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Garmin 010-02158-00

Garmin fenix 6 Premium Multisport GPS Watch User Manual

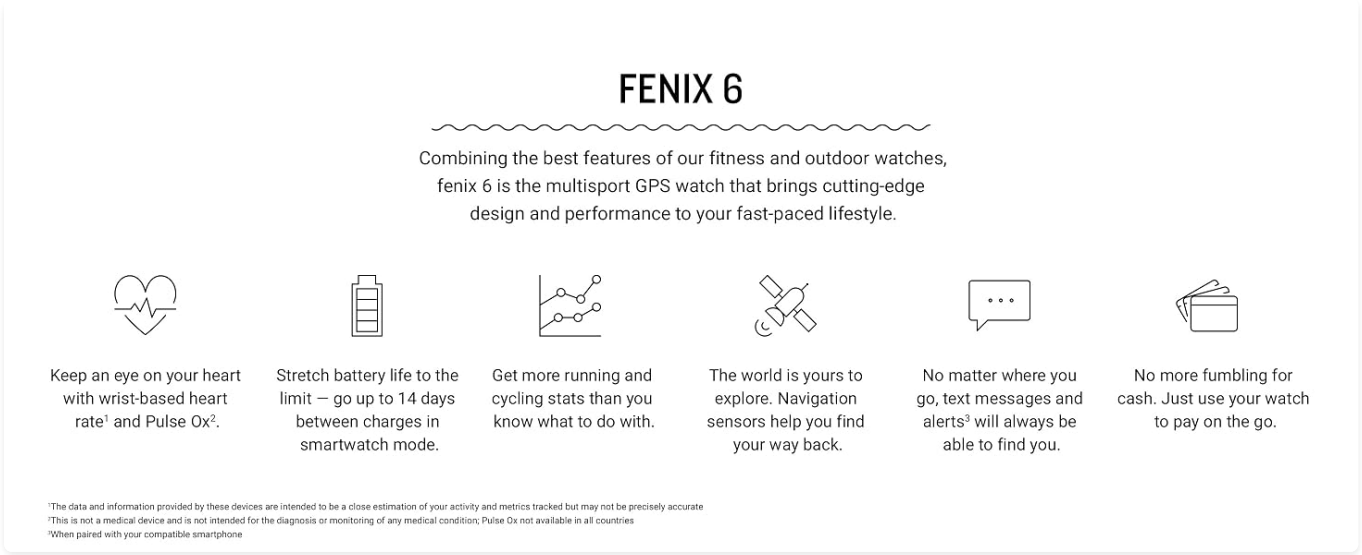
The Garmin fenix 6 Multisport GPS Watch is engineered for cutting-edge design and performance, tailored for an active lifestyle. It offers a comfortable fit and easy access to features like enhanced wrist heart rate, built-in activity profiles, and VO2 Max estimates. This manual provides essential information for setup, operation, maintenance, and troubleshooting to help you maximize your device's potential.

