Garmin 010-03717-70

Garmin Forerunner 235 User Manual

GPS Running Watch with Wrist-based Heart Rate

1. Introduction

The Garmin Forerunner 235 is an advanced GPS running watch designed to help you track your fitness activities and improve your performance. Featuring wrist-based heart rate technology, it allows you to monitor your heart rate without the need for a separate chest strap. This manual provides essential information on setting up, operating, maintaining, and troubleshooting your Forerunner 235.



Figure 1.1: Forerunner 235 displaying current running data including distance, timer, and pace.

2. Setup

2.1 Charging the Device

Before initial use, fully charge your Forerunner 235. Connect the charging/data cradle to a USB port on your computer or a USB wall adapter. Align the watch with the cradle's contacts until it clicks into place. A full charge typically takes approximately 2 hours.

2.2 Initial Power-On

To power on the device, press and hold the **Light** button (top left) until the screen activates. Follow the on-screen prompts to select your language and initial settings.

2.3 Pairing with Your Smartphone

To utilize smart features and data synchronization, pair your Forerunner 235 with the Garmin Connect Mobile app on your smartphone.

1. Download the Garmin Connect Mobile app from your smartphone's app store.
2. Open the app and create an account or sign in.
3. On your Forerunner 235, navigate to *Settings* > *Bluetooth* > *Pair Mobile Device*.
4. In the Garmin Connect app, follow the instructions to add a new device.
5. Confirm the pairing code displayed on both devices.

2.4 Customizing with Connect IQ

The Forerunner 235 supports customizable watch faces, data fields, widgets, and apps through the Garmin Connect IQ Store. Access the Connect IQ Store via the Garmin Connect Mobile app or Garmin Express on your computer to download and install new features.

3. Operating the Device

3.1 Button Functions

- **Light Button (Top Left):** Press to turn on/off backlight. Hold to power on/off the device or access controls menu.
- **Up/Down Buttons (Left Side):** Press to scroll through menus, data screens, and options.
- **Run Button (Top Right):** Press to start/stop an activity, select an option, or view activity options.
- **Back Button (Bottom Right):** Press to return to the previous screen or mark a lap during an activity.

3.2 Activity Tracking

The Forerunner 235 continuously tracks your daily activity, including steps taken, distance traveled, calories burned, and sleep. This data is automatically synchronized with your Garmin Connect account when paired with your smartphone.

3.3 Wrist-Based Heart Rate

The device features an optical heart rate sensor on the back that measures your heart rate directly from your wrist. Ensure the watch is worn snugly, but comfortably, above your wrist bone for accurate readings.


GARMIN
Heart Rate
72
RHR 56
164
46
Last 4 Hours



Figure 3.1: Forerunner 235 showing real-time heart rate and a historical graph.

3.4 GPS Running

To start a running activity, press the **Run** button. The watch will acquire GPS signals (indicated by a solid green GPS icon). Once acquired, press **Run** again to begin your activity. The watch will track your distance, pace, time, and other metrics.

3.5 Smart Notifications

When paired with your smartphone, the Forerunner 235 can display smart notifications for incoming calls, text messages, emails, and app alerts directly on your watch screen.



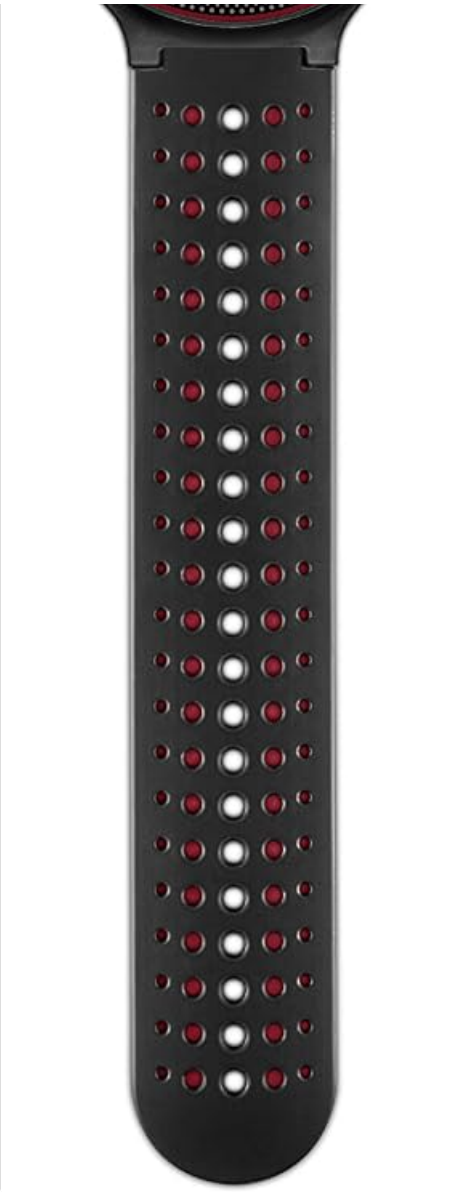


Figure 3.2: Forerunner 235 displaying current weather conditions.

