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Garmin A04808

Garmin fēnix® 8 Multisport GPS Smartwatch User Manual

Model: A04808 | Brand: Garmin

Introduction

Be limitless. The fēnix® 8 multisport GPS smartwatch is built for serious athletes and outdoor adventurers who want to push beyond their limits. It features a big, bright 1.4” AMOLED display with scratch-resistant sapphire lens, durable titanium bezel and powerful built-in LED flashlight for after-dark visibility. A built-in speaker and mic enable you to make and take calls from your wrist when your watch is paired to your smartphone. Power up your body’s performance, endurance and resistance to injury with the latest in targeted strength training plans plus a full range of sport-specific workouts. Performance insights help manage your exertion and build stamina, while training readiness features show how much recovery time you need between workouts, based on 24/7 health and wellness monitoring of heart rate, respiration, stress, sleep and more (data presented is intended to be a close estimation of metrics tracked). Take to the trails with built-in ABC sensors and preloaded TopoActive maps. The dynamic round-trip routing feature helps simplify the planning of your runs or rides — letting you set your target distance and receive turn-by-turn directions that adjust to get you back to your start on schedule. Enjoy extended off-grid adventures with up to 29 days of battery life in smartwatch mode. Plus, a 40-meter dive rating and leakproof metal buttons let you reach new depths of adventure. Additional features include music storage, Garmin Pay™ contactless payments (with a supported country and payment network), smart notifications (compatible smartphone required) and more.

What's in the Box

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

Setup

Before using your Garmin fēnix® 8 smartwatch, ensure it is fully charged using the provided charging/data cable. Connect the cable to the watch and a USB power source. The watch will display a charging indicator. Once charged, power on the device by pressing and holding the power button. Follow the on-screen prompts to select your language, pair with your smartphone via the Garmin Connect app, and set up initial preferences.



Image: The Garmin fēnix 8 smartwatch, showcasing its vibrant AMOLED display with various data fields.

Operating Your Smartwatch

Key Features and Functions

- **Advanced Multisport GPS:** Designed for athletes and adventurers, featuring a 1.4” AMOLED display, sapphire lens, titanium bezel, and built-in LED flashlight for visibility.
- **Performance and Training:** Enhance your physical performance, endurance, and injury resistance with targeted strength training plans, real-time stamina tracking, and a wide range of built-in sports apps.
- **Long-Lasting Battery:** Enjoy extended use with up to 29 days in smartwatch mode and up to 84 hours in GPS mode.
- **Training Readiness:** A personalized score based on sleep quality, recovery, training load, and HRV status helps determine optimal workout times.
- **Communication Features:** Make and receive phone calls directly from your wrist when paired with your smartphone, utilizing the built-in speaker and mic. Use voice commands for watch controls even without a smartphone connection.
- **Navigation:** Navigate outdoor environments with superior accuracy using multi-band GPS with SatIQ technology, 3-

axis compass, gyroscope, and barometric altimeter. Dynamic round-trip routing assists in planning and navigating runs or rides.

- **Dive Rating:** A 40-meter dive rating and leakproof metal buttons support scuba and apnea dive activities.
- **Health Monitoring:** Continuous 24/7 health and wellness monitoring includes wrist-based heart rate, advanced sleep tracking, respiration tracking, and Pulse Ox. The ECG app can record heart rhythm and check for signs of atrial fibrillation (for users 22+ years, not available in all regions).
- **Smart Features:** Store music, make contactless payments with Garmin Pay™, and receive smart notifications when connected to a compatible smartphone.