Product Overview

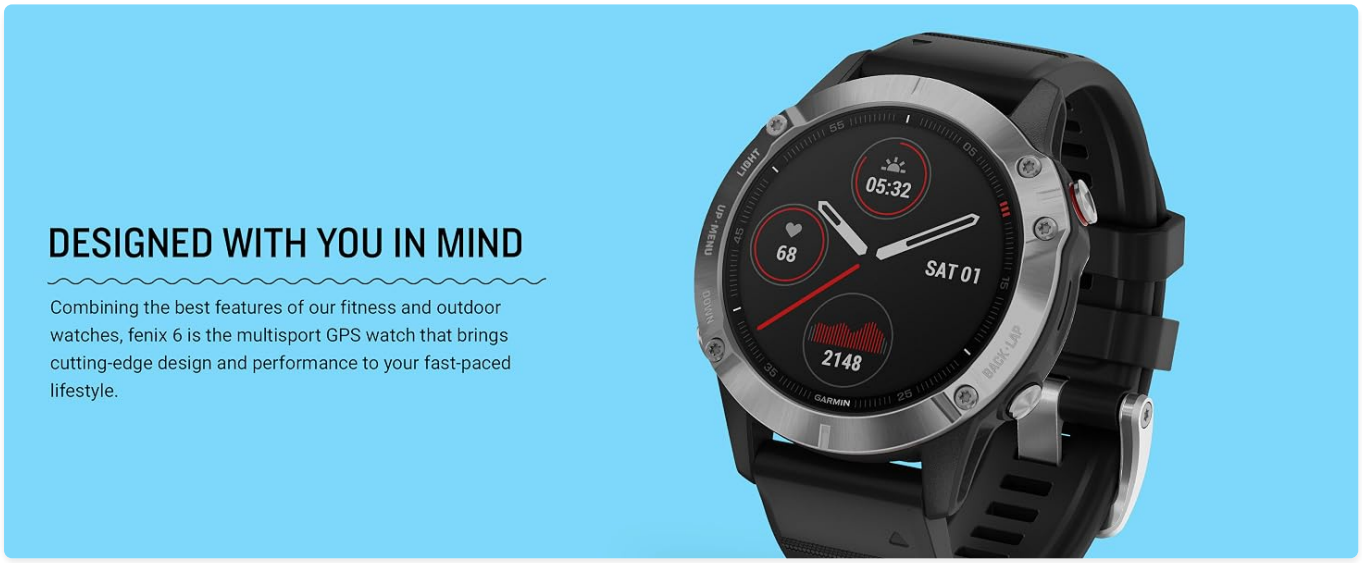
The Garmin fenix 6 is a robust multisport GPS watch designed to support a wide range of activities and provide comprehensive health and performance data. Its durable construction and advanced features make it an ideal companion for both daily wear and intense training.



The Garmin fenix 6 watch, showcasing its clear, sunlight-readable display and rugged design. This image highlights the watch's interface, which is designed for easy navigation and data display.



A visual representation of the versatile display options on the fenix 6, including battery status, real-time training load, and the convenient Garmin Pay contactless payment feature. This demonstrates the watch's adaptability to various user needs.



An infographic summarizing the core capabilities of the fenix 6, such as wrist-based heart rate monitoring, extended battery life, advanced running and cycling statistics, robust navigation, seamless smart notifications, and secure Garmin Pay functionality.

Setup and Initial Use

Charging the Device

Before first use, fully charge your fenix 6 watch. Connect the USB charging cable (included in the box) to the charging port on the back of the watch and plug the other end into a USB power source. A full charge typically takes a few hours.

Powering On/Off

To power on the device, press and hold the LIGHT button until the screen activates. To power off, press and hold the LIGHT button until the control menu appears, then select the power icon.



The fenix 6 display showing 'Battery Saver Mode', indicating the watch's power management capabilities. This mode helps extend battery life during prolonged use.

Initial Device Pairing

To unlock the full potential of your fenix 6, pair it with your smartphone using the Garmin Connect app. Download the app, create an account, and follow the on-screen instructions to connect your watch. This enables smart notifications, data syncing, and access to additional features.

Operating Your fenix 6 Watch

Navigating the Interface

The fenix 6 features a five-button interface for navigation. The LIGHT button (top left) controls backlight and power. UP/MENU and DOWN buttons (middle and bottom left) scroll through menus and data screens. The START/STOP button (top right) selects options and starts/stops activities. The BACK/LAP button (bottom right) returns to the previous screen or records a lap during an activity.



The fenix 6 watch worn on a wrist, showing real-time heart rate and daily step count. This illustrates the watch's capability to provide immediate health and activity insights.

Activity Tracking

The fenix 6 comes preloaded with various activity profiles for sports like running, cycling, swimming, hiking, and more. Select an activity from the activity list to begin tracking your performance metrics.



The fenix 6 displaying its extensive list of built-in sports applications, allowing users to select specific profiles for activities such as biking, treadmill running, swimming, outdoor running, and walking.

Health Monitoring

Monitor your health with enhanced wrist heart rate and Pulse Ox sensors. These features provide data for advanced sleep monitoring and altitude acclimation, helping you understand your body's response to activity and environment. *Note: This device is not a medical device and is not intended for use in the diagnosis or monitoring of any medical condition.*



The fenix 6 watch on a gloved wrist, showing the Pulse Ox sensor in action. This optical heart rate technology gauges activity intensity and heart rate variability to assess stress levels, even tracking underwater without a chest strap.

Performance Metrics and Training

Access detailed performance data including training load balance, training status, and running/cycling dynamics. The watch also offers daily suggested workouts based on your current training load and status to guide your fitness journey.

