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Garmin 010-02754-00

Garmin Enduro 2 Ultraperformance GPS Watch User Manual

Comprehensive instructions for setup, operation, and maintenance of your Garmin Enduro 2 multisport GPS watch.

1. Introduction

The Garmin Enduro 2 is an ultraperformance multisport GPS watch designed for extended use in demanding environments. It features solar charging for prolonged battery life, advanced GPS technology, preloaded maps, and a suite of performance metrics to support your training and activities.

This manual provides essential information to help you set up, operate, and maintain your Enduro 2 watch, ensuring optimal performance and longevity.



Image: The Garmin Enduro 2 watch showcasing its versatile display capabilities, including navigation, performance data, and general activity tracking.

2. Setup

2.1 What's in the Box

Your Garmin Enduro 2 package includes:

- Enduro 2 Carbon gray DLC titanium watch with black UltraFit nylon strap
- Black silicone watch band
- Charging/data cable

- Documentation (this manual and other guides)

2.2 Initial Charging

Before first use, fully charge your Enduro 2 watch. Connect the charging/data cable to the watch and a USB power source. The watch display will indicate charging status.

2.3 Powering On and Initial Configuration

Press and hold the **LIGHT** button to power on the watch. Follow the on-screen prompts to configure initial settings such as language, time, and user profile. For advanced features and data synchronization, pair your watch with the Garmin Connect app on your smartphone.

3. Operation

3.1 Controls and Interface

The Enduro 2 features both traditional button controls and a responsive touchscreen interface. You can customize when the touchscreen is active (e.g., during activities or general use).

- **LIGHT** button: Press to turn on/off backlight, hold to power on/off or access controls menu.
- **UP-MENU** button: Press to scroll up, hold to access the main menu.
- **DOWN** button: Press to scroll down.
- **START-STOP** button: Press to start/stop activities, select options.
- **BACK-LAP** button: Press to return to previous screen, hold to mark a lap during an activity.

3.2 Solar Charging

The 1.4-inch Power Sapphire lens harvests solar energy to extend battery life. Exposure to sunlight contributes to the watch's operational time, especially in GPS mode. The watch can achieve up to 150 hours in GPS mode with sufficient solar charging (assuming continuous use in 50,000 lux conditions).



Solar charging provides up to 150 hours battery life in GPS mode[1] to help you outlast your next ultra race.

[1]Assumes continuous use for entire period in 50,000 lux conditions

Image: Watch display showing solar intensity and estimated battery life, indicating the effectiveness of solar charging.

