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Garmin fēnix 8

Garmin fēnix 8 43mm AMOLED Multisport GPS Smartwatch User Manual

Model: fēnix 8 (43mm, Silver with Whitestone Band)

1. INTRODUCTION

The Garmin fēnix 8 is a premium multisport GPS smartwatch designed for athletes and outdoor enthusiasts. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device.



Figure 1: Garmin fēnix 8 43mm AMOLED Smartwatch

2. KEY FEATURES

- **Advanced Multisport GPS Smartwatch:** Features a bright 1.3" AMOLED display, stainless steel bezel, enhanced graphical interface, and a built-in LED flashlight.
- **Performance Tracking:** Targeted strength training plans, real-time stamina tracking, sport-specific workouts, and a full range of built-in sports apps.
- **Extended Battery Life:** Up to 10 days in smartwatch mode; up to 28 hours in GPS mode.
- **Training Readiness:** Score based on sleep quality, recovery, training load, and HRV status to optimize workout timing.
- **Communication:** Built-in speaker and mic for wrist-based calls (when paired with smartphone), off-grid voice commands, and smartphone voice assistant integration.

- **Navigation:** Multi-band GPS with SatIQ technology, built-in ABC sensors, TopoActive maps, and dynamic round-trip routing.
- **Dive-Rated:** 40-meter dive rating with leakproof metal buttons, supporting scuba and apnea dive activities.
- **Health Monitoring:** 24/7 wrist-based heart rate, advanced sleep monitoring, respiration tracking, Pulse Ox, and ECG app (where available).
- **Convenience:** Music storage, Garmin Pay™ contactless payments, and smart notifications.

Video 1: Overview of Garmin fēnix 8 features. This video provides a general introduction to the smartwatch's capabilities.

3. GETTING STARTED

3.1. What's in the Box

- fēnix 8 series smartwatch
- Charging/data cable
- Documentation

3.2. Charging the Device

Connect the charging/data cable to the charging port on the back of your fēnix 8 smartwatch and plug the other end into a USB power source. Ensure the contacts are clean and dry before charging.

3.3. Initial Setup and Pairing

1. Power on your fēnix 8 by pressing and holding the **LIGHT** button.
2. Follow the on-screen prompts to select your language and initial settings.
3. Download the **Garmin Connect™ app** on your smartphone.
4. Open the Garmin Connect app and follow the instructions to pair your fēnix 8 with your smartphone. This enables smart notifications, data sync, and other connected features.



GARMIN CONNECT™ APP

APP TO TRACK, ANALYZE
AND SHARE HEALTH AND
FITNESS ACTIVITIES
FOR YOUR FĒNIX® 8



FOR SMARTPHONE, TABLET
OR DESKTOP



Apple® is a trademark of Apple Inc., registered in the U.S. and other countries. • Android is a trademark of Google LLC.

Figure 2: Garmin Connect app interface on a smartphone.

4. OPERATING INSTRUCTIONS

4.1. Button Functions

The fēnix 8 features a five-button interface for navigation and control:

- **LIGHT:** Press to turn the backlight on/off. Hold to access controls menu (Garmin Pay, music, flashlight, etc.).
- **UP/MENU:** Press to scroll through widgets and menus. Hold to open the main menu.
- **DOWN:** Press to scroll through widgets and menus. Hold to open music controls.
- **START/STOP:** Press to start an activity or select an option. Hold to view activity options.
- **BACK/LAP:** Press to return to the previous screen or record a lap during an activity. Hold to view the watch face.

4.2. Touchscreen Navigation

The AMOLED display supports touchscreen input. Swipe up/down to scroll through widgets, tap to select, and swipe left/right for additional options or to dismiss notifications.

4.3. Health and Wellness Monitoring

Your fēnix 8 continuously monitors various health metrics:

- **Heart Rate:** Continuous wrist-based heart rate monitoring.
- **Sleep Tracking:** Monitors sleep stages (light, deep, REM) and provides a sleep score.
- **Stress Tracking:** Measures stress levels throughout the day.
- **Pulse Ox:** Measures blood oxygen saturation (not available in all countries).
- **ECG App:** Records heart rhythm and checks for signs of atrial fibrillation (where available, for users 22+).
- **Body Battery:** Combines heart rate variability, stress, and activity data to estimate your energy reserves.

4.4. Sports and Activity Tracking

Select from a wide range of preloaded activity profiles:

- **Running:** Track pace, distance, heart rate, and advanced running dynamics.
- **Cycling:** Monitor speed, distance, and power (with compatible sensors).
- **Swimming:** Track distance, pace, stroke count, and SWOLF score.
- **Strength Training:** Guided workouts with animated on-screen instructions.
- **Outdoor Activities:** Hiking, climbing, skiing, snowboarding, golf, and more.



