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FITNESS WATCH WITH WIRELESS SYNC

Introduction

Thank you for purchasing the Garmin® FR60 sports monitoring watch.

> **WARNING**: Always consult your physician before you begin or modify any exercise program. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Product Registration

Help us better support you by completing our online registration today. Go to http://my.garmin.com. Keep the original sales receipt, or a photocopy, in a safe place.

Contact Garmin

Contact Garmin Product Support if you have any questions while using your FR60. In the USA, go to www.garmin.com/support, or contact Garmin USA by phone at (913) 397-8200 or (800) 800-1020.

In the UK, contact Garmin (Europe) Ltd. by phone at 0808 2380000.

In Europe, go to www.garmin.com/support and click **Contact Support** for in-country support information, or contact Garmin (Europe) Ltd. by phone at +44 (0) 870.8501241.

Free Garmin Software

Go to www.garmin.com/FR60/owners for information about Garmin Connect™ Web-based software. Use this software to store and analyze your workout data.

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

What's in the Box?

FR60 sports monitoring watch including three modes: time, training, and menu (see).

USB ANT™ stick to wirelessly transfer data from your FR60 to you computer, and to your FR60 from your computer (see).

USB ANT stick

Heart rate monitor sends heart rate data to the FR60 (see).

Heart Rate Monitor

Foot pod (optional) sends speed, cadence, and distance data to the FR60 (see).

Foot Pod

For more information about compatible accessories, go to http://buy.garmin.com.

Getting Started

Buttons

➊ LIGHT/⚖

- Press to turn the backlight on.
- Press and hold to pair with your ANT+™ weight scale (optional).

➋ UP/DOWN

- Press to scroll through training pages during an activity.
- Press to scroll through menus and settings.

- Press and hold to scroll quickly through the settings.
- On the Virtual Partner page, press and hold to adjust the Virtual Partner pace. (The foot pod must be paired to view the Virtual Partner page.)

➌ LAP

- Press to create a new lap.
- In training mode, press and hold to save your activity.
- In history mode, press and hold to delete an activity.

➍ START/STOP/ENTER

- In training mode, press to start or stop the timer.
- In menu mode, press to confirm and advance to the next setting.
- In time mode, press and hold to set the time.

❺ **MODE**

- Press to change modes.
- Press to exit a menu or page. Your settings are saved.
- Press and hold to change sport modes.

Icons

▲	More items in a list.
▼	More items in a list.
🚴	Bike sensor active
👟	Foot pod sensor active

♥	Heart rate sensor active
((ᵗ))	Data uploading or pairing with fitness equipment
⏱	Timer is running
🔔	Alarm on

FR60 Backlight

Press **LIGHT/** 🔆 to turn on the backlight. The default backlight time is 5 seconds.

Press **MODE** > **SETTINGS** > **SYSTEM** > **BACKLIGHT** to adjust the backlight time from 1 to 20 seconds.

Changing Modes

Press **MODE** to change modes. (See image on .)

Time Mode

Training Mode

Menu Mode

Turn on Your FR60

Your watch ships with the power off to conserve the battery. For more battery information, see page 30.

Press **MODE** to turn on your watch. When you initially turn on the watch and are completing the setup wizard, set your activity class and indicate if you are a lifetime athlete.

Use the chart on page 4 to determine your activity class.

A lifetime athlete is an individual who has trained intensely for many years (with the exception of minor injuries) and has a resting heart rate of 60 beats per minute (bpm) or less.

Activity Class Chart

	Training Description	Training Frequency	Training Time Per Week
0	No exercise	-	-
1	Occasional, light exercise	Once every two weeks	Less than 15 minutes
2			15 to 30 minutes
3		Once a week	Approximately 30 minutes
4	Regular exercise and training	2 to 3 times per week	Approximately 45 minutes
5			45 minutes to 1 hour
6			1 to 3 hours
7		3 to 5 times per week	3 to 7 hours
8	Daily training	Almost daily	7 to 11 hours
9		Daily	11 to 15 hours
10			More than 15 hours

Activity Class Chart provided by Firstbeat Technologies Ltd., portions of which are based on Jackson et al. Prediction of functional aerobic capacity without exercise testing. Medicine and Science in Sports & Exercise 22:863:870, 1990.

Pairing Sensors

The ANT+™ sensors included with your watch are already paired. Press **MODE** until training mode appears. The 💜 and 👟 icons appear on the FR60 screen when the sensors are paired.

If you purchased a sensor (with ANT+ wireless technology) separately, you need to pair it with your FR60.

After you pair the first time, your FR60 automatically recognizes your sensor each time it is activated. This process occurs automatically when you turn on the FR60 and only takes a few seconds when the sensors are activated and functioning correctly. When paired, your FR60 only receives data from your sensor, and you can go near other sensors.

Paring Additional Accessories

1. Move away (10 m) from other sensors while the FR60 is trying to pair with your sensor for the first time. Bring your sensor within range (3 m) of the FR60.