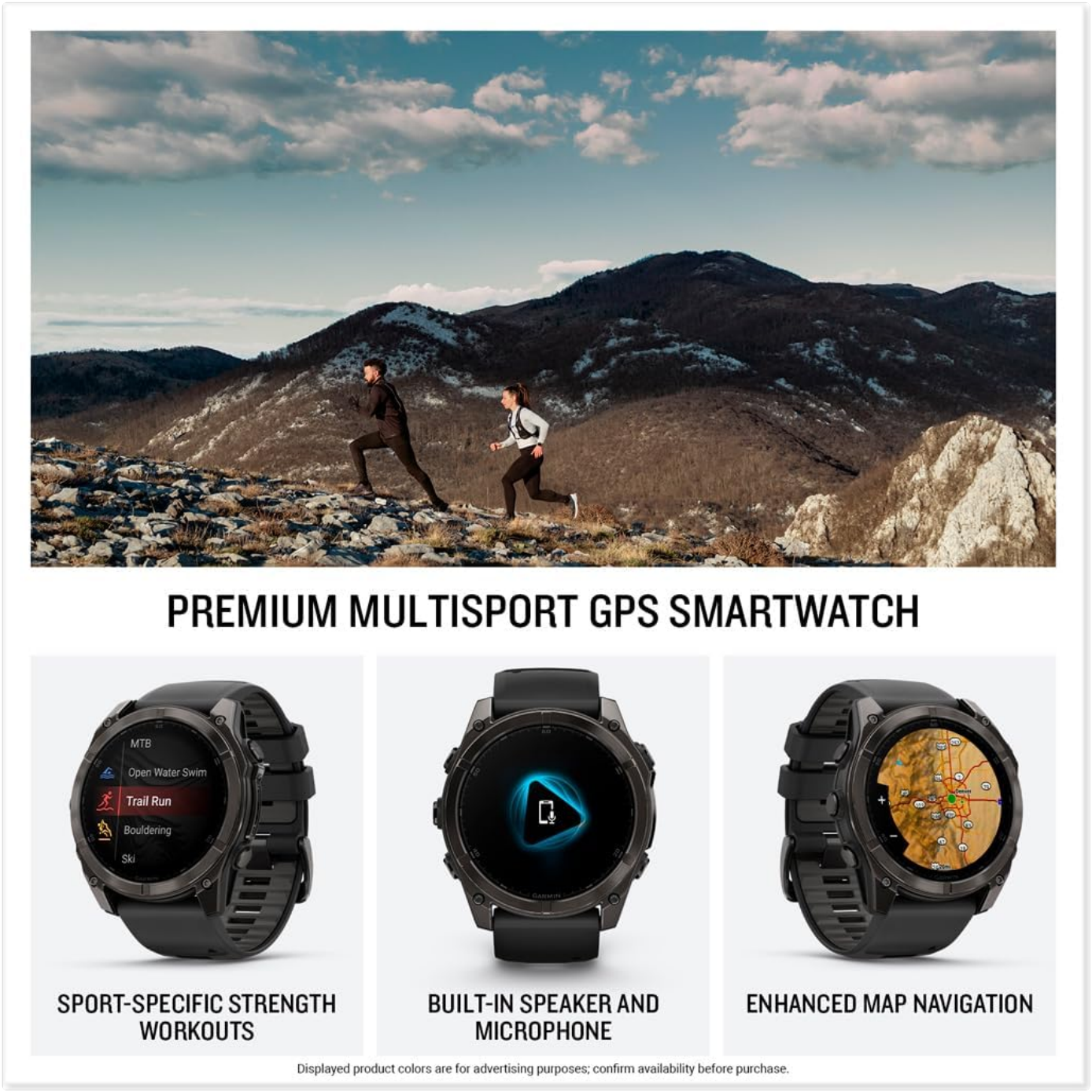


Image: The fēnix 8 is designed for outdoor activities, as shown by two individuals running on a scenic mountain trail.