3.6 VO2 Max Estimation

The Forerunner 235 can estimate your VO2 Max, an indicator of cardiovascular fitness. This metric is calculated during outdoor running activities that use GPS and heart rate data.



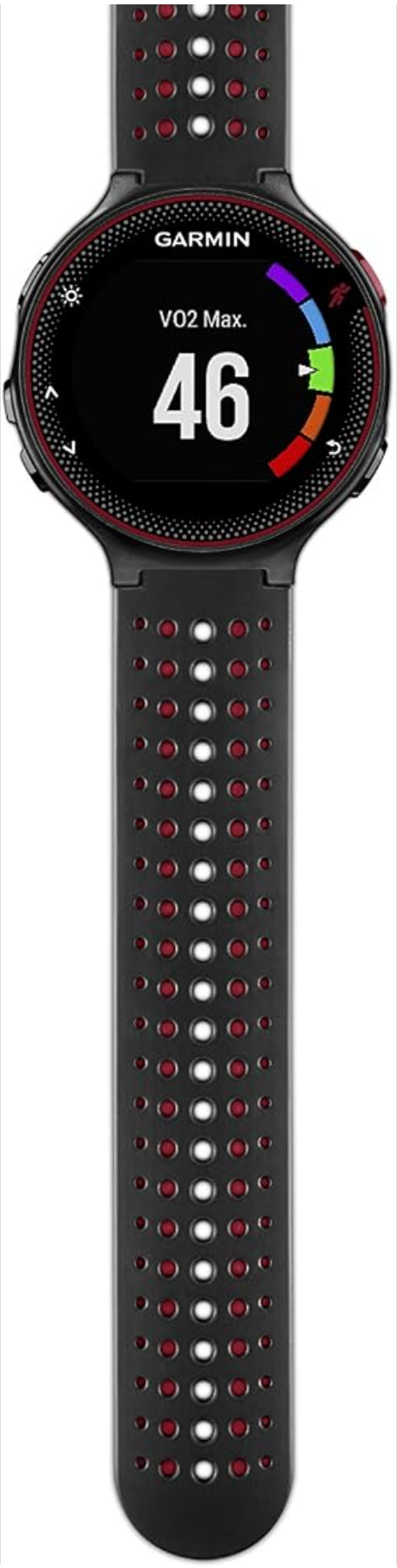


Figure 3.3: Forerunner 235 displaying your estimated VO2 Max score.

4. Maintenance

4.1 Cleaning the Device

Regularly clean your watch and strap to prevent buildup of sweat and other residues. Rinse the watch with fresh water after exposure to sweat or chlorine. Use a soft, damp cloth to wipe the device. Avoid harsh chemicals or abrasive cleaners.

4.2 Water Resistance

The Forerunner 235 has a water rating of 5 ATM (50 meters). This means it can withstand pressures equivalent to a depth of 50 meters. It is suitable for splashes, rain or snow, showering, swimming, diving into water, and snorkeling. It is *not* suitable for scuba diving.

4.3 Battery Life

The battery life of your Forerunner 235 can vary based on usage. In watch mode with activity tracking and notifications, it can last up to 9 days. In GPS mode with heart rate monitoring, it can last up to 11 hours. To maximize battery life, consider reducing backlight usage and disabling unnecessary features when not in use.

5. Troubleshooting

5.1 Device Not Turning On

Ensure the device is fully charged. If the battery is completely depleted, it may take a few minutes of charging before the device responds.

5.2 GPS Signal Acquisition Issues

Ensure you are in an open outdoor area with a clear view of the sky. Initial GPS acquisition may take longer. If issues persist, try syncing the device with Garmin Express on a computer to update satellite data.

5.3 Inaccurate Heart Rate Readings

Ensure the watch is worn snugly on your wrist, just above the wrist bone. Avoid wearing it too loose or too tight. Clean the optical sensor regularly. Factors like skin tone, tattoos, and intense arm movements can affect accuracy.

5.4 Connectivity Problems (Bluetooth)

If your watch is not connecting to your smartphone, ensure Bluetooth is enabled on both devices. Try restarting both the watch and the phone. If necessary, remove the device from the Garmin Connect app and your phone's Bluetooth settings, then re-pair them.

6. Specifications

Feature	Specification

Feature	Specification
Model Number	010-03717-70
Product Dimensions	0.5 x 1.8 x 1.8 inches
Item Weight	1.6 ounces
Batteries	1 Lithium Polymer battery (included)
Screen Size	1.23 Inches
Connectivity	Bluetooth
Water Resistance	5 ATM (50 meters)
Operating System Compatibility	Android, iOS

7. Warranty and Support

For detailed warranty information, please refer to the official Garmin website or the warranty card included with your product. Garmin provides various support resources, including online FAQs, troubleshooting guides, and customer service contact options.
You can find additional support and resources on the official Garmin website:www.garmin.com

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Name

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question