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Garmin 010-02174-11-cr

Garmin vivoactive 4 GPS Smart Watch User Manual

Model: 010-02174-11-cr

1. Introduction

The Garmin vivoactive 4 is a versatile GPS smartwatch designed to track and enhance your overall health and fitness. It integrates advanced health monitoring features with a wide array of sports applications and smart connectivity, making it an ideal companion for an active lifestyle. This manual provides essential information for setting up, operating, and maintaining your device.

2. Product Overview

The vivoactive 4 features a durable design with a touchscreen display and two physical buttons for intuitive navigation. It is equipped with built-in GPS for accurate activity tracking and is waterproof, allowing for use during swimming or showering. The watch also offers onboard storage for music and podcasts, enabling phone-free listening when paired with headphones.



Figure 2.1: Main view of the Garmin vivoactive 4 Smart Watch.

Key Features:

- **Advanced Health Monitoring:** Tracks energy levels, Pulse Ox, respiration, menstrual cycle, stress, sleep, estimated heart rate, and hydration.
- **Music Storage:** Download songs and playlists from services like Spotify, Amazon Music, or Deezer for phone-free listening (premium subscription may be required).
- **Preloaded Sports Apps:** Over 20 preloaded GPS and indoor sports apps, including yoga, running, and swimming.
- **Animated Workouts:** Easy-to-follow animated workouts for cardio, strength, yoga, and Pilates directly on the watch screen.
- **Long Battery Life:** Up to 8 days in smartwatch mode and up to 6 hours in GPS and music mode.
- **Personalization:** Thousands of free watch faces, apps, and widgets available from the Connect IQ store.
- **Safety & Tracking:** Includes incident detection (during select activities) and assistance (when paired with a compatible device) to send real-time location to emergency contacts.
- **Smart Notifications:** Receive incoming calls, text messages, and calendar reminders when paired with a compatible

device.

- **Garmin Coach:** Free 5K, 10K, and half-marathon training plans that adapt to your performance.

3. Setup

3.1 Unboxing and Initial Charge

Upon unboxing your Garmin vivoactive 4, you will find the smartwatch, a charging cable, and documentation including the owner's manual and safety information. It is recommended to fully charge the device before its first use.

- Connect the charging cable to the charging port on the back of the watch.
- Plug the USB end of the cable into a power source (e.g., computer USB port, USB wall adapter).
- The watch display will indicate charging status.

3.2 Garmin Connect App Setup

To unlock the full potential of your vivoactive 4, download and set up the Garmin Connect app on your compatible smartphone.

1. Download the **Garmin Connect App** from your smartphone's app store.
2. Follow the on-screen instructions in the app to create an account or log in.
3. Pair your vivoactive 4 with the app by following the pairing prompts on both the watch and the app.

4. Operating Instructions

4.1 Basic Navigation

The vivoactive 4 features a responsive touchscreen and two physical buttons for navigation.

- **Touchscreen:** Swipe up/down to scroll through widgets and menus. Tap to select options.
- **Top Right Button:** Typically used to start/stop activities or confirm selections.
- **Bottom Right Button:** Used to go back to the previous screen or access settings.

4.2 Smart Notifications

Receive alerts for incoming calls, text messages, and calendar reminders directly on your wrist when your watch is paired with a compatible smartphone.



Figure 4.1: Smart notifications displayed on the watch face.

4.3 Music Playback

Store and play music directly from your watch. Connect Bluetooth headphones (sold separately) for a phone-free listening experience.