UNLEASH A STRONGER YOU



FRIDAY

Sprint
3x8:00@7:55/mi
50:00

ADVANCED TRAINING FEATURES



96

Duration 8 h 15m Quality Excellent

Very Restorative Sleep

24/7 HEALTH AND WELLNESS FEATURES



Alex
Meet you on the trail
at 7!

STAY CONNECTED

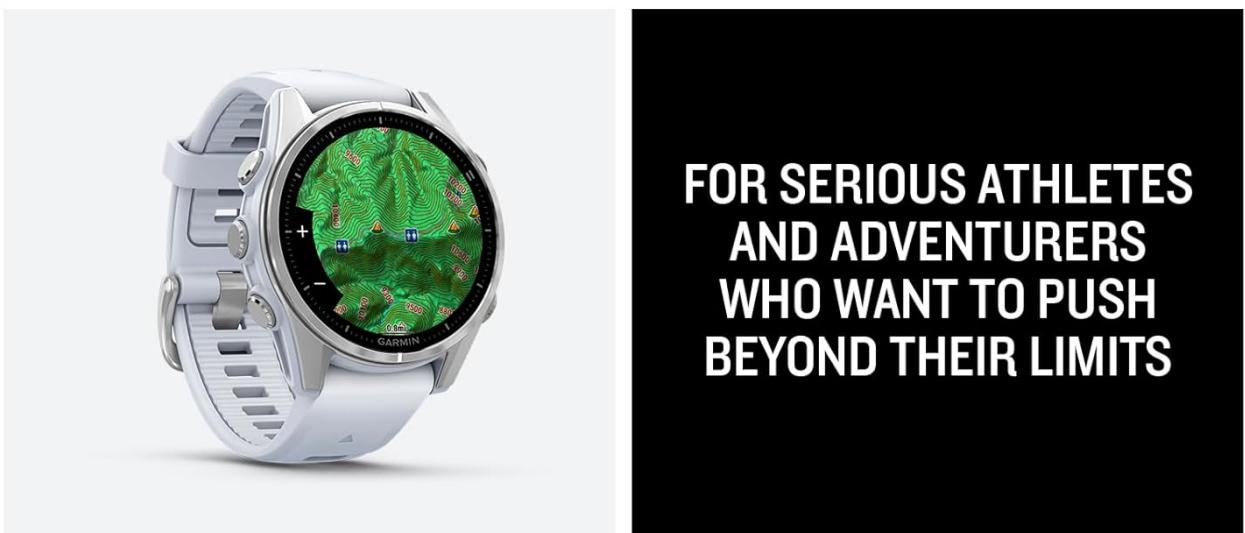
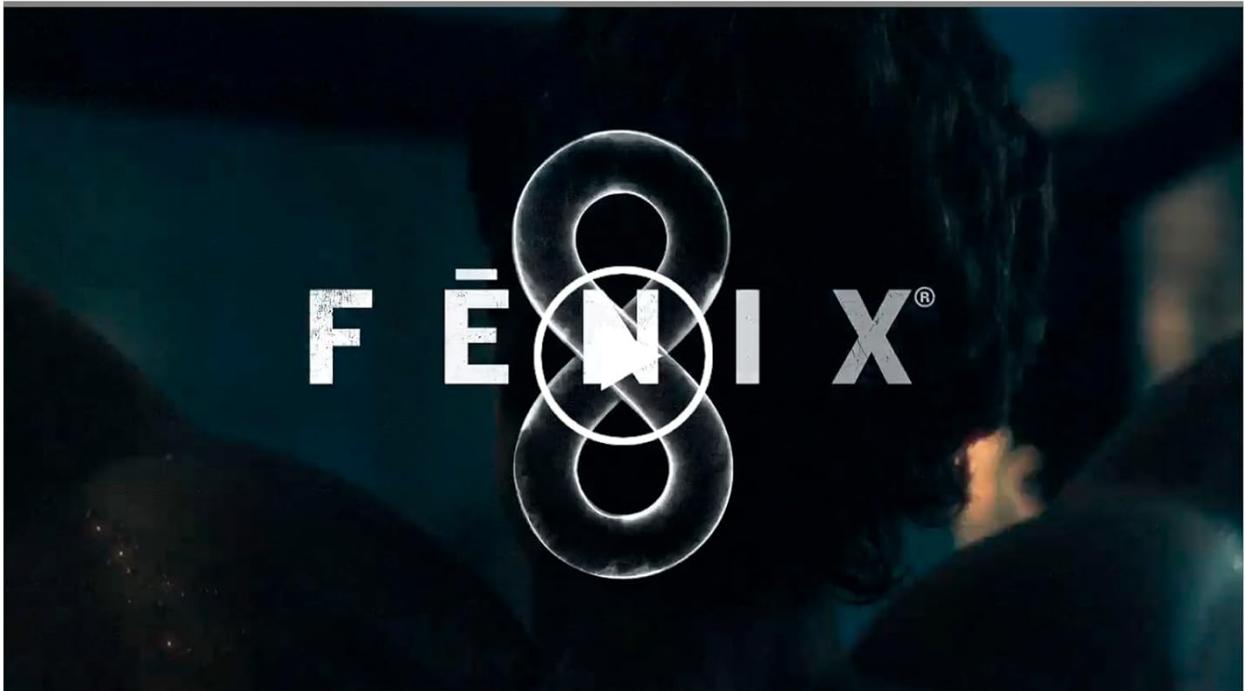
Displayed product colors are for advertising purposes; confirm availability before purchase.

