.

**Detraining:** Detraining occurs when you are training much less than usual for a week or more, and it is affecting your fitness level. You can try increasing your training load to see improvement.

**Overreaching:** Your training load is very high and counterproductive. Your body needs a rest. You should give yourself time to recover by adding lighter training to your schedule.

**No Status:** The device needs one or two weeks of training history, including activities with VO2 max. results from running or cycling, to determine your training status.

|               |                                            |
|---------------|--------------------------------------------|
| Title         | Tips for Getting Your Training Status      |
| Identifier    | GUID-CF3B3A75-7707-49EC-9177-ABC1B772A787  |
| Language      | EN-US                                      |
| Description   |                                            |
| Version       | 4                                          |
| Revision      | 4                                          |
| Changes       | Add xref to turning off VO2 max recording. |
| Status        | Released                                   |
| Last Modified | 01/02/2021 10:20:18                        |
| Author        | pruekatie                                  |

## Tips for Getting Your Training Status

The training status feature depends on updated assessments of your fitness level, including at least two VO2 max. measurements per week. Your VO2 max. estimate is updated after outdoor runs or rides with power during which your heart rate reached at least 70% of your maximum heart rate for several minutes. Indoor run activities do not generate a VO2 max. estimate in order to preserve the accuracy of your fitness level trend. You can disable VO2 max. recording for ultra run and trail run activities if you do not want those run types to affect your VO2 max. estimate ([Activities and App Settings, page 70](#)).

To get the most out of the training status feature, you can try these tips.

- At least two times per week, run or ride outdoors with a power meter, and reach a heart rate higher than 70% of your maximum heart rate for at least 10 minutes.

After using the device for one week, your training status should be available.

- Record all of your fitness activities on this device, or enable the Physio TrueUp feature, allowing your device to learn about your performance ([Syncing Activities and Performance Measurements, page 178](#)).

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Heat and Altitude Performance Acclimation |
| Identifier    | GUID-70386BCC-5682-4C5C-9A87-C32AF9B6473B |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 3                                         |
| Revision      | 4                                         |
| Changes       | Added conditions for glances.             |
| Status        | Released                                  |
| Last Modified | 22/12/2021 13:18:30                       |
| Author        | cozmyer                                   |

## Heat and Altitude Performance Acclimation

Environmental factors such as high temperature and altitude impact your training and performance. For example, high altitude training can have a positive impact on your fitness, but you may notice a temporary VO2 max. decline while exposed to high altitudes. Your Descent G1 watch provides acclimation notifications and corrections to your VO2 max. estimate and training status when the temperature is above 22°C (72°F) and when the altitude is above 800 m (2625 ft.). You can keep track of your heat and altitude acclimation in the training status glance.

**NOTE:** The heat acclimation feature is available only for GPS activities and requires weather data from your connected phone.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Training Load                             |
| Identifier    | GUID-AEDB0872-C5A1-4378-86D5-2239734B59E8 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 3                                         |
| Revision      | 2                                         |
| Changes       | Defined EPOC acronym.                     |
| Status        | Released                                  |
| Last Modified | 17/11/2017 16:22:12                       |
| Author        | cozmyer                                   |

## Training Load

Training load is a measurement of your training volume over the last seven days. It is the sum of your excess post-exercise oxygen consumption (EPOC) measurements for the last seven days. The gauge indicates whether your current load is low, high, or within the optimal range to maintain or improve your fitness level. The optimal range is determined based on your individual fitness level and training history. The range adjusts as your training time and intensity increase or decrease.

|               |                                                |
|---------------|------------------------------------------------|
| Title         | Training Load Focus                            |
| Identifier    | GUID-C3205D96-DAB6-4C93-A225-5B8D7B5A5621      |
| Language      | EN-US                                          |
| Description   |                                                |
| Version       | 3                                              |
| Revision      | 3                                              |
| Changes       | Fix to make feature name consistent from JoeH. |
| Status        | Released                                       |
| Last Modified | 24/04/2019 08:26:15                            |
| Author        | wiederan                                       |

## Training Load Focus

In order to maximize performance and fitness gains, training should be distributed across three categories: low aerobic, high aerobic, and anaerobic. Training load focus shows you how much of your training is currently in each category and provides training targets. Training load focus requires at least 7 days of training to determine if your training load is low, optimal, or high. After 4 weeks of training history, your training load estimate will have more detailed target information to help you balance your training activities.

**Below targets:** Your training load is lower than optimal in all intensity categories. Try increasing the duration or frequency of your workouts.

**Low aerobic shortage:** Try adding more low aerobic activities to provide recovery and balance for your higher intensity activities.

**High aerobic shortage:** Try adding more high aerobic activities to help improve your lactate threshold and VO2 max. over time.

**Anaerobic shortage:** Try adding a few more intense, anaerobic activities to improve your speed and anaerobic capacity over time.

**Balanced:** Your training load is balanced and provides all-around fitness benefits as you continue training.

**Low aerobic focus:** Your training load is mostly low aerobic activity. This provides a solid foundation and prepares you for adding more intense workouts.

**High aerobic focus:** Your training load is mostly high aerobic activity. These activities help to improve lactate threshold, VO2 max., and endurance.

**Anaerobic focus:** Your training load is mostly intense activity. This leads to rapid fitness gains, but should be balanced with low aerobic activities.

**Above targets:** Your training load is higher than optimal, and you should consider scaling back the duration and frequency of your workouts.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | About Training Effect                     |
| Identifier    | GUID-7275629E-743A-4658-A284-C84F42A66AE5 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 8                                         |
| Revision      | 3                                         |
| Changes       | Change balance to focus, as per JoeH.     |
| Status        | Released                                  |
| Last Modified | 24/04/2019 08:26:15                       |
| Author        | wiederan                                  |

## About Training Effect

Training Effect measures the impact of an activity on your aerobic and anaerobic fitness. Training Effect accumulates during the activity. As the activity progresses, the Training Effect value increases. Training Effect is determined by your user profile information and training history, and heart rate, duration, and intensity of your activity. There are seven different Training Effect labels to describe the primary benefit of your activity. Each label is color coded and corresponds to your training load focus (*Training Load Focus*, page 109). Each feedback phrase, for example, "Highly Impacting VO2 Max." has a corresponding description in your Garmin Connect activity details.

Aerobic Training Effect uses your heart rate to measure how the accumulated intensity of an exercise affects your aerobic fitness and indicates if the workout had a maintaining or improving effect on your fitness level. Your excess post-exercise oxygen consumption (EPOC) accumulated during exercise is mapped to a range of values that account for your fitness level and training habits. Steady workouts at moderate effort or workouts involving longer intervals (>180 sec) have a positive impact on your aerobic metabolism and result in an improved aerobic Training Effect.

Anaerobic Training Effect uses heart rate and speed (or power) to determine how a workout affects your ability to perform at very high intensity. You receive a value based on the anaerobic contribution to EPOC and the type of activity. Repeated high-intensity intervals of 10 to 120 seconds have a highly beneficial impact on your anaerobic capability and result in an improved anaerobic Training Effect.

You can add Aerobic TE and Anaerobic TE as data fields to one of your training screens to monitor your numbers throughout the activity.

| Training Effect | Aerobic Benefit                                                    | Anaerobic Benefit                                                  |
|-----------------|--------------------------------------------------------------------|--------------------------------------------------------------------|
| From 0.0 to 0.9 | No benefit.                                                        | No benefit.                                                        |
| From 1.0 to 1.9 | Minor benefit.                                                     | Minor benefit.                                                     |
| From 2.0 to 2.9 | Maintains your aerobic fitness.                                    | Maintains your anaerobic fitness.                                  |
| From 3.0 to 3.9 | Impacts your aerobic fitness.                                      | Impacts your anaerobic fitness.                                    |
| From 4.0 to 4.9 | Highly impacts your aerobic fitness.                               | Highly impacts your anaerobic fitness.                             |
| 5.0             | Overreaching and potentially harmful without enough recovery time. | Overreaching and potentially harmful without enough recovery time. |

Training Effect technology is provided and supported by Firstbeat Technologies Ltd. For more information, go to [www.firstbeat.com](http://www.firstbeat.com).

|               |                                                         |
|---------------|---------------------------------------------------------|
| Title         | Recovery Time                                           |
| Identifier    | GUID-DAC27D10-886A-4EA8-8339-674479E9574A               |
| Language      | EN-US                                                   |
| Description   |                                                         |
| Version       | 9                                                       |
| Revision      | 4                                                       |
| Changes       | Update for advanced recovery time--added last sentence. |
| Status        | Released                                                |
| Last Modified | 01/09/2020 10:04:01                                     |
| Author        | mcdanielm                                               |

## Recovery Time

You can use your Garmin device with wrist-based heart rate or a compatible chest heart rate monitor to display how much time remains before you are fully recovered and ready for the next hard workout.

**NOTE:** The recovery time recommendation uses your VO2 max. estimate and may seem inaccurate at first. The device requires you to complete a few activities to learn about your performance.

The recovery time appears immediately following an activity. The time counts down until it is optimal for you to attempt another hard workout. The device updates your recovery time throughout the day based on changes in sleep, stress, relaxation, and physical activity.

|               |                                                                             |
|---------------|-----------------------------------------------------------------------------|
| Title         | Recovery Heart Rate                                                         |
| Identifier    | GUID-4A13852E-C46C-47A7-B552-F6CF50E526EE                                   |
| Language      | EN-US                                                                       |
| Description   |                                                                             |
| Version       | 5                                                                           |
| Revision      | 3                                                                           |
| Changes       | SME edit from Joe H. - remove last sentence of tip about saving/discarding. |
| Status        | Released                                                                    |
| Last Modified | 01/09/2020 10:04:01                                                         |
| Author        | mcdanielm                                                                   |

## Recovery Heart Rate

If you are training with wrist-based heart rate or a compatible chest heart rate monitor, you can check your recovery heart rate value after each activity. Recovery heart rate is the difference between your exercising heart rate and your heart rate two minutes after the exercise has stopped. For example, after a typical training run, you stop the timer. Your heart rate is 140 bpm. After two minutes of no activity or cool down, your heart rate is 90 bpm. Your recovery heart rate is 50 bpm (140 minus 90). Some studies have linked recovery heart rate to cardiac health. Higher numbers generally indicate healthier hearts.

**TIP:** For best results, you should stop moving for two minutes while the device calculates your recovery heart rate value.

|               |                                                                                                             |
|---------------|-------------------------------------------------------------------------------------------------------------|
| Title         | Pausing and Resuming Your Training Status                                                                   |
| Identifier    | GUID-79A4D3A0-BD44-4BE3-9A06-98F90268A483                                                                   |
| Language      | EN-US                                                                                                       |
| Description   |                                                                                                             |
| Version       | 1                                                                                                           |
| Revision      | 5                                                                                                           |
| Changes       | Updated this to be one task instead of two. Dropped bike conditions so I could use watch instead of device. |
| Status        | Released                                                                                                    |
| Last Modified | 22/12/2021 13:31:50                                                                                         |
| Author        | cozmyer                                                                                                     |

## Pausing and Resuming Your Training Status

If you are injured or sick, you can pause your training status. You can continue to record fitness activities, but your training status, training load focus, recovery feedback, and workout recommendations are temporarily disabled.

You can resume your training status when you are ready to start training again. For best results, you need at least two VO2 max. measurements each week ([About VO2 Max. Estimates, page 99](#)).

- 1 When you want to pause your training status, select an option:
  - From the training status glance, hold **MENU**, and select **Options > Pause Training Status**.
  - From your Garmin Connect settings, select **Performance Stats > Training Status > ⋮ > Pause Training Status**.
- 2 Sync your watch with your Garmin Connect account.
- 3 When you want to resume your training status, select an option:
  - From the training status glance, hold **MENU**, and select **Options > Resume Training Status**.
  - From your Garmin Connect settings, select **Performance Stats > Training Status > ⋮ > Resume Training Status**.
- 4 Sync your watch with your Garmin Connect account.

|               |                                                                   |
|---------------|-------------------------------------------------------------------|
| Title         | Controls                                                          |
| Identifier    | GUID-700E76C4-F7E2-4984-8199-D59D6A31DFB9                         |
| Language      | EN-US                                                             |
| Description   |                                                                   |
| Version       | 2                                                                 |
| Revision      | 4                                                                 |
| Changes       | Adding conditioned note to night vision and stealth mode controls |
| Status        | Released                                                          |
| Last Modified | 22/02/2022 13:11:33                                               |
| Author        | tillmonmartha                                                     |

## Controls

The controls menu lets you quickly access watch features and options. You can add, reorder, and remove the options in the controls menu ([Customizing the Controls Menu, page 115](#)).

From any screen, hold **LIGHT**.



| Icon | Name                 | Description                                                                                                                |
|------|----------------------|----------------------------------------------------------------------------------------------------------------------------|
|      | Alarm Clock          | Select to add or edit an alarm ( <a href="#">Setting an Alarm, page 4</a> ).                                               |
|      | Altimeter            | Select to open the altimeter screen.                                                                                       |
|      | Alt. Time Zones      | Select to view the current time of day in additional time zones ( <a href="#">Adding Alternate Time Zones, page 8</a> ).   |
|      | Assistance           | Select to send an assistance request ( <a href="#">Requesting Assistance, page 157</a> ).                                  |
|      | Barometer            | Select to open the barometer screen.                                                                                       |
|      | Battery Saver        | Select to enable or disable the battery saver feature ( <a href="#">Customizing the Battery Saver Feature, page 172</a> ). |
|      | Brightness           | Select to adjust the screen brightness ( <a href="#">Changing the Backlight Settings, page 176</a> ).                      |
|      | Broadcast Heart Rate | Select to turn on heart rate broadcasting to a paired device ( <a href="#">Broadcasting Heart Rate Data, page 123</a> ).   |

| Icon                                                                                | Name              | Description                                                                                                                                                                                                                                                       |
|-------------------------------------------------------------------------------------|-------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | Compass           | Select to open the compass screen.                                                                                                                                                                                                                                |
|    | Do Not Disturb    | Select to enable or disable do not disturb mode to dim the screen and disable alerts and notifications. For example, you can use this mode while watching a movie.                                                                                                |
|    | Find My Phone     | Select to play an audible alert on your paired phone, if it is within Bluetooth range. The Bluetooth signal strength appears on the Descent watch screen, and it increases as you move closer to your phone.                                                      |
|    | Flashlight        | Select to turn on the screen to use your watch as a flashlight.                                                                                                                                                                                                   |
|    | Lock Keys         | Select to lock the buttons to prevent inadvertent presses.                                                                                                                                                                                                        |
|    | Moon Phase        | Select to view moonrise and moonset times, along with the moon phase, based on your GPS position.                                                                                                                                                                 |
|    | Music Controls    | Select to control music playback on your phone.                                                                                                                                                                                                                   |
|    | Phone             | Select to enable or disable Bluetooth technology and your connection to your paired phone.                                                                                                                                                                        |
|   | Pool Mode         | Select to enable or disable the pool mode for diving. When the watch is in pool dive mode, the tissue load and decompression lockout features function normally, but dives are not saved to the dive log. The pool dive mode turns off automatically at midnight. |
|  | Power Off         | Select to turn off the watch.                                                                                                                                                                                                                                     |
|  | Save Location     | Select to save your current location to navigate back to it later.                                                                                                                                                                                                |
|  | Set Time with GPS | Select to sync your watch with the time on your phone or using satellites.                                                                                                                                                                                        |
|  | Stopwatch         | Select to start the stopwatch ( <a href="#">Using the Stopwatch, page 7</a> ).                                                                                                                                                                                    |
|  | Sunrise & Sunset  | Select to view sunrise, sunset, and twilight times.                                                                                                                                                                                                               |
|  | Sync              | Select to sync your watch with your paired phone.                                                                                                                                                                                                                 |
|  | Timers            | Select to set a countdown timer ( <a href="#">Starting the Countdown Timer, page 5</a> ).                                                                                                                                                                         |
|  | Wallet            | Select to open your Garmin Pay wallet and pay for purchases with your watch ( <a href="#">Garmin Pay, page 116</a> ).                                                                                                                                             |

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Customizing the Controls Menu             |
| Identifier    | GUID-3A355D29-6245-4C45-A727-4CE60B3F9313 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 4                                         |
| Revision      | 3                                         |
| Changes       | Adding Appearance to menu path            |
| Status        | Released                                  |
| Last Modified | 20/01/2022 18:07:12                       |
| Author        | tillmonmartha                             |

## Customizing the Controls Menu

You can add, remove, and change the order of the shortcut menu options in the controls menu ([Controls, page 113](#)).

- 1 Hold **MENU**.
- 2 Select **Appearance > 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.

|               |                                                                                                                                 |
|---------------|---------------------------------------------------------------------------------------------------------------------------------|
| Title         | Music Playback Controls                                                                                                         |
| Identifier    | GUID-8D7F288E-0E62-4DE7-801C-E11948644A96                                                                                       |
| Language      | EN-US                                                                                                                           |
| Description   |                                                                                                                                 |
| Version       | 5                                                                                                                               |
| Revision      | 8                                                                                                                               |
| Changes       | Updated functions and added keyed/touch conditions. Had to rename music_controls varid to avoid duplicate with the glance name. |
| Status        | Released                                                                                                                        |
| Last Modified | 20/12/2021 11:51:45                                                                                                             |
| Author        | cozmyer                                                                                                                         |

## Music Playback Controls

**NOTE:** Music playback controls may look different, depending on the selected music source.

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

|               |                                                                                                                                    |
|---------------|------------------------------------------------------------------------------------------------------------------------------------|
| Title         | Garmin Pay                                                                                                                         |
| Identifier    | GUID-109340CD-8504-4FA8-9E70-83A071C6CC86                                                                                          |
| Language      | EN-US                                                                                                                              |
| Description   | Chapter-level concept describing the Garmin Pay feature and system.                                                                |
| Version       | 3                                                                                                                                  |
| Revision      | 4                                                                                                                                  |
| Changes       | Adding a conditioned statement for shared manual with optional Garmin Pay; used "No Garmin Pay" for an optional Garmin Pay feature |
| Status        | Released                                                                                                                           |
| Last Modified | 24/01/2022 15:15:05                                                                                                                |
| Author        | tillmonmartha                                                                                                                      |

## Garmin Pay

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

**NOTE:** This feature is not available for all product models.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Setting Up Your Garmin Pay Wallet         |
| Identifier    | GUID-6A02E808-A5DA-47AE-B69E-6E4D90C334A6 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 8                                         |
| Revision      | 1                                         |
| Changes       | No English change. Versioned to fix TR.   |
| Status        | Released                                  |
| Last Modified | 11/02/2022 06:51:29                       |
| Author        | pullins                                   |

## Setting Up Your Garmin Pay Wallet

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

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Paying for a Purchase Using Your Watch    |
| Identifier    | GUID-BD8A6737-FFF6-4958-AA18-19CAF2A963B1 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 5                                         |
| Revision      | 3                                         |
| Changes       | store to location                         |
| Status        | Released                                  |
| Last Modified | 20/12/2021 11:52:23                       |
| Author        | tillmonmartha                             |

## Paying for a Purchase Using Your Watch

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

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

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

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

Your most recently used payment card appears.
- 4 If you have added multiple cards to your Garmin Pay wallet, select **DOWN** to change to another card (optional).
- 5 Within 60 seconds, hold your watch near the payment reader, with the watch facing the reader.
 

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

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Adding a Card to Your Garmin Pay Wallet   |
| Identifier    | GUID-E330B2F3-4E25-4589-8A47-9695FC4A35A3 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 4                                         |
| Revision      | 1                                         |
| Changes       | No English change versioned to fix TR.    |
| Status        | Released                                  |
| Last Modified | 30/04/2021 07:48:49                       |
| Author        | pullins                                   |

## Adding a Card to Your Garmin Pay Wallet

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

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

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Managing Your Garmin Pay Cards            |
| Identifier    | GUID-85CC8ED7-7705-4D5F-9E2C-1CB37228D481 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 7                                         |
| Revision      | 3                                         |
| Changes       | device to watch                           |
| Status        | Released                                  |
| Last Modified | 20/12/2021 11:51:06                       |
| Author        | tillmonmartha                             |

## Managing Your Garmin Pay Cards

You can temporarily suspend or delete a card.

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

- 1 From the Garmin Connect app, select  or .
- 2 Select **Garmin Pay**.
- 3 Select a card.
- 4 Select an option:
  - To temporarily suspend or unsuspend the card, select **Suspend Card**.  
The card must be active to make purchases using your Descent G1 watch.
  - To delete the card, select .

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Changing Your Garmin Passcode             |
| Identifier    | GUID-F41320A5-AFF0-4B3B-9D8F-F981ADF722CF |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 4                                         |
| Revision      | 3                                         |
| Changes       | Updating device to watch                  |
| Status        | Released                                  |
| Last Modified | 20/12/2021 11:43:53                       |
| Author        | tillmonmartha                             |

## Changing Your Garmin Pay Passcode

You must know your current passcode to change it. If you forget your passcode, you must reset the Garmin Pay feature for your Descent G1 watch, create a new passcode, and reenter your card information.

- 1 From the Descent G1 device page in the Garmin Connect app, select **Garmin Pay > Change Passcode**.
- 2 Follow the on-screen instructions.

The next time you pay using your Descent G1 watch, you must enter the new passcode.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Sensors and Accessories                   |
| Identifier    | GUID-E45B1643-2762-4D5B-9D3A-C2862AE18FF2 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 4                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 22/12/2021 13:34:42                       |
| Author        | cozmyer                                   |

## Sensors and Accessories

The Descent G1 watch has several internal sensors, and you can pair additional wireless sensors for your activities.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Wrist Heart Rate                          |
| Identifier    | GUID-C9AFFA77-2E39-4079-8E55-58280EF8FE00 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 5                                         |
| Changes       | Save as from Heart Rate Features.         |
| Status        | Released                                  |
| Last Modified | 22/12/2021 13:48:03                       |
| Author        | cozmyer                                   |

## Wrist Heart Rate

Your watch has a wrist-based heart rate monitor, and you can view your heart rate data on the heart rate glance ([Viewing the Glance Loop, page 96](#)).

