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Garmin 010-02158-16

Garmin fenix 6 Sapphire User Manual

Model: 010-02158-16

Brand: Garmin

1. Introduction

The Garmin fenix 6 Sapphire is a premium multisport GPS watch designed for athletes and adventurers. It integrates advanced mapping, music storage, intelligent pace planning, and comprehensive health monitoring features. Built for all-day wearability, this rugged device provides detailed training status, running and cycling dynamics, and environmentally adjusted VO2 Max estimates. Its durable design includes a scratch-resistant sapphire lens and other premium materials, ensuring reliability in various conditions.



Image: The Garmin fenix 6 Sapphire watch, showcasing its robust design and vibrant display.

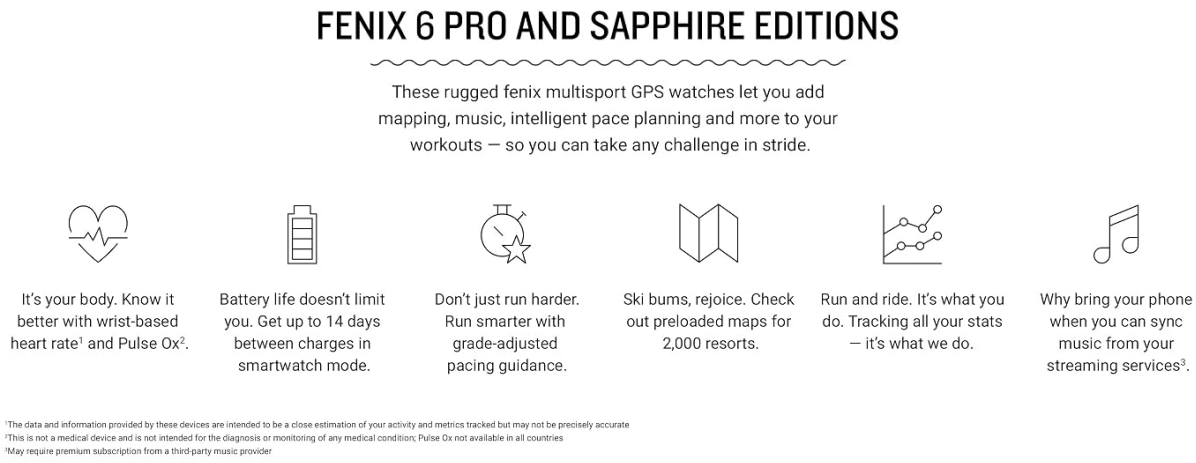

Image: A lineup of three Garmin fenix 6 series watches, highlighting the variety in design and display options.

2. Key Features

- **Performance Design:** Rugged, sophisticated design with an always-on 1.3" sunlight-readable display and durable bezels.
- **Advanced Health Monitoring:** Enhanced wrist heart rate and Pulse Ox sensors for sleep monitoring and altitude acclimation.
- **Training Features:** PacePro for grade-adjusted pace guidance, environmentally adjusted VO2 max, and training status estimates.
- **Navigation:** Preloaded TOPO maps, ski maps for over 2,000 worldwide resorts, multi-GNSS support (GPS, GLONASS, Galileo), and built-in ABC sensors (altimeter, barometer, compass).
- **Smart Connectivity:** Garmin Pay contactless payments, music storage with streaming service support, and smart notifications.
- **Extended Battery Life:** Up to 14 days in smartwatch mode, 10 hours in GPS and music mode, 28 days in expedition GPS activity mode, and 48 days in battery saver watch mode.

