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Garmin 010-02803-10

Garmin epix Pro (Gen 2) Sapphire Edition 47mm Smartwatch User Manual

Model: 010-02803-10

INTRODUCTION

This manual provides instructions for setting up, operating, maintaining, and troubleshooting your Garmin epix Pro (Gen 2) Sapphire Edition 47mm smartwatch. This high-performance smartwatch features an AMOLED display, advanced training technology, and a built-in flashlight.

WHAT'S IN THE BOX

- epix Pro (Gen 2) Smartwatch
- USB-C charging/data cable
- Documentation

SETUP

Charging the Device

Before first use, fully charge your epix Pro (Gen 2) smartwatch.

1. Connect the USB-C charging/data cable to the charging port on the back of the watch.
2. Plug the other end of the cable into a USB power adapter or a computer USB port.
3. The watch display will show the charging status.



Built-in LED flashlight with variable intensities and strobe modes.

Image: The watch display showing a battery icon with charging progress and a flashlight icon, indicating the device is charging.

Initial Device Pairing

To use all features, pair your smartwatch with the Garmin Connect app on your smartphone.

1. Download and install the Garmin Connect app from your smartphone's app store.
2. Ensure your smartphone's Bluetooth is enabled.
3. Turn on your epix Pro (Gen 2) smartwatch.
4. Follow the on-screen instructions on the watch and in the Garmin Connect app to complete the pairing process.

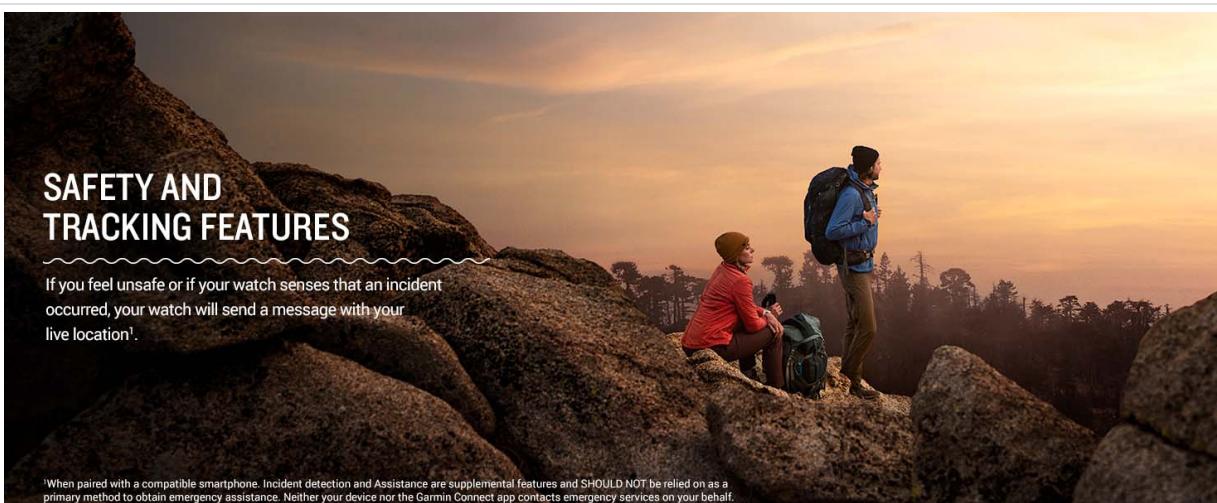


Image: A smartphone displaying the Garmin Coach section of the Garmin Connect app interface, showing training plans for runners and cyclists.

OPERATING INSTRUCTIONS

Product Overview Video

Your browser does not support the video tag.

Video: A general overview of the Garmin epix Pro (Gen 2) Sapphire Edition smartwatch features. (Note: Creator type information was not available for this video.)

Key Features Video

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Video: A demonstration of some key functionalities and advanced features of the Garmin epix Pro (Gen 2) smartwatch. (Note: Creator type information was not available for this video.)

Display and Navigation

The epix Pro (Gen 2) features a 1.3-inch always-on AMOLED touchscreen display. You can interact with the watch using both the touchscreen and the physical buttons.