The watch is also compatible with chest heart rate monitors. If both wrist-based heart rate and chest heart rate data are available when you start an activity, your watch uses the chest heart rate data.

|               |                                                        |
|---------------|--------------------------------------------------------|
| Title         | Wearing the Watch (WHRM)                               |
| Identifier    | GUID-F2E7E0A9-FB44-4297-BF4D-D0C31C400C45              |
| Language      | EN-US                                                  |
| Description   |                                                        |
| Version       | 11                                                     |
| Revision      | 4                                                      |
| Changes       | Adding skin irritation caution per request from Legal. |
| Status        | Released                                               |
| Last Modified | 16/12/2021 12:54:21                                    |
| Author        | burzinskittu                                           |

## Wearing the Watch

### ⚠ CAUTION

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist. For more information, go to [garmin.com/fitandcare](https://garmin.com/fitandcare).

- Wear the watch above your wrist bone.

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



**NOTE:** While diving, the watch should stay in contact with your skin, and it should not bump into other wrist-worn devices.

**NOTE:** The optical sensor is located on the back of the watch.

- See [Tips for Erratic Heart Rate Data, page 121](#) for more information about wrist-based heart rate.
- See [Tips for Erratic Pulse Oximeter Data, page 125](#) for more information about the pulse oximeter sensor.
- For more information about accuracy, go to [garmin.com/ataccuracy](https://garmin.com/ataccuracy).
- For more information about watch wear and care, go to [www.garmin.com/fitandcare](https://www.garmin.com/fitandcare).

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Tips for Erratic Heart Rate Data (WHRM)   |
| Identifier    | GUID-08BC6CE7-EB8F-4392-9B7D-714B54D19499 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 4                                         |
| Revision      | 3                                         |
| Changes       | Device to watch                           |
| Status        | Released                                  |
| Last Modified | 20/12/2021 11:55:20                       |
| Author        | tillmonmartha                             |

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Wrist Heart Rate Monitor Settings         |
| Identifier    | GUID-AB9A0CB2-FA4B-4AD0-894B-B4B6808642A7 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 6                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 22/12/2021 13:48:04                       |
| Author        | cozmyer                                   |

## Wrist Heart Rate Monitor Settings

Hold **MENU**, and select **Sensors & Accessories > Wrist Heart Rate**.

**Status:** Enables or disables the wrist heart rate monitor. The default value is Auto, which automatically uses the wrist heart rate monitor unless you pair an external heart rate monitor.

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

**While Swimming:** Enables or disables the wrist heart rate monitor during swimming activities.

**Abnormal Heart Rate Alerts:** Allows you to set the watch to alert you when your heart rate exceeds or drops below a target value ([Setting an Abnormal Heart Rate Alert, page 122](#)).

**Broadcast Heart Rate:** Allows you to begin broadcasting your heart rate data to a paired device ([Broadcasting Heart Rate Data, page 123](#)).

|               |                                                                                      |
|---------------|--------------------------------------------------------------------------------------|
| Title         | Setting an Abnormal Heart Rate Alert                                                 |
| Identifier    | GUID-F00E423A-165E-4557-91EE-DC2EDF737E79                                            |
| Language      | EN-US                                                                                |
| Description   |                                                                                      |
| Version       | 1                                                                                    |
| Revision      | 4                                                                                    |
| Changes       | Save as from Forerunner topic. Switch from using the widget to the sensors settings. |
| Status        | Released                                                                             |
| Last Modified | 22/12/2021 13:34:43                                                                  |
| Author        | cozmyer                                                                              |

## Setting an Abnormal Heart Rate Alert

### CAUTION

This feature only alerts you when your heart rate exceeds or drops below a certain number of beats per minute, as selected by the user, after a period of inactivity. This feature does not notify you of any potential heart condition and is not intended to treat or diagnose any medical condition or disease. Always defer to your health care provider for any heart-related issues.

You can set the heart rate threshold value.

- 1 Hold **MENU**.
- 2 Select **Sensors & Accessories > Wrist Heart Rate > Abnormal Heart Rate Alerts**.
- 3 Select **High Alert** or **Low Alert**.
- 4 Set the heart rate threshold value.

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

|               |                                                                                                                                          |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------|
| Title         | Broadcasting HR Data to Garmin Devices                                                                                                   |
| Identifier    | GUID-D8D363C2-0690-48D4-95E2-A3557E7D53C2                                                                                                |
| Language      | EN-US                                                                                                                                    |
| Description   |                                                                                                                                          |
| Version       | 10                                                                                                                                       |
| Revision      | 8                                                                                                                                        |
| Changes       | Made the first step a choice list. Added link to activity settings. Removed specifics to Garmin devices since you can broadcast over BT. |
| Status        | Released                                                                                                                                 |
| Last Modified | 22/12/2021 14:25:16                                                                                                                      |
| Author        | cozmyer                                                                                                                                  |

## Broadcasting Heart Rate Data

You can broadcast your heart rate data from your watch and view it on paired devices. Broadcasting heart rate data decreases battery life.

**TIP:** You can customize the activity settings to broadcast your heart rate data automatically when you begin an activity ([Activities and App Settings, page 70](#)). For example, you can broadcast your heart rate data to an Edge® device while cycling.

**NOTE:** Broadcasting heart rate data is not available for dive activities.

1 Select an option:

- Hold **MENU**, and select **Sensors & Accessories > Wrist Heart Rate > Broadcast Heart Rate**.
- Hold **LIGHT** to open the controls menu, and select .

**NOTE:** You can add options to the controls menu ([Customizing the Controls Menu, page 115](#)).

2 Press **START**.

The watch starts broadcasting your heart rate data.

3 Pair your watch with your compatible device.

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

4 Press **STOP** to stop broadcasting your heart rate data.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Pulse Oximeter                            |
| Identifier    | GUID-2EE28BB8-91F1-4BCE-AE13-6CAEF50AD5C4 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 3                                         |
| Revision      | 3                                         |
| Changes       | Updating device to watch                  |
| Status        | Released                                  |
| Last Modified | 20/12/2021 11:52:52                       |
| Author        | tillmonmartha                             |

## Pulse Oximeter

The Descent watch has a wrist-based pulse oximeter to gauge the saturation of oxygen in your blood. Knowing your oxygen saturation can be valuable in understanding your overall health and help you determine how your body is adapting to altitude. Your watch gauges your blood oxygen level by shining light into the skin and checking how much light is absorbed. This is referred to as SpO<sub>2</sub>.

On the watch, your pulse oximeter readings appear as an SpO<sub>2</sub> percentage. On your Garmin Connect account, you can view additional details about your pulse oximeter readings, including trends over multiple days ([Setting the Pulse Oximeter Mode, page 124](#)). For more information on pulse oximeter accuracy, go to [garmin.com/ataccuracy](https://garmin.com/ataccuracy).

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Getting Pulse Oximeter Readings           |
| Identifier    | GUID-1589E4DE-1170-4568-892E-661E3E892616 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 2                                         |
| Revision      | 3                                         |
| Changes       | widget to glance; device to watch         |
| Status        | Released                                  |
| Last Modified | 20/01/2022 18:05:57                       |
| Author        | tillmonmartha                             |

## Getting Pulse Oximeter Readings

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

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

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

|               |                                              |
|---------------|----------------------------------------------|
| Title         | Setting the Pulse Oximeter Mode              |
| Identifier    | GUID-131DFB7F-0BD1-4AE2-BCBA-98B36A3F96C4    |
| Language      | EN-US                                        |
| Description   |                                              |
| Version       | 1                                            |
| Revision      | 5                                            |
| Changes       | Combined three pulse ox tasks into this one. |
| Status        | Released                                     |
| Last Modified | 07/03/2022 11:28:14                          |
| Author        | cozmyer                                      |

## Setting the Pulse Oximeter Mode

- 1 Hold **MENU**.
- 2 Select **Sensors & Accessories > Pulse Oximeter > Pulse Ox Mode**.
- 3 Select an option:
  - To turn off automatic measurements, select **Manual Check**.
  - To turn on continuous measurements while you sleep, select **During Sleep**.

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

  - To turn on measurements while you are inactive during the day, select **All Day**.

**NOTE:** Turning on **All Day** mode decreases battery life.

|               |                                                                                                           |
|---------------|-----------------------------------------------------------------------------------------------------------|
| Title         | Tips for Erratic Pulse Oximeter Data                                                                      |
| Identifier    | GUID-B7A60F69-6ADF-4B11-A42B-A9922E466AEE                                                                 |
| Language      | EN-US                                                                                                     |
| Description   |                                                                                                           |
| Version       | 4                                                                                                         |
| Revision      | 4                                                                                                         |
| Changes       | Updating device to watch. Made nylon band text more generic because many watches can't use UltraFit bands |
| Status        | Released                                                                                                  |
| Last Modified | 20/12/2021 11:55:22                                                                                       |
| Author        | tillmonmartha                                                                                             |

## Tips for Erratic Pulse Oximeter Data

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

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Compass (outdoor watch)                   |
| Identifier    | GUID-48B9779E-BB7B-42AA-B8E0-1EB93814603D |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 7                                         |
| Revision      | 4                                         |
| Changes       | Updated widget to glance.                 |
| Status        | Released                                  |
| Last Modified | 22/12/2021 13:21:26                       |
| Author        | cozmyer                                   |

## Compass

The watch has a 3-axis compass with automatic calibration. The compass features and appearance change depending on your activity, whether GPS is enabled, and whether you are navigating to a destination. You can change the compass settings manually ([Compass Settings, page 126](#)). To open the compass settings quickly, you can press START from the compass glance.

|               |                                                                                                    |
|---------------|----------------------------------------------------------------------------------------------------|
| Title         | Compass Settings (Outdoor watch)                                                                   |
| Identifier    | GUID-6D64DCD4-8FA6-44D9-A863-B7A634CE0821                                                          |
| Language      | EN-US                                                                                              |
| Description   |                                                                                                    |
| Version       | 6                                                                                                  |
| Revision      | 4                                                                                                  |
| Changes       | Removed Settings menu. MARQ/fenix 6 going forward. Use previous version to support older products. |
| Status        | Released                                                                                           |
| Last Modified | 26/02/2019 12:52:39                                                                                |
| Author        | gerson                                                                                             |

## Compass Settings

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

**Calibrate:** Allows you to manually calibrate the compass sensor ([Calibrating the Compass Manually, page 126](#)).

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

**North Ref.:** Sets the north reference of the compass ([Setting the North Reference, page 127](#)).

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

|               |                                                   |
|---------------|---------------------------------------------------|
| Title         | Calibrating the Compass (Outdoor watch)           |
| Identifier    | GUID-4C4297B5-1632-4CC8-98B9-67C6682A3745         |
| Language      | EN-US                                             |
| Description   |                                                   |
| Version       | 8                                                 |
| Revision      | 4                                                 |
| Changes       | Updated device to watch. Added settings condition |
| Status        | Released                                          |
| Last Modified | 22/12/2021 13:21:25                               |
| Author        | cozmyer                                           |

## Calibrating the Compass Manually

### NOTICE

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

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

- 1 Hold **MENU**.
- 2 Select **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.

|               |                                                                                                    |
|---------------|----------------------------------------------------------------------------------------------------|
| Title         | Setting the North Reference                                                                        |
| Identifier    | GUID-AAF67F7E-C05F-43EF-9E6E-894E4545416F                                                          |
| Language      | EN-US                                                                                              |
| Description   |                                                                                                    |
| Version       | 5                                                                                                  |
| Revision      | 3                                                                                                  |
| Changes       | Removed Settings menu. MARQ/fenix 6 going forward. Use previous version to support older products. |
| Status        | Released                                                                                           |
| Last Modified | 26/02/2019 12:52:39                                                                                |
| Author        | gerson                                                                                             |

## Setting the North Reference

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

- 1 Hold **MENU**.
- 2 Select **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 (000°) as the heading reference, select **Grid**.
  - To set the magnetic variation value manually, select **User**, enter the magnetic variance, and select **Done**.

|               |                                               |
|---------------|-----------------------------------------------|
| Title         | Altimeter and Barometer                       |
| Identifier    | GUID-0FFD6812-6604-4D97-BC0F-56194CB12EB5     |
| Language      | EN-US                                         |
| Description   |                                               |
| Version       | 7                                             |
| Revision      | 4                                             |
| Changes       | Changed widget to glance and device to watch. |
| Status        | Released                                      |
| Last Modified | 22/02/2022 12:12:43                           |
| Author        | cozmyer                                       |

## Altimeter and Barometer

The watch contains an internal altimeter and barometer. The watch collects elevation and pressure data continuously, even in low-power mode. The altimeter displays your approximate elevation based on pressure changes. The barometer displays environmental pressure data based on the fixed elevation where the altimeter was most recently calibrated ([Altimeter Settings, page 128](#)). You can press **START** from the altimeter or barometer glances to open the altimeter or barometer settings quickly.

|               |                                                  |
|---------------|--------------------------------------------------|
| Title         | Altimeter Settings (Outdoor Watch)               |
| Identifier    | GUID-2DF9C415-2A35-48CE-B20B-013DAA3358A5        |
| Language      | EN-US                                            |
| Description   |                                                  |
| Version       | 8                                                |
| Revision      | 4                                                |
| Changes       | Added sensor mode from barometer settings topic. |
| Status        | Released                                         |
| Last Modified | 22/02/2022 13:08:51                              |
| Author        | cozmyer                                          |

## Altimeter Settings

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

**Calibrate:** Allows you to manually calibrate the altimeter sensor.

**Auto Cal.:** Allows the altimeter to self-calibrate each time you use satellite systems.

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

**Elevation:** Sets the units of measure for elevation.

|               |                                                          |
|---------------|----------------------------------------------------------|
| Title         | Calibrating the Barometric Altimeter (Outdoor watch)     |
| Identifier    | GUID-BC734846-01A7-4F33-86D4-DFBDBC06CDB4                |
| Language      | EN-US                                                    |
| Description   |                                                          |
| Version       | 11                                                       |
| Revision      | 4                                                        |
| Changes       | Have to select Enter Manually to calibrate manually now. |
| Status        | Released                                                 |
| Last Modified | 22/02/2022 13:10:48                                      |
| Author        | burzinskititu                                            |

## Calibrating the Barometric Altimeter

Your watch was already calibrated at the factory, and the watch 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 **Sensors & Accessories > Altimeter**.

**3** Select an option:

- To calibrate automatically from your GPS starting point, select **Auto Cal.**, and select an option.
- To enter the current elevation manually, select **Calibrate > Enter Manually**.
- To enter the current elevation from the digital elevation model, select **Calibrate > Use DEM**.

**NOTE:** Some devices require a phone connection to use DEM for calibration.

- To enter the current elevation from your GPS starting point, select **Calibrate > Use GPS**.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Barometer Settings                        |
| Identifier    | GUID-CDC9DDEE-C576-4E1D-B007-BC737686793A |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 7                                         |
| Revision      | 3                                         |
| Changes       | Watch mode changed to sensor mode.        |
| Status        | Released                                  |
| Last Modified | 22/02/2022 13:10:24                       |
| Author        | cozmyer                                   |

## Barometer Settings

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

**Calibrate:** Allows you to manually calibrate the barometer sensor.

**Plot:** Sets the time scale for the chart in the barometer glance.

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

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

**Pressure:** Sets how the watch displays pressure data.

|               |                                                          |
|---------------|----------------------------------------------------------|
| Title         | Calibrating the Barometer                                |
| Identifier    | GUID-53F2E412-E939-4B29-B5B3-3F3CCAA0ECAB                |
| Language      | EN-US                                                    |
| Description   |                                                          |
| Version       | 7                                                        |
| Revision      | 5                                                        |
| Changes       | Need to select Enter Manually to calibrate manually now. |
| Status        | Released                                                 |
| Last Modified | 22/02/2022 13:10:41                                      |
| Author        | burzinskititu                                            |

## Calibrating the Barometer

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

**1** Hold **MENU**.

**2** Select **Sensors & Accessories > Barometer > Calibrate**.

**3** Select an option:

- To enter the current elevation and sea level pressure (optional), select **Enter Manually**.
- To calibrate automatically from the digital elevation model, select **Use DEM**.

**NOTE:** Some watches require a phone connection to use DEM for calibration.

- To calibrate automatically from your GPS starting point, select **Use GPS**.

|               |                                                                                                    |
|---------------|----------------------------------------------------------------------------------------------------|
| Title         | Wireless Sensors                                                                                   |
| Identifier    | GUID-1E3CECCF-0343-431C-95F0-5716E0341C75                                                          |
| Language      | EN-US                                                                                              |
| Description   |                                                                                                    |
| Version       | 4                                                                                                  |
| Revision      | 17                                                                                                 |
| Changes       | Added a conditioned table for all sensor types. Remove small sensor concept topics below this one. |
| Status        | Released                                                                                           |
| Last Modified | 22/12/2021 14:30:05                                                                                |
| Author        | cozmyer                                                                                            |

## Wireless Sensors

Your watch can be paired and used with wireless ANT+ or Bluetooth sensors ([Pairing Your Wireless Sensors, page 131](#)). After the devices are paired, you can customize the optional data fields ([Customizing the Data Screens, page 68](#)). If your watch was packaged with a sensor, they are already paired.

For information about specific Garmin sensor compatibility, purchasing, or to view the owner's manual, go to [buy.garmin.com](http://buy.garmin.com) for that sensor.

| Sensor Type          | Description                                                                                                                                                                                                                                                                                                                                     |
|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Club Sensors         | You can use Approach CT10 golf club sensors to automatically track your golf shots, including location, distance, and club type.                                                                                                                                                                                                                |
| DogTrack             | Allows you to receive data from a compatible handheld dog tracking device.                                                                                                                                                                                                                                                                      |
| External Heart Rate  | You can use an external heart rate monitor, such as the HRM-Pro™ or HRM-Dual™, and view heart rate data during your activities.                                                                                                                                                                                                                 |
| Foot Pod             | You can use a foot pod to record pace and distance instead of using GPS when you are training indoors or when your GPS signal is weak.                                                                                                                                                                                                          |
| inReach              | The inReach remote function allows you to control your inReach device using your Descent watch ( <a href="#">Using the inReach Remote, page 134</a> ).                                                                                                                                                                                          |
| Power                | You can use a power meter, such as Rally™ and Vector™, to view your power data on your watch. You can adjust your power zones to match your goals and abilities ( <a href="#">Setting Your Power Zones, page 154</a> ), or use range alerts to be notified when you reach a specified power zone ( <a href="#">Setting an Alert, page 73</a> ). |
| RD Pod               | You can use a Running Dynamics Pod to record running dynamics data and view it on your watch ( <a href="#">Running Dynamics, page 132</a> ).                                                                                                                                                                                                    |
| Smart Trainer        | You can use your watch with an indoor bike smart trainer to simulate resistance while following a course, ride, or workout.                                                                                                                                                                                                                     |
| Speed/Cadence        | You can attach speed or cadence sensors to your bike and view the data during your ride. If necessary, you can manually enter your wheel circumference ( <a href="#">Wheel Size and Circumference, page 217</a> ).                                                                                                                              |
| Tempe                | You can attach the tempe™ temperature sensor to a secure strap or loop where it is exposed to ambient air, so it provides a consistent source of accurate temperature data.                                                                                                                                                                     |
| VIRB                 | The VIRB remote function allows you to control your VIRB action camera using your watch ( <a href="#">VIRB Remote, page 135</a> ).                                                                                                                                                                                                              |
| XERO Laser Locations | You can view and share laser location information from a Xero device ( <a href="#">Xero Laser Location Settings, page 137</a> ).                                                                                                                                                                                                                |

|               |                                                                                                         |
|---------------|---------------------------------------------------------------------------------------------------------|
| Title         | Pairing Your Wireless Sensors                                                                           |
| Identifier    | GUID-0AA57B88-BA13-4983-ADAC-7EA7DABC735D                                                               |
| Language      | EN-US                                                                                                   |
| Description   |                                                                                                         |
| Version       | 4                                                                                                       |
| Revision      | 6                                                                                                       |
| Changes       | Adding a sentence about optional data fields. Reducing the number of sensors concept topics in the map. |
| Status        | Released                                                                                                |
| Last Modified | 22/12/2021 13:43:14                                                                                     |
| Author        | cozmyer                                                                                                 |

## Pairing Your Wireless Sensors

The first time you connect a wireless sensor to your watch using ANT+ or Bluetooth technology, you must pair the watch and sensor. If the sensor has both ANT+ and Bluetooth technology, Garmin recommends that you pair using ANT+ technology. After they are paired, the watch connects to the sensor automatically when you start an activity and the sensor is active and within range.

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

The heart rate monitor does not send or receive data until you put it on.

- 2 Bring the watch 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 **Sensors & Accessories > Add New**.

- 5 Select an option:

- Select **Search All**.
- Select your sensor type.

After the sensor is paired with your watch, the sensor status changes from Searching to Connected. Sensor data appears in the data screen loop or a custom data field. You can customize the optional data fields ([Customizing the Data Screens, page 68](#)).

|               |                                                          |
|---------------|----------------------------------------------------------|
| Title         | Running Dynamics                                         |
| Identifier    | GUID-62A09512-518A-424A-8491-FE2B80CD2091                |
| Language      | EN-US                                                    |
| Description   |                                                          |
| Version       | 11                                                       |
| Revision      | 3                                                        |
| Changes       | Updating bundled accessory condition to include HRM-Pro. |
| Status        | Released                                                 |
| Last Modified | 11/09/2020 13:54:04                                      |
| Author        | burzinskittu                                             |

## Running Dynamics

You can use your compatible Descent device paired with the HRM-Pro accessory or other running dynamics accessory to provide real-time feedback about your running form.

