

1 00 Change the Battery

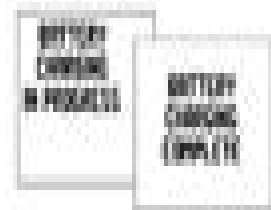
Before you use the unit, you are encouraged to first charge the battery for three full hours.

To charge the ForeRunner:

1. Turn the ForeRunner over and remove the weather cap from the USB port on the back of the unit.
2. Locate the AC Charger that came in the product box. Plug the mini USB end of the charger into the USB port on the unit. Then plug the AC charger into a standard wall outlet.



Weather Cap



Place the battery in desktop charging. Do not use charging multiple charging system.

When the battery is finished charging, you should be able to use it for about 10 hours before recharging. You can also recharge the ForeRunner using the USB cable and your personal computer. See the Owner's Manual for more information.

2 00 Position the HRM Monitor

The heart rate (HR) monitor should be worn directly on your chest just below the forearms. It should be snug enough to stay in place during your workout. When positioned correctly, the ForeRunner begins measuring heart rate data automatically, and the heart rate will change from **beating** into a number. Do not be afraid it isn't just snug, but rather, the heart rate will monitor until the ForeRunner begins measuring heart rate data.

To position the heart rate monitor:

1. Push one end of the strap through the slot in the heart rate monitor. Press the red button.



2. Wrap both sensors on the back of the heart rate monitor to create a strong connection between your pulse and the transmitter.



3. Attach the strap to the other side of the heart rate monitor around your chest.
4. Tighten or loosen the strap as necessary.

NOTE: Do not reposition the heart rate monitor while the unit is on. The device is designed to stay in place.

3 00 Acquire Satellite

Acquiring satellite signals may take as long as 10 minutes the first time you use the ForeRunner, but it should be less than 1 minute. For troubleshooting information, refer to the Owner's Manual.

To acquire satellite signals:

1. Go outdoors to an open area, away from tall buildings and trees. Then press and hold the **Power** button to turn on your ForeRunner HR.
2. Wait while the ForeRunner HR searches for satellite signals. As the unit acquires signals, the bar fills from left to right, and the satellite icon flashes. When the ForeRunner HR has acquired enough signals, the bar fills completely and disappears, and the satellite icon stops flashing.

(After you charge the battery and acquire satellites, you can take your ForeRunner HR outside and immediately begin your workout.)

Choose Your Sport

To change your sport mode:

1. Press and hold the **mode** button. The **Change Sport** menu appears.
2. Use the **up** or **down** arrows to highlight a sport. Then press **enter** to select.



Enter User Information

Set your time zone and user profile so that the ForeRunner HR can record accurate workout data.

To set your time zone and user profile:

1. Press **mode** to access **Menu** mode.
-
2. Press **up** to highlight **Settings** and press **enter**. Then highlight **General** and press **enter**.
 3. Highlight **Set Time** and press **enter**.
 4. Highlight the **Time Zone** field and press **enter**. Choose the correct time zone from the menu and press **enter**.
 5. Press **mode** one time to return to the **General** settings page.
 6. Scroll down to highlight **Set User Profile** and press **enter**.
 7. Highlight the **Gender** field and press **enter**. Then choose your gender from the menu that appears and press **enter**.
 8. Continue to press **up**, **down**, and **enter** to change the **Date of Birth** and **Weight** fields. When you are finished, press **mode** repeatedly to exit.

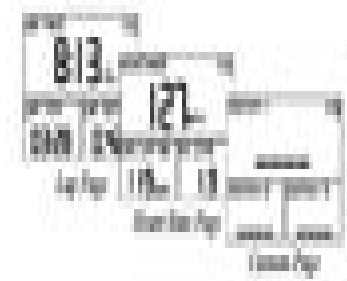
Start Your Workout

To begin your workout, press the **mode** button to view the **Timer** mode.



While training:

- Press **mode** to stop or stop the timer.
- Press **up** to log the time.
- With the timer stopped, press and hold **mode** until the message **disappears** to reset the timer.
- Press and hold **mode** to change sports.
- From **Timer** mode, press the **up** and **down** arrows to view other data pages: the **Lap** page, **Heart Rate** page (appears when measuring heart rate data), and **Custom** page. See the Owner's Manual to set these data pages to scroll automatically.



Garmin Forerunner 301 Manual

Zara Marlowe



Garmin Forerunner 301 Manual:

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