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Garmin 010-02641-01

Garmin Forerunner® 255 Smartwatch User Manual

Brand: Garmin

Model: 010-02641-01

1. Product Overview

The Garmin Forerunner® 255 is a GPS running smartwatch designed to enhance your training and recovery. It offers advanced insights, long-lasting battery life, and a suite of features tailored for athletes. This manual provides comprehensive instructions for setup, operation, and maintenance of your device.



Figure 1: Front view of the Garmin Forerunner 255 Smartwatch in Tidal Blue.

2. What's in the Box

- Forerunner 255/255s Smartwatch
- Charging/data Cable
- Documentation (Quick Start Guide)

3. Setup

3.1 Charging the Device

Before initial use, fully charge your Forerunner 255. Connect the charging/data cable to the charging port on the back of the watch and plug the USB end into a power source. A full charge provides up to 14 days of battery life in smartwatch mode and up to 30 hours in GPS mode.



Figure 2: The Forerunner 255 display indicating battery life.

3.2 Pairing with Your Smartphone

To unlock the full potential of your Forerunner 255, pair it with the Garmin Connect™ smartphone app. Download the app from your device's app store, create an account, and follow the on-screen instructions to pair your watch. This enables smart notifications, data syncing, and access to advanced features.

4. Operating the Device

4.1 Button Functions

Button	Function
LIGHT (Top Left)	Press to turn the backlight on/off. Hold to view the controls menu.
UP (Middle Left)	Press to scroll through glances and menu options. Hold to view the menu.
DOWN (Bottom Left)	Press to scroll through glances and menu options. Hold to control music.
START/STOP (Top Right)	Press to select an option or start/stop an activity. Hold to view the controls menu.
BACK (Bottom Right)	Press to return to the previous screen. Hold to view the watch face.

4.2 Basic Navigation

From the watch face, use the UP and DOWN buttons to scroll through various glances, which provide quick access to health stats, notifications, and more. Press START/STOP to select an option or begin an activity. Use the BACK button to return to the previous screen.

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5. Key Features

5.1 Morning Report

Receive an overview of your sleep, HRV status, and daily workout suggestion as soon as you wake up. You can customize your report to show you what you want to see.