The running dynamics accessory has an accelerometer that measures torso movement in order to calculate six running metrics.

**Cadence:** Cadence is the number of steps per minute. It displays the total steps (right and left combined).

**Vertical oscillation:** Vertical oscillation is your bounce while running. It displays the vertical motion of your torso, measured in centimeters.

**Ground contact time:** Ground contact time is the amount of time in each step that you spend on the ground while running. It is measured in milliseconds.

**NOTE:** Ground contact time and balance are not available while walking.

**Ground contact time balance:** Ground contact time balance displays the left/right balance of your ground contact time while running. It displays a percentage. For example, 53.2 with an arrow pointing left or right.

**Stride length:** Stride length is the length of your stride from one footfall to the next. It is measured in meters.

**Vertical ratio:** Vertical ratio is the ratio of vertical oscillation to stride length. It displays a percentage. A lower number typically indicates better running form.

|               |                                                                                                                                                                                                                |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title         | Training with Running Dynamics (outdoor watch)                                                                                                                                                                 |
| Identifier    | GUID-B748FD83-268D-4777-9414-AEC70FC6DA30                                                                                                                                                                      |
| Language      | EN-US                                                                                                                                                                                                          |
| Description   | Checked in from Forerunner. Replace Forerunner name with ph_product_series variable. Update strings and paths based on the UX documents.                                                                       |
| Version       | 7                                                                                                                                                                                                              |
| Revision      | 4                                                                                                                                                                                                              |
| Changes       | Removed Settings menu. MARQ/fenix 6 going forward. Use previous version to support older products. Since none of the outdoor watches are bundled with HRM straps any more, removed info about bundled devices. |
| Status        | Released                                                                                                                                                                                                       |
| Last Modified | 26/02/2019 12:52:39                                                                                                                                                                                            |
| Author        | gerson                                                                                                                                                                                                         |

## Training with Running Dynamics

Before you can view running dynamics, you must put on a running dynamics accessory, such as the HRM-Pro accessory, and pair it with your device ([Pairing Your Wireless Sensors, page 131](#)).

- 1 Hold **MENU**.
- 2 Select **Activities & Apps**.
- 3 Select an activity.
- 4 Select the activity settings.
- 5 Select **Data Screens > Add New**.
- 6 Select a running dynamics data screen.  
**NOTE:** The running dynamics screens are not available for all activities.
- 7 Go for a run ([Starting an Activity, page 40](#)).
- 8 Select **UP** or **DOWN** to open a running dynamics screen to view your metrics.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Tips for Missing Running Dynamics Data    |
| Identifier    | GUID-F58662CB-A1F2-4B68-8256-A731A372F4B2 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 8                                         |
| Revision      | 6                                         |
| Changes       | Added HRM-Pro tip                         |
| Status        | Released                                  |
| Last Modified | 01/09/2020 10:04:01                       |
| Author        | mcdanielm                                 |

## Tips for Missing Running Dynamics Data

If running dynamics data does not appear, you can try these tips.

- Make sure you have a running dynamics accessory, such as the HRM-Pro accessory. Accessories with running dynamics have  on the front of the module.
- Pair the running dynamics accessory with your Descent device again, according to the instructions.
- If you are using the HRM-Pro accessory, pair it with your Descent device using ANT+ technology, rather than Bluetooth technology.
- If the running dynamics data display shows only zeros, make sure the accessory is worn right-side up.  
**NOTE:** Ground contact time and balance appears only while running. It is not calculated while walking.

|               |                                                                                        |
|---------------|----------------------------------------------------------------------------------------|
| Title         | inReach Remote (Generic)                                                               |
| Identifier    | GUID-29D4446B-0685-4E70-8CFC-18F2E7014935                                              |
| Language      | EN-US                                                                                  |
| Description   |                                                                                        |
| Version       | 2                                                                                      |
| Revision      | 3                                                                                      |
| Changes       | Added "compatible." Older devices without ANT+ can't be used with the remote function. |
| Status        | Released                                                                               |
| Last Modified | 01/10/2019 15:19:23                                                                    |
| Author        | cozmyer                                                                                |

## inReach Remote

The inReach remote function allows you to control your inReach device using your Descent device. Go to [buy.garmin.com](http://buy.garmin.com) to purchase a compatible inReach device.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Using the inReach Remote                  |
| Identifier    | GUID-43AD8C5A-49D3-4CFD-8698-B76EB4827C14 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 3                                         |
| Revision      | 3                                         |
| Changes       | Changed widget to glance.                 |
| Status        | Released                                  |
| Last Modified | 22/12/2021 13:37:25                       |
| Author        | cozmyer                                   |

## Using the inReach Remote

Before you can use the inReach remote function, you must add the inReach glance to the glance loop (*Customizing the Glance Loop*, page 97).

- 1 Turn on the inReach device.
- 2 On your Descent watch, press **UP** or **DOWN** from the watch face to view the inReach glance.
- 3 Press **START** to search for your inReach device.
- 4 Press **START** to pair your inReach device.
- 5 Press **START**, and select an option:
  - To send an SOS message, select **Initiate SOS**.  
**NOTE:** You should only use the SOS function in a real emergency situation.
  - To send a text message, select **Messages > New Message**, select the message contacts, and enter the message text or select a quick text option.
  - To send a preset message, select **Send Preset**, and select a message from the list.
  - To view the timer and distance traveled during an activity, select **Tracking**.

|               |                                                                                              |
|---------------|----------------------------------------------------------------------------------------------|
| Title         | VIRB Remote (Generic)                                                                        |
| Identifier    | GUID-9145B9DA-70E7-42BE-A2E5-67228DEC6BC4                                                    |
| Language      | EN-US                                                                                        |
| Description   | Concept that describes the VIRB Remote feature generically so that it works for all markets. |
| Version       | 4                                                                                            |
| Revision      | 3                                                                                            |
| Changes       | Removed the second sentence. There are no longer any VIRB models for sale on the website.    |
| Status        | Released                                                                                     |
| Last Modified | 27/04/2021 12:45:32                                                                          |
| Author        | cozmyer                                                                                      |

## VIRB Remote

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Controlling a VIRB Action Camera          |
| Identifier    | GUID-16BCA98D-D9AF-496C-B003-F21DED75D4E3 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 6                                         |
| Revision      | 3                                         |
| Changes       | Changed widget to glance                  |
| Status        | Released                                  |
| Last Modified | 22/12/2021 13:25:21                       |
| Author        | cozmyer                                   |

## Controlling a VIRB Action Camera

Before you can use the VIRB remote function, you must enable the remote setting on your VIRB camera. See the *VIRB Series Owner's Manual* for more information.

- 1 Turn on your VIRB camera.
- 2 Pair your VIRB camera with your Descent watch ([Pairing Your Wireless Sensors, page 131](#)).  
The VIRB glance is automatically added to the glance loop.
- 3 Press **UP** or **DOWN** from the watch face to view the VIRB glance.
- 4 If necessary, wait while your watch connects to your camera.
- 5 Select an option:
  - To record video, select **Start Recording**.  
The video counter appears on the Descent screen.
  - To take a photo while recording video, press **DOWN**.
  - To stop recording video, press **STOP**.
  - To take a photo, select **Take Photo**.
  - To take multiple photos in burst mode, select **Take Burst**.
  - To send the camera to sleep mode, select **Sleep Camera**.
  - To wake the camera from sleep mode, select **Wake Camera**.
  - To change video and photo settings, select **Settings**.

|               |                                                                                                                                                             |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title         | Controlling a VIRB Action Camera During an Activity                                                                                                         |
| Identifier    | GUID-8F112A68-B0C3-4C1D-BD7D-93647AEB1658                                                                                                                   |
| Language      | EN-US                                                                                                                                                       |
| Description   |                                                                                                                                                             |
| Version       | 5                                                                                                                                                           |
| Revision      | 3                                                                                                                                                           |
| Changes       | SW reduced visibility to non-mainstream accessories by moving them out of the widget loop. Widget is added automatically after pairing through Sensor menu. |
| Status        | Released                                                                                                                                                    |
| Last Modified | 05/09/2019 10:15:43                                                                                                                                         |
| Author        | gerson                                                                                                                                                      |

## Controlling a VIRB Action Camera During an Activity

Before you can use the VIRB remote function, you must enable the remote setting on your VIRB camera. See the *VIRB Series Owner's Manual* for more information.

- 1 Turn on your VIRB camera.
- 2 Pair your VIRB camera with your Descent watch ([Pairing Your Wireless Sensors, page 131](#)).  
When the camera is paired, a VIRB data screen is automatically added to activities.  
**NOTE:** The VIRB data screen is not available for dive activities.
- 3 During an activity, press **UP** or **DOWN** to view the VIRB data screen.
- 4 If necessary, wait while your watch connects to your camera.
- 5 Hold **MENU**.
- 6 Select **VIRB**.
- 7 Select an option:
  - To control the camera using the activity timer, select **Settings > Recording Mode > Timer Start/Stop**.  
**NOTE:** Video recording automatically starts and stops when you start and stop an activity.
  - To control the camera using the menu options, select **Settings > Recording Mode > Manual**.
  - To manually record video, select **Start Recording**.  
The video counter appears on the Descent screen.
  - To take a photo while recording video, press **DOWN**.
  - To manually stop recording video, press **STOP**.
  - To take multiple photos in burst mode, select **Take Burst**.
  - To send the camera to sleep mode, select **Sleep Camera**.
  - To wake the camera from sleep mode, select **Wake Camera**.

|               |                                                                                    |
|---------------|------------------------------------------------------------------------------------|
| Title         | XERO Laser Location Settings                                                       |
| Identifier    | GUID-D44E8F72-8661-4D13-9872-0EA0CDAF5879                                          |
| Language      | EN-US                                                                              |
| Description   |                                                                                    |
| Version       | 2                                                                                  |
| Revision      | 4                                                                                  |
| Changes       | Renamed the topic to match the device strings. Updated settings and setting names. |
| Status        | Released                                                                           |
| Last Modified | 17/10/2019 10:11:25                                                                |
| Author        | mall                                                                               |

## Xero Laser Location Settings

Before you can customize laser location settings, you must pair a compatible Xero device ([Pairing Your Wireless Sensors, page 131](#)).

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

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

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

|               |                                                                                                               |
|---------------|---------------------------------------------------------------------------------------------------------------|
| Title         | Map                                                                                                           |
| Identifier    | GUID-A707BDE8-58D7-4758-88B2-4153582173C5                                                                     |
| Language      | EN-US                                                                                                         |
| Description   |                                                                                                               |
| Version       | 2                                                                                                             |
| Revision      | 6                                                                                                             |
| Changes       | Update to remove "track log" and "waypoint" terminology, which we are moving away from. Also added variables. |
| Status        | Released                                                                                                      |
| Last Modified | 22/04/2017 23:01:09                                                                                           |
| Author        | gerson                                                                                                        |

## Map

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

- Map navigation ([Panning and Zooming the Map, page 138](#))
- Map settings ([Map Settings, page 138](#))

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Panning and Zooming the Map (fenix 3)     |
| Identifier    | GUID-C404537E-A4F1-419D-84FB-995BAF3C9591 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 6                                         |
| Revision      | 3                                         |
| Changes       | Changing to press for hard keys           |
| Status        | Released                                  |
| Last Modified | 06/08/2019 12:13:40                       |
| Author        | gerson                                    |

## Panning and Zooming the Map

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Map Settings (fenix)                      |
| Identifier    | GUID-60C3B7A5-51ED-4E4D-A2DC-8578234EF279 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 9                                         |
| Revision      | 9                                         |
| Changes       | Added and updated list for fenix 7.       |
| Status        | Released                                  |
| Last Modified | 22/12/2021 14:25:18                       |
| Author        | cozmyer                                   |

## Map Settings

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

**NOTE:** If necessary, you can customize the map settings for specific activities instead of using the system settings.

Hold **MENU**, and select **Map**.

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

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

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

|               |                                               |
|---------------|-----------------------------------------------|
| Title         | Phone Connectivity Features                   |
| Identifier    | GUID-6078F0D7-ECF8-45AF-8D3A-A3825C6AB474     |
| Language      | EN-US                                         |
| Description   |                                               |
| Version       | 1                                             |
| Revision      | 9                                             |
| Changes       | Replacement for the connected features topic. |
| Status        | Released                                      |
| Last Modified | 22/12/2021 14:22:05                           |
| Author        | cozmyer                                       |

## Phone Connectivity Features

Phone connectivity features are available for your Descent watch when you pair it using the Garmin Connect app ([Pairing Your Phone with Your Watch, page 139](#)).

- App features from the Garmin Connect app, the Connect IQ app, and more ([Phone Apps and Computer Applications, page 143](#))
- Glances ([Glances, page 94](#))
- Controls menu features ([Controls, page 113](#))
- Safety and tracking features ([Safety and Tracking Features, page 155](#))
- Phone interactions, such as notifications ([Enabling Bluetooth Notifications, page 140](#))

|               |                                                                                                               |
|---------------|---------------------------------------------------------------------------------------------------------------|
| Title         | Pairing Your Phone with Your Watch                                                                            |
| Identifier    | GUID-4C14822E-F472-4C3A-B33C-BB50407ADDE5                                                                     |
| Language      | EN-US                                                                                                         |
| Description   |                                                                                                               |
| Version       | 5                                                                                                             |
| Revision      | 5                                                                                                             |
| Changes       | Pulled in dive app content, device to watch, smartphone to phone, and added a condition to the Settings menu. |
| Status        | Released                                                                                                      |
| Last Modified | 10/02/2022 09:04:39                                                                                           |
| Author        | cozmyer                                                                                                       |

## Pairing Your Phone with Your Watch

To use the connected features of the Descent watch, it must be paired directly through the Garmin Dive app, instead of from the Bluetooth settings on your phone.

- 1 From the app store on your phone, install and open the Garmin Dive app.
- 2 Bring your phone within 10 m (33 ft.) of your watch.
- 3 Select an option to enable pairing mode on your watch:
  - During the initial setup, select  when you are prompted to pair with your smartphone.
  - If you previously skipped the pairing process, hold **MENU**, and select **Pair Phone**.
- 4 Select an option to add your watch to your account:
  - If this is the first time you are pairing a device with the Garmin Dive app, follow the on-screen instructions.
  - If you already paired another device with the Garmin Dive app, select **Add > Devices**, and follow the on-screen instructions.

|               |                                                              |
|---------------|--------------------------------------------------------------|
| Title         | Enabling Bluetooth Notifications                             |
| Identifier    | GUID-599D739A-21A7-4EF2-98F4-29258D407B47                    |
| Language      | EN-US                                                        |
| Description   |                                                              |
| Version       | 2.1.2                                                        |
| Revision      | 4                                                            |
| Changes       | Removing settings menu, removed timeout, and added signature |
| Status        | Released                                                     |
| Last Modified | 20/01/2022 18:06:44                                          |
| Author        | tillmonmartha                                                |

## Enabling Bluetooth Notifications

Before you can enable notifications, you must pair the Descent device with a compatible mobile device ([Pairing Your Phone with Your Watch, page 139](#)).

- 1 From the watch face, hold **MENU**.
- 2 Select **Phone > Smart Notifications > Status > On**.
- 3 Select **During Activity**.
- 4 Select a notification preference.
- 5 Select a sound preference.
- 6 Select **General Use**.
- 7 Select a notification preference.
- 8 Select a sound preference.
- 9 Select **Signature** to add a signature to your text message replies.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Viewing Notifications (Watch - keys)      |
| Identifier    | GUID-92E5BB40-5CF0-4784-B418-B6AD1912148C |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 7                                         |
| Revision      | 3                                         |
| Changes       | Changed widget to glance.                 |
| Status        | Released                                  |
| Last Modified | 22/12/2021 13:17:13                       |
| Author        | cozmyer                                   |

## Viewing Notifications

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Receiving an Incoming Phone Call          |
| Identifier    | GUID-7947BE61-B96A-4F07-9E52-6C4D25775E9A |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 4                                         |
| Revision      | 3                                         |
| Changes       | Clarifying text reply feature.            |
| Status        | Released                                  |
| Last Modified | 10/02/2022 10:09:48                       |
| Author        | burzinskititu                             |

## Receiving an Incoming Phone Call

When you receive a phone call on your connected phone, the Descent watch displays the name or phone number of the caller.

- To accept the call, select **Accept**.  
**NOTE:** To talk to the caller, you must use your connected phone.
- To decline the call, select **Decline**.
- To decline the call and immediately send a text message reply, select **Reply**, and select a message from the list.  
**NOTE:** To send a text message reply, you must be connected to a compatible Android™ phone using Bluetooth technology.

|               |                                                                  |
|---------------|------------------------------------------------------------------|
| Title         | Replying to a Text Message (keyed)                               |
| Identifier    | GUID-73EB3305-E1BD-4AD8-B6AA-EFCDA3156CCB                        |
| Language      | EN-US                                                            |
| Description   |                                                                  |
| Version       | 5                                                                |
| Revision      | 3                                                                |
| Changes       | Adding "compatible" qualifier to Android per request from Legal. |
| Status        | Released                                                         |
| Last Modified | 10/02/2022 10:09:57                                              |
| Author        | burzinskititu                                                    |

## Replying to a Text Message

**NOTE:** This feature is available only for compatible Android phones.

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

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

- From the watch face, press **UP** or **DOWN** to view the notifications glance.
- Press **START**, and select a text message notification.
- Press **START**.
- Select **Reply**.
- Select a message from the list.  
Your phone sends the selected message as an SMS text message.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Managing Notifications                    |
| Identifier    | GUID-5A95D297-7177-4745-ADAF-AC4855E0B7FA |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 10                                        |
| Revision      | 3                                         |
| Changes       | Smartphone to phone; device to watch      |
| Status        | Released                                  |
| Last Modified | 20/12/2021 11:51:05                       |
| Author        | tillmonmartha                             |

## Managing Notifications

You can use your compatible phone to manage notifications that appear on your Descent G1 watch.

Select an option:

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

|               |                                                |
|---------------|------------------------------------------------|
| Title         | Turning Off the Bluetooth Phone Connection     |
| Identifier    | GUID-139CD52F-B25F-4002-B13D-ACF7FEA70A04      |
| Language      | EN-US                                          |
| Description   |                                                |
| Version       | 5                                              |
| Revision      | 3                                              |
| Changes       | Changing smartphone and mobile device to phone |
| Status        | Released                                       |
| Last Modified | 20/12/2021 11:55:29                            |
| Author        | tillmonmartha                                  |

## Turning Off the Bluetooth Phone Connection

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

**NOTE:** You can add options to the controls menu ([Customizing the Controls Menu, page 115](#)).

- 1 Hold **LIGHT** to view the controls menu.
- 2 Select  to turn off the Bluetooth phone connection on your Descent watch.  
Refer to the owner's manual for your phone to turn off Bluetooth technology on your phone.

|               |                                                                                 |
|---------------|---------------------------------------------------------------------------------|
| Title         | Turning On and Off Phone Connection Alerts                                      |
| Identifier    | GUID-DAA3BA98-303C-4A1B-A0B0-A7E064BBED58                                       |
| Language      | EN-US                                                                           |
| Description   |                                                                                 |
| Version       | 4                                                                               |
| Revision      | 5                                                                               |
| Changes       | Add Settings menu with condition and remove wireless from Bluetooth technology. |
| Status        | Released                                                                        |
| Last Modified | 22/12/2021 14:29:08                                                             |
| Author        | pruekatie                                                                       |

## Turning On and Off Smartphone Connection Alerts

You can set the Descent G1 device to alert you when your paired smartphone connects and disconnects using Bluetooth technology.

**NOTE:** Smartphone connection alerts are turned off by default.

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

|               |                                                       |
|---------------|-------------------------------------------------------|
| Title         | Phone Apps and Computer Applications                  |
| Identifier    | GUID-E83D3904-B170-456A-8787-CE74DEF0CB3F             |
| Language      | EN-US                                                 |
| Description   |                                                       |
| Version       | 1                                                     |
| Revision      | 9                                                     |
| Changes       | Top level topic for compatible apps and applications. |
| Status        | Released                                              |
| Last Modified | 22/12/2021 13:40:26                                   |
| Author        | cozmyer                                               |

## Phone Apps and Computer Applications

You can connect your watch to multiple Garmin phone apps and computer applications using the same Garmin account.

|               |                                                                                                                |
|---------------|----------------------------------------------------------------------------------------------------------------|
| Title         | Garmin Connect (Fitness OM)                                                                                    |
| Identifier    | GUID-5C0E79E4-C381-4B87-A6A0-B8FE049AB597                                                                      |
| Language      | EN-US                                                                                                          |
| Description   |                                                                                                                |
| Version       | 10                                                                                                             |
| Revision      | 6                                                                                                              |
| Changes       | Added vanity URL to buy page. Removed Connect IQ since it's a separate app and covered in separate topics now. |
| Status        | Released                                                                                                       |
| Last Modified | 22/12/2021 14:26:48                                                                                            |
| Author        | cozmyer                                                                                                        |

## Garmin Connect

You can connect with your friends on Garmin Connect. Garmin Connect gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, rides, swims, hikes, triathlons, and more. To sign up for a free account, you can download the app from the app store on your phone ([garmin.com/connectapp](https://garmin.com/connectapp)), or go to [connect.garmin.com](https://connect.garmin.com).

