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Garmin epix Gen 2 (010-02582-00)

Garmin epix Gen 2 Premium Active Smartwatch User Manual

Model: epix Gen 2 (010-02582-00)

Introduction

This manual provides detailed instructions for the setup, operation, maintenance, and troubleshooting of your Garmin epix Gen 2 Premium Active Smartwatch. Please read this manual thoroughly to ensure optimal use and understanding of all features.

The Garmin epix Gen 2 is designed for an active lifestyle, featuring a vibrant AMOLED display, advanced health and wellness monitoring, and comprehensive sports tracking capabilities.



Image: Front view of the Garmin epix Gen 2 smartwatch, showcasing its AMOLED display and physical buttons.

What's in the Box

Your Garmin epix Gen 2 package includes the following items:

- epix™ (Gen 2) Smartwatch
- Charging/Data Cable
- Documentation (Quick Start Guide, Safety and Product Information)

Setup

1. Charging the Device

Before initial use, fully charge your epix Gen 2 smartwatch. Connect the charging/data cable to the charging port on the back of the watch and to a USB power source. A full charge typically takes a few hours.



Image: Rear view of the Garmin epix Gen 2, highlighting the optical heart rate sensor and charging contacts.

2. Powering On and Initial Configuration

Press and hold the **LIGHT** button (top left) to power on the device. Follow the on-screen prompts to select your language, set up basic preferences, and pair with your smartphone.

3. Pairing with Garmin Connect App

To unlock the full potential of your epix Gen 2, download the Garmin Connect app on your smartphone (available on iOS and Android). The app allows you to:

- Sync activity data and health metrics.
- Customize watch settings and watch faces.
- Download additional apps, widgets, and data fields.
- Receive smart notifications.
- Manage Garmin Pay™ contactless payments.

Open the Garmin Connect app, create an account or log in, and follow the instructions to add your epix Gen 2 device.

Operating Your Smartwatch

Basic Navigation

The epix Gen 2 features both a responsive touchscreen and five physical buttons for navigation:

- **LIGHT** (Top Left): Press to turn the backlight on/off. Hold to access controls menu.
- **UP-MENU** (Middle Left): Press to scroll through widgets and menus. Hold to access the main menu.
- **DOWN** (Bottom Left): Press to scroll through widgets and menus.
- **START-STOP** (Top Right): Press to start/stop activities, select options.

- **BACK-LAP** (Bottom Right): Press to return to the previous screen, record a lap during an activity.

You can also swipe on the AMOLED display to navigate through widgets and menus, and tap to select options.



Image: Side view of the Garmin epix Gen 2, illustrating the placement of the five control buttons.

Health and Wellness Monitoring

The epix Gen 2 provides comprehensive 24/7 health and wellness monitoring:

- **Heart Rate:** Continuously monitors your heart rate throughout the day and during activities.
- **Pulse Ox:** Estimates blood oxygen saturation levels.
- **Respiration:** Tracks your breathing rate.
- **Stress Tracking:** Calculates your stress score based on heart rate variability.
- **Advanced Sleep Monitoring:** Analyzes sleep stages, heart rate, Pulse Ox, and respiration during sleep.
- **Body Battery™ Energy Monitoring:** Shows your energy levels based on activity, stress, and sleep.

Note: This device is intended to be an estimation of your activity and metrics; it is not a medical device.



Understand your body better with 24/7 health monitoring features that help track your daily biometric and wellness trends at a glance.

Image: The epix Gen 2 display showing current health metrics including Pulse Ox, heart rate, and respiration rate.

Sports Apps and Performance Metrics

Engage in various activities with over 30 built-in sports apps. The watch tracks performance metrics to help you train effectively:

- **Activity Profiles:** Preloaded profiles for trail running, swimming, biking, hiking, rowing, skiing, golfing, and more.
- **Performance Metrics:** Includes VO2 max, training status, training load, and recovery time.
- **Garmin Coach:** Provides free, adaptive training plans for various goals.
- **Multi-band GNSS:** Enhanced GPS, GLONASS, and Galileo support for accurate positioning.
- **Mapping:** Downloadable TopoActive mapping via Wi-Fi, preloaded on Sapphire editions. Includes SkiView maps for 2,000 worldwide ski resorts and CourseView maps for over 42,000 golf courses.
- **ABC Sensors:** Altimeter for elevation data, barometer for weather monitoring, and a 3-axis electronic compass.
- **Acclimation:** Monitors current elevation, acclimated elevation, and correlated Pulse Ox, heart rate, and respiration data.



