FR60

SPORT WATCH WITH WIRELESS SYNC

> **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.

More Information

You can download the latest version of the owner's manual from www.garmin.com/FR60.

Buttons

❶ **LIGHT**/

• Press to turn the backlight on and off.

• Press and hold to pair with your ANT+™ weight scale (optional).

❷ **UP/DOWN**

• Press to scroll through training pages during an activity.

• Press and hold **UP** or **DOWN** to scroll quickly through the settings.

• Press to scroll through menus and settings.

- On the Virtual Partner® page, press and hold to adjust the Virtual Partner pace. (Foot pod must be paired to view Virtual Partner page.)

❸ 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.

❹ START/STOP/ENTER

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

❺ MODE

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

Icons

▲	Press **UP** to see more settings or history.
▼	Press **DOWN** to see more settings or history.
🚲	Bike sensor is active.
👟	Foot pod sensor is active.
❤	Heart rate sensor is active.
(ᵠ)	Data is uploading or device is connected to ANT+ fitness equipment.
⏱	Timer is running.
🔔	Alarm is on.

Changing Modes

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

Time Mode

Training Mode

Menu Mode

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.

Step 1: Turn on Your FR60

Your FR60 ships with the power off to conserve the battery. 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 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.

Step 2: Set Up Accessories

The ANT+ wireless accessories included with your FR60 are already paired. The 💙 and 👟 icons appear when the sensors are paired. After a period of inactivity, accessories go into sleep mode to conserve battery life. If the accessory icons are not lit before resuming your activity, you must reestablish the connection with the FR60, see the *FR60 Owner's Manual*.

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.

1. Push one tab on the strap through one of the slots 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.

Tab

Heart Rate Monitor Strap

Slot

Heart Rate Monitor (Front)

Electrodes

Heart Rate Monitor (Back)
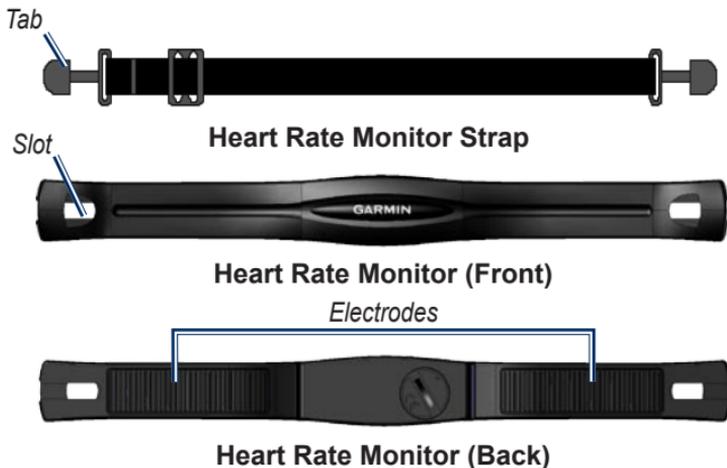
3. Wrap the strap around your chest and attach it to the other side of the heart rate monitor.

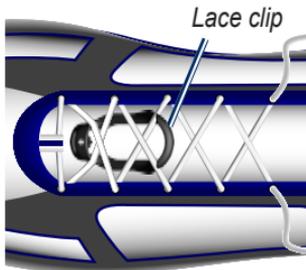> **NOTE:** The Garmin logo should be right-side up.

4. Bring the FR60 within range (3 m) of the accessory. Press **mode** until the training page appears.

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 on 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.

NOTE: The foot pod can also be installed in the pocket of a compatible shoe. See the *FR60 Owner's Manual.*

6. Bring the FR60 within range (3 m) of the accessory. Press **mode** until the training page appears.

Step 3: Go 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**.

00:00.00

---- mi/h

0.00 mi

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

Step 4: Download Free Software

ANT Agent™ allows you to use your FR60 with Garmin Connect™, a Web-based training tool.

1. Go to www.garmin.com/FR60/owners.

2. Follow the on-screen instructions.

Step 5: Send Data to Your Computer

⚠ **NOTE:** You must download software as instructed in Step 4 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.