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

### Analyze your data



**Plan your training:** You can choose a fitness goal and load one of the day-by-day training plans.

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

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

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Using the Garmin Connect App              |
| Identifier    | GUID-48DF00C6-3060-458D-BE16-DFF562661CCD |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 5                                         |
| Revision      | 6                                         |
| Changes       | device to watch; smartphone to phone      |
| Status        | Released                                  |
| Last Modified | 20/12/2021 11:56:00                       |
| Author        | tillmonmartha                             |

## Using the Garmin Connect App

After you pair your watch with your phone ([Pairing Your Phone with Your Watch, page 139](#)), you can use the Garmin Connect app to upload all of your activity data to your Garmin Connect account.

- 1 Verify the Garmin Connect app is running on your phone.
- 2 Bring your watch within 10 m (30 ft.) of your phone.  
Your watch automatically syncs your data with the Garmin Connect app and your Garmin Connect account.

|               |                                                    |
|---------------|----------------------------------------------------|
| Title         | Updating the Software Using the Garmin Connect App |
| Identifier    | GUID-770A7E92-0AD0-444C-833E-148B8E1ED224          |
| Language      | EN-US                                              |
| Description   |                                                    |
| Version       | 3                                                  |
| Revision      | 3                                                  |
| Changes       | device to watch; smartphone to phone               |
| Status        | Released                                           |
| Last Modified | 20/12/2021 11:55:49                                |
| Author        | tillmonmartha                                      |

## Updating the Software Using the Garmin Connect App

Before you can update your watch software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the watch with a compatible phone ([Pairing Your Phone with Your Watch, page 139](#)).

Sync your watch with the Garmin Connect app ([Using the Garmin Connect App, page 145](#)).

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Using Garmin Connect on Your Computer     |
| Identifier    | GUID-9A740EA8-1467-4033-891D-1B98F08876D9 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 5                                         |
| Revision      | 4                                         |
| Changes       | device to watch                           |
| Status        | Released                                  |
| Last Modified | 20/12/2021 11:55:56                       |
| Author        | tillmonmartha                             |

## Using Garmin Connect on Your Computer

The Garmin Express™ application connects your watch to your Garmin Connect account using a computer. You can use the Garmin Express application to upload your activity data to your Garmin Connect account and to send data, such as workouts or training plans, from the Garmin Connect website to your watch. You can also install software updates and manage your Connect IQ apps.

- 1 Connect the watch to your computer using the USB cable.
- 2 Go to [www.garmin.com/express](http://www.garmin.com/express).
- 3 Download and install the Garmin Express application.
- 4 Open the Garmin Express application, and select **Add Device**.
- 5 Follow the on-screen instructions.

|               |                                            |
|---------------|--------------------------------------------|
| Title         | Updating the Software Using Garmin Express |
| Identifier    | GUID-90F380F9-11E0-41F0-91D9-0A429FFED312  |
| Language      | EN-US                                      |
| Description   |                                            |
| Version       | 3                                          |
| Revision      | 3                                          |
| Changes       | device to watch                            |
| Status        | Released                                   |
| Last Modified | 20/12/2021 11:55:34                        |
| Author        | tillmonmartha                              |

## Updating the Software Using Garmin Express

Before you can update your watch software, you must download and install the Garmin Express application and add your watch (*Using Garmin Connect on Your Computer, page 146*).

- 1 Connect the watch to your computer using the USB cable.  
When new software is available, the Garmin Express application sends it to your watch.
- 2 After the Garmin Express application finishes sending the update, disconnect the watch from your computer.  
Your watch installs the update.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Connect IQ Features                       |
| Identifier    | GUID-C3289B5E-1A70-4BB2-A7F0-9B16CF60D75D |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 11                                        |
| Revision      | 5                                         |
| Changes       | Added music conditions.                   |
| Status        | Released                                  |
| Last Modified | 10/02/2022 08:22:58                       |
| Author        | cozmyer                                   |

## Connect IQ Features

You can add Connect IQ features to your watch from Garmin and other providers using the Connect IQ app ([garmin.com/connectiqapp](https://garmin.com/connectiqapp)). You can customize your watch with watch faces, device apps, and data fields.

**NOTE:** For your safety, Connect IQ features are not available while diving. This ensures that all dive capabilities function as designed.

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

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

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

|               |                                                  |
|---------------|--------------------------------------------------|
| Title         | Downloading Connect IQ Features                  |
| Identifier    | GUID-7F4154D6-D3DB-46D4-B2C8-6AA97589D6AE        |
| Language      | EN-US                                            |
| Description   |                                                  |
| Version       | 8                                                |
| Revision      | 4                                                |
| Changes       | Changing smartphone to phone and device to watch |
| Status        | Released                                         |
| Last Modified | 20/12/2021 11:48:52                              |
| Author        | tillmonmartha                                    |

## Downloading Connect IQ Features

Before you can download features from the Connect IQ app, you must pair your Descent G1 watch with your phone ([Pairing Your Phone with Your Watch, page 139](#)).

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

|               |                                                     |
|---------------|-----------------------------------------------------|
| Title         | Downloading Connect IQ Features Using Your Computer |
| Identifier    | GUID-18B744AE-FBE0-4022-9A43-D8A89D7DAFAB           |
| Language      | EN-US                                               |
| Description   |                                                     |
| Version       | 4                                                   |
| Revision      | 3                                                   |
| Changes       | Device to watch.                                    |
| Status        | Released                                            |
| Last Modified | 20/12/2021 11:48:53                                 |
| Author        | pruekatie                                           |

## Downloading Connect IQ Features Using Your Computer

- 1 Connect the watch to your computer using a USB cable.
- 2 Go to [apps.garmin.com](https://apps.garmin.com), and sign in.
- 3 Select a Connect IQ feature, and download it.
- 4 Follow the on-screen instructions.

|               |                                                |
|---------------|------------------------------------------------|
| Title         | Garmin Dive App                                |
| Identifier    | GUID-317F0E90-9031-46E3-83B6-2658B3AE3DA9      |
| Language      | EN-US                                          |
| Description   |                                                |
| Version       | 2                                              |
| Revision      | 3                                              |
| Changes       | Added vanity URL requested by Product Support. |
| Status        | Released                                       |
| Last Modified | 10/02/2022 08:23:11                            |
| Author        | cozmyer                                        |

## Garmin Dive App

The Garmin Dive app allows you to upload your dive logs from your compatible Garmin device. You can add more detailed information about your dives, including environmental conditions, photos, notes, and dive buddies. You can use the map to browse for new dive locations, and view the location details and photos shared by other users.

The Garmin Dive app syncs your data with your Garmin Connect account. You can download the Garmin Dive app from the app store on your phone ([garmin.com/diveapp](https://garmin.com/diveapp)).

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Garmin Explore                            |
| Identifier    | GUID-870D246F-E11E-4E62-A970-62EB9147A1DD |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 3                                         |
| Revision      | 3                                         |
| Changes       | Added vanity URL to buy page.             |
| Status        | Released                                  |
| Last Modified | 22/12/2021 14:26:47                       |
| Author        | cozmyer                                   |

## Garmin Explore™

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

You can download the Garmin Explore app from the app store on your phone ([garmin.com/exploreapp](https://garmin.com/exploreapp)), or you can go to [explore.garmin.com](https://explore.garmin.com).

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Garmin Golf App                           |
| Identifier    | GUID-894FA7A1-7028-4C5C-9F86-A5D546364E3E |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 8                                         |
| Revision      | 3                                         |
| Changes       | Added vanity URL to buy page.             |
| Status        | Released                                  |
| Last Modified | 22/12/2021 14:26:23                       |
| Author        | cozmyer                                   |

## Garmin Golf™ App

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

The Garmin Golf app syncs your data with your Garmin Connect account. You can download the Garmin Golf app from the app store on your phone ([garmin.com/golfapp](https://garmin.com/golfapp)).

|               |                                           |
|---------------|-------------------------------------------|
| Title         | User Profile                              |
| Identifier    | GUID-FE4FD072-689B-4361-89D4-498F34EA4361 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 5                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 22/12/2021 13:37:22                       |
| Author        | cozmyer                                   |

## User Profile

You can update your user profile on your watch or on the Garmin Connect app.

|               |                                                                                                                                                                                                                     |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title         | Setting Up Your User Profile                                                                                                                                                                                        |
| Identifier    | GUID-E821D062-929F-4D8C-BB89-DC077D082F8F                                                                                                                                                                           |
| Language      | EN-US                                                                                                                                                                                                               |
| Description   |                                                                                                                                                                                                                     |
| Version       | 4                                                                                                                                                                                                                   |
| Revision      | 3                                                                                                                                                                                                                   |
| Changes       | Removed Settings menu. Applies to 2019 watches going forward: MARQ/fenix 6/Forerunner 945. Use previous versions for older products. Also removed Fitness menu, since that is no longer implemented on the D2 line. |
| Status        | Released                                                                                                                                                                                                            |
| Last Modified | 22/12/2021 13:34:48                                                                                                                                                                                                 |
| Author        | gerson                                                                                                                                                                                                              |

## Setting Up Your User Profile

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

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Heart Rate Zones                          |
| Identifier    | GUID-EF4F4C51-1E48-46D6-9A81-7D4BC2124CC0 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 4                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 22/04/2017 23:00:15                       |
| Author        | wiederan                                  |

## 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.

|               |                                                    |
|---------------|----------------------------------------------------|
| Title         | Fitness Goals                                      |
| Identifier    | GUID-712C9267-F751-4E95-9D3B-C955EE14C845          |
| Language      | EN-US                                              |
| Description   |                                                    |
| Version       | 3                                                  |
| Revision      | 3                                                  |
| Changes       | Joe H. requested that we delete the injury bullet. |
| Status        | Released                                           |
| Last Modified | 13/09/2017 07:57:46                                |
| Author        | wiederan                                           |

## Fitness Goals

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

- Your heart rate is a good measure of exercise intensity.
- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.

If you know your maximum heart rate, you can use the table ([Heart Rate Zone Calculations, page 153](#)) 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.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Setting Your Heart Rate Zones             |
| Identifier    | GUID-30C91919-943C-44E9-8048-901AC0881AEA |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 6                                         |
| Revision      | 6                                         |
| Changes       | Updating per latest SW.                   |
| Status        | Released                                  |
| Last Modified | 24/02/2022 15:16:45                       |
| Author        | burzinskititu                             |

## Setting Your Heart Rate Zones

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

- 1 Hold **MENU**.
- 2 Select **User Profile > Heart Rate**.
- 3 Select **Max. HR > Max. HR**, and enter your maximum heart rate.  
You can use the Auto Detection feature to automatically record your maximum heart rate during an activity.
- 4 Select **LTHR > LTHR**, and enter your lactate threshold heart rate.  
You can perform a guided test to estimate your lactate threshold ([Lactate Threshold, page 104](#)). You can use the Auto Detection feature to automatically record your lactate threshold during an activity.
- 5 Select **Resting HR > Set Custom**, and enter your resting heart rate.  
You can use the average resting heart rate measured by your watch, or you can set a custom resting heart rate.
- 6 Select **Zones > Based On**.
- 7 Select an option:
  - Select **BPM** to view and edit the zones in beats per minute.
  - Select **%Max. HR** to view and edit the zones as a percentage of your maximum heart rate.
  - Select **%HRR** to view and edit the zones as a percentage of your heart rate reserve (maximum heart rate minus resting heart rate).
  - Select **%LTHR** to view and edit the zones as a percentage of your lactate threshold heart rate.
- 8 Select a zone, and enter a value for each zone.
- 9 Select **Sport Heart Rate**, and select a sport profile to add separate heart rate zones (optional).
- 10 Repeat the steps to add sport heart rate zones (optional).

|               |                                                                   |
|---------------|-------------------------------------------------------------------|
| Title         | Letting the Device Set Your Heart Rate Zones                      |
| Identifier    | GUID-55B1885E-E112-45F8-B317-CEAA63244858                         |
| Language      | EN-US                                                             |
| Description   |                                                                   |
| Version       | 2                                                                 |
| Revision      | 3                                                                 |
| Changes       | changed the 2nd bullet, so we can use this with wrist HR watches. |
| Status        | Released                                                          |
| Last Modified | 22/04/2017 20:46:12                                               |
| Author        | wiederan                                                          |

## Letting the Device Set Your Heart Rate Zones

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

- Verify that your user profile settings are accurate ([Setting Up Your User Profile, page 150](#)).
- Run often with the wrist or chest heart rate monitor.
- Try a few heart rate training plans, available from your Garmin Connect account.
- View your heart rate trends and time in zones using your Garmin Connect account.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Heart Rate Zone Calculations              |
| Identifier    | GUID-A8716C0B-B267-4C42-B45F-B9C7928BCA19 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 3                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 22/04/2017 23:00:15                       |
| Author        | wiederan                                  |

## 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          |

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Setting Your Power Zones                  |
| Identifier    | GUID-28DE6904-5F2F-47B9-AD8C-BCF3F5FE445E |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 7                                         |
| Revision      | 5                                         |
| Changes       | Added Auto Detect FTP                     |
| Status        | Released                                  |
| Last Modified | 22/12/2021 13:34:50                       |
| Author        | cozmyer                                   |

## Setting Your Power Zones

The power zones use default values based on gender, weight, and average ability, and may not match your personal abilities. If you know your functional threshold power (FTP) value, you can enter it and allow the software to calculate your power zones automatically. You can manually adjust your zones on the device or using your Garmin Connect account.

- 1 Hold **MENU**.
- 2 Select **User Profile > Power Zones**.
- 3 Select an activity.
- 4 Select **Based On**.
- 5 Select an option:
  - Select **Watts** to view and edit the zones in watts.
  - Select **% FTP** to view and edit the zones as a percentage of your functional threshold power.
- 6 Select **Auto Detect FTP** to automatically detect your FTP during an activity.
- 7 Select **FTP**, and enter your FTP value.
- 8 Select a zone, and enter a value for each zone.
- 9 If necessary, select **Minimum**, and enter a minimum power value.

|               |                                                                        |
|---------------|------------------------------------------------------------------------|
| Title         | Safety and Tracking Features                                           |
| Identifier    | GUID-64F677A5-03E0-453F-BFE3-E1B93D6FA3FC                              |
| Language      | EN-US                                                                  |
| Description   |                                                                        |
| Version       | 13                                                                     |
| Revision      | 3                                                                      |
| Changes       | Adding "compatible" qualifier to Android phone per request from Legal. |
| Status        | Released                                                               |
| Last Modified | 10/02/2022 08:23:45                                                    |
| Author        | burzinskittu                                                           |

## Safety and Tracking Features

### ⚠ CAUTION

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

The Descent G1 watch has safety and tracking features that must be set up with the Garmin Connect app.

### NOTICE

To use these features, the Descent G1 watch must be connected to the Garmin Connect app using Bluetooth technology. You can enter emergency contacts in your Garmin Connect account.

For more information about safety and tracking features, go to [garmin.com/safety](https://garmin.com/safety).

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

**Incident detection:** When the Descent G1 watch detects an incident during certain outdoor activities, the watch sends an automated message, LiveTrack link, and GPS location (if available) to your emergency contacts.

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

**Live Event Sharing:** Allows you to send messages to friends and family during an event, providing real-time updates.

**NOTE:** This feature is available only if your watch is connected to a compatible Android phone.

|               |                                                            |
|---------------|------------------------------------------------------------|
| Title         | Adding Emergency Contacts (LTE)                            |
| Identifier    | GUID-C7C9A20F-0B71-4481-910A-AF4826940476                  |
| Language      | EN-US                                                      |
| Description   |                                                            |
| Version       | 5                                                          |
| Revision      | 4                                                          |
| Changes       | Adding conditioned statement for emergency calling contact |
| Status        | Released                                                   |
| Last Modified | 20/12/2021 11:40:38                                        |
| Author        | tillmonmartha                                              |

## Adding Emergency Contacts

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

- 1 From the Garmin Connect app, select  or .
- 2 Select **Safety & Tracking > Safety Features > Emergency Contacts > Add Emergency Contacts**.
- 3 Follow the on-screen instructions.

|               |                                                                                                                           |
|---------------|---------------------------------------------------------------------------------------------------------------------------|
| Title         | Adding Contacts                                                                                                           |
| Identifier    | GUID-3517F21B-EB3F-4937-9FA8-57CBE29068F1                                                                                 |
| Language      | EN-US                                                                                                                     |
| Description   |                                                                                                                           |
| Version       | 1                                                                                                                         |
| Revision      | 3                                                                                                                         |
| Changes       | Check in as from vivoactive 3. Conditions don't work for fenix 6 (music skus support contacts). Don't want to break vivo. |
| Status        | Released                                                                                                                  |
| Last Modified | 06/08/2019 12:13:40                                                                                                       |
| Author        | gerson                                                                                                                    |

## Adding Contacts

You can add up to 50 contacts to the Garmin Connect app. Contact emails can be used with the LiveTrack feature. Three of these contacts can be used as emergency contacts ([Adding Emergency Contacts, page 155](#)).

- 1 From the Garmin Connect app, select  or .
- 2 Select **Contacts**.
- 3 Follow the on-screen instructions.

After you add contacts, you must sync your data to apply the changes to your Descent G1 device ([Using the Garmin Connect App, page 145](#)).

|               |                                                              |
|---------------|--------------------------------------------------------------|
| Title         | Turning Incident Detection On and Off                        |
| Identifier    | GUID-8F7F297D-23C5-4256-8939-16A4D04408C1                    |
| Language      | EN-US                                                        |
| Description   |                                                              |
| Version       | 6                                                            |
| Revision      | 4                                                            |
| Changes       | Pulling in prereq from Fitness topic per request from Legal. |
| Status        | Released                                                     |
| Last Modified | 10/02/2022 09:46:40                                          |
| Author        | burzinskittu                                                 |

## Turning Incident Detection On and Off

**NOTE:** Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available.

Before you can enable incident detection on your watch, you must set up emergency contacts in the Garmin Connect app ([Adding Emergency Contacts, page 155](#)). Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

- 1 From the watch face, hold **MENU**.
- 2 Select **Safety > Incident Detection**.
- 3 Select a GPS activity.

**NOTE:** Incident detection is available only for certain outdoor activities.

When an incident is detected by your Descent G1 watch and your phone is connected, the Garmin Connect app can send an automated text message and email with your name and GPS location to your emergency contacts. You have 15 seconds to cancel the message.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Requesting Assistance (Fenix 7)           |
| Identifier    | GUID-3F352E42-0309-4233-87F1-368A35240CE5 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 3                                         |
| Changes       | Save as from Fitness version.             |
| Status        | Released                                  |
| Last Modified | 10/02/2022 09:46:58                       |
| Author        | burzinskittu                              |

## Requesting Assistance

**NOTE:** Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available.

Before you can request assistance, you must set up emergency contacts ([Adding Emergency Contacts, page 155](#)). Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

- 1 Hold **LIGHT**.
- 2 When you feel three vibrations, release the button to activate the assistance feature.  
The countdown screen appears.  
**TIP:** You can select **Cancel** before the countdown is complete to cancel the message.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Health and Wellness Settings              |
| Identifier    | GUID-201AB421-E901-4CCF-977B-2EAE8EB801A2 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 2                                         |
| Revision      | 3                                         |
| Changes       | Update Move IQ conref.                    |
| Status        | Released                                  |
| Last Modified | 10/02/2022 08:23:34                       |
| Author        | pruekatie                                 |

## Health and Wellness Settings

Hold **MENU**, and select **Health & Wellness**.

**Heart Rate:** Allows you to customize the wrist heart rate monitor settings ([Wrist Heart Rate Monitor Settings, page 121](#)).

**Pulse Ox Mode:** Allows you to select a pulse oximeter mode ([Setting the Pulse Oximeter Mode, page 124](#)).

**Move Alert:** Enables or disables the Move Alert feature ([Using the Move Alert, page 158](#)).

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

**Move IQ:** Allows you to turn on and off Garmin Move IQ™ events. When your movements match familiar exercise patterns, the Garmin Move IQ feature automatically detects the event and displays it in your timeline. The Garmin Move IQ events show activity type and duration, but they do not appear in your activities list or newsfeed. For more detail and accuracy, you can record a timed activity on your device.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Auto Goal (no image)                      |
| Identifier    | GUID-C7024C85-159B-498B-9434-F0E1B3EE55FA |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 2                                         |
| Revision      | 3                                         |
| Changes       | Removed device specific info.             |
| Status        | Released                                  |
| Last Modified | 03/01/2020 16:20:11                       |
| Author        | cozmyer                                   |

## Auto Goal

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

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

|               |                                                                                          |
|---------------|------------------------------------------------------------------------------------------|
| Title         | Using the Move Alert (no color)                                                          |
| Identifier    | GUID-1ED91618-3587-4DDB-A54B-ACEAC8CA3FA8                                                |
| Language      | EN-US                                                                                    |
| Description   |                                                                                          |
| Version       | 2                                                                                        |
| Revision      | 5                                                                                        |
| Changes       | Updated to work with black and white screens, and updated context to match newer topics. |
| Status        | Released                                                                                 |
| Last Modified | 14/09/2018 09:50:25                                                                      |
| Author        | cozmyer                                                                                  |

## Using the Move Alert

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move alert reminds you to keep moving. After one hour of inactivity, Move! and the move bar appear. Additional segments appear after every 15 minutes of inactivity. The device also beeps or vibrates if audible tones are turned on ([System Settings, page 174](#)).

