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**Garmin 010-02356-00**

# Garmin Approach R10 Portable Golf Launch Monitor User Manual

Model: 010-02356-00 | Brand: Garmin

## 1. INTRODUCTION

The Garmin Approach R10 is a portable golf launch monitor designed to help golfers improve their game by tracking key metrics. This compact device can be used at home, indoors, or at the driving range, providing valuable data to enhance shot consistency and overall performance.



Image: The Garmin Approach R10 launch monitor, a compact black device with a green indicator light, mounted on its included tripod stand.

When paired with the Garmin Golf app on a compatible smartphone, the Approach R10 allows users to train more effectively by viewing shot dispersion charts, recording video clips of swings with overlaid visual metrics, and even playing virtual rounds on over 42,000 courses worldwide (with an active subscription). The device offers up to 10 hours of battery life, ensuring extended use during practice sessions.

## 2. GETTING STARTED

### 2.1 What's in the Box

Verify that all components are present in your package:

- Garmin Approach R10 device
- Tripod Stand
- Phone mount
- microUSB cable

- Carry Case
- Documentation (Quick Start Manual, Safety Information)

## 2.2 Initial Setup and Charging

Before first use, fully charge the Approach R10 using the provided microUSB cable. Connect the microUSB end to the device's charging port and the USB-A end to a standard USB power adapter (not included) or a computer USB port. The device's LED indicator will show charging status.

Download the Garmin Golf app from your smartphone's app store. The app is essential for pairing the device, viewing metrics, and accessing advanced features.

## 3. DEVICE PLACEMENT AND SETUP

Proper placement of the Approach R10 is crucial for accurate data tracking. Ensure the device is positioned correctly relative to the ball and your hitting area.



Improve your game at home, indoors or on the driving range with a portable launch monitor.

Image: The Garmin Approach R10 positioned on its tripod stand on a golf mat, indicating readiness for a practice session.

- **Distance from Ball:** Place the Approach R10 approximately 6-8 feet (1.8-2.4 meters) behind the ball.
- **Alignment:** Ensure the device is aligned directly with your target line. The front of the device should face the target.
- **Level Surface:** Place the device on a level surface to ensure accurate readings.

- **Clear Path:** Ensure there are no obstructions between the device, the ball, and the target area.
- **Indoor Use:** For indoor use, ensure ample room (at least 8 feet) for the device to capture ball flight and spin data accurately. Optimal indoor lighting is also necessary for consistent performance.

Use the included phone mount to attach your smartphone to your golf bag for convenient viewing and interaction with the Garmin Golf app during your session.

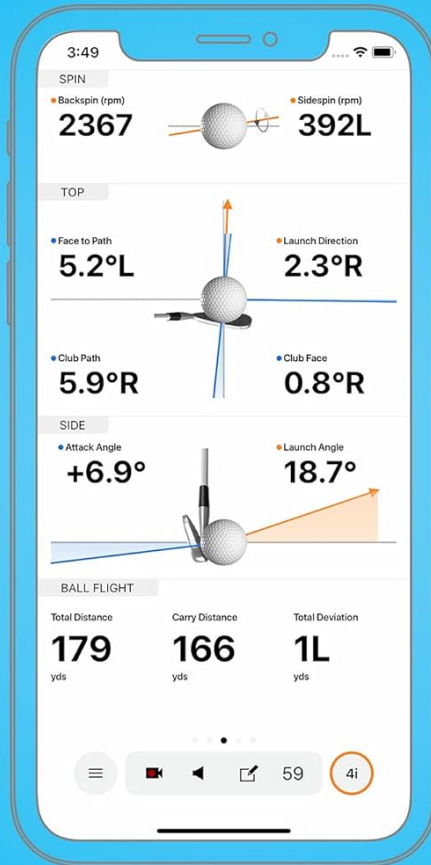
## 4. USING THE APPROACH R10

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### 4.1 Tracking Metrics

The Approach R10 tracks over a dozen key golf metrics to help you analyze and improve your swing. These metrics include:

- Club head speed
- Ball speed
- Swing tempo
- Ball spin (backspin, sidespin)
- Launch angle
- Launch direction
- Smash factor
- Carry distance
- Total distance



Track club head speed, ball speed, swing tempo, ball spin and more to improve shot consistency.

Image: A smartphone screen showing detailed golf metrics such as spin, face to path, club path, attack angle, launch angle, and ball flight data, as displayed in the Garmin Golf app.