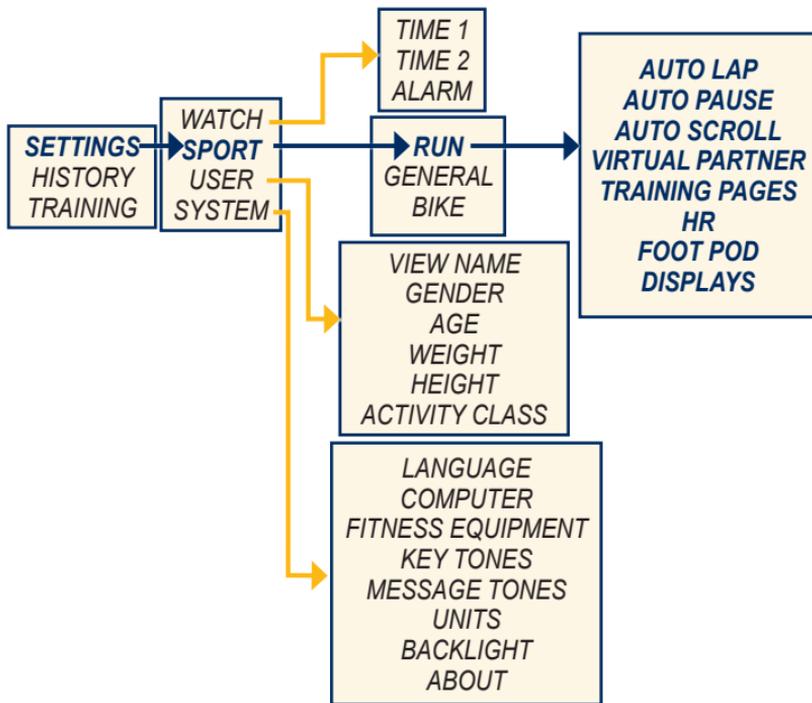3. Follow the on-screen instructions.

For information on customizing your activities and customizing the data fields that display on your FR60, see the *FR60 Owner's Manual*.

FR60 Backlight

Press **LIGHT** to turn on the backlight for 5 seconds. Press any button to extend the backlight for 5 more seconds.

Settings Pages

To change the running mode settings, press **MODE** > select **SETTINGS** > **SPORT** > **RUN**.

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                              ┌──────────────┐         ┌──────────────────┐
                              │    TIME 1    │         │    AUTO LAP      │
                              │    TIME 2    │         │   AUTO PAUSE     │
                              │    ALARM     │         │  AUTO SCROLL     │
┌─────────────┐  ┌──────────┐ └──────────────┘         │ VIRTUAL PARTNER  │
│  SETTINGS   │  │  WATCH   │ ┌──────────────┐         │ TRAINING PAGES   │
│  HISTORY    │→ │  SPORT   │→│     RUN      │         │       HR         │
│  TRAINING   │  │  USER    │ │   GENERAL    │         │    FOOT POD      │
└─────────────┘  │  SYSTEM  │ │    BIKE      │         │    DISPLAYS      │
                 └──────────┘ └──────────────┘         └──────────────────┘

                              ┌──────────────────┐
                              │    VIEW NAME     │
                              │     GENDER       │
                              │      AGE         │
                              │     WEIGHT       │
                              │     HEIGHT       │
                              │  ACTIVITY CLASS  │
                              └──────────────────┘

                              ┌──────────────────┐
                              │    LANGUAGE      │
                              │    COMPUTER      │
                              │ FITNESS EQUIPMENT│
                              │    KEY TONES     │
                              │  MESSAGE TONES   │
                              │     UNITS        │
                              │   BACKLIGHT      │
                              │     ABOUT        │
                              └──────────────────┘
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Resetting the FR60

If your FR60 is locked up, press and hold **ENTER** and **MODE** simultaneously until the screen goes blank (about 7 seconds). This does not erase any of your data or settings.

Clearing User Data

⚠ **CAUTION:** This deletes all history and user-entered information.

To clear all user data, press and hold **MODE**, **LIGHT**, and **UP** simultaneously until the message appears.

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.

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