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Intensity Minutes                         |
| Identifier    | GUID-63522E07-AD5E-4D2D-B680-3129A2300238 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 6                                         |
| Revision      | 3                                         |
| Changes       | Device to watch                           |
| Status        | Released                                  |
| Last Modified | 20/12/2021 11:50:24                       |
| Author        | tillmonmartha                             |

## Intensity Minutes

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

The watch 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). The watch adds the amount of moderate activity minutes with the amount of vigorous activity minutes. Your total vigorous intensity minutes are doubled when added.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Earning Intensity Minutes                 |
| Identifier    | GUID-02D2D4E7-4CEE-44C7-831C-2E5F58613B60 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 4                                         |
| Revision      | 3                                         |
| Changes       | Device to watch                           |
| Status        | Released                                  |
| Last Modified | 20/12/2021 11:49:28                       |
| Author        | tillmonmartha                             |

## Earning Intensity Minutes

Your Descent G1 watch calculates intensity minutes by comparing your heart rate data to your average resting heart rate. If heart rate is turned off, the watch calculates moderate intensity minutes by analyzing your steps per minute.

- Start a timed activity for the most accurate calculation of intensity minutes.
- Wear your watch all day and night for the most accurate resting heart rate.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Sleep Tracking                            |
| Identifier    | GUID-70D41BFB-2BB2-4933-BF95-47FF63140112 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 11                                        |
| Revision      | 4                                         |
| Changes       | Updating device to watch                  |
| Status        | Released                                  |
| Last Modified | 20/12/2021 11:53:38                       |
| Author        | tillmonmartha                             |

## Sleep Tracking

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

**NOTE:** Naps are not added to your sleep statistics. You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms ([Controls, page 113](#)).

|               |                                                                                                   |
|---------------|---------------------------------------------------------------------------------------------------|
| Title         | Using Automated Sleep Tracking                                                                    |
| Identifier    | GUID-7C8ABA67-C0B0-498D-8D87-142A8A1196D6                                                         |
| Language      | EN-US                                                                                             |
| Description   |                                                                                                   |
| Version       | 3                                                                                                 |
| Revision      | 3                                                                                                 |
| Changes       | Added result for last night sleep info on the watch widget. Generic for touch screen watches too. |
| Status        | Released                                                                                          |
| Last Modified | 11/03/2021 11:09:09                                                                               |
| Author        | wiederan                                                                                          |

## Using Automated Sleep Tracking

- 1 Wear your device while sleeping.
- 2 Upload your sleep tracking data to the Garmin Connect site ([Using the Garmin Connect App, page 145](#)).  
You can view your sleep statistics on your Garmin Connect account.  
You can view sleep information from the previous night on your Descent G1 device ([Glances, page 94](#)).

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Navigation                                |
| Identifier    | GUID-D69B4122-8872-4120-9442-8A53F3498ED2 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 5                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 14/03/2019 10:40:11                       |
| Author        | petersenj                                 |

## Navigation

|               |                                                                        |
|---------------|------------------------------------------------------------------------|
| Title         | Viewing and Editing Your Saved Locations                               |
| Identifier    | GUID-EEE85A13-3075-4075-ABDE-297B6158B1F2                              |
| Language      | EN-US                                                                  |
| Description   |                                                                        |
| Version       | 4                                                                      |
| Revision      | 3                                                                      |
| Changes       | Added viewing to the task and swapped the context for a note and xref. |
| Status        | Released                                                               |
| Last Modified | 22/12/2021 13:37:27                                                    |
| Author        | cozmyer                                                                |

### Viewing and Editing Your Saved Locations

**TIP:** You can save a location from the controls menu ([Controls](#), page 113).

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

|               |                                                                                    |
|---------------|------------------------------------------------------------------------------------|
| Title         | Navigating to a Destination (fenix 5)                                              |
| Identifier    | GUID-048A8325-1592-4E95-82AC-9FD82EF40CE5                                          |
| Language      | EN-US                                                                              |
| Description   |                                                                                    |
| Version       | 2                                                                                  |
| Revision      | 4                                                                                  |
| Changes       | Changing from Navigate app to Navigation option within activities, for consistency |
| Status        | Released                                                                           |
| Last Modified | 06/08/2019 12:13:40                                                                |
| Author        | gerson                                                                             |

## Navigating to a Destination

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

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

|               |                                                                                                                                                                                                                          |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title         | Navigating to the Starting Point of a Saved Activity                                                                                                                                                                     |
| Identifier    | GUID-E58FF310-D7E3-4515-B0CC-5EFCCEFF6CCE                                                                                                                                                                                |
| Language      | EN-US                                                                                                                                                                                                                    |
| Description   |                                                                                                                                                                                                                          |
| Version       | 3                                                                                                                                                                                                                        |
| Revision      | 5                                                                                                                                                                                                                        |
| Changes       | For consistency, moving from Navigate app to Navigation menu in activities. Different routing options available based on supported maps. Check conditions. Consistent with companion topic navigating during an activity |
| Status        | Released                                                                                                                                                                                                                 |
| Last Modified | 06/08/2019 12:13:40                                                                                                                                                                                                      |
| Author        | gerson                                                                                                                                                                                                                   |

## Navigating to the Starting Point of a Saved Activity

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

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

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

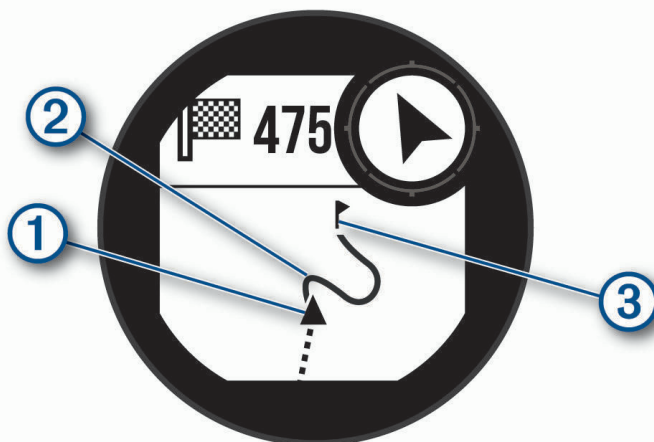
**NOTE:** You can start the timer to prevent the device from timing out to watch mode.
- 7 Press **DOWN** to view the compass (optional).  
The arrow points toward your starting point.

|               |                                                      |
|---------------|------------------------------------------------------|
| Title         | Navigating To Your Starting Point During an Activity |
| Identifier    | GUID-CF774818-0C30-4992-962C-DDA9EA00E8C6            |
| Language      | EN-US                                                |
| Description   |                                                      |
| Version       | 10                                                   |
| Revision      | 1                                                    |
| Changes       | No English change. Versioned to fix NO.              |
| Status        | Released                                             |
| Last Modified | 17/07/2020 10:34:09                                  |
| Author        | pullins                                              |

## Navigating to Your Starting Point During an Activity

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

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



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

|               |                                                                                                                                                      |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title         | Navigating with Sight 'N Go (Outdoor watch)                                                                                                          |
| Identifier    | GUID-473708B3-200C-4ADF-BC13-2F1DC729B434                                                                                                            |
| Language      | EN-US                                                                                                                                                |
| Description   |                                                                                                                                                      |
| Version       | 7                                                                                                                                                    |
| Revision      | 3                                                                                                                                                    |
| Changes       | Changing to navigation in activities instead of Navigate app (consistency). Changing select to press for hard keys, using step conref for first step |
| Status        | Released                                                                                                                                             |
| Last Modified | 06/08/2019 12:13:40                                                                                                                                  |
| Author        | gerson                                                                                                                                               |

## Navigating with Sight 'N Go

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

- 1 From the watch face, press **START**.
- 2 Select an activity.
- 3 Hold **MENU**.
- 4 Select **Navigation > Sight 'N Go**.
- 5 Point the top of the watch at an object, and press **START**.  
Navigation information appears.
- 6 Press **START** to begin navigation.

|               |                                                                             |
|---------------|-----------------------------------------------------------------------------|
| Title         | Marking and Starting Navigation to a Man Overboard Location                 |
| Identifier    | GUID-32658210-B155-444C-A880-B6B7993DBDA5                                   |
| Language      | EN-US                                                                       |
| Description   |                                                                             |
| Version       | 6                                                                           |
| Revision      | 4                                                                           |
| Changes       | For consistency, moving from Navigate app to Navigation menu in activities. |
| Status        | Released                                                                    |
| Last Modified | 06/08/2019 12:13:40                                                         |
| Author        | gerson                                                                      |

## 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 177](#)).

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Stopping Navigation                       |
| Identifier    | GUID-99BA3132-3F83-4811-B66E-14ACDDF75F3F |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 3                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 22/04/2017 22:49:00                       |
| Author        | gerson                                    |

## Stopping Navigation

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

|               |                                                   |
|---------------|---------------------------------------------------|
| Title         | Courses (920xt)                                   |
| Identifier    | GUID-5046014D-7ECC-4D01-9ED3-41E44055F579         |
| Language      | EN-US                                             |
| Description   |                                                   |
| Version       | 1                                                 |
| Revision      | 4                                                 |
| Changes       | not the same as Edge, must load courses from web. |
| Status        | Released                                          |
| Last Modified | 22/04/2017 20:56:04                               |
| Author        | wiederan                                          |

## Courses

You can send a course from your Garmin Connect account to your device. After it is saved to your device, you can navigate the course on your device.

You can follow a saved course simply because it is a good route. For example, you can save and follow a bike friendly commute to work.

You can also follow a saved course, trying to match or exceed previously set performance goals. For example, if the original course was completed in 30 minutes, you can race against a Virtual Partner trying to complete the course in under 30 minutes.

|               |                                                                                                       |
|---------------|-------------------------------------------------------------------------------------------------------|
| Title         | Creating and Following a Course on Your Device                                                        |
| Identifier    | GUID-674C66B5-0784-4441-B456-E0313B5902D9                                                             |
| Language      | EN-US                                                                                                 |
| Description   |                                                                                                       |
| Version       | 3                                                                                                     |
| Revision      | 5                                                                                                     |
| Changes       | Versioned for fenix 6. Navigation available in all outdoor activities, Aligning changes from branches |
| Status        | Released                                                                                              |
| Last Modified | 06/08/2019 12:13:40                                                                                   |
| Author        | gerson                                                                                                |

## Creating and Following a Course on Your Device

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Creating a Course on Garmin Connect       |
| Identifier    | GUID-9155855B-E55D-4DF8-91C9-C90F0B7C033C |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 2                                         |
| Revision      | 3                                         |
| Changes       | Update Garmin Connect variable.           |
| Status        | Released                                  |
| Last Modified | 17/06/2020 11:20:27                       |
| Author        | pruekatie                                 |

## Creating a Course on Garmin Connect

Before you can create a course on the Garmin Connect app, you must have a Garmin Connect account ([Garmin Connect](#), [page 144](#)).

- 1 From the Garmin Connect app, select  or .
- 2 Select **Training > Courses > Create Course**.
- 3 Select a course type.
- 4 Follow the on-screen instructions.
- 5 Select **Done**.

**NOTE:** You can send this course to your device ([Sending a Course to Your Device](#), [page 168](#)).

|               |                                                                  |
|---------------|------------------------------------------------------------------|
| Title         | Sending a Course to Your Device                                  |
| Identifier    | GUID-5613803C-5BEB-4EC8-A267-1AF59665F9A3                        |
| Language      | EN-US                                                            |
| Description   |                                                                  |
| Version       | 1                                                                |
| Revision      | 4                                                                |
| Changes       | Save-as from custom workout topic on FR245, updated for courses. |
| Status        | Released                                                         |
| Last Modified | 24/05/2019 09:09:10                                              |
| Author        | mcdanielm                                                        |

## Sending a Course to Your Device

You can send a course you created using the Garmin Connect app to your device ([Creating a Course on Garmin Connect, page 167](#)).

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

|               |                                              |
|---------------|----------------------------------------------|
| Title         | Viewing or Editing Course Details            |
| Identifier    | GUID-63B647CE-1409-4BE9-8A8B-33EFEFCBF255    |
| Language      | EN-US                                        |
| Description   |                                              |
| Version       | 3                                            |
| Revision      | 3                                            |
| Changes       | Updated to include edits from v2 and v2.1.1. |
| Status        | Released                                     |
| Last Modified | 01/02/2021 10:21:28                          |
| Author        | cozmyer                                      |

## Viewing or Editing Course Details

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

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

|               |                                                                                               |
|---------------|-----------------------------------------------------------------------------------------------|
| Title         | Projecting a Waypoint (Outdoor watch)                                                         |
| Identifier    | GUID-9F043B95-2D8C-472D-9B76-4BE54DB55264                                                     |
| Language      | EN-US                                                                                         |
| Description   |                                                                                               |
| Version       | 5                                                                                             |
| Revision      | 3                                                                                             |
| Changes       | Reducing steps to add a note to add app instead of making it a step. Changing select to press |
| Status        | Released                                                                                      |
| Last Modified | 06/08/2019 12:13:40                                                                           |
| Author        | gerson                                                                                        |

## Projecting a Waypoint

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

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

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

The projected waypoint is saved with a default name.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Navigation Settings (outdoor watch)       |
| Identifier    | GUID-A302AFEE-C535-4C80-9DDD-95B717620C5B |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 3                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 22/04/2017 22:48:01                       |
| Author        | semrau                                    |

## Navigation Settings

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

|               |                                                                    |
|---------------|--------------------------------------------------------------------|
| Title         | Customizing Navigation Data Screens                                |
| Identifier    | GUID-D16AC8E8-8748-4EF7-AAB7-F4EDE3EB9C40                          |
| Language      | EN-US                                                              |
| Description   |                                                                    |
| Version       | 5.1.2                                                              |
| Revision      | 5                                                                  |
| Changes       | Added a condition to the settings menu. Updated title to match v7. |
| Status        | Released                                                           |
| Last Modified | 24/02/2022 15:18:54                                                |
| Author        | cozmyer                                                            |

## Customizing Navigation Data Screens

- 1 Hold **MENU**.
- 2 Select **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.

|               |                                              |
|---------------|----------------------------------------------|
| Title         | Heading Settings                             |
| Identifier    | GUID-A8C5E65D-05C4-4F30-8693-501190635284    |
| Language      | EN-US                                        |
| Description   |                                              |
| Version       | 3                                            |
| Revision      | 3                                            |
| Changes       | Updated for fenix 6 Sport (no settings menu) |
| Status        | Released                                     |
| Last Modified | 06/08/2019 12:13:40                          |
| Author        | gerson                                       |

## Heading Settings

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

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

**Bearing:** Points in the direction of your destination.

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Setting Navigation Alerts                 |
| Identifier    | GUID-D63C6C77-7AC0-4C5F-AA53-44A8C6B1EB9D |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 5                                         |
| Revision      | 1                                         |
| Changes       | No English change. Versioned to fix IT.   |
| Status        | Released                                  |
| Last Modified | 07/03/2022 11:34:44                       |
| Author        | pullins                                   |

## Setting Navigation Alerts

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

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Power Manager Settings                    |
| Identifier    | GUID-14692BCE-5A1D-4ABC-A91E-C293DE95FB1F |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 2                                         |
| Revision      | 4                                         |
| Changes       | Added a condition to the settings menu.   |
| Status        | Released                                  |
| Last Modified | 10/02/2022 08:23:57                       |
| Author        | cozmyer                                   |

## Power Manager Settings

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

**Battery Saver:** Allows you to customize system settings to extend battery life in watch mode ([Customizing the Battery Saver Feature, page 172](#)).

**Power Modes:** Allows you to customize system settings, activity settings, and GPS settings to extend battery life during an activity ([Customizing Power Modes, page 173](#)).

|               |                                             |
|---------------|---------------------------------------------|
| Title         | Customizing the Battery Saver Feature       |
| Identifier    | GUID-6A33BE86-1A19-480A-BC44-01EAAFDA869A   |
| Language      | EN-US                                       |
| Description   |                                             |
| Version       | 5.1.2                                       |
| Revision      | 4                                           |
| Changes       | Added pulse ox back in (see draft comment). |
| Status        | Released                                    |
| Last Modified | 10/02/2022 10:06:59                         |
| Author        | cozmyer                                     |

## Customizing the Battery Saver Feature

The battery saver feature allows you to quickly adjust system settings to extend battery life in watch mode. You can turn on the battery saver feature from the controls menu ([Controls, page 113](#)).

- 1 Hold **MENU**.
- 2 Select **Power Manager > Battery Saver**.
- 3 Select **Status** to turn on the battery saver feature.
- 4 Select **Edit**, and select an option:
  - Select **Watch Face** to enable a low-power watch face that updates once per minute.
  - Select **Phone** to disconnect your paired phone.
  - Select **Wrist Heart Rate** to turn off the wrist heart rate monitor.
  - Select **Pulse Oximeter** to turn off the pulse oximeter sensor.
  - Select **Backlight** to disable the automatic backlight.

The watch displays the hours of battery life gained with each setting change.

- 5 Select **During Sleep** to enable the battery saver feature during your normal sleep hours.
 

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

|               |                                               |
|---------------|-----------------------------------------------|
| Title         | Changing the Power Mode                       |
| Identifier    | GUID-001EE972-B951-413A-BE10-D5EC8D464133     |
| Language      | EN-US                                         |
| Description   |                                               |
| Version       | 2                                             |
| Revision      | 3                                             |
| Changes       | Changed from hours gained to hours available. |
| Status        | Released                                      |
| Last Modified | 22/12/2021 13:17:15                           |
| Author        | cozmyer                                       |

## Changing the Power Mode

You can change the power mode to extend battery life during an activity.

- 1 During an activity, hold **MENU**.
- 2 Select **Power Mode**.
- 3 Select an option.

The watch displays the hours of battery life available with the selected power mode.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Customizing Power Modes                   |
| Identifier    | GUID-A98507AE-C8FE-4CE7-A441-417DEAC99C65 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 2                                         |
| Revision      | 7                                         |
| Changes       | Add Settings menu with condition.         |
| Status        | Released                                  |
| Last Modified | 17/06/2020 11:21:04                       |
| Author        | pruekatie                                 |

## Customizing Power Modes

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

- 1 Hold **MENU**.
- 2 Select **Power Manager > Power Modes**.
- 3 Select an option:
  - Select a power mode to customize.
  - Select **Add** to create a custom power mode.
- 4 If necessary, enter a custom name.
- 5 Select an option to customize specific power mode settings.  
For example, you can change the GPS setting or disconnect your paired phone.  
The watch displays the hours of battery life gained with each setting change.
- 6 If necessary, select **Done** to save and use the custom power mode.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Restoring a Power Mode                    |
| Identifier    | GUID-5D6E617F-CF30-40E9-9646-CD6BBC993E91 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 2                                         |
| Revision      | 7                                         |
| Changes       | Add Settings menu with condition.         |
| Status        | Released                                  |
| Last Modified | 17/06/2020 11:46:50                       |
| Author        | pruekatie                                 |

## Restoring a Power Mode

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

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

|               |                                                                                 |
|---------------|---------------------------------------------------------------------------------|
| Title         | System Settings (outdoor watch)                                                 |
| Identifier    | GUID-1500E73F-F386-49AF-A542-25D4B1655A08                                       |
| Language      | EN-US                                                                           |
| Description   |                                                                                 |
| Version       | 18                                                                              |
| Revision      | 4                                                                               |
| Changes       | Added touch conditions to Auto Lock and tweaked description for Software Update |
| Status        | Released                                                                        |
| Last Modified | 10/02/2022 08:24:59                                                             |
| Author        | cozmyer                                                                         |

## System Settings

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

**Language:** Sets the language displayed on the watch.

**Time:** Adjusts the time settings ([Time Settings, page 175](#)).

**Backlight:** Adjusts the screen settings ([Changing the Backlight Settings, page 176](#)).

**Sound and Vibe:** Sets the watch sounds, such as button tones, alerts, and vibrations.

**Do Not Disturb:** Allows you to enable the Do Not Disturb mode. You can edit your preferences for the screen, alerts, and wrist gestures.

**Hot Keys:** Allows you to assign shortcuts to buttons ([Customizing the Hot Keys, page 177](#)).

**Auto Lock:** Allows you to lock the buttons automatically to prevent accidental button presses. Use the During Activity option to lock the buttons and touchscreen during a timed activity. Use the General Use option to lock the buttons and touchscreen when you are not recording a timed activity.

**Format:** Sets general format preferences, such as the units of measure, pace and speed shown during activities, the start of the week, and geographical position format and datum options ([Changing the Units of Measure, page 177](#)).

**Physio TrueUp:** Enables syncing of activities and performance measurements from your other Garmin devices ([Syncing Activities and Performance Measurements, page 178](#)).

**Perf. Condition:** Enables the performance condition feature during an activity ([Performance Condition, page 101](#)).

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

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

**Reset:** Allows you to reset user data and settings ([Resetting All Default Settings, page 193](#)).

**Software Update:** Allows you to install software updates downloaded using Garmin Express. Use the Auto Update option to enable your watch to download the latest software update from the Garmin Connect app on your paired phone.

**About:** Displays device, software, license, and regulatory information.

|               |                                                                                                    |
|---------------|----------------------------------------------------------------------------------------------------|
| Title         | Time Settings (Outdoor watch)                                                                      |
| Identifier    | GUID-6895B03A-4D1B-47CC-B0AB-9330A8A031E1                                                          |
| Language      | EN-US                                                                                              |
| Description   |                                                                                                    |
| Version       | 6                                                                                                  |
| Revision      | 5                                                                                                  |
| Changes       | Removed Settings menu. MARQ/fenix 6 going forward. Use previous version to support older products. |
| Status        | Released                                                                                           |
| Last Modified | 06/08/2019 12:13:40                                                                                |
| Author        | gerson                                                                                             |

## Time Settings

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

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

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

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

**Alerts:** Allows you to set hourly alerts, as well as sunrise and sunset alerts that sound a specific number of minutes or hours before the actual sunrise or sunset occurs ([Setting Time Alerts, page 175](#)).