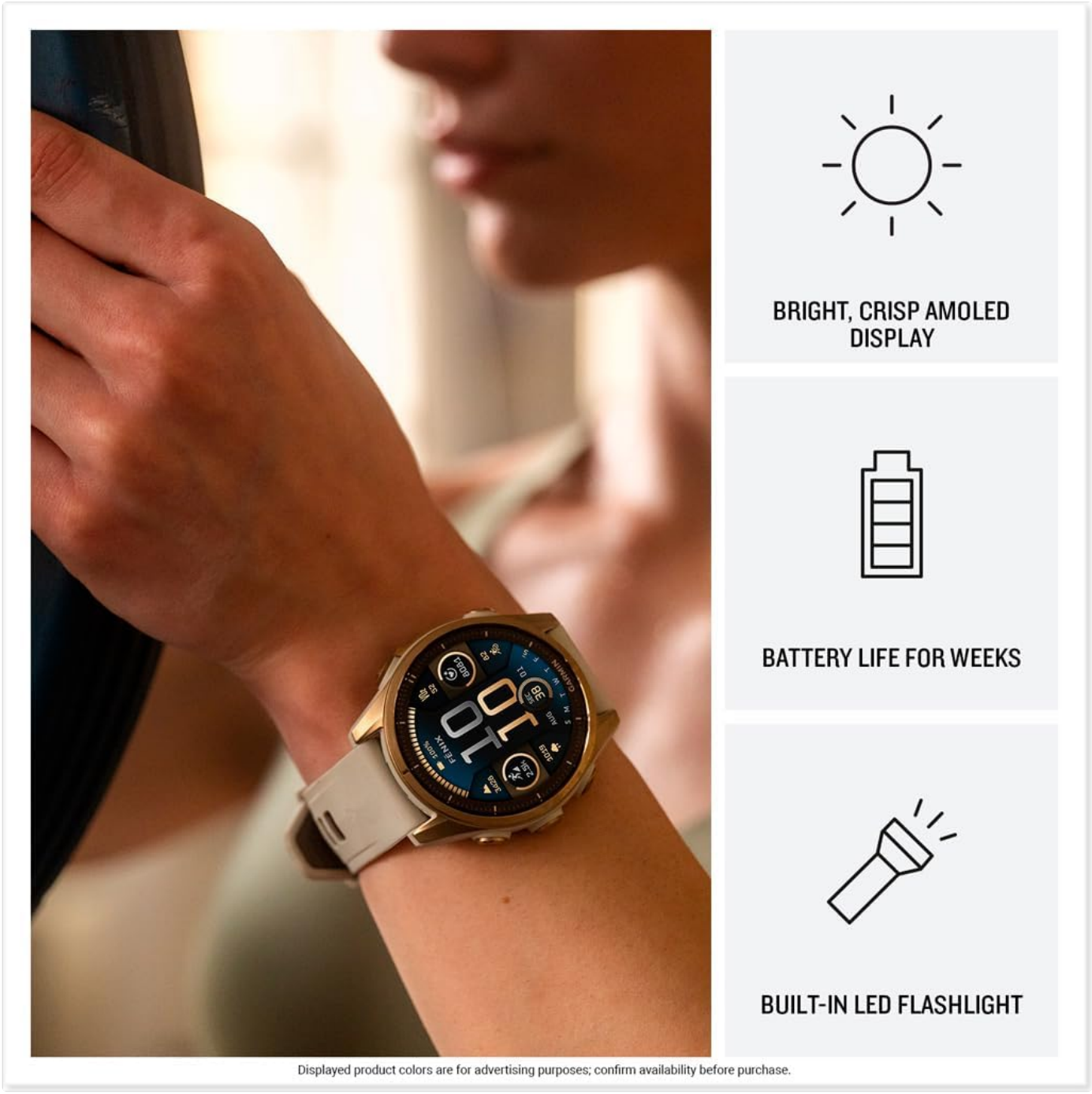


Image: A close-up view of the fēnix 8 on a wrist, highlighting its bright AMOLED display and long-lasting battery life.