Built-in sports apps offer preloaded activity profiles for trail running, swimming, biking, hiking, rowing, skiing, golfing, surfing and more.

Image: The epix Gen 2 display showing a selection of preloaded sports apps, including MTB, Open Water, Trail Run, Bouldering, and Ski.



Train smarter with VO2 max, an indicator of how you can expect to perform. It adjusts for trail running and accounts for changes in performance that could be caused by heat or altitude.

Image: The epix Gen 2 display showing VO2 Max data, indicating a performance level of "Superior" with a score of 54.

Smart Features

- **Smart Notifications:** Receive alerts for calls, texts, and app notifications from your paired smartphone.
- **Music Storage:** Store music directly on your watch for phone-free listening with compatible Bluetooth headphones.
- **Garmin Pay™:** Make contactless payments in supported countries and payment networks.

Maintenance

Cleaning the Device

Regular cleaning helps maintain the performance and appearance of your smartwatch:

- Wipe the watch with a soft, damp cloth after each use, especially after workouts or exposure to sweat.
- For deeper cleaning, use a mild soap solution and rinse thoroughly with water.

- Ensure the charging contacts are clean and dry before charging to prevent corrosion.
- Avoid using harsh chemicals or abrasive materials, as these can damage the watch components.

Software Updates

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

Troubleshooting

Common Issues and Solutions

- **Device not turning on:** Ensure the device is fully charged. Connect it to the charging cable and a power source.
- **GPS signal acquisition issues:** Ensure you are in an open area with a clear view of the sky. Syncing with Garmin Connect can update satellite data, improving acquisition time.
- **Inaccurate heart rate data:** Ensure the watch is worn snugly on your wrist, above the wrist bone. Clean the optical sensor on the back of the watch.
- **Connectivity problems (Bluetooth):** Ensure Bluetooth is enabled on both your watch and smartphone. Try restarting both devices and re-pairing them through the Garmin Connect app.
- **Screen unresponsiveness:** Try restarting the device by holding the LIGHT button until it powers off, then power it back on.

Further Assistance

For more detailed troubleshooting or specific issues, please refer to the official Garmin epix Gen 2 User Manual PDF available online or contact Garmin Support.
Download Official User Manual (PDF)

Specifications

Model Name	epix Gen 2
Model Number	010-02582-00
Display Type	1.3" AMOLED, Always-On
Lens Material	Corning Gorilla Glass (Standard Edition)
Bezel Material	Passivated Stainless Steel
Case Material	Fiber-reinforced polymer with steel rear cover
Strap Material	Silicone
Dimensions (L x W x H)	1.85 x 1.85 x 0.57 inches (47 x 47 x 14.5 mm)
Weight	2.72 ounces (77 g)
Battery Type	1 Lithium Ion (300 mAh)
Battery Life (Smartwatch Mode)	Up to 16 days (gesture) / Up to 5 days (always-on)

Battery Life (GPS Mode)	Up to 42 hours (gesture) / Up to 30 hours (always-on)
Memory Storage	16 GB
Connectivity	Bluetooth, USB, Wi-Fi
GPS	GPS Enabled, Multi-band GNSS (GPS, GLONASS, Galileo)
Sensors	Wrist-based Heart Rate, Pulse Ox, Barometric Altimeter, Compass, Gyroscope, Accelerometer, Thermometer

Warranty and Support

Garmin products are designed for reliability and performance. Your epix Gen 2 smartwatch is covered by a limited warranty against defects in materials and workmanship. For specific warranty terms and conditions, 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 Center: Garmin Support Center
You can also find the full user manual in PDF format hereGarmin epix Gen 2 User Manual PDF

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