Garmin A04808

Garmin fēnix® 8 Series Smartwatch User Manual

Premium Multisport GPS Smartwatch

Introduction

Welcome to the user manual for your Garmin fēnix® 8 Series Smartwatch. This premium multisport GPS smartwatch is engineered for serious athletes and outdoor adventurers, designed to push limits with advanced features, robust design, and exceptional battery life. This manual provides essential information for setup, operation, maintenance, and troubleshooting to help you maximize your fēnix® 8 experience.



Image: The Garmin fēnix 8 Smartwatch in Slate Gray with a Black Band, showcasing its sleek design and vibrant display.

What's in the Box

Upon unboxing your Garmin fēnix® 8, you should find the following items:

- fēnix 8 series smartwatch
- Charging/data cable
- Documentation (this user manual and other guides)

Setup

1. Initial Charging

Before first use, fully charge your fēnix® 8 smartwatch using the provided charging/data cable. Connect the cable to the charging port on the back of the watch and plug the USB end into a power adapter or computer USB port. The watch display will indicate charging status.

2. Powering On and Initial Configuration

Press and hold the LIGHT button (top left) to power on the watch. Follow the on-screen prompts to select your language, set time, and configure basic preferences.

3. Pairing with Your Smartphone

To unlock the full potential of your fēnix® 8, pair it with your smartphone using the Garmin Connect™ app. Download the app from your smartphone's app store. Open the app, create an account or log in, and follow the instructions to add your fēnix® 8 device. This enables smart notifications, call functionality, data sync, and more.

