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Garmin 010-02159-13

Garmin fenix 6S Pro User Manual

Model: 010-02159-13

Introduction

The Garmin fenix 6S Pro is a smaller-sized premium multisport GPS watch designed for athletes and adventurers. It integrates advanced features such as mapping, music storage, intelligent pace planning, and comprehensive health monitoring without adding significant bulk to your wrist. This manual provides essential information for setting up, operating, and maintaining your fenix 6S Pro watch.



Figure 1: Garmin fenix 6S Pro Multisport GPS Watch

Getting Started: Setup

What's in the Box

- fenix 6S Pro watch
- Charging/data cable
- Documentation (this manual and other guides)

Charging the Device

Before using your fenix 6S Pro for the first time, it is recommended to fully charge the device. Connect the

charging/data cable 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 a USB wall adapter). A full charge can provide up to 9 days of battery life in smartwatch mode.

Initial Setup and Pairing

To unlock the full capabilities of your fenix 6S Pro, pair it with your smartphone using the Garmin Connect app. Download the app from your device's app store. Follow the on-screen instructions in the app to complete the pairing process. This enables smart notifications, data synchronization, and access to additional features.

Operating Your Device

Button Functions

The fenix 6S Pro operates primarily through its five physical buttons. Familiarize yourself with their functions:

- **LIGHT:** Press to turn the backlight on/off. Hold to view the controls menu.
- **UP/MENU:** Press to scroll through widgets and data screens. Hold to view the menu.
- **DOWN:** Press to scroll through widgets and data screens. Hold to view music controls.
- **START/STOP:** Press to select an option or start/stop an activity.
- **BACK/LAP:** Press to return to the previous screen. During an activity, press to mark a new lap.

Navigating Menus and Activities

From the watch face, press **UP** or **DOWN** to scroll through widgets (e.g., heart rate, weather, notifications). Press **START/STOP** to open the activity list. Select an activity (e.g., Run, Bike, Swim) and press **START/STOP** again to begin. Press **BACK/LAP** to exit a menu or return to the watch face.

Key Features

Design and Display

The fenix 6S Pro features a rugged and sophisticated design with an always-on 1.2-inch sunlight-readable display. It is available with bezels in stainless steel, titanium, or diamond-like carbon (DLC) coating, ensuring durability and performance.



Figure 2: Quality by Design - fenix 6S Pro

Health Monitoring

- **Wrist-Based Heart Rate:** Enhanced optical heart rate technology monitors activity intensity and heart rate variability to calculate stress levels. It also tracks underwater without a heart rate strap.

