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› **Garmin fēnix® 8 Smartwatch Instruction Manual**

Garmin A04805

Garmin fēnix® 8 Smartwatch Instruction Manual

Model: fēnix® 8 (43mm, AMOLED, Sapphire, Carbon Gray DLC Titanium with Pebble Gray Band)

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1. SETUP

1.1 What's in the Box

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

1.2 Initial Charging

Before first use, connect your fēnix® 8 smartwatch to the charging/data cable and plug it into a USB power source. Ensure the device is fully charged to optimize battery performance. The watch offers up to 10 days of battery life in smartwatch mode and up to 28 hours in GPS mode.

1.3 Smartphone Pairing and Garmin Connect App

To unlock the full potential of your fēnix® 8, pair it with your compatible smartphone using the Garmin Connect app. Download the Garmin Connect app from your smartphone's app store. Follow the on-screen instructions in the app to pair your device. This enables smart notifications, data synchronization, and access to advanced health and training features.

UNLEASH A STRONGER YOU

Power up your body's performance and endurance with this rugged fēnix 8 series multisport GPS smartwatch. Its premium design is built for pushing limits, with on-wrist coaching features to support your training goals.



Image: The Garmin Connect app interface displayed on a smartphone, illustrating sleep score, daily activity, and other health metrics. The app is essential for tracking, analyzing, and sharing health and fitness activities for your fēnix® 8.

2. OPERATING INSTRUCTIONS

2.1 Display and Interface

The fēnix® 8 features a bright 1.3" AMOLED display with a scratch-resistant sapphire lens. The interface is designed for clear readability and intuitive navigation using both physical buttons and touchscreen input.



BRIGHT, CRISP AMOLED
DISPLAY



BATTERY LIFE FOR WEEKS



BUILT-IN LED FLASHLIGHT

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Image: A close-up of the Garmin fēnix® 8 smartwatch worn on a wrist, showcasing its bright AMOLED display with time, battery life, and health data. Accompanying icons highlight features like bright, crisp AMOLED display, battery life for weeks, and built-in LED flashlight.

2.2 Buttons and LED Flashlight

The watch is equipped with durable, leakproof metal buttons for reliable operation in various environments, including underwater. A powerful built-in LED flashlight provides variable light intensities and a strobe mode for enhanced visibility in low-light conditions.

2.3 Voice Control and Communication

With a built-in speaker and microphone, you can make and take phone calls directly from your wrist when paired with your smartphone. The watch also supports off-grid voice commands for controlling watch functions and using your smartphone's voice assistant to respond to messages.

2.4 Navigation Features

Navigate the outdoors with superior positioning accuracy thanks to multi-band GPS with SatIQ technology and built-in ABC sensors (altimeter, barometer, compass). Preloaded TopoActive maps and a dynamic round-trip routing feature simplify route planning, allowing you to set a target distance and receive turn-by-turn directions.

2.5 Health and Wellness Monitoring

The fēnix® 8 provides 24/7 health and wellness monitoring, including wrist-based heart rate, advanced sleep monitoring, respiration tracking, and Pulse Ox. An ECG app can record your heart rhythm and check for signs of atrial fibrillation (for users 22 years or older; not available in all regions). Data presented is intended to be a close estimation of metrics tracked and is not a medical device.

2.6 Advanced Training Features

Enhance your performance with targeted strength training plans, real-time stamina tracking, and a full range of built-in sport-specific workouts. Training readiness scores, based on sleep quality, recovery, training load, and HRV status, help determine optimal workout intensity. The watch also offers an endurance score and multisport auto transition for seamless activity tracking.



UNLEASH A STRONGER YOU



ADVANCED TRAINING FEATURES



24/7 HEALTH AND WELLNESS FEATURES



STAY CONNECTED

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Image: A woman performing weightlifting in a gym, wearing the Garmin fēnix® 8 smartwatch. The image highlights advanced training features, 24/7 health and wellness features, and connectivity options of the watch.

2.7 Smart Features and Connectivity

Enjoy music storage, Garmin Pay™ contactless payments (with supported country and payment network), and smart notifications for calls, texts, and alerts. The Garmin Messenger app allows two-way text messaging. Safety and tracking features enable sending live location messages to contacts manually or automatically with built-in incident detection (requires smartphone network coverage).

3. MAINTENANCE

3.1 General Care

Regularly clean your fēnix® 8 smartwatch and band to prevent buildup of sweat and other residues. Use a soft, damp cloth to wipe the device. Avoid harsh chemicals or abrasive materials that could damage the sapphire lens or titanium bezel.

3.2 Water Resistance

The fēnix® 8 has a 40-meter dive rating and leakproof metal buttons, making it suitable for swimming, showering, and various dive activities. Rinse the watch with fresh water after exposure to chlorine or saltwater.

3.3 Band Replacement

The watch bands are designed for easy replacement. Refer to the documentation for specific instructions on how to remove and attach different band types.

4. TROUBLESHOOTING

4.1 Button Responsiveness

If buttons feel mushy or unresponsive, perform a button calibration. On a Windows computer, create an empty text file named **KEY_CALIBRATION.BIN** and save it as "All files" or "*.*". Connect your watch to the computer and place the file in the Internal Storage (not a subfolder). Disconnect the watch; a calibration screen will appear. Press each button fully a couple of times until a green check appears for each. This procedure helps restore optimal button functionality.

4.2 Battery Life Optimization

To maximize battery life, consider disabling the always-on display, reducing screen brightness, and managing background activities. Ensure regular software updates are installed, as these often include battery performance improvements.

4.3 Connectivity Issues

If your watch is not connecting to your smartphone, ensure Bluetooth is enabled on both devices and that they are within range. Restarting both the watch and the phone can often resolve minor connectivity glitches. Re-pairing the devices through the Garmin Connect app may also be necessary.

5. SPECIFICATIONS

Product Dimensions	0.54 x 1.69 x 1.69 inches
Item Weight	2.33 ounces (66 Grams)
Item Model Number	A04805
Batteries	1 Lithium Ion battery required (included), Lithium Polymer composition
Battery Capacity	5 Milliamp Hours
Display Size	1.3 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
Connectivity Technology	Bluetooth, USB, Wi-Fi
Wireless Communication Standard	Bluetooth
GPS	Built-in GPS (Multi-band with SatIQ technology)
Manufacturer	Garmin

6. WARRANTY AND SUPPORT

For warranty information and customer support, please refer to the documentation included in your product packaging or visit the official Garmin website.

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