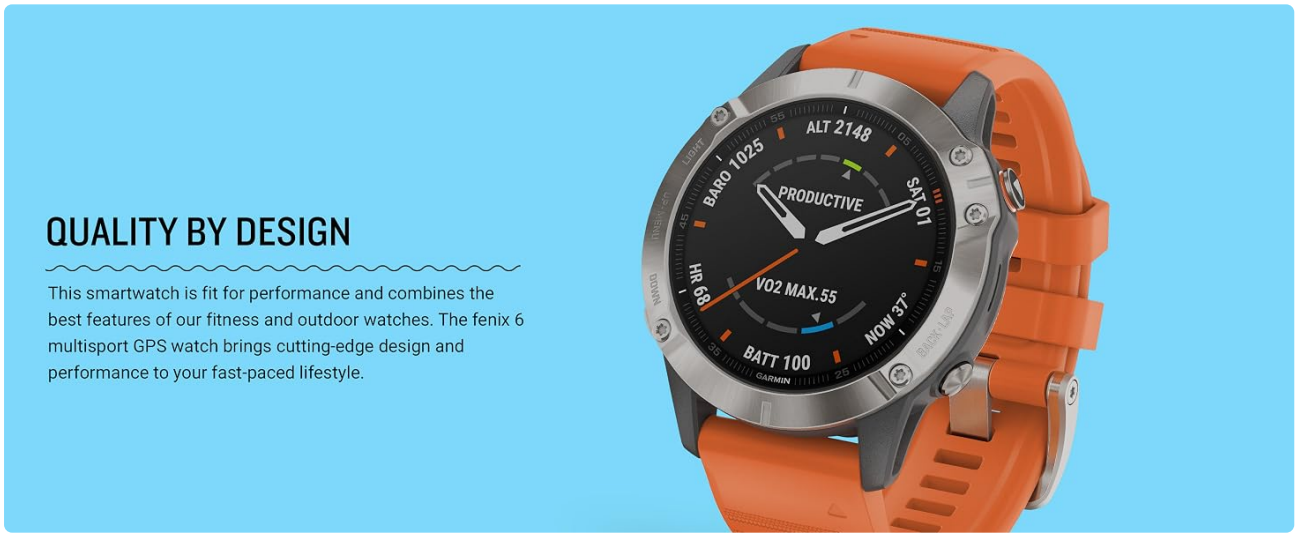

Image: Visual representation of key features including wrist-based heart rate, extended battery life, PacePro guidance, preloaded maps, activity tracking, and music integration.

3. Setup

3.1 Charging the Device

Before initial use, fully charge your fenix 6 Sapphire. Connect the charging/data cable (included) to the charging port on the back of the watch and plug the USB end into a power source (e.g., computer USB port or USB wall adapter). A full charge typically takes a few hours.

3.2 Powering On/Off

- **Power On:** Press and hold the LIGHT button until the Garmin logo appears.
- **Power Off:** Press and hold the LIGHT button until the controls menu appears, then select the power icon.

3.3 Pairing with Your Smartphone

To unlock smart features, pair your fenix 6 Sapphire with the Garmin Connect app on your smartphone.

1. Download the Garmin Connect app from your phone's app store.
2. Enable Bluetooth on your smartphone.
3. Open the Garmin Connect app and follow the on-screen instructions to create an account or sign in.
4. On your watch, press the UP-MENU button, select Settings > Phone > Pair Phone.
5. In the app, select your device and follow the pairing prompts.

4. Operating the Device

4.1 Basic Navigation

The fenix 6 Sapphire uses a 5-button interface for navigation:

- **LIGHT:** Press to turn on/off backlight; hold to view controls menu.
- **UP-MENU:** Press to scroll through widgets and menus; hold to view menu options.
- **DOWN:** Press to scroll through widgets and menus.
- **START-STOP:** Press to select an option or start an activity.
- **BACK-LAP:** Press to return to the previous screen or record a lap during an activity.