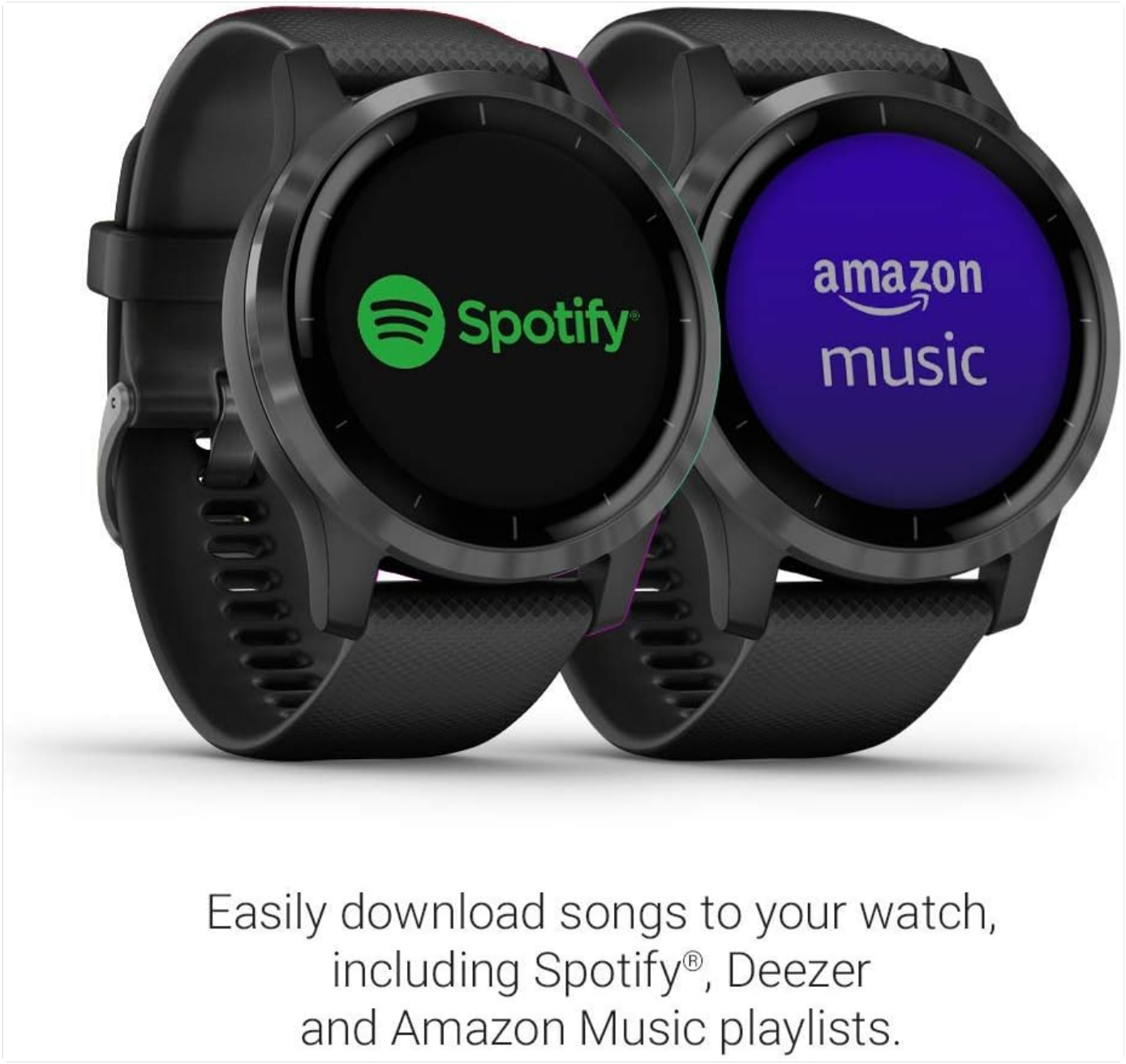


Figure 4.2: Music streaming service integration on the watch.

4.4 Sports Apps and Workouts

The vivoactive 4 comes with over 20 preloaded GPS and indoor sports apps. You can also access easy-to-follow animated workouts directly on your watch screen.

