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Garmin 010-02582-20

Garmin epix Gen 2 Premium Active Smartwatch User Manual

Model: 010-02582-20

Introduction

Wear epix™ (Gen 2), be epic. With epix, the premium active smartwatch, you can take on every day with the stunning AMOLED display and up to 16 days of battery life in smartwatch mode. Stay connected with smart features, music storage and get even more functionality on the wrist with Garmin Pay™ contactless payments in supported countries and payment networks. Understand your body with 24/7 health and wellness monitoring features that track Pulse Ox, heart rate, respiration and more (this device is intended to be an estimation of your activity and metrics; it is not a medical device). Train how you want with 30+ built-in sports apps, and take it further with performance metrics and Garmin Coach training plans. When you’re ready for adventure, you can download TopoActive mapping via Wi-Fi® connectivity, or get it preloaded on Sapphire editions. Plus, Sapphire editions support multi-band GNSS technology for stronger, better, more accurate positioning in challenging environments.



Front view of the Garmin epix Gen 2 smartwatch, showcasing its vibrant AMOLED display with real-time activity data including heart rate, distance, pace, and elapsed time.

Key Features

- Smartwatch for your athletic lifestyle, featuring 1.3” always-on, bright AMOLED display; select models feature a sapphire display and titanium bezel
- Smartwatch mode battery life: up to 16 days (gesture)/up to 5 days (always-on)

- GPS mode battery life: up to 42 hours (gesture)/up to 30 hours (always-on)
- Train your way with built-in sports apps for all the ways you move, performance metrics and Garmin Coach adaptable training plans
- Multi-band GNSS technology delivers better, more accurate positioning in challenging environments
- Download TopoActive mapping via Wi-Fi connectivity, or get it preloaded on Sapphire editions
- Take on the slopes with preloaded SkiView maps for 2,000 worldwide ski resorts
- Golf with CourseView maps for more than 42,000 golf courses
- Navigate with added map themes and navigation sensors
- 24/7 health and wellness monitoring features deliver estimates for Pulse Ox, heart rate, respiration, stress and advanced sleep monitoring (this device is intended to be an estimation of your activity and metrics; it is not a medical device)



The Garmin epix Gen 2 smartwatch showing its intuitive menu with a selection of built-in sports applications, highlighting its versatility for various activities.

Setup

Before using your Garmin epix Gen 2, ensure it is fully charged. 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. The watch will display a charging indicator. Once charged, power on the device by pressing and holding the LIGHT button. Follow the on-screen prompts to select your language, pair with your smartphone via the Garmin Connect app, and set up initial preferences.



Left side view of the Garmin epix Gen 2, illustrating the physical buttons used for navigation and control, designed for easy access during activities.

Operating Your epix Gen 2

The epix Gen 2 features a responsive touchscreen and five physical buttons for navigation. The AMOLED display provides vibrant colors and sharp clarity, making it easy to view data in various lighting conditions. Swipe the touchscreen to scroll through widgets and data screens. Use the buttons for quick access to functions, starting/stopping activities, and confirming selections. The LIGHT button (top left) controls the backlight and powers the device on/off. The UP/MENU and DOWN buttons (left side) navigate menus and data screens. The START/STOP button (top right) starts and stops

activities and confirms selections. The BACK/LAP button (bottom right) returns to the previous screen or records a lap during an activity.



A close-up of the Garmin epix Gen 2 smartwatch, featuring a customizable watch face that shows the current time, date, and key daily activity statistics.

Health and Wellness Monitoring

The epix Gen 2 offers comprehensive 24/7 health and wellness monitoring. It provides estimates for Pulse Ox (blood oxygen saturation), wrist-based heart rate, respiration rate, and stress levels. Advanced sleep monitoring tracks your sleep stages and provides a sleep score. The Body Battery™ energy monitor uses heart rate variability, stress, and activity data to show your energy reserves throughout the day, helping you optimize rest and activity. These features are designed to provide insights into your overall well-being and are not intended for medical diagnosis or treatment.



The Garmin epix Gen 2 worn on a wrist, demonstrating its health and wellness monitoring capabilities with a display of heart rate and blood oxygen levels.

Sports Apps and Training

With over 30 built-in sports apps, the epix Gen 2 supports a wide range of activities including running, cycling, swimming, hiking, golf, and more. Access performance metrics such as VO2 Max, Real-Time Stamina, and Recovery Time to optimize your training. The watch also offers daily workout suggestions and integrates with Garmin Coach for adaptive training plans tailored to your goals. Animated workouts for cardio, strength, yoga, and Pilates are available directly on your wrist, with additional options downloadable via Garmin Connect.



A user wearing the Garmin epix Gen 2 during an outdoor activity, with the watch screen showing performance metrics relevant to their workout.

Navigation and Mapping

The epix Gen 2 provides robust navigation features for outdoor adventures. It supports multi-band GNSS (GPS, GLONASS, and Galileo) for superior positioning accuracy, even in challenging environments. Preloaded TopoActive maps are available on Sapphire editions, or can be downloaded via Wi-Fi connectivity for other models. The watch also includes preloaded SkiView maps for 2,000 worldwide ski resorts and CourseView maps for over 42,000 golf courses. ABC sensors (altimeter, barometer, and 3-axis electronic compass) further enhance navigation capabilities.

The Garmin epix Gen 2 showcasing its advanced mapping features, displaying a detailed topographical map for outdoor navigation and exploration.

Maintenance

To ensure the longevity and optimal performance of your Garmin epix Gen 2, regular maintenance is recommended. Clean the watch and strap regularly with a damp cloth and mild soap, then rinse thoroughly with water. Avoid using harsh chemicals or abrasive cleaners. After swimming or sweating, rinse the watch with fresh water. Ensure the charging contacts on the back of the watch are clean and dry before charging to prevent corrosion. Store the watch in a cool, dry place when not in use.

Troubleshooting

- **Watch not turning on:** Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30 minutes.
- **GPS not acquiring signal:** Move to an open outdoor area away from tall buildings and dense trees. Ensure GPS is enabled in the activity settings.
- **Heart rate sensor not reading:** Ensure the watch is worn snugly on your wrist, one finger-width above your wrist bone. Clean the sensor on the back of the watch.
- **Bluetooth connectivity issues:** Ensure Bluetooth is enabled on both your watch and smartphone. Try restarting both devices and re-pairing them through the Garmin Connect app.
- **Screen unresponsive:** Perform a soft reset by holding down the LIGHT button until the watch powers off, then power it back on.

Specifications

Feature	Detail
Product Dimensions	1.85 x 1.85 x 0.57 inches
Item Weight	2.72 ounces (0.17 Pounds)
Item Model Number	010-02582-20
Batteries	1 CR5 batteries required. (included)
Standing Screen Display Size	1.3 Inches
Memory Storage Capacity	32 GB
RAM Memory Installed Size	16 GB
Operating System	Android
Connectivity Technology	Bluetooth, USB
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium Polymer
GPS	GPS Enabled
Shape	Round
Manufacturer	Garmin

Date First Available	January 18, 2022

What's in the Box

- epix™ (Gen 2) watch
- Charging/data cable
- Documentation

Warranty and Support

Your Garmin epix Gen 2 is covered by a standard manufacturer's warranty. For detailed warranty information, please refer to the documentation included in your product packaging or visit the official Garmin website. For additional support, frequently asked questions, and software updates, please visit the Garmin support page or refer to the comprehensive User Manual (PDF).

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