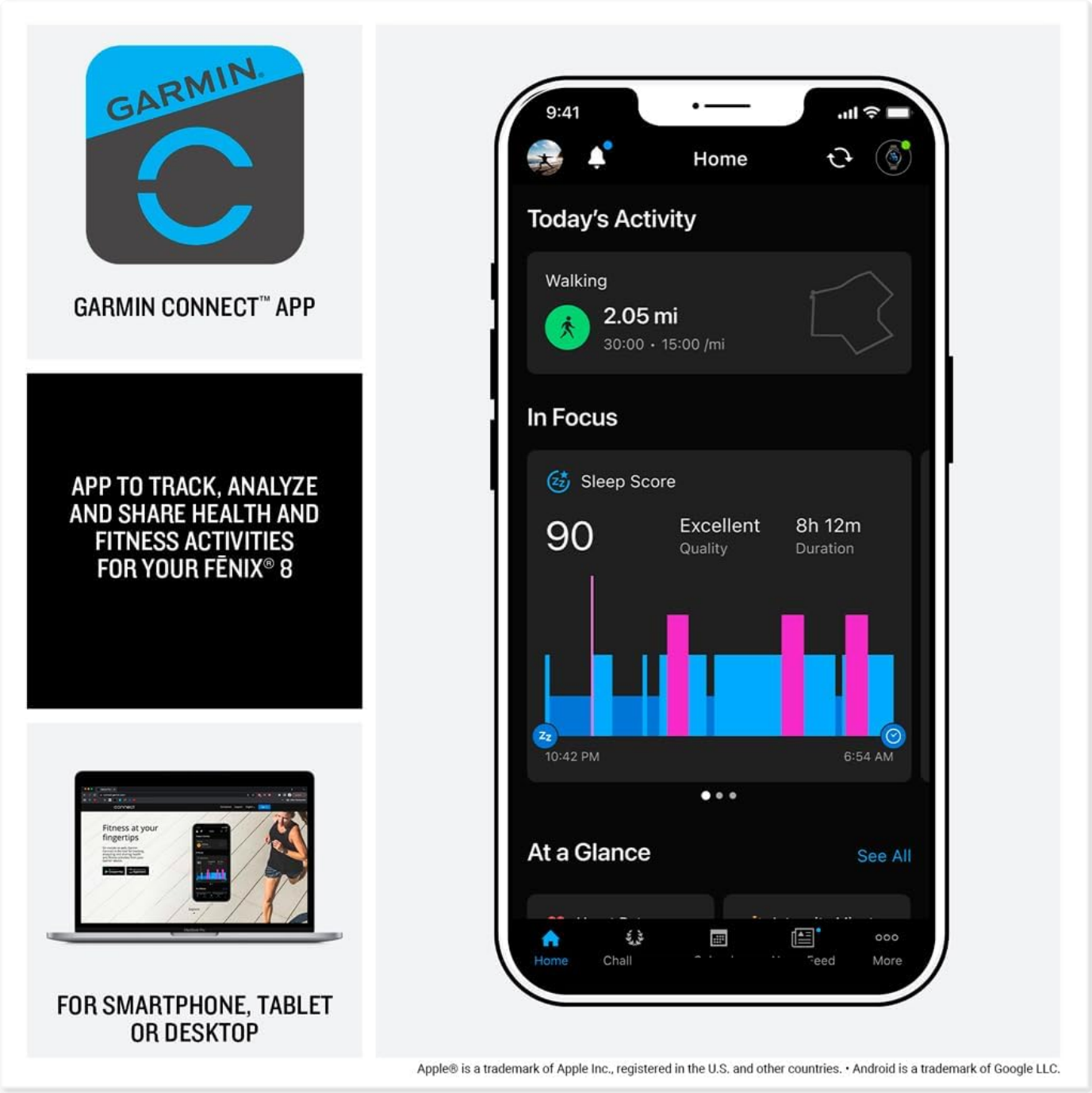


Image: The Garmin Connect app displayed on a smartphone and a desktop, illustrating its use for tracking, analyzing, and sharing health and fitness activities.

4. Wi-Fi Connectivity

Connect your fēnix® 8 to a Wi-Fi network through the Garmin Connect app to enable faster map downloads and software updates.

Operating Your fēnix® 8

Button Functions

- **LIGHT:** Press to turn on/off backlight. Hold to power on/off, access controls menu.
- **UP/MENU:** Press to scroll through widgets and data screens. Hold to open the menu.
- **DOWN:** Press to scroll through widgets and data screens. Hold to open music controls.
- **START/STOP:** Press to select an option or start/stop an activity.
- **BACK/LAP:** Press to return to the previous screen. Hold to mark a lap during an activity.

Touchscreen Navigation

The fēnix® 8 features a responsive AMOLED touchscreen. Swipe up or down to scroll through menus and widgets. Tap to select options. Swipe left or right to access additional data screens or return to the watch face.

Communication Features

- **Calls:** With a built-in speaker and mic, you can make and take phone calls directly from your wrist when paired with your smartphone.
- **Smart Notifications:** Receive emails, texts, and alerts on your smartwatch when paired with your iPhone or Android smartphone.
- **Voice Assistant:** Use your smartphone's voice assistant to respond to text messages and more directly from your watch.
- **Off-Grid Voice Command:** Access select watch controls even without a smartphone connection.

Music Storage and Payments

- **Music:** Download songs and playlists from supported streaming services (e.g., Spotify, Deezer, Amazon Music) for phone-free listening.
- **Garmin Pay™:** Make contactless payments with your watch at participating providers.

Safety and Tracking

When your watch and phone are paired, a message with your live location can be sent to your contacts manually or, during select outdoor activities, automatically with built-in incident detection.

Key Features and Capabilities

Display and Design

The fēnix® 8 features a big, bright 1.4" AMOLED display with an enhanced graphical interface, housed within a durable stainless steel bezel. It is available in 43 mm, 47 mm, and 51 mm sizes to suit various preferences.

