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Garmin fēnix 7S Pro Sapphire Solar

Garmin fēnix 7S Pro Sapphire Solar Multisport GPS Smartwatch User Manual

Model: 010-02776-10

Introduction

This manual provides essential information for the setup, operation, maintenance, and troubleshooting of your Garmin fēnix 7S Pro Sapphire Solar Multisport GPS Smartwatch. Please read this guide thoroughly to ensure optimal performance and longevity of your device.



Figure 1: Garmin fēnix 7S Pro Sapphire Solar Smartwatch

What's in the Box

- fēnix 7 Pro series smartwatch
- USB-C charging/data cable
- Documentation

Setup

1. Initial Charging

Before first use, connect your fēnix 7S Pro to a power source using the supplied USB-C charging/data cable. The Power Sapphire solar charging lens also contributes to battery life when exposed to direct sunlight. Ensure the watch is adequately charged for initial setup.

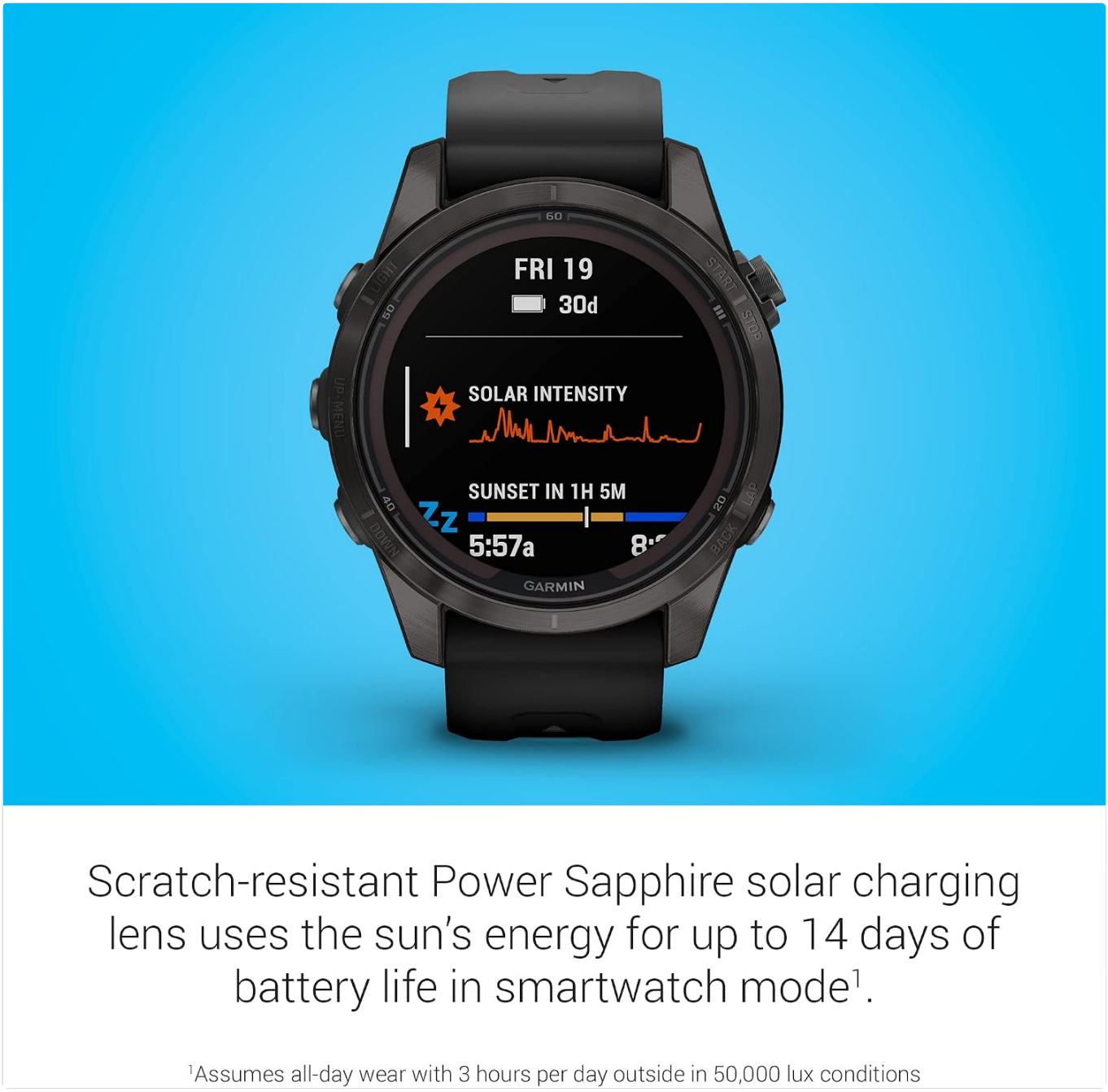


Figure 2: Watch display indicating solar intensity and charging status.