Figure 3: Strength training with the fēnix 8 smartwatch.

4.5. Navigation Features

Utilize the advanced navigation tools for outdoor adventures:

- **Multi-band GPS:** Enhanced positioning accuracy with SatIQ technology.
- **TopoActive Maps:** Preloaded maps for global navigation.
- **Round-Trip Routing:** Generate routes based on desired distance.
- **ABC Sensors:** Altimeter, barometer, and 3-axis electronic compass.



Displayed product colors are for advertising purposes; confirm availability before purchase.

Figure 4: fēnix 8 displaying detailed topographic maps.

4.6. Smart Features

- **Smart Notifications:** Receive alerts for calls, texts, and emails from your paired smartphone.
- **Garmin Pay:** Make contactless payments directly from your wrist.
- **Music Control/Storage:** Control music playback from your phone or store music directly on the watch.
- **Built-in LED Flashlight:** Provides convenient illumination with variable light intensities and strobe mode.
- **Speaker and Microphone:** Make/take calls and use voice assistant (when paired with smartphone).

5. CARE AND MAINTENANCE

To ensure the longevity and optimal performance of your fēnix 8, follow these care guidelines:

- **Cleaning:** Regularly clean the watch and band with fresh water and dry thoroughly. Avoid harsh chemicals or abrasive materials.
- **Charging Contacts:** Periodically clean the charging contacts on the back of the watch with a soft cloth to prevent corrosion and ensure proper charging.

- **Storage:** Store the device in a cool, dry place away from direct sunlight and extreme temperatures.
- **Water Resistance:** The device has a 40-meter dive rating. Rinse with fresh water after exposure to chlorine or saltwater.

6. TROUBLESHOOTING

6.1. Common Issues

- **Device not turning on:** Ensure the device is fully charged. Connect it to a power source for at least 30 minutes.
- **GPS not acquiring signal:** Ensure you are in an open area with a clear view of the sky. Syncing with the Garmin Connect app can also update satellite data for faster acquisition.
- **Heart rate sensor inaccurate:** Ensure the watch is worn snugly on your wrist, above the wrist bone. Clean the sensor regularly.
- **Connectivity issues:** Ensure Bluetooth is enabled on your smartphone and the watch is within range. Try restarting both devices.

6.2. Button Calibration Procedure

If the buttons on your fēnix 8 feel unresponsive, a calibration procedure may resolve the issue. This is particularly relevant for models with dive-capable leakproof buttons.

1. On a Windows computer, open a plain text editor (e.g., Notepad). Create a new, empty file.
2. Save the file as **KEY_CALIBRATION.BIN**. Ensure the file type is set to "All files" or "*.*" to prevent it from being saved with a .txt extension.
3. Connect your fēnix 8 watch to the computer using the charging/data cable.
4. Locate the drive for your watch on the computer and open it.
5. Place the **KEY_CALIBRATION.BIN** file in the root directory of your watch's internal storage (not in a subfolder).
6. Disconnect your watch from the computer.
7. A button calibration screen will appear on the watch with five red checks next to each button. Press each button fully a couple of times until a green check appears for each.
8. After calibration is complete, all buttons should function correctly.

7. SPECIFICATIONS

Feature	Detail
Product Dimensions	0.54 x 1.69 x 1.69 inches
Item Weight	2.33 ounces (66 Grams)
Item Model Number	010-02903-00
Batteries	1 Lithium Polymer batteries required (included)
Standing Screen Display Size	1.3 Inches
Memory Storage Capacity	16 GB
Operating System	Garmin OS
Special Features	Activity Tracker, GPS, Multisport Tracker, Notifications, Touchscreen

Battery Capacity	180 Milliamp Hours
Connectivity Technology	Bluetooth, USB, Wi-Fi
Wireless Communication Standard	Bluetooth
GPS	Built-in GPS
Shape	Round
Language	Multiple Languages

8. WARRANTY AND SUPPORT

For warranty information, technical support, and additional resources, please visit the official Garmin support website or refer to the documentation included in your product box. Garmin typically offers a limited warranty on its products, covering defects in materials and workmanship under normal use.

Online resources often include:

- Product manuals and FAQs
- Software updates
- Customer service contact information