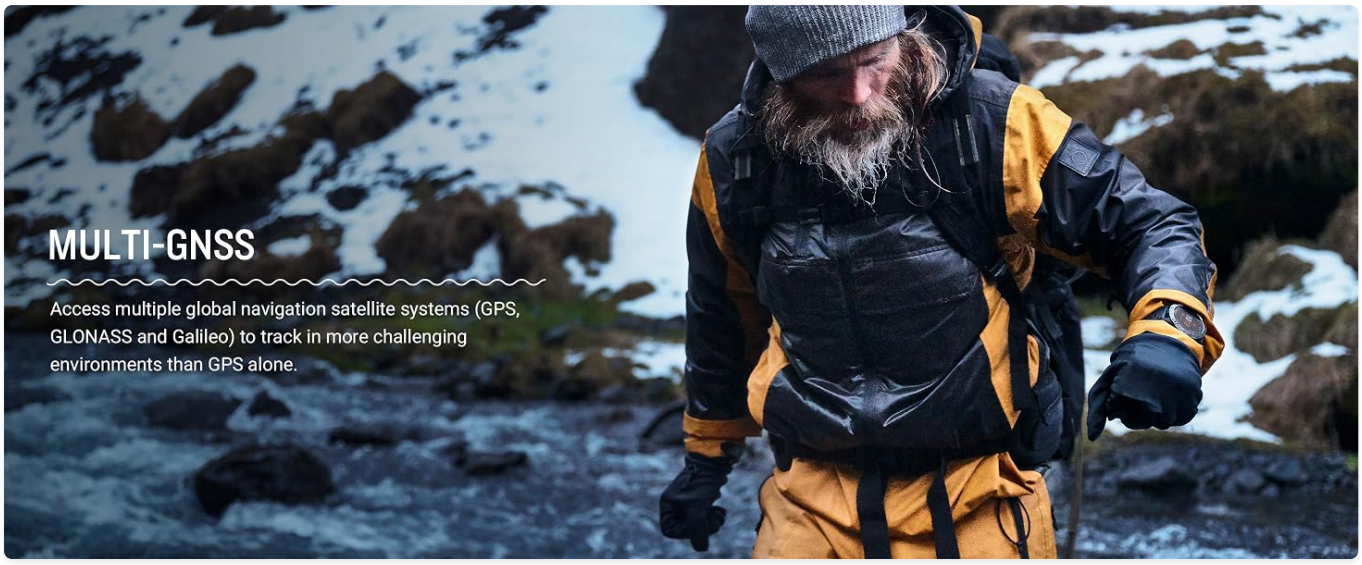
The fenix 6 displaying performance metrics, specifically showing a 'Peaking' training status. This feature provides advanced training insights, including running dynamics, heat- and altitude-adjusted VO2 max, and recovery advisor.



The fenix 6 showing a 'Daily Suggested Workout', providing personalized training guidance. This feature helps users optimize their workouts based on their current fitness level and training load.