- **Touchscreen:** Swipe up/down to scroll through widgets and menus. Tap to select items.
- **Buttons:**
 - **LIGHT:** Press to turn the backlight on/off. Hold to access controls menu.
 - **UP/MENU:** Press to scroll up. Hold to view the menu.
 - **DOWN:** Press to scroll down.
 - **START/STOP:** Press to start or stop an activity. Press to select an option.
 - **BACK/LAP:** Press to return to the previous screen. Press to record a lap during an activity.



Image: The Garmin epix Pro (Gen 2) smartwatch displaying a digital watch face with time, date, and temperature.

Activity Tracking

The watch supports various activity profiles.

1. From the watch face, press the **START/STOP** button.
2. Select an activity from the list (e.g., Run, Bike, Swim).
3. Wait for GPS signal (if applicable).
4. Press **START/STOP** again to begin the activity.
5. To end the activity, press **START/STOP** and select **Save**.

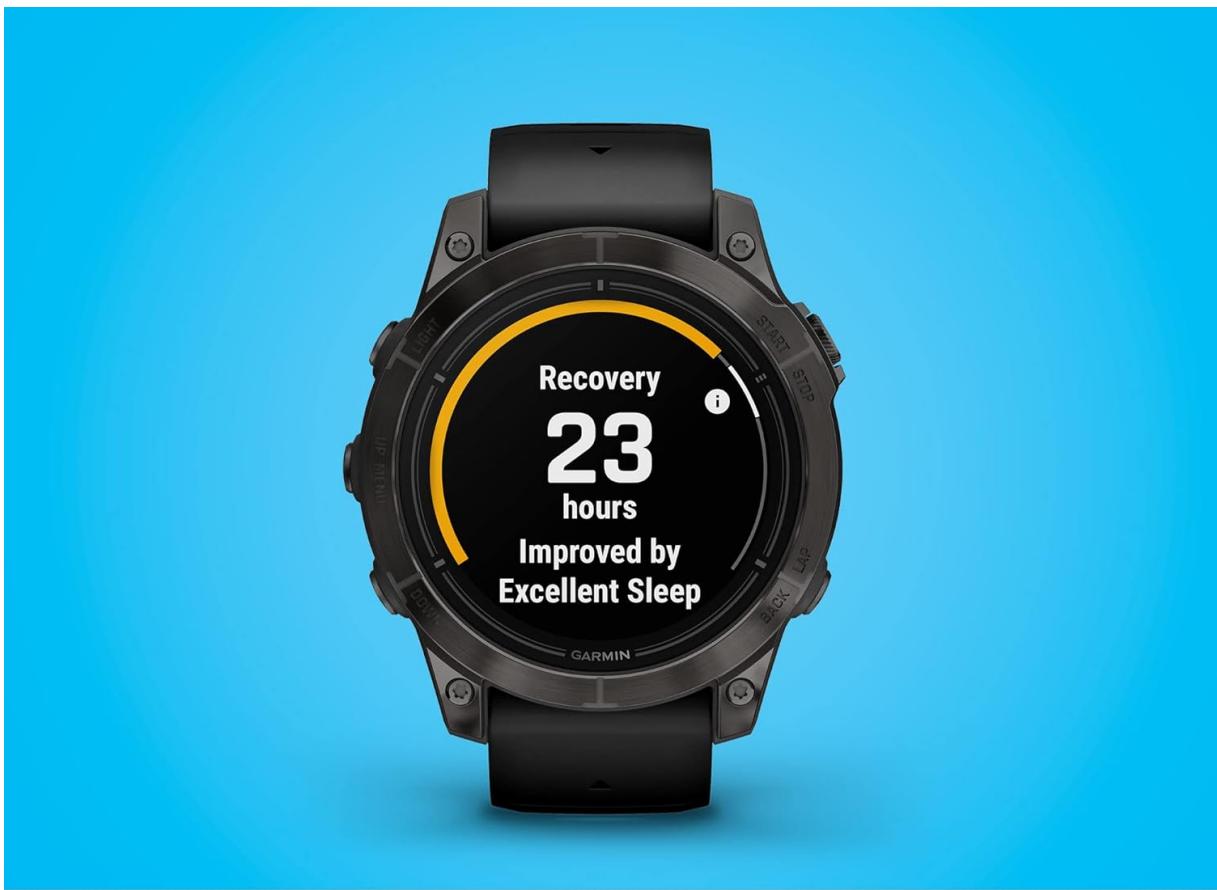


Image: The Garmin epix Pro (Gen 2) smartwatch displaying a list of activity options including MTB, Open Water, Trail Run, Boulder, and Ski.

