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Garmin 010-02641-21

Garmin Forerunner® 255 Music User Manual

Model: 010-02641-21

1. Product Overview

The Garmin Forerunner® 255 Music is a GPS running smartwatch designed to enhance your training and recovery. It offers advanced insights, long-lasting battery life, and music storage capabilities. This manual provides essential information for setting up, operating, and maintaining your device.

Key Features:

- Slim design with an always-on, full-color display, easy to read in direct sunlight.
- Up to 14 days of battery life in smartwatch mode and up to 30 hours in GPS mode.
- Download up to 500 songs from Spotify, Amazon Music, or Deezer for phone-free listening.
- Morning report summarizes sleep, HRV status, and daily workout suggestions.
- Race widget for planning race-day strategy with training tips and completion time predictions.
- Daily suggested workouts that adapt to performance and recovery.
- HRV status tracks heart rate variability for overall wellness and training performance insights.
- Free adaptive training plans from Garmin Coach for various race distances.
- Evaluates training status to indicate undertraining or overdoing it, with recovery time features.
- Wrist-based running power measurement (with accessory, sold separately).

2. Setup

2.1 Charging the Device

Before first use, fully charge your Garmin Forerunner 255 Music. Connect the charging cable to the charging port on the back of the watch and plug the USB end into a power source. A full charge typically takes approximately 2 hours.



The Garmin Forerunner 255 Music smartwatch, showcasing its vibrant display with running data, including distance, time, and VO2 Max.

2.2 Initial Device Setup

1. **Power On:** Press and hold the LIGHT button (top left) until the screen turns on.
2. **Language Selection:** Follow the on-screen prompts to select your preferred language.
3. **Pairing with Garmin Connect App:** Download the Garmin Connect app on your smartphone. Open the app,

create an account or log in, and follow the instructions to pair your Forerunner 255 Music. This enables data synchronization, smart notifications, and more.

4. **Personal Information:** Enter your personal data (age, weight, height, gender) for accurate activity tracking and calorie calculation.

3. Operating Instructions

3.1 Button Functions

Button	Function (Short Press)	Function (Long Press)
LIGHT	Turn backlight on/off.	Turn device on/off, access controls menu.
UP	Scroll through widgets, data screens, and menu options.	Access menu.
DOWN	Scroll through widgets, data screens, and menu options.	Control music playback.
START/STOP	Select an option or start/stop an activity.	View activity list.
BACK	Return to the previous screen.	View watch face.

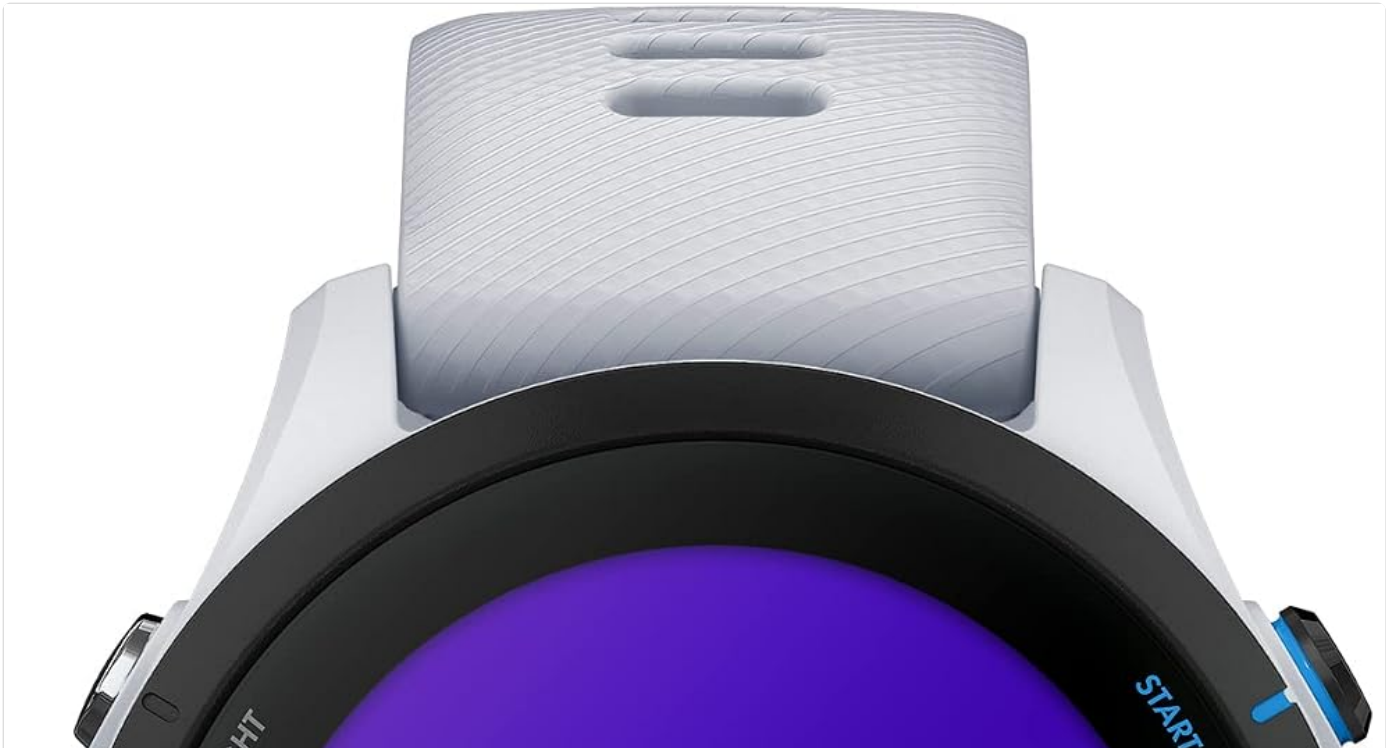
3.2 Navigation

Navigate through the watch's features using the UP and DOWN buttons. Press START/STOP to select an option or begin an activity. Use the BACK button to return to the previous screen or the watch face.