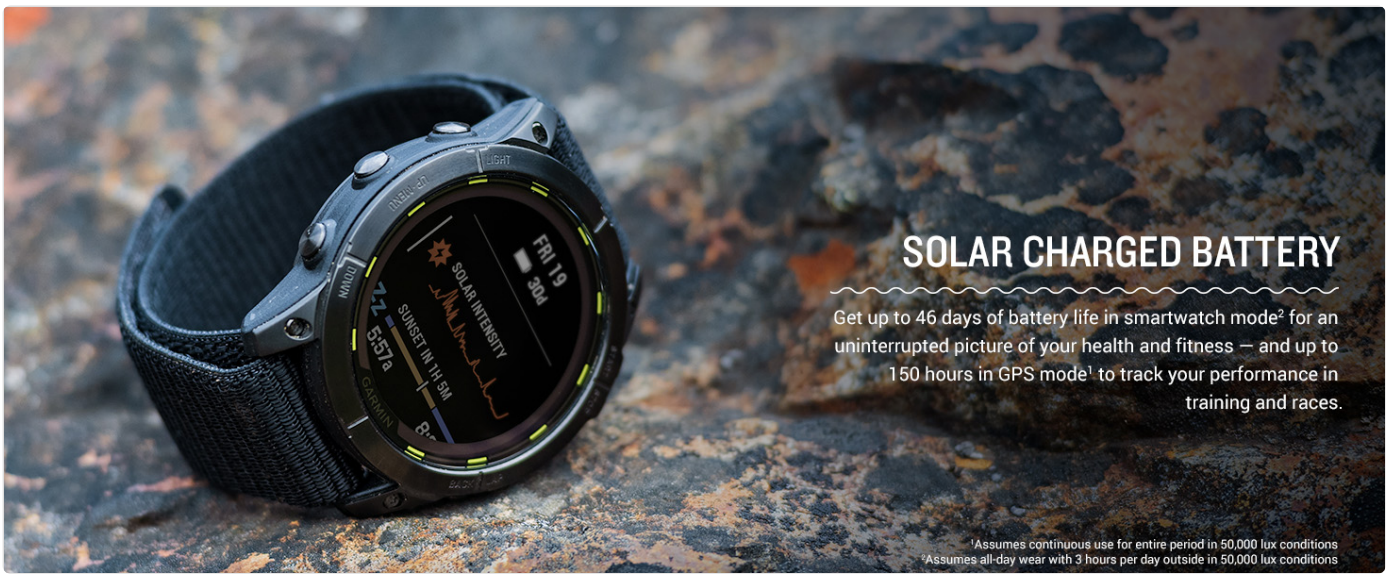


Image: The Enduro 2 watch on a wrist, illustrating its solar charging feature in an outdoor setting.

3.3 GPS and Navigation

The Enduro 2 utilizes SatIQ™ technology in AutoSelect mode to optimize GPS battery life without compromising positional accuracy. Preloaded TopoActive and ski maps assist with navigation.

- **NextFork™ Map Guide:** This feature displays the distance to the next trail intersection and the name of the upcoming trail.
- **Up Ahead:** Provides awareness for selected Points of Interest (POIs) checkpoints, performance metrics, split times, and distance/elevation data.