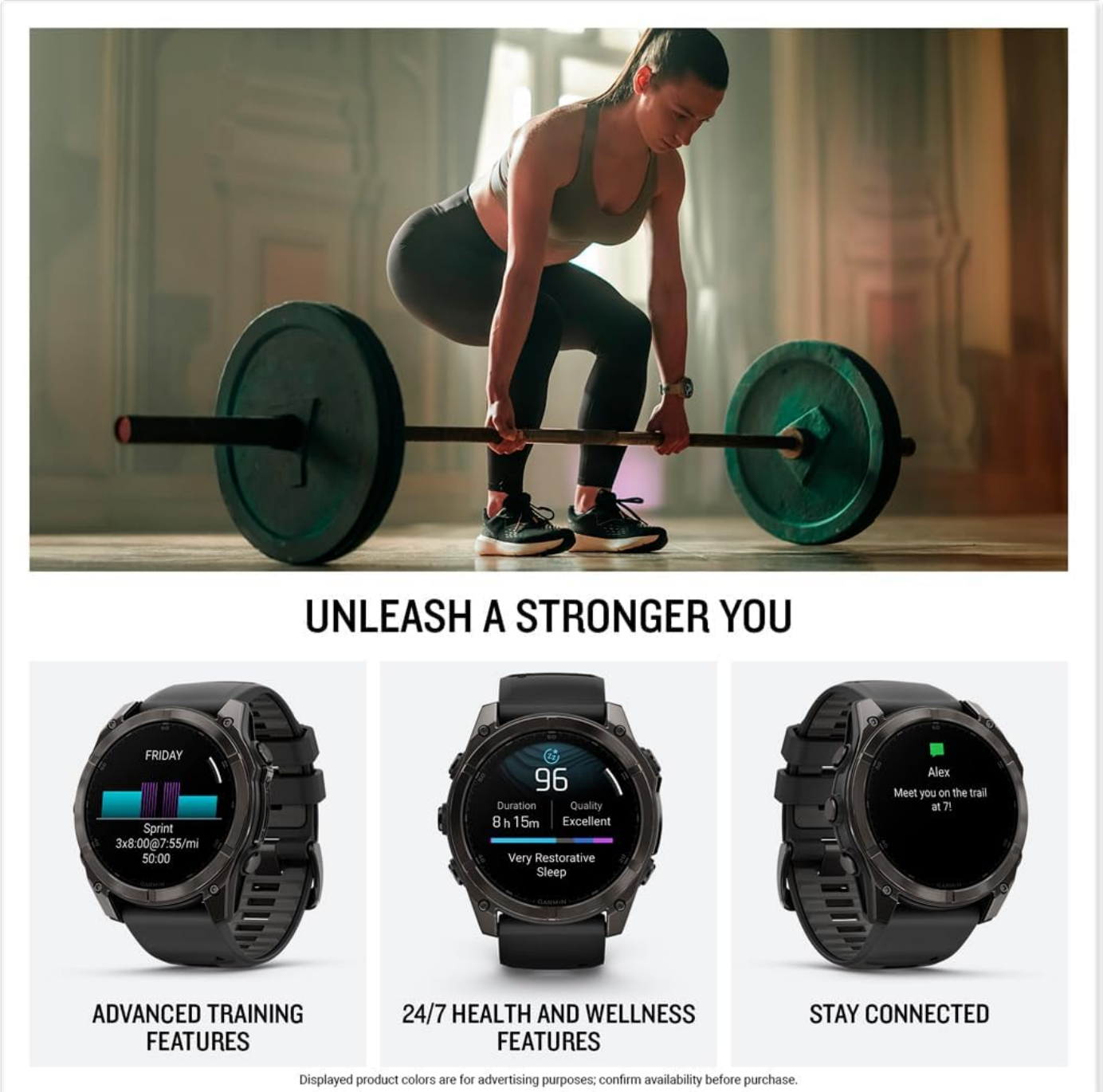


Image: A user engaged in strength training, demonstrating the watch's utility for tracking workouts.