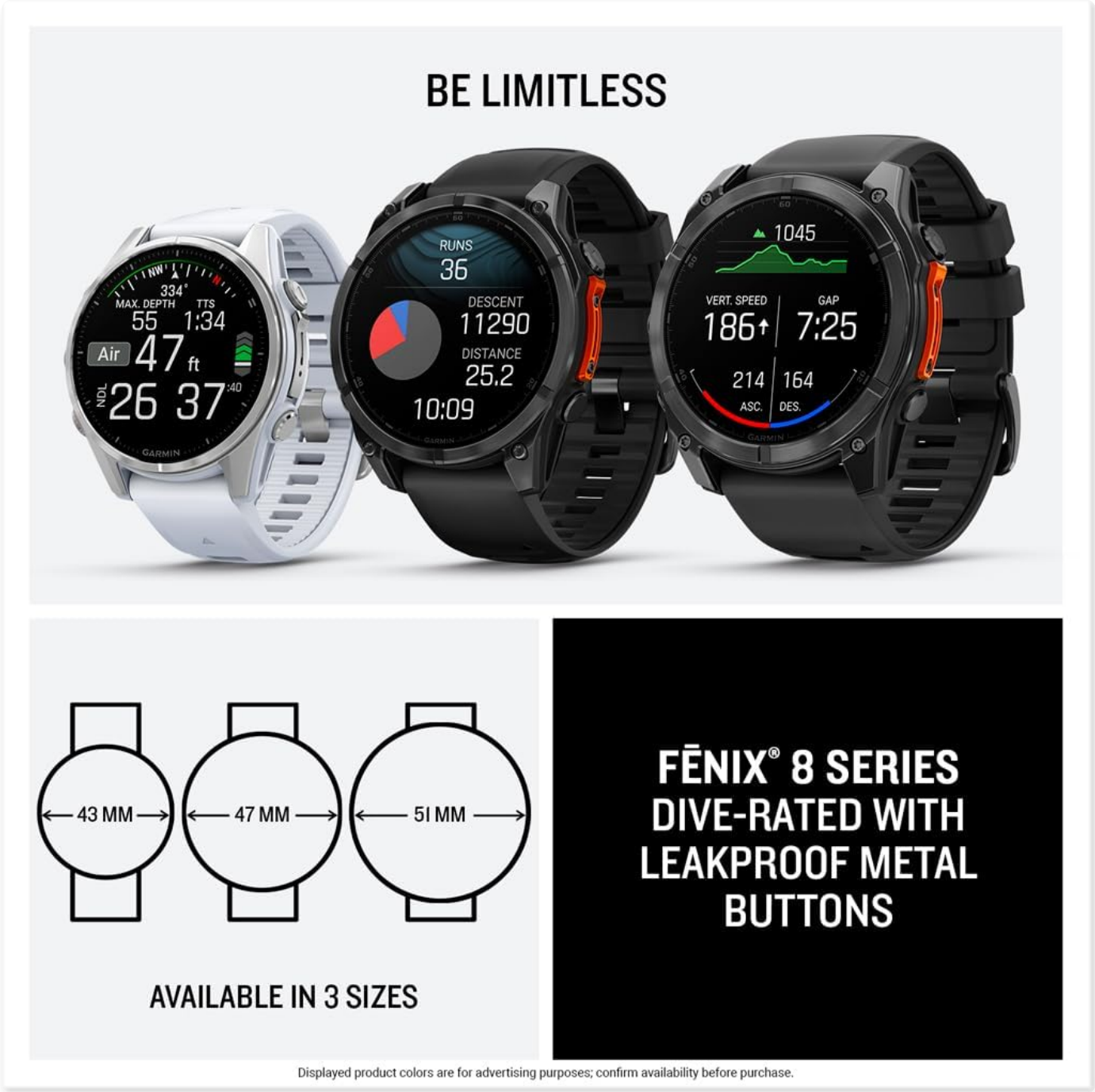


Image: The Garmin fēnix 8 Smartwatch is available in 43mm, 47mm, and 51mm sizes, emphasizing its dive rating and leakproof metal buttons for extreme conditions.

Long-Lasting Battery Life

Enjoy extended adventures with up to 29 days of battery life in smartwatch mode and up to 84 hours in GPS mode, ensuring your device keeps up with your longest expeditions and training sessions.

Built-in LED Flashlight

A powerful built-in LED flashlight provides variable light intensities and a strobe mode for after-dark visibility, offering convenient illumination when you need it most.