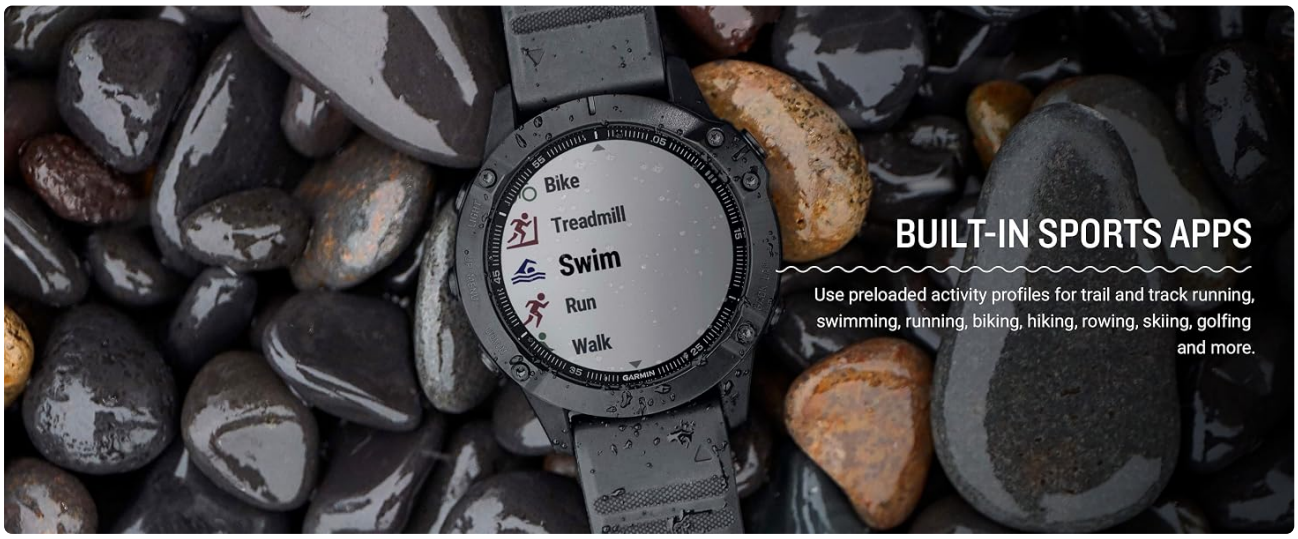

Image: The Garmin fenix 6 on a wrist, demonstrating its clear display and robust build quality.

4.2 Activity Tracking

The watch comes with preloaded activity profiles for various sports. To start an activity:

1. From the watch face, press START-STOP.
2. Select an activity (e.g., Run, Bike, Swim).
3. Wait for GPS to connect (if applicable).
4. Press START-STOP to begin recording.



Image: The watch screen showing a selection of built-in sports applications, including cycling, treadmill, swimming, running, and walking.

4.3 Health Monitoring

Monitor your heart rate, Pulse Ox, and sleep patterns directly from your wrist.

- **Wrist-Based Heart Rate:** Optical heart rate technology gauges activity intensity and stress levels.
- **Pulse Ox:** Measures blood oxygen saturation for altitude acclimation and advanced sleep monitoring.
- **Advanced Sleep Monitoring:** Provides a full breakdown of light, deep, and REM sleep stages with insights.



Image: A close-up of the watch on a gloved wrist, demonstrating the wrist-based heart rate technology in action.

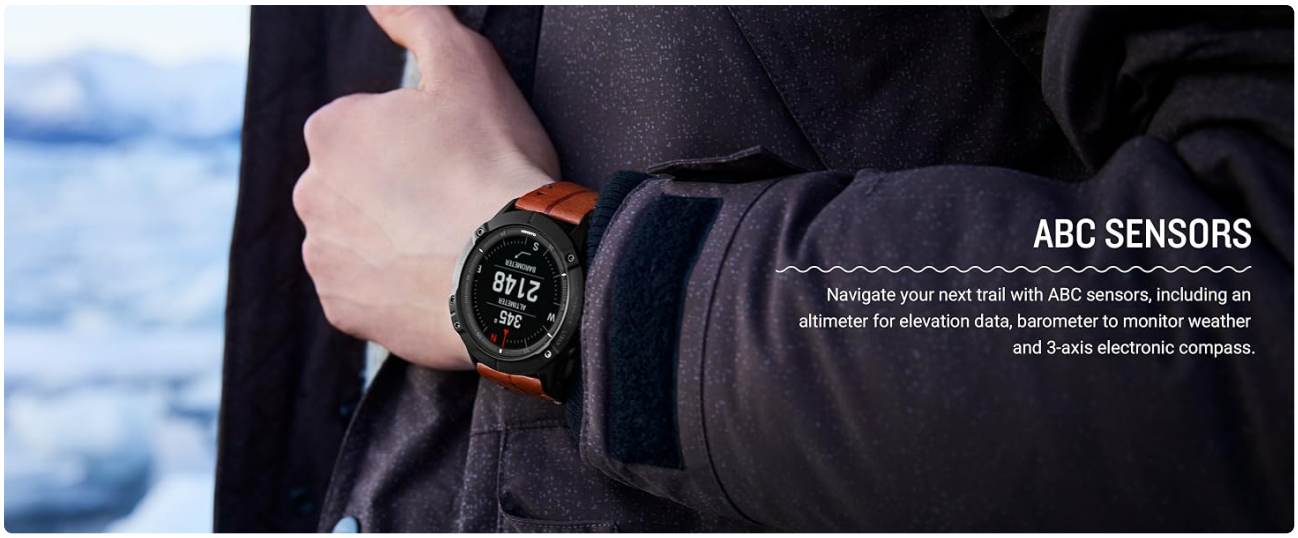

Image: The watch screen showing detailed advanced sleep monitoring data, including sleep stages and quality.

4.4 Navigation Features

Explore with confidence using the fenix 6 Sapphire's robust navigation tools.