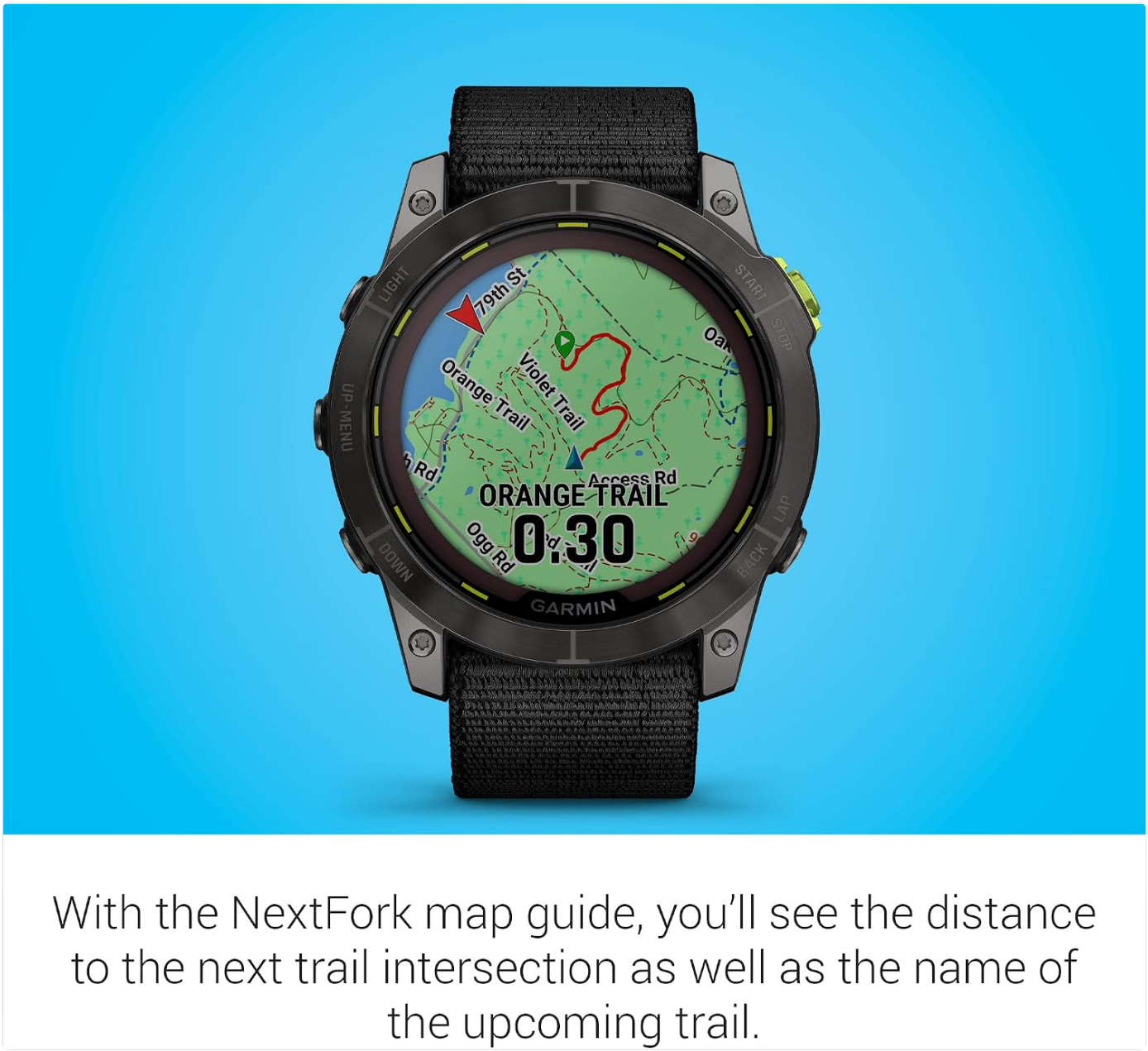


Image: Watch display showing a map with trail details and the NextFork map guide in action.



Image: A user interacting with the NextFork map guide feature on the Enduro 2 watch.

3.4 Sports Apps and Performance Metrics

The watch includes a variety of built-in sports apps for activities such as trail running, swimming, running, hiking, rowing, skiing, golfing, surfing, and indoor climbing. Advanced performance metrics help optimize training.

- **Trail Run VO2 Max:** Estimates cardiovascular fitness for trail runners, adjusting for varying terrain.
- **Ultrarun Activity:** Features a rest timer to log breaks during ultra runs.
- **Adventure Racing App:** An approved app for adventure racing, recording GPS data, heart rate, elevation, and segment times.
- **ClimbPro Feature:** Ascent planner for downloaded courses, providing real-time information on climbs, descents, and flats.
- **PacePro Technology:** Offers grade-adjusted guidance to maintain pace during a course.
- **Grade-Adjusted Pace:** Helps understand how to adjust pace over varying terrain.
- **Recovery Time Advisor:** Estimates recovery time needed before the next hard workout, considering training intensity, stress, daily activity, and sleep.
- **Daily Workout Suggestions:** Provides daily run and ride recommendations based on current training load and status.



Image: Watch display showing the selection menu for various built-in sports applications.



Image: Watch display showing detailed performance metrics, including grade-adjusted pace and ascent data.

3.5 Health and Wellness Monitoring

- **Sleep Score and Advanced Sleep Monitoring:** Provides a breakdown of light, deep, and REM sleep stages, along with a sleep score and insights.
- **Body Battery™ Energy Monitoring:** Optimizes energy reserves using heart rate variability, stress, sleep, and other data to indicate readiness for activity or rest.
- **Heat and Altitude Acclimation:** Monitors how your body adapts to different environments when paired with a compatible smartphone.

3.6 Smart Features

- **Smart Notifications:** Receive emails, texts, and alerts directly on your watch when paired with a compatible device.
- **Garmin Pay™ Contactless Payments:** Allows for quick, contactless payments through participating providers.
- **Built-in LED Flashlight:** A superbright LED flashlight offers variable intensities, a strobe that matches running cadence, and a red safety light mode for night running.



Image: Watch display showing the flashlight feature, indicating its activation and battery status.