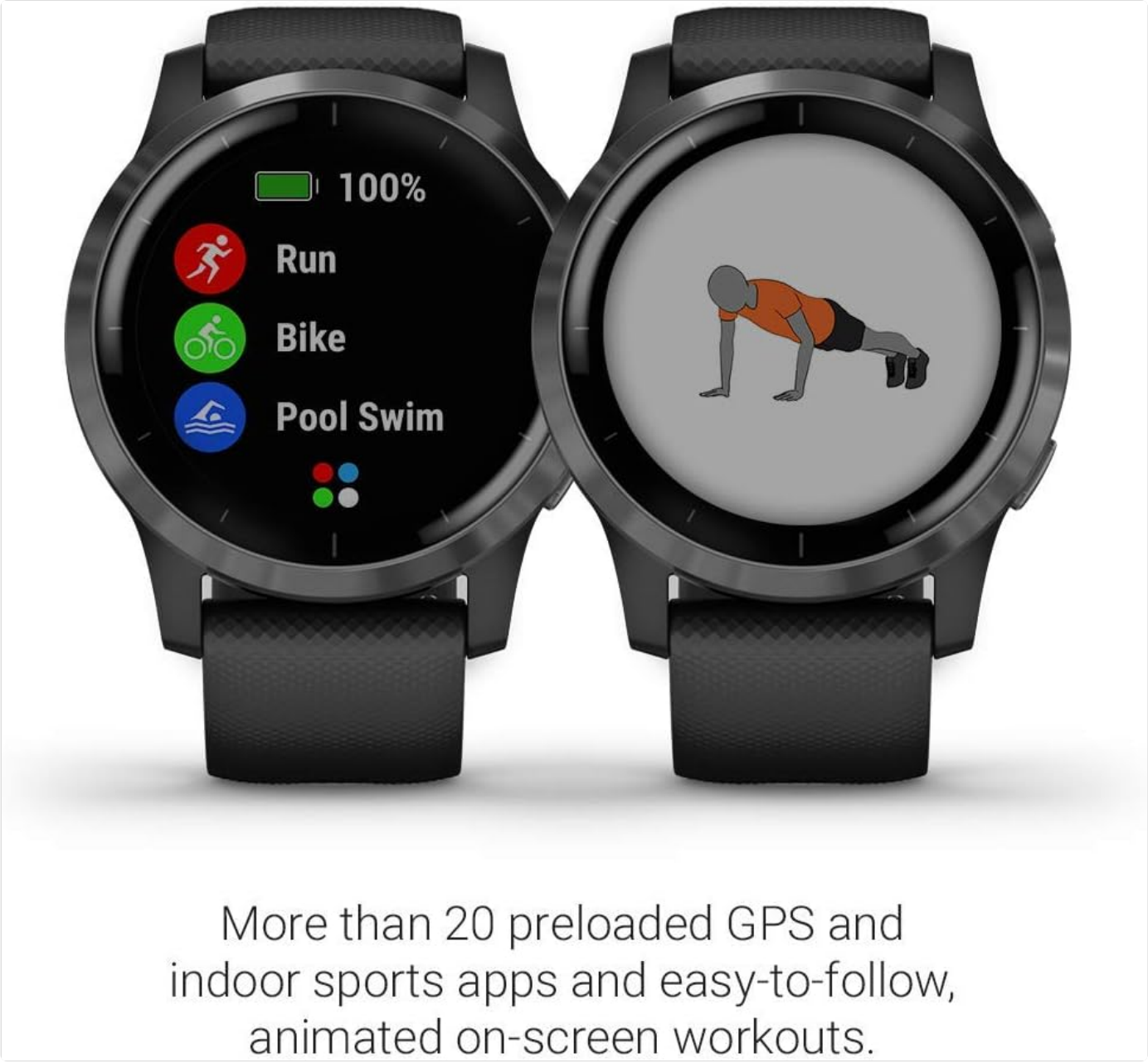


Figure 4.3: Preloaded sports apps and animated workout demonstration.

