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Garmin A04413

Garmin Enduro™ 3 Smartwatch Instruction Manual

Model: A04413

Introduction

The Garmin Enduro™ 3 is an ultraperformance GPS smartwatch designed for demanding challenges. It features a lightweight design, extreme battery life with solar charging capabilities, detailed mapping, and a built-in LED flashlight. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your Enduro 3 smartwatch.

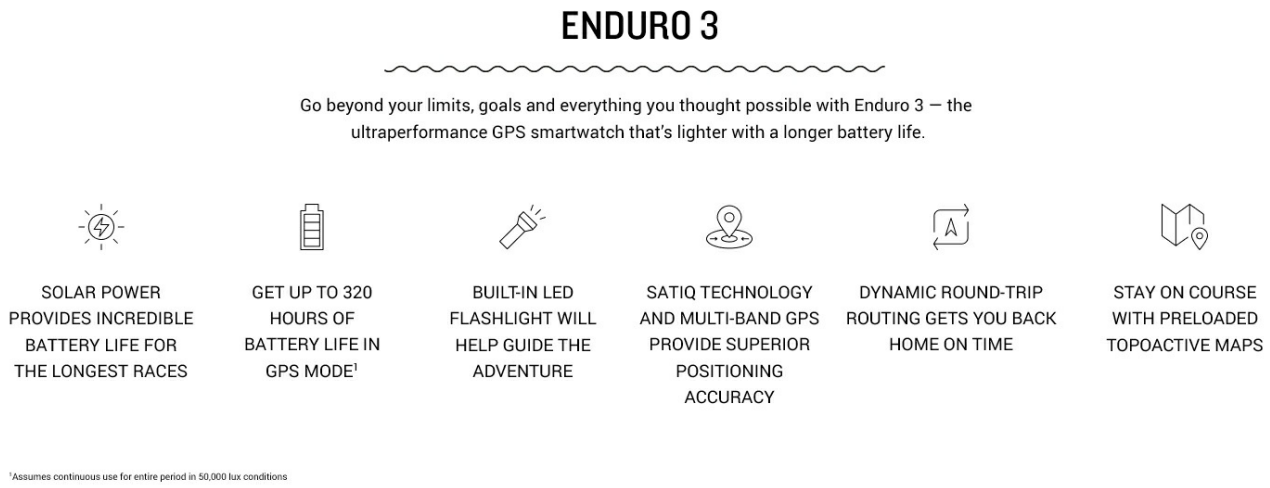


Figure 1: Garmin Enduro 3 Smartwatch overview.

What's in the Box

- Garmin Enduro™ 3 Smartwatch
- Charging/Data Cable
- Documentation (Quick Start Manual, Safety and Product Information)

Setup

Charging the Device

Before initial use, fully charge your Enduro 3 smartwatch. Connect the charging/data cable to the charging port on the back of the watch and to a USB power source. The watch features solar charging, extending battery life during outdoor exposure.



Figure 2: Smartwatch displaying solar intensity data.

Initial Power On and Pairing

1. Press and hold the LIGHT button to power on the device.
2. Follow the on-screen instructions to select your language and set up initial preferences.
3. Download the Garmin Connect app on your smartphone.
4. Open the Garmin Connect app and follow the instructions to pair your Enduro 3 smartwatch with your smartphone. This enables smart features and data synchronization.

Operating the Smartwatch

Basic Navigation

- **Buttons:** The Enduro 3 features a 5-button design for navigation. Refer to the included documentation for specific button functions.
- **Touchscreen:** Swipe up/down to scroll through widgets and menus. Tap to select items. Swipe left/right for additional data screens or to dismiss notifications.

Key Features and Functions

- **GPS and Mapping:** The smartwatch comes with preloaded TopoActive maps optimized for outdoor activities. Dynamic round-trip routing helps you navigate and stay on course.
- **Health and Performance Tracking:** Monitor your body's performance with advanced metrics such as VO2 Max, real-time stamina tracking, heart rate, Pulse Ox, and comprehensive sleep tracking.
- **Strength Training:** Access targeted strength training plans and sport-specific workouts tailored for ultrarunners, cyclists, and hikers.
- **Built-in LED Flashlight:** Illuminate your path with the integrated LED flashlight, useful for low-light conditions.
- **Smart Features:** Receive smart notifications, make and take calls (when connected to a compatible smartphone), control music, and utilize Garmin Pay for contactless payments.



Figure 3: Activity selection menu on the smartwatch.

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Video 1: Official product video showcasing the Garmin Enduro 3 Smartwatch features.

Maintenance

General Care and Cleaning

- Regularly clean the watch and band with a damp cloth to prevent buildup of sweat and dirt.
- Avoid using harsh chemicals or abrasive materials that could damage the watch's sapphire lens or titanium bezel.
- Ensure the charging port is clean and dry before charging to prevent corrosion.

Water Resistance

The Enduro 3 smartwatch is water-rated to 10 ATM (100 meters), making it suitable for swimming, showering, and other water activities. Avoid pressing buttons underwater to prevent water ingress.

Troubleshooting

Device Unresponsive

- If the device becomes unresponsive, press and hold the LIGHT button for 15 seconds until the device turns off. Press and hold the LIGHT button again to restart.

GPS Signal Issues

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

Battery Draining Quickly

- Adjust display brightness and timeout settings.
- Disable features like Wi-Fi, Pulse Ox, or continuous heart rate monitoring if not actively needed.
- Ensure the solar charging feature is utilized by exposing the watch to sunlight during outdoor activities.

Specifications

Feature	Detail
Model Number	A04413
Dimensions	2.01 x 2.01 x 0.62 inches
Item Weight	2.22 ounces (63 grams)
Screen Size	1.4 Inches
Display Resolution	240 x 240 pixels
Operating System	Garmin OS
Connectivity	Bluetooth, USB, Wi-Fi
GPS	Built-in GPS
Water Resistance	10 ATM (100 meters)

Battery Life (Smartwatch Mode)	Up to 90 days (with solar charging in 50,000 lux conditions)
Battery Life (GPS Mode)	Up to 320 hours (with solar charging in 50,000 lux conditions)
Memory Storage	32 GB
Bezel Material	Titanium
Lens Material	Sapphire

Warranty and Support

For warranty information and product support, please refer to the official Garmin website or the documentation included with your Enduro 3 smartwatch. Garmin provides customer support and resources for product registration, software updates, and service inquiries.

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.

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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.

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