Health and Wellness Monitoring

The epix Pro (Gen 2) provides 24/7 health and wellness monitoring.

- **Heart Rate:** Continuously monitors your heart rate from the wrist.
- **Pulse Ox:** Measures blood oxygen saturation (not available in all countries).
- **Sleep Tracking:** Monitors sleep stages and provides a sleep score.
- **HRV Status:** Tracks heart rate variability for insights into recovery and training performance.
- **Body Battery:** Monitors your energy levels throughout the day.
- **Stress Tracking:** Monitors stress levels based on heart rate variability.



Up to 16 days of battery life in smartwatch mode; 30 hours in GPS mode.

Image: The Garmin epix Pro (Gen 2) smartwatch displaying a recovery screen with "Recovery 23 hours" and "Improved by Excellent Sleep".

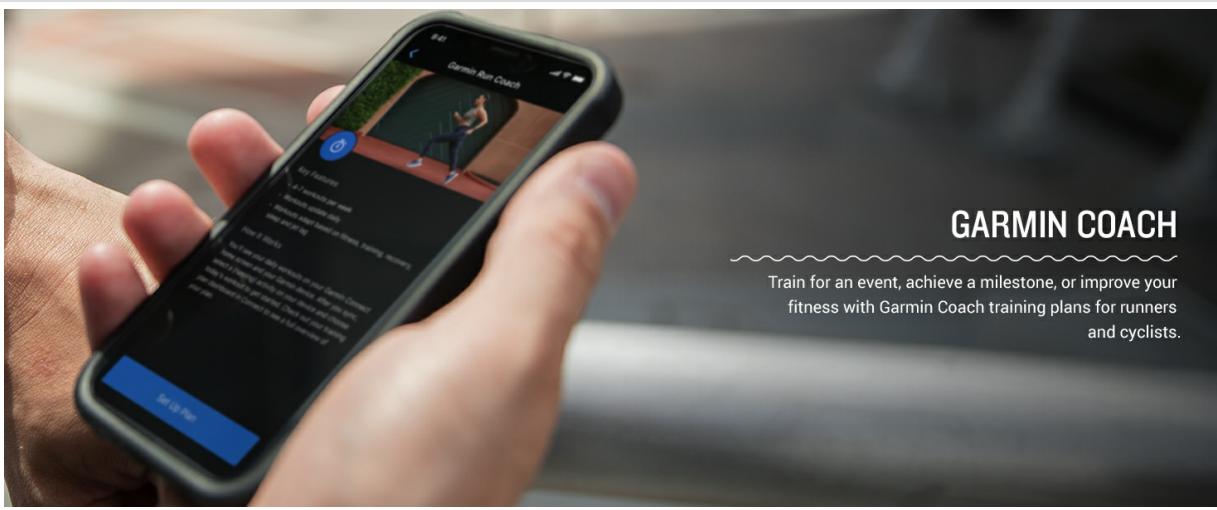


Image: A person wearing the Garmin epix Pro (Gen 2) smartwatch, which displays sleep score and sleep stage breakdown.

Built-in LED Flashlight

The watch includes an LED flashlight with variable intensities and strobe modes.

1. Hold the **LIGHT** button to access the controls menu.
2. Select the flashlight icon.
3. Adjust intensity or select strobe mode as needed.

