Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

Garmin 010-02701-00

Garmin Venu® Sq 2 GPS Smartwatch User Manual

Model: 010-02701-00

Introduction

This manual provides comprehensive instructions for the Garmin Venu® Sq 2 GPS Smartwatch. It covers setup, operation, maintenance, and troubleshooting to help you maximize your device's capabilities. The Venu® Sq 2 features a bright AMOLED display, all-day health monitoring, and long-lasting battery life, designed to support your active lifestyle.

Safety Information

Before using your Garmin Venu® Sq 2, please read all safety information and product warnings. Failure to do so could result in injury or property damage. Always consult a medical professional before beginning or modifying any exercise program.

Proposition 65 Warning:
This product can expose you to chemicals which are known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov.

Getting Started

What's in the Box

- Garmin Venu Sq 2 Smartwatch
- Charging/Data Cable
- Documentation (this manual)

Initial Setup

1. **Charge the Device:** Connect the charging/data cable to your Venu Sq 2 and a USB power source. Ensure the device is fully charged before first use.

2. **Power On:** Press and hold the top right button to power on the device.
3. **Pair with Smartphone:** Download the free Garmin Connect™ smartphone app from your device's app store. Follow the on-screen instructions in the app to pair your Venu Sq 2. This enables smart notifications, data sync, and access to additional features.
4. **Personalize Settings:** Customize watch faces, data fields, and user profiles through the Garmin Connect app or directly on the watch.



Figure 1: Garmin Venu Sq 2 Smartwatch with its AMOLED display showing the time and date.

Operating Your Smartwatch

Navigation and Controls

- **Touchscreen:** Swipe up or down to scroll through widgets, notifications, and menus. Tap to select an option.
- **Top Right Button:** Press to open the activity list. Hold to open the controls menu.
- **Bottom Right Button:** Press to return to the previous screen. Hold to view watch settings.

Health Monitoring Features

The Venu® Sq 2 offers comprehensive health tracking:

- **Heart Rate Monitoring:** Continuously tracks your heart rate. Alerts can be set for high or low readings.
- **Body Battery™ Energy Monitoring:** Estimates your energy reserves based on activity, stress, and sleep.
- **Sleep Monitoring and Sleep Score:** Analyzes sleep stages and provides a sleep score for insights into sleep quality.
- **Stress Tracking:** Monitors stress levels throughout the day and provides relaxation reminders.
- **Health Snapshot™ Feature:** Records a 2-minute session of key health stats including heart rate, heart rate variability, Pulse Ox, and respiration.
- **Women's Health Tracking:** Track menstrual cycle or pregnancy, log symptoms, and receive exercise and nutrition education via the Garmin Connect app.