## 4.2 Training Mode and Video Recording

Utilize the training mode within the Garmin Golf app to track stats for each club and view a shot dispersion chart based on estimated ball flight. This helps identify strengths and areas for improvement.

The device can automatically record video clips of your swing when paired with a compatible smartphone and the Garmin Golf app. These videos include the metrics of that specific swing, allowing for visual analysis alongside data.



See and analyze your own swing with automatically recorded video clips that include swing metrics.

Device requires a paired compatible smartphone downloaded with the Garmin Golf™ app

Image: A smartphone screen displaying a video playback of a golfer's swing, with ball speed and carry distance metrics visible at the top.

### 4.3 Virtual Golf and Simulator Play

With an active subscription to the Garmin Golf app, you can play virtual rounds on over 42,000 courses worldwide and participate in weekly tournaments with scores posted to a global leaderboard.

The Approach R10 is also compatible with E6 Connect software (not included), which offers a library of photorealistic courses for a more immersive simulator experience.



Play virtual rounds on more than 42,000 worldwide courses (subscription required).

Image: A smartphone screen displaying a virtual golf course, showing the hole layout, distance to pin, and ball position, simulating a round of golf.

## 5. CARE AND MAINTENANCE

- **Cleaning:** Wipe the device with a soft, damp cloth. Avoid using abrasive cleaners or solvents that could damage the surface.
- **Water Resistance:** The Approach R10 has an IPX7 water rating, meaning it can withstand accidental immersion in 1 meter of water for up to 30 minutes. However, it is not designed for prolonged submersion. Dry the device thoroughly if it gets wet.
- **Battery Care:** To prolong battery life, avoid storing the device in extreme temperatures. Charge the device regularly, even if not in frequent use. The device offers up to 10 hours of battery life on a full charge.
- **Storage:** Store the device in its included carry case when not in use to protect it from dust, dirt, and physical damage.

## 6. TROUBLESHOOTING

### 6.1 Common Issues and Solutions

- **Inaccurate Spin Readings (Indoor):** For accurate spin tracking indoors, especially with simulator software, consider using Titleist RCT (Radar Capture Technology) golf balls. These balls have a reflective layer that helps

the R10 accurately track spin. Without them, the device may use an algorithm to estimate spin, which can be less precise.

- **Garmin Golf App Disconnections:** If the Garmin Golf app frequently disconnects from the R10, especially when connected to other Bluetooth devices (like smartwatches) or during phone calls, try the following:
  - Ensure the Garmin Golf app is updated to the latest version.
  - Disable other Bluetooth connections on your phone if not needed during your session.
  - Restart the Garmin Golf app and reconnect to the R10.
  - Ensure your phone's operating system is up to date.
- **No Readings or Inconsistent Data:**
  - Verify device placement: Ensure the R10 is 6-8 feet behind the ball and aligned with the target.
  - Check for obstructions: Make sure nothing is blocking the path between the device, ball, and target.
  - Ensure sufficient space: For indoor use, ensure at least 8 feet of space for ball flight.
  - Check lighting: Optimal indoor lighting is crucial for the device's camera to capture data.
  - Confirm device is powered on and connected to the app.

## 7. TECHNICAL SPECIFICATIONS

Feature	Specification
Product Dimensions	3.5 x 2.8 x 1 inches
Item Weight	12 ounces
Model Number	010-02356-00
Batteries	1 Lithium Ion battery (included)
Connectivity	Bluetooth
Water Resistance	IPX7
Battery Life	Up to 10 Hours
Club Head Speed Accuracy	+/- 3 mph
Ball Speed Accuracy	+/- 1 mph
Launch Angle Accuracy	+/- 1 degree
Launch Direction Accuracy	+/- 1 degree
Color	Black
Manufacturer	Garmin

## 8. SUPPORT AND RESOURCES

For further assistance, detailed instructions, or warranty information, please refer to the following resources:

- **Official User Manual (PDF):** For the most comprehensive guide, download the official PDF user manual: [Garmin Approach R10 User Manual PDF](#)
- **Garmin Brand Store:** Visit the official Garmin store for product information, accessories, and support: [Garmin Store on Amazon](#)
- **Warranty Information:** Garmin products typically come with a limited warranty. Please refer to the documentation included with your device or visit the [Garmin support website](#) for specific warranty terms and conditions.