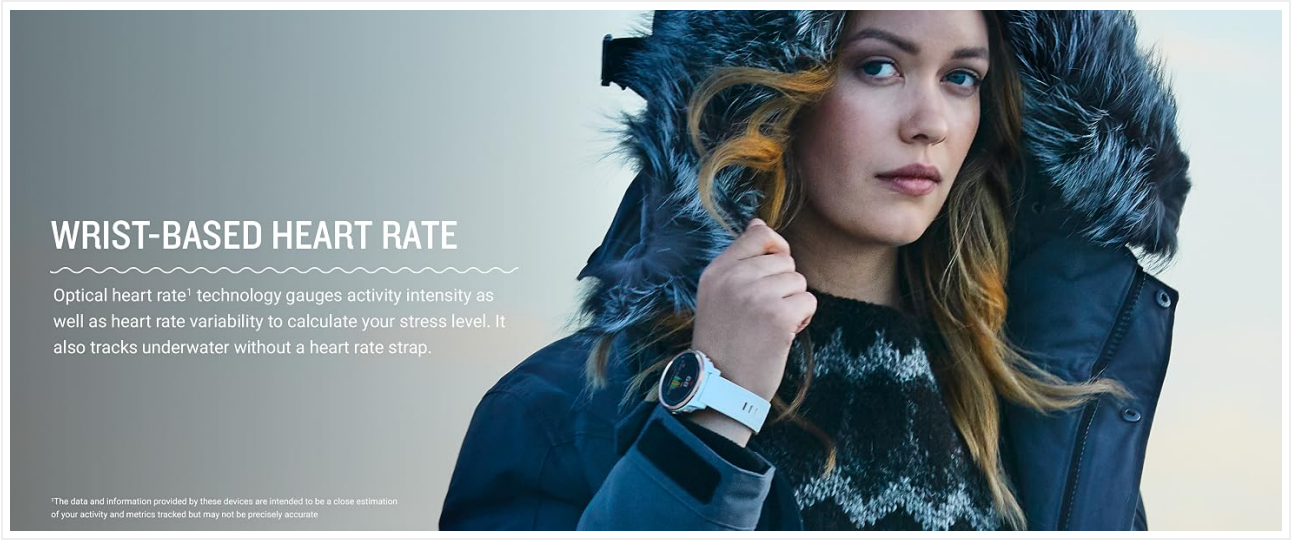


Figure 3: Wrist-Based Heart Rate Monitoring

- **Pulse Ox Sensor:** Supports advanced sleep monitoring and altitude acclimation at high elevations.*(Note: This is not a medical device and is not intended for use in the diagnosis or monitoring of any medical condition.)*
- **Advanced Sleep Monitoring:** Get a full breakdown of your light, deep, and REM sleep stages. View insights on a dedicated widget.

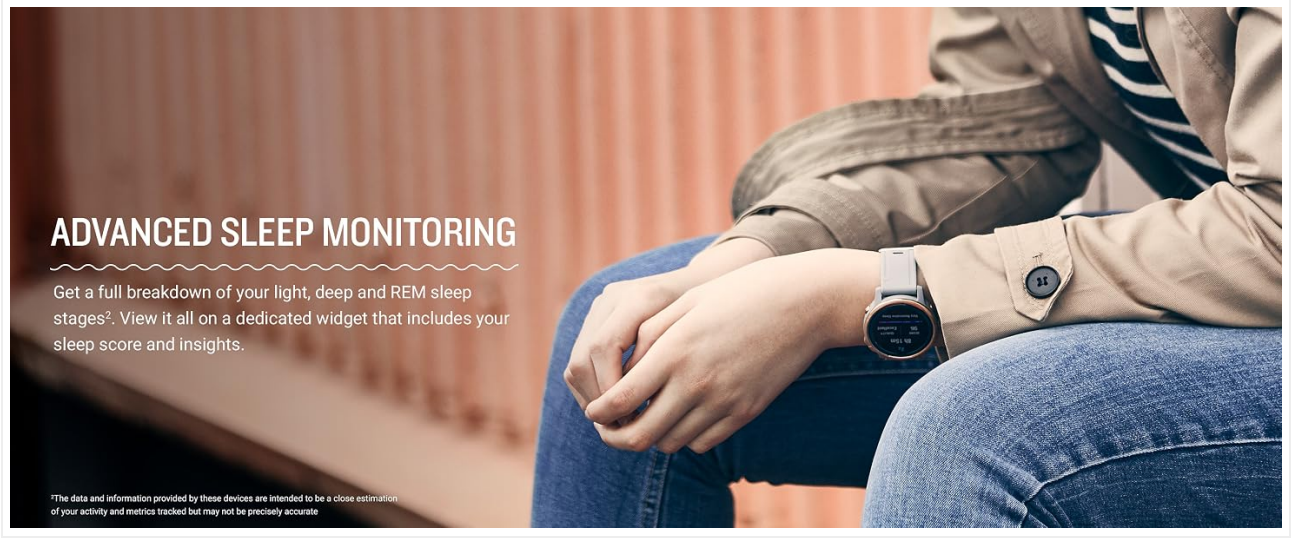


Figure 4: Advanced Sleep Monitoring

Training and Performance

- **PacePro Feature:** Provides grade-adjusted pace guidance throughout your activity, helping you stay on track with your pacing strategy.
- **Advanced Training Metrics:** View running dynamics, heat- and altitude-adjusted VO2 max, trail run VO2 max, and recovery advisor.



Figure 5: Performance Metrics Display

- **Daily Suggested Workouts:** Receive daily run and ride recommendations based on your current training load and training status.

