**Garmin Forerunner 55**

# Garmin Forerunner 55 GPS Running Smartwatch User Manual

Model: Forerunner 55 (010-02562-10)

## INTRODUCTION

The Garmin Forerunner 55 is an easy-to-use GPS running smartwatch designed to support running and healthy lifestyles. It tracks time, distance, speed, pace, and heart rate directly from your wrist. This smartwatch provides detailed running data, daily suggested workouts, and various built-in sports applications. It also monitors all-day activity, including steps, calories, and sleep, and offers extended battery life.

Image: The Garmin Forerunner 55 GPS Running Smartwatch in black, displaying time and date.

## S<small>ETUP</small>

### Unboxing and Initial Charge

Your Garmin Forerunner 55 package includes the smartwatch, a charging cable, and documentation. Before first use, fully charge the device using the provided charging cable. Connect the cable to the charging port on the back of the watch and plug the USB end into a power source.

### Powering On and Pairing

1. Press and hold the **LIGHT** button to power on the device.

2. Follow the on-screen prompts to select your language and initial settings.

3. To pair with your smartphone, download the Garmin Connect app. Open the app and follow the instructions to add your Forerunner 55. This enables features like smartphone notifications and data synchronization.

### GPS Configuration

The Forerunner 55 supports GPS, GLONASS, and Galileo for precise location tracking. Ensure the watch has a clear view of the sky during initial setup and before starting outdoor activities to acquire a satellite signal quickly.

## OPERATING INSTRUCTIONS

### Button Functions

- **LIGHT:** Press to turn on/off backlight. Hold to access controls menu.

- **UP:** Press to scroll up through menus and data screens.

- **DOWN:** Press to scroll down through menus and data screens.

- **START/STOP:** Press to start or stop an activity. Press to select an option.

- **BACK:** Press to return to the previous screen. Hold to view the watch face.

### Activity Tracking

The Forerunner 55 includes 17 built-in activity profiles. To start an activity:

1. From the watch face, press **START/STOP**.

2. Select an activity (e.g., Run, Cycle, Pool Swim, HIIT).

3. Wait for GPS signal (if applicable), then press **START/STOP** again to begin.



Image: Two individuals running on a paved path outdoors, demonstrating the watch's use during exercise.

### Daily Suggested Workouts and Training Plans

The watch provides daily training suggestions based on your fitness level. You can also access free training plans to prepare for 5K, 10K, or half marathon distances through the Garmin Connect app.

# GPS-LAUFUHR MIT TÄGLICHEN TRAININGSEMPFEHLUNGEN UND ANPASSBAREN TRAININGSPLÄNEN.

Image: The watch screen showing a 'Today's Suggestion' for a tempo run, indicating daily training recommendations.

## Advanced Running Features

Utilize features such as PacePro for grade-adjusted pace guidance, Finish Time predictor, and Recovery Time advisor to optimize your training and effort management.

Image: Two individuals running on a city sidewalk, illustrating the watch's use in various environments.

## Health Monitoring and Smart Features

The Forerunner 55 provides wrist-based heart rate measurement, all-day activity tracking (steps, calories, sleep), and can display smartphone notifications directly on your wrist when paired with your phone.

# HERZFREQUENZMESSUNG AM HANDGELENK UND ÜBER 15 VORINSTALLIERTE SPORT-APPS.

Image: The underside of the Garmin Forerunner 55, highlighting the optical heart rate sensor and charging contacts.

MIT GESUNDHEITSFUNKTIONEN, NOTFALLHILFE UND SMARTPHONE BENACHRICHTIGUNGEN.

Image: A hand wearing the Garmin Forerunner 55, with the watch screen showing a notification, demonstrating health features and smartphone connectivity.

## MAINTENANCE

### Cleaning the Device

Regularly clean your Forerunner 55 to ensure optimal performance and hygiene. Wipe the device with a soft, damp cloth. For the charging contacts and heart rate sensor, use a cotton swab lightly dampened with rubbing alcohol to remove any residue. Avoid harsh chemicals or abrasive materials.

### Battery Care

The Forerunner 55 features a long-lasting Lithium Polymer battery. To maximize battery lifespan, avoid extreme temperatures and do not leave the device fully discharged for extended periods. Charge the device using the provided cable and a standard USB power source.

### Software Updates

Garmin periodically releases software updates to improve performance and add new features. Connect your device to the Garmin Connect app or Garmin Express on your computer to check for and install available updates.

## TROUBLESHOOTING

### GPS Accuracy Issues

- Ensure a clear view of the sky when starting an activity.
- Wait for the GPS signal to be fully acquired before beginning your activity.
- Synchronize your watch with Garmin Connect regularly to update satellite data.
- Consider standing still for 1-2 minutes after acquiring a GPS signal before starting a run for improved accuracy.

### Connectivity Problems (Bluetooth)

- Ensure Bluetooth is enabled on both your smartphone and the Forerunner 55.
- Make sure your smartphone is within range of the watch.
- Restart both your smartphone and the watch.
- If issues persist, unpair and re-pair the device through the Garmin Connect app.

### Device Not Responding

If the device becomes unresponsive, you can perform a soft reset by holding the **LIGHT** button for 15 seconds until the screen turns off. Then, press **LIGHT** again to restart.

## SPECIFICATIONS

| Feature | Detail |
|---|---|
| Model Number | 010-02562-10 |
| Product Dimensions | 1.65 x 1.65 x 0.47 inches |
| Item Weight | 1.31 ounces (37 Grams) |
| Display Size | 1.04 inches (2.6 cm) |
| Battery Type | 1 Lithium Polymer battery (included) |
| Battery Capacity | 450 Milliamp Hours |
| Connectivity | Bluetooth |
| GPS | Built-in GPS (GPS/Glonass/Galileo) |
| Memory Storage Capacity | 32 MB |
| Water Rating | 5 ATM (suitable for splashes, rain or snow, showering, swimming, diving into water, snorkeling) |

# SCHLANKE, 37 GRAMM LEICHTE LAUFUHR MIT 1,04" (2,6 cm) ALWAYS-ON-FARBDISPLAY.

Image: Side profile of the Garmin Forerunner 55, showcasing its slim design and physical buttons.

## WARRANTY AND SUPPORT

Your Garmin Forerunner 55 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 the Garmin support portal online.
Garmin also offers optional protection plans for extended coverage. Information on these plans can be found on the Garmin website or through authorized retailers.