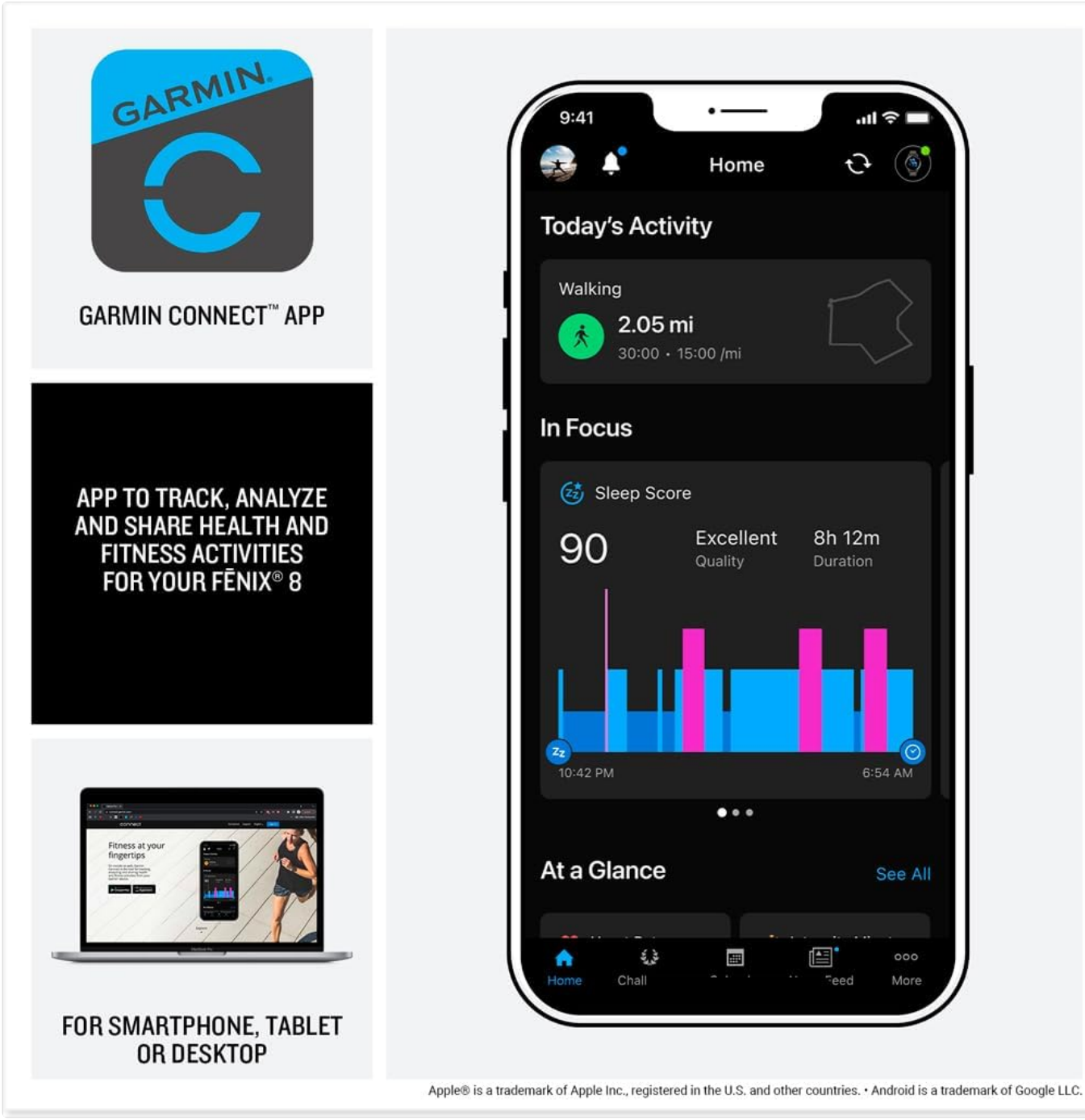


Image: The Garmin Connect app interface on a smartphone, showing detailed activity and sleep tracking data.

