

## Garmin 010-02785-01

# Garmin Venu 3S Smart Watch Instruction Manual

Model: 010-02785-01

## 1. PRODUCT OVERVIEW

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The Garmin Venu 3S is a sophisticated GPS smartwatch designed to provide comprehensive health and fitness tracking. It features a bright, colorful AMOLED touchscreen display and offers a battery life of up to 10 days in smartwatch mode. This device is equipped with advanced sensors to monitor various physiological metrics and supports a wide range of activities.



Image: Garmin Venu 3S Smart Watch in Sage Gray, showcasing its round AMOLED display and silicone band.

## 2. SETUP

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### 2.1 Initial Charging

Before first use, fully charge your Venu 3S device. Use the provided Garmin Charger. Connect the charger to a USB power source and attach it to the charging port on the back of your watch.

### 2.2 Pairing with Your Smartphone

1. Download the **Garmin Connect** app from your smartphone's app store.
2. Enable Bluetooth on your smartphone.
3. Open the Garmin Connect app and follow the on-screen instructions to create an account or log in.
4. Select 'Add Device' within the app and choose your Venu 3S.

5. Follow the prompts on both your watch and smartphone to complete the pairing process.

## 2.3 Customization

Once paired, you can customize watch faces, data fields, and widgets through the Garmin Connect app or directly on the device. The watch features 3 physical buttons for navigation and interaction, in addition to the touchscreen.

# 3. OPERATING INSTRUCTIONS

## 3.1 Basic Navigation

- **Touchscreen:** Swipe up/down to scroll through widgets and notifications. Tap to select.
- **Top Right Button:** Accesses the activities list.
- **Middle Button:** Opens the apps list.
- **Bottom Right Button:** Returns to the previous screen or watch face.

## 3.2 Health Monitoring Features

- **Body Battery™ Energy Monitoring:** Provides personalized insights into your energy levels based on sleep, naps, stress, and workouts.
- **Sleep Coach:** Offers personalized sleep coaching, nap detection, and detailed metrics like HRV status to improve sleep quality.
- **Heart Rate & Stress Tracking:** Monitors your heart rate 24/7 and tracks stress levels throughout the day.
- **ECG App:** Uses sensors to record electrical signals of your heart. It analyzes recordings for signs of irregular heart rhythm (atrial fibrillation). *Note: The ECG app is not intended for use in the diagnosis or monitoring of any medical condition.*
- **Women's Health Tracking:** Track menstrual cycle or pregnancy, and access exercise and nutrition education.
- **Morning Report:** Receive an overview of your sleep, recovery, daily calendar, and HRV status upon waking.

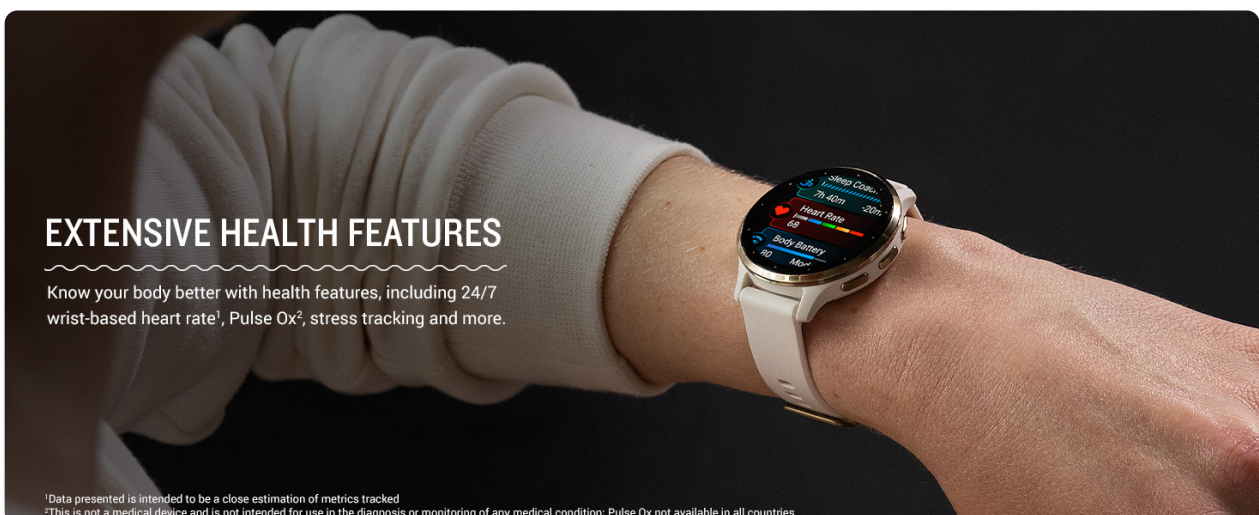


Image: The Garmin Venu 3S displaying Body Battery energy levels, showing how daily activities and rest impact your energy.

