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Garmin 010-02496-00

Garmin Venu 2 Plus GPS Smartwatch User Manual

Model: 010-02496-00

1. INTRODUCTION

The Garmin Venu 2 Plus is a GPS smartwatch designed for advanced health monitoring and fitness tracking. It offers a suite of features to help users understand their body, track activities, and stay connected. This manual provides essential information for setting up, operating, and maintaining your device.



Front view of the Garmin Venu 2 Plus smartwatch with a silver bezel and gray band.

2. WHAT'S IN THE BOX

Upon unboxing your Garmin Venu 2 Plus, ensure all the following items are present:

- Venu 2 Plus Smartwatch
- Charging/Data Cable
- Documentation (Quick Start Guide, Safety and Product Information)

3. SETUP

3.1 Initial Power-On

To power on your Venu 2 Plus, press and hold the top right button until the Garmin logo appears. Follow the on-screen prompts to select your language and initial settings.

3.2 Charging the Device

Before first use, fully charge your smartwatch. The device comes with a proprietary charging/data cable. Connect the USB end of the cable to a power source (e.g., computer USB port or USB wall adapter) and the other end to the charging port on the back of your watch.



Rear view of the Garmin Venu 2 Plus, highlighting the optical heart rate sensors and charging contacts.

3.3 Pairing with Your Smartphone

To unlock the full potential of your Venu 2 Plus, pair it with the Garmin Connect app on your compatible smartphone. Download the Garmin Connect app from your phone's app store, create an account, and follow the in-app instructions to pair your device.

3.4 Wearing the Device

Wear the device snugly above your wrist bone. The optical heart rate sensor on the back of the device needs to maintain contact with your skin to provide accurate readings. Avoid wearing it too tightly or too loosely.

4. OPERATING YOUR SMARTWATCH

4.1 Basic Navigation

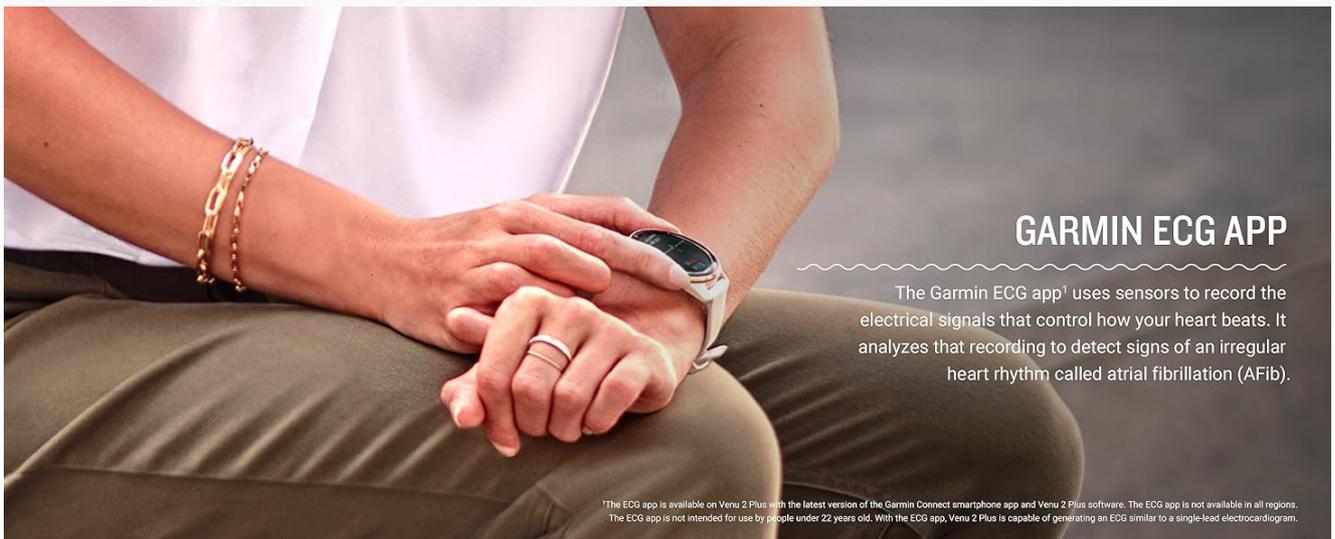
The Venu 2 Plus features a bright AMOLED touchscreen display and three physical buttons on the side for navigation.