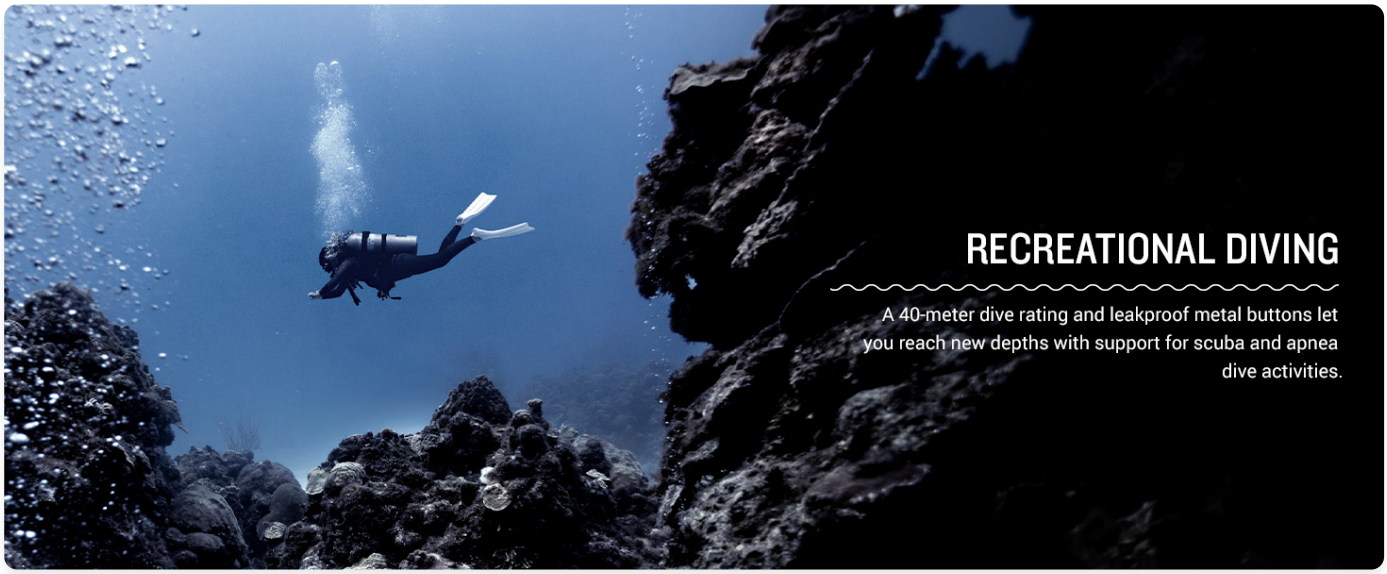


Image: A person running at dusk, demonstrating the utility of the fēnix 8's built-in LED flashlight for enhanced visibility and safety.

Health and Wellness Monitoring

The fēnix® 8 offers 24/7 health and wellness monitoring, including wrist-based heart rate, advanced sleep monitoring, respiration tracking, Pulse Ox, and stress levels. An ECG app is also available in some regions to record heart rhythm and check for signs of atrial fibrillation (for users 22 years or older). *Note: This is not a medical device, and data presented is intended to be a close estimation of metrics tracked. Pulse Ox not available in all countries.*