Advanced Sleep Monitoring

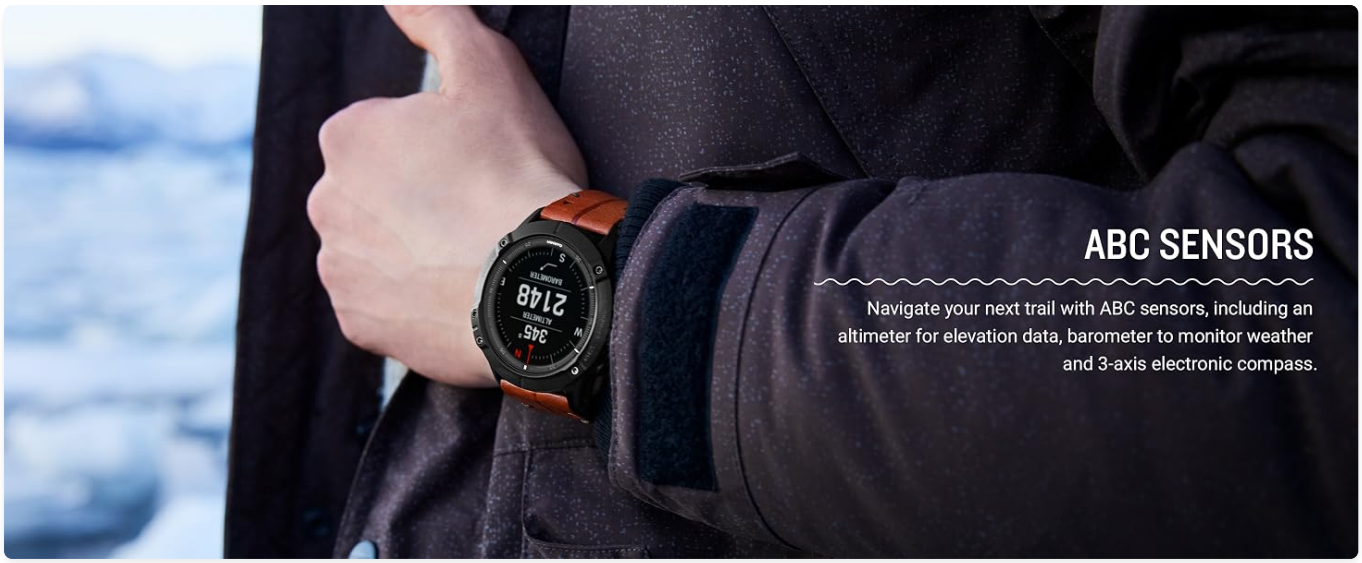
Gain insights into your sleep quality with a full breakdown of your light, deep, and REM sleep stages. The dedicated sleep widget provides your sleep score and insights to help you improve your rest.



The fenix 6 displaying advanced sleep monitoring data, providing a comprehensive breakdown of light, deep, and REM sleep stages, along with a sleep score and insights for better rest.

GPS and Navigation Features

Navigate the outdoors confidently with built-in sensors including a 3-axis compass, gyroscope, and barometric altimeter. The watch supports multiple global navigation satellite systems (GPS, GLONASS, and Galileo) for superior tracking in challenging environments. Utilize features like ClimbPro for real-time ascent information and Expedition Mode for ultra-low-powered GPS reference lasting weeks.



A person hiking, demonstrating the fenix 6's Multi-GNSS capabilities. The watch can access multiple global navigation satellite systems (GPS, GLONASS, and Galileo) for enhanced tracking in diverse and challenging environments.



The fenix 6 displaying altimeter data, highlighting its ABC (Altimeter, Barometer, Compass) sensors. These sensors assist in navigating trails, monitoring weather changes, and providing directional guidance.



The fenix 6 displaying the ClimbPro feature, which provides real-time information on current and upcoming climbs, including gradient, distance, and elevation gain, for pre-loaded courses.



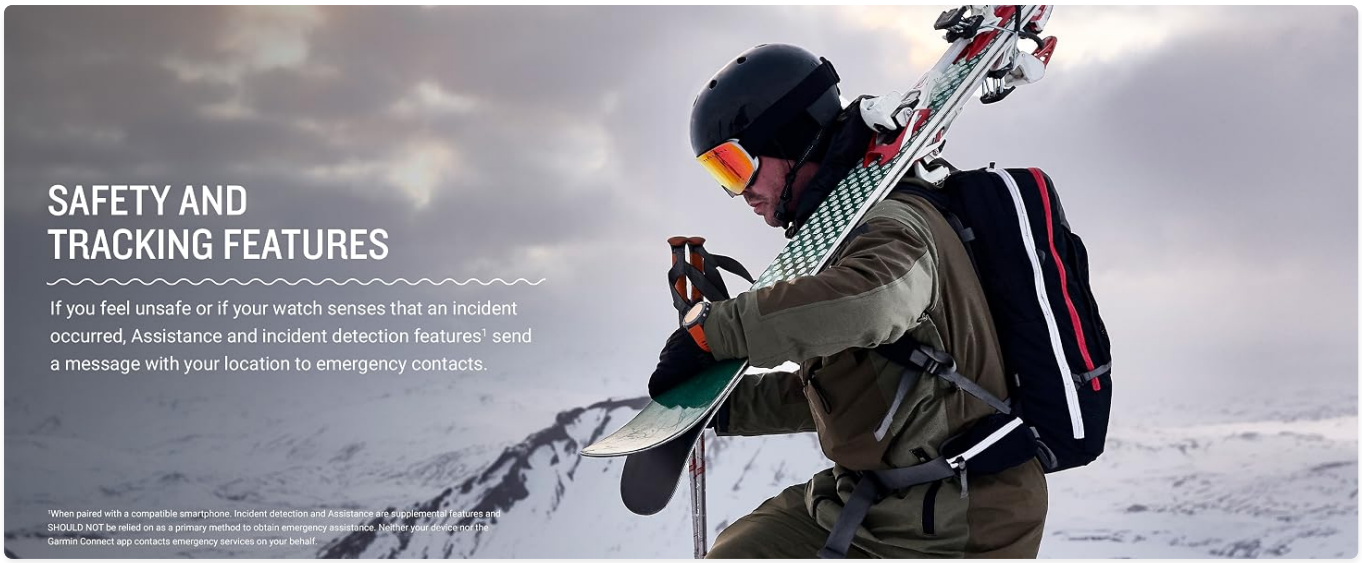
The fenix 6 watch on a gloved hand, showcasing its Expedition Mode. This ultra-low-powered GPS reference mode allows for extended treks between recharges, lasting for weeks.

