

## Garmin 010-01614-00

# Garmin Forerunner 735XT Multisport GPS Running Watch

Model: 010-01614-00

## INTRODUCTION

---

The Garmin Forerunner 735XT is a versatile multisport GPS running watch designed for athletes who require detailed data for training and a lightweight device for race day. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device, ensuring optimal performance and longevity.



Image: Garmin Forerunner 735XT Multisport GPS Running Watch, showcasing its sleek design and display.

## SETUP

---

### 1. Initial Charging

Before first use, fully charge your Forerunner 735XT. Connect the charging/data clip to the watch and plug the USB end into a power source. A full charge typically takes a few hours.

### 2. Powering On and Basic Settings

Press and hold the power button to turn on the device. Follow the on-screen prompts to select your language, time format, and initial user profile settings.

### 3. Pairing with a Smartphone

1. Download the Garmin Connect Mobile app from your smartphone's app store.
2. Enable Bluetooth on your smartphone.

3. Open the Garmin Connect Mobile app and follow the instructions to add your Forerunner 735XT.
4. The watch will display a pairing code; enter this code into the app when prompted.

Once paired, the watch will automatically upload activity data and receive smart notifications.

## OPERATING YOUR FORERUNNER 735XT

---

### 1. Activity Tracking

The Forerunner 735XT tracks various activities including running, cycling, and swimming. To start an activity:

1. Press the **Start/Stop** button.
2. Select an activity profile (e.g., Run, Bike, Swim).
3. Wait for GPS signal acquisition (if applicable) and heart rate detection.
4. Press **Start/Stop** again to begin recording.

### 2. Wrist-Based Heart Rate

The device estimates heart rate at the wrist. For best accuracy, ensure the watch is worn snugly above your wrist bone. For advanced running dynamics and more detailed measurements, an optional chest strap (sold separately) can be paired.

### 3. Multisport Mode

The auto multisport feature allows seamless transition between sports with a single button press, ideal for triathlons and duathlons.

### 4. Smart Notifications

When paired with your smartphone, the Forerunner 735XT displays smart notifications for incoming calls, texts, and app alerts directly on your wrist.

### 5. Customization

Customize your watch with free watch faces, apps, and data fields from the Garmin Connect IQ store.

### 6. Official Product Videos

#### Garmin Forerunner 735XT Overview

Your browser does not support the video tag.

This video provides a comprehensive overview of the Garmin Forerunner 735XT, highlighting its key features and functionalities for multisport athletes. (Duration: 7:00)

#### Garmin Forerunner 735XT Training Features

Your browser does not support the video tag.

Learn about the advanced training features of the Forerunner 735XT, including VO2 max estimate, lactate threshold, and recovery advisor. (Duration: 3:26)

## MAINTENANCE

---

### 1. Cleaning the Device

Regularly clean your watch and wristband with a soft, damp cloth. Avoid harsh chemicals or abrasive materials that could damage the device. Rinse the watch with fresh water after exposure to chlorinated or salt water.

## 2. Battery Care

To maximize battery life, avoid exposing the device to extreme temperatures. Charge the device fully before long periods of inactivity. The battery life is up to 11 days in smartwatch mode, up to 14 hours in GPS mode, and up to 24 hours in UltraTrac mode without wrist heart rate.

# TROUBLESHOOTING

## 1. Device Not Powering On

- Ensure the device is fully charged. Connect it to the charging clip and a power source for at least 30 minutes.
- Perform a soft reset by holding down the power button for 15 seconds.

## 2. GPS Signal Issues

- Ensure you are in an open area with a clear view of the sky.
- Sync your device with Garmin Connect regularly to update satellite data.

## 3. Heart Rate Inaccuracy

- Ensure the watch is worn snugly, one finger-width above your wrist bone.
- Clean the optical heart rate sensor on the back of the watch.
- Avoid wearing the watch directly over tattoos, which can interfere with sensor performance.

## 4. Connectivity Problems (Bluetooth)

- Ensure Bluetooth is enabled on both your watch and smartphone.
- Restart both your watch and smartphone.
- Remove the device from the Garmin Connect app and your phone's Bluetooth settings, then re-pair.

# SPECIFICATIONS

Model Number	010-01614-00
Product Dimensions	0.47 x 1.75 x 1.75 inches
Item Weight	3.2 ounces
Screen Size	1.23 Inches
Connectivity Technology	Bluetooth
Battery Life (GPS Mode)	Up to 14 Hours
Water Resistant	Yes
Operating Temperature	From -20° to 50°C (from -4° to 122°F)

Included Components	Forerunner 735XT, charging/data clip, manual
---------------------	--

## WARRANTY AND SUPPORT

---

Garmin products are backed by a limited warranty. For specific warranty terms, conditions, and duration, please refer to the warranty information included with your product packaging or visit the official Garmin website.

For technical support, product registration, or to access additional resources, please visit the official Garmin support website:

[www.garmin.com/support](http://www.garmin.com/support)