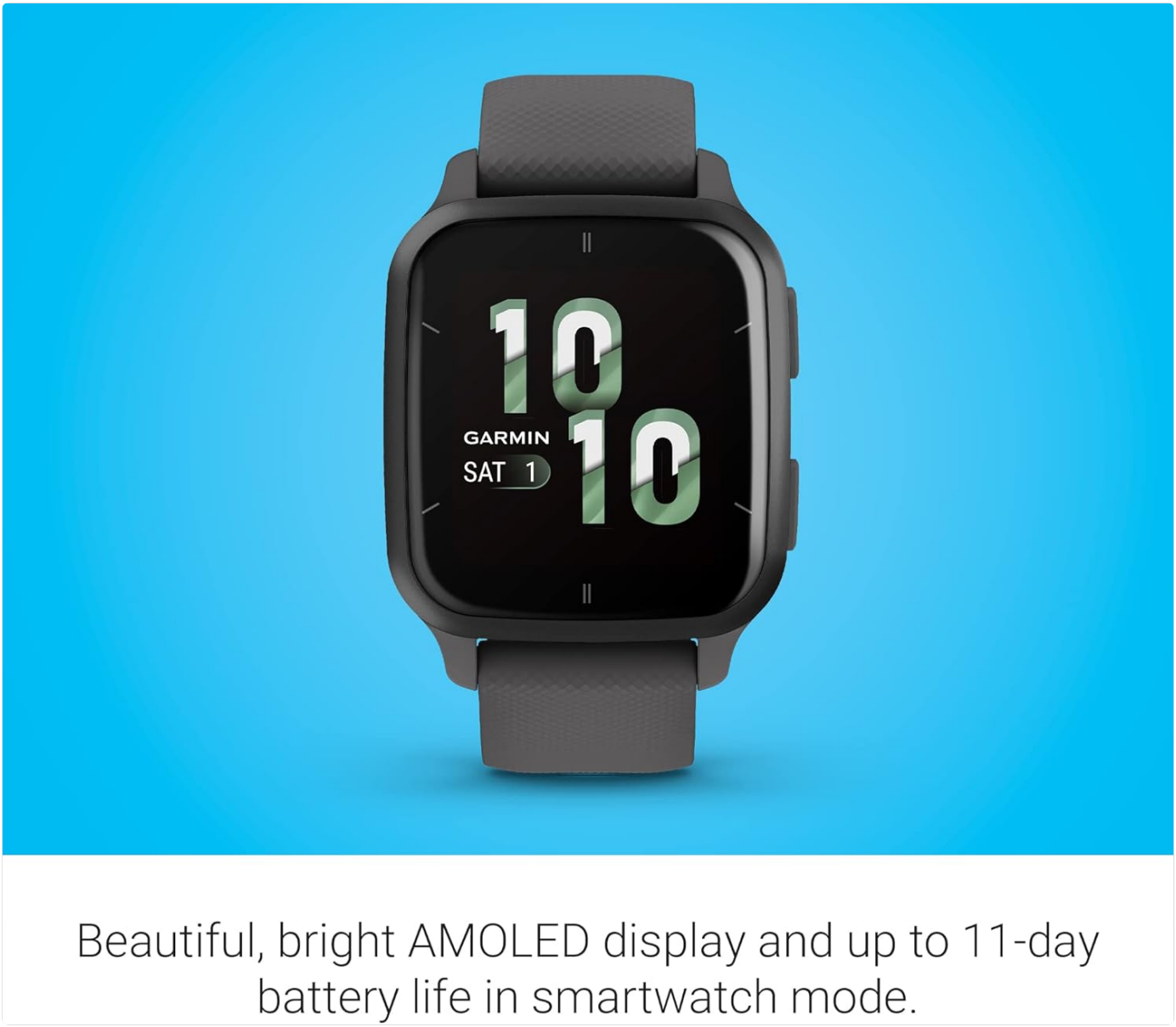


Figure 2: The Venu Sq 2 displaying real-time heart rate and Body Battery energy levels.

Fitness Features

The device includes over 25 preloaded GPS and indoor sports apps:

- **Built-In Sports Apps:** Includes walking, running, cycling, HIIT, swimming, golf, and more.
- **Preloaded Workouts:** Access cardio, yoga, strength, HIIT, and Pilates workouts.
- **Custom Workouts:** Create and download custom workouts from the Garmin Connect app.
- **Garmin Coach:** Free adaptive training plans for 5K, 10K, or half-marathon.

