

Manuals.plus /

- › Garmin /
- › Garmin Forerunner 955 Solar Smartwatch User Manual

## Garmin Forerunner 955 Solar

# Garmin Forerunner 955 Solar Smartwatch User Manual

Model: Forerunner 955 Solar

## 1. INTRODUCTION

---

This manual provides essential information for the proper setup, operation, and maintenance of your Garmin Forerunner 955 Solar GPS Running Smartwatch. Please read these instructions carefully to ensure optimal performance and longevity of your device.

**Legal Disclaimer: This device is not a medical device and is not intended for use in the diagnosis or monitoring of any medical condition. Refer to [Garmin.com/ataccuracy](https://www.garmin.com/ataccuracy) for more information.**

## 2. WHAT'S IN THE BOX

---

Verify that all items are present in your product packaging:

- 1x Garmin Forerunner 955 Solar Smartwatch (Whitestone)
- 1x Power/Data Cable
- 1x Wearable4U White EarBuds (bundled item)



Image: Contents of the Garmin Forerunner 955 Solar package, including the smartwatch, charging cable, and Wearable4U earbuds.

## 3. SETUP

### 3.1 Initial Charging

1. Connect the Power/Data Cable to the charging port on the back of your Forerunner 955 Solar smartwatch.
2. Plug the other end of the cable into a USB power source (e.g., computer USB port, USB wall adapter).
3. Allow the device to charge fully before first use. A full charge typically takes approximately one hour.

### 3.2 Powering On/Off

- **To Power On:** Press and hold the **LIGHT** button (top left) until the Garmin logo appears.
- **To Power Off:** Press and hold the **LIGHT** button, then select **Power Off** from the menu.

### 3.3 Smartphone Pairing

To unlock the full features of your smartwatch, pair it with your smartphone using the Garmin Connect app.

1. Download the Garmin Connect app from your smartphone's app store.
2. Open the Garmin Connect app and follow the on-screen instructions to create an account or log in.
3. Place your smartwatch near your smartphone.
4. In the Garmin Connect app, select **Add Device** and choose your Forerunner 955 Solar.
5. Follow the prompts on both your watch and phone to complete the pairing process.



Image: The Garmin Forerunner 955 Solar displaying an incoming phone call, illustrating its smartphone connectivity.

## 4. OPERATING INSTRUCTIONS

### 4.1 Basic Navigation and Controls

The Forerunner 955 Solar features an AMOLED touchscreen display and five physical buttons for navigation:

- **LIGHT (Top Left):** Press to turn on/off backlight; hold to power on/off or access controls menu.
- **UP (Middle Left):** Press to scroll up through menus and widgets; hold to access menu options.
- **DOWN (Bottom Left):** Press to scroll down through menus and widgets; hold to control music.
- **START/STOP (Top Right):** Press to start/stop an activity or select an option; hold to view activity list.
- **BACK/LAP (Bottom Right):** Press to return to the previous screen or record a lap during an activity; hold to view watch face.

### 4.2 Activity Tracking and Training Features

The smartwatch offers extensive features for tracking and improving your performance:

- **GPS Tracking:** Utilizes multi-band GPS and full-color, built-in maps for accurate route tracking and navigation. Dynamic round-trip routing is available.
- **Running Dynamics:** Provides wrist-based metrics including cadence, stride length, and ground contact time.
- **Running Power:** Measures the power applied to the ground during runs for effort management.
- **Running Economy:** Assesses overall energy efficiency during runs (requires HRM 600 monitor, sold separately).
- **Running Tolerance:** Helps understand the impact of running on your body to adjust training.
- **Garmin Coach:** Offers adaptive training plans for running, triathlon, cycling, and strength, personalized

to your performance and recovery.

- **Multisport Profiles:** Automatically detects sport changes for triathlons, duathlons, and brick workouts.
- **Daily Suggested Workouts:** Provides personalized workout recommendations that adapt to your performance.



Image: The Garmin Forerunner 955 Solar displaying a detailed map with a highlighted running route and distance information.