**Sync with GPS:** Allows you to manually sync the time with GPS when you change time zones, and to update for daylight saving time ([Syncing the Time, page 176](#)).

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Setting Time Alerts                       |
| Identifier    | GUID-E3FEFEA4-EDF3-4257-8D38-DF3C15AEEB8F |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 7                                         |
| Revision      | 1                                         |
| Changes       | No English changes. Versioned to fix PL.  |
| Status        | Released                                  |
| Last Modified | 20/05/2021 13:35:29                       |
| Author        | pullins                                   |

## Setting Time Alerts

**1** Hold **MENU**.

**2** Select **System > Time > 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 every hour, select **Hourly > On**.

|               |                                                 |
|---------------|-------------------------------------------------|
| Title         | Syncing the Time with GPS                       |
| Identifier    | GUID-D491A0BC-103D-4609-966E-93029A9A8FCE       |
| Language      | EN-US                                           |
| Description   |                                                 |
| Version       | 3                                               |
| Revision      | 3                                               |
| Changes       | Time can now sync with GPS or with paired phone |
| Status        | Released                                        |
| Last Modified | 06/08/2019 12:13:40                             |
| Author        | gerson                                          |

## Syncing the Time

Each time you turn on the device and acquire satellites or open the Garmin Connect app on your paired phone, the device automatically detects your time zones and the current time of day. You can also manually sync the time when you change time zones, and to update for daylight saving time.

- 1 Hold **MENU**.
- 2 Select **System > Time > Sync with GPS**.
- 3 Wait while the device connects to your paired phone or locates satellites ([Acquiring Satellite Signals, page 195](#)).

**TIP:** You can press DOWN to switch the source.

|               |                                                                                        |
|---------------|----------------------------------------------------------------------------------------|
| Title         | Changing the Screen Settings                                                           |
| Identifier    | GUID-C9A5E731-8826-4AD0-8087-F6E2EAC625D6                                              |
| Language      | EN-US                                                                                  |
| Description   |                                                                                        |
| Version       | 5                                                                                      |
| Revision      | 3                                                                                      |
| Changes       | Added during sleep option. The FI has a spacing issue. Spacing issue in the EL and FI. |
| Status        | Released                                                                               |
| Last Modified | 22/12/2021 14:30:06                                                                    |
| Author        | gerson                                                                                 |

## Changing the Backlight Settings

- 1 Hold **MENU**.
- 2 Select **System > Backlight**.
- 3 Select an option:
  - Select **In-Dive**.
  - Select **During Activity**.
  - Select **General Use**.
  - Select **During Sleep**.
- 4 Select an option:
  - Select **Mode** to turn on the backlight at depth or throughout your dive.
  - Select **Keys** to turn on the backlight for key presses.
  - Select **Alerts** to turn on the backlight for alerts.
  - Select **Gesture** to turn on the backlight by raising and turning your arm to look at your wrist.
  - Select **Timeout** to set the length of time before the backlight turns off.
  - Select **Brightness** to set the brightness level of the backlight.

|               |                                                                          |
|---------------|--------------------------------------------------------------------------|
| Title         | Customizing the Hot Keys (fenix 6)                                       |
| Identifier    | GUID-9122383D-6612-460E-BFD0-D2A43BAA979C                                |
| Language      | EN-US                                                                    |
| Description   |                                                                          |
| Version       | 5                                                                        |
| Revision      | 3                                                                        |
| Changes       | Updated to button. A little awkward since the feature is called hot key. |
| Status        | Released                                                                 |
| Last Modified | 22/12/2021 13:28:36                                                      |
| Author        | cozmyer                                                                  |

## Customizing the Hot Keys

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

- 1 Hold **MENU**.
- 2 Select **System > Hot Keys**.
- 3 Select a button or combination of buttons to customize.
- 4 Select a function.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Changing the Units of Measure             |
| Identifier    | GUID-4E76487B-6F62-415D-9419-C7E4292F5BC6 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 3                                         |
| Revision      | 3                                         |
| Changes       | Updated menu path.                        |
| Status        | Released                                  |
| Last Modified | 22/12/2021 13:27:36                       |
| Author        | cozmyer                                   |

## Changing the Units of Measure

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

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

|               |                                                 |
|---------------|-------------------------------------------------|
| Title         | Syncing Activities and Performance Measurements |
| Identifier    | GUID-2D2EA72B-5952-4D5D-ACDB-CE628C3D3331       |
| Language      | EN-US                                           |
| Description   |                                                 |
| Version       | 3                                               |
| Revision      | 6                                               |
| Changes       | Moved to System settings.                       |
| Status        | Released                                        |
| Last Modified | 22/12/2021 13:27:40                             |
| Author        | cozmyer                                         |

## Syncing Activities and Performance Measurements

You can sync activities and performance measurements from other Garmin devices to your Descent G1 watch using your Garmin Connect account. This allows your watch to more accurately reflect your training status and fitness. For example, you can record a ride with an Edge device, and view your activity details and overall training load on your Descent G1 watch.

**1** Hold **MENU**.

**2** Select **System > Physio TrueUp**.

When you sync your watch with your phone, recent activities and performance measurements from your other Garmin devices appear on your Descent G1 watch.

|               |                                                                                                                                     |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------|
| Title         | Viewing Device Information - e-label                                                                                                |
| Identifier    | GUID-E131EDC8-BB20-4F2B-AF7B-E6EC45B107E0                                                                                           |
| Language      | EN-US                                                                                                                               |
| Description   |                                                                                                                                     |
| Version       | 7                                                                                                                                   |
| Revision      | 4                                                                                                                                   |
| Changes       | Removed Settings menu. MARQ/fenix 6 going forward. Use previous version to support older products.<br>Moved back under System menu. |
| Status        | Released                                                                                                                            |
| Last Modified | 26/02/2019 12:52:39                                                                                                                 |
| Author        | gerson                                                                                                                              |

## 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 **System > About**.

|               |                                                                                                                               |
|---------------|-------------------------------------------------------------------------------------------------------------------------------|
| Title         | Viewing Regulatory and Compliance Information                                                                                 |
| Identifier    | GUID-E9341B2A-C519-47C1-849F-8CC7876C4E6D                                                                                     |
| Language      | EN-US                                                                                                                         |
| Description   |                                                                                                                               |
| Version       | 4                                                                                                                             |
| Revision      | 4                                                                                                                             |
| Changes       | Removed Settings menu. MARQ/fenix 6 going forward. Use previous version to support older products.<br>Back under system menu. |
| Status        | Released                                                                                                                      |
| Last Modified | 26/02/2019 12:52:39                                                                                                           |
| Author        | gerson                                                                                                                        |

## Viewing E-label Regulatory and Compliance Information

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

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Device Information                        |
| Identifier    | GUID-95E6980D-690A-495F-9303-4F2F7E59ED9E |
| Language      | EN-US                                     |
| Description   | Title and warning only. No index entries. |
| Version       | 2                                         |
| Revision      | 3                                         |
| Changes       | Removed "Delta" from topic title.         |
| Status        | Released                                  |
| Last Modified | 22/04/2017 22:13:20                       |
| Author        | jhenson                                   |

## Device Information

|               |                                                         |
|---------------|---------------------------------------------------------|
| Title         | Charging the Watch (pinch-style clip no glyphs)         |
| Identifier    | GUID-C617A48D-E819-4A5D-9975-2D14FD470656               |
| Language      | EN-US                                                   |
| Description   |                                                         |
| Version       | 2                                                       |
| Revision      | 3                                                       |
| Changes       | Changing device to watch and added a final step result. |
| Status        | Released                                                |
| Last Modified | 10/02/2022 08:25:17                                     |
| Author        | cozmyer                                                 |

## Charging the Watch

### 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 ([Device Care, page 184](#)).

- 1 Pinch the sides of the charging clip.
- 2 Align the clip with the contacts on the back of the watch, and release the clip.



- 3 Plug the USB cable into a USB charging port.  
The watch displays the current battery charge level.

|               |                                                                          |
|---------------|--------------------------------------------------------------------------|
| Title         | Solar Charging                                                           |
| Identifier    | GUID-675E0F57-BB83-453D-8C2E-AF8922754FD2                                |
| Language      | EN-US                                                                    |
| Description   |                                                                          |
| Version       | 3                                                                        |
| Revision      | 6                                                                        |
| Changes       | Adding conditioned note specifying feature does not apply to all models. |
| Status        | Released                                                                 |
| Last Modified | 10/02/2022 10:11:44                                                      |
| Author        | burzinskititu                                                            |

## Solar Charging

**NOTE:** This feature is not available on all models.

The solar charging capability of the watch allows you to charge your watch while you use it.

|               |                                                           |
|---------------|-----------------------------------------------------------|
| Title         | Tips for Solar Charging                                   |
| Identifier    | GUID-E72F3619-D372-44BE-BEBC-348065CEAC07                 |
| Language      | EN-US                                                     |
| Description   |                                                           |
| Version       | 5                                                         |
| Revision      | 3                                                         |
| Changes       | Removing reference to fluorescent light per SME feedback. |
| Status        | Released                                                  |
| Last Modified | 16/12/2021 12:54:17                                       |
| Author        | burzinskititu                                             |

## Tips for Solar Charging

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

- When you are wearing the watch, avoid covering the face with your sleeve.
- When you are not wearing the watch, point the face toward sunlight.

**NOTE:** The watch protects itself from overheating and stops charging automatically if the internal temperature exceeds the solar charging temperature threshold ([Specifications, page 182](#)).

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Specifications - Descent G1 (OM)          |
| Identifier    | GUID-D9B7CD1D-51A4-4010-920A-FFD98489A3CF |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 5                                         |
| Changes       | Save as from Mk2                          |
| Status        | Released                                  |
| Last Modified | 24/01/2022 15:20:18                       |
| Author        | cozmyer                                   |

## Specifications

|                                         |                                                                                                                                                      |
|-----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| Battery type                            | Rechargeable, built-in lithium-ion battery                                                                                                           |
| Water rating                            | 10 ATM <sup>1</sup><br>Dive (EN 13319) <sup>2</sup>                                                                                                  |
| Decompression model                     | Bühlmann ZHL-16C                                                                                                                                     |
| Depth sensor                            | Accurate from 0 m to 100 m (0 ft. to 328 ft.) complying with EN 13319<br>Resolution (m): 0.1 m until 99.9 m, 1 m at 100 m<br>Resolution (ft.): 1 ft. |
| Inspection interval                     | Inspect parts before each use for damage. Replace parts as needed. <sup>3</sup>                                                                      |
| Operating and storage temperature range | From -20° to 60°C (from -4° to 140°F)                                                                                                                |
| Underwater operating temperature range  | From 0° to 40°C (from 32° to 104°F)                                                                                                                  |
| USB charging temperature range          | From 0° to 45°C (from 32° to 113°F)                                                                                                                  |
| Solar charging temperature range        | From 0° to 60°C (from 32° to 140°F)                                                                                                                  |
| Wireless frequencies                    | 2.4 GHz @ 0 dBm maximum<br>13.56 MHz @ -30 dBm maximum                                                                                               |

<sup>1</sup> The device withstands pressure equivalent to a depth of 100 m. For more information, go to [www.garmin.com/waterrating](http://www.garmin.com/waterrating).

<sup>2</sup> Designed to comply with CSN EN 13319.

<sup>3</sup> Aside from normal wear and tear, performance is not affected by aging.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Battery Information (Descent G1)          |
| Identifier    | GUID-AA042E93-E12A-456C-85B7-6E58EEDD6DCD |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 4                                         |
| Revision      | 4                                         |
| Changes       | Updated updated battery specs.            |
| Status        | Released                                  |
| Last Modified | 04/03/2022 15:17:31                       |
| Author        | cozmyer                                   |

## Battery Life Information

The actual battery life depends on the features enabled on your watch, such as activity tracking, wrist-based heart rate, phone notifications, GPS, internal sensors, and connected sensors ([Tips for Maximizing the Battery Life, page 195](#)).

| Mode                                                                              | Descent G1 Battery Life | Descent G1 Solar Battery Life                    |
|-----------------------------------------------------------------------------------|-------------------------|--------------------------------------------------|
| Smartwatch mode with activity tracking and 24/7 wrist-based heart rate monitoring | Up to 21 days           | Up to 21 days/124 days with solar <sup>1</sup>   |
| GPS mode                                                                          | Up to 26 hours          | Up to 26 hours/39 hours with solar <sup>2</sup>  |
| Max. battery GPS mode                                                             | Up to 56 hours          | Up to 56 hours/205 hours with solar <sup>2</sup> |
| Expedition GPS mode                                                               | Up to 27 days           | Up to 27 days/unlimited with solar <sup>1</sup>  |
| Battery saver watch mode                                                          | Up to 48 days           | Up to 48 days/unlimited with solar <sup>1</sup>  |
| Dive mode                                                                         | Up to 25 hours          | Up to 25 hours                                   |

<sup>1</sup> All-day wear with 3 hr./day outside in 50,000 lux conditions.

<sup>2</sup> With use in 50,000 lux conditions.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Device Care - fenix                       |
| Identifier    | GUID-756F63A5-750B-488D-809A-644D889E047A |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 5                                         |
| Revision      | 4                                         |
| Changes       | Added notices for Descent, conditioned.   |
| Status        | Released                                  |
| Last Modified | 17/11/2017 16:17:26                       |
| Author        | cozmyer                                   |

## Device Care

### NOTICE

Do not use a sharp object to clean the device.

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

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

Do not wash the device under high pressure, because jets of water or air may cause damage to the depth sensor or barometer.

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

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

Discontinue use if the device is damaged or if it is stored at a temperature outside the specified storage temperature range.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Cleaning the Watch                        |
| Identifier    | GUID-36E172FA-C2ED-4EBC-A57D-7C0963ABA3C6 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 6                                         |
| Revision      | 5                                         |
| Changes       | Adding skin irritation caution            |
| Status        | Released                                  |
| Last Modified | 20/12/2021 11:43:55                       |
| Author        | tillmonmartha                             |

## Cleaning the Watch

### ⚠ CAUTION

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist.

### 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 watch using a cloth dampened with a mild detergent solution.

**2** Wipe it dry.

After cleaning, allow the watch to dry completely.

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Changing the QuickFit Bands (OM)          |
| Identifier    | GUID-FDFEAE9D-7E96-4AC8-801A-AA216768B592 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 7                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 22/04/2017 22:46:02                       |
| Author        | gerson                                    |

## Changing the QuickFit® Bands

- 1 Slide the latch on the QuickFit band, and remove the band from the watch.



- 2 Align the new band with the watch.
- 3 Press the band into place.  
**NOTE:** Make sure the band is secure. The latch should close over the watch pin.
- 4 Repeat steps 1 through 3 to change the other band.

|               |                                                                           |
|---------------|---------------------------------------------------------------------------|
| Title         | Changing the Spring Bar Bands                                             |
| Identifier    | GUID-2E224202-DE25-4855-9F47-743ABCE87392                                 |
| Language      | EN-US                                                                     |
| Description   |                                                                           |
| Version       | 2                                                                         |
| Revision      | 4                                                                         |
| Changes       | Updated variables and some terminology so this will also work for the G1. |
| Status        | Released                                                                  |
| Last Modified | 10/02/2022 13:04:33                                                       |
| Author        | cozmyer                                                                   |

## Changing the Spring Bar Bands

You can replace the bands with new Descent G1 bands or compatible QuickFit 22 bands.

- 1 Use the pin tool to push in the watch pin.



- 2 Remove the band from the watch.

- 3 Select an option:

- To install Descent G1 bands, align one side of the new band with the holes on the watch, push in the exposed watch pin, and press the band into place.

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

- To install QuickFit 22 bands, remove the watch pin from the Descent G1 band, replace the watch pin on the watch, 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.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Data Management                           |
| Identifier    | GUID-C28FB1E8-EE56-4BC2-9417-B89FF53612A7 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 4                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 22/04/2017 22:58:25                       |
| Author        | wiederan                                  |

Data Management

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

|               |                                                                                                                               |
|---------------|-------------------------------------------------------------------------------------------------------------------------------|
| Title         | Deleting Files                                                                                                                |
| Identifier    | GUID-BBF41890-FB0B-4B45-AE18-E83442B68BA8                                                                                     |
| Language      | EN-US                                                                                                                         |
| Description   |                                                                                                                               |
| Version       | 4                                                                                                                             |
| Revision      | 4                                                                                                                             |
| Changes       | Adding conditions for MTP mode and mass storage mode. Mac OS provides limited support for MTP. In response to FQC JIRA 24385. |
| Status        | Released                                                                                                                      |
| Last Modified | 14/09/2018 09:44:23                                                                                                           |
| Author        | gerson                                                                                                                        |

## Deleting Files

### NOTICE

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

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

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Troubleshooting                           |
| Identifier    | GUID-3DAE3305-3896-4A74-911B-6D30C789AE72 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 2                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 22/04/2017 23:05:12                       |
| Author        | wiederan                                  |

## Troubleshooting

|               |                                                |
|---------------|------------------------------------------------|
| Title         | Product Updates (formerly Support and Updates) |
| Identifier    | GUID-3CCB0850-544E-4983-8D61-3CEB91253BCA      |
| Language      | EN-US                                          |
| Description   |                                                |
| Version       | 16                                             |
| Revision      | 3                                              |
| Changes       | Fixing Wi-Fi conditions.                       |
| Status        | Released                                       |
| Last Modified | 10/02/2022 10:11:26                            |
| Author        | cozmyer                                        |

## Product Updates

Your device automatically checks for updates when connected to Bluetooth. You can manually check for updates from the system settings ([System Settings, page 174](#)). On your computer, install Garmin Express ([www.garmin.com/express](http://www.garmin.com/express)). On your phone, install the Garmin Connect app.

This provides easy access to these services for Garmin devices:

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

|               |                                            |
|---------------|--------------------------------------------|
| Title         | Getting More Information - Outdoor         |
| Identifier    | GUID-C6C22969-9F2D-4BDC-B867-EF9F6EA9E45A  |
| Language      | EN-US                                      |
| Description   |                                            |
| Version       | 7                                          |
| Revision      | 3                                          |
| Changes       | Added context to the 3rd bullet per Legal. |
| Status        | Released                                   |
| Last Modified | 25/09/2019 09:43:25                        |
| Author        | mall                                       |

## Getting More Information

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

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

This is not a medical device.

|               |                                                                           |
|---------------|---------------------------------------------------------------------------|
| Title         | My device is in the wrong language (OM)                                   |
| Identifier    | GUID-BF6258B4-ECA4-472F-8AC1-C09AE1D8E75F                                 |
| Language      | EN-US                                                                     |
| Description   |                                                                           |
| Version       | 5                                                                         |
| Revision      | 3                                                                         |
| Changes       | Added step 6 for the Apply uicontrol. Relates to managing language files. |
| Status        | Released                                                                  |
| Last Modified | 22/09/2020 15:23:37                                                       |
| Author        | cozmyer                                                                   |

## My device is in the wrong language

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

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

|               |                                             |
|---------------|---------------------------------------------|
| Title         | Is my smartphone compatible with my device? |
| Identifier    | GUID-63A0F2AB-282A-4EB7-80D2-5FF1B6283BB2   |
| Language      | EN-US                                       |
| Description   |                                             |
| Version       | 4                                           |
| Revision      | 7                                           |
| Changes       | device to watch; smartphone to phone        |
| Status        | Released                                    |
| Last Modified | 20/12/2021 11:50:25                         |
| Author        | tillmonmartha                               |

## Is my phone compatible with my watch?

The Descent G1 watch is compatible with phones using Bluetooth technology.

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | My phone will not connect to the device   |
| Identifier    | GUID-4442F808-670B-4EF3-AC60-32666F173DFD |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 7                                         |
| Revision      | 4                                         |
| Changes       | device to watch                           |
| Status        | Released                                  |
| Last Modified | 20/12/2021 11:51:52                       |
| Author        | tillmonmartha                             |

## My phone will not connect to the watch

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

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

|               |                                                                                                                   |
|---------------|-------------------------------------------------------------------------------------------------------------------|
| Title         | Can I use my Bluetooth sensor with my watch?                                                                      |
| Identifier    | GUID-980C5644-98EF-45D4-AAB2-899072CE4010                                                                         |
| Language      | EN-US                                                                                                             |
| Description   |                                                                                                                   |
| Version       | 3                                                                                                                 |
| Revision      | 3                                                                                                                 |
| Changes       | Removed Settings menu. MARQ/fenix 6/Forerunner 945 going forward. Use previous version to support older products. |
| Status        | Released                                                                                                          |
| Last Modified | 26/02/2019 12:52:39                                                                                               |
| Author        | gerson                                                                                                            |

## 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 **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 68](#)).

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Restarting Your Watch (fenix)             |
| Identifier    | GUID-626CD309-6FCC-4960-81DE-382682FFEC60 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 7                                         |
| Revision      | 4                                         |
| Changes       | Device to watch                           |
| Status        | Released                                  |
| Last Modified | 20/01/2022 18:03:35                       |
| Author        | pruekatie                                 |

## Restarting Your Watch

- 1 Hold **LIGHT** until the watch turns off.
- 2 Hold **LIGHT** to turn on the watch.

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Resetting All Default Settings            |
| Identifier    | GUID-46551446-AAE7-451C-B857-7D86AD7747EE |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 8                                         |
| Revision      | 1                                         |
| Changes       | No English change. Versioned to fix DA.   |
| Status        | Released                                  |
| Last Modified | 20/05/2021 11:40:04                       |
| Author        | pullins                                   |

## Resetting All Default Settings

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

**1** Hold **MENU**.

**2** Select **System > Reset**.

**3** Select an option:

- 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**.
- To delete all activities from the history, select **Delete All Activities**.
- To reset all distance and time totals, select **Reset Totals**.
- To reset all of the device settings to the factory default values and delete all user-entered information and activity history, select **Delete Data and Reset Settings**.

