Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

Garmin 010-01689-00

Garmin Forerunner 35 Instruction Manual

Model: 010-01689-00 | Brand: Garmin

Introduction

The Garmin Forerunner 35 is an easy-to-use GPS running watch designed to track your fitness activities. It estimates heart rate at the wrist, tracks distance, pace, and more. This manual provides essential information for setting up, operating, and maintaining your device.

What's in the Box

- Forerunner 35 device
- Charging/data clip
- Manual



Figure 1: Garmin Forerunner 35 watch, charging clip, and manual as packaged.

Setup

Initial Device Setup

Upon first turning on your Forerunner 35, you will be prompted to answer a few setup questions to configure language, time preferences, and user profile information (gender, age, weight, height) for accurate calorie data. You will also be given the option to pair your smartphone.

Charging the Device

Before initial use, ensure your Forerunner 35 is fully charged using the provided charging/data clip. Connect the clip to the watch and a USB power source.

Your browser does not support the video tag.

Video 1: "Forerunner 35 Getting Started" - This video demonstrates the initial setup process, including charging and basic button functions.

Pairing with a Smartphone

To utilize smart features, pair your Forerunner 35 with a compatible smartphone via the Garmin Connect Mobile app. Ensure Bluetooth is enabled on both your phone and the watch, and follow the on-screen prompts in the app and on the watch.

Your browser does not support the video tag.

Video 2: "Forerunner 35 Pairing and Syncing" - This video provides a step-by-step guide on how to pair your watch with a smartphone and sync data.

Operating the Device

Button Functions

- **Top Left (Power/Backlight):** Press to turn on backlight. Hold to power on/off.
- **Bottom Left (Back/Menu/Lap):** Press to access menu from clock screen. Press to return to previous page in menus. Can be enabled to mark a lap during an activity. Hold from any widget screen to access the menu.
- **Top Right (Start/Stop/Enter):** Starts and stops the timer during an activity. Selects options when navigating menus.
- **Bottom Right (Down/Music Controls):** Advances through widgets, data screens, or lists of options. When paired with a smartphone, hold to bring up music controls.

Activity Tracking

The Forerunner 35 offers various activity profiles including Run Outdoor, Run Indoor, Bike, and Walk. To start an activity, press the Start key (top right), scroll through profiles, and select your desired activity. The device will acquire a satellite signal (for outdoor activities) before you can begin.

Monitoring Data

During an activity, the timer screen displays distance, total time, and pace. Use the Down key (bottom right) to view additional screens detailing heart rate zone, current heart rate, calories burned, and more.

Smart Features

- **Smart Notifications:** Receive alerts for calls, texts, and other notifications directly on your wrist when paired with a compatible smartphone.
- **Live Tracking:** Share your real-time activity with friends and family through Garmin Connect.

- **Music Controls:** Control music playback on your paired smartphone directly from your watch.
- **All-Day Activity Tracking:** Estimates steps, calories, and intensity minutes, and reminds you to move.
- **Garmin Connect:** Automatically uploads your data to Garmin Connect, a free online fitness community for tracking progress, joining challenges, and sharing insights.

Maintenance

Regular cleaning of your Forerunner 35 and its strap is recommended to ensure optimal performance and prevent skin irritation. Use a soft, damp cloth to wipe the device. Avoid harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.

Troubleshooting

GPS Signal Acquisition

If your device is having trouble acquiring a GPS signal, ensure you are in an open area with a clear view of the sky. It may take longer to acquire a signal if you are in an area with tall buildings or dense tree cover.

Heart Rate Accuracy

For accurate wrist-based heart rate readings, ensure the watch is worn snugly but comfortably on your wrist, just above the wrist bone. Avoid wearing it too loose or too tight. Clean the optical sensor regularly.

Connectivity Issues

If your watch is not connecting to your smartphone, ensure Bluetooth is enabled on both devices, the Garmin Connect app is open, and the devices are within range. Try restarting both the watch and the smartphone.

Specifications

Feature	Detail
Product Dimensions	1.4 x 0.5 x 1.6 inches
Item Weight	1.6 ounces
Item Model Number	010-01689-00
Batteries	1 CR123A batteries required. (included)
OS Compatibility	iOS, Android
Connectivity Technologies	Bluetooth, GPS
Special Features	Bluetooth
Human Interface Input	Dial
Scanner Resolution	128 x 128
Color	Black
Manufacturer	Garmin
Date First Available	August 31, 2016

Feature	Detail
Screen Size	1 Inches
Map Type	Worldwide
Sport	Running
Battery Life	9 days

Warranty and Support

For warranty information and further support, please refer to the official Garmin website or contact Garmin customer service. The product includes a manual with detailed warranty terms.
Legal Disclaimer: All returns are subject to a 10% restocking fee; shipping costs are not refunded. Ships to US only; no APO/FPOs and no PO boxes.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

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

Open the live page

https://manuals.plus/asin/B01KPUHBK6

More documents and user manuals: **https://manuals.plus/**