- **Multi-GNSS Support:** Access GPS, GLONASS, and Galileo satellite systems for accurate tracking in challenging environments.
- **ABC Sensors:** Built-in altimeter for elevation data, barometer to monitor weather changes, and 3-axis electronic compass.
- **Preloaded Maps:** Includes TOPO maps, ski maps for over 2,000 worldwide ski resorts, and full-color CourseView maps for golf.
- **ClimbPro Feature:** Provides real-time information on current and upcoming climbs, including gradient, distance, and elevation gain.
- **Round-Trip Routing:** Generate suggested routes that bring you back to your starting point, with turn-by-turn directions.



Image: A person hiking in a mountainous terrain, illustrating the watch's multi-GNSS support for reliable tracking.



Image: The watch displaying ABC sensor data, including altimeter, barometer, and compass readings for navigation.



Image: The watch screen showing a detailed ski map, indicating its capability for winter sports navigation.

4.5 Smart Features

Stay connected and make payments conveniently.

- **Smart Notifications:** Receive emails, texts, and alerts directly on your watch when paired with a compatible device.
- **Garmin Pay:** Utilize contactless payment solution through participating providers.
- **Music Apps:** Store up to 2,000 songs or access streaming apps like Spotify, Deezer, and Amazon Music.

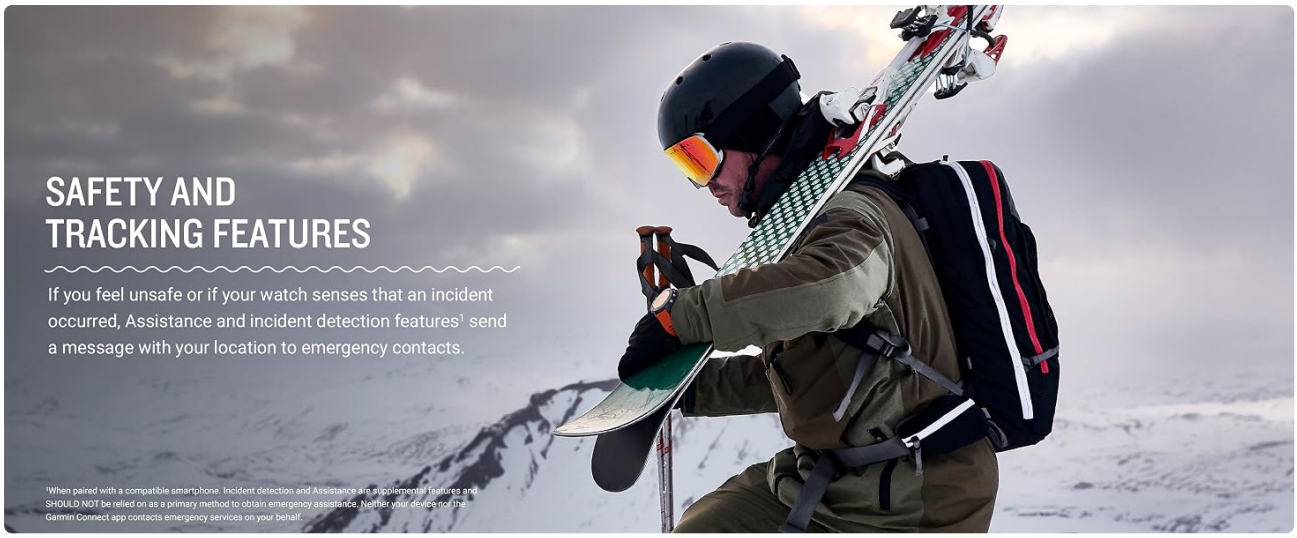

Image: The watch displaying a smart notification, indicating incoming messages or alerts.



Image: The watch screen showing the Garmin Pay interface, ready for contactless payments.



Image: The watch screen displaying the Spotify app logo, indicating music streaming capabilities.

4.6 Safety and Tracking Features

For added peace of mind, the fenix 6 Sapphire includes safety features.

- **Assistance and Incident Detection:** If you feel unsafe or if the watch senses an incident, these features can send a message with your location to emergency contacts (when paired with a compatible smartphone).