2. Powering On and Initial Configuration

Press and hold the LIGHT button (top left) to power on the device. Follow the on-screen prompts to select your language, units of measure, and other basic settings.

3. Pairing with Your Smartphone

1. Download the Garmin Connect app on your smartphone.
2. Open the app and follow the instructions to create an account or log in.
3. Select 'Add Device' in the app and choose your fēnix 7S Pro.
4. Follow the pairing instructions displayed on both your watch and smartphone.

Operating Instructions

1. Basic Navigation and Controls

The fēnix 7S Pro features a combination of physical buttons and a touchscreen for navigation. Refer to the device's on-

screen tutorials for detailed button functions and touchscreen gestures.



Figure 3: Watch face displaying various data metrics.

2. Activity Tracking

The watch supports various multisport activities. To start an activity:

1. Press the START/STOP button (top right).
2. Select an activity from the list (e.g., Run, Bike, Swim).
3. Press START/STOP again to begin recording.



Figure 4: Activity selection menu on the watch.

3. Navigation Features

Utilize preloaded TopoActive maps and ski resort maps for outdoor adventures. Multi-band GPS with SatIQ technology provides enhanced positioning accuracy.

- **Maps:** Access maps from the activity menu or by customizing your watch face.
- **Up Ahead:** Receive navigation prompts for upcoming turns or points of interest.
- **Outdoor Maps+:** Subscribe for premium mapping content, including satellite imagery and enhanced topographic maps, downloadable directly to your watch.

