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Garmin vivoactive 4S

Garmin vivoactive 4S GPS Smartwatch User Manual

Product Overview

The Garmin vivoactive 4S is a smaller-sized GPS smartwatch designed for all-day health monitoring, music storage, and animated workouts. This manual provides comprehensive instructions for setup, operation, maintenance, and troubleshooting to help you maximize your device's capabilities.



Image: Garmin vivoactive 4S Smartwatch in Rose Gold with White Band, showcasing its elegant design and digital display.

Package Contents

Verify that your package contains the following items:

- Garmin vivoactive 4S Smartwatch
- Charging/Data Cable
- Documentation (Quick Start Guide, Safety and Product Information)

Initial Setup

1. **Charge the Device:** Connect the charging/data cable to your vivoactive 4S and a USB power source. Allow the device to charge completely before first use.
2. **Download Garmin Connect App:** Install the Garmin Connect app on your compatible smartphone.
3. **Pair Your Device:** Follow the on-screen instructions in the Garmin Connect app to pair your vivoactive 4S with your smartphone. This enables data synchronization and smart features.
4. **Personalize Settings:** Customize watch faces, widgets, and activity profiles through the Garmin Connect app or

directly on the device.

Video: An overview of the Garmin vivoactive 4 series, demonstrating key features and initial setup steps.

Key Features

The Garmin vivoactive 4S offers a wide array of features to support your health and fitness journey:

- **All-Day Health Monitoring:** Track energy levels (Body Battery), Pulse Ox, respiration, menstrual cycle, stress, sleep, estimated heart rate, and hydration.
- **Music Storage:** Download songs and playlists from compatible third-party music providers for phone-free listening with wireless headphones.
- **Preloaded Sports Apps:** Access over 20 GPS and indoor sports apps, including yoga, running, swimming, and more.
- **Animated Workouts:** Follow easy-to-understand animated cardio, strength, yoga, and Pilates workouts directly on your watch screen.
- **Garmin Pay:** Make contactless payments directly from your watch.
- **Smart Notifications:** Receive alerts for incoming calls, text messages, and calendar reminders when paired with a compatible smartphone.
- **Safety and Tracking:** Features like incident detection (during select activities) and assistance send your real-time location to emergency contacts.
- **Connect IQ Store:** Personalize your watch with thousands of free watch faces, apps, and widgets.



Image: A visual representation of the Garmin vivoactive 4S's diverse capabilities, including health tracking, music, and smart alerts.

Health Monitoring

Gain deeper insights into your body's well-being with comprehensive health tracking features:

- **Body Battery Energy Monitoring:** Monitor your body's energy levels throughout the day to identify optimal times for activity and rest.
- **Advanced Sleep Monitoring:** Receive a detailed breakdown of your light, deep, and REM sleep stages, along with Pulse Ox and respiration data.
- **Stress Tracking:** Understand your daily stress levels and receive relaxation reminders for short breathing activities.

- **Women's Health Tracking:** Use the Garmin Connect app to track your menstrual cycle or pregnancy, log symptoms, and access exercise and nutrition education.
- **Hydration Tracking:** Log your daily fluid intake and set an auto-goal for hydration based on activity.

