

Garmin 010-02863-31

Garmin Forerunner 165 Music

USER MANUAL

INTRODUCTION

The Garmin Forerunner 165 Music is an easy-to-use GPS running smartwatch designed to help you train brilliantly and achieve your fitness goals. It features a vibrant AMOLED touchscreen display, comprehensive training metrics, recovery insights, and built-in music storage for phone-free listening. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device.

Key features include:

- Easy-to-use interface with built-in GPS for pace and distance.
- Wrist-based heart rate monitoring.
- Brilliant AMOLED touchscreen display with traditional button controls.
- Up to 11 days of battery life in smartwatch mode and up to 19 hours in GPS mode.
- Personalized daily suggested workouts and Garmin Coach adaptive training plans.
- Over 25 built-in activity profiles including running, cycling, HIIT, and strength.
- Music storage for phone-free listening with compatible wireless headphones.
- Morning report with sleep, recovery, and training outlook.
- Training effect and recovery time insights.
- Safety and tracking features, including incident detection and assistance.
- Smart notifications for calls and texts.
- Garmin Pay contactless payments.

WHAT'S IN THE BOX

Your Garmin Forerunner 165 Music package should contain the following items:

- Forerunner 165 Music Smartwatch
- Power/Data Cable
- Documentation (Quick Start Guide, Safety and Product Information)



The Garmin Forerunner 165 Music smartwatch with its display showing time and activity metrics.

SETUP

Charging the Device

Before initial use, fully charge your Forerunner 165 Music. Connect the power/data cable to the charging port on the back of the watch and plug the USB end into a power source (e.g., computer USB port or USB wall adapter). A full

charge typically takes approximately 2 hours.

Powering On/Off

- **To Power On:** Press and hold the **LIGHT** button (top left) until the screen turns on.
- **To Power Off:** Press and hold the **LIGHT** button until the control menu appears, then select the power icon.

Pairing with Your Smartphone (Garmin Connect App)

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

1. Download the Garmin Connect app from your smartphone's app store (App Store for iOS, Google Play Store for Android).
2. Open the Garmin Connect app and create an account or sign in.
3. Bring your smartphone within 3 meters (10 feet) of your watch.
4. On your watch, follow the on-screen instructions to enter pairing mode.
5. In the Garmin Connect app, follow the prompts to add a new device and select your Forerunner 165 Music.
6. Confirm the pairing code displayed on both your watch and phone.



TIMER

25:32

DISTANCE

2.83

PACE

9:00



155

GARMIN

The rear view of the Forerunner 165 Music, highlighting the optical heart rate sensor.

OPERATING THE DEVICE

Display and Controls

The Forerunner 165 Music features a bright AMOLED touchscreen display and five physical buttons for navigation and control.

- **LIGHT (Top Left):** Press to turn on/off backlight; hold to power on/off or access controls menu.
- **UP (Middle Left):** Press to scroll up through menus and widgets; hold to view menu options.
- **DOWN (Bottom Left):** Press to scroll down through menus and widgets; hold to control music.
- **START/STOP (Top Right):** Press to start/stop an activity; press to select an option in a menu.
- **BACK (Bottom Right):** Press to return to the previous screen; hold to return to the watch face.



Brilliant 1.2" AMOLED touchscreen display with traditional button controls.

The watch display showing 'Race Day!' with weather information, demonstrating the AMOLED screen clarity.

GPS and Heart Rate Tracking

The watch uses built-in GPS to accurately track your pace and distance during outdoor activities. Wrist-based heart rate technology continuously monitors your heart rate, providing insights into your effort levels and overall health.



Easy-to-use GPS running smartwatch with pace, distance and wrist-based heart rate to take your running to the next level.

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

The watch display showing current heart rate and a graph of heart rate over the last four hours.

Training Features

- **Daily Suggested Workouts:** Receive personalized workout recommendations that adapt based on your performance and recovery.
- **Garmin Coach:** Access free adaptive training plans for 5K, 10K, and half-marathon goals.
- **Training Effect:** Understand how each workout impacts your fitness and the primary benefit achieved (e.g., aerobic, anaerobic).
- **Recovery Time:** Get an estimate of how long you need to recover before your next high-effort workout.



Get personalized daily suggested workouts that adapt after each run based on performance and races.

The watch display showing 'Today's Suggestion' for a tempo workout, including duration and target heart rate.

Health Monitoring

- **Morning Report:** Wake up to a summary of your sleep, recovery, training outlook, and weather.
- **Sleep Monitoring and Sleep Score:** Track your sleep stages and receive a score for your sleep quality.
- **Body Battery™ Energy Monitoring:** Monitor your body's energy levels throughout the day to optimize activity and rest.
- **HRV Status:** Track your heart rate variability to gain deeper insights into your overall health and recovery.

Music

The Forerunner 165 Music allows you to download songs and playlists from compatible music streaming services (e.g., Spotify, Amazon Music, Deezer - subscription may be required) directly to your watch. Connect your wireless headphones for phone-free listening during activities.

Safety and Tracking

When paired with your compatible smartphone, the watch can send your live location to emergency contacts through incident detection (during select outdoor activities) or manually via the Assistance feature. Requires setup and network coverage.

Garmin Pay™ Contactless Payments

Make quick, secure payments directly from your wrist with Garmin Pay. Add your supported credit or debit cards to your Garmin Pay wallet in the Garmin Connect app.

Smart Notifications

Receive emails, texts, and alerts directly on your watch when paired with your compatible Android or Apple smartphone.

Built-in Sports Apps

Access over 25 preloaded activity profiles, including running, cycling, open-water swimming, strength training, HIIT, and more.

BATTERY LIFE

The Forerunner 165 Music offers impressive battery performance:

- **Smartwatch Mode:** Up to 11 days
- **GPS Mode:** Up to 19 hours

Battery life may vary depending on usage, settings, and environmental factors.

MAINTENANCE

Cleaning the Device

Regular cleaning helps maintain the watch's appearance and performance:

- Rinse the watch with fresh water after exposure to sweat, chlorine, or saltwater.
- Wipe the watch and band with a soft, damp cloth.
- Do not use harsh chemicals or abrasive cleaners.
- Allow the device to dry completely before charging or storing.

Water Resistance

The Forerunner 165 Music is water-rated to 5 ATM, making it suitable for swimming and showering. Avoid pressing buttons underwater to prevent water ingress.

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 outdoor area with a clear view of the sky.
- Remain stationary for a few minutes while the watch acquires satellite signals.
- Sync your watch with the Garmin Connect app to update GPS satellite data.

Heart Rate Not Displaying

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

Smart Notifications Not Appearing

- Ensure your watch is paired and connected to your smartphone via Bluetooth.
- Check notification settings in the Garmin Connect app and your phone's operating system.
- Ensure your phone is within Bluetooth range of the watch.

SPECIFICATIONS

Feature	Specification
Product Dimensions	1.69 x 0.46 x 1.69 inches
Item Weight	1.38 ounces
Item Model Number	010-02863-31
Batteries	1 Lithium Ion batteries required (included)
Standing Screen Display Size	1.2 Inches
Memory Storage Capacity	4 GB
Operating System	Proprietary OS
Connectivity Technology	Bluetooth, USB, Wi-Fi
Wireless Communication Standard	Bluetooth
GPS	GPS enabled
Water Resistance	5 ATM

WARRANTY AND SUPPORT

Garmin products are designed for reliability and performance. For information regarding warranty coverage, please refer to the warranty card included with your product or visit the official Garmin website.

For technical support, product registration, or additional resources, please visit the [Garmin Store](#) or the official Garmin support website.

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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