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Garmin 010-02410-10

Garmin Fenix 6 Pro Solar Multisport GPS Watch User Manual

Model: 010-02410-10

Introduction

This manual provides essential instructions for the Garmin Fenix 6 Pro Solar Multisport GPS Watch, model 010-02410-10. It covers setup, operation, maintenance, and troubleshooting to ensure optimal performance and user experience. Please read this manual thoroughly before using your device.

What's in the Box

- Garmin Fenix 6 Pro Solar Watch
- Charging/Data Cable
- Documentation (this manual)



Image: Garmin Fenix 6 Pro Solar Watch with its charging cable and documentation.

Device Overview

The Garmin Fenix 6 Pro Solar watch features a Power Glass solar charging lens, advanced training features, and comprehensive health monitoring. It is designed for multisport activities and outdoor navigation.



Image: Side view of the Garmin Fenix 6 Pro Solar watch, showing the buttons and sensor area.

Key Features:

- Solar Charging Capabilities
- Multisport GPS Tracking
- Advanced Training Metrics (VO2 Max, Training Load)
- Wrist-Based Heart Rate and Pulse Ox Sensing
- Preloaded Topographical Maps
- Smart Notifications and Garmin Pay

Setup

1. Initial Charging

Before first use, connect the watch to a power source using the provided charging/data cable. Ensure the watch is fully charged for optimal performance.

2. Powering On and Pairing

Press and hold the **LIGHT** button (top left) to power on the watch. Follow the on-screen instructions to select your language and pair the device with your smartphone via the Garmin Connect app. The Garmin Connect app is available for download on your smartphone's app store.

3. Software Updates

Regularly check for software updates via the Garmin Connect app or Garmin Express on your computer to ensure your watch has the latest features and improvements. Keeping your software updated is crucial for device stability and access to new functionalities.

Operating Instructions

Button Functions

Button	Function (Short Press)	Function (Long Press)
LIGHT	Turn backlight on/off	Power on/off, control menu
UP/MENU	Scroll through widgets/data screens	View menu options
DOWN	Scroll through widgets/data screens	Control music
START/STOP	Select option, start/stop activity	View activity list
BACK/LAP	Return to previous screen, record lap	View watch face

Solar Charging

The Power Glass lens charges the watch battery using sunlight. Exposing the watch to direct sunlight extends battery life. Monitor solar intensity through the dedicated widget on your watch face.



Image: Watch face showing the current solar intensity widget.



Image: Watch face displaying a graph of solar intensity over the last 6 hours.

Activity Tracking

To track an activity, press the **START/STOP** button. Select an activity from the list (e.g., Run, Bike, Swim). Wait for GPS acquisition (if applicable), then press **START/STOP** again to begin recording. Press **START/STOP** to pause or stop the activity, then choose to save or discard it.



Image: Watch display showing running metrics including split pace and overall time.



Image: Watch display showing skiing activity metrics like speed and elevation.

Navigation

The watch includes preloaded topographical maps. Access navigation features through the activity menu or dedicated navigation widgets. Use the **UP/MENU** and **DOWN** buttons to scroll through map views and zoom levels. The watch can also provide turn-by-turn directions on preloaded courses.



Image: Watch display showing a detailed topographical map with a marked route.

Smart Features

- **Smart Notifications:** Receive alerts for calls, texts, and app notifications directly on your watch when paired with your compatible smartphone.
- **Garmin Pay:** Make contactless payments at participating locations. Set up your cards securely within the Garmin Connect app.
- **Music Control:** Control music playback from your paired smartphone or store up to 2000 songs directly on the

watch for phone-free listening with Bluetooth headphones.

Maintenance

Cleaning the Device

Regularly clean the watch and strap with a damp cloth. Avoid harsh chemicals or abrasive materials that could damage the device. Rinse the watch with fresh water after exposure to chlorine, saltwater, or sweat to prevent corrosion and buildup.

Battery Care

To prolong battery life, avoid exposing the watch to extreme temperatures (hot or cold). Store the device in a cool, dry place when not in use for extended periods. Fully charge the battery before long-term storage to maintain its health.

Software Updates

Ensure your device software is up to date. Connect the watch to your computer using the USB cable and use Garmin Express, or update wirelessly via the Garmin Connect app. Updates often include performance improvements, bug fixes, and new features.

Troubleshooting

Device Not Responding

If the device stops responding, press and hold the**LIGHT** button for 15 seconds to force a restart. If the issue persists, ensure the battery is charged and try charging it for at least 30 minutes.

GPS Signal Acquisition Issues

Ensure you are in an open area with a clear view of the sky, away from tall buildings or dense foliage. Remain stationary for a few minutes while the watch acquires satellite signals. Verify that GPS is enabled for your activity profile in the watch settings.

Inaccurate Heart Rate Readings

Ensure the watch is worn snugly above your wrist bone, not too tight or too loose. Clean the optical heart rate sensor on the back of the device. Environmental factors, skin conditions, and certain movements can affect accuracy. For best results during intense activities, consider using a compatible chest strap heart rate monitor.

Battery Draining Quickly

High GPS usage, frequent backlight activation, continuous Pulse Ox monitoring, and extensive use of music playback can significantly reduce battery life. Adjust power manager settings, disable unnecessary features, and reduce backlight brightness to extend battery life. Ensure solar charging opportunities are maximized.

Specifications

Feature	Detail
Model Number	010-02410-10
Dimensions	0.59 x 2.52 x 2.01 inches
Weight	1.36 ounces

Feature	Detail
Display Size	1.3 Inches
Battery Type	Lithium Polymer (included)
Connectivity	USB, Wireless
Water Resistance	Yes (Tested to U.S. military standards for thermal, shock and water resistance)
GPS Support	GPS, GLONASS, Galileo

Warranty and Support

Garmin provides a limited warranty for this product. For detailed warranty information, please refer to the documentation included in the box or visit the official Garmin website. For technical support, product registration, or additional resources, visit garmin.com/support.

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