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Garmin 010-02863-20

Garmin Forerunner 165 User Manual

Model: 010-02863-20

Introduction

The Garmin Forerunner 165 is an easy-to-use GPS running smartwatch designed to help you track your fitness, monitor your health, and achieve your training goals. Featuring a vibrant AMOLED touchscreen display and intuitive button controls, this device provides essential metrics such as pace, distance, and wrist-based heart rate, along with advanced training and recovery insights.

What's in the Box

- Garmin Forerunner 165 Smartwatch
- Power/Data Cable
- Documentation (User Manual, Safety Information)

Setup

1. Initial Charging

Before first use, fully charge your Forerunner 165. Connect the power/data cable to the charging port on the back of the watch and plug the other end into a USB power source. A full charge typically takes a few hours.

2. Powering On and Basic Settings

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

3. Pairing with Garmin Connect App

To unlock the full potential of your Forerunner 165, pair it with the Garmin Connect app on your smartphone.

1. Download the Garmin Connect app from your smartphone's app store.
2. Open the app and create an account or sign in.
3. Follow the app's instructions to add your Forerunner 165. Ensure Bluetooth is enabled on your phone and watch.
4. The app will guide you through the pairing process, including entering a code displayed on your watch.



Image: The Garmin Forerunner 165 smartwatch showing the main watch face with time, battery, and activity progress. This image illustrates the device's vibrant AMOLED display.

Operating Your Forerunner 165

Button Functions

- **LIGHT** (Top Left): Press to turn on/off backlight. Hold to power on/off, access controls menu.
- **UP** (Middle Left): Press to scroll through widgets and menus. Hold to view menu options for the current screen.
- **DOWN** (Bottom Left): Press to scroll through widgets and menus. Hold to control music.
- **START/STOP** (Top Right): Press to select an option or start/stop an activity.
- **BACK** (Bottom Right): Press to return to the previous screen. Hold to view the watch face from any screen.

Key Metrics and Tracking

The Forerunner 165 provides comprehensive data for your runs and daily activities.





Image: The Forerunner 165 showing real-time running data including timer, distance, pace, and heart rate. This highlights the watch's ability to display essential performance metrics during an activity.

- **Pace, Distance, and Heart Rate:** Track your running speed, total distance covered, and real-time heart rate directly from your wrist.
- **GPS:** Built-in GPS accurately records your route, distance, and pace during outdoor activities.
- **Wrist-Based Running Dynamics:** Get measurements of crucial running metrics such as cadence, stride length, and ground contact time to help improve your running form.

Training Features

- **Daily Suggested Workouts:** Receive personalized workout recommendations that adapt based on your performance and recovery.
- **Garmin Coach:** Utilize free adaptive training plans for 5K, 10K, and half-marathon distances, guided by expert coaches.
- **Training Effect:** Understand how your workouts impact your fitness and the primary benefit achieved from each session.
- **Recovery Time:** Get an estimate of how long you need to recover before your next high-effort workout, based on your latest training, stress, sleep, and daily activities.