2. Press **MODE** > **SETTINGS** > **SPORT**.

3. Select **RUN**, **GENERAL**, or **BIKE** > **HEART RATE**, **FOOT POD**, or **BIKE SENSOR** > **ON**.

3. While the FR60 scans for new sensors, the 💜, 👟, and 🚴 icons blink. The icons are solid when paired.

> **TIP:** The accessory needs to send data to complete the pairing process. You need to wear the heart rate monitor, take a step wearing the foot pod, or pedal your bike with the GSC 10.

After a period of inactivity, accessories enter sleep mode to conserve battery life. If the accessory icons are not displayed before

resuming your activity, you must reestablish the connection with the FR60.

To reestablish the connection

Make sure accessory is active. Stop and restart the training session
OR
Press **MODE** and cycle out of training mode and then back into training mode.

For instructions on using the heart rate monitor, see page 7. For instructions on using the foot pod, see page 8.

For information about purchasing additional accessories, go to http://buy.garmin.com.

Going for a Run

1. Press **MODE** to view the training page.
2. Press **START** to start the timer.

3. After completing your run, press **STOP**.

4. Press and hold **LAP** to save your activity and reset the timer.
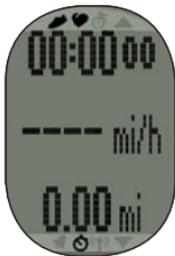
Downloading Free Software

1. Go to www.garmin.com/FR60 /owners.
2. Follow the on-screen instructions.

Sending Workout Data to Your Computer

NOTE: You must download software as instructed so that the necessary USB drivers are installed **before** connecting the USB ANT Stick to your computer.

1. Plug the USB ANT Stick into an available USB port on your computer.

2. Bring your FR60 within range (5 m) of your computer.

NOTE: If Power Save Transfer is activated, your FR60 must be in regular time mode to transfer data to your computer. See .

3. Follow the on-screen instructions.

Using the Heart Rate Monitor

The heart rate monitor is on standby and ready to send data. Wear the heart rate monitor directly on your skin, just below your breastplate.

It should be snug enough to stay in place during your activity.

Tab

Heart Rate Monitor Strap

Slot

Heart Rate Monitor (Front)
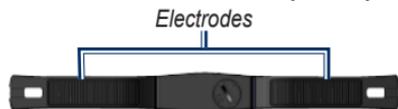
Electrodes

Heart Rate Monitor (Back)

1. Push one tab on the strap through the slot in the heart rate monitor. Press the tab down.

2. Wet both electrodes on the back of the heart rate monitor to create a strong connection between your chest and the transmitter.

3. Wrap the strap around your chest and attach it to the other side of the heart rate monitor.

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

4. Bring the FR60 within range (3 m) of the heart rate monitor.

5. Press **MODE** to access training mode. The 🖤 heart rate icon appears on the training page.

6. If 🖤 or heart rate data does not appear or if you have erratic heart rate data, you may have to tighten the strap on your chest or warm up for 5–10 minutes. If the problem persists, you may have to pair the sensors. See page 5.

⚠ **NOTE:** For instructions on setting up heart rate zones, see page 14.

Using the Foot Pod

The foot pod is on standby and ready to send data as soon as you install it or move it.

Installing the Foot Pod on Your Shoe Laces

1. Press the tab on the lace clip. Lift and separate the foot pod from the lace clip.

2. Loosen your shoe laces.

3. Thread the lace clip through two secure sections of your shoelaces, allowing enough room at the top to tie the shoelaces.

Lace clip

4. Tie your shoelaces securely to keep the foot pod from shifting during your activity.

5. Snap the foot pod into the lace clip. The arrow on the foot pod must be pointed toward the toe of your shoe.

Removing the Foot Pod

Press the tab on the front of the lace clip to remove the foot pod.

Installing the Foot Pod Under the Insole

NOTE: Your compatible shoe will have a pocket under the insole. You may need to remove a foam insert before installing the foot pod.

1. Press the tab on the lace clip. Lift and separate the foot pod from the lace clip.
2. Lift the insole of the shoe.
3. Place the foot pod in the pocket with the ANT+™ logo facing up and the notch pointing toward the toe of your shoe.

Training with the Foot Pod

1. Bring the FR60 within range (3 m) of the foot pod.
2. Press **MODE** to access training mode. The ✦ foot pod icon appears on the training page.

3. If ✦ or foot pod data does not appear, you may have to pair the foot pod and the FR60. See .

Calibrating the Foot Pod

Calibrating your foot pod is optional and can improve accuracy. You can automatically or manually adjust the calibration.

Auto Calibration with a Known Distance

The minimum calibration distance is 400 m. For best results, calibrate the foot pod using the longest distance possible at your typical pace. A regulation track (one lap = 400 m) is more accurate than a treadmill.

1. Press **MODE** > **SETTINGS** > **SPORT** > **RUN** > **FOOT POD** > **CALIBRATE** > **AUTO**.
2. Press **START** to begin recording.
3. Run or walk the known distance.
4. Press **STOP**.