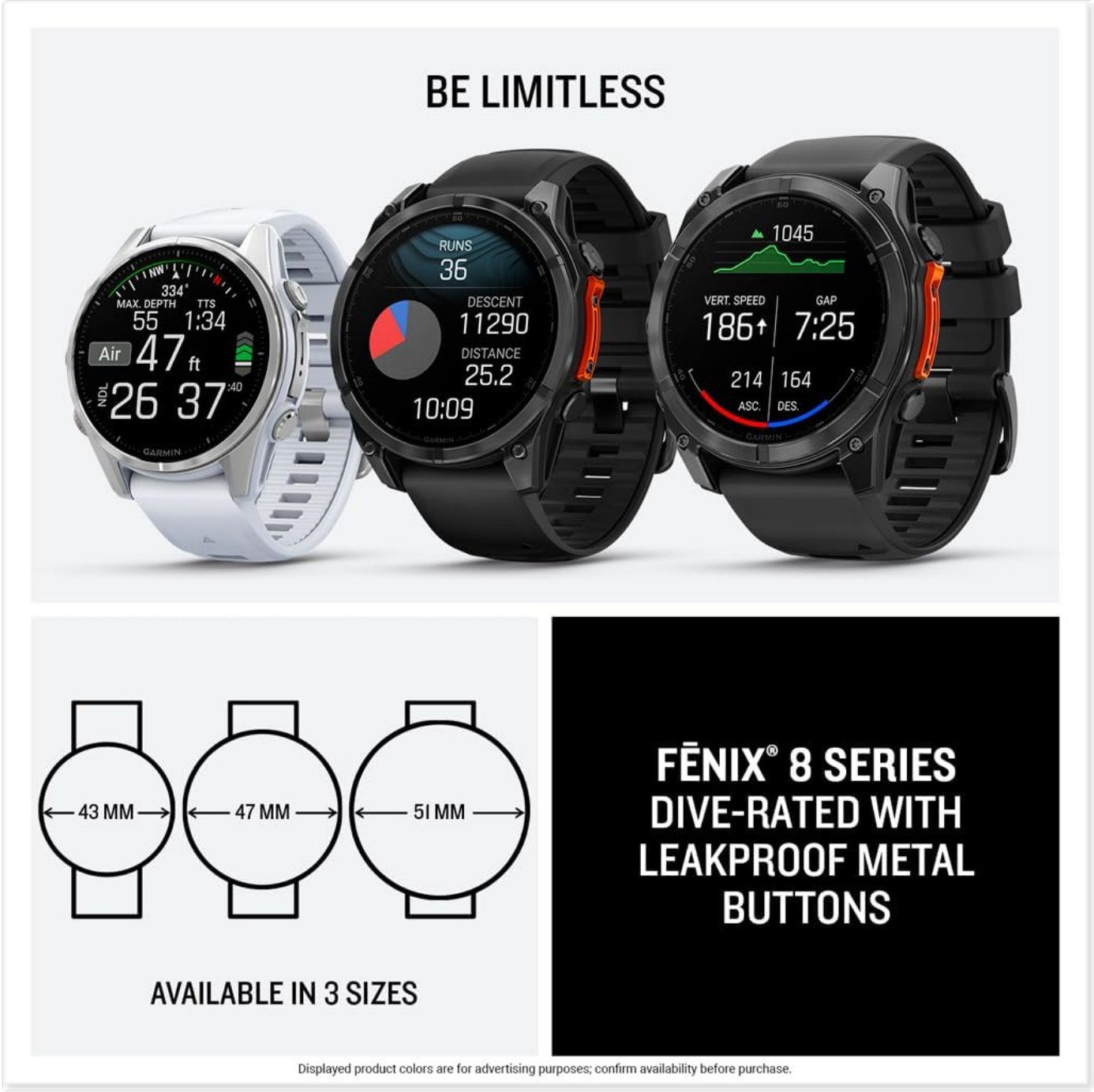


Image: A comparison of the fēnix 8 series available in 43mm, 47mm, and 51mm sizes, highlighting its dive-rated capabilities.

Maintenance

To ensure the longevity and optimal performance of your Garmin fēnix® 8, regular maintenance is recommended. Clean the watch and band regularly with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials, which can damage the device. Rinse the watch with fresh water after exposure to chlorine, saltwater, or sweat. Ensure the charging contacts are clean and dry before charging to prevent corrosion. Store the watch in a cool, dry place when not in use.

Troubleshooting

Common Issues and Solutions

Issue	Possible Solution

Issue	Possible Solution
Watch not turning on	Ensure the watch is fully charged. Connect it to the charging cable and a power source for at least 30 minutes. If it still doesn't turn on, perform a soft reset by holding the power button for 15 seconds.
GPS signal not acquired	Ensure you are in an open area with a clear view of the sky. Wait a few minutes for the watch to acquire a signal. Sync the watch with the Garmin Connect app to update GPS satellite data.
Inaccurate heart rate readings	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. Avoid excessive movement during readings.
Battery draining quickly	Reduce screen brightness, disable unnecessary notifications, turn off Wi-Fi and Bluetooth when not in use, and limit GPS usage. Ensure the watch firmware is up to date.
Cannot pair with smartphone	Ensure Bluetooth is enabled on your smartphone and the watch. Make sure the Garmin Connect app is installed and updated. Restart both the watch and the smartphone. Remove previous pairings and try again.

Specifications

Feature	Detail
Product Dimensions	0.58 x 2.01 x 2.01 inches
Item Weight	3.6 ounces (102 Grams)
Model Number	A04808
Batteries	1 Lithium Ion battery (included)
Standing Screen Display Size	1.4 Inches
Memory Storage Capacity	32 GB
Operating System	Garmin OS
Special Features	Touchscreen, Multisport Tracker, Activity Tracker, GPS, Notifications
Battery Capacity	5 Milliamp Hours
Connectivity Technology	Bluetooth, Wi-Fi, USB
Wireless Communication Standard	Bluetooth
GPS	Built-in GPS
Shape	Round
Dive Rating	40-meter

Warranty and Support

Garmin products are designed for reliability and performance. For specific warranty details, please refer to the warranty card included with your product or visit the official Garmin website. For technical support, product registration, or to

access additional resources, please visit Garmin Support. You can also find FAQs and community forums there.

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