



## Forerunner® 15 Owner's Manual

### ⚠ WARNING

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

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

### Getting Started

When using your device for the first time, you should complete these tasks to set up the device and learn about the basic features.

- 1 Charge the device ([Charging the Device](#)).
- 2 Turn on activity tracking ([Turning On Activity Tracking](#)).
- 3 Put on the optional heart rate monitor ([Putting On the Heart Rate Monitor](#)).
- 4 Go for a run ([Going For a Run](#)).
- 5 Upload your run to the Garmin Connect™ site ([Using Garmin Connect](#)).
- 6 Get more information ([Getting More Information](#)).

### Keys



1		Select to turn the backlight on and off. Hold to turn the device on and off.
2		Select to start and stop the timer. Select to choose the highlighted menu item.
3		Select to scroll through the data screens, options, and settings.
4		Select to scroll through activity tracking data. Select to mark a new lap. Select to return to the previous screen.

### Status Icons

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

	GPS status
	Heart rate status
	Foot pod status

### Going For a Run

The device comes partially charged. You may need to charge the device ([Charging the Device](#)) before going for a run.

- 1 Put on the optional heart rate monitor ([Putting On the Heart Rate Monitor](#)).
- 2 Hold to turn on the device.
- 3 Select .
- 4 Go outside, and wait while the device locates satellites. It may take a few minutes to locate satellite signals. When satellites are located, displays solid.
- 5 When using a heart rate monitor, wait while the device connects to the sensor. When the device detects the heart rate monitor, a message appears and displays solid.
- 6 Select **Start** to start the timer.
- 7 Go for a run.

Time , distance , pace , calories burned , beats per minute , and heart rate zone are recorded while the timer is running.



- 8 After you complete your run, select to stop the timer.
- 9 Select an option:
  - Select **Resume** to restart the timer.  
**NOTE:** After a few seconds, a summary appears.
  - Select **Save** to save the run and reset the timer. A summary appears.  
**NOTE:** You can now upload your run to Garmin Connect ([Using Garmin Connect](#)).
  - Select **Discard** to delete the run.

### 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, go to [www.garminconnect.com](http://www.garminconnect.com) /start.

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

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

# Garmin Forerunner Manual

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drawn conclusions while the sample according to sugiyono 2011 is part of the number and characteristics possessed by the population the researcher took the total population or saturated sample that is all participants were used as respondents the research time was carried out for 3 days namely from 13 15 october 2022 while

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sugiyono 2012 the research instrument is used as a data collection tool and the instruments commonly used in the research are some questionnaires and questionnaires submitted and given to each respondent who is sampled in

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according to sugiyono 2011 he said that research and development r d method was used to design a certain product and examine the effectiveness of the product in this study the researcher used some instruments to collect the data they were document analysis questionnaire sheet and interview guide 1 document analysis in this study

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jun 1 2021 the purpose of this study was to analyze the causes of the emergence of negative perceptions and positive perceptions of students towards mathematics subjects this type of research is a qualitative study with research subjects of elementary school students the instrument used was an interview

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the research instrument consisted of a questionnaire to measure students attitudes towards stem and multiple choice tests to assess students cognitive learning outcomes

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sugiyono 2011 90 minimalized sample of the research are 30 people in this research the researcher used the last option because amount of the the researcher use this instrument to know how far students understanding about skimming skill by giving answer in the questionnaire based on the guidance for skimming mc whorter 1992 81

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showed levels of research instrument validity arikunto 2010 211 degradation of accuracy between data which was happen on research object and capacity which can be reported by researcher sugiyono 2014 267 high and low validity of instrument showed how far data were collected didn t diverge from validity itself

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sugiyono 2012 102 state that research instrument is the tools to measure nature phenomenon and social that is observed research instrument is essentially used to get information or data about the object taken from subject of the research many kinds of instrument which can be used in a research such as test questionnaires interview

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3 3 1 technique and instrument according to sugiyono 2012 148 the research instrument is a tool used to measure the natural and social phenomena observed the instruments for collecting the data is interview guide observation check list and documents analysis

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may 4 2021 the term research instrument refers to any tool that is used by a scientist to obtain measure and analyze data the data is sourced from subjects included in the research experiment and focused on the topic the instruments used have various roles there are different tools that help you conduct quantitative qualitative and mixed studies

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3 3 research instrument research instrument was the tool to collect the data according to sugiyono 2012 102 instrument is tools testing to measure some specifics phenomenon in this research the researcher used instruments in reading test to measure students reading comprehension

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the purpose of this study was to produce student worksheet lembar kerja peserta didik lkpd and pisa based test instruments that were valid practical effective and able to improve students mathematical representation abilities this type of research was the tessmer model development research

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according sugiyono 2009 38 understanding of the research object is an attribute or the nature or value of a person object or activity that has certain variations which are set by the researchers to be learned and then drawn conclusions here the objects research are students of sma bpk penabur tasikmalaya grade 1 3

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