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## Garmin 010-02566-01

# Garmin vivomove Sport User Manual

Model: 010-02566-01 | Brand: Garmin

## INTRODUCTION AND OVERVIEW

The Garmin vivomove Sport is a sophisticated hybrid smartwatch designed to seamlessly blend classic analog aesthetics with modern smart features. It offers a discreet touchscreen display that becomes visible only when needed, allowing for a clean, traditional watch face during regular use. This device is equipped with a comprehensive suite of health and wellness tracking tools, including energy monitoring, advanced sleep analysis, and stress tracking. It also provides smart notifications directly to your wrist and supports connected GPS for outdoor activities, making it an ideal companion for managing your daily health and fitness.



Figure 1: Front view of the Garmin vivomove Sport in Ivory/Peach Gold, displaying its analog watch face.

## WHAT'S IN THE BOX

Upon unboxing your Garmin vivomove Sport, please ensure all the following components are present:

- Garmin vivomove Sport Smartwatch
- Charging/Data Cable
- Documentation (User Manual, Safety Information)

## SETUP

### 1. Charging the Device

Before initial use, fully charge your vivomove Sport. Connect the charging/data cable to the charging port on the back of the watch and plug the other end into a USB power source. A full charge typically provides up to 5 days of battery life in smartwatch mode and an additional day in watch-only mode.



Figure 2: Rear view of the vivomove Sport, highlighting the charging contacts and optical heart rate sensor.

## 2. Pairing with Your Smartphone

To unlock the full potential of your vivomove Sport, pair it with the Garmin Connect app on your compatible smartphone.

1. Download the [Garmin Connect](#) app from your smartphone's app store.
2. Open the app and follow the on-screen instructions to create an account or log in.
3. Turn on your vivomove Sport.
4. In the Garmin Connect app, select [Devices](#) > [Add Device](#) and follow the prompts to pair your watch.
5. Ensure Bluetooth is enabled on your smartphone during the pairing process.



Figure 3: The Garmin Connect app interface on a smartphone, used for managing watch settings and data.

## OPERATING THE DEVICE

### Basic Navigation

The vivomove Sport features a hidden touchscreen display that activates with a tap or wrist gesture. The analog watch hands dynamically move out of the way to reveal the digital screen. You can swipe left or right on the touchscreen to navigate through various widgets and features.



Figure 4: The vivomove Sport with its hidden touchscreen display activated, showing digital information.

### Smart Features

- **Smart Notifications:** Receive alerts for incoming calls, text messages, calendar reminders, and app notifications directly on your wrist when paired with your compatible smartphone.
- **Music Control:** Control music playback on your smartphone directly from your watch.
- **Weather:** View current weather conditions and forecasts (requires connection to Garmin Connect app).
- **Timer and Stopwatch:** Conveniently access timekeeping features for various activities.



## CALENDAR VIEW

Easily see your plans for the day with a dedicated calendar screen.

Figure 5: The vivomove Sport displaying a calendar view, a smart feature for daily organization.

## Health and Wellness Monitoring

- **Body Battery™ Energy Monitoring:** Track your body's energy levels throughout the day to identify optimal times for activity and rest.
- **Wrist-Based Heart Rate:** Continuously monitor your heart rate and receive alerts for abnormally high or low readings.
- **Pulse Ox Sensor:** Spot-check your blood oxygen saturation levels to understand how well your body is absorbing oxygen.
- **Stress Tracking:** Monitor your stress levels and receive relaxation reminders to help manage stress.
- **Mindful Breathing:** Engage in guided breathing exercises to promote relaxation and focus.
- **Advanced Sleep Monitoring:** Track your sleep stages (light, deep, REM) and receive insights into your sleep quality.
- **Women's Health Tracking:** Use the Garmin Connect app to track menstrual cycles or pregnancies, log symptoms, and receive exercise and nutrition education.
- **Hydration Tracking:** Log your daily fluid intake to help maintain adequate hydration.
- **Respiration Tracking:** Monitor your breathing rate throughout the day and during sleep.

## Activity Tracking

- **All-Day Activity Tracking:** Automatically counts steps, calories burned, and intensity minutes.
- **Connected GPS:** Connects with your paired smartphone's GPS to accurately track distance and pace during outdoor walks, runs, and bike rides.
- **Preloaded Sports Apps:** Includes activity profiles for various exercises such as yoga, strength training, cardio, and more.
- **Fitness Age:** Estimates if your body is younger or older than your chronological age based on your activity, resting heart rate, and BMI.
- **Safety and Tracking Features:** Includes Incident Detection (during select outdoor activities) and Assistance, which can send a message with your live location to emergency contacts (requires setup and smartphone network coverage).

## Customization

- **Watch Faces:** Customize the appearance of your digital display through the Garmin Connect app.
- **Quick Release Bands:** Effortlessly change your watch band with 20 mm industry-standard quick release bands to match your style.

## MAINTENANCE

### Cleaning the Device

Regular cleaning helps maintain the device's appearance and performance. Wipe the device with a damp cloth and mild detergent. Rinse thoroughly with water and dry completely before wearing or charging. Avoid harsh chemicals or abrasive materials.

## Water Resistance

The vivomove Sport has a water rating of 5 ATM, making it suitable for splashes, rain or snow, showering, swimming, diving into water, and snorkeling. It is not suitable for scuba diving or high-speed water sports.

## Battery Care

To prolong battery life, avoid exposing the device to extreme temperatures. Charge the device regularly, even if not in daily use, to prevent deep discharge. For optimal performance, use the original Garmin charging cable.

## TROUBLESHOOTING

If you encounter issues with your vivomove Sport, try the following steps:

- **Restart the Device:** A simple restart can often resolve minor software glitches.
- **Check Bluetooth Connection:** Ensure your watch is properly connected to your smartphone via Bluetooth and that the Garmin Connect app is running.
- **Update Software:** Check for and install any available software updates via the Garmin Connect app.
- **Factory Reset:** As a last resort, you may perform a factory reset. Note that this will erase all data on the device. Refer to the full user manual (link below) for instructions.
- For more detailed troubleshooting, please refer to the official Garmin support website or the comprehensive user manual.

## SPECIFICATIONS

Feature	Detail
Product Dimensions	1.6 x 1.6 x 0.4 inches
Item Weight	1.19 ounces (33.8 Grams)
Item Model Number	010-02566-01
Batteries	1 Lithium Polymer battery (included)
Operating System	Wear OS
Wireless Communication	Bluetooth
Connectivity Technologies	Bluetooth, USB
GPS	GPS Via Smartphone
Display Resolution	72 x 154 pixels
Human Interface Input	Touchscreen
Color	Ivory/Peach Gold (variant)
Manufacturer	Garmin

Screen Size	40 Millimeters
Memory Storage Capacity	64000 MB

## WARRANTY AND SUPPORT

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For detailed warranty information and customer support, please visit the official Garmin website or refer to the full User Manual provided with your device. You can also access the PDF version of the User Manual online:

[Garmin vivomove Sport User Manual \(PDF\)](#)

Garmin provides comprehensive support resources, including FAQs, video tutorials, and contact options for technical assistance.