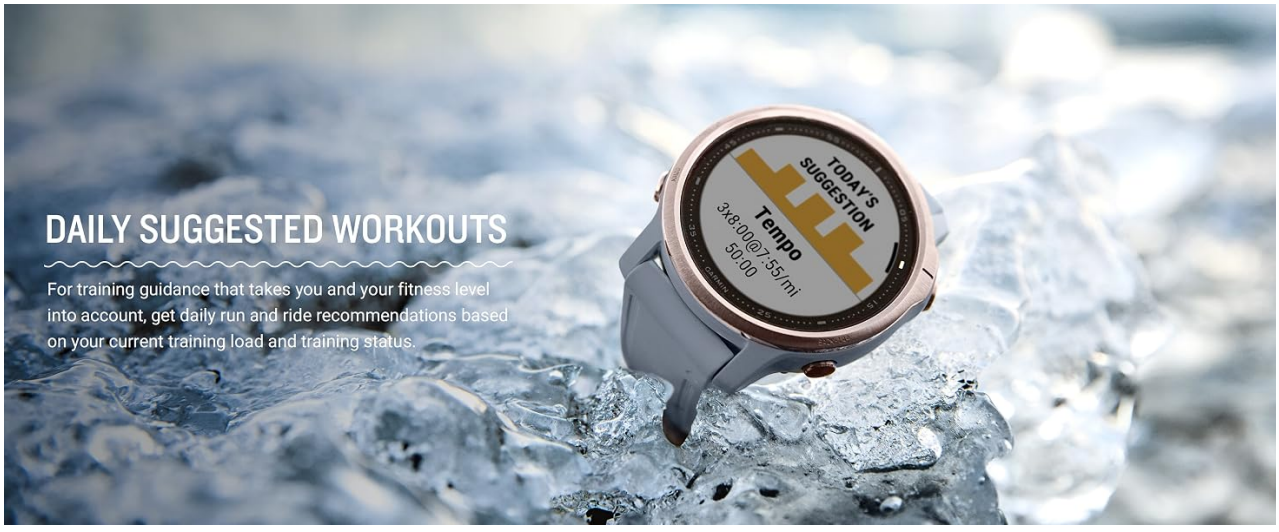


Figure 6: Daily Suggested Workouts

- **Built-in Sports Apps:** Use preloaded activity profiles for various sports including trail and track running, swimming, biking, hiking, rowing, skiing, and golfing.



Figure 7: Built-in Sports Apps

Navigation and Outdoor Features

- **Multi-GNSS Support:** Access multiple global navigation satellite systems (GPS, GLONASS, and Galileo) for tracking in more challenging environments.



Figure 8: Multi-GNSS Support for Navigation

- **ABC Sensors:** Built-in altimeter for elevation data, barometer to monitor weather changes, and a 3-axis electronic compass.



Figure 9: ABC Sensors for Outdoor Navigation

- **Preloaded Maps:** Includes TOPO maps, ski maps for over 2,000 worldwide ski resorts, and CourseView maps for over 42,000 golf courses.

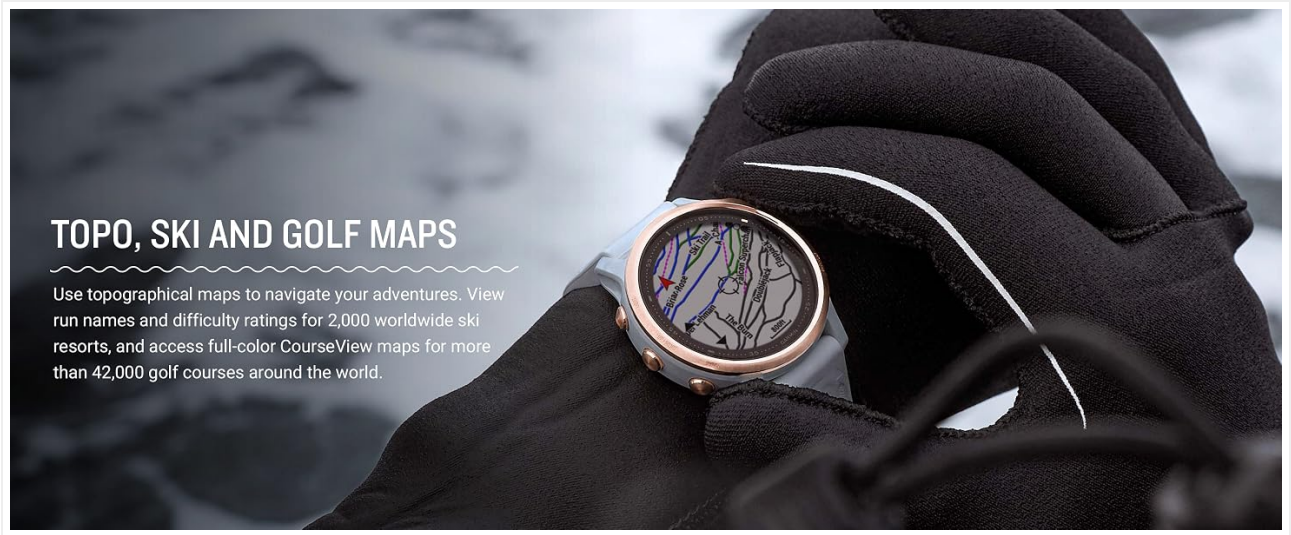


Figure 10: TOPO, Ski, and Golf Maps

- **ClimbPro Feature:** Use the ClimbPro ascent planner on downloaded courses to see real-time information on current and upcoming climbs, including gradient, distance, and elevation gain.