## RUNNING TOLERANCE

Better understand the impact each run has on your body, and get a recommended weekly maximum mileage so you can keep training effectively without taking on too much.



Image: The Garmin Forerunner 955 Solar displaying wrist-based running dynamics, including step speed loss, cadence, and ground contact time.

## 4.3 Health and Wellness Monitoring

- **Training Readiness:** A score based on sleep quality, recovery, training load, and HRV status to indicate optimal training days.
- **HRV Status:** Provides insights into overall health, stress, and recovery through heart rate variability during sleep.
- **Evening Report:** A summary of sleep needs, upcoming workouts, weather, and events to prepare for the next day.



Image: The Garmin Forerunner 955 Solar displaying a 'Training Readiness' score of 82, indicating 'High' and 'Well Recovered'.

## 4.4 Communication and Utility

- **Built-in Speaker and Microphone:** Allows for making and taking phone calls directly from your wrist when paired with a smartphone. Supports smartphone voice assistant for text responses.
- **LED Flashlight:** Integrated LED flashlight for enhanced visibility in low-light conditions.



Image: A hand using the built-in LED flashlight feature of the Garmin Forerunner 955 Solar smartwatch in a dark environment.

## 5. MAINTENANCE

---

### 5.1 Charging

To maintain optimal battery life, charge your device regularly. The solar charging capabilities extend battery life but do not eliminate the need for traditional charging.

- Use only the provided Power/Data Cable.
- Avoid exposing the charging port to moisture.
- Battery life can last up to 15 days in smartwatch mode and up to 26 hours in GPS mode, depending on usage and solar exposure.

### 5.2 Cleaning and Care

- Regularly clean the watch and strap with a soft, damp cloth.
- Avoid using harsh chemicals or abrasive materials.
- Rinse the watch with fresh water after exposure to chlorinated or salt water.
- Ensure the charging contacts are clean and dry before charging.

## 6. TROUBLESHOOTING

---

### 6.1 Device Not Responding

- Try performing a soft reset by holding the **LIGHT** button for 15 seconds until the screen turns off. Then, press the **LIGHT** button again to restart.
- Ensure the device is charged. Connect it to the charger for at least 10 minutes.

### 6.2 Pairing Issues

- Ensure Bluetooth is enabled on your smartphone and the smartwatch.
- Restart both your smartphone and the smartwatch.
- Remove the device from the Garmin Connect app and your phone's Bluetooth settings, then attempt to pair again.
- Ensure the Garmin Connect app is up to date.

### 6.3 Inaccurate Data

- For GPS accuracy, ensure you are in an open area with a clear view of the sky.
- For heart rate monitoring, ensure the watch is worn snugly on your wrist, above the wrist bone.
- Calibrate your stride length in the Garmin Connect app for more accurate step counts and distance.

## 7. SPECIFICATIONS

---

Feature	Specification
Item Weight	1.06 pounds
Product Dimensions	1.83 x 1.83 x 0.57 inches
Display Size	1.3 Inches
Screen Type	AMOLED Display
Memory Storage Capacity	32 GB
Battery Life (Smartwatch Mode)	Up to 15 days
Battery Life (GPS Mode)	Up to 26 hours
Connectivity Technology	Bluetooth
Wireless Communication Standard	Bluetooth
GPS	GPS Enabled (Multi-band)
Operating System	Proprietary
Special Features	AMOLED Display, Activity Tracker, Built-in LED Flashlight, Built-in speaker and microphone, Full-color maps with enhanced navigation
Manufacturer	Wearable4U (for bundle) / Garmin (for watch)

## 8. WARRANTY AND SUPPORT

### 8.1 Warranty Information

For detailed warranty information regarding your Garmin Forerunner 955 Solar Smartwatch, please refer to the official Garmin website or the warranty card included with your product. Warranty terms typically cover manufacturing defects for a specified period from the date of purchase.

### 8.2 Customer Support

If you encounter any issues or have questions not covered in this manual, please visit the official Garmin support website for FAQs, troubleshooting guides, and contact information for technical assistance. You can also refer to the Wearable4U store for support related to the bundled earbuds or purchase inquiries.