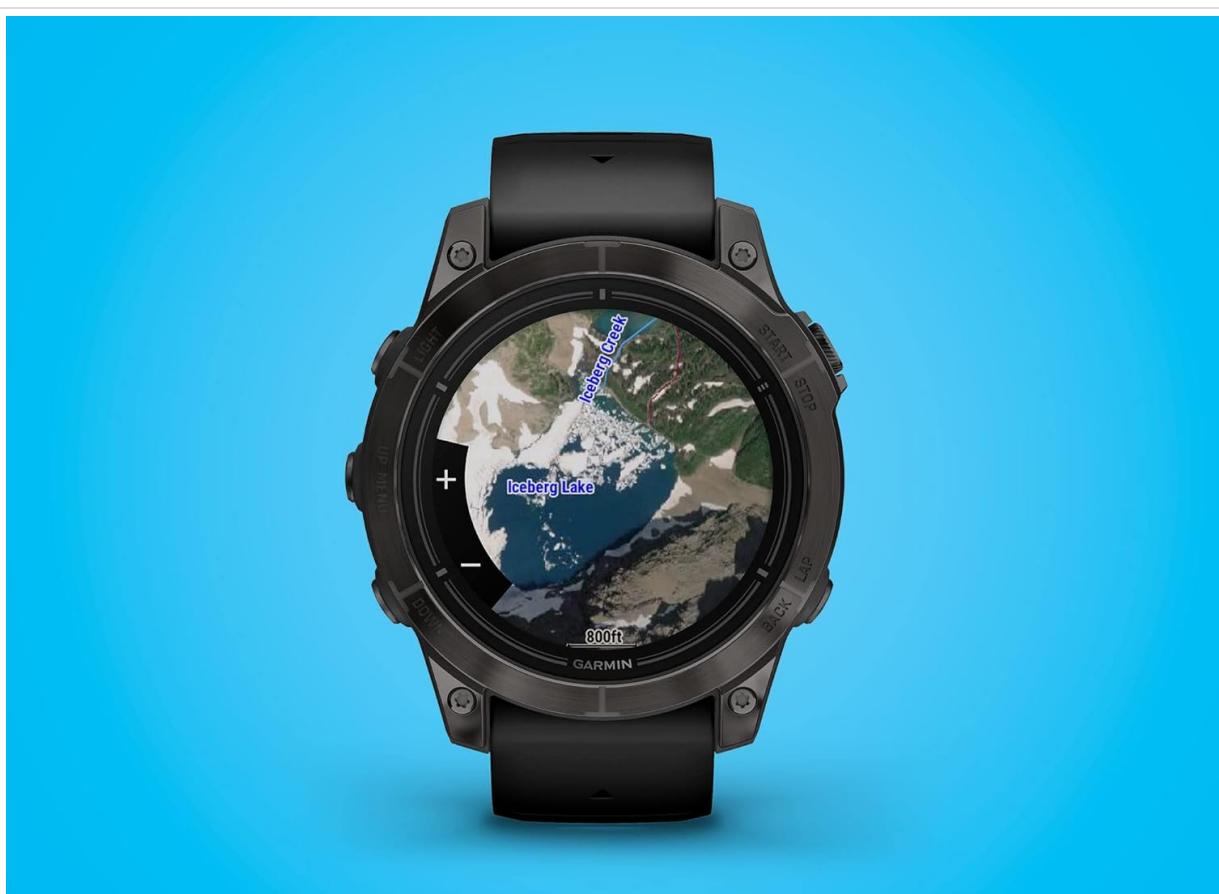


Image: A person's wrist wearing the Garmin epix Pro (Gen 2) smartwatch, with its built-in LED flashlight illuminated in a dark environment.

Navigation and Maps

The watch comes with preloaded TopoActive maps and ski resort maps.

- **TopoActive Maps:** Use for outdoor navigation and route planning.
- **SkiView Maps:** View run names and difficulty ratings for over 2,000 preloaded ski resorts.
- **Multi-band GPS with SatIQ Technology:** Provides superior positioning accuracy while optimizing battery life.



Ultimate high-performance smartwatch features a 1.3" stunning AMOLED display and a scratch-resistant sapphire lens with a titanium bezel.

Image: The Garmin epix Pro (Gen 2) smartwatch displaying a topographic map with a body of water labeled "Iceberg Lake".



Image: A person wearing the Garmin epix Pro (Gen 2) smartwatch, which displays a colorful SkiView map with various ski runs.

Smart Notifications

Receive notifications from your paired smartphone directly on your watch.

1. Ensure your watch is paired with your smartphone via Bluetooth.
2. Configure notification settings in the Garmin Connect app on your smartphone.
3. Swipe up/down on the watch face to view notifications.



Image: A person wearing the Garmin epix Pro (Gen 2) smartwatch, which displays a notification from "Alex" saying "Meet you on the trail at 7!".