5. Use **UP** and **down** to adjust the calibration distance to the actual distance.

6. Press **ENTER** to save the calibrated distance.

Manual Calibration

If your foot pod distance seems slightly high or low each time you run, you can manually adjust the calibration factor.

1. Press **MODE** > **SETTINGS** > **SPORT** > **RUN** > **FOOT POD** > **CALIBRATE** > **MANUAL**.

2. Use **UP** and **down** to adjust the calibration factor.

3. Press **ENTER** to save the calibration factor.

Turning Off the Foot Pod

After 30 minutes of inactivity, the foot pod automatically turns off to conserve the battery.

Using the GSC™ 10

Your watch is compatible with the GSC 10 speed and cadence sensor for bikes. The GSC 10 is an optional accessory that is available at http://buy.garmin.com.

Using the Weight Scale

If you have an ANT+ compatible weight scale, the FR60 can read the data from the weight scale

1. Press and hold **LIGHT/** until the FR60 starts scanning.

2. Stand on the scale when indicated.

> **NOTE:** If using a body composition scale, remove shoes and socks to ensure that all body composition parameters are read and recorded.

3. Step off the scale when indicated.

> **NOTE:** If an error occurs, step off the scale. Step on when indicated.

Time Mode

The time mode is the default view of the FR60. It shows the day, time, and date.

Setting the Time

1. While in time mode, press and hold **ENTER**.
2. Choose 12-hour or 24-hour mode.
3. Press **UP** and **DOWN** to adjust the hour.

4. Press **ENTER** to advance to the minutes setting.
5. Press **UP** and **DOWN** to adjust the minutes.
6. Continue this process to set seconds, day, month, and year.
7. When finished, press **MODE** to return to time mode.

Power Save

After a period of inactivity, the FR60 automatically enters a power save mode to conserve battery life. The power save mode displays the time and date only. Press any button to exit the power save mode.

Set the Alarm

1. While in time mode, press **UP** or **DOWN**. The alarm page appears.
2. Press and hold **ENTER**.
3. Select **ONCE**, **DAILY**, or **OFF**.
4. Press **UP** and **DOWN** to adjust the hour.

5. Press **ENTER** to advance to the minutes setting.
6. Press **UP** and **DOWN** to adjust the minutes.
7. When finished, press **MODE** to save and return to the alarm page. The 🔔 icon appears.

Using the Alarm

When the alarm sounds, press **MODE** to turn off the alarm, or press **ENTER** to snooze for 9 minutes.

Set a Second Time Zone

You can set the FR60 time for two time zones.

1. Press **MODE** > **SETTINGS** > **WATCH** > **TIME 2**.
2. Follow the instructions on page 11 to set the time.
3. Press **MODE** to save and return to the watch menu. The **T2** icon appears on the time page.

Training Mode

Training mode displays your current workout settings and data. Press **MODE** until training mode appears.
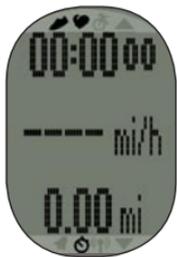
Timed Workout

1. Press **START** to begin a session.
   - Press **LAP** to mark a distance during your activity.
   - Press **UP** and **DOWN** to scroll through data pages.
2. When finished, press **STOP**.

> **NOTE:** To pause the active session, press **STOP**. Press **START** when you are ready to continue the session.

3. To save the activity, press and hold **LAP** for 3 seconds.

Training Alerts

To set audible training alerts for your activities, press **MODE** > **TRAINING** > **ALERTS**.

> **NOTE:** Training alerts are inactive during interval workouts.

TIME—set an alert for a specific duration of time.

DISTANCE (foot pod required)— set an alert for a specific distance.

CALORIES (foot pod required)— set an alert for a specific amount of calories. The measurement of calories is based on speed with the foot pod.

HEART RATE (heart rate monitor required)—set a low value and a high value. The alert sounds when your heart rate is above or below the specified value range, or when you

have reentered your target range. The Heart rate is measured in beats per minute (bpm).

SPEED (foot pod or GSC 10 required)—set a low value and a high value. The alert sounds when your speed is above or below the specified value range, or when you have returned your target range.

PACE (foot pod or GSC 10 required)—set a low value and a high value. The alert sounds when your pace is above or below the specified value range, or when you have returned your target range.

CADENCE (foot pod or GSC 10 required)—set a low value and a high value. The alert sounds when your cadence is above or below the specified value range, or when you have returned your target range.

Cadence is your rate of pedaling or "spinning," measured by the number of revolutions of the crank arm per minute (rpm), or by the number of strides per minute (spm) when running.

Heart Rate Zones

1. Press **MODE** > **SETTINGS** > **SPORT**
2. Select **RUN**, **BIKE** or **GENERAL** > **HEART RATE** > **HR ZONES**.
3. To change a heart rate zone, press **UP** and **DOWN** to select the zone you want to change. Press **ENTER** to edit the zone limits.
4. Press **UP** and **DOWN** to change the limit. Press **ENTER** to toggle between fields.