4. Features and Functions

4.1 Music Storage and Playback

The Forerunner 255 Music allows you to store up to 500 songs directly on your watch. You can download playlists from supported streaming services like Spotify, Amazon Music, or Deezer (subscription may be required). Connect your wireless headphones for phone-free listening during your activities.





The watch screen displaying the Amazon Music logo, indicating its music playback capabilities.

4.2 Extended Battery Life

Experience prolonged usage with the Forerunner 255 Music's efficient battery. It provides up to 14 days of battery life in smartwatch mode and up to 30 hours in GPS mode, ensuring your device is ready for long training sessions.



Charge less, train more with up to 14 days of battery life in smartwatch mode and up to 30 hours in GPS mode.

The Forerunner 255 Music offers extended battery life, allowing up to 14 days in smartwatch mode and up to 30 hours in GPS mode, minimizing charging frequency.

4.3 Morning Report and HRV Status

Upon waking, receive a comprehensive morning report that summarizes your sleep quality, Heart Rate Variability (HRV) status, and daily workout suggestions. HRV status provides deeper insights into your overall wellness, recovery, and training performance.



Get an overview of your sleep, HRV status and daily workout suggestion with morning report.

The data and information provided by these devices is intended to be a close estimation of your activity and metrics tracked but may not be precisely accurate.

Receive a comprehensive morning report summarizing your sleep quality, HRV status, and daily workout suggestions upon waking.

4.4 Garmin Pay™ Contactless Payments

Utilize Garmin Pay™ for convenient contactless payments directly from your wrist. This feature allows you to make purchases without needing your phone or wallet, ideal for post-workout refreshments.



Pay for your post-workout coffee with Garmin Pay™ contactless payments[1] — and listen to your music on the go.

[1]Requires supported country payment and issuing bank

Utilize Garmin Pay™ for convenient contactless payments directly from your wrist, allowing for phone-free purchases after workouts.

4.5 Race Widget and Training Plans

The race widget assists in planning your race-day strategy by providing training tips, personalized daily suggested workouts, and completion time predictions based on course details and performance. You can also access free adaptive training plans from Garmin Coach for various race distances.



Plan your strategy with daily suggested workouts, course details and more on the race widget.

The race widget assists in planning your race-day strategy by providing training tips, personalized daily suggested workouts, and completion time predictions based on course details and performance.

4.6 Advanced Activity Tracking

The watch offers over 30 built-in activity profiles, including triathlon, cycling, and swimming. It evaluates your current training status, provides recovery time recommendations, tracks Body Battery energy levels, and offers improved sleep monitoring with a sleep score. Multi-band GNSS with SatIQ technology ensures superior positioning accuracy for all your outdoor activities.

5. Maintenance

5.1 Cleaning the Device

Regularly clean your Forerunner 255 Music to ensure optimal performance and prevent skin irritation. Wipe the device with a soft, damp cloth. For stubborn dirt, use a mild soap solution and rinse thoroughly. Avoid harsh chemicals or abrasive materials.

5.2 Battery Care

To prolong battery life, avoid exposing the device to extreme temperatures. Charge the device fully before long periods of inactivity. If storing for an extended time, charge it to about 50% to prevent deep discharge.

6. Troubleshooting

6.1 Device Not Turning On

- Ensure the device is fully charged. Connect it to a power source and allow it to charge for at least 30 minutes.
- Perform a soft reset by holding the LIGHT button for 15 seconds.

6.2 GPS Signal Issues

- Ensure you are in an open area with a clear view of the sky.
- Sync your device with the Garmin Connect app to update satellite data (EPO file).

6.3 Bluetooth Connectivity Problems

- Ensure Bluetooth is enabled on both your watch and smartphone.
- Restart both devices.
- Remove the device from the Garmin Connect app and your phone's Bluetooth settings, then re-pair.

7. Specifications

Attribute	Detail
Product Dimensions	1.8 x 1.8 x 0.5 inches
Item Weight	1.7 ounces
ASIN	B09WT93HQY
Item Model Number	010-02641-21
Batteries	1 Lithium Ion batteries required (included)
Standing Screen Display Size	1.3 Inches
Memory Storage Capacity	4 GB
Operating System	Android
Battery Capacity	223 Milliamp Hours
Connectivity Technology	Bluetooth, USB
Wireless Communication Standard	Bluetooth
GPS	Built-in GPS
Manufacturer	Garmin

Attribute	Detail
First Available	June 1, 2022

8. Warranty and Support

For detailed warranty information, product registration, and technical support, please visit the official Garmin support website. You can also refer to the comprehensive user manual provided by the manufacturer.

Official User Manual (PDF): Download Here

Manufacturer: Garmin

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Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question