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Garmin 010-01769-01-cr

Garmin Vivoactive 3 GPS Smartwatch User Manual

Model: 010-01769-01-cr | Brand: Garmin

Introduction

This manual provides comprehensive instructions for setting up, operating, and maintaining your Garmin Vivoactive 3 GPS Smartwatch. Designed for active lifestyles, this smartwatch features built-in sports apps, GPS tracking, and smart notifications to help you monitor your fitness and stay connected.

Setup

Charging Your Smartwatch

Before first use, fully charge your Vivoactive 3.

- Connect the charging clip to the charging port on the back of the watch.
- Plug the USB end of the charging cable into a USB power source.
- The watch display will show the charging status.



Image: The Garmin Vivoactive 3 smartwatch displaying a 100% battery charge on its screen.

Initial Setup and Pairing

To begin using your smartwatch, you need to pair it with your smartphone using the Garmin Connect app.

1. Download the Garmin Connect app from your smartphone's app store.
2. Open the app and follow the on-screen instructions to create an account or log in.
3. On your Vivoactive 3, press and hold the side button to access the main menu.
4. Select the Bluetooth icon to enable pairing mode.
5. In the Garmin Connect app, select "Add Device" and choose your Vivoactive 3 from the list.
6. Follow the prompts to complete the pairing process.



Image: The Garmin Vivoactive 3 smartwatch displaying daily activity statistics including steps, intensity minutes, and calories burned.

Operating Your Smartwatch

Navigating the Interface

The Vivoactive 3 features a touchscreen display and a single side button for navigation.

- **Swipe Up/Down:** Scroll through widgets, menus, and notifications.
- **Tap:** Select an item on the screen.
- **Press Side Button:** Access the activity list.
- **Press and Hold Side Button:** Access the controls menu (power, lock, brightness, phone connection).

Using Built-in Sports Apps

The watch comes preloaded with over 15 GPS and indoor sports apps.

1. Press the side button to view the activity list.
2. Swipe up or down to scroll through available activities (e.g., Run, Walk, Bike, Pool Swim, Golf, Strength).
3. Tap on an activity to select it and begin tracking.



Image: The Garmin Vivoactive 3 smartwatch showing a menu with "Run" and "Bike" as selectable sports activities.

Garmin Pay Contactless Payments

Make secure payments directly from your wrist.

1. From the watch face, press and hold the side button.
2. Tap the wallet icon.
3. Enter your passcode if prompted.
4. Hold your wrist near the contactless reader.



Customize with thousands of free watch faces, apps and more from our Connect IQ™ store.

Image: A person using the Garmin Vivoactive 3 smartwatch to make a contactless payment at a service counter.

Smart Notifications

Receive alerts for incoming calls, texts, and app notifications from your paired smartphone.

- Notifications appear on the watch screen as they arrive.
- Swipe up or down to view more details or dismiss.



Image: The Garmin Vivoactive 3 smartwatch displaying incoming text message notifications from "Jill" and "David".

Customizing Watch Faces and Apps

Personalize your watch with thousands of free watch faces, apps, and widgets from the Connect IQ store.

1. Download the Connect IQ app to your smartphone.
2. Browse and select desired watch faces, data fields, widgets, or apps.
3. Sync your watch with the Garmin Connect app to install them.



Image: The Garmin Vivoactive 3 smartwatch displaying a custom watch face with an "UBER" notification.

Monitoring Fitness and Health

The Vivoactive 3 tracks various health metrics.

- **Heart Rate:** Continuously monitors your heart rate from the wrist.
- **VO2 Max:** Estimates your cardiovascular fitness level.
- **Stress Tracking:** Monitors your heart rate variability to calculate your stress level.
- **Sleep Tracking:** Analyzes your sleep stages and movement throughout the night.



Monitor your fitness level with VO2 max and keep an eye on how you handle stress.

Image: A person meditating outdoors, wearing the Garmin Vivoactive 3 smartwatch on their wrist.



Image: The Garmin Vivoactive 3 smartwatch displaying a heart rate graph over the last 4 hours, showing fluctuations.

Maintenance

Cleaning Your Smartwatch

Regularly clean your watch to maintain its performance and appearance.

- Rinse the watch with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals.

- Use a soft, lint-free cloth to wipe the watch dry.
- For deeper cleaning, use a soft-bristle brush to clean the charging contacts.

Battery Life

Battery life varies depending on usage. To maximize battery life:

- Reduce backlight brightness and timeout settings.
- Disable unnecessary smart notifications.
- Turn off GPS when not needed for activities.

TROUBLESHOOTING

Watch Not Turning On

- Ensure the watch is fully charged. Connect it to the charger and leave it for at least 30 minutes.
- Perform a soft reset by pressing and holding the side button for 15 seconds.

GPS Not Connecting

- Ensure you are in an open area with a clear view of the sky.
- Sync your watch with the Garmin Connect app to update satellite data.

Bluetooth Connectivity Issues

- Ensure Bluetooth is enabled on both your watch and smartphone.
- Try unpairing and re-pairing the device through the Garmin Connect app.
- Restart both your watch and smartphone.

Inaccurate Heart Rate Readings

- Ensure the watch is worn snugly but comfortably on your wrist, above the wrist bone.
- Clean the optical heart rate sensor on the back of the watch.



Image: The Garmin Vivoactive 3 smartwatch displaying a 100% battery charge on its screen, useful for checking power status.

Specifications

Feature	Detail
Product Dimensions	1.69 x 0.51 x 1.69 inches
Item Weight	1.45 ounces
Item model number	010-01769-01-cr
Wireless communication technologies	Bluetooth
Connectivity technologies	Bluetooth
GPS	Built-in GPS
Special features	bike-computer, outdoor-computer, gps, lap-timer, heart-rate-monitor
Display technology	240 x 240 pixels
Other display features	Wireless
Human Interface Input	Buttons

Feature	Detail
Color	Black/Silver
Department	Unisex-adult
Manufacturer	Garmin
Standing screen display size	1.2 Inches
Screen Size	1.2 Inches
Brand	Garmin
Model Name	vivoactive
Style	Standard

Warranty and Support

Warranty Information

This Garmin Vivoactive 3 (Renewed) product comes with a 90-day refund/replacement return policy. For detailed warranty terms and conditions, please refer to the documentation provided with your purchase or visit the official Garmin website.

Customer Support

For further assistance, troubleshooting, or product inquiries, please visit the official Garmin support website or contact their customer service.
Online Support: www.garmin.com/support

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