Smart Features

Stay connected with smart notifications, receiving emails, texts, and alerts directly on your watch when paired with a compatible smartphone. Enjoy the convenience of Garmin Pay contactless payments, freeing you from carrying cash or cards. Personalize your watch with custom watch faces, data fields, apps, and widgets from the Connect IQ Store.



The fenix 6 watch on a wrist, showing a smart notification. This feature allows users to receive emails, texts, and other alerts directly on their watch when paired with a compatible smartphone.



The fenix 6 displaying the Garmin Pay interface, enabling convenient contactless payments through participating providers. This feature allows users to make purchases directly from their wrist.



The fenix 6 showcasing a custom watch face, demonstrating the personalization options available through the Connect IQ Store. Users can download various watch faces, data fields, apps, and widgets.

Safety and Tracking

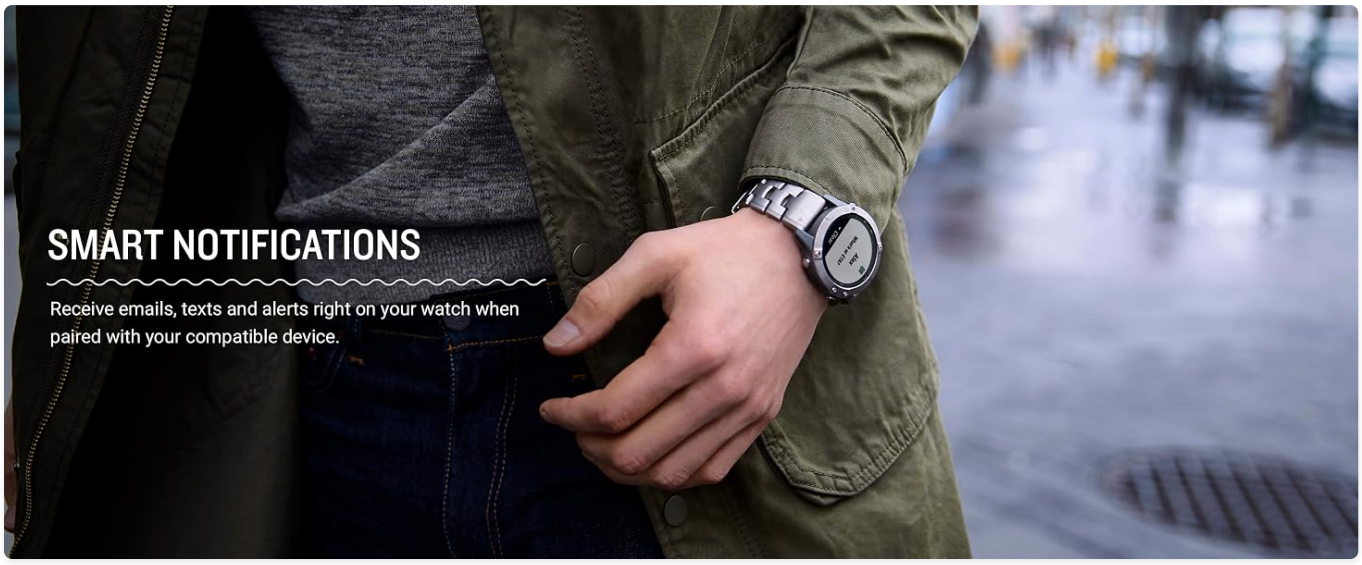
If you feel unsafe or if your watch senses an incident has occurred, Assistance and incident detection features can send a message with your location to emergency contacts. *Note: When paired with a compatible smartphone. Incident detection and Assistance are supplemental features and should not be relied on as a primary method to obtain emergency assistance.*



A person skiing, highlighting the safety and tracking features of the fenix 6. If the watch detects an incident or if the user feels unsafe, it can send a message with their location to pre-selected emergency contacts.

