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Garmin Forerunner 235

Garmin Forerunner 235 GPS Running Watch User Manual

Model: Forerunner 235

INTRODUCTION

The Garmin Forerunner 235 is an advanced GPS running watch designed to help you track your fitness activities and monitor your health. Featuring wrist-based heart rate technology, GPS and GLONASS support, and smart notifications, this device provides comprehensive data for runners and active individuals. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your Forerunner 235.

WHAT'S IN THE BOX

- Garmin Forerunner 235 GPS Running Watch
- Charging/Data Clip
- Documentation

DEVICE OVERVIEW

Familiarize yourself with the buttons and display of your Forerunner 235.



Image: Garmin Forerunner 235 displaying current running metrics including distance, timer, and pace.

Button Functions

- **Light Button (Top Left):** Press to turn the backlight on/off. Hold to turn the device on/off or access controls menu.
- **Up/Menu Button (Middle Left):** Press to scroll through widgets and data screens. Hold to access the menu.
- **Down Button (Bottom Left):** Press to scroll through widgets and data screens.
- **Run/Enter Button (Top Right):** Press to start or stop an activity, or select an option.
- **Back/Lap Button (Bottom Right):** Press to return to the previous screen or record a lap during an activity.

SETUP

Charging the Device

1. Connect the charging clip securely to the charging contacts on the back of your Forerunner 235.
2. Plug the USB end of the charging cable into a USB power adapter or a computer USB port.
3. Allow the device to charge completely before initial use. A full charge typically takes 1-2 hours.

Initial Setup and Pairing with Garmin Connect Mobile

1. Download the Garmin Connect Mobile app on your smartphone (available for Android and Apple smartphones).
2. Turn on your Forerunner 235 by holding the Light button.
3. Follow the on-screen instructions on the watch to select your language and basic settings.
4. Open the Garmin Connect Mobile app on your smartphone and create an account or log in.
5. From the app, select "Garmin Devices" > "Add Device" and follow the prompts to pair your Forerunner 235 via Bluetooth.
6. Enter the pairing code displayed on your watch into the app when prompted.
7. Once paired, your watch will synchronize data with the app and receive software updates.

OPERATING THE DEVICE

Starting an Activity

1. From the watch face, press the **Run/Enter** button.
2. Select an activity profile (e.g., Run, Indoor Run, Bike).
3. Wait for the GPS signal to acquire (if outdoors). The GPS status indicator will turn green.
4. Press the **Run/Enter** button again to start the activity timer.
5. During the activity, you can press the **Up** or **Down** buttons to view different data screens.
6. To pause, press the **Run/Enter** button. To resume, press it again.
7. To stop and save the activity, press the **Run/Enter** button, then select "Save".





Image: Forerunner 235 displaying real-time running metrics during an activity.

Wrist-Based Heart Rate

The Forerunner 235 features Garmin Elevate™ wrist-based heart rate technology. Ensure the watch is worn snugly above your wrist bone for accurate readings. The watch displays your heart rate in beats per minute (BPM) and indicates your current heart rate zone.

Activity Tracking

Your Forerunner 235 tracks daily steps, distance, calories burned, and sleep. This data is automatically synchronized with your Garmin Connect account.



Image: Forerunner 235 displaying daily activity tracking, including steps and progress towards a goal.

Smart Notifications

When paired with your smartphone, the Forerunner 235 can display smart notifications for incoming calls, texts, emails, and other app alerts directly on your wrist.

- Ensure Bluetooth is enabled on both your smartphone and the watch.
- Configure notification settings within the Garmin Connect Mobile app.

Customizing Your Watch

You can customize watch faces, data fields, and activity profiles through the Garmin Connect Mobile app or directly on the watch. Visit the Garmin Connect IQ Store for additional apps and widgets.

MAINTENANCE

Cleaning the Device

- Regularly wipe the device and strap with a soft, damp cloth.
- For optical heart rate sensor, gently clean the sensor area on the back of the watch to ensure accurate readings.
- Avoid using harsh chemicals or abrasive materials that could damage the device.

Battery Care

- Charge the device regularly to maintain battery health.
- Avoid extreme temperatures, which can degrade battery performance.
- If storing the device for an extended period, charge it to approximately 50% before storage.

Software Updates

Garmin periodically releases software updates to improve performance and add new features. Connect your device to Garmin Connect Mobile or Garmin Express on your computer to receive updates.

TROUBLESHOOTING

GPS Signal Acquisition Issues

- Ensure you are in an open area with a clear view of the sky.
- Remain stationary for a few moments after starting an outdoor activity to allow the device to acquire a signal.
- Synchronize your device with Garmin Connect regularly to update satellite data, which can improve acquisition speed.

Inaccurate Heart Rate Readings

- Ensure the watch is worn snugly, but not too tightly, above your wrist bone.
- Clean the optical heart rate sensor on the back of the watch.
- For activities with rapid arm movements or vibrations, wrist-based heart rate may be less accurate. Consider using a compatible Garmin HRM chest strap for higher accuracy if needed.
- Ensure your skin is clean and dry where the sensor makes contact.

Device Not Connecting to Smartphone

- Ensure Bluetooth is enabled on both your smartphone and the Forerunner 235.
- Make sure the watch is within range of your smartphone.

- Restart both your smartphone and the watch.
- Remove the device from the Garmin Connect Mobile app and your phone's Bluetooth settings, then attempt to pair again.

Short Battery Life

- Frequent GPS use, backlight usage, and smart notifications can reduce battery life.
- Reduce backlight brightness or timeout settings.
- Disable unnecessary smart notifications.
- Ensure the device is fully charged.

SPECIFICATIONS

Feature	Detail
Model Name	Forerunner 235
Brand	Garmin
Display Type	Digital
Screen Size	1.23 Inches
Resolution	215 x 180 pixels
Connectivity Technology	Bluetooth
GPS	Built-in GPS, GLONASS
Metrics Measured	GPS, GLONASS, Optical Heart Rate Sensor
Water Resistance Level	Water Resistant (50 Meters)
Battery Cell Composition	Lithium Ion
Item Weight	1.4 Ounces
Band Material Type	Silicone
Compatible Devices	Android and Apple smartphones

WARRANTY INFORMATION

The Garmin Forerunner 235 comes with a **Limited Warranty**. For specific terms and conditions, please refer to the warranty documentation included with your product or visit the official Garmin website. This warranty typically covers defects in materials and workmanship under normal use.

SUPPORT

For additional support, frequently asked questions, and detailed product information, please visit the official Garmin support website or utilize the Garmin Connect Mobile app. You can also find community forums and contact customer service through these resources.

- **Garmin Connect Mobile App:** Available on iOS and Android app stores.

- **Garmin Support Website:** support.garmin.com