Many athletes are using 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.

How Do Heart Rate Zones Affect Your 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.
- Knowing your heart rate zones can prevent you from overtraining and can decrease your risk of injury.

You can set the low and high heart rate limits for each zone. If you know your maximum heart rate, you can use the table on page 16 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.

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

Virtual Partner®

Your Virtual Partner is a unique tool designed to help you meet your pace (or speed) training goals.

If you make changes to the Virtual Partner pace before you start the timer, those changes are saved. Changes made to the Virtual Partner pace after the timer has started are applied only to the current session, and are not saved when the timer is reset. If you make changes to the Virtual Partner during an activity, the Virtual Partner uses the new pace from your location.

Setting the Virtual Partner Pace

1. Press **MODE** > **SETTINGS** > **SPORT**.
2. Select **RUN**, **GENERAL**, or **BIKE** > **VIRTUAL PARTNER** > **ON**.

3. Use **UP** and **DOWN** to adjust the Virtual Partner pace.
4. Press **MODE** to save your changes and return to the sport menu.

Starting a Virtual Partner Workout

1. Press **MODE** > **SETTINGS** > **SPORT**.
2. Select **RUN**, **GENERAL**, or **BIKE** > **VIRTUAL PARTNER** > **ON**.
3. Press **MODE** several times to return to training mode.
4. Press **START**.

NOTE: The display field is highlighted in black when your pace is behind the Virtual Partner's pace.

5. Press **UP** or **DOWN** to view the Virtual Partner data page.

Turning Off Virtual Partner
1. Press **MODE** > **SETTINGS** > **SPORT**.
2. Select **RUN**, **GENERAL**, or **BIKE** > **VIRTUAL PARTNER** > **OFF**.

Interval Workouts

You can create interval workouts with your FR60. The intervals can be based on time or distance for the activity and rest portions of the activity.

Creating an Interval Workout
1. Press **MODE** > **TRAINING** > **INTERVALS** > **SETUP**.
2. Press **ENTER** to select **TIME** or **DISTANCE**.
3. Use **UP** and **DOWN** to enter a time interval. Press **enter** to advance to the next field.
4. Use **UP** and **DOWN** arrows to set highlighted value.
5. Press **ENTER** to set a rest type.
6. Use **UP** and **DOWN** to enter a time interval. Press **ENTER** to advance to the next field.
7. Use **UP** and **DOWN** arrows to set highlighted value.
8. Use **UP** and **DOWN** to select the number of REPS.

9. Select WARM UP **YES** and COOL DOWN **YES** (optional).

10. Select **DO WORKOUT**.

11. Press **start**.

If you are doing a warm up or cool down, press **LAP** at the end of your warm up lap to start your first interval. At the end of your last interval, the FR60 automatically starts a cool down lap. When you are finished cooling down, press **LAP** to end your cool down period. Press **STOP** to end your workout.

As you approach the end of each interval, an alarm counts down the time until a new interval begins. To end an interval early, press the **LAP** button.

Linking to Fitness Equipment

ANT+ technology links your FR60 to fitness equipment so you can send workouts and user information to the fitness equipment, and receive and store workout statistics from the fitness equipment.

Look for the ANT+ "Link Here" logo to find compatible fitness equipment.

For more information go to www.garmin.com/antplus.

Linking to Compatible Equipment

1. Press **MODE** > **TRAINING**.

2. Turn on the compatible equipment console.

3. Touch your FR60 to the ANT+ "Link Here" logo on the fitness equipment for 2 seconds. The watch will beep and display a message indicating that it is linked to the fitness equipment.

4. Press **START** on the fitness equipment to begin.

> **NOTE:** The fitness equipment and your FR60 will stay linked until you end the session, or until you leave the area.

5. Press **STOP** on the fitness equipment to stop the watch and exercise session.

History

```
                                    ┌──────────────┐
                                    │  GENERAL     │
                                    │    RUN       │
                                    │   BIKE       │
                                    └──────────────┘

                                    ┌──────────────┐
                                    │ Press UP     │
               TOTALS               │ or DOWN      │
HISTORY ──►    ACTIVITIES  ──►      │ to view      │
               DELETE               │ activities.  │
               TRANSFER ALL         └──────────────┘

                                    ┌──────────────┐
                                    │ ALL ACTIVITIES │
                                    │ OLD ACTIVITIES │
                                    │ ALL TOTALS     │
                                    └──────────────┘

                                    ┌──────────────┐
                                    │ Select YES or NO │
                                    └──────────────┘
```
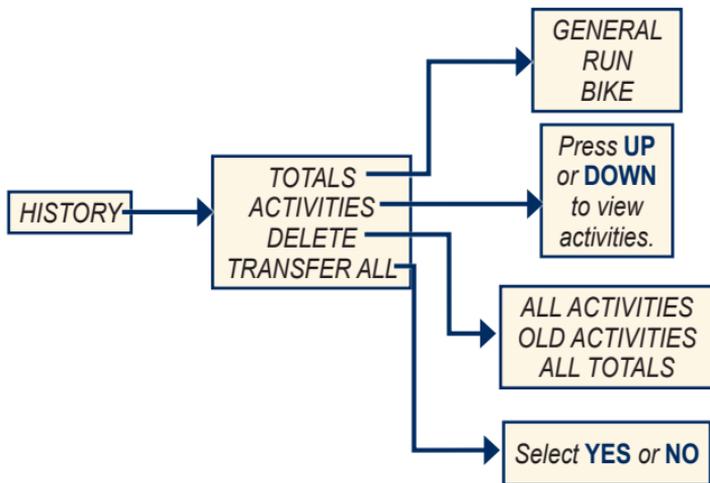
History Menu