Safety and Tracking Features

When paired with a compatible smartphone, the watch can send a message with your live location to pre-selected contacts if you feel unsafe or if an incident is detected.

*Incident detection and Assistance are supplemental features and should not be relied on as a primary method to obtain emergency assistance. Neither your device nor the Garmin Connect app contacts emergency services on your behalf.

SLEEP MONITORING AND SLEEP SCORE

Understand your body's recovery with sleep score, breakdown of your sleep stages and detailed insights for improved sleep quality¹.

¹Data presented is intended to be a close estimation of metrics tracked.

Image: Two hikers on a rocky trail, one wearing a Garmin epix Pro (Gen 2) smartwatch, illustrating safety and tracking features in an outdoor environment.

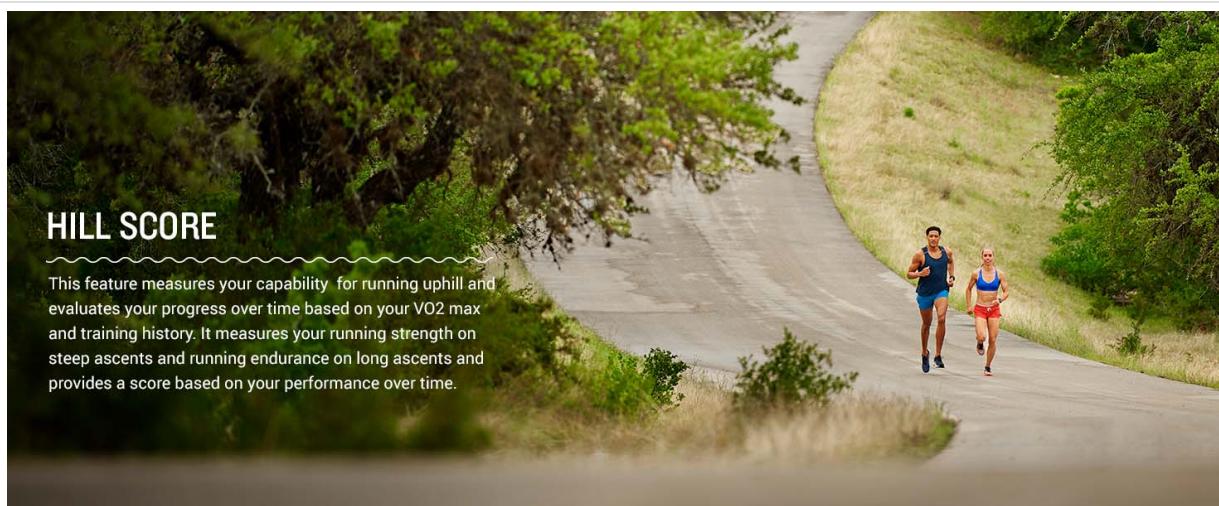
Training Features

- **Hill Score:** Measures running strength and endurance during ascents.
- **Endurance Score:** Combines training data to understand overall endurance.
- **Wrist-based Running Power:** Provides real-time power metrics without additional accessories.
- **PacePro Technology:** GPS-based pace guidance for selected courses.
- **HIIT Workouts:** Track various high-intensity interval training workouts.



Push your limits and monitor your progress with advanced training features, such as hill score and endurance score.