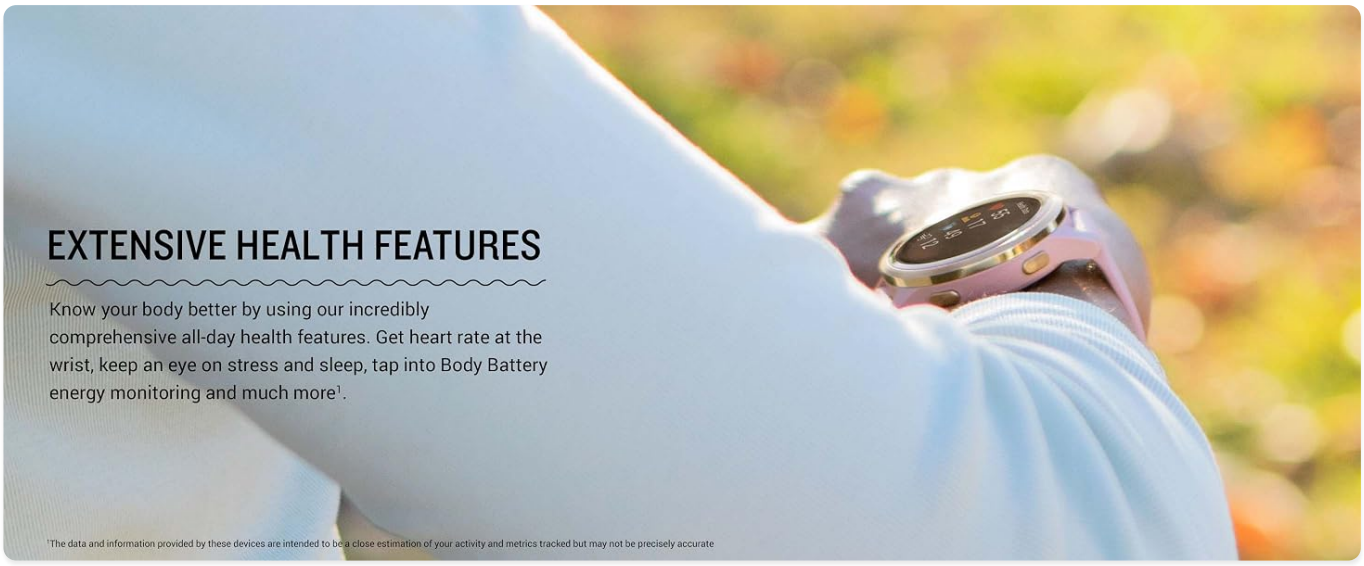


Image: The smartwatch screen showing Body Battery energy levels, indicating the user's current energy reserves.

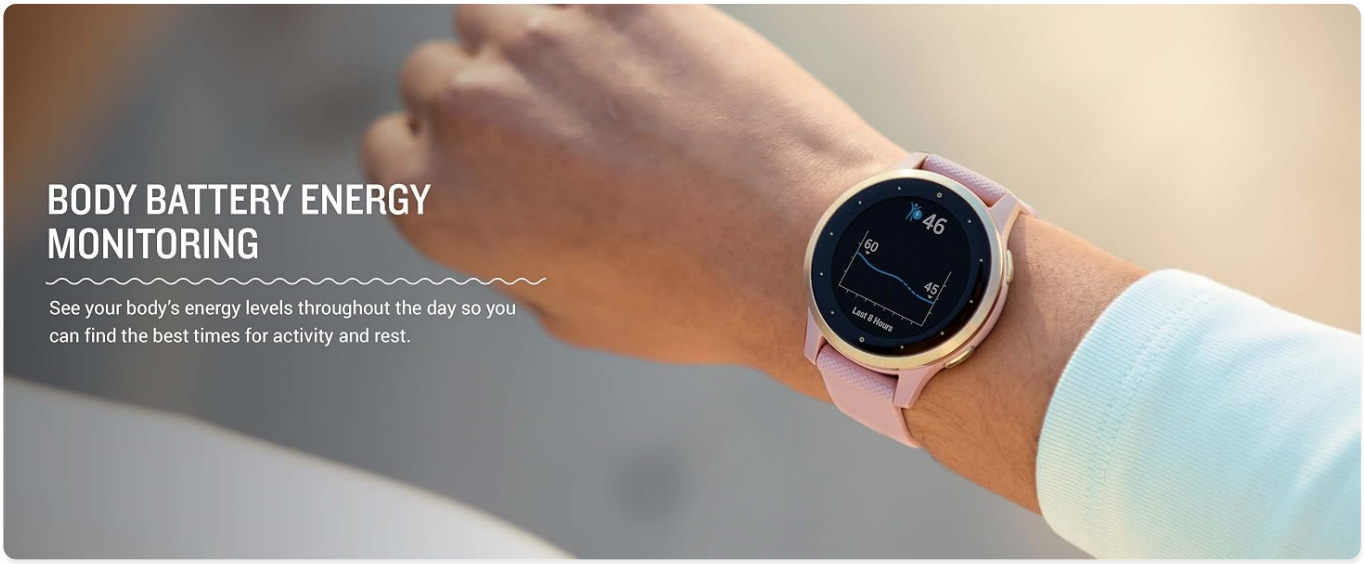


Image: The smartwatch screen showing detailed sleep data, including sleep stages and Pulse Ox readings.

Fitness Tracking

Achieve your fitness goals with integrated tracking and coaching features:

- **Built-in Sports Apps:** Track activities like walking, running, cycling, pool swimming, golf, and more with over 20 preloaded GPS and indoor sports apps.
- **Animated Workouts:** Access easy-to-follow animated cardio, strength, yoga, and Pilates workouts directly on your watch screen.
- **Garmin Coach:** Utilize free 5K, 10K, and half-marathon training plans that adapt to your performance.
- **Download or Create Workouts:** Choose from over 1,600 exercises in the Garmin Connect app to build custom workouts and download them to your watch.