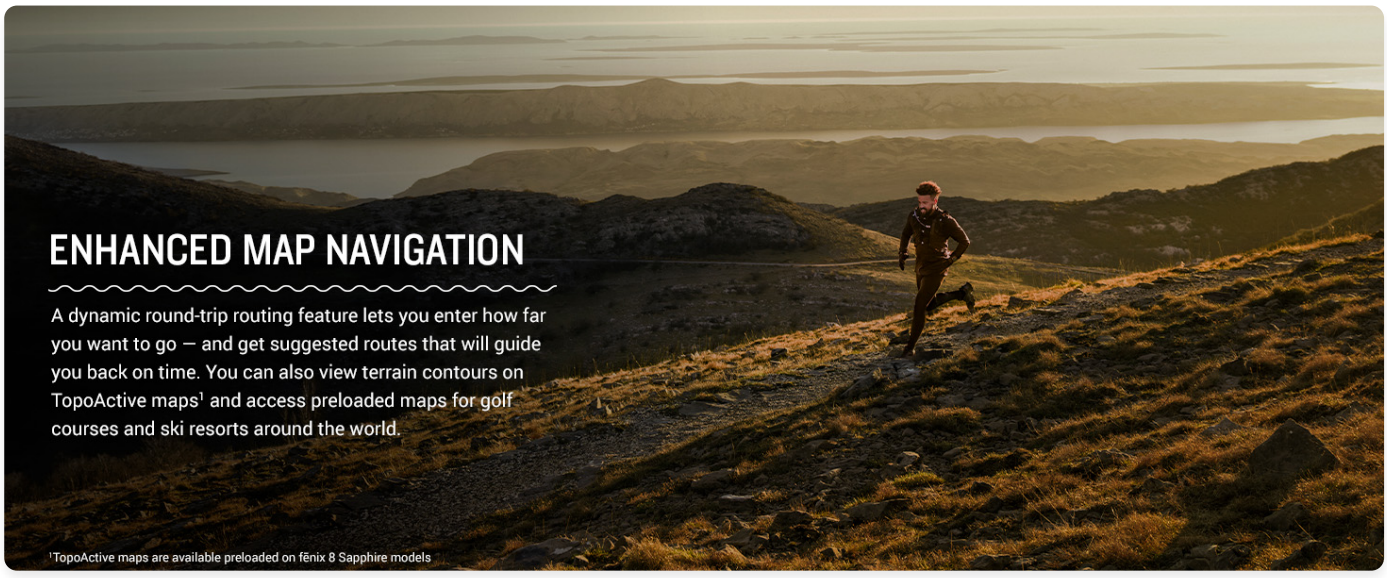


Image: A close-up of the fēnix 8 smartwatch on a wrist, showing a customizable morning report with health and wellness data, including training readiness.

Training Readiness and Performance Insights

Your training readiness score is based on sleep quality, recovery, training load, and HRV status, helping you determine if you're primed for intense workouts or need more recovery. Performance insights help manage exertion and build stamina, while features like Endurance Score gauge your ability to sustain prolonged effort.



Image: The fēnix 8 smartwatch displaying a "Training Readiness" score, indicating the user's optimal state for training or recovery.

Advanced Training and Sports Apps

Power up your body’s performance with targeted strength training plans, real-time stamina tracking, and a full range of built-in sports apps. Use preloaded activity profiles for trail running, swimming, running, biking, hiking, rowing, skiing, golfing, and more. The Multisport Auto Transition feature detects sport changes between swim, bike, and run in multisport activities.



Image: A man performing squats with a barbell, illustrating the advanced strength training features of the fēnix 8 smartwatch.

GPS and Navigation

Navigate the outdoors with superior positioning accuracy thanks to multi-band GPS with SatIQ technology, plus built-in sensors for 3-axis compass, gyroscope, and barometric altimeter. Easily download TopoActive maps via Wi-Fi® connectivity. The dynamic round-trip routing feature helps simplify planning runs or rides, providing turn-by-turn directions.