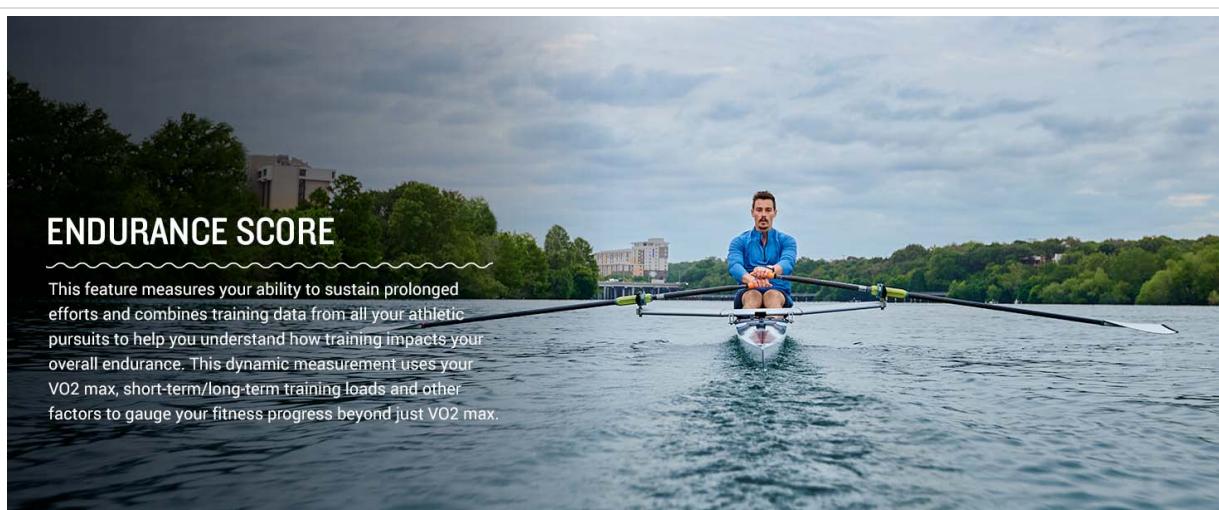
Image: The Garmin epix Pro (Gen 2) smartwatch displaying a "Hill Score" of 7332, categorized as "Expert", with a graph showing progress over months.



HILL SCORE

This feature measures your capability for running uphill and evaluates your progress over time based on your VO2 max and training history. It measures your running strength on steep ascents and running endurance on long ascents and provides a score based on your performance over time.

Image: Two runners ascending a paved hill surrounded by trees, illustrating the hill score feature.



ENDURANCE SCORE

This feature measures your ability to sustain prolonged efforts and combines training data from all your athletic pursuits to help you understand how training impacts your overall endurance. This dynamic measurement uses your VO2 max, short-term/long-term training loads and other factors to gauge your fitness progress beyond just VO2 max.

Image: A person rowing a single scull on a calm lake, illustrating the endurance score feature.