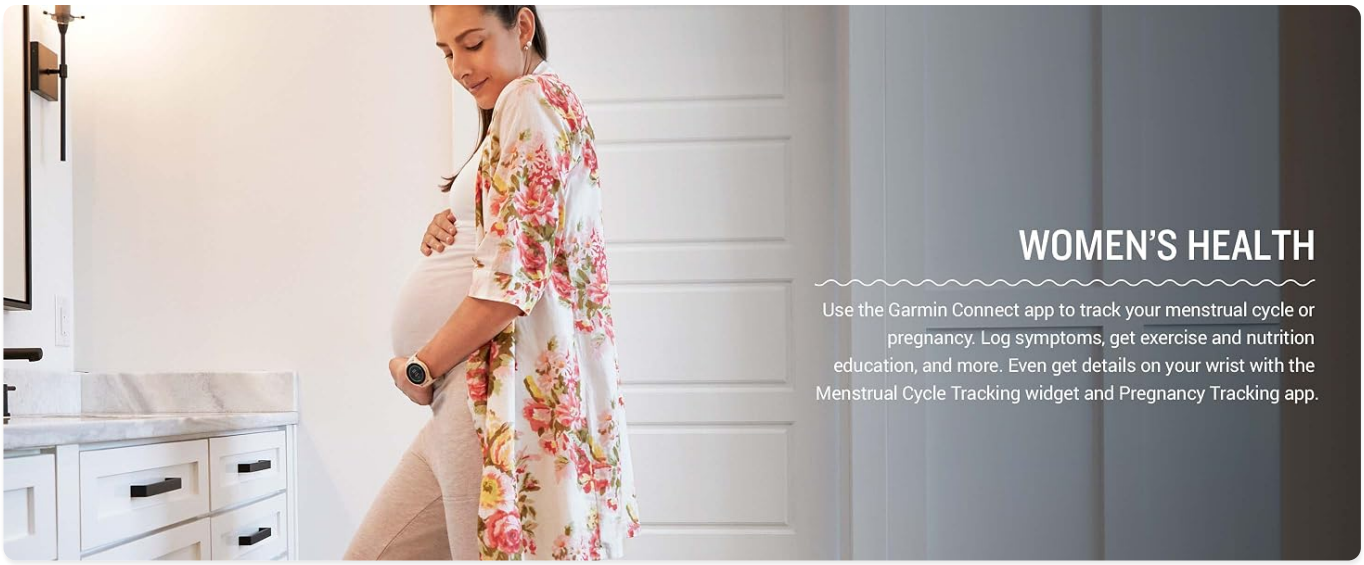


Image: A user following an animated workout for strength training on the Garmin vivoactive 4S.



Image: A runner utilizing the Garmin Coach feature on their vivoactive 4S for personalized training plans.

Smart Features

Enhance your daily life with convenient smart functionalities:

- **Music:** Download songs and playlists from Spotify, Amazon Music, or Deezer (premium subscription may be required) and connect to wireless headphones for phone-free listening.
- **Smart Notifications:** Receive emails, texts, and alerts directly on your watch when paired with a compatible smartphone. Android users can also respond to texts.
- **Garmin Pay Contactless Payments:** Breeze through checkout lines and select transit systems with Garmin Pay.
- **Connect IQ Store:** Download custom watch faces, data fields, and apps from the Connect IQ Store smartphone app to personalize your device.