5. Health Monitoring

The Garmin vivoactive 4 provides comprehensive health monitoring features to help you understand your body better.

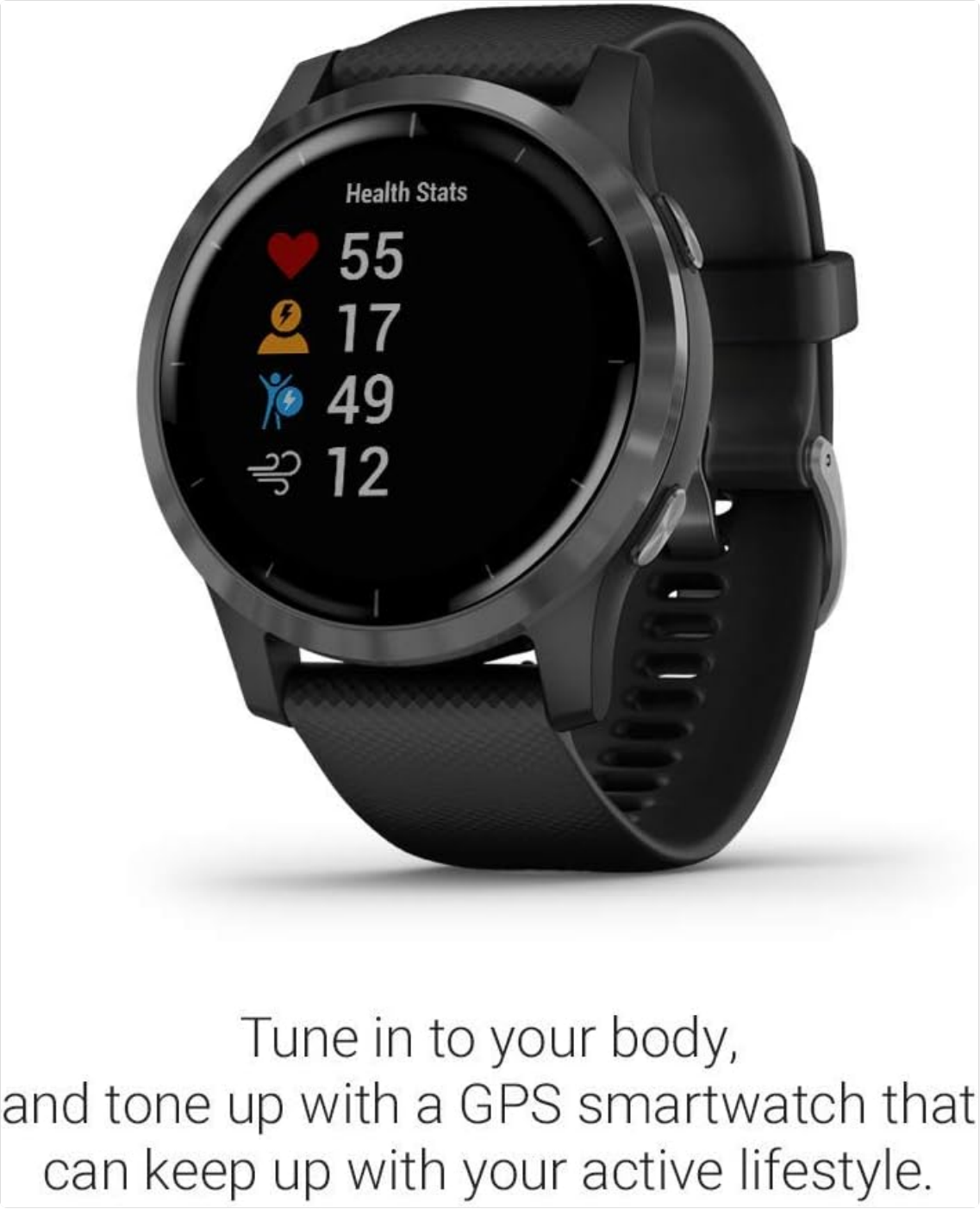


Figure 5.1: Health statistics view on the watch.