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Diving                                    |
| Identifier    | GUID-FF7B29B4-4E81-41C3-A42C-D28C88E516CF |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 10                                        |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 21/09/2017 12:01:00                       |
| Author        | cozmyer                                   |

## Diving

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Resetting Your Tissue Load                |
| Identifier    | GUID-192A9298-5D5B-46FF-A2FF-28A020ABCB71 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 3                                         |
| Revision      | 1                                         |
| Changes       | No English Change. Versioned to fix NL    |
| Status        | Released                                  |
| Last Modified | 20/05/2021 13:20:40                       |
| Author        | pullins                                   |

### Resetting Your Tissue Load

You can reset your current tissue load saved on the device. You should reset your tissue load only if you do not plan to use the device again in the future. This can be useful for dive shops that provide devices for rent.

- 1 Hold **MENU**.
- 2 Select **System > Reset > Reset Tissues**.

|               |                                                                                                       |
|---------------|-------------------------------------------------------------------------------------------------------|
| Title         | Resetting the Surface Pressure                                                                        |
| Identifier    | GUID-3E0D2A6C-08BF-43F5-850D-BED17404D9D8                                                             |
| Language      | EN-US                                                                                                 |
| Description   |                                                                                                       |
| Version       | 2                                                                                                     |
| Revision      | 3                                                                                                     |
| Changes       | Removing confirmation step and making the logo step more generic to make this work for more products. |
| Status        | Released                                                                                              |
| Last Modified | 10/02/2022 13:08:08                                                                                   |
| Author        | cozmyer                                                                                               |

### Resetting the Surface Pressure

The device automatically determines the surface pressure using the barometric altimeter. Large pressure changes, such as during a flight, can cause the device to automatically start a dive activity. You can reset the surface pressure if the device automatically starts a dive activity incorrectly.

- 1 Hold **LIGHT** until the device turns off.
- 2 Hold **LIGHT** to turn on the device.
- 3 When the product logo appears, hold **MENU** until you are prompted to reset the surface pressure.

|               |                                                                                                       |
|---------------|-------------------------------------------------------------------------------------------------------|
| Title         | Tips for Maximizing the Battery Life (Outdoor watch)                                                  |
| Identifier    | GUID-7A30002F-B50A-4F1C-84CA-0EADBF4A9759                                                             |
| Language      | EN-US                                                                                                 |
| Description   |                                                                                                       |
| Version       | 9                                                                                                     |
| Revision      | 11                                                                                                    |
| Changes       | Trying to write around backlight. No activity tracking setting now. Tweaked some links and variables. |
| Status        | Released                                                                                              |
| Last Modified | 22/12/2021 14:23:51                                                                                   |
| Author        | cozmyer                                                                                               |

## Tips for Maximizing the Battery Life

To extend the life of the battery, you can try these tips.

- Change the power mode during an activity ([Changing the Power Mode, page 172](#)).
  - Turn on the battery saver feature from the controls menu ([Controls, page 113](#)).
  - Reduce the screen timeout ([Changing the Backlight Settings, page 176](#)).
  - Reduce the screen brightness ([Changing the Backlight Settings, page 176](#)).
  - Use UltraTrac satellite mode for your activity.
  - Turn off Bluetooth technology when you are not using connected features ([Controls, page 113](#)).
  - When pausing your activity for a longer period of time, use the **Resume Later** option ([Stopping an Activity, page 41](#)).
  - Use a watch face that is not updated every second.  
For example, use a watch face without a second hand ([Customizing the Watch Face, page 93](#)).
  - Limit the phone notifications the watch displays ([Managing Notifications, page 142](#)).
  - Stop broadcasting heart rate data to paired devices ([Broadcasting Heart Rate Data, page 123](#)).
  - Turn off wrist-based heart rate monitoring ([Wrist Heart Rate Monitor Settings, page 121](#)).
- NOTE:** Wrist-based heart rate monitoring is used to calculate vigorous intensity minutes and calories burned.
- Turn on manual pulse oximeter readings ([Setting the Pulse Oximeter Mode, page 124](#)).

|               |                                                    |
|---------------|----------------------------------------------------|
| Title         | Acquiring Satellite Signals                        |
| Identifier    | GUID-475E6349-9762-452A-B5B0-43AD12F8F68A          |
| Language      | EN-US                                              |
| Description   |                                                    |
| Version       | 3                                                  |
| Revision      | 4                                                  |
| Changes       | Adding in xref to "What is GPS" page on garmin.com |
| Status        | Released                                           |
| Last Modified | 06/03/2018 08:46:04                                |
| Author        | mcdanielm                                          |

## Acquiring Satellite Signals

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

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

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Improving GPS Satellite Reception         |
| Identifier    | GUID-8F933BDD-AE3F-447F-9A06-64C4A3257DA5 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 6                                         |
| Revision      | 3                                         |
| Changes       | device to watch;smartphone to phone       |
| Status        | Released                                  |
| Last Modified | 20/12/2021 11:50:19                       |
| Author        | tillmonmartha                             |

## Improving GPS Satellite Reception

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

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

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | The temperature reading is not accurate   |
| Identifier    | GUID-6E06604B-869D-4F27-9BD0-4916C177E215 |
| Language      | EN-US                                     |
| Description   | Troubleshooting topic                     |
| Version       | 1                                         |
| Revision      | 4                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 22/04/2017 22:49:06                       |
| Author        | petersenj                                 |

## 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.

|               |                                                                                              |
|---------------|----------------------------------------------------------------------------------------------|
| Title         | Activity Tracking (disclaimer)                                                               |
| Identifier    | GUID-E9C886FD-5FFC-46A4-ACAD-1874786C44AF                                                    |
| Language      | EN-US                                                                                        |
| Description   |                                                                                              |
| Version       | 1                                                                                            |
| Revision      | 4                                                                                            |
| Changes       | Activity tracking accuracy disclaimer requested by legal. Used in place of title only topic. |
| Status        | Released                                                                                     |
| Last Modified | 22/04/2017 21:02:46                                                                          |
| Author        | gerson                                                                                       |

## Activity Tracking

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | My daily step count does not appear       |
| Identifier    | GUID-7353AAAB-13AA-4BCB-9105-9214FF8E08D7 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 6                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 22/04/2017 23:01:25                       |
| Author        | gerson                                    |

## My daily step count does not appear

The daily step count is reset every night at midnight.

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | My step count does not seem accurate      |
| Identifier    | GUID-CDDD370D-57F3-4D56-9405-9E508FA82E0E |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 2                                         |
| Revision      | 3                                         |
| Changes       | device to watch                           |
| Status        | Released                                  |
| Last Modified | 20/12/2021 11:51:53                       |
| Author        | tillmonmartha                             |

## My step count does not seem accurate

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

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

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

|               |                                                             |
|---------------|-------------------------------------------------------------|
| Title         | The step counts on my device and Garmin Connect don't match |
| Identifier    | GUID-80BD4008-0352-4305-B5B4-1DD5D83FD2C2                   |
| Language      | EN-US                                                       |
| Description   |                                                             |
| Version       | 3                                                           |
| Revision      | 3                                                           |
| Changes       | Clarified GC on computer is Garmin Express per FQC-JIRA     |
| Status        | Released                                                    |
| Last Modified | 06/08/2021 11:20:39                                         |
| Author        | mcdanielm                                                   |

## 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 Express application ([Using Garmin Connect on Your Computer, page 146](#)).
- Sync your step count with the Garmin Connect app ([Using the Garmin Connect App, page 145](#)).

### 2 Wait while the device syncs your data.

Syncing can take several minutes.

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

|               |                                                  |
|---------------|--------------------------------------------------|
| Title         | The floors climbed amount does not seem accurate |
| Identifier    | GUID-C6DD81FF-7367-484F-B117-0878495C4237        |
| Language      | EN-US                                            |
| Description   |                                                  |
| Version       | 5                                                |
| Revision      | 3                                                |
| Changes       | device to watch                                  |
| Status        | Released                                         |
| Last Modified | 20/12/2021 11:54:26                              |
| Author        | tillmonmartha                                    |

## The floors climbed amount does not seem accurate

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

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

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Appendix (title only Shared)              |
| Identifier    | GUID-E1A8D420-7F46-470B-B85D-0429910CA109 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 2                                         |
| Revision      | 1                                         |
| Changes       | No English change. Version to fix RO.     |
| Status        | Released                                  |
| Last Modified | 24/10/2019 13:56:00                       |
| Author        | pullins                                   |

## Appendix

|               |                                           |
|---------------|-------------------------------------------|
| Title         | Data Fields (Instinct 2)                  |
| Identifier    | GUID-E3445921-AD71-413B-8FB9-449337028A55 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 2                                         |
| Revision      | 5                                         |
| Changes       | Added Surface Gradient Factor for diving. |
| Status        | Released                                  |
| Last Modified | 10/02/2022 08:22:43                       |
| Author        | cozmyer                                   |

## Data Fields

**NOTE:** Not all data fields are available for all activity types. Some data fields require ANT+ or Bluetooth accessories to display data. Some data fields appear in more than one category on the watch.

**TIP:** You can also customize the data fields from the watch settings in the Garmin Connect app.

### Cadence Fields

| Name          | Description                                                                                                                        |
|---------------|------------------------------------------------------------------------------------------------------------------------------------|
| Avg. Cadence  | Cycling. The average cadence for the current activity.                                                                             |
| Avg. Cadence  | Running. The average cadence for the current activity.                                                                             |
| Cadence       | Cycling. The number of revolutions of the crank arm. Your device must be connected to a cadence accessory for this data to appear. |
| Cadence       | Running. The steps per minute (right and left).                                                                                    |
| Lap Cadence   | Cycling. The average cadence for the current lap.                                                                                  |
| Lap Cadence   | Running. The average cadence for the current 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.                                                                           |

### Compass Fields

| Name         | Description                                        |
|--------------|----------------------------------------------------|
| Compass Hdg. | The direction you are moving based on the compass. |
| GPS Heading  | The direction you are moving based on GPS.         |

| Name    | Description                   |
|---------|-------------------------------|
| Heading | The direction you are moving. |

#### Distance Fields

| Name               | Description                                                |
|--------------------|------------------------------------------------------------|
| Distance           | The distance traveled for the current track or activity.   |
| Int. Distance      | The distance traveled for the current interval.            |
| Lap Distance       | The distance traveled for the current lap.                 |
| Last Lap Dist.     | The distance traveled for the last completed lap.          |
| Last Move Distance | The distance traveled for the last completed move.         |
| Move Distance      | The distance traveled for the current move.                |
| Nautical Dist      | The distance traveled in nautical meters or nautical feet. |

#### Diving Fields

| Name                    | Description                                                                                            |
|-------------------------|--------------------------------------------------------------------------------------------------------|
| CNS                     | Your current central nervous system oxygen toxicity percentage.                                        |
| Current Gas PO2         | The partial pressure of oxygen (PO2) of the diluent gas during a closed-circuit rebreather (CCR) dive. |
| Maximum Depth           | The maximum depth descended during a dive.                                                             |
| N2/He Load              | Your current nitrogen and helium tissue load level.                                                    |
| OTU                     | Your current oxygen toxicity units.                                                                    |
| Time to Surface         | The amount of time required to safely ascend to the surface.                                           |
| Surface Gradient Factor | The expected gradient factor if the diver were to instantaneously surface.                             |

## Elevation Fields

| Name              | Description                                                                                                                                           |
|-------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| Avg. Ascent       | The average vertical distance of ascent since the last reset.                                                                                         |
| Avg. Descent      | The average vertical distance of descent since the last reset.                                                                                        |
| Elevation         | The altitude of your current location above or below sea level.                                                                                       |
| Glide Ratio       | The ratio of horizontal distance traveled to the change in vertical distance.                                                                         |
| GPS Elevation     | The altitude of your current location using GPS.                                                                                                      |
| Grade             | The calculation of rise (elevation) over run (distance). For example, if for every 3 m (10 ft.) you climb you travel 60 m (200 ft.), the grade is 5%. |
| Lap Ascent        | The vertical distance of ascent for the current lap.                                                                                                  |
| Lap Descent       | The vertical distance of descent for the current lap.                                                                                                 |
| Last Lap Ascent   | The vertical distance of ascent for the last completed lap.                                                                                           |
| Last Lap Descent  | The vertical distance of descent for the last completed lap.                                                                                          |
| Last Move Ascent  | The vertical distance of ascent for the last completed move.                                                                                          |
| Last Move Descent | The vertical distance of descent for the last completed move.                                                                                         |
| 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.                                                                                                   |
| Min. Elevation    | The lowest elevation reached since the last reset.                                                                                                    |
| Move Ascent       | The vertical distance of ascent for the current move.                                                                                                 |
| Move Descent      | The vertical distance of descent for the current move.                                                                                                |
| Total Ascent      | The total elevation distance ascended since the last reset.                                                                                           |
| Total Descent     | The total elevation distance descended since the last reset.                                                                                          |

## Heart Rate Fields

| Name                       | Description                                                                                                                                  |
|----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| %HRR                       | The percentage of heart rate reserve (maximum heart rate minus resting heart rate).                                                          |
| Aerobic TE                 | The impact of the current activity on your aerobic fitness level.                                                                            |
| Anaerobic TE               | The impact of the current activity on your anaerobic fitness level.                                                                          |
| Avg. %HRR                  | The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current activity.                         |
| Average HR                 | The average heart rate for the current activity.                                                                                             |
| Avg HR %Max.               | The average percentage of maximum heart rate for the current activity.                                                                       |
| Heart Rate                 | Your heart rate in beats per minute (bpm). Your device must have wrist-based heart rate or be connected to a compatible heart rate monitor.  |
| HR %Max.                   | The percentage of maximum heart rate.                                                                                                        |
| HR Zone                    | The current range of your heart rate (1 to 5). The default zones are based on your user profile and maximum heart rate (220 minus your age). |
| Int. Avg. %HRR             | The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current swim interval.                    |
| Int. Avg. %Max.            | The average percentage of maximum heart rate for the current swim interval.                                                                  |
| Int. Avg. HR               | The average heart rate for the current swim interval.                                                                                        |
| Int. Max. %HRR             | The maximum percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current swim interval.                    |
| Int. Max. %Max.            | The maximum percentage of maximum heart rate for the current swim interval.                                                                  |
| Int. Max. HR               | The maximum heart rate for the current swim interval.                                                                                        |
| Lap %HRR                   | The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current lap.                              |
| Lap HR                     | The average heart rate for the current lap.                                                                                                  |
| Lap HR %Max.               | The average percentage of maximum heart rate for the current lap.                                                                            |
| Last Lap %HRR              | The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the last completed lap.                       |
| Last Lap HR                | The average heart rate for the last completed lap.                                                                                           |
| L. Lap HR %Max.            | The average percentage of maximum heart rate for the last completed lap.                                                                     |
| Last Move %HRR             | The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the last move.                                |
| Last Move Heart Rate       | The average heart rate for the last completed move.                                                                                          |
| Last Move Heart Rate %Max. | The average percentage of maximum heart rate for the last move.                                                                              |
| Max. HR                    | The maximum heart rate for the current activity.                                                                                             |

| Name                      | Description                                                                                                      |
|---------------------------|------------------------------------------------------------------------------------------------------------------|
| Move % Heart Rate Reserve | The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current move. |
| Move Heart Rate           | The average heart rate in the current move.                                                                      |
| Move Heart Rate %Max.     | The average percentage of maximum heart rate for the current move.                                               |
| Time in Zone              | The time elapsed in each heart rate zone.                                                                        |

#### Lengths Fields

| Name             | Description                                                       |
|------------------|-------------------------------------------------------------------|
| Interval Lengths | The number of pool lengths completed during the current interval. |
| Lengths          | The number of pool lengths completed during the current activity. |

#### Navigation Fields

| Name                     | Description                                                                                                                                                                |
|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Bearing                  | The direction from your current location to a destination. You must be navigating for this data to appear.                                                                 |
| Course                   | The direction from your starting location to a destination. Course can be viewed as a planned or set route. You must be navigating for this data to appear.                |
| Dest. Wpt                | The last point on the route to the destination. You must be navigating for this data to appear.                                                                            |
| Dist. Remaining          | The remaining distance to the final destination. You must be navigating for this data to appear.                                                                           |
| Distance To Next         | The remaining distance to the next waypoint on the route. You must be navigating for this data to appear.                                                                  |
| Estimated Total Distance | The estimated distance from the start to the final destination. You must be navigating for this data to appear.                                                            |
| ETA                      | The estimated time of day when you will reach the final destination (adjusted to the local time of the destination). You must be navigating for this data to appear.       |
| ETA at Next              | The estimated time of day when you will reach the next waypoint on the route (adjusted to the local time of the waypoint). You must be navigating for this data to appear. |
| ETE                      | The estimated time remaining until you reach the final destination. You must be navigating for this data to appear.                                                        |
| Glide Ratio Dest.        | The glide ratio required to descend from your current position to the destination elevation. You must be navigating for this data to appear.                               |
| Next Waypoint            | The next point on the route. You must be navigating for this data to appear.                                                                                               |
| Off Course               | The distance to the left or right by which you have strayed from the original path of travel. You must be navigating for this data to appear.                              |
| Time to Next             | The estimated time remaining before you reach the next waypoint in the route. You must be navigating for this data to appear.                                              |

| Name            | Description                                                                                                                     |
|-----------------|---------------------------------------------------------------------------------------------------------------------------------|
| VMG             | The speed at which you are closing on a destination along a route. You must be navigating for this data to appear.              |
| 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 to Tgt | The rate of ascent or descent to a predetermined altitude. You must be navigating for this data to appear.                      |

#### Other Fields

| Name              | Description                                                                                                                                                                   |
|-------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Ambient Press.    | The uncalibrated environmental pressure.                                                                                                                                      |
| Baro. Pressure    | The current calibrated environmental pressure.                                                                                                                                |
| Battery Level     | The watch battery level.                                                                                                                                                      |
| Calories          | The calories burned throughout the day.                                                                                                                                       |
| Floors Climbed    | The total number of floors climbed up for the day.                                                                                                                            |
| Floors Descended  | The total number of floors climbed down for the day.                                                                                                                          |
| Floors per Minute | The number of floors climbed up per minute.                                                                                                                                   |
| Grit              | The measurement of difficulty for the current activity based on elevation, gradient, and rapid changes in direction.                                                          |
| Lap Flow          | The overall flow score for the current lap.                                                                                                                                   |
| Lap Grit          | The overall grit score for the current lap.                                                                                                                                   |
| Laps              | The number of laps completed for the current activity.                                                                                                                        |
| Load              | The training load for the current activity. Training load is the amount of excess post-exercise oxygen consumption (EPOC), which indicates the strenuousness of your workout. |
| Max. Stress       | Your maximum stress level for the current activity.                                                                                                                           |
| Moves             | The number of moves completed for the current activity.                                                                                                                       |
| Perform. Cond.    | The performance condition score is a real-time assessment of your ability to perform.                                                                                         |
| Reps              | During a strength training activity, the number of repetitions in a workout set.                                                                                              |
| Runs              | The number of runs for the activity.                                                                                                                                          |
| Set Timer         | During a strength training activity, the amount of time spent in the current workout set.                                                                                     |
| Stress            | Your current stress level.                                                                                                                                                    |
| Sunrise           | The time of sunrise based on your GPS position.                                                                                                                               |
| Sunset            | The time of sunset based on your GPS position.                                                                                                                                |
| Time of Day       | The time of day based on your current location and time settings (format, time zone, daylight saving time).                                                                   |

**Pace Fields**

| Name           | Description                                                      |
|----------------|------------------------------------------------------------------|
| 500m Pace      | The current rowing pace per 500 meters.                          |
| Avg. 500m Pace | The average rowing pace per 500 meters for the current activity. |
| Average Pace   | The average pace for the current activity.                       |
| Int. Pace      | The average pace for the current interval.                       |
| Lap 500m Pace  | The average rowing pace per 500 meters for the current lap.      |
| Lap Pace       | The average pace for the current lap.                            |
| LL 500m Pace   | The average rowing pace per 500 meters for the last lap.         |
| Last Lap Pace  | The average pace for the last completed lap.                     |
| Last Len. Pace | The average pace for your last completed pool length.            |
| Last Move Pace | The average pace for the last completed move.                    |
| Move Pace      | The average pace for the current move.                           |
| Pace           | The current pace.                                                |

**PacePro Fields**

| Name                     | Description                                                   |
|--------------------------|---------------------------------------------------------------|
| Next Split Distance      | Running. The total distance of the next split.                |
| Next Split Target Pace   | Running. The target pace for the next split.                  |
| Overall Ahead/Behind     | Running. The overall time ahead or behind of the target pace. |
| Split Distance           | Running. The total distance of the current split.             |
| Split Distance Remaining | Running. The remaining distance of the current split.         |
| Split Pace               | Running. The pace for the current split.                      |
| Split Target Pace        | Running. The target pace for the current split.               |

