

Garmin 010-01769-01

Garmin Vivoactive 3 GPS Smartwatch Instruction Manual

Model: 010-01769-01

INTRODUCTION

The Garmin Vivoactive 3 is a versatile GPS smartwatch designed for an active lifestyle. It features built-in sports apps, contactless payment capabilities, and smart notifications to keep you connected. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device.

SETUP

1. Unboxing Your Device

Carefully remove all components from the packaging. The box should contain the Vivoactive 3 smartwatch, a charging/data cable, and documentation. Inspect all items for any damage.

2. Charging the Device

Before initial use, fully charge your Vivoactive 3. Connect the charging/data cable to the charging port on the back of the watch and plug the other end into a USB power source. A full charge typically takes a few hours.



Figure 1: Rear view of the Vivoactive 3, showing the optical heart rate sensor and the charging port.

3. Initial Setup and Pairing with Garmin Connect App

To begin using your smartwatch, you will need to pair it with the Garmin Connect app on your smartphone. Download the Garmin Connect app from your device's app store. Follow the on-screen instructions in the app to pair your Vivoactive 3. This process involves selecting your device, confirming a code displayed on both devices, and setting up your user profile.

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Video 1: A detailed review of the Garmin Vivoactive 3, including initial setup and feature overview.

OPERATING THE VIVOACTIVE 3

1. Interface Navigation

The Vivoactive 3 features a touchscreen display and a single side button for navigation. Swipe up or down on the

touchscreen to scroll through widgets and menus. Tap to select options. Press and hold the side button to access the controls menu, which includes options like power, lock, and Bluetooth settings.



More than 15 preloaded sports apps,
including yoga, running, swimming,
strength training and more.

Figure 2: The main watch face of the Garmin Vivoactive 3.

2. Using Preloaded Sports Apps

The Vivoactive 3 comes with over 15 preloaded GPS and indoor sports apps, including yoga, running, swimming, and more. To start an activity, press the side button, select the desired activity, and follow the prompts. The watch will track your performance metrics relevant to the chosen activity.



Figure 3: The Vivoactive 3 supports various activities like yoga, running, and swimming.

3. Garmin Pay Contactless Payments

The Vivoactive 3 features Garmin Pay, a contactless payment solution. You can add supported cards from participating banks to your watch's wallet. To make a payment, access the Garmin Pay menu from the controls, enter your passcode, and hold your watch near a compatible payment terminal.

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Video 2: An overview of the Garmin Vivoactive 3's features, including Garmin Pay and smart notifications.

4. Smart Notifications

When paired with a compatible smartphone, the Vivoactive 3 can display smart notifications for calls, texts, emails, and other

app alerts. You can customize which notifications appear on your watch through the Garmin Connect app.



Figure 4: The Vivoactive 3 displaying an incoming call notification.

5. Fitness Tracking and Health Monitoring

The watch continuously monitors your fitness level with features like VO2 max estimates, fitness age, and stress tracking. It also tracks daily steps, calories burned, and sleep patterns. All data is synced to the Garmin Connect app for detailed analysis.



Figure 5: Daily activity statistics displayed on the Vivoactive 3 watch face.

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Video 3: A comprehensive review and demo of the Garmin Vivoactive 3 Music, highlighting its features and functionality.

MAINTENANCE

1. Battery Life Optimization

To extend the battery life of your Vivoactive 3, consider the following adjustments:

- Reduce the backlight timeout.

- Reduce the backlight brightness.
- Turn off Bluetooth wireless technology when not using connected features.
- Turn off activity tracking if not needed.
- Limit the number of smartphone notifications the device displays.
- Stop broadcasting heart rate data to paired Garmin devices.
- Turn off wrist-based heart rate monitoring when not required.

2. Cleaning Your Device

Regularly clean your Vivoactive 3 to maintain its performance and appearance. Wipe the device with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the watch.

TROUBLESHOOTING

If you encounter issues with your Vivoactive 3, try the following basic troubleshooting steps:

- **Restart the device:** Press and hold the side button until the power options appear, then select 'Power Off'. Wait a few seconds and press the button again to turn it back on.
- **Check for software updates:** Ensure your device and the Garmin Connect app are running the latest software versions.
- **Re-pair the device:** If connectivity issues persist, try unpairing and re-pairing your watch with the Garmin Connect app.
- **Consult Garmin Support:** For more complex issues, refer to the official Garmin support website or contact their customer service.

SPECIFICATIONS

Feature	Specification
Model Name	vivoactive 3
Product Dimensions	1.7 x 0.5 x 1.7 inches
Item Weight	1.52 ounces
Display Size	1.2 inches diameter
Display Resolution	240 x 240 pixels
Operating System	Proprietary OS
Connectivity	Bluetooth, GPS
Special Features	Time Display, GPS, Notifications, Heart Rate Monitor, Daily Workout Memory, Contactless Payments
Battery Life (Smartwatch Mode)	Up to 7 days
Battery Life (GPS Mode)	Up to 13 hours
Battery Type	1 Lithium Metal battery (included)
Water Resistance	Swim-rated (5 ATM)

WARRANTY AND SUPPORT

For detailed warranty information, product support, and service inquiries, please refer to the official Garmin website or the documentation included with your device. Garmin provides comprehensive support resources, including FAQs, troubleshooting guides, and contact information for customer service.