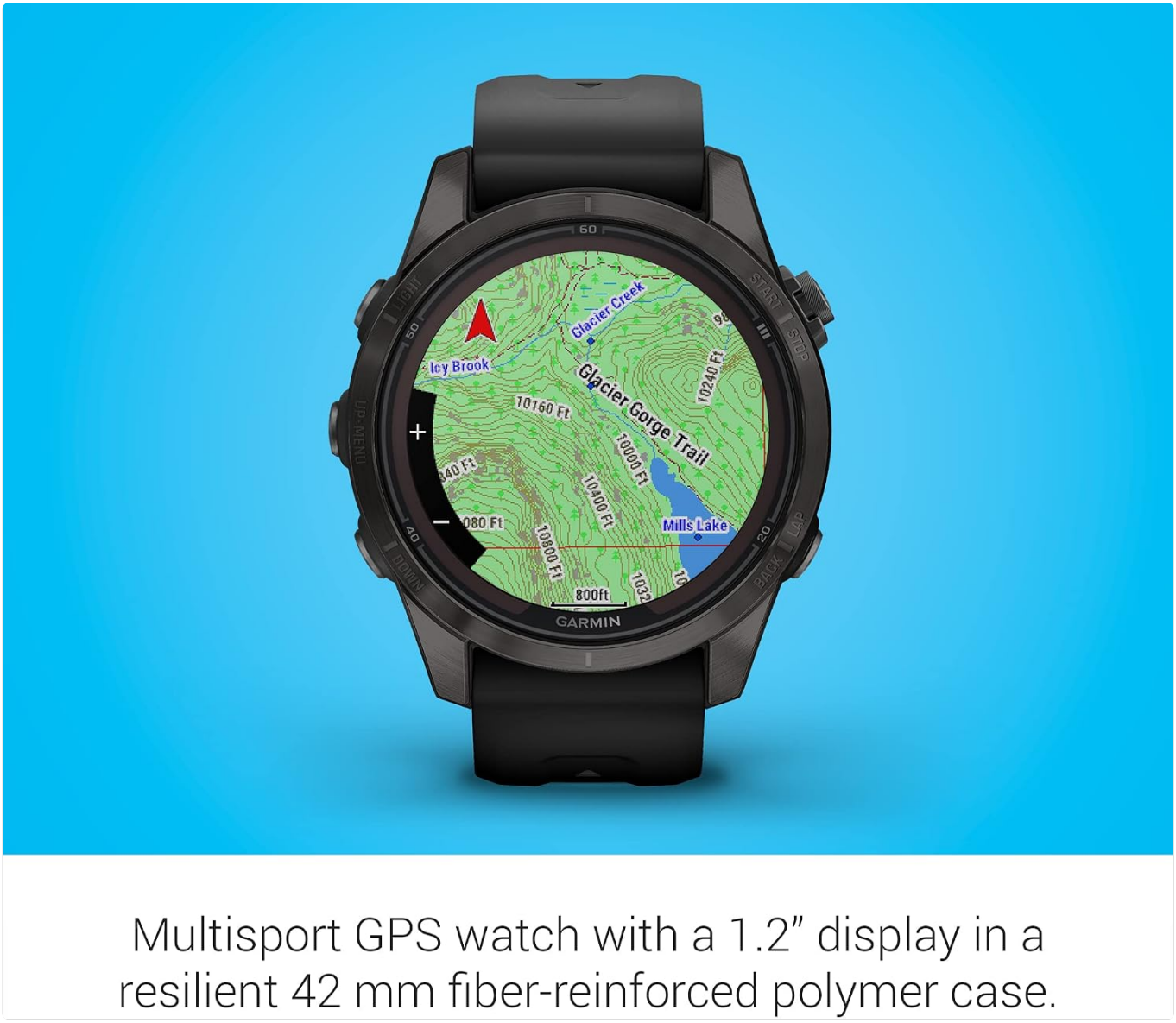


Figure 5: Topographic map display on the watch.

4. Health and Wellness Monitoring

The fēnix 7S Pro offers 24/7 health and wellness monitoring:

- **Heart Rate Variability (HRV) Status:** Provides insights into your overall health, recovery, and training performance.
- **Pulse Ox:** Measures blood oxygen saturation (note: not available in all countries and not a medical device).
- **Advanced Sleep Monitoring:** Tracks sleep stages and provides a sleep score for recovery analysis.
- **Body Battery Energy Monitoring:** Tracks your body's energy levels to help you find optimal times for activity and rest.
- **Stress Tracking:** Monitors stress levels throughout the day.
- **Morning Report:** A customizable overview of your sleep, training outlook, HRV status, and weather upon waking.

5. Training Features

Enhance your training with advanced metrics:

- **Hill Score:** Measures running strength and endurance during ascents, tracking progress over time.
- **Endurance Score:** Combines training data to assess overall endurance.
- **Wrist-based Running Power:** Provides real-time power output during runs.
- **Pacing Modes:** Advanced modes to gauge output on race day.

- **HIIT Workouts:** Track various HIIT workout types, including AMRAP, EMOM, Tabata, and custom workouts.
- **Garmin Coach:** Access training plans for runners and cyclists to prepare for events or improve fitness.