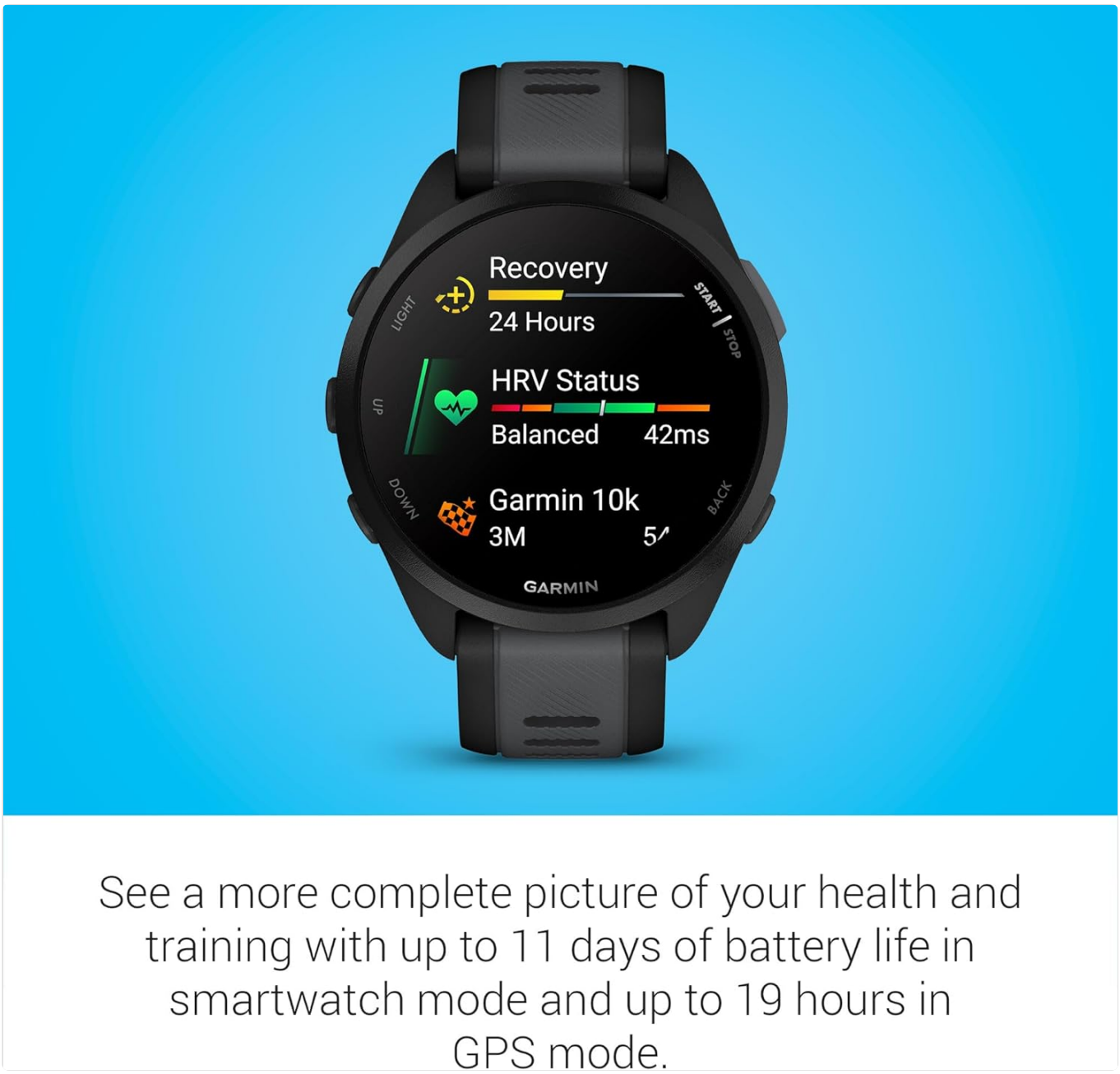


Image: The Forerunner 165 showing a "Today's Suggestion" for a tempo workout. This illustrates the personalized training guidance available on the device.

Health Monitoring

- **Morning Report:** Wake up to a summary of your sleep, recovery, training outlook, HRV status, and weather.
- **Sleep Monitoring and Sleep Score:** Track your sleep stages and receive a sleep score to understand your body's recovery.
- **Body Battery Energy Monitoring:** Monitor your body's energy levels throughout the day to find optimal times for activity and rest.
- **Wrist-Based Heart Rate and HRV Status:** Constant heart rate measurement and Heart Rate Variability (HRV) status provide insights into your overall health and training.



Image: The Forerunner 165 showing heart rate data, including current heart rate and resting heart rate (RHR). This demonstrates the watch's continuous heart rate monitoring capability.

Built-in Sports Apps

The Forerunner 165 includes over 25 built-in activity profiles for various sports, including:

- Running (Outdoor, Treadmill, Indoor Track)
- Cycling (Outdoor, Indoor)
- HIIT
- Strength Training
- Yoga
- Pilates
- Pool Swimming
- Open Water Swimming
- And more.

Smart Features

- **Smart Notifications:** Receive emails, texts, and alerts directly on your watch when paired with your compatible smartphone.
- **Garmin Pay Contactless Payments:** Make purchases on the go with participating providers (requires supported

country and payment network).

- **Safety and Tracking Features:** Incident detection (during select outdoor activities) and Assistance can send a message with your live location to emergency contacts when paired with your compatible smartphone.
- **Women's Health Tracking:** Track and log your menstrual cycle or pregnancy, and receive exercise and nutrition education.

Maintenance

Battery Life and Charging

The Forerunner 165 offers impressive battery life:

- Up to 11 days in smartwatch mode.
- Up to 19 hours in GPS mode.

To charge, use the provided power/data cable. Ensure the charging contacts on the watch and cable are clean and dry before connecting.

Cleaning Your Device

Regularly clean your watch and band to prevent buildup of sweat and debris, which can cause skin irritation or corrosion. Rinse the watch with fresh water after exposure to sweat, chlorine, or saltwater. For general cleaning, use a soft, damp cloth. Avoid harsh chemicals or abrasive cleaners.

Water Resistance

The Forerunner 165 is designed for swimming and can withstand pressures equivalent to a depth of 50 meters. It is suitable for splashes, rain, showering, and swimming. Avoid pressing buttons underwater.

Troubleshooting

Device Not Turning On or Responding

Ensure the device is fully charged. If it's unresponsive, try a soft reset by holding the**LIGHT** button for 15 seconds until the screen turns off. Then, press **LIGHT** again to restart.

GPS Signal Acquisition Issues

Ensure you are in an open area with a clear view of the sky. Remain stationary for a few minutes while the device acquires satellite signals. Syncing your watch with the Garmin Connect app regularly can help speed up GPS acquisition.

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. Cold weather or certain skin conditions can affect accuracy.

Connectivity Problems (Bluetooth)

Verify Bluetooth is enabled on both your watch and smartphone. Try turning Bluetooth off and on again on both devices. If issues persist, unpair and re-pair the device through the Garmin Connect app.
For further assistance, refer to the official Garmin support website or contact Garmin customer service.

Specifications

Feature	Detail
Product Dimensions	1.69 x 0.46 x 1.69 inches
Item Weight	1.38 ounces
Model Number	010-02863-20
Batteries	1 Lithium Polymer battery (included)
Display Size	1.2 Inches
Display Type	AMOLED Touchscreen
Memory Storage Capacity	4 GB
Operating System	GarminOS
Connectivity Technology	Bluetooth
GPS	Built-in GPS
Water Rating	5 ATM (50 meters)
Manufacturer	Garmin
Country of Origin	Taiwan

Warranty and Support

The Garmin Forerunner 165 comes with a standard limited warranty. For detailed warranty information, please refer to the documentation included in your product box or visit the official Garmin website.
For technical support, product registration, or to access FAQs and software updates, please visit the Garmin Support Center:
support.garmin.com
You can also connect with the Garmin community and find additional resources through the Garmin Connect app.

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