Saving History

Your FR60 stores data based on the type of activity, the accessories used, and your training settings. Your session is automatically saved to history when you reset the timer.

Viewing History

1. Press **MODE** > **HISTORY**.
2. Select **ACTIVITIES** to view individual workouts or **TOTALS** to view the cumulative workout data saved to your FR60.
3. Press **ENTER** to view the date and time information. Press **UP** and **DOWN** to scroll through individual workouts.

Managing Memory

Your FR60 holds up to 100 laps and up to 20 hours of exercise files.

When there is approximately one hour of memory remaining, the **LOW MEMORY** warning appears on the FR60 screen in training mode.

When the memory is full, the **FULL MEMORY** warning appears, and your FR60 stops recording data. Your watch automatically saves your session when the memory is full.

For information about uploading data to your computer, see page 23.

Deleting Workout History

NOTE: See page 24 for information about transferring workout data to your computer.

1. Press **MODE** > **HISTORY** > **DELETE**.
2. Select **ALL ACTIVITIES**, **OLD ACTIVITIES** (activities older than 30 days), or **ALL TOTALS**.
3. Select **YES**.

Uploading Data

Your FR60 stores up to 100 laps and up to 20 hours of exercise files. Periodically upload data to your computer using the ANT+ wireless technology.

Requirements

1. Turn on the computer. (An Internet connection is required for software download and Garmin Connect.)
2. Download software (see page 6) so that the necessary USB drivers are installed **before** connecting the USB ANT Stick to your computer.
3. Connect the USB ANT Stick to an available USB port on your computer.
4. Bring the FR60 within range (5 m) of your computer.

5. Verify that there are no FR60 timers running or active training sessions, and that it is in regular time mode.

The FR60 automatically transmits data to the USB ANT Stick so you can use Garmin Connect and Training Center to store and analyze your workout data.

NOTE: If you are having problems uploading data, you may need to enable computer pairing.

Computer Pairing

Pairing Your FR60 With a New Computer

1. Verify that the computer is set up for data upload. See the requirements on page 23.

2. Press **MODE** > **SETTINGS** > **SYSTEM** > **COMPUTER** > **PAIRING**.

3. Select **ON**. Your computer detects the FR60 and requests to pair.
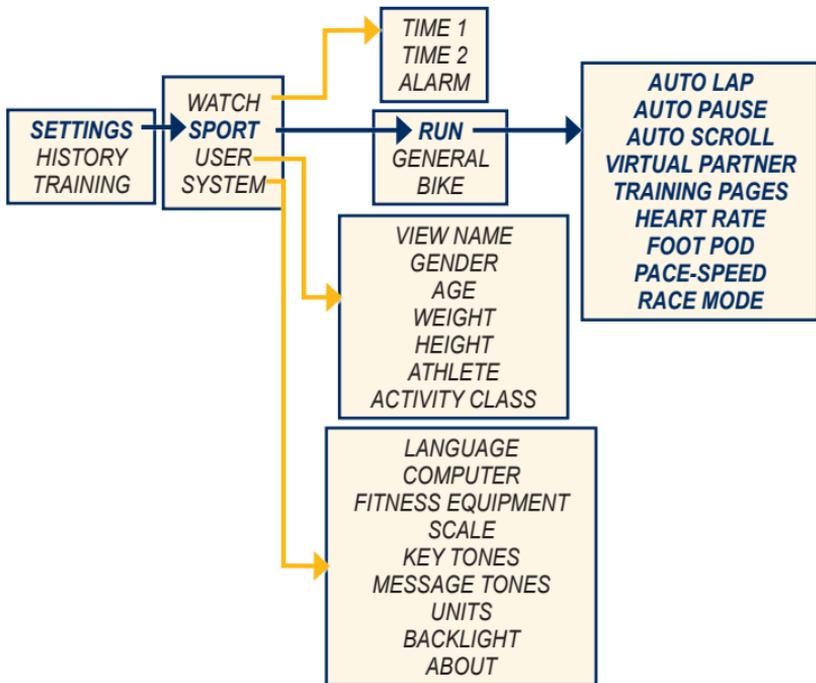
4. Press **YES**.