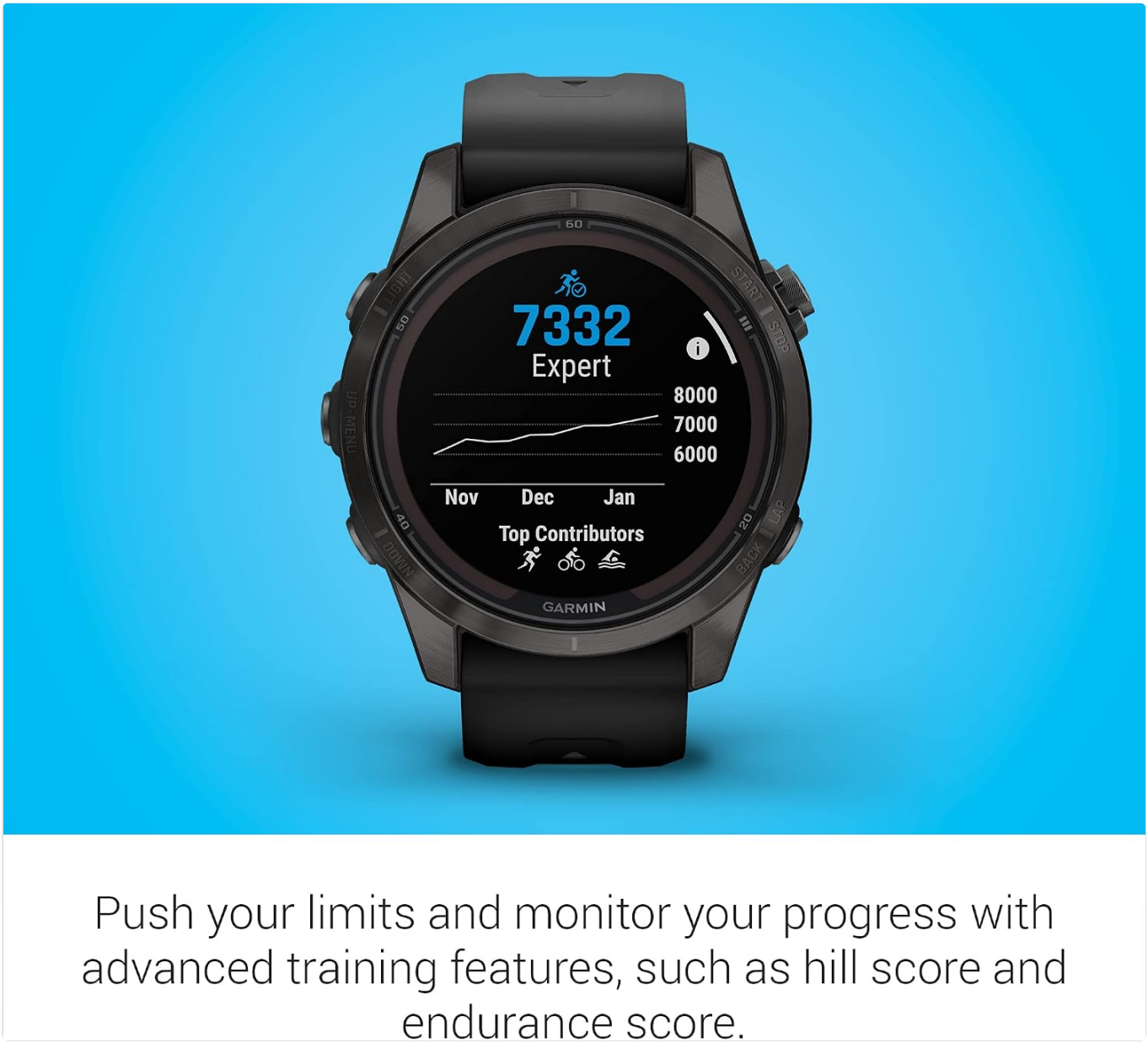


Figure 6: Hill Score display on the watch.

6. Built-in LED Flashlight

The integrated LED flashlight offers variable intensities and strobe modes for visibility and convenient illumination.

Figure 7: Using the built-in LED flashlight.

7. Smart Notifications and Safety Features

- **Smart Notifications:** Receive emails, texts, and alerts from your paired smartphone directly on your watch.
- **Safety and Tracking:** When paired with a compatible smartphone, incident detection and assistance features can send a message with your live location to pre-selected contacts if an incident is detected.



Figure 8: Smart notification display.

Maintenance

1. Cleaning Your Device

Regularly clean your watch and band to prevent buildup of sweat and dirt, which can cause skin irritation or corrosion. Use a soft, damp cloth. For thorough cleaning, rinse the watch under running water and allow it to air dry. Avoid harsh chemicals or abrasive materials.

2. Battery Care

The fēnix 7S Pro features a solar charging lens. For optimal battery life, expose the watch to direct sunlight regularly. Avoid extreme temperatures and prolonged exposure to direct heat, which can degrade battery performance.

Troubleshooting

1. Device Not Powering On

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

2. GPS Signal Issues

- Ensure you are in an open area with a clear view of the sky.
- Wait for the GPS signal to acquire before starting an activity. This may take a few minutes.
- Sync your watch with the Garmin Connect app to update satellite data.

3. Connectivity Problems (Bluetooth/Wi-Fi)

- Ensure Bluetooth is enabled on your smartphone and the watch is within range.
- Restart both your watch and smartphone.
- Check the Garmin Connect app for any pending updates.
- For Wi-Fi, ensure your network credentials are correctly entered on the watch via the Garmin Connect app.

Specifications

Feature	Detail

Feature	Detail
Product Dimensions	1.65 x 1.65 x 0.56 inches
Item Weight	2.05 ounces (58 Grams)
ASIN	B0BYFBL29P
Item Model Number	010-02776-10
Batteries	1 Lithium Ion battery required (included)
Operating System	Proprietary OS
Wireless Communication Technologies	Bluetooth, Wi-Fi
Connectivity Technologies	Bluetooth, USB, Wi-Fi
Special Features	Bluetooth, Touchscreen
Human Interface Input	Buttons, Touchscreen
Scanner Resolution	480 x 272
Color	Carbon Gray DLC Titanium with Black Band
Manufacturer	Garmin
Date First Available	May 31, 2023
Standing Screen Display Size	1.2 Inches
Memory Storage Capacity	32 GB
Battery Capacity	350 Milliamp Hours
Battery Cell Composition	Lithium Polymer
Screen Size	1.2 Inches
Model Name	fēnix 7S Pro - Sapphire Solar Edition

Warranty Information

Warranty information for your Garmin fēnix 7S Pro Sapphire Solar Smartwatch is typically included with the product documentation or available on the official Garmin website. Please refer to these resources for details regarding warranty coverage and terms.

Support

For additional support, frequently asked questions, or to download the full user manual (PDF), please visit the official Garmin support website or refer to the provided documentation.
You can also access the official user manual PDFhere.
For further assistance, contact Garmin Customer Support.

Important Note on Videos

The provided product data did not include specific video URLs or metadata (such as 'creator_type') required for embedding official product videos. Therefore, no videos have been embedded in this manual.

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