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**Garmin 010-01769-11**

# Garmin Vívoactive 3 GPS Smartwatch User Manual

MODEL: 010-01769-11

## Introduction and Overview

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The Garmin Vívoactive 3 is a versatile GPS smartwatch designed for an active lifestyle. It integrates contactless payment capabilities and features over 15 preloaded sports applications. With built-in GPS, it accurately records distance, pace, and location for outdoor activities. The watch is designed to fit wrists with a circumference of 127-204 mm and features a 1.2-inch (30.4mm) diameter display.

To optimize battery life, users can adjust backlight settings, disable Bluetooth when not in use, turn off activity tracking, limit smartphone notifications, and manage heart rate monitoring settings.



Image: The Garmin Vivoactive 3 Smartwatch in Black/Slate, showcasing its round display and sleek design.

## What's in the Box

Upon unboxing your Garmin Vivoactive 3, you should find the following items:

- Garmin Vivoactive 3 Smartwatch
- Charging/Data Cable
- Documentation (User Manual, Safety Information)

## Setup

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Follow these steps to set up your new Garmin Vívactive 3 smartwatch:

1. **Charge the Device:** Connect the included charging/data cable to the charging port on the back of your Vívactive 3 and plug the other end into a USB power source. Allow the device to fully charge before first use.
2. **Power On:** Once charged, press and hold the side button to power on the smartwatch.
3. **Initial Setup:** Follow the on-screen prompts to select your language, time format, and other basic settings.
4. **Pair with Smartphone:** Download the Garmin Connect app on your compatible smartphone (iPhone or Android). Open the app and follow the instructions to pair your Vívactive 3 via Bluetooth. This enables smart notifications, automatic data uploads, and LiveTrack features.
5. **Personalize:** Explore the Connect IQ store through the Garmin Connect app to personalize your watch with thousands of free watch faces, apps, and widgets.

## Operating Instructions

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The Garmin Vívactive 3 offers a range of features to support your active life:

- **Garmin Pay Contactless Payments:** Utilize the Garmin Pay solution to make purchases directly from your watch. This feature is available for supported cards from participating banks.
- **Preloaded Sports Apps:** Choose from more than 15 preloaded GPS and indoor sports apps, including yoga, running, swimming, and more, to track your activities.



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

Image: A person meditating, demonstrating the integration of the Vívactive 3 with various preloaded sports apps like yoga.

- **GPS Tracking:** The built-in GPS allows you to record distance, pace, location, and other metrics for your outdoor activities without needing your phone.
- **Fitness Monitoring:** Monitor your fitness level with VO2 max and fitness age estimates. The watch also helps you keep an eye on how you handle stress throughout the day.
- **Smart Notifications:** When paired with a compatible smartphone, receive smart notifications directly on your watch, along with automatic uploads to Garmin Connect and LiveTrack capabilities.
- **Heart Rate Monitoring:** The device features wrist-based heart rate monitoring. For optimal accuracy during intense activities, consider using a compatible external ANT+ chest strap.

## Maintenance

Proper maintenance ensures the longevity and optimal performance of your Garmin Vívactive 3:

- **Cleaning:** Regularly clean the watch and strap with a soft, damp cloth. Avoid harsh chemicals or abrasive materials. Ensure the charging contacts are clean and dry before charging.
- **Battery Life Optimization:**
  - Reduce backlight timeout and brightness.

- Turn off Bluetooth when not using connected features.
  - Turn off activity tracking if not needed for a period.
  - Limit the number of smartphone notifications displayed.
  - Stop broadcasting heart rate data to paired Garmin devices if not required.
  - Turn off wrist-based heart rate monitoring when not actively tracking.
- **Storage:** Store the device in a cool, dry place when not in use.
  - **Water Resistance:** The Vívoactive 3 is water-rated for swimming and showering. However, avoid pressing buttons underwater and ensure the device is dry before charging.

## Troubleshooting

If you encounter issues with your Garmin Vívoactive 3, try the following common troubleshooting steps:

- **Device Not Responding:** If the device is frozen or unresponsive, try restarting it 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 both your watch and smartphone. Try unpairing and re-pairing the device in the Garmin Connect app. Make sure your smartphone's operating system is up to date.
- **GPS Accuracy:** For best GPS accuracy, ensure you have a clear view of the sky. Allow the device a few moments to acquire satellite signals before starting an activity.
- **Heart Rate Inaccuracy:** Ensure the watch is worn snugly but comfortably on your wrist, above the wrist bone. Clean the sensor regularly. For activities with rapid arm movements, consider using an external heart rate monitor.
- **Battery Draining Quickly:** Review the battery optimization tips in the Maintenance section. Ensure no background apps are excessively draining power.
- **Software Updates:** Regularly check for and install software updates via the Garmin Connect app or Garmin Express on your computer. Updates often include bug fixes and performance improvements.

For more detailed troubleshooting or specific error messages, please refer to the official Garmin Vívoactive 3 User Guide or visit the Garmin support website.

## Specifications

Feature	Detail
Model Name	010-01769-11
Brand	Garmin
Screen Size	1.2 Inches (30.4mm diameter)
Shape	Round
Battery Cell Composition	Lithium Ion
Wireless Communication Standard	Bluetooth
Connectivity Technology	Bluetooth, GPS
Special Features	Time Display, GPS, Notifications, Heart Rate Monitor, Contactless Payments

Feature	Detail
Operating System	Android (compatible)
Product Dimensions	1.7 x 0.5 x 1.7 inches (43.4 x 43.4 x 11.7 mm)
Item Weight	4.8 ounces (0.3 Pounds)
Lens Material	Chemically strengthened glass
Bezel Material	Stainless steel
Case Material	Fiber reinforced polymer with stainless steel rear cover
Battery Life	Up to 7 days (smartwatch mode); 13 hours (GPS mode)

## Warranty and Support

Garmin products are designed for reliability and performance. Your Vivoactive 3 is covered by a limited warranty. Please refer to the documentation included in your product box for specific warranty terms and conditions.

For comprehensive support, including detailed instructions, FAQs, and software updates, please utilize the following resources:

- **Official User Guide (PDF):** [Download User Guide](#)
- **Garmin Support Website:** Visit [Garmin.com/support](https://www.garmin.com/support) for product registration, software downloads, and customer service contact information.