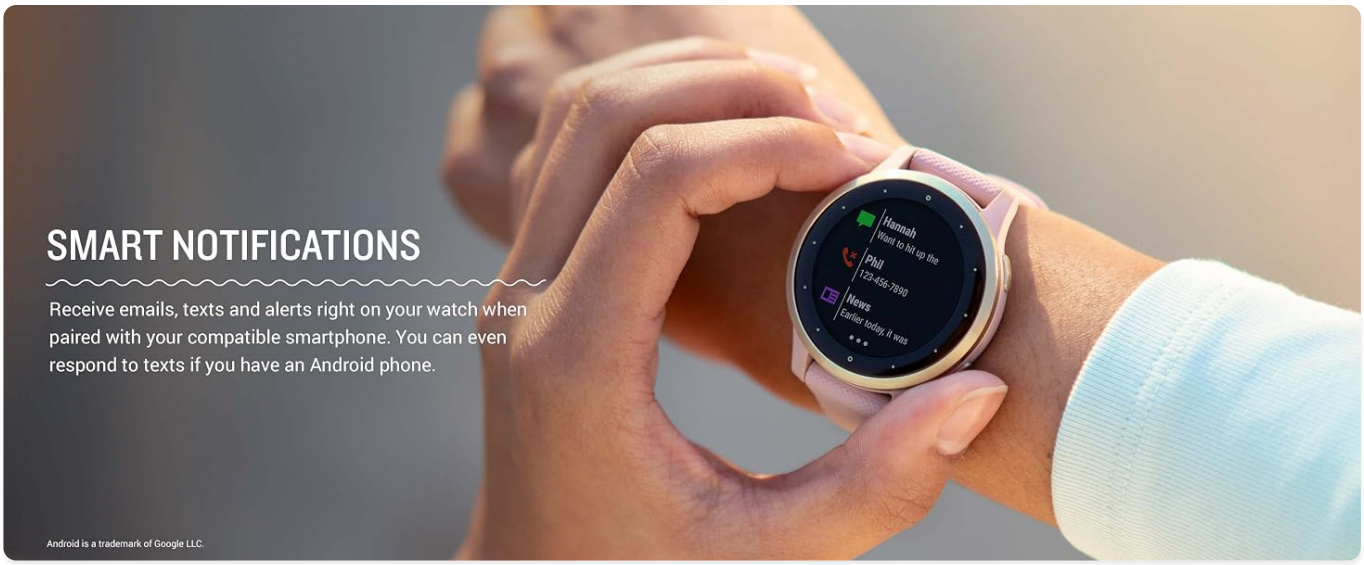


Image: A user enjoying music downloaded to their Garmin vivoactive 4S, paired with wireless headphones.

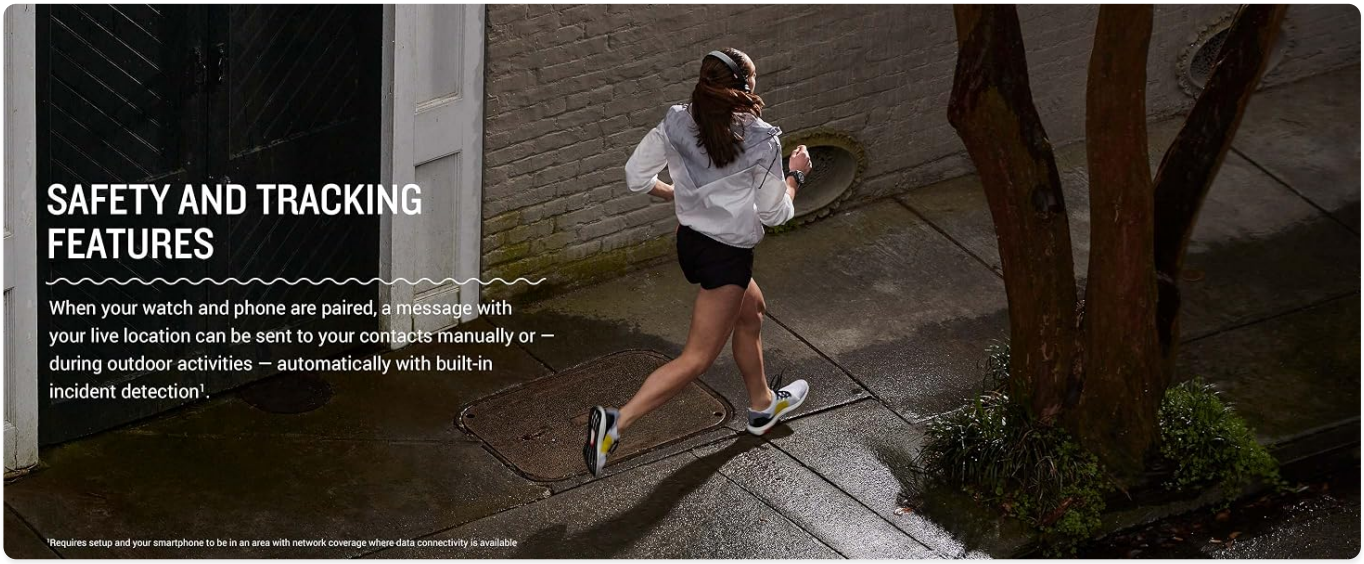


Image: The Garmin vivoactive 4S facilitating a contactless payment, highlighting the Garmin Pay feature.

