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Garmin vívosport

Garmin vívosport Fitness Tracker User Manual

Model: vívosport (010-01789-10)

Introduction

This manual provides essential information for the setup, operation, and maintenance of your Garmin vívosport fitness and activity tracker. The vívosport is designed to monitor your daily activities, track workouts with built-in GPS, and provide insights into your health and fitness.
Please read this manual thoroughly to ensure proper use and to maximize the features of your device.

What's in the Box

Your Garmin vívosport package includes the following items:

- Garmin vívosport device
- Charging/data cable
- Documentation (Quick Start Guide, Safety and Product Information)



Image: The Garmin vívosport fitness tracker, showcasing its compact design and digital display.

Setup

1. Initial Charging

Before first use, fully charge your vívosport device. Connect the charging/data cable to the charging port on the back of the device and plug the USB end into a power source (e.g., computer USB port or USB wall adapter).

- A full charge typically takes approximately 1-2 hours.
- The battery icon on the display will indicate charging status.

2. Pairing with Your Smartphone

To unlock all features, pair your vívosport with the Garmin Connect app on your smartphone.

1. Download the **Garmin Connect** app from your smartphone's app store (available for iPhone and Android).
2. Ensure your smartphone's Bluetooth is enabled.
3. Open the Garmin Connect app and follow the on-screen instructions to create an account or sign in.
4. Select "Garmin Device" and then "vívosport" from the list of available devices.
5. Follow the pairing instructions displayed on both your vívosport and the app. A pairing code may appear on your device to enter into the app.

Once paired, your device will automatically sync data with the app.

Operating the vívosport

Basic Navigation

The vívosport features a color touchscreen display. Swipe up or down to scroll through widgets and data screens. Tap the screen to select an option or view more details. Swipe right to go back to the previous screen.



Image: Side view of the vívosport, highlighting the always-on color display showing current time and date.

Activity Tracking

The vívosport automatically tracks various daily metrics and offers dedicated modes for specific activities.

- **Steps:** Counts your daily steps.
- **Distance:** Calculates distance traveled based on steps and stride length, or GPS for outdoor activities.
- **Calories Burned:** Estimates calories burned throughout the day.
- **Intensity Minutes:** Tracks moderate and vigorous activity minutes.
- **Sleep Monitoring:** Automatically monitors your sleep patterns, including light, deep, and REM sleep stages.

GPS Tracking for Outdoor Activities

For outdoor activities like running or cycling, the built-in GPS provides accurate distance, pace, and route mapping.

1. From the watch face, swipe to the activity menu.
2. Select an outdoor activity (e.g., Run, Walk, Bike).
3. Wait for the GPS signal to acquire (this may take a few moments). The GPS icon will turn green when ready.
4. Tap to start the activity.



Image: The vívosport display showing an active timer and distance covered during an activity.

Heart Rate Monitoring

The vívosport continuously monitors your heart rate from your wrist. This data is used for calorie calculation, intensity minutes, and stress tracking.



Image: The vívosport display showing current pace and heart rate during an exercise.



Image: The vívosport display showing current heart rate and the 7-day resting heart rate average.

All-Day Stress Tracking

The device monitors your heart rate variability to estimate your stress level throughout the day. High stress levels can indicate a need for rest or relaxation.



Image: The vívosport display indicating a low stress level with a numerical value.

VO2 Max and Fitness Age

The vívosport can estimate your VO2 Max, an indicator of cardiovascular fitness, and calculate your fitness age based on this metric. These features provide insights into your current fitness level and how it compares to your actual age.



Image: The vívosport display showing a fitness level rating of "Good" with a score of 42.

Smart Notifications

When paired with your smartphone, the vívosport can display smart notifications for incoming calls, text messages, emails, and other app alerts directly on your wrist.

- Ensure Bluetooth is active on your phone and the device is within range.
- Configure notification settings within the Garmin Connect app.

LiveTrack

LiveTrack allows friends and family to follow your activities in real-time. This feature is configured through the Garmin Connect app.

Maintenance

Cleaning the Device

Regular cleaning helps maintain the device's performance and appearance.

- Wipe the device with a soft, damp cloth.
- For stubborn dirt, use a mild soap solution and rinse thoroughly.
- Ensure the device is completely dry before charging.
- Avoid harsh chemicals or abrasive materials that could damage the device.

Battery Care

The vívosport uses a rechargeable Lithium Polymer battery. To prolong battery life:

- Avoid extreme temperatures.
- Charge the device regularly, avoiding complete discharge if possible.

Water Resistance

The vívosport is water-resistant and suitable for swimming and showering. However, it is not recommended for scuba diving or high-speed water sports. Prolonged submersion or exposure to pressurized water may affect performance.

Troubleshooting

Device Not Turning On

- Ensure the device is fully charged. Connect it to the charging cable and a power source for at least 30 minutes.
- Try performing a soft reset by holding the button (if applicable, or pressing and holding the screen) for 15 seconds.

GPS Not Connecting

- Ensure you are in an open outdoor area with a clear view of the sky.
- Remain stationary for a few minutes while the device attempts to acquire a signal.
- Sync the device with the Garmin Connect app to update satellite data (EPO file).

Syncing Issues with Garmin Connect App

- Verify Bluetooth is enabled on your smartphone and the vívosport.
- Ensure the device is within range of your smartphone.
- Restart both your smartphone and the vívosport device.
- If issues persist, try unpairing and re-pairing the device through the Garmin Connect app and your phone's Bluetooth settings.

Inaccurate Heart Rate Readings

- Ensure the device is worn snugly, but not too tightly, above your wrist bone.
- Clean the optical heart rate sensor on the back of the device.

- Environmental factors or certain movements can sometimes affect accuracy.

Specifications

Feature	Detail
Model Number	010-01789-10
Product Dimensions	3.03 x 0.32 x 0.17 inches
Item Weight	0.8 ounces
Display Type	Always-on color Garmin Chroma Display
Screen Size	0.88 Inches (0.38 x 0.76 inches active area)
Connectivity	Bluetooth
GPS	Built-in GPS
Heart Rate Monitor	Wrist-based optical heart rate
Battery Type	Lithium Polymer
Operating System Compatibility	Windows, Android, iPhone
Special Features	Activity Tracker, GPS, Heart Rate Monitor, Notifications, Stress Tracking, VO2 Max, Fitness Age

Warranty and Support

For warranty information, product support, and additional resources, please visit the official Garmin support website. You can find FAQs, software updates, and contact information for customer service there.
Garmin Support Website: support.garmin.com
Please retain your proof of purchase for warranty claims.

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