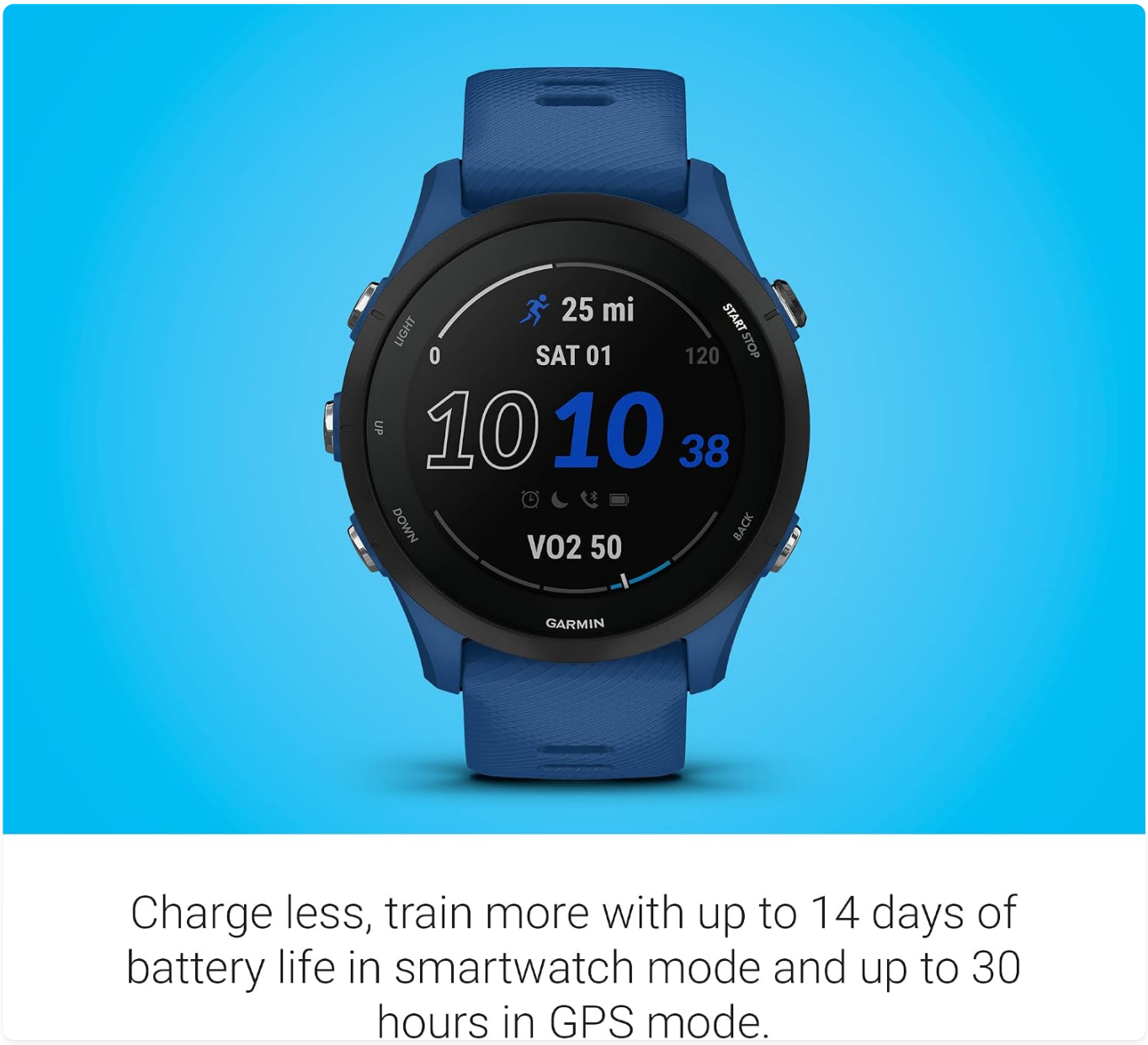

Figure 3: Morning Report display on the Forerunner 255.

5.2 HRV Status

Gain a deeper understanding of your overall health, recovery, and training performance through heart rate variability while you sleep. This feature is based on technology developed by Firstbeat Analytics™.