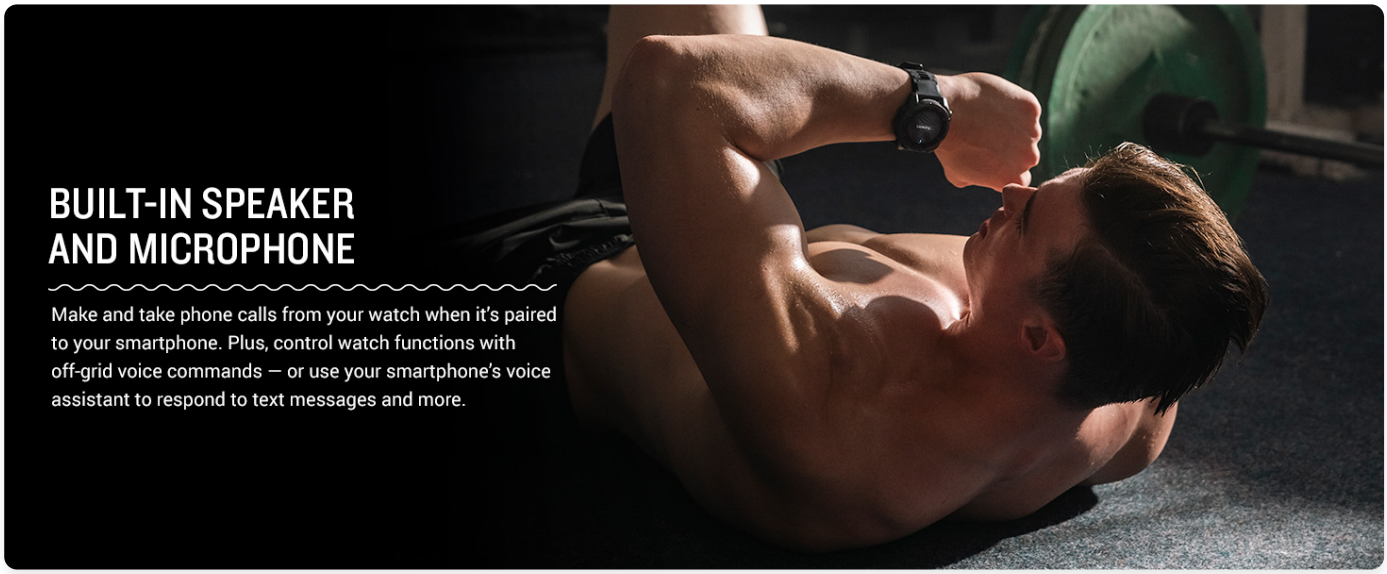


Image: A person trail running on a mountain path with a scenic view, demonstrating the fēnix 8's enhanced map navigation capabilities.

Dive Rating

With a 40-meter dive rating and leakproof metal buttons, the fēnix® 8 supports scuba and apnea dive activities, allowing you to reach new depths of adventure.



Image: A diver exploring an underwater rock formation, illustrating the fēnix 8's 40-meter dive rating and support for scuba and apnea activities.

Maintenance

Cleaning Your Device

Regularly clean your fēnix® 8 to maintain its performance and appearance. Rinse the watch with fresh water after exposure to chlorine, saltwater, sweat, or sunscreen. Use a soft, lint-free cloth to wipe the device dry. Avoid harsh chemicals or abrasive materials that could damage the watch.

Charging Best Practices

To prolong battery life, avoid exposing the watch to extreme temperatures while charging. Use only the provided Garmin charging cable. Do not charge if the watch or cable is wet.

Storage

If storing the device for an extended period, charge it to at least 50% before storage and recharge it every six months to prevent deep discharge.

Troubleshooting

Watch Not Turning On

- Ensure the watch is fully charged.
- Try holding the LIGHT button for at least 15 seconds to perform a hard reset.

GPS Signal Issues

- Ensure you are in an open area with a clear view of the sky.
- Sync your watch with the Garmin Connect app to update satellite data.

Bluetooth Connectivity Problems

- Ensure Bluetooth is enabled on both your watch and smartphone.
- Unpair and re-pair the device through the Garmin Connect app.
- Restart both your watch and smartphone.

Inaccurate Health Data

- Ensure the watch is worn snugly on your wrist, above the wrist bone.
- Clean the optical heart rate sensor on the back of the watch.
- Update your watch software to the latest version.

Specifications

Feature	Detail
Product Dimensions	1.85 x 2.01 x 1.85 inches
Item Weight	3.6 ounces (102 Grams)
Model Number	A04808
Batteries	1 Lithium Polymer battery (included)
Screen Display Size	1.4 Inches (AMOLED)
Memory Storage Capacity	32 GB
Operating System	Garmin OS
Special Features	Activity Tracker, GPS, Multisport Tracker, Notifications, Touchscreen, Built-in LED Flashlight, Dive-Rated (40m)
Connectivity Technology	Bluetooth, USB, Wi-Fi

Feature	Detail
GPS	Built-in GPS (Multi-band with SatIQ)
Shape	Round
Language	Multiple Languages
Manufacturer	Garmin

Warranty and Support

For detailed warranty information and product support, please visit the official Garmin website or contact Garmin customer service. Keep your proof of purchase for warranty claims.
Garmin Support: www.garmin.com/support

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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

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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