Maintenance

Proper maintenance ensures the longevity and optimal performance of your device.

- **Cleaning:** Regularly clean your watch and band with a soft, damp cloth. Avoid harsh chemicals.
- **Charging:** Charge your device using the provided charging/data cable. Avoid using damaged cables or chargers.
- **Software Updates:** Keep your device's software up to date through the Garmin Connect app to access new features and improvements.

Battery Life

The battery performance varies based on usage and settings:

- Up to 7 days in smartwatch mode.
- Up to 5 hours in GPS and music mode.

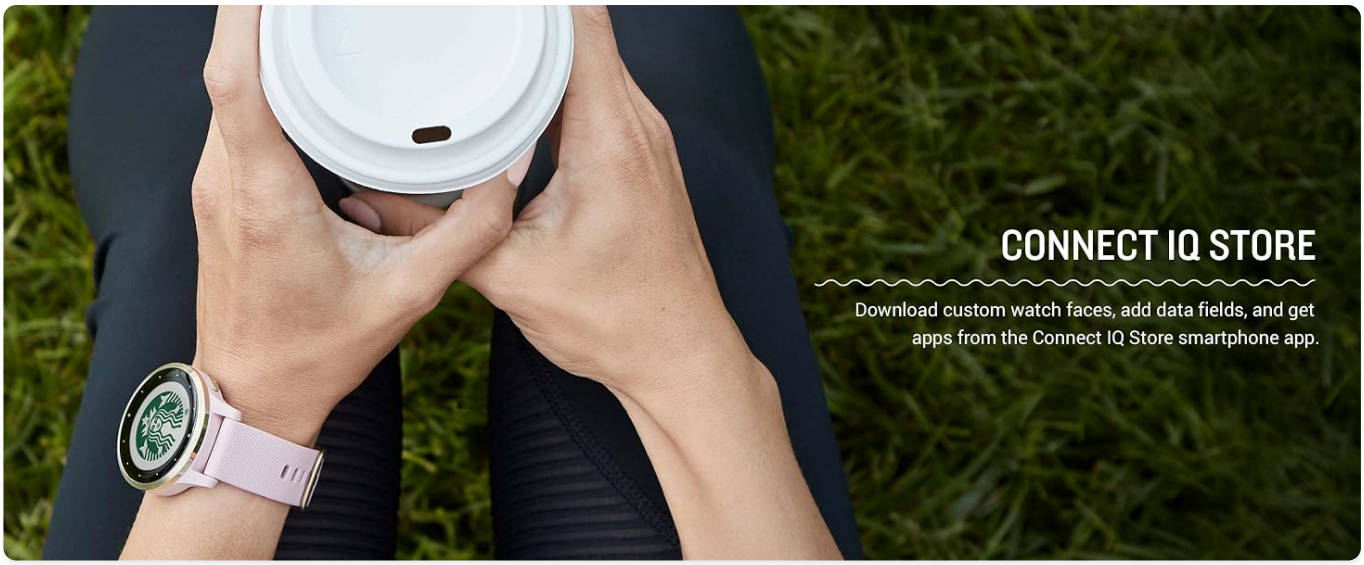


Image: The Garmin vivoactive 4S screen showing its current battery level and estimated remaining time.

Troubleshooting Tips

If you encounter issues with your device, try the following:

- **Restart Device:** Hold down the power button until the device powers off, then power it back on.
- **Check Bluetooth Connection:** Ensure your smartphone's Bluetooth is enabled and the device is paired correctly in the Garmin Connect app.
- **Update Software:** Verify that your device and the Garmin Connect app are running the latest software versions.
- **Factory Reset:** As a last resort, perform a factory reset (refer to the full documentation for instructions). This will erase all data on the device.

Specifications

Feature	Detail
Product Dimensions	1.57 x 1.57 x 0.5 inches
Item Weight	1.28 ounces
Item Model Number	010-02172-21
Batteries	1 Lithium Polymer batteries required (included)
Operating System	Proprietary OS
Connectivity Technologies	GPS, Bluetooth
Scanner Resolution	260 x 260
Color	Rose Gold with White Band
Standing Screen Display Size	3.5 Centimeters
Manufacturer	Garmin

Feature	Detail
Date First Available	September 5, 2019

Warranty and Support

Your Garmin vivoactive 4S is covered by a limited warranty. For detailed warranty information, product support, and additional resources, please visit the official Garmin support website.

Garmin Support: support.garmin.com

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