Turning Off Computer Paring

1. Press **MODE** > **SETTINGS** > **SYSTEM** > **COMPUTER** > **PAIRING**.

2. Select **OFF**.

Using the Power Save Transfer Mode

The power save transfer mode turns off the computer beacon unless the watch is in regular time mode, menu mode, or training mode.

1. Press **MODE** > **SETTINGS** > **SYSTEM** > **COMPUTER** > **POWER SAVE TRANSFER**.

2. Select **ON** or **OFF**.

Settings

Run Settings

Press **MODE** > **SETTINGS** >
SPORT to access setup menus for
the following:

• **RUN**
• **GENERAL**
• **BIKE**

Run Settings

Press **MODE** > **SETTINGS** >
SPORT > **RUN**.

AUTO LAP®—turn Auto Lap on or
off. When Auto Lap is on, laps are
triggered by distance; you can use
the lap button to manually mark laps.
The auto lap counter resets when a
manual lap is set.

AUTO PAUSE®—turn Auto Pause
on or off. When Auto Pause is on, the
timer automatically pauses when the
your pace falls below a preset pace.

AUTO SCROLL—use the auto
scroll feature to automatically cycle
through all of the training data pages

while the timer is running. Select a
display speed: **SLOW**, **MEDIUM**,
or **FAST**.

VIRTUAL PARTNER—turn
Virtual Partner on or off. You can
also set the Virtual Partner pace (see
page 17).

TRAINING PAGES—set up the
training pages and data fields you
want to display during your run. See
page 28.

HEART RATE—turn on the heart
rate monitor feature and set up
running heart rate zones (see page
14).

FOOT POD—select **ON**, **OFF**, or
CALIBRATE. For more information
about calibrating your foot pod (see
page 9).

PACE-SPEED—select **SPEED** or
PACE.

NOTE: Use **UP** and **DOWN** to toggle or change numeric settings. Press **MODE** at any time to return to the previous page or menu.

RACE MODE—will not default back to time mode. Race mode must be turned on. Race mode turns off when you start the timer.

Biking Settings

Press **MODE** > **SETTINGS** > **SPORT** > **BIKE**.

AUTO LAP®—turn Auto Lap on or off. When Auto Lap is on, laps are triggered by distance; you can use the lap button to manually mark laps. The auto lap counter resets when a manual lap is set.

AUTO PAUSE®—turn Auto Pause on or off. When Auto Pause is on, the timer automatically pauses (stops) when the your pace falls below a preset pace.

AUTO SCROLL—use the auto scroll feature to automatically cycle through all of the training data pages while the timer is running. Select a display speed: **SLOW**, **MEDIUM**, or **FAST**.

VIRTUAL PARTNER— turn Virtual Partner on or off. You can also set the Virtual Partner pace (see page 17).

TRAINING PAGES—set up the training pages and data fields you want to display during your ride. See page 28.

HEART RATE—turn on the heart rate monitor feature and set up biking heart rate zones (see page 14).

BIKE PROFILE—select a wheel size and set up bike sensors.

PACE-SPEED—select **SPEED** or **PACE**.

RACE MODE—will not default back to time mode. Race mode must be turned on. Race mode turns off when you start the timer.

Data Fields

You can show up to five data pages for each mode: Run, General, or Bike. On each data page, you can customize up to three data fields.

1. Press **MODE** > **SETTINGS** > **SPORT**.
2. Select **RUN**, **GENERAL**, or **BIKE** > **TRAINING PAGES**.
3. Select **PAGE 1**.
4. Press **UP** and **DOWN** to set the number of fields.
5. Press and hold **ENTER** to change **FIELD 1**. Press **UP** and **DOWN** to change the data field.
6. Repeat for the other data fields and data pages.

Data Field Options

** Requires an optional accessory.

Data Field	Description
CADENCE **	Revolutions of the crank arm or strides per minute.
A CADENCE **	Average cadence for the duration of your current activity.
L CADENCE **	Average cadence for the current lap.
CALORIES	Number of calories burned.
DISTANCE **	Distance traveled on the current activity.
L DIST **	Distance traveled in the current lap.
HEART RATE **	Heart rate in bpm.

Data Field	Description
A HR **	Average heart rate for the activity.
L HR **	Average heart rate for the lap.
HR ZONE **	Current range of heart rate (1–5). The default zones are based on your user profile.
LAPS	Number of laps completed.
PACE **	Current pace.
A PACE **	Average pace for the activity.
L PACE **	Average pace in the current lap.
SPEED **	Current speed.
A SPEED **	Average speed for the activity.

Data Field	Description
L SPEED **	Average speed in the current lap.
L STEPS **	Steps for the current lap.
TIME ELAPSED	Total time elapsed for the activity.
TIME	Stopwatch time.
A LAP TIME	Average time to complete the laps so far.
LAP TIME	Amount of time in the current lap.
TIME OF DAY	Current time.

Appendix

Optional Accessories

For more information about optional accessories, go to http://buy.garmin.com. You can also contact your Garmin dealer to purchase accessories.

