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Garmin Instinct

Garmin Instinct Rugged Outdoor GPS Watch User Manual

Model: Instinct (Graphite-Black)

Brand: Garmin

Introduction

The Garmin Instinct is a rugged and reliable outdoor GPS watch designed to withstand challenging environments. Built to U.S. Military standard 810G for thermal, shock, and water resistance (rated to 100 meters), it features a fiber-reinforced polymer case for durability and a chemically-strengthened, scratch-resistant display for clear visibility in bright sunlight. The fully vented silicone bands ensure a secure and comfortable fit during daily activities and extreme adventures.



Figure 1: Front view of the Garmin Instinct watch in Graphite-Black.

What's in the Box

- Garmin Instinct Watch
- Charging/Data Cable
- Documentation (User Manual)

Setup

Before using your Garmin Instinct watch, ensure it is fully charged and properly configured.

1. **Initial Charge:** Connect the provided charging/data cable to the back of your Garmin Instinct watch and plug the USB end into a power source. Allow the watch to fully charge before first use.

2. **Power On:** Press and hold the **CTRL** button (top left) to power on the device.
3. **Language Selection:** Follow the on-screen prompts to select your preferred language.
4. **Pairing with Garmin Connect App:**
    - Download the Garmin Connect app from your smartphone's app store.
    - Open the app and create an account or sign in.
    - Follow the app's instructions to pair your Garmin Instinct watch. This typically involves selecting your device model and confirming a pairing code displayed on both your watch and phone.
    - Grant necessary permissions for notifications, location access, phone call access, and SMS access to enable full smartwatch functionality.
5. **Personal Settings:** Complete your profile setup in the Garmin Connect app, including gender, height, weight, and typical sleep schedule. The app will automatically set initial daily and weekly activity goals.

Operating Instructions

The Garmin Instinct watch features a five-button interface for navigation and control.

- **Button Functions:**
    - **CTRL (Top Left):** Press to turn backlight on/off. Hold to access controls menu (e.g., power off, battery saver, do not disturb, find my phone, wallet).
    - **MENU/ABC (Middle Left):** Press to scroll through widgets and data screens. Hold to access the main menu (e.g., settings, activities, history).
    - **UP/DOWN (Bottom Left):** Press to scroll through menus, widgets, and data screens.
    - **GPS (Top Right):** Press to start/stop activities. Hold to access GPS options (e.g., save location, navigate).
    - **SET/BACK (Bottom Right):** Press to confirm selections or view options. Hold to return to the previous screen.
- **Activity Tracking:**
    - From the watch face, press **GPS** to view the activity list.
    - Select an activity (e.g., Run, Walk, Bike, Pool Swim, Strength, Ski, Snowboard, Expedition).
    - Press **GPS** again to start the activity timer.
    - During an activity, you can view various data screens by pressing **UP/DOWN**.
    - Press **GPS** to pause/resume the activity. Hold **GPS** to save or discard the activity.
- **GPS Navigation:**
    - The watch supports multiple global navigation satellite systems (GPS, GLONASS, Galileo) for accurate tracking in challenging environments.
    - Use the **TrackBack** feature to navigate the same route back to your starting point.
    - Plan trips in advance using the Garmin Explore website and app.
- **Heart Rate Monitoring:** The watch continuously monitors your estimated heart rate. View your heart rate data on the watch face or through the Garmin Connect app.



Figure 2: Watch face displaying heart rate data over the last 4 hours.

- **Barometric Altimeter and 3-Axis Compass:**
  - The built-in altimeter provides elevation data, and the compass helps with direction.
  - To calibrate the altimeter, hold **MENU**/**ABC**, scroll to **Altimeter**, then **Calibrate**. You can choose to enter manually, use DEM, or use GPS.



Figure 3: Watch face showing compass direction and current altitude.

- **Storm Alerts:**
  - The watch can provide storm alerts based on barometric pressure changes.
  - To enable/disable storm alerts: Hold **MENU**/**ABC**, scroll to **Alerts**, select **Storm Alert**, then toggle **Status** to On/Off. You can also adjust the rate of pressure change that triggers an alert.
  - *Note: This feature is for informational purposes only. Rely on official weather sources for primary awareness.*
- **Smart Notifications:** Receive smart notifications (calls, texts, emails) from your compatible smartphone directly on your watch.

Maintenance

- **Cleaning:** Regularly clean your watch and band with fresh water, especially after exposure to sweat, saltwater, or dirt. Use a soft cloth to dry.
- **Band Care:** The fully vented silicone bands are designed for durability. If replacement is needed, compatible bands can be found from authorized retailers.
- **Display Protection:** The chemically-strengthened, scratch-resistant display is robust, but avoid abrasive materials or harsh chemicals that could damage it.
- **Battery Care:** To maximize battery life, avoid extreme temperatures and store the device in a cool, dry place when not in use for extended periods.



Figure 4: Rear view of the Garmin Instinct watch, showing the optical heart rate sensor and charging port.

Troubleshooting

- **Watch Not Powering On:** Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30 minutes.
- **GPS Signal Issues:** Ensure you are in an open area with a clear view of the sky. Avoid tall buildings or dense tree cover. Calibrate GPS if necessary (see Operating Instructions).
- **Inaccurate Altimeter/Barometer:** Calibrate the altimeter using GPS or manual input (see Operating Instructions). Ensure the sensor ports are clean and free of debris.
- **Bluetooth Connection Problems:**
  - Ensure Bluetooth is enabled on your smartphone and the watch.
  - Restart both your watch and smartphone.
  - Unpair and re-pair the device through the Garmin Connect app.
- **Short Battery Life:**
  - Reduce backlight brightness and timeout settings.
  - Disable unnecessary features like continuous heart rate monitoring or smart notifications if not needed.
  - Ensure the watch is not constantly searching for a GPS signal indoors.
- **Buttons Unresponsive:** Ensure the watch is not in "Lock Keys" mode. Hold the **CTRL** button to access controls and check the lock status.

Specifications

Model Name	Instinct
Brand	Garmin
Screen Size	1.27 Inches
Shape	Round
GPS	Built-in GPS (GPS, GLONASS, Galileo)
Battery Type	1 Lithium Metal battery (included), Lithium Polymer composition
Battery Life	Up to 14 days (smartwatch mode), Up to 16 hours (GPS mode), Up to 40 hours (UltraTrac battery saver mode)
Wireless Communication Standard	Bluetooth
Special Features	Activity Tracker, GPS, Heart Rate Monitoring, Shock Resistant, Barometric Altimeter, Water Resistant (10 ATM)
Operating System	Android/iOS compatible
Item Weight	3.87 ounces (0.11 Kilograms)
Product Dimensions	1.77 x 0.6 x 1.77 inches
Item Model Number	010-02064-00
Date First Available	October 11, 2018

Warranty and Support

Garmin products typically come with a one-year limited warranty from the date of purchase, covering defects in materials or workmanship. For detailed warranty information, product support, or service inquiries, please visit the official Garmin website or contact Garmin customer support directly.
Official Garmin Support: www.garmin.com/support

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