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- Press to exit a menu or page.
- Press to exit power save mode.

Forerunner 405

Owner's Manual touch and hold to enter...

Page 9: Bezel Tips To unlock the bezel, press

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quit simultaneously again. Forerunner 405 Owner's Manual Power Save Mode After a period of inactivity, the Forerunner switches to power save mode.

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Forerunner 405 Quick Start Manual 3. Wrap the strap around your chest and attach it to

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the other side of the heart rate monitor.

noTe: The Garmin logo should be right-side up.

4. Press quit or enter to exit power save mode.

5. Bring the Forerunner within range (3 m) of the heart rate monitor.

The heart rate icon appears on the training mode pages.

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Garmin Support Center is where you will find

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answers to frequently asked questions and resources to help with all of your Garmin products.

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If you lose battery power, Forerunner 405 Owner's Manual... Page 34: System Low. Time2 is on, you can set time2 Format, time2 Zone, and time2 Contrast—select the amount of DSt. Tap the

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bezel in time/date
screen contrast. mode
to view Time2.
about—view your
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35: Ant+Sport 2.

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Approach G5 Important Safety And Product Information 46 pages.
Related Manuals for Garmin FORERUNNER 405. Heart Rate Monitor Garmin Colorado 300 - Hiking GPS Receiver Instructions Manual. Heart rate monitor guide (multilingual) (36 pages)

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QUICK START**

Page 8/21

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Forerunner 405CX
Owner's Manual... Page 50: Troubleshooting
The Forerunner overwrites the oldest detailed data if you do is missing from my not transfer it to your computer.

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Buttons time/date:
touch and hold to enter
time/date mode. gPS:
touch and hold to enter
GPS mode. menu:
touch and hold to open
the menu page.
training: touch and
hold to enter training

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mode.

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sports watch. Warning:

Always consult your physician before you begin or modify any exercise program. See the Important Safety

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and Product

Information guide in the product box for product warnings and other important information.

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Go to www.garmin.com/forerunner405/owners for information about Garmin Connect™ Web-based software or the Garmin Training Center® computer software. Use this software to store and

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analyze your workout data.

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Included in the Box:
Forerunner 405 (black),
USB ANT Stick, AC
charger, Charging clip,
Owner's manual, Quick
reference guide

Amazon.com. With the
Forerunner 405,
Garmin has finally put
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watch that can be worn all day. Runners no longer have to choose between function and fashion.

Amazon.com: Garmin Forerunner 405 Water Resistant Running ...

Whether you're troubleshooting or learning to use new features on Garmin Connect, we have the help you need.

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Manual del usuario de la unidad Forerunner 405 i Introducción
Introducción Gracias por comprar el reloj deportivo con GPS Garmin ® Forerunner 405. Advertencia: consulte siempre a su médico antes de empezar o modificar cualquier programa de ejercicios. Consulte la guía Información importante sobre el producto y su

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Page 19/21

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