Garmin 010-01769-21

Garmin Vivoactive 3 GPS Smartwatch Instruction Manual

Model: 010-01769-21

Introduction

The Garmin Vivoactive 3 is a GPS smartwatch designed for an active lifestyle. It features contactless payments, built-in sports applications, and comprehensive fitness monitoring. This manual provides essential information for setting up, operating, and maintaining your device.



Image: Garmin Vivoactive 3 smartwatch on a wrist, displaying fitness data during an activity.

What's in the Box

Ensure all items are present upon unboxing:

- Vivoactive 3 Smartwatch
- Charging/Data Cable
- Documentation (User Manual)

Setup

1. Charging the Device

Connect the charging/data cable to the charging port on the back of your Vivoactive 3 and plug the USB end into a power source. Allow the device to charge fully before initial use. A full charge can provide up to 7 days in smartwatch mode or 13 hours in GPS mode.



Image: Side view of the Garmin Vivoactive 3 smartwatch, highlighting the charging port.

2. Pairing with Your Smartphone

Download the Garmin Connect app from your smartphone's app store. Follow the on-screen instructions within the app to pair your Vivoactive 3. This enables smart notifications, automatic data uploads, and LiveTrack features.

Video: An overview of the Garmin GPS Smartwatch, demonstrating its features and connectivity.

Operating Instructions

Navigation and Interface

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 an option. Press the side button to return to the watch face or access the activity menu.



Image: Garmin Vivoactive 3 smartwatch displaying the time and activity rings on its round face.

Activities and Apps

The watch comes with more than 15 preloaded GPS and indoor sports apps, including yoga, running, swimming, strength training, and more. To start an activity:

1. Press the side button to open the activity menu.
2. Swipe to select your desired activity (e.g., Run, Walk, Bike, Strength).
3. If it's a GPS activity, wait for the GPS signal to be acquired.
4. Tap the screen or press the side button to start recording your activity.



Image: Garmin Vivoactive 3 smartwatch displaying daily activity metrics like steps and calories burned.

Smart Notifications

Receive smart notifications for calls, texts, and other app alerts directly on your watch when paired with a compatible smartphone. You can customize which notifications appear through the Garmin Connect app.



Image: Garmin Vivoactive 3 smartwatch displaying an incoming call notification.



Image: Garmin Vivoactive 3 smartwatch displaying a text message notification.

Key Features

- **Garmin Pay Contactless Payment Solution:** Pay for purchases with your watch (available for supported cards from participating banks).
- **Connect IQ Store:** Personalize your watch with thousands of free watch faces, apps, and widgets.
- **Built-in Sports Apps:** Over 15 preloaded GPS and indoor sports apps, including yoga, running, swimming, and strength training.
- **Fitness Monitoring:** Monitor your fitness level with VO2 max and fitness age estimates, plus track stress levels.
- **Connected Features:** Smart notifications, automatic uploads to Garmin Connect, and LiveTrack when paired with a compatible smartphone.
- **Long Battery Life:** Up to 7 days in smartwatch mode; 13 hours in GPS mode.

- **Durable Design:** Case material is fiber-reinforced polymer with a stainless steel rear cover.



Image: Garmin Vivoactive 3 smartwatch displaying a 'Medium Stress' level of 53.

Maintenance

To ensure the longevity and optimal performance of your Vivoactive 3, follow these maintenance guidelines:

- **Cleaning:** Regularly clean the device and wristband with a soft, damp cloth. Avoid harsh chemicals that may damage the materials.
- **Charging:** Use only the provided charging/data cable. Avoid exposing the charging port to moisture.
- **Storage:** Store the device in a cool, dry place when not in use.
- **Water Resistance:** The device is water-rated for swimming and showering. Avoid pressing buttons underwater.

Troubleshooting

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

- **Device Not Responding:** Try restarting the device by holding down the side button until the screen turns off, then press it again to power on.
- **Pairing Issues:** Ensure Bluetooth is enabled on your smartphone and the device is within range. Try unpairing and re-pairing the device through the Garmin Connect app.
- **GPS Signal Loss:** Ensure you are in an open area with a clear view of the sky for optimal GPS signal acquisition.
- **Inaccurate Data:** Ensure the watch is worn snugly on your wrist, just above the wrist bone, for accurate heart rate and activity tracking.

Video: A brief overview of the Garmin Vivoactive 3 smartwatch.

Specifications

Feature	Detail
Model Name	010-01769-21
Brand	Garmin
Screen Size	1.2 Inches
Shape	Round
Battery Life (Smartwatch Mode)	Up to 7 days
Battery Life (GPS Mode)	Up to 13 hours
Connectivity	Bluetooth Smart and ANT+
GPS	True
Water Resistance	Swim-rated
Display Resolution	240 x 240 pixels
Item Weight	4.8 ounces
Product Dimensions	1.7 x 0.5 x 1.7 inches

Warranty and Support

For warranty information, technical support, or to access the full user manual, please visit the official Garmin support website or refer to the documentation included in your product box.
Garmin support can be reached via their website: support.garmin.com

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