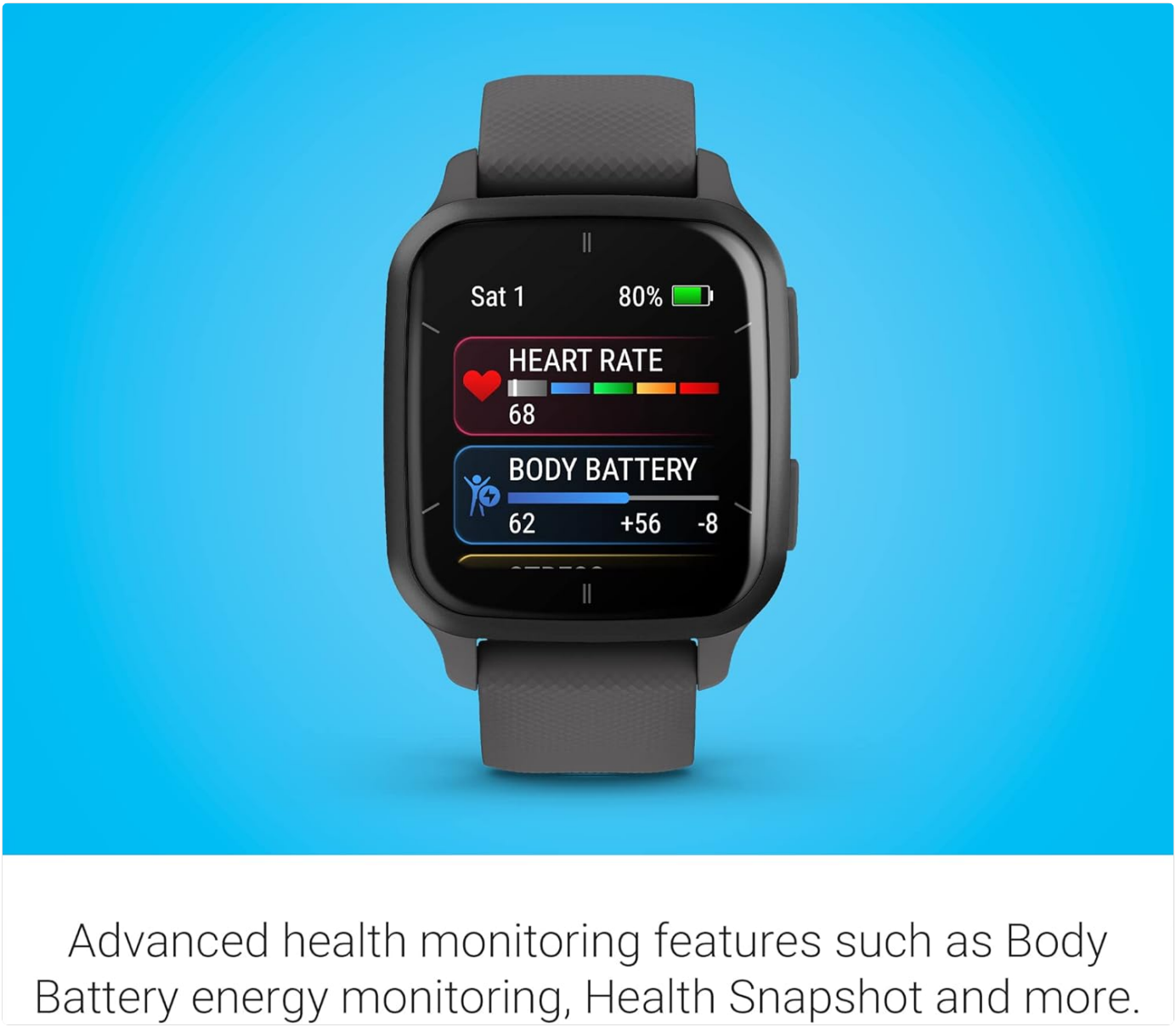


Figure 3: The Venu Sq 2 showing available sports apps for tracking activities.

Smart Features

- **Smart Notifications:** Receive calls, texts, and social media alerts from your paired smartphone.
- **Garmin Pay™ Contactless Payments:** Make payments on the go with supported banks.
- **Connect IQ™ Store:** Download watch faces, apps, and widgets.
- **Garmin Connect™ App:** Review health and fitness data, connect with friends, and participate in challenges.



Figure 4: The Venu Sq 2 showing smart notifications from a connected smartphone.

Maintenance

Cleaning the Device

- **Watch Case:** Wipe with a soft, damp cloth.
- **Strap:** Rinse with water after workouts or swimming. For deeper cleaning, use mild soap and water, then rinse thoroughly.
- **Charging Contacts:** Periodically clean the charging contacts on the back of the watch with a cotton swab and rubbing alcohol to prevent corrosion and ensure proper charging.

Battery Information

The Venu® Sq 2 features a long-lasting battery. Battery life can vary based on usage, settings, and environmental factors.

- **Smartwatch Mode:** Up to 11 days.
- **GPS Mode:** Up to 26 hours.

To optimize battery life, consider adjusting display brightness, disabling always-on display, and limiting GPS usage when not needed.

Troubleshooting

Common Issues and Solutions

Issue	Solution
Device will not turn on	Charge the device for at least 30 minutes. If it still doesn't turn on, perform a soft reset by holding the top right button for 15 seconds.
GPS signal not acquired	Ensure you are in an open area with a clear view of the sky. Wait for the device to acquire satellite signals. Syncing with Garmin Connect can also update satellite data.
Heart rate data is inaccurate	Ensure the watch is worn snugly but comfortably above your wrist bone. Clean the sensor on the back of the device. Avoid wearing the watch directly over a tattoo.
Smart notifications not appearing	Verify Bluetooth connection between the watch and your smartphone. Check notification settings in both the Garmin Connect app and your phone's system settings. Ensure the Garmin Connect app is running in the background.

Specifications

Feature	Detail

Feature	Detail
Model Number	010-02701-00
Display Type	AMOLED
Screen Size	1.41 Inches
Dimensions (L x W x H)	1.59 x 1.45 x 0.44 inches
Weight	1.3 ounces
Battery Life (Smartwatch Mode)	Up to 11 days
Battery Life (GPS Mode)	Up to 26 hours
Water Resistance	Water-resistant (suitable for swimming)
Connectivity	Bluetooth, Wi-Fi, USB
Memory Storage Capacity	4 GB

Official Product Videos

Watch these official videos from Garmin International for more information on your Venu Sq 2 Smartwatch.

Your browser does not support the video tag.

Video 1: An overview of the Garmin Venu Sq 2 Series, highlighting its key features and design.

Warranty and Support

For warranty information and technical support, please visit the official Garmin website or refer to the documentation included with your product. You can also find additional resources and FAQs on the Garmin support pages.

Online User Manual: A PDF version of the user manual is available for download: Garmin Venu Sq 2 User Manual (PDF)

Garmin Store: Explore more products and accessories at the official Garmin Store: Visit the Garmin Store

© 2025 Garmin International. All rights reserved.
Garmin®, Venu®, Body Battery™, Health Snapshot™, Garmin Pay™, and Connect IQ™ are trademarks of Garmin Ltd. or its subsidiaries.
Apple® is a trademark of Apple Inc., registered in the U.S. and other countries. Android™ is a trademark of Google LLC.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

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

Open the live page

https://manuals.plus/asin/B0B5VVNJBF

More documents and user manuals: **https://manuals.plus/**