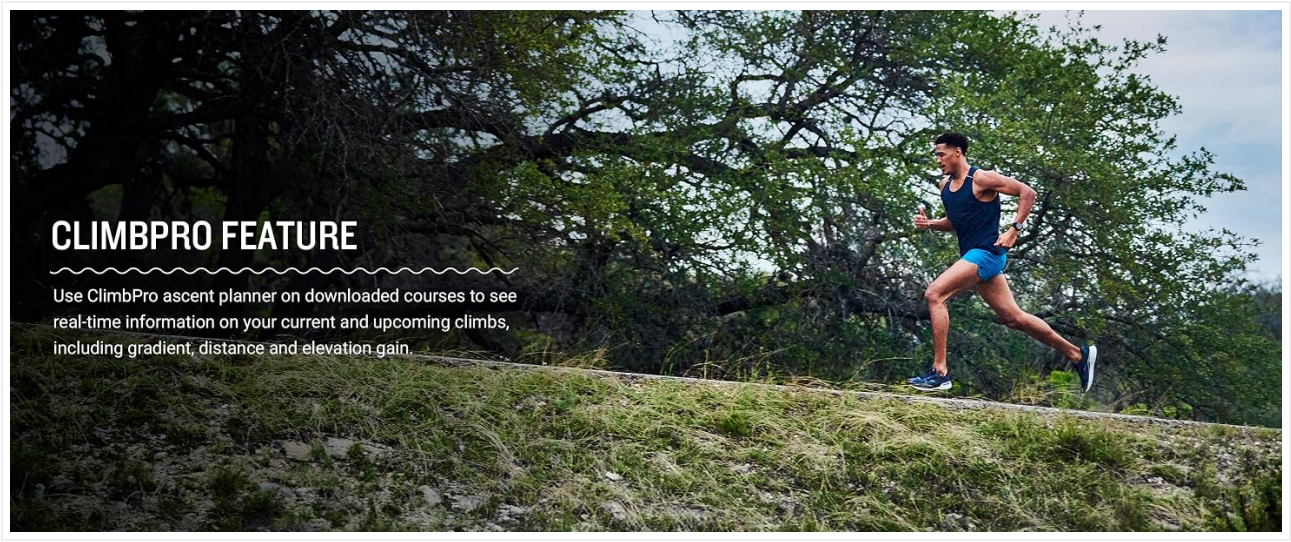


Figure 11: ClimbPro Feature in Action

- **Round-Trip Routing with Turn-by-Turn:** Enter a desired distance, and the watch suggests routes that bring you back to your starting point. Trendline popularity routing helps find local paths, and turn-by-turn directions provide timely alerts.



Figure 12: Round-Trip Routing with Turn-by-Turn Navigation

Smart Features

- **Smart Notifications:** Receive emails, texts, and alerts directly on your watch when paired with a compatible smartphone.



Figure 13: Smart Notifications on fenix 6S Pro

- **Garmin Pay:** Make contactless payments through participating providers directly from your watch.*(Note: Not all countries and payment networks are eligible.)*



Figure 14: Garmin Pay Contactless Payment

- **Music Storage:** Store music directly on the watch and stream it to Bluetooth headphones. Supports premium streaming services (may require subscription).
- **Safety and Tracking Features:** If you feel unsafe or if the watch senses an incident, the 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. Neither your device nor the Garmin Connect app contacts emergency services on your behalf.)*



