Garmin 010-02936-00

Garmin Instinct® 3 User Manual

Model: 010-02936-00

Introduction

The Garmin Instinct® 3 is a rugged 45mm GPS smartwatch designed for outdoor enthusiasts and active individuals. It features a vibrant AMOLED display, a durable metal-reinforced bezel, and a built-in flashlight. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your Instinct 3 smartwatch.



Image: The Garmin Instinct 3 smartwatch in black, showcasing its rugged design and vibrant AMOLED display with various data fields.

What's in the Box

Upon unboxing your Garmin Instinct 3, please ensure all the following items are present:

- Instinct 3 series smartwatch
- Charging/data cable
- Documentation (this user manual and other guides)

Setup

Charging the Device

Before initial use, fully charge your Instinct 3 smartwatch. Connect the charging/data cable to the charging port on the back of the watch and plug the other end into a USB power source. The watch display will indicate charging status.

Powering On and Initial Configuration

Press and hold the **CTRL** button (top left) to power on the device. Follow the on-screen prompts to select your language, set time and date, and configure initial settings.

Pairing with Your Smartphone (Garmin Connect App)

To unlock the full potential of your Instinct 3, pair it with the Garmin Connect app on your smartphone. The app allows you to track activities, monitor health data, receive smart notifications, and customize watch settings.

1. Download the Garmin Connect app from your smartphone's app store.
2. Open the app and create an account or log in.
3. On your Instinct 3, navigate to the settings menu and select 'Pair Phone' or 'Add Phone'.
4. In the Garmin Connect app, follow the instructions to add a new device. Select the Instinct 3 from the list of discovered devices.
5. Confirm the pairing code displayed on both your watch and phone.