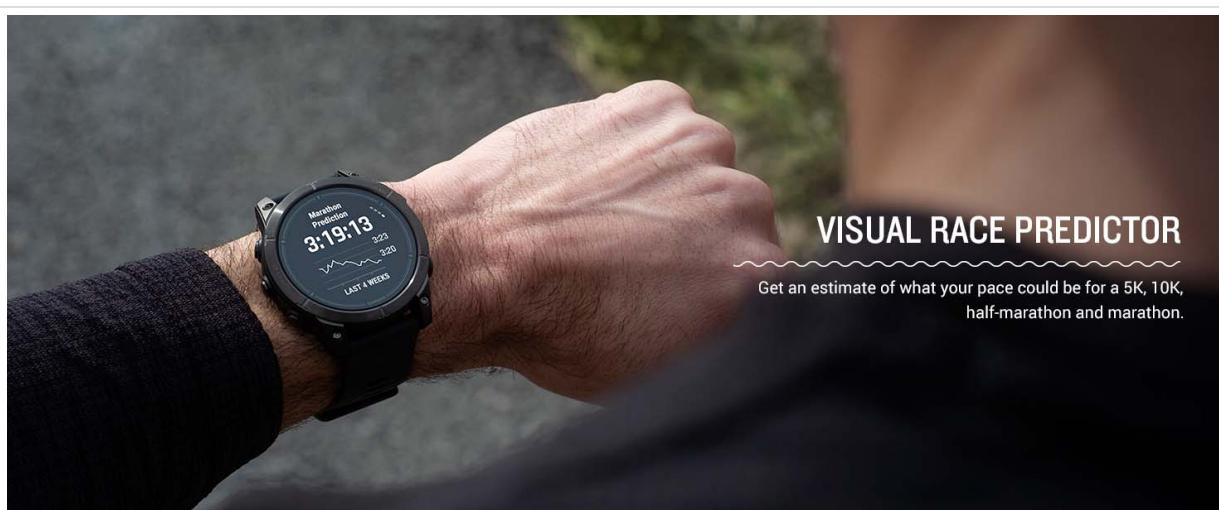
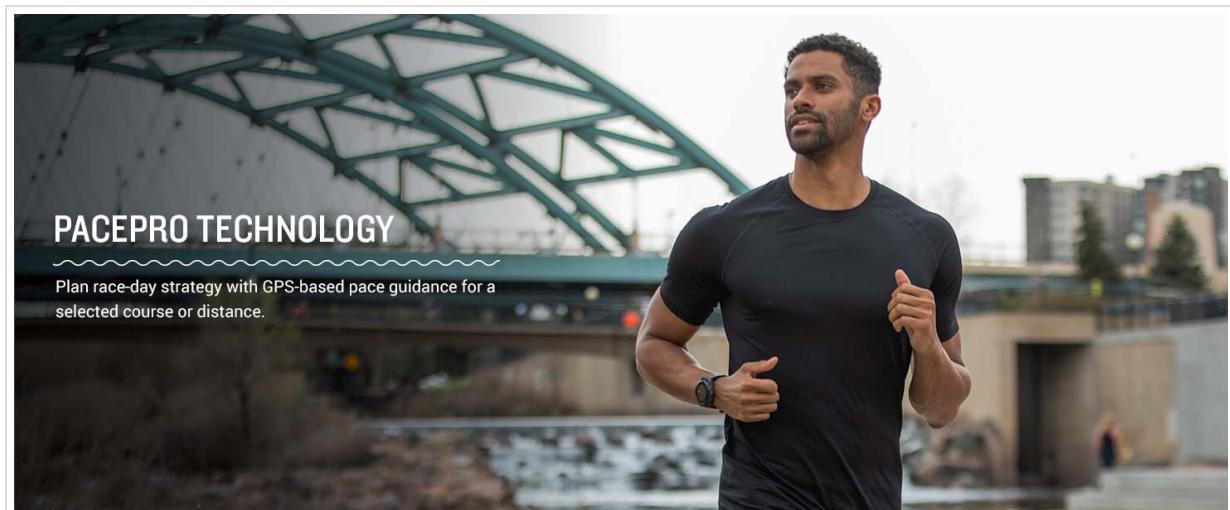
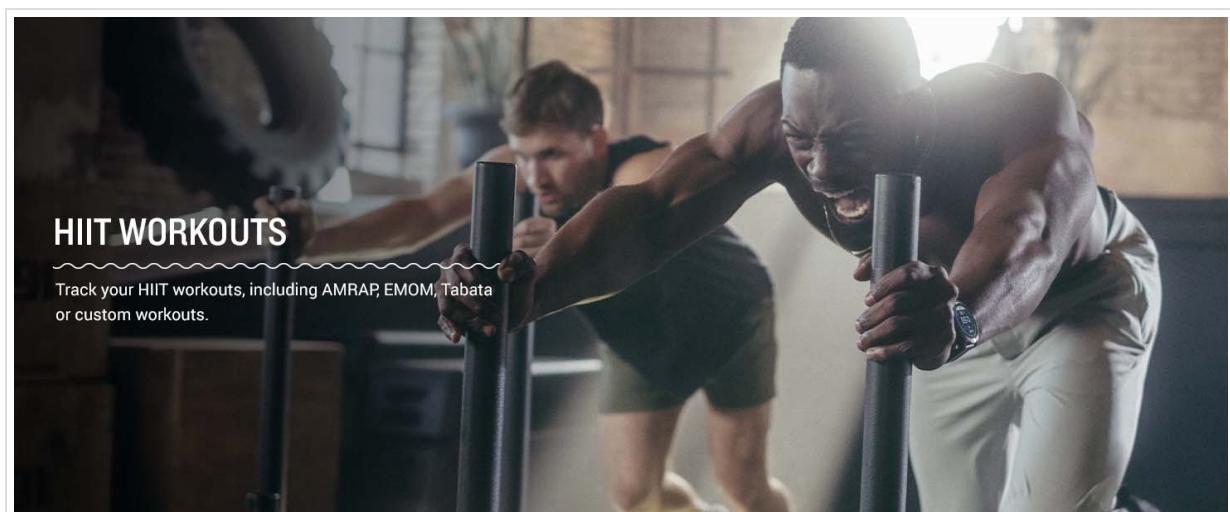


Image: A person wearing the Garmin epix Pro (Gen 2) smartwatch, which displays a "Marathon Prediction" of 3:19:13 and other race predictions.