Battery Information

WARNING: The FR60, the heart rate monitor, the foot pod, and the GSC 10 contain user-replaceable CR2032 batteries. See the *Important Safety and Product Information* guide in the product box for important battery safety information.

FR60 Battery

The FR60 battery will last for 1 year (typical use). When the battery is low, the **BATTERY LOW** warning appears on the FR60 screen in Time mode.

Conserving Battery Life

Excessive use of the backlight reduces battery life. Set the backlight timeout to 5 seconds to ensure longer battery life.

NOTE: If the battery is low the backlight automatically is disabled.

Using the power save transfer mode turns off the computer beacon unless the watch is in regular time mode. See .

Replacing the FR60 Battery

All of your settings are preserved, except the time of day.

> ⚠ **NOTE:** Before replacing the battery, save all of your data to your computer or to history (see page 22).

> ⚠ **NOTE:** Garmin recommends that you replace the battery in a low-humidity environment to prevent condensation from forming inside the watch.

1. Use a small Phillips screwdriver to remove the screws from the FR60 back cover.

2. Carefully lift the back cover, and remove the battery.

> ⚠ **NOTE:** Be careful not to move the red O-ring gasket in the battery compartment.

> ⚠ **NOTE:** Be careful not to contaminate the O-ring gasket. Any contamination could compromise the performance of the watch.

3. Replace the battery with the positive side facing up.

> ⚠ **NOTE:** Make sure the gasket is seated correctly in the gasket trough before screwing the back plate on.

4. Replace the back cover and the four screws ensuring the gasket is in place. Do not over tighten the screws. (Garmin recommends a torque of 1 in.-lb.)

Heart Rate Monitor Battery

The heart rate monitor contains a user-replaceable CR2032 battery. The heart rate monitor battery should last for three years.

Replacing the Heart Rate Monitor Battery

1. Locate the circular battery cover on the back of the heart rate monitor.

2. Use a coin to twist the cover counter-clockwise so the arrow on the cover points to **OPEN**.

3. Remove the cover and battery. Wait 30 seconds. Insert the new battery with the positive side facing up.

NOTE: Be careful not to damage or lose the O-ring gasket on the cover.

4. Use a coin to twist the cover clockwise so the arrow on the cover points to **CLOSE**.

NOTE: After replacing the battery, you may need to pair the heart rate monitor with your FR60 again.

Foot Pod Battery

When the battery is low, the **FOOT POD BATTERY LOW** warning appears in training mode when a workout starts or stops. Approximately five hours of battery life remain.

Replacing the Foot Pod Battery

1. Locate the circular battery cover on the back of the foot pod.

Unlock *Lock*

2. Twist the cover counter-clockwise until it is loose enough to remove.

3. Remove the cover and battery. Wait 30 seconds. Insert the new battery with the positive side facing up.

4. To replace the cover, align the dots and rotate the cover clockwise.

NOTE: After replacing the battery, you may need to pair the foot pod with your FR60 again.

Specifications

FR60M

Watch size (W×H×D):
1.5 × 2.2 × 0.51 in.
(38 × 56 × 13 mm)

Wrist band size (L×W×D):
7.0 × 0.9 × 0.12 in.
(177 × 23 × 3 mm)

Weight: 1.6 oz. (44 g)

LCD Display: 28.5 mm × 20 mm, with backlight

Water Resistance: 50 m

NOTE: To maintain the water resistance, do not operate FR60 buttons under water.

Data storage: Up to 100 laps and up to 20 hours of exercise files

Computer interface: Wireless, automatic USB ANT Stick

Battery: user-replaceable CR2032 (3 volts) Perchlorate Material

– special handling may apply. See www.dtsc.ca.gov /hazardouswaste/perchlorate.

Battery life: 1 year, depending on usage.

Operating temperature range: from 14°F to 122°F (from -10°C to 50°C)

Radio frequency/protocol: 2.4 GHz/ANT+ wireless communications protocol

System Compatibility: ANT+

FR60W

Watch size (W×H×D): 1.5 × 2.0 × 0.55 in. (38 × 52 × 14 mm)

Wrist band size (L×W×D): 6.6 × 0.63 × 0.15 in. (168 × 16 × 3.75 mm)

Weight: 1.4 oz. (41 g)

LCD Display: 28.5 mm × 20 mm, with backlight

Water Resistance: 50 m

NOTE: To maintain the water resistance, do not push FR60 buttons under water.

Data storage: Up to 100 laps and up to 20 hours of exercise files

Computer interface: Wireless, automatic USB ANT Stick

Battery: user-replaceable CR2032 (3 volts) Perchlorate Material – special handling may apply.

See www.dtsc.ca.gov /hazardouswaste/perchlorate.

Battery life: 1 year, depending on usage.