## Power Fields

| Name             | Description                                                                                                                                                   |
|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| % FTP            | The current power output as a percentage of functional threshold power.                                                                                       |
| 3s Avg. Balance  | The 3-second moving average of the left/right power balance.                                                                                                  |
| 3s Avg. Power    | The 3-second moving average of power output.                                                                                                                  |
| 10s Avg Balance  | The 10-second moving average of the left/right power balance.                                                                                                 |
| 10s Avg. Power   | The 10-second moving average of power output.                                                                                                                 |
| 30s Avg Balance  | The 30-second moving average of the left/right power balance.                                                                                                 |
| 30s Avg. Power   | The 30-second moving average of power output.                                                                                                                 |
| Avg. Balance     | The average left/right power balance for the current activity.                                                                                                |
| Avg. L. PP       | The average power phase angle for the left leg for the current activity.                                                                                      |
| Average Power    | The average power output for the current activity.                                                                                                            |
| Avg. R. PP       | The average power phase angle for the right leg for the current activity.                                                                                     |
| Avg. L. PPP      | The average power phase peak angle for the left leg for the current activity.                                                                                 |
| Avg. PCO         | The average platform center offset for the current activity.                                                                                                  |
| Avg. R. PPP      | The average power phase peak angle for the right leg for the current activity.                                                                                |
| Balance          | The current left/right power balance.                                                                                                                         |
| Intensity Factor | The Intensity Factor™ for the current activity.                                                                                                               |
| Lap Balance      | The average left/right power balance for the current lap.                                                                                                     |
| Lap L. PPP       | The average power phase peak angle for the left leg for the current lap.                                                                                      |
| Lap L. PP        | The average power phase angle for the left leg for the current lap.                                                                                           |
| Lap NP           | The average Normalized Power™ for the current lap.                                                                                                            |
| Lap PCO          | The average platform center offset for the current lap.                                                                                                       |
| Lap Power        | The average power output for the current lap.                                                                                                                 |
| Lap R. PPP       | The average power phase peak angle for the right leg for the current lap.                                                                                     |
| Lap R. PP        | The average power phase angle for the right leg for the current lap.                                                                                          |
| Last Lap NP      | The average Normalized Power for the last completed lap.                                                                                                      |
| Last Lap Power   | The average power output for the last completed lap.                                                                                                          |
| Left PPP         | The current power phase peak angle for the left leg. Power phase peak is the angle range over which the rider produces the peak portion of the driving force. |
| Left PP          | The current power phase angle for the left leg. Power phase is the pedal stroke region where positive power is produced.                                      |
| Max. Lap Power   | The top power output for the current lap.                                                                                                                     |
| Max Power        | The top power output for the current activity.                                                                                                                |

| Name            | Description                                                                                                                                                    |
|-----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| NP              | The Normalized Power for the current activity.                                                                                                                 |
| Pedal Smooth.   | The measurement of how evenly a rider is applying force to the pedals throughout each pedal stroke.                                                            |
| PCO             | The platform center offset. Platform center offset is the location on the pedal platform where force is applied.                                               |
| Power           | Cycling. The current power output in watts.                                                                                                                    |
| Power to Weight | The current power measured in watts per kilogram.                                                                                                              |
| Power Zone      | The current range of power output (1 to 7) based on your FTP or custom settings.                                                                               |
| Right PPP       | The current power phase peak angle for the right leg. Power phase peak is the angle range over which the rider produces the peak portion of the driving force. |
| Right PP        | The current power phase angle for the right leg. Power phase is the pedal stroke region where positive power is produced.                                      |
| Time in Zone    | The time elapsed in each power zone.                                                                                                                           |
| Time Seat.      | The time spent seated while pedaling for the current activity.                                                                                                 |
| Time Seat. Lap  | The time spent seated while pedaling for the current lap.                                                                                                      |
| Time Stand.     | The time spent standing while pedaling for the current activity.                                                                                               |
| Time Stand. Lap | The time spent standing while pedaling for the current lap.                                                                                                    |
| TSS             | The Training Stress Score™ for the current activity.                                                                                                           |
| Torque Eff.     | The measurement of how efficiently a rider is pedaling.                                                                                                        |
| Work            | The accumulated work performed (power output) in kilojoules.                                                                                                   |

#### Rest Fields

| Name       | Description                                                            |
|------------|------------------------------------------------------------------------|
| Repeat On  | The timer for the last interval plus the current rest (pool swimming). |
| Rest Timer | The timer for the current rest (pool swimming).                        |

## Run Dynamics

| Name             | Description                                                                                                                                                |
|------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Avg. GCT Bal.    | The average ground contact time balance for the current session.                                                                                           |
| Avg GCT          | The average amount of ground contact time for the current activity.                                                                                        |
| Avg. Stride Len. | The average stride length for the current session.                                                                                                         |
| Avg. Vert. Osc.  | The average amount of vertical oscillation for the current activity.                                                                                       |
| Avg. Vert. Ratio | The average ratio of vertical oscillation to stride length for the current session.                                                                        |
| GCT Balance      | The left/right balance of ground contact time while running.                                                                                               |
| GCT              | The amount of time in each step that you spend on the ground while running, measured in milliseconds. Ground contact time is not calculated while walking. |
| Lap GCT Bal.     | The average ground contact time balance for the current lap.                                                                                               |
| Lap GCT          | The average amount of ground contact time for the current lap.                                                                                             |
| Lap Stride Len.  | The average stride length for the current lap.                                                                                                             |
| Lap Vert. Osc.   | The average amount of vertical oscillation for the current lap.                                                                                            |
| Lap Vert. Ratio  | The average ratio of vertical oscillation to stride length for the current lap.                                                                            |
| Stride Length    | The length of your stride from one footfall to the next, measured in meters.                                                                               |
| Vertical Osc.    | The amount of bounce while you are running. The vertical motion of your torso, measured in centimeters for each step.                                      |
| Vertical Ratio   | The ratio of vertical oscillation to stride length.                                                                                                        |

## Speed Fields

| Name                | Description                                                                                                                          |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| Avg. Moving Speed   | The average speed when moving 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. Nautical SOG   | The average speed of travel in knots for the current activity, regardless of the course steered and temporary variations in heading. |
| Nautical Avg. Speed | The average speed in knots for the current activity.                                                                                 |
| Lap SOG             | The average speed of travel for the current lap, regardless of the course steered and temporary variations in heading.               |
| Lap Speed           | The average speed for the current lap.                                                                                               |
| Last Lap SOG        | The average speed of travel for the last completed lap, regardless of the course steered and temporary variations in heading.        |
| Last Lap Speed      | The average speed for the last completed lap.                                                                                        |
| Last Move Speed     | The average speed for the last completed move.                                                                                       |
| Maximum SOG         | The maximum speed of travel for the current activity, regardless of the course steered and temporary variations in heading.          |
| Maximum Speed       | The top speed for the current activity.                                                                                              |
| Max. Nautical SOG   | The maximum speed of travel in knots for the current activity, regardless of the course steered and temporary variations in heading. |
| Max. Nautical Speed | The maximum speed in knots for the current activity.                                                                                 |
| Move Speed          | The average speed for the current move.                                                                                              |
| Nautical SOG        | The actual speed of travel in knots, regardless of the course steered and temporary variations in heading.                           |
| Nautical Speed      | The current speed in knots.                                                                                                          |
| Run SOG             | The speed of travel for the current run, regardless of the course steered and temporary variations in heading.                       |
| Speed               | The current rate of travel.                                                                                                          |
| SOG                 | The actual speed of travel, regardless of the course steered and temporary variations in heading.                                    |
| Vert. Spd.          | The rate of ascent or descent over time.                                                                                             |

## Stroke Fields

| Name              | Description                                                                                  |
|-------------------|----------------------------------------------------------------------------------------------|
| 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. Strk Rate    | Paddle sports. The average number of strokes per minute (spm) during the current activity.   |
| Avg. Strk Rate    | Swimming. The average number of strokes per minute (spm) during the current activity.        |
| Avg. Strk/Len     | The average number of strokes per pool length during the current activity.                   |
| Dist. Per Stroke  | Paddle sports. The distance traveled per stroke.                                             |
| Int Strk Rate     | The average number of strokes per minute (spm) during the current interval.                  |
| Int Strk/Len      | The average number of strokes per pool length during the current interval.                   |
| Int Strk Type     | The current stroke type for the interval.                                                    |
| 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 Strk Rate     | Swimming. The average number of strokes per minute (spm) during the current lap.             |
| Lap Strk Rate     | Paddle sports. The average number of strokes per minute (spm) during the current lap.        |
| Lap Strokes       | Swimming. The total number of strokes for the current lap.                                   |
| Lap Strokes       | Paddle sports. The total number of strokes for the current lap.                              |
| 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.       |
| 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. Len. Stk. Rate | The average number strokes per minute (spm) during the last completed pool length.           |
| L. Len. Strokes   | The total number of strokes for the last completed pool length.                              |
| L. Len. Stk. Type | The stroke type used during the last completed pool length.                                  |
| Stroke Rate       | Swimming. The number of strokes per minute (spm).                                            |
| Stroke Rate       | Paddle sports. The number of strokes per minute (spm).                                       |
| Strokes           | Swimming. The total number of strokes for the current activity.                              |
| Strokes           | Paddle sports. The total number of strokes for the current activity.                         |

### Swolf Fields

| Name            | Description                                                                                                                                                                                                                                                                 |
|-----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Average Swolf   | The average swolf score for the current activity. Your swolf score is the sum of the time for one length plus the number of strokes for that length ( <a href="#">Swim Terminology, page 44</a> ). In open water swimming, 25 meters is used to calculate your swolf score. |
| Int. Swolf      | The average swolf score for the current interval.                                                                                                                                                                                                                           |
| Lap Swolf       | The swolf score for the current lap.                                                                                                                                                                                                                                        |
| L. Lap Swolf    | The swolf score for the last completed lap.                                                                                                                                                                                                                                 |
| Last Len. Swolf | The swolf score for the last completed pool length.                                                                                                                                                                                                                         |

### Temperature Fields

| Name         | Description                                                                                                                                                                                       |
|--------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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.                                                                                                       |
| Temperature  | The temperature of the air. Your body temperature affects the temperature sensor. You can pair a temperature sensor with your device to provide a consistent source of accurate temperature data. |

### Timer Fields

| Name                 | Description                                                                                                                                                                                                    |
|----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Avg. Lap Time        | The average lap time for the current activity.                                                                                                                                                                 |
| Average Move Time    | The average move time for the current activity.                                                                                                                                                                |
| Elapsed Time         | The total time recorded. For example, if you start the activity timer and run for 10 minutes, then stop the timer for 5 minutes, then start the timer and run for 20 minutes, your elapsed time is 35 minutes. |
| Interval Time        | The stopwatch time for the current interval.                                                                                                                                                                   |
| Lap Time             | The stopwatch time for the current lap.                                                                                                                                                                        |
| Last Lap Time        | The stopwatch time for the last completed lap.                                                                                                                                                                 |
| Last Move Time       | The stopwatch time for the last completed move.                                                                                                                                                                |
| Move Time            | The stopwatch time for the current move.                                                                                                                                                                       |
| Moving Time          | The total time moving for the current activity.                                                                                                                                                                |
| Multisport Time      | The total time for all sports in a multisport activity, including transitions.                                                                                                                                 |
| Overall Ahead/Behind | Running. The overall time ahead of or behind the target pace.                                                                                                                                                  |
| Stopped Time         | The total time stopped for the current activity.                                                                                                                                                               |
| Swim Time            | The swimming time for the current activity, not including rest time.                                                                                                                                           |
| Timer                | The current time of the countdown timer.                                                                                                                                                                       |

|               |                                                   |
|---------------|---------------------------------------------------|
| Title         | Color Gauges and Running Dynamics Data (with pod) |
| Identifier    | GUID-EE9E7F6F-49BE-4452-82E6-B40371D0AEC1         |
| Language      | EN-US                                             |
| Description   |                                                   |
| Version       | 4                                                 |
| Revision      | 4                                                 |
| Changes       | Conditioned statement for black and white screen  |
| Status        | Released                                          |
| Last Modified | 20/01/2022 18:00:17                               |
| Author        | tillmonmartha                                     |

## Color Gauges and Running Dynamics Data

In the Garmin Connect activity, the running dynamics data displays as colored graphs. The color zones are based on percentiles and show you how your running dynamics data compare to those of other runners.

Garmin has researched many runners of all different levels. The data values in the red or orange zones are typical for less experienced or slower runners. The data values in the green, blue, or purple zones are typical for more experienced or faster runners. More experienced runners tend to exhibit shorter ground contact times, lower vertical oscillation, lower vertical ratio, and higher cadence than less experienced runners. However, taller runners typically have slightly slower cadences, longer strides, and slightly higher vertical oscillation. Vertical ratio is your vertical oscillation divided by stride length. It is not correlated with height.

Go to [www.garmin.com/runningdynamics](http://www.garmin.com/runningdynamics) for more information on running dynamics. For additional theories and interpretations of running dynamics data, you can search reputable running publications and websites.

| Color Zone                                                                                 | Percentile in Zone | Cadence Range | Ground Contact Time Range |
|--------------------------------------------------------------------------------------------|--------------------|---------------|---------------------------|
|  Purple | >95                | >183 spm      | <218 ms                   |
|  Blue   | 70–95              | 174–183 spm   | 218–248 ms                |
|  Green  | 30–69              | 164–173 spm   | 249–277 ms                |
|  Orange | 5–29               | 153–163 spm   | 278–308 ms                |
|  Red    | <5                 | <153 spm      | >308 ms                   |

|               |                                                  |
|---------------|--------------------------------------------------|
| Title         | Ground Contact Time Balance Data                 |
| Identifier    | GUID-B917540E-186D-4546-943F-4CD694B11BDC        |
| Language      | EN-US                                            |
| Description   |                                                  |
| Version       | 3                                                |
| Revision      | 4                                                |
| Changes       | Conditioned statement for black and white screen |
| Status        | Released                                         |
| Last Modified | 20/01/2022 18:02:07                              |
| Author        | tillmonmartha                                    |

## Ground Contact Time Balance Data

**NOTE:** In the Garmin Connect activity, the running dynamics data displays as colored graphs.

Ground contact time balance measures your running symmetry and appears as a percentage of your total ground contact time. For example, 51.3% with an arrow pointing left indicates the runner is spending more time on the ground when on the left foot. If your data screen displays both numbers, for example 48–52, 48% is the left foot and 52% is the right foot.

| Color Zone                  |  Red |  Orange |  Green |  Orange |  Red |
|-----------------------------|---------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| Symmetry                    | Poor                                                                                  | Fair                                                                                     | Good                                                                                    | Fair                                                                                       | Poor                                                                                    |
| Percent of Other Runners    | 5%                                                                                    | 25%                                                                                      | 40%                                                                                     | 25%                                                                                        | 5%                                                                                      |
| Ground Contact Time Balance | >52.2% L                                                                              | 50.8–52.2% L                                                                             | 50.7% L–50.7% R                                                                         | 50.8–52.2% R                                                                               | >52.2% R                                                                                |

While developing and testing running dynamics, the Garmin team found correlations between injuries and greater imbalances with certain runners. For many runners, ground contact time balance tends to deviate further from 50–50 when running up or down hills. Most running coaches agree that a symmetrical running form is good. Elite runners tend to have quick and balanced strides.

You can watch the gauge or data field during your run or view the summary on your Garmin Connect account after your run. As with the other running dynamics data, ground contact time balance is a quantitative measurement to help you learn about your running form.

|               |                                                  |
|---------------|--------------------------------------------------|
| Title         | Vertical Oscillation and Vertical Ratio Data     |
| Identifier    | GUID-E2728EFE-C7BC-418E-A31D-D44FD12D1A4C        |
| Language      | EN-US                                            |
| Description   |                                                  |
| Version       | 5                                                |
| Revision      | 3                                                |
| Changes       | Conditioned statement for black and white screen |
| Status        | Released                                         |
| Last Modified | 20/01/2022 18:01:51                              |
| Author        | tillmonmartha                                    |

## Vertical Oscillation and Vertical Ratio Data

**NOTE:** In the Garmin Connect activity, the running dynamics data displays as colored graphs.

The data ranges for vertical oscillation and vertical ratio are slightly different depending on the sensor and whether it is positioned at the chest (HRM-Pro, HRM-Run™, or HRM-Tri accessories) or at the waist (Running Dynamics Pod accessory).

| Color Zone                                                                                 | Percentile in Zone | Vertical Oscillation Range at Chest | Vertical Oscillation Range at Waist | Vertical Ratio at Chest | Vertical Ratio at Waist |
|--------------------------------------------------------------------------------------------|--------------------|-------------------------------------|-------------------------------------|-------------------------|-------------------------|
|  Purple   | >95                | <6.4 cm                             | <6.8 cm                             | <6.1%                   | <6.5%                   |
|  Blue     | 70–95              | 6.4–8.1 cm                          | 6.8–8.9 cm                          | 6.1–7.4%                | 6.5–8.3%                |
|  Green  | 30–69              | 8.2–9.7 cm                          | 9.0–10.9 cm                         | 7.5–8.6%                | 8.4–10.0%               |
|  Orange | 5–29               | 9.8–11.5 cm                         | 11.0–13.0 cm                        | 8.7–10.1%               | 10.1–11.9%              |
|  Red    | <5                 | >11.5 cm                            | >13.0 cm                            | >10.1%                  | >11.9%                  |

|               |                                           |
|---------------|-------------------------------------------|
| Title         | VO2 Max. Standard Ratings                 |
| Identifier    | GUID-1FBCCD9E-19E1-4E4C-BD60-1793B5B97EB3 |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 8                                         |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 22/04/2017 23:06:07                       |
| Author        | wiederan                                  |

## VO2 Max. Standard Ratings

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

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

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

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|               |                                           |
|---------------|-------------------------------------------|
| Title         | FTP Ratings                               |
| Identifier    | GUID-1F58FA8E-09FF-4E51-B9B4-C4B83ED1D6CE |
| Language      | EN-US                                     |
| Description   |                                           |
| Version       | 1                                         |
| Revision      | 12                                        |
| Changes       |                                           |
| Status        | Released                                  |
| Last Modified | 22/04/2017 20:23:56                       |
| Author        | gerson                                    |

## FTP Ratings

These tables include classifications for functional threshold power (FTP) estimates by gender.

| Males     | Watts per Kilogram (W/kg) |
|-----------|---------------------------|
| Superior  | 5.05 and greater          |
| Excellent | From 3.93 to 5.04         |
| Good      | From 2.79 to 3.92         |
| Fair      | From 2.23 to 2.78         |
| Untrained | Less than 2.23            |

| Females   | Watts per Kilogram (W/kg) |
|-----------|---------------------------|
| Superior  | 4.30 and greater          |
| Excellent | From 3.33 to 4.29         |
| Good      | From 2.36 to 3.32         |
| Fair      | From 1.90 to 2.35         |
| Untrained | Less than 1.90            |

FTP ratings are based on research by Hunter Allen and Andrew Coggan, PhD, *Training and Racing with a Power Meter* (Boulder, CO: VeloPress, 2010).

|               |                                                                                                                                                 |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| Title         | Wheel Size and Circumference                                                                                                                    |
| Identifier    | GUID-DB0BC20A-DADF-41EB-A61C-14BEC158B43C                                                                                                       |
| Language      | EN-US                                                                                                                                           |
| Description   |                                                                                                                                                 |
| Version       | 3                                                                                                                                               |
| Revision      | 5                                                                                                                                               |
| Changes       | Fixed 700x30C value. Updated intro sentence and table (removed child sizes, added more standard sizes). More comparable with competitor tables. |
| Status        | Released                                                                                                                                        |
| Last Modified | 10/04/2018 10:33:33                                                                                                                             |
| Author        | cozmyer                                                                                                                                         |

## Wheel Size and Circumference

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

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

| Tire Size        | Wheel Circumference (mm) |
|------------------|--------------------------|
| 20 × 1.75        | 1515                     |
| 20 × 1-3/8       | 1615                     |
| 22 × 1-3/8       | 1770                     |
| 22 × 1-1/2       | 1785                     |
| 24 × 1           | 1753                     |
| 24 × 3/4 Tubular | 1785                     |
| 24 × 1-1/8       | 1795                     |
| 24 × 1.75        | 1890                     |
| 24 × 1-1/4       | 1905                     |
| 24 × 2.00        | 1925                     |
| 24 × 2.125       | 1965                     |
| 26 × 7/8         | 1920                     |
| 26 × 1-1.0       | 1913                     |
| 26 × 1           | 1952                     |
| 26 × 1.25        | 1953                     |
| 26 × 1-1/8       | 1970                     |
| 26 × 1.40        | 2005                     |
| 26 × 1.50        | 2010                     |
| 26 × 1.75        | 2023                     |
| 26 × 1.95        | 2050                     |
| 26 × 2.00        | 2055                     |

| Tire Size    | Wheel Circumference (mm) |
|--------------|--------------------------|
| 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 × 2.1     | 2288                     |
| 29 × 2.2     | 2298                     |
| 29 × 2.3     | 2326                     |
| 650 × 20C    | 1938                     |
| 650 × 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                     |

| Tire Size | Wheel Circumference (mm) |
|-----------|--------------------------|
| 700 × 47C | 2268                     |

|               |                                                                                                                                                                |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Title         | Symbol Definitions                                                                                                                                             |
| Identifier    | GUID-18FC4FDE-9DC7-4375-8311-C322ADEA03B2                                                                                                                      |
| Language      | EN-US                                                                                                                                                          |
| Description   | Required for IEC 60950 device certifications. No index entries. Include conditions in pub for each symbol that appears on your device or included accessories. |
| Version       | 4                                                                                                                                                              |
| Revision      | 3                                                                                                                                                              |
| Changes       | WCAG.                                                                                                                                                          |
| Status        | Released                                                                                                                                                       |
| Last Modified | 11/09/2019 10:29:42                                                                                                                                            |
| Author        | burzinskittu                                                                                                                                                   |

## Symbol Definitions

These symbols may appear on the device or accessory labels.



WEEE disposal and recycling symbol. The WEEE symbol is attached to the product in compliance with the EU directive 2012/19/EU on Waste Electrical and Electronic Equipment (WEEE). It is intended to deter the improper disposal of this product and to promote reuse and recycling.