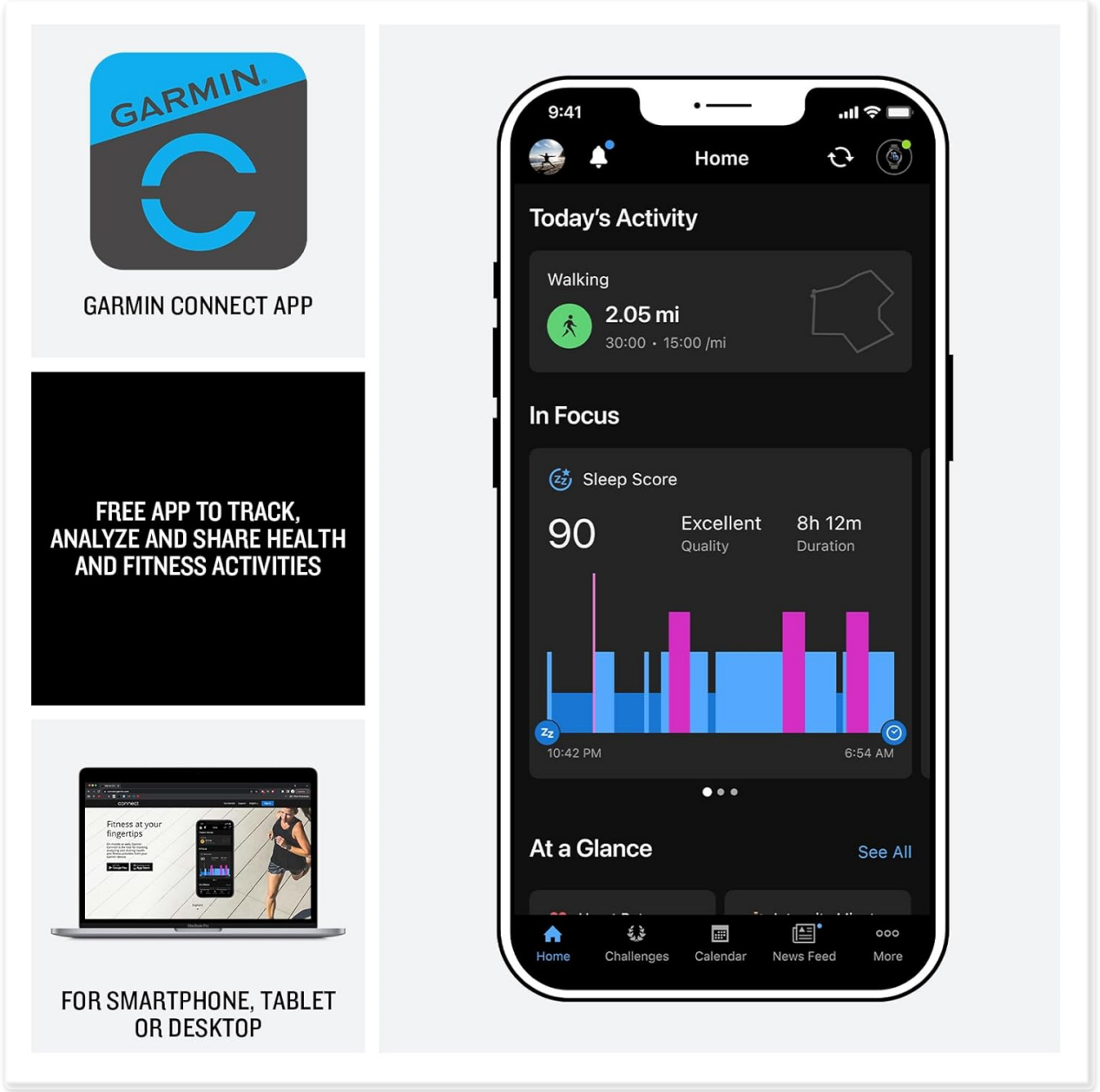

Image: A smartphone displaying the Garmin Connect app interface, showing activity tracking and sleep score, alongside a laptop with the Garmin Connect web interface.

Key Features

Vibrant AMOLED Display

The Instinct 3 features a bright 1.2-inch AMOLED display, providing clear visibility of data and notifications in various lighting conditions.



Image: A close-up of the Garmin Instinct 3 on a person's wrist, highlighting the vibrant AMOLED display showing time and activity data.

Rugged Design and Durability

Engineered with a supertough 45mm fiber-reinforced polymer case, a metal-reinforced bezel, and a scratch-resistant lens, the Instinct 3 is built to MIL-STD-810 standards for thermal and shock resistance. It is also 10 ATM water-rated, making it suitable for swimming and water sports.



Image: A person wearing the Garmin Instinct 3 while paddling a canoe, demonstrating the watch's rugged design and water resistance in an outdoor setting.

Built-in LED Flashlight

The watch includes a built-in LED flashlight with variable intensities and strobe modes, providing convenient illumination when needed, especially in low-light conditions.



Image: A person using the built-in flashlight of the Garmin Instinct 3 to illuminate a camping stove, highlighting its utility in outdoor environments.

Advanced GPS and Navigation

Navigate confidently with a 3-axis compass, barometric altimeter, and multi-band GPS with SatIQ™ technology. This combination delivers superior positioning accuracy while optimizing battery life.



Image: A close-up of the Garmin Instinct 3 display showing the altimeter, barometer, and compass (ABC) sensors, indicating its navigation capabilities.

24/7 Health and Wellness Monitoring

Stay connected to your body with comprehensive health monitoring features, including wrist-based heart rate tracking, advanced sleep monitoring, and Pulse Ox (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 person wearing the Garmin Instinct 3 by a campfire, illustrating the watch's continuous health and wellness monitoring capabilities during outdoor activities.

Smart Notifications and Connectivity

Receive emails, texts, and alerts directly on your watch when paired with your compatible smartphone. The Garmin Connect app allows you to view health and fitness information, connect with friends, and more.



Image: A person's wrist wearing the Garmin Instinct 3, displaying a smart notification from a connected smartphone.

Extended Battery Life

Enjoy up to 18 days of battery life in smartwatch mode, reducing the need for frequent charging.

