



## 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

**Liying Dong**



## **Garmin Forerunner Manual:**

## Whispering the Secrets of Language: An Mental Journey through **Garmin Forerunner Manual**

In a digitally-driven world where displays reign great and quick connection drowns out the subtleties of language, the profound strategies and psychological subtleties hidden within words often go unheard. Yet, located within the pages of **Garmin Forerunner Manual** a charming fictional treasure blinking with natural thoughts, lies an exceptional journey waiting to be undertaken. Penned by an experienced wordsmith, that wonderful opus attracts visitors on an introspective trip, gently unraveling the veiled truths and profound affect resonating within the very material of every word. Within the emotional depths with this poignant evaluation, we can embark upon a genuine exploration of the book is core styles, dissect their captivating publishing design, and fail to the powerful resonance it evokes serious within the recesses of readers hearts.

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