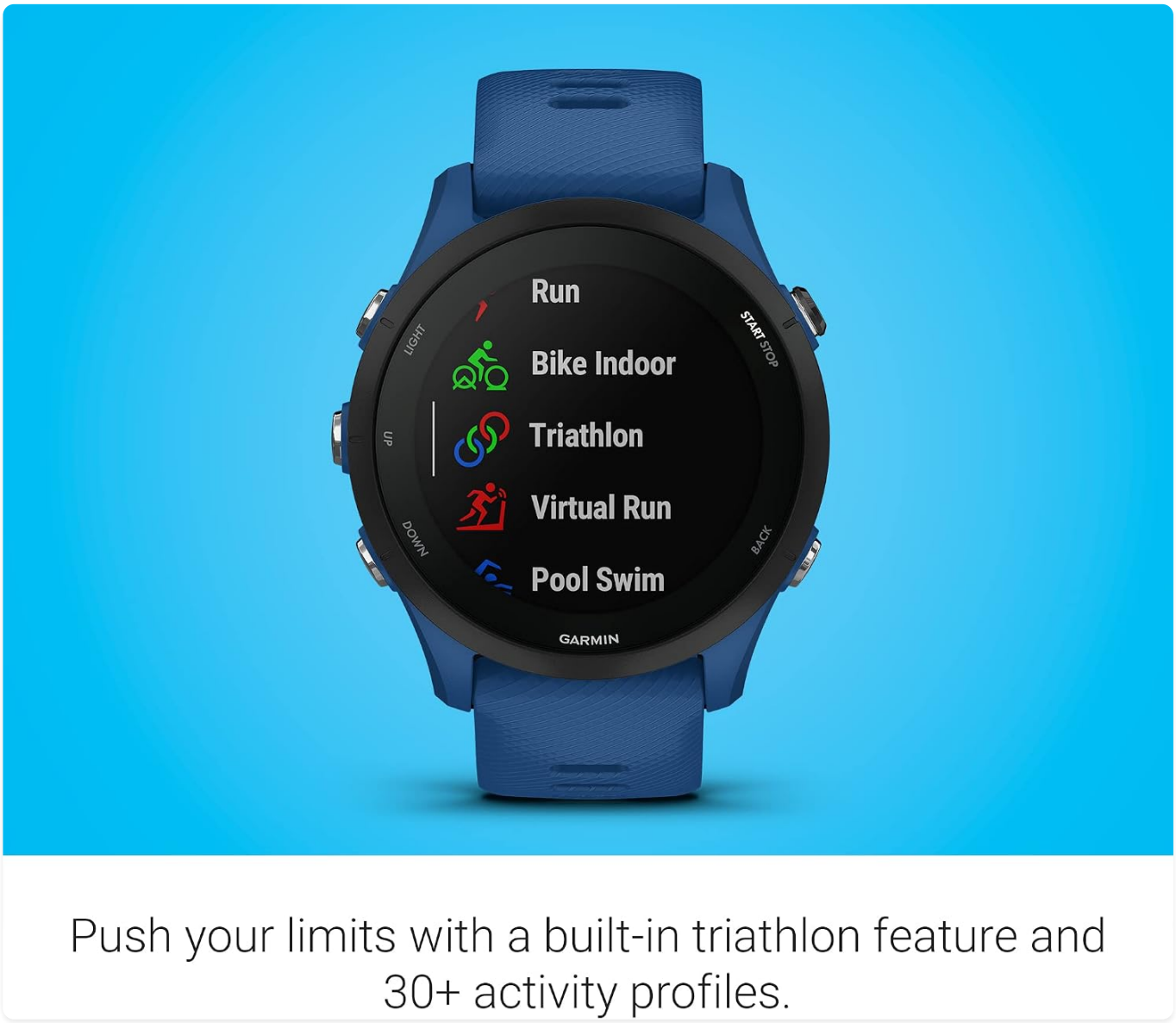

Figure 4: HRV Status display on the Forerunner 255.

5.3 Built-in Sports Apps

Tap into 30+ built-in activities, including triathlon, cycling, swimming, and more. New to the Forerunner 255 series are open-water swimming profiles. For races and brick workouts, transition to the next activity with a single button press.

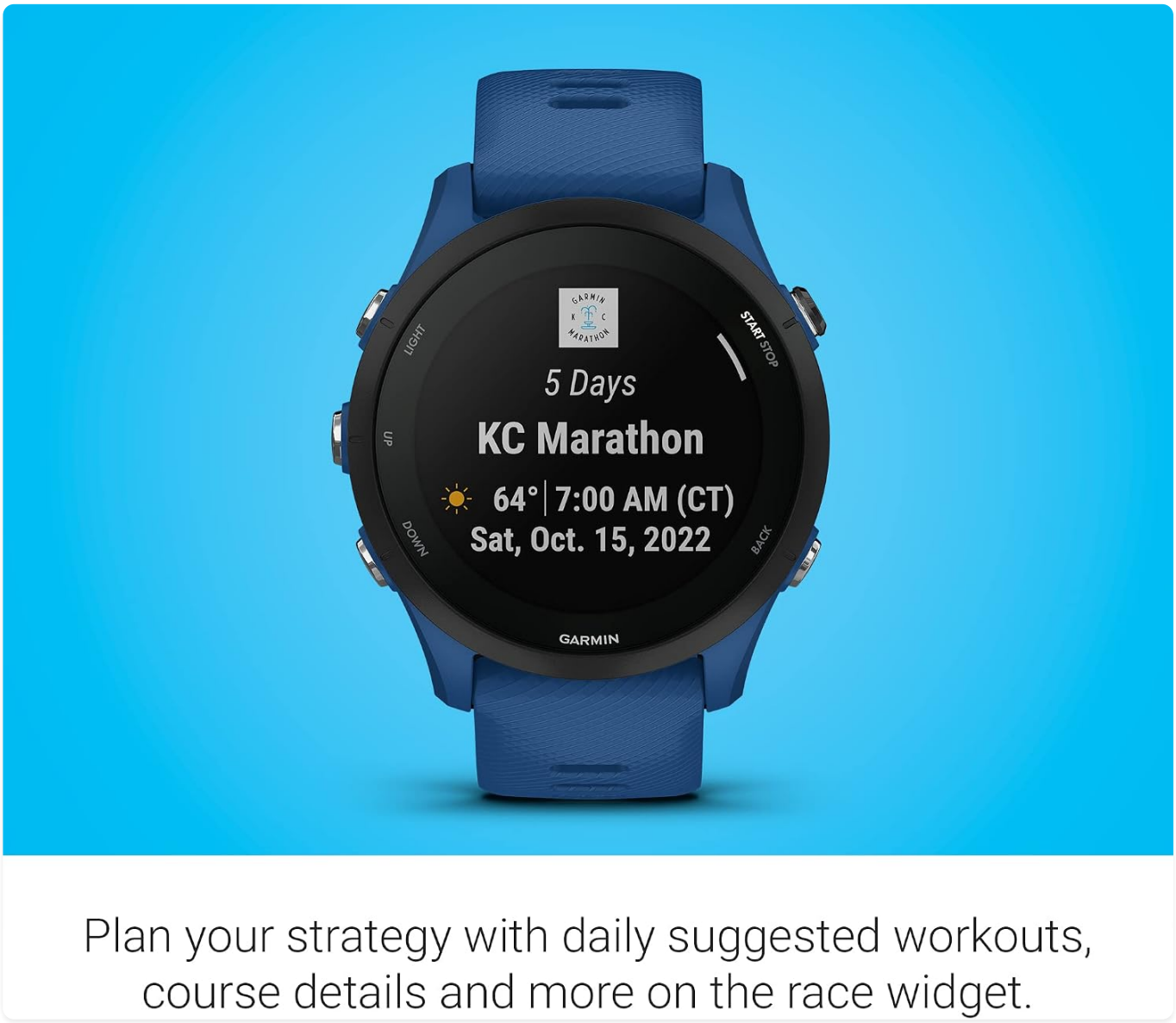

Figure 5: Activity profiles available on the Forerunner 255.