### 3.3 Fitness & Activity Tracking

- **Built-in Sports Apps:** Over 30 indoor and GPS sports apps, including walking, running, cycling, HIIT, swimming, golf, and activities for wheelchair users.
- **On-Screen Workouts:** Follow preloaded animated workouts for strength, HIIT, yoga, and more. Download additional animations via the Garmin Connect app.
- **Workout Benefit & Recovery Time:** Understand how each workout affects your body and how much time you need to recover.
- **Garmin Coach:** Access free adaptive 5K, 10K, and half marathon training plans.
- **Wheelchair Mode:** Tracks daily pushes, provides weight shift alerts, and offers sports apps and workouts tailored for wheelchair users.



Image: The Garmin Venu 3S displaying a selection of its over 30 built-in sports apps, including walking, running, and strength training.

### 3.4 Smart Features

- **Voice Functionality:** Make and take phone calls directly from your wrist when paired with a compatible smartphone. Use your smartphone's voice assistant to respond to text messages.
- **Smart Notifications:** Receive emails, texts, and alerts on your watch. Android users can respond to texts via voice or on-watch keyboard and view photos.
- **Music:** Download songs and playlists from Spotify, Deezer, or Amazon Music accounts for phone-free listening.
- **Garmin Pay™ Contactless Payments:** Make payments directly from your wrist with participating providers.
- **Safety and Tracking:** When paired with your phone, a message with your live location can be sent to contacts manually or automatically during select outdoor activities with built-in incident detection.



Image: The Garmin Venu 3S displaying a text message notification from 'Erin', showing a preview of the message and an embedded image.

## 3.5 Official Product Video

Your browser does not support the video tag.

Video: An official overview of the Garmin Venu 3 Series, highlighting its key health, fitness, and smart features.

## 4. MAINTENANCE

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### 4.1 Cleaning Your Device

Regularly clean your Venu 3S to maintain its performance and appearance. Wipe the device and band with a soft, damp cloth. Avoid harsh chemicals or abrasive materials that could damage the device.

### 4.2 Charging

Charge the device using the provided Garmin Charger. A full charge can provide up to 10 days of battery life in smartwatch mode. Charging time is typically a few hours.

### 4.3 Water Resistance

The Venu 3S has a water resistance level of 50 meters (5 ATM), making it suitable for swimming and showering. Avoid pressing buttons underwater.

## 5. TROUBLESHOOTING

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### 5.1 Device Not Powering On

Ensure the device is fully charged. Connect it to the charger and a power source for at least 30 minutes. If it still doesn't power on, perform a soft reset by holding down the top right button for 15 seconds.

### 5.2 Pairing Issues

Verify Bluetooth is enabled on your smartphone and the Venu 3S is in pairing mode. Ensure the device is within range of your smartphone. If issues persist, try restarting both devices and attempting the pairing process again.

### 5.3 Inaccurate Readings

For accurate heart rate and other health metrics, ensure the watch is worn snugly on your wrist, but not too tight. Clean the optical sensor on the back of the device regularly. Environmental factors and skin conditions can sometimes affect sensor accuracy.

### 5.4 ECG App Limitations

The ECG app is designed to record electrical signals of your heart and analyze them for signs of atrial fibrillation. It is important to note that the ECG app cannot detect heart attacks. If you experience chest pain, shortness of breath, or other symptoms, seek immediate medical attention.

## 6. SPECIFICATIONS

Feature	Detail
Brand	Garmin
Model Name	FBA2GRVENU3SSRB
Model Number	010-02785-01
Operating System	Garmin OS
Memory Storage Capacity	8 GB
Battery Life	Up to 10 days (smartwatch mode) / 240 Hours
Connectivity Technology	Bluetooth, Wi-Fi
GPS	Built-in GPS (GLONASS, Galileo supported)
Screen Size	1.2 Inches
Display Type	AMOLED
Resolution	454 x 454
Water Resistance Level	Water Resistant (50 Meters / 5 ATM)
Band Material Type	Silicone
Case Material Type	Fiber-reinforced polymer
Item Weight	1.4 Ounces
Item Dimensions	1.6 x 1.6 x 0.47 inches

## 7. WARRANTY AND SUPPORT

### 7.1 Limited Warranty

The Garmin Venu 3S Smart Watch comes with a limited warranty. For specific terms and conditions, please refer to the warranty information included with your product packaging or visit the official Garmin website.

### 7.2 Customer Support

For further assistance, technical support, or service inquiries, please visit the Garmin support website or contact their customer service. You can find contact details and extensive FAQs on [www.garmin.com/support](http://www.garmin.com/support).