- **Touchscreen:** Swipe up/down to scroll through glances and widgets. Tap to select.
- **Top Right Button:** Press once to open the activity list. Hold to access the controls menu (e.g., power, find my phone, Garmin Pay).
- **Middle Button:** Press once for a customizable shortcut (e.g., Garmin Pay). Hold to activate your smartphone's voice assistant.
- **Bottom Right Button:** Press once to go back to the previous screen. Hold to access watch settings.

4.2 Health Monitoring Features

The Venu 2 Plus offers comprehensive health tracking to provide insights into your well-being.

- **Heart Rate Monitoring:** Continuously tracks your heart rate.
- **Pulse Oximeter:** Measures blood oxygen saturation.
- **Body Battery™ Energy Monitoring:** Tracks your body's energy levels throughout the day.
- **Stress Tracking:** Monitors your stress levels and suggests relaxation techniques.
- **Sleep Score and Advanced Sleep Monitoring:** Analyzes sleep stages, quality, and provides insights.
- **ECG App:** Records heart rhythm and checks for signs of atrial fibrillation (AFib). *(Note: Not available in all regions; for people 22 years or older. ECG app cannot detect heart attacks.)*
- **Women's Health Tracking:** Use the Garmin Connect app to track menstrual cycle or pregnancy.



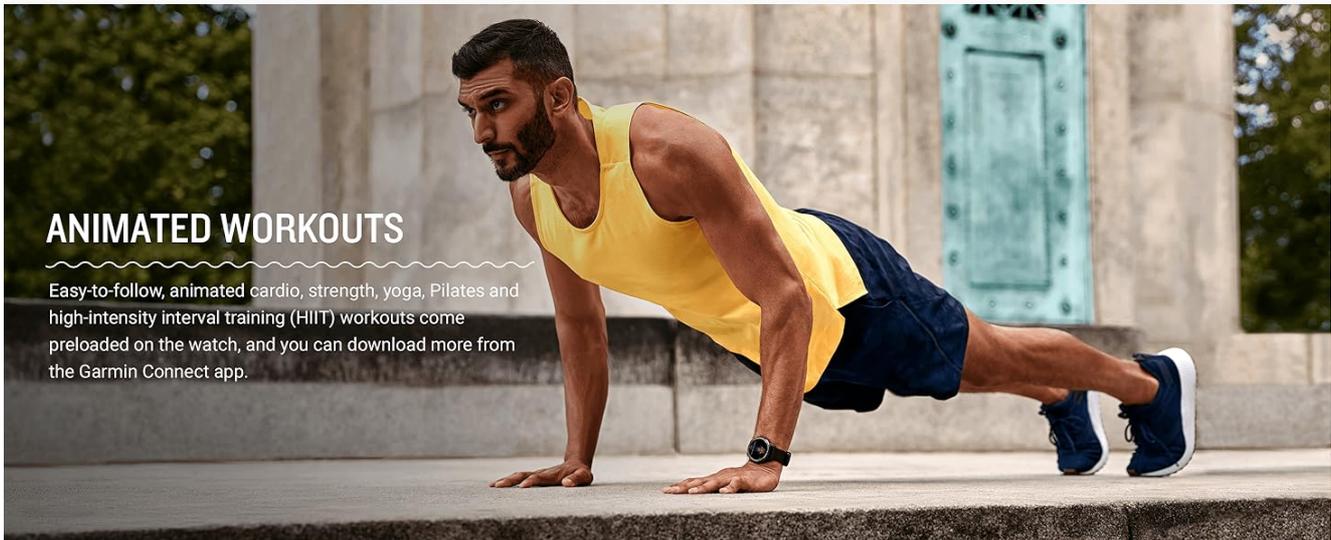
The ECG app on the Garmin Venu 2 Plus can record your heart rhythm.