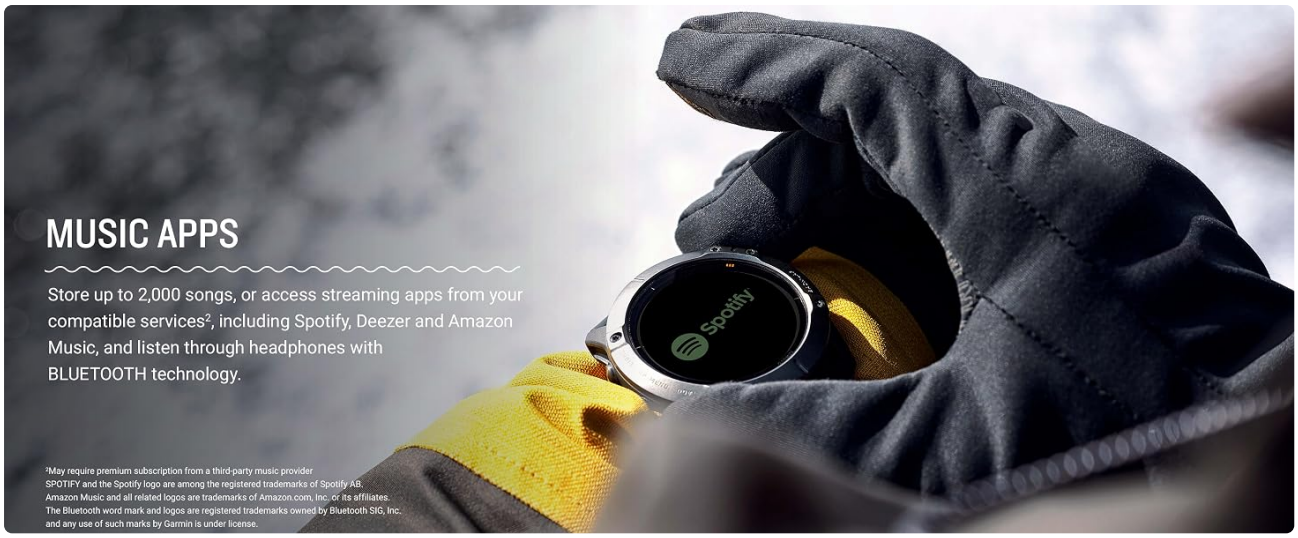

Image: A skier in a snowy landscape, representing the safety and tracking features for outdoor activities.

4.7 Customization

Personalize your watch experience.

- **Connect IQ Store:** Download custom watch faces, add data fields, and get apps and widgets from the Connect IQ Store on your compatible smartphone.



Image: The watch displaying a custom watch face, illustrating the customization options available through the Connect IQ Store.

5. Maintenance

5.1 Cleaning the Device

Regular cleaning helps maintain the watch's appearance and performance.

- Rinse the watch with fresh water after exposure to chlorine, saltwater, sunscreen, cosmetics, alcohol, or other harsh chemicals.
- Use a soft, lint-free cloth to wipe the device clean.
- For the optical heart rate sensor, gently wipe away any debris or sweat.
- Avoid using abrasive cleaners or solvents that could damage the watch.

5.2 Battery Care

To maximize battery life and longevity:

- Avoid exposing the device to extreme temperatures.
- Store the device in a cool, dry place when not in use.
- Charge the device regularly, even if not used frequently, to prevent deep discharge.

6. Troubleshooting

6.1 Device Not Turning On

- Ensure the device is fully charged. Connect it to a power source for at least 30 minutes.
- Try performing a soft reset by holding the LIGHT button for 15 seconds.

6.2 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 GPS satellite data (EPO file).
- Restart the watch and try again.

6.3 Heart Rate Sensor Inaccurate

- Ensure the watch is worn snugly but comfortably above your wrist bone.
- Clean the sensor on the back of the watch.
- Allow a few minutes for the sensor to stabilize during activity.

6.4 Connectivity Issues (Bluetooth)

- Ensure Bluetooth is enabled on both your watch and smartphone.
- Unpair and re-pair the device through the Garmin Connect app.
- Ensure your smartphone's operating system is up to date.

7. Specifications

Specification	Value
Product Dimensions	1.85 x 1.85 x 0.58 inches
Item Weight	2.88 ounces
Item Model Number	010-02158-16
Batteries	1 Lithium Polymer batteries required (included)
Connectivity Technologies	Bluetooth
Screen Size	1.3 Inches
Resolution	480 x 272
Color	Black with Red Nylon Band

Specification	Value
Included Components	fenix 6; Charging/data cable; Documentation
Battery Life	Up to 336 Hours (Smartwatch mode)

8. Warranty and Support

Your Garmin fenix 6 Sapphire is covered by a limited warranty. For detailed warranty information, please refer to the documentation included with your product or visit the official Garmin website. For technical support, product registration, or to access additional resources, please visit Garmin Support.

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