5.4 Race Widget

Get ready for your next race with training tips, personalized daily suggested workouts, and completion time predictions based on course details, weather, and performance.

5.5 Garmin Coach

Train for an event, achieve a milestone, or improve your fitness with Garmin Coach training plans for runners, available through the Garmin Connect smartphone app.

5.6 Wrist-based Heart Rate

The watch constantly samples your heart rate with its latest-generation heart rate sensor and will alert you if it stays too high or too low while you're at rest. It also helps gauge how hard you work during activities, even while swimming.

5.7 Body Battery™ Energy Monitoring

Track your body's energy levels and get recommendations for activity and rest. This feature helps you understand when you're ready for a workout or when you need to recover.

5.8 Improved Sleep Monitoring and Sleep Score

Understand how your body is recovering with improved sleep monitoring. After waking up, you'll receive a sleep score, as well as a breakdown of your sleep stages, Pulse Ox, and respiration, alongside detailed insights for improved sleep quality.

5.9 Recovery Time

Know how long to recover before your next high-effort workout based on your latest training, overall stress, sleep, and daily activities outside of workouts.

5.10 Women's Health Tracking

Use the Garmin Connect app to track your menstrual cycle or pregnancy. Log symptoms, get exercise and nutrition education, and more. Even see and log details on your wrist with the Women's Health Tracking app.

5.11 Training Status

Using new indicators such as HRV status, your recent exercise history, and performance, get an easy insight into your overall effort and whether you're training productively, peaking, or strained.

5.12 SatIQ™ Technology

Multi-band GNSS with SatIQ technology ensures superior positioning accuracy in any environment while also optimizing the device's battery life.

5.13 Garmin Pay™ Contactless Payments

Breeze through checkout lines with Garmin Pay contactless payments through participating providers.

5.14 Smart Notifications

Receive emails, texts, and alerts right on your watch when paired with your Apple or Android smartphone. You can even respond to texts if you have an Android phone.

5.15 Safety and Tracking Features

If you feel unsafe or if your watch senses that an incident occurred, the Assistance and incident detection features send a message with your location to emergency contacts. Incident detection is enabled by default for select activity profiles only.

5.16 LiveTrack Monitoring

Let friends and family follow your real-time location and even view your entire preplanned course. Rest assured that your loved ones know exactly where you're running.

5.17 Garmin Connect App

See your health and fitness information, connect and compete with friends, sign up for challenges to earn badges and more – all in one free, zero-subscription app.

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6. Maintenance

6.1 Device Care

Regularly clean your watch and band to prevent buildup of sweat and other residues. Rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Allow the device to dry completely after cleaning.

6.2 Storage

When storing the device for an extended period, keep it within the specified temperature range (from -20º to 50ºC or from -4º to 122ºF). Charge the device to 50% before storing it for long periods to maximize battery life.

7. Troubleshooting

7.1 Common Issues

- **Watch not turning on:** Ensure the device is fully charged.
- **GPS not acquiring signal:** Ensure you are in an open area with a clear view of the sky. Sync with Garmin Connect to update satellite data.
- **Heart rate not accurate:** Ensure the watch is worn snugly on your wrist, above the wrist bone. Clean the sensor regularly.
- **Connectivity issues:** Ensure Bluetooth is enabled on your phone and watch. Try restarting both devices.

7.2 Factory Reset

If issues persist, you may need to perform a factory reset. Refer to the full user manual (PDF) for detailed instructions on performing a factory reset, as this will erase all user data.

8. Specifications

Feature	Detail
Product Dimensions	1.8 x 1.8 x 0.5 inches
Item Weight	1.7 ounces
Item Model Number	010-02641-01
Batteries	1 Lithium Ion batteries required (included)
Standing Screen Display Size	1.3 Inches
Memory Storage Capacity	4 GB
Operating System	Garmin OS
Special Feature	GPS
Connectivity Technology	Bluetooth, USB
Wireless Communication Standard	Bluetooth
Battery Cell Composition	Lithium Ion
GPS	GPS Enabled
Shape	Round
Screen Size	1.3 Inches

9. Support & Warranty

For detailed information, refer to the official User Manual (PDF) available at:Garmin Forerunner 255 User Manual PDF.

For warranty information and further support, please visit the official Garmin website or contact Garmin customer service.

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