4.3 Fitness Tracking and Workouts

Enhance your fitness journey with a variety of tracking and workout options.

- **25+ Built-in Sports Apps:** Track activities like walking, running, cycling, swimming, golf, and more.

- **Animated Workouts:** Easy-to-follow animated cardio, strength, yoga, and Pilates workouts are preloaded. More can be downloaded via the Garmin Connect app.
- **Garmin Coach:** Get a personal running coach on your wrist for 5K, 10K, or half-marathon training.
- **HIIT Workouts:** Track HIIT sessions with various timers (AMRAP, EMOM, Tabata, custom).
- **Create Custom Workouts:** Design and download over 1,400 exercises from the Garmin Connect app.



ANIMATED WORKOUTS

Easy-to-follow, animated cardio, strength, yoga, Pilates and high-intensity interval training (HIIT) workouts come preloaded on the watch, and you can download more from the Garmin Connect app.

The Venu 2 Plus offers various fitness tracking modes for indoor and outdoor sports.

4.4 Smart Features

Stay connected and manage your day directly from your wrist.

- **Voice Functionality:** Make and take phone calls from your wrist when paired with your compatible smartphone. Utilize your smartphone's voice assistant to respond to texts, ask questions, and control smart home devices.
- **Smart Notifications:** Receive emails, texts, and alerts on your watch when paired with your Android or Apple smartphone.
- **Music Storage:** Download songs and playlists from Spotify, Deezer, or Amazon Music (subscription may be required) for phone-free listening with wireless headphones.
- **Garmin Pay™ Contactless Payments:** Make payments directly from your watch at participating providers.
- **Safety and Tracking Features:** Easily send a message with your location to preselected contacts in case of assistance. Includes fall detection (requires setup and smartphone in network coverage).

Your browser does not support the video tag.

Official Garmin video showcasing the Venu 2 Plus features.

Your browser does not support the video tag.

Official Garmin video highlighting the Venu 2 Plus Series capabilities.

5. MAINTENANCE

5.1 Cleaning the Device

Regularly clean your Venu 2 Plus, especially after workouts or exposure to sweat. Wipe the device and band with a soft, damp cloth. Avoid harsh chemicals or abrasive materials that could damage the watch.

5.2 Water Resistance

The Venu 2 Plus is water-rated to 5 ATM, making it suitable for swimming and showering. However, it is recommended to avoid prolonged exposure to salt water or chlorinated water, as these can degrade the materials over time. Rinse the device with fresh water after exposure to such environments.

6. TROUBLESHOOTING

If you encounter issues with your Garmin Venu 2 Plus, try the following basic troubleshooting steps:

- **Restart the Device:** Press and hold the top right button until the power options appear, then select 'Power Off'. Wait a few seconds and press the button again to restart.
- **Check Connectivity:** Ensure Bluetooth is enabled on your smartphone and the watch is within range.
- **Update Software:** Connect your watch to the Garmin Connect app to check for and install any available software updates.
- **Consult Online Resources:** Visit the official Garmin support website for detailed troubleshooting guides and FAQs.

7. SPECIFICATIONS

Key technical specifications for the Garmin Venu 2 Plus:

Feature	Specification
Product Dimensions	1.6 x 1.6 x 0.48 inches
Item Weight	1.3 ounces
Item Model Number	010-02496-00
Batteries	1 Lithium Polymer batteries required (included)
Operating System	Android (compatible with Android and iOS)
RAM	32 GB
Wireless Communication	Bluetooth, Wi-Fi
Connectivity Technologies	Bluetooth, USB
GPS	GPS Enabled
Special Features	Breath Monitor, GPS, Heart Rate Monitor, Phone Call, Sleep Monitor
Display Technology	AMOLED
Human Interface Input	Buttons, Touchscreen
Screen Size	1.3 Inches
Water Rating	5 ATM

8. WARRANTY AND SUPPORT

For warranty information, product registration, and additional support resources, please visit the official Garmin website. You can also find FAQs and contact customer service through their online portal.

Garmin Support: www.garmin.com/support