- **Body Battery™ Energy Monitor:** Tracks your energy levels throughout the day, helping you find the best times for activity and rest.
- **Pulse Ox Sensor:** Measures blood oxygen saturation levels, providing insight into how well your body is absorbing oxygen.
- **Respiration Tracking:** Records your breaths per minute throughout the day and during sleep.



Figure 5.2: Respiration tracking over an 8-hour period.

- **Stress Tracking:** Monitors your heart rate variability to calculate your stress level. Includes relaxation reminders.
- **Sleep Monitoring:** Provides a full picture of your sleep, including light, deep, and REM sleep stages, along with Pulse Ox and respiration data.
- **Hydration Tracking:** Log your daily fluid intake to help you stay hydrated.
- **Menstrual Cycle Tracking:** Track your cycle, log physical and emotional symptoms, and learn about training and nutrition during each phase.

6. Maintenance

6.1 Cleaning and Care

Regular cleaning of your watch and band is essential to prevent buildup of sweat and other residues, which can lead to skin irritation or corrosion of the device.

- Rinse the watch and band with clean water after exposure to sweat, soap, sunscreen, lotions, etc.
- Use a soft, lint-free cloth to wipe the watch dry.
- For silicone bands, clean with mild soap and water, then rinse thoroughly.
- Avoid using harsh chemicals or abrasive materials that could damage the watch components.

6.2 Battery Life Optimization

The vivoactive 4 offers up to 8 days of battery life in smartwatch mode. To maximize battery performance:

- Adjust backlight brightness and timeout settings.
- Disable unnecessary smart notifications.
- Limit continuous Pulse Ox tracking if not needed.
- Turn off GPS when not tracking outdoor activities.

6.3 Band Replacement

The watch features quick-release bands, allowing for easy replacement and customization. The bands are standard 22mm size.

- To remove a band, slide the quick-release pin on the underside of the band.
- To attach a new band, insert one side of the pin into the watch lug, then slide the quick-release pin and align the other side with the opposite lug.

7. Troubleshooting

If you encounter issues with your Garmin vivoactive 4, consider the following general troubleshooting steps:

- **Device Not Responding:** Try restarting the device by holding down the top right button until the screen turns off, then press it again to power on.
- **Pairing Issues:** Ensure Bluetooth is enabled on your smartphone and the watch is within range. Try unpairing and re-pairing the device in the Garmin Connect app.
- **Inaccurate Data:** Ensure the watch is worn snugly on your wrist, especially for heart rate and Pulse Ox readings. Clean the sensors regularly.
- **Battery Draining Quickly:** Review battery optimization tips in Section 6.2.

For more detailed troubleshooting or persistent issues, please visit the official Garmin support website or contact Garmin customer service.

8. Specifications

Specification	Detail
Product Dimensions	1.78 x 1.78 x 0.5 inches
Item Weight	1.28 ounces
ASIN	B07Z3H1JPX
Item Model Number	010-02174-11-cr
Batteries	1 Lithium Polymer batteries required (included)
Date First Available	October 14, 2019

Manufacturer	Garmin
Standing Screen Display Size	1.3 Inches
Operating System	Android, iOS
Special Feature	GPS
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Polymer
GPS	True
Shape	Round
Screen Size	1.3 Inches
Brand	Garmin
Model Name	vivoactive

9. What's in the Box

- Garmin vivoactive 4 GPS Smart Watch
- Black Silicone Band
- Charging/Data Cable
- Documentation (Owner's Manual, Safety Information)

10. Warranty and Support

For warranty information and customer support, please refer to the documentation included with your product or visit the official Garmin website. You can find FAQs, troubleshooting guides, and contact information for technical assistance.

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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