Body Battery Energy Monitoring

Optimize your body's energy reserves using heart rate variability, stress, sleep, and other data to gauge when you're ready to be active or when you may need to rest.



A woman running outdoors, representing the Body Battery Energy Monitoring feature. This function helps users optimize their energy reserves by analyzing heart rate variability, stress, and sleep data to determine optimal times for activity or rest.

Maintenance and Care

Proper care ensures the longevity and optimal performance of your Garmin fenix 6. Follow these guidelines for routine maintenance:

- **Cleaning the Watch:** Regularly clean the watch and band with a soft, damp cloth. For stubborn dirt, use a mild soap solution and rinse thoroughly. Ensure the watch is completely dry before charging or wearing.
- **Band Care:** If your watch has a silicone band, clean it with water and a non-abrasive brush. For leather bands, avoid prolonged exposure to water and direct sunlight.
- **Storage:** Store the watch in a cool, dry place away from direct sunlight and extreme temperatures when not in

use for extended periods.

- **Avoid Harsh Chemicals:** Do not use strong cleaning agents, solvents, or abrasive materials, as these can damage the watch's components and finish.

Troubleshooting

If you encounter issues with your Garmin fenix 6, try the following common solutions:

- **Device Not Turning On:** Ensure the device is fully charged. If it still doesn't turn on, try performing a soft reset by holding the LIGHT button for 15 seconds.
- **GPS Accuracy Issues:** Ensure you are in an open area with a clear view of the sky. Sync your watch with Garmin Connect regularly to update satellite data.
- **Heart Rate Monitor Inaccuracies:** Ensure the watch is worn snugly but comfortably above your wrist bone. Clean the sensor area on the back of the watch.
- **Battery Life Concerns:** Review your power settings. Features like Pulse Ox All-Day, frequent GPS use, and high backlight brightness consume more battery. Adjust settings in the Power Manager to extend battery life.
- **Connectivity Problems (Bluetooth):** Ensure Bluetooth is enabled on both your watch and smartphone. Try unpairing and re-pairing the devices in the Garmin Connect app. Restart both devices.

For more detailed troubleshooting, refer to the official Garmin support resources.

Technical Specifications

Feature	Detail
Product Dimensions	1.85 x 1.85 x 0.58 inches
Item Weight	2.8 ounces
ASIN	B07VVM1VM6
Item model number	010-02158-00
Batteries	1 Lithium Polymer batteries required. (included)
Wireless communication technologies	Bluetooth
Connectivity technologies	Bluetooth Smart, ANT+
GPS	Built-in GPS
Special features	Bluetooth
Other display features	Wireless
Human Interface Input	Buttons

Feature	Detail
Scanner Resolution	260 * 260
Color	6 - Silver with Black Band
Whats in the box	GPS watch charger, USB data cable, product documentation
Manufacturer	Garmin
Date First Available	August 29, 2019
Brand	Garmin
Model Name	fenix 6, Silver w/Black Band
Screen Size	1.3 Inches
Special Feature	Bluetooth
Connectivity Technology	Bluetooth Smart, ANT+
Map Type	Worldwide
Sport	Camping & Hiking, Cardio, Exercise & Fitness, Running, Training
Included Components	GPS watch charger, USB data cable, product documentation
Audio Output Mode	mono
Battery Life	336 Hours

Support and Resources

For further assistance, detailed information, or to download official documentation, please refer to the resources below:

- Installation Manual (PDF)
- Safety Information (PDF)
- User Guide (PDF)
- User Manual (PDF)

Warranty Information

The Garmin fenix 6 comes with a standard manufacturer's warranty. Please refer to the included product documentation for specific warranty terms and conditions, or visit the official Garmin website for the most up-to-date warranty policy.

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