PACEPRO TECHNOLOGY

Plan race-day strategy with GPS-based pace guidance for a selected course or distance.



HIIT WORKOUTS

Track your HIIT workouts, including AMRAP, EMOM, Tabata or custom workouts.

Image: Two men engaged in a high-intensity interval training (HIIT) workout, pushing heavy sleds.

Garmin Coach

Access adaptive training plans for runners and cyclists through the Garmin Connect app to prepare for events or achieve fitness goals.

Battery Life

The epix Pro (Gen 2) offers up to 16 days of battery life in smartwatch mode and up to 30 hours in GPS mode.

EPIX PRO – SAPPHIRE EDITION

You're an athlete who doesn't make compromises. epix Pro – Sapphire Edition is the ultimate multisport GPS smartwatch designed to perform all day, every day.



Stunning AMOLED display



Up to 16 days of battery life in smartwatch mode



Bright LED flashlight



Advanced training metrics and recovery insight



SatIQ technology and multi-band GPS

Image: The Garmin epix Pro (Gen 2) smartwatch with text indicating "Up to 16 days of battery life in smartwatch mode; 30

MAINTENANCE

Cleaning the Device

Regularly clean your watch to maintain its performance and appearance.

- Rinse the watch with fresh water after exposure to sweat, chlorine, or saltwater.
- Use a soft, lint-free cloth to wipe the watch.
- Do not use harsh chemicals or abrasive cleaners.

Band Care

To prolong the life of the watch band, clean it regularly.

- For silicone bands, wipe with a damp cloth and mild soap, then rinse thoroughly.
- Allow the band to air dry completely before wearing.

TROUBLESHOOTING

Device Not Turning 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.

GPS Signal Issues

- Ensure you are in an open area with a clear view of the sky.
- Allow sufficient time for the device to acquire a GPS signal, especially after moving to a new location.
- Sync your device with the Garmin Connect app to update satellite data.

Inaccurate Heart Rate Data

- Ensure the watch is worn snugly but comfortably above your wrist bone.
- Clean the optical heart rate sensor on the back of the watch.
- Avoid wearing sunscreen or lotions under the sensor.

Smart Notifications Not Appearing

- Verify that Bluetooth is enabled on both your watch and smartphone.
- Confirm the watch is paired with the Garmin Connect app.
- Check notification settings within the Garmin Connect app and your smartphone's operating system.

SPECIFICATIONS

Feature	Detail
Model Number	010-02803-10

Product Dimensions	1.85 x 1.85 x 0.57 inches
Item Weight	2.47 ounces (70 Grams)
Display Size	1.3 Inches
Display Type	AMOLED
Lens Material	Sapphire
Bezel Material	Titanium
Battery Type	Lithium Polymer (1 CR5 battery included)
Battery Capacity	4 Milliamp Hours
Memory Storage Capacity	32 GB
Operating System	Android & iOS compatible
Connectivity Technology	Bluetooth, USB, Wi-Fi
GPS	Built-in GPS with Multi-band and SatIQ Technology
Special Features	Activity Tracker, Alarm Clock, Bluetooth, Contactless Payments, GPS, Gesture Control, Multisport Tracker, Notifications, Stress Tracking, Text Messaging, Time Display, Touchscreen, Built-in Flashlight

WARRANTY

Garmin products are warranted to be free from defects in materials or workmanship for one year from the date of purchase. Within this period, Garmin will, at its sole option, repair or replace any components that fail in normal use. Such repairs or replacement will be made at no charge to the customer for parts or labor, provided that the customer shall be responsible for any transportation cost. This warranty does not apply to: (i) cosmetic damage, such as scratches, nicks and dents; (ii) consumable parts, such as batteries, unless product damage has occurred due to a defect in materials or workmanship; (iii) damage caused by accident, abuse, misuse, water, flood, fire, or other acts of nature or external causes; (iv) damage caused by service performed by anyone who is not an authorized service provider of Garmin; or (v) damage to a product that has been modified or altered without the written permission of Garmin.

For full warranty terms and conditions, please refer to the official Garmin website or the documentation included with your product.

SUPPORT

For additional support, product information, or to register your device, please visit the official Garmin support website.

Garmin Support Website: support.garmin.com

You can also find FAQs, video tutorials, and contact customer service through the website.