Figure 15: Safety and Tracking Features

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

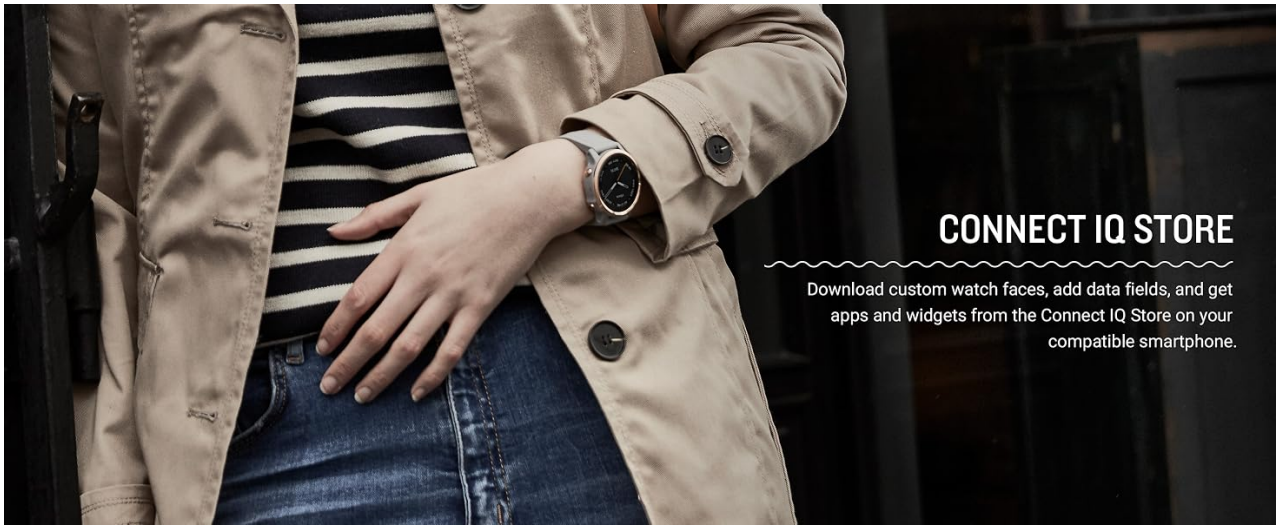


Figure 16: Connect IQ Store Integration

Maintenance

Cleaning the Device

Regularly clean your fenix 6S Pro to ensure optimal performance and prevent skin irritation. Rinse the watch with fresh water after exposure to sweat, dirt, or chemicals. Use a soft, lint-free cloth to wipe the device dry. Avoid using harsh chemicals or abrasive materials that could damage the watch.

Battery Care

To maximize battery life and longevity:

- Avoid exposing the device to extreme temperatures.
- Charge the device fully before long periods of inactivity.
- Utilize the customizable Power Manager modes to optimize battery life based on your usage.

Troubleshooting

Common Issues and Solutions

- **Device not turning on:** Ensure the device is fully charged. Connect it to the charging cable and a power source.
- **GPS signal not acquired:** Ensure you are outdoors with a clear view of the sky. Remain stationary for a few minutes.
- **Heart rate sensor not accurate:** Ensure the watch is worn snugly on your wrist, above the wrist bone. Clean the sensor regularly.
- **Smart notifications not appearing:** Verify Bluetooth connection with your smartphone. Check notification settings in the Garmin Connect app and on your phone.

Resetting the Device

If the device stops responding, you may need to reset it. This will not erase your data. Hold the **LIGHT** button until the screen turns off (approximately 15 seconds), then release. Press **LIGHT** again to turn the device back on.
For a factory reset (which will erase all user data and settings), refer to the detailed instructions in the official Garmin User Manual or User Guide.

Specifications

Feature	Specification
Product Dimensions	1.65 x 1.65 x 0.54 inches
Item Weight	2.08 ounces
Model Number	010-02159-13
Batteries	1 Lithium Polymer batteries required (included)
Operating System	Proprietary OS
RAM	32 GB
Wireless Communication	Bluetooth, Wi-Fi
Connectivity Technologies	ANT+ and Bluetooth Smart sensors
Display Resolution	240 x 240 pixels
Screen Size	1.2 Inches
Color	6S Pro - Black
Water Rating	10 ATM
Battery Life (Smartwatch Mode)	Up to 9 days
Battery Life (GPS + Music Mode)	Up to 6 hours
Battery Life (Expedition GPS Activity Mode)	Up to 20 days
Battery Life (Battery Saver Watch Mode)	Up to 34 days

Warranty and Support

For detailed warranty information, please refer to the documentation included with your product or visit the official Garmin website.

Additional Resources

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

For further assistance, technical support, or to explore more features, visit the official Garmin support website or contact their customer service.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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