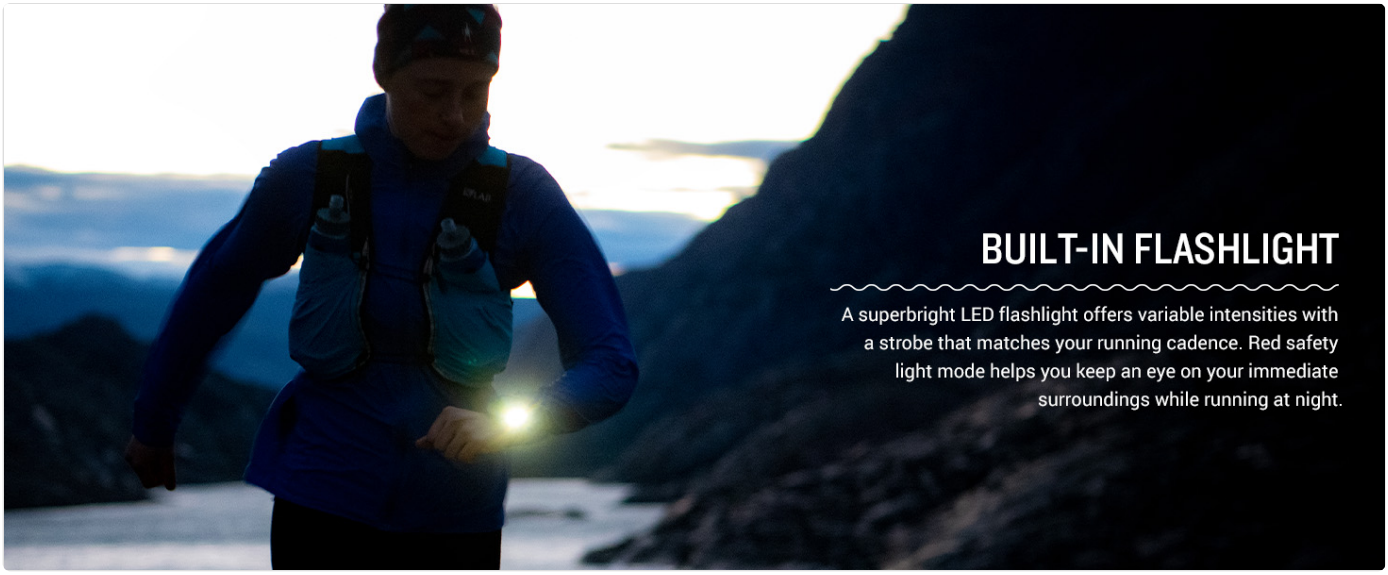


Image: A runner utilizing the Enduro 2's integrated LED flashlight during a night activity.

4. Maintenance

4.1 Cleaning the Device

Regularly clean your watch and straps to prevent buildup of sweat and other residues. Rinse the watch with fresh water after exposure to chlorine or saltwater. Use a soft, lint-free cloth to wipe the screen and case. For straps, follow manufacturer guidelines for cleaning based on material (nylon or silicone).

4.2 Storage

Store the device in a cool, dry place away from direct sunlight and extreme temperatures. If storing for an extended period, ensure the battery is partially charged to maintain its health.

5. Troubleshooting

If you encounter issues with your Garmin Enduro 2, consider the following basic troubleshooting steps:

- **Device Not Responding:** Try restarting the device by holding the LIGHT button until it powers off, then power it back on.
- **Charging Issues:** Ensure the charging cable is securely connected to both the watch and the power source. Verify the power source is functional. Clean the charging contacts on the watch.
- **GPS Inaccuracy:** Ensure you are in an open area with a clear view of the sky. Allow the watch sufficient time to acquire satellite signals. Update the watch software via Garmin Connect.
- **Connectivity Problems (Bluetooth):** Ensure Bluetooth is enabled on both your watch and smartphone. Try unpairing and re-pairing the devices through the Garmin Connect app.
- **Software Updates:** Regularly check for and install software updates via the Garmin Connect app or Garmin Express on your computer. Updates often resolve known issues and improve performance.

For more detailed troubleshooting or persistent issues, refer to the official Garmin support website or contact Garmin customer service.

6. Specifications

Garmin Enduro 2 Key Specifications

Feature	Detail
Model Number	010-02754-00
Product Dimensions	2.01 x 2.01 x 0.61 inches
Item Weight	2.47 ounces (70 Grams)
Display Size	1.4 Inches
Display Resolution	240 x 240 pixels
Memory Storage Capacity	32 GB
Battery Type	1 Lithium Ion battery (included), Lithium Polymer composition
Battery Capacity	4 Milliamp Hours
Operating System Compatibility	Android & iOS

Feature	Detail
Connectivity Technologies	Bluetooth, USB
GPS	GPS Enabled (with SatIQ™ technology)
Human Interface Input	Buttons, Touchscreen
Color	Black (Carbon gray DLC titanium)
Water Resistance	Tested to U.S. military standards for thermal, shock and water resistance

7. Warranty Information

The Garmin Enduro 2 watch is covered by a standard manufacturer's warranty. For specific details regarding warranty duration, coverage, and claims process, please refer to the warranty documentation included with your product or visit the official Garmin support website.
Protection plans may also be available for purchase separately to extend coverage beyond the standard manufacturer's warranty.

8. Customer Support

For further assistance, product registration, software updates, or to access additional resources, please visit the official Garmin support website:

Garmin Support Website

You can also visit the Garmin Store for more product information and accessories:

Garmin Store on Amazon

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