Operating temperature range: from 14°F to 122°F (from -10°C to 50°C)

Radio frequency/protocol: 2.4 GHz/ANT+ wireless communications protocol

System Compatibility: ANT+

USB ANT Stick

Physical size (W×H×D):
2.3 × 0.7 × 0.3 in.
(59 × 18 × 7 mm)

Weight: 0.2 oz. (6 g)

Transmission range: Approximately 5 m

Operating temperature: from 14°F to 122°F (from -10°C to 50°C)

Radio frequency/protocol:
2.4 GHz/ANT+ wireless communications protocol

Power source: USB

Heart Rate Monitor

Physical size (not including the strap) (W×H×D):
13.7 × 1.3 × 0.4 in.
(34.7 × 3.4 × 1.1 cm)

Weight: 1.6 oz. (44 g)

Water Resistance: 32.9 ft. (10 m)

Transmission range: approximately 9.8 ft. (3 m)

Battery: user-replaceable CR2032 (3 volts) Perchlorate Material – special handling may apply. See www.dtsc.ca.gov /hazardouswaste/perchlorate.

Battery Life: approximately 3 years (1 hour per day)

Operating temperature: from 14°F to 122°F (from -10°C to 50°C)

> **NOTE:** In cold conditions, wear appropriate clothing to keep the temperature of the heart rate monitor near your body temperature.

Radio frequency/protocol:
2.4 GHz/ANT+ wireless communications protocol

System Compatibility: ANT+

Foot Pod

Physical size (excluding clip):
(L×W×H): 1.4 × 1.0 × 0.3 in.
(35 × 25 × 7.5 mm)

Weight (including battery):
0.4 oz. (10 g)

Water Resistance: 32.9 ft. (10 m)

Transmission range: approximately
9.8 ft. (3 m)

Speed and distance accuracy:
uncalibrated 95%, calibrated
98%

Battery: user-replaceable CR2032
(3 volts) Perchlorate Material
– special handling may apply.
See www.dtsc.ca.gov
/hazardouswaste/perchlorate.

Battery life: 400 hours run time

Operating temperature: from 14°F
to 122°F **(**from -10°C to 60°C)

Sensor Accuracy Range: from 32°F
to 104°F (from 0°C to 40°C)

Radio frequency/protocol: 2.4 GHz/
ANT+ wireless communications
protocol

System Compatibility: ANT+

Troubleshooting

Problem	Solution/Answer
The buttons do not respond. How do I restart the FR60?	Press and hold **MODE** and **ENTER** simultaneously to restart the FR60 software. You must reset the time and your custom settings. If you are still having problems, remove and then replace the battery (see page 31).
How do I clear all user data?	This procedure deletes all information that you have entered. Press and hold **MODE**, **LIGHT/🔅**, and **UP** simultaneously. This also restores the factory settings. Workout data is deleted.
How do I set the time to AM or PM?	Verify that the time mode is set to **12** (12 hour). Press **UP** and **DOWN** to select the correct hour. The **A** or **P** icon appears below the seconds on the time page. For more information, see page 11.
The FR60 will not send data to my computer.	See page 24 to enable computer pairing.
The heart rate monitor or foot pod will not pair with the FR60.	• Stay 10 m away from other ANT sensors while pairing. • Bring the FR60 within range (3 m) of the heart rate monitor while pairing. • If the problem persists, replace the battery.
How do I change the time?	See page 11 to set the time.

Problem	Solution/Answer
The heart rate monitor strap is too big.	A smaller elastic strap is sold separately. Go to http://buy.garmin.com.
The heart rate data is inaccurate or erratic.	• Make sure the heart rate monitor is snug against your body. • Warm up for 5–10 minutes. If the problem persists, continue with the following suggestions. • Reapply moisture to the sensors. Use water, saliva, or electrode gel. Clean the sensors. Dirt and sweat residue on the sensor can interfere with heart rate signals. • Synthetic fabrics that rub or flap against the heart rate monitor can create static electricity that interferes with heart rate signals. Wear a cotton shirt or wet your shirt if suitable for your activity. • Position the heart rate monitor on your back instead of your chest. • Strong electromagnetic fields and some 2.4 GHz wireless sensors can interfere with your heart rate monitor. Sources of interference may include very high-voltage power lines, electric motors, microwave ovens, 2.4 GHz cordless phones, and wireless LAN access points. After you move away from the source of interference, your heart rate data should return to normal.

Software License Agreement

BY USING THE FR60, YOU AGREE TO BE BOUND BY THE TERMS AND CONDITIONS OF THE FOLLOWING SOFTWARE LICENSE AGREEMENT. PLEASE READ THIS AGREEMENT CAREFULLY.

Garmin grants you a limited license to use the software embedded in this device (the "Software") in binary executable form in the normal operation of the product. Title, ownership rights, and intellectual property rights in and to the Software remain in Garmin.

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disassemble, modify, reverse assemble, reverse engineer, or reduce to human readable form the Software or any part thereof or create any derivative works based on the Software. You agree not to export or re-export the Software to any country in violation of the export control laws of the United States of America.

Declaration of Conformity (DoC)

Hereby, Garmin, declares that this Forerunner is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

To view the full Declaration of Conformity, see the Garmin Web site for your Garmin product: www.garmin.com.

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For the latest product information and accessories, visit the Garmin Web site at www.garmin.com.

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