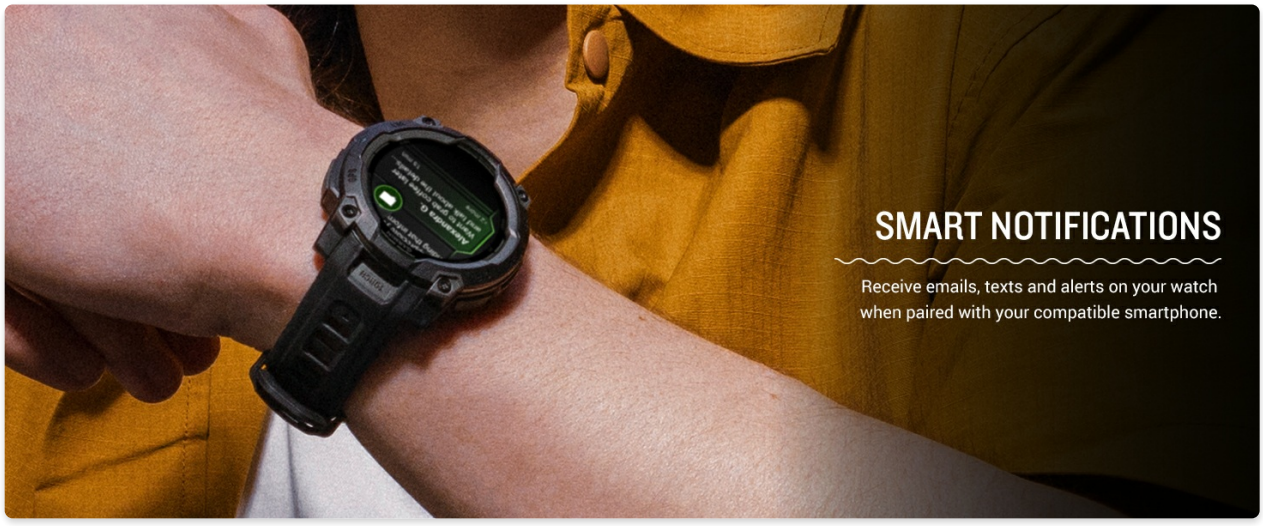

Image: The Garmin Instinct 3 smartwatch resting on a rock with a mountainous landscape in the background, symbolizing its long battery life for extended adventures.

Garmin Pay™ Contactless Payments

Make quick and secure payments directly from your wrist with Garmin Pay, supported by participating banks.



Image: A person's wrist wearing the Garmin Instinct 3, displaying the Garmin Pay contactless payment interface on the watch screen.

Operating Instructions

Button Functions

The Instinct 3 operates primarily through its five physical buttons:

- **CTRL (top left):** Press to turn the backlight on/off. Hold to access the controls menu (power, Garmin Pay, flashlight, etc.).
- **MENU (middle left):** Press to scroll through widgets and menus. Hold to access the main menu.
- **DOWN (bottom left):** Press to scroll down through widgets and menus.
- **GPS (top right):** Press to start an activity or select an option. Hold to view GPS details.
- **SET (bottom right):** Press to go back to the previous screen or exit a menu. Hold to access watch face settings.

Activity Tracking

The Instinct 3 can track a wide range of activities. To start an activity:

1. Press the **GPS** button.
2. Select an activity from the list (e.g., Run, Hike, Bike).
3. Wait for GPS signal acquisition (if applicable).
4. Press **GPS** again to start the timer.
5. To stop, press **GPS**, then select 'Save' or 'Resume'.

Health Monitoring

Your Instinct 3 continuously monitors various health metrics:

- **Heart Rate:** View your current heart rate on the dedicated widget.
- **Sleep Monitoring:** Wear the watch to bed for advanced sleep tracking and a morning report

summarizing your sleep recovery, daily calendar, and HRV status.

- **Pulse Ox:** Access the Pulse Ox widget to measure your blood oxygen saturation (note: not available in all countries).
- **Daily Movements:** Track steps, calories burned, floors climbed, and more throughout your day.
- **VO2 Max:** See your current fitness level and track changes over time.



Image: A person's wrist wearing the Garmin Instinct 3, displaying the 'Morning Report' feature which summarizes sleep recovery and daily metrics.

Customization and Apps

Personalize your Instinct 3 with watch faces, data fields, and apps from the Connect IQ Store.



Image: The Garmin Instinct 3 displaying the Connect IQ Store interface, showing available apps and watch faces for download.

Maintenance

Cleaning the Device

Regularly clean your Instinct 3 to ensure optimal performance and hygiene. Use a soft, lint-free cloth to wipe the display and case. For stubborn dirt, a slightly damp cloth can be used. Avoid harsh chemicals or abrasive materials.

Sensor Care

Keep the optical heart rate sensor on the back of the watch clean and free of debris. Accumulation of dirt or sweat can affect accuracy. Rinse the watch with fresh water after exposure to chlorine, saltwater, or sweat.

Storage

When storing the device for an extended period, ensure it is fully charged and then power it off. Store it in a cool, dry place away from direct sunlight and extreme temperatures.

Troubleshooting

Device Not Turning On

- Ensure the device is fully charged. Connect it to a power source for at least 30 minutes.
- Perform a soft reset by holding the **CTRL** button for 15 seconds.

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 (EPO file).

Heart Rate Sensor Inaccuracy

- Ensure the watch is worn snugly on your wrist, above the wrist bone.
- Clean the sensor regularly.
- For high-intensity activities, consider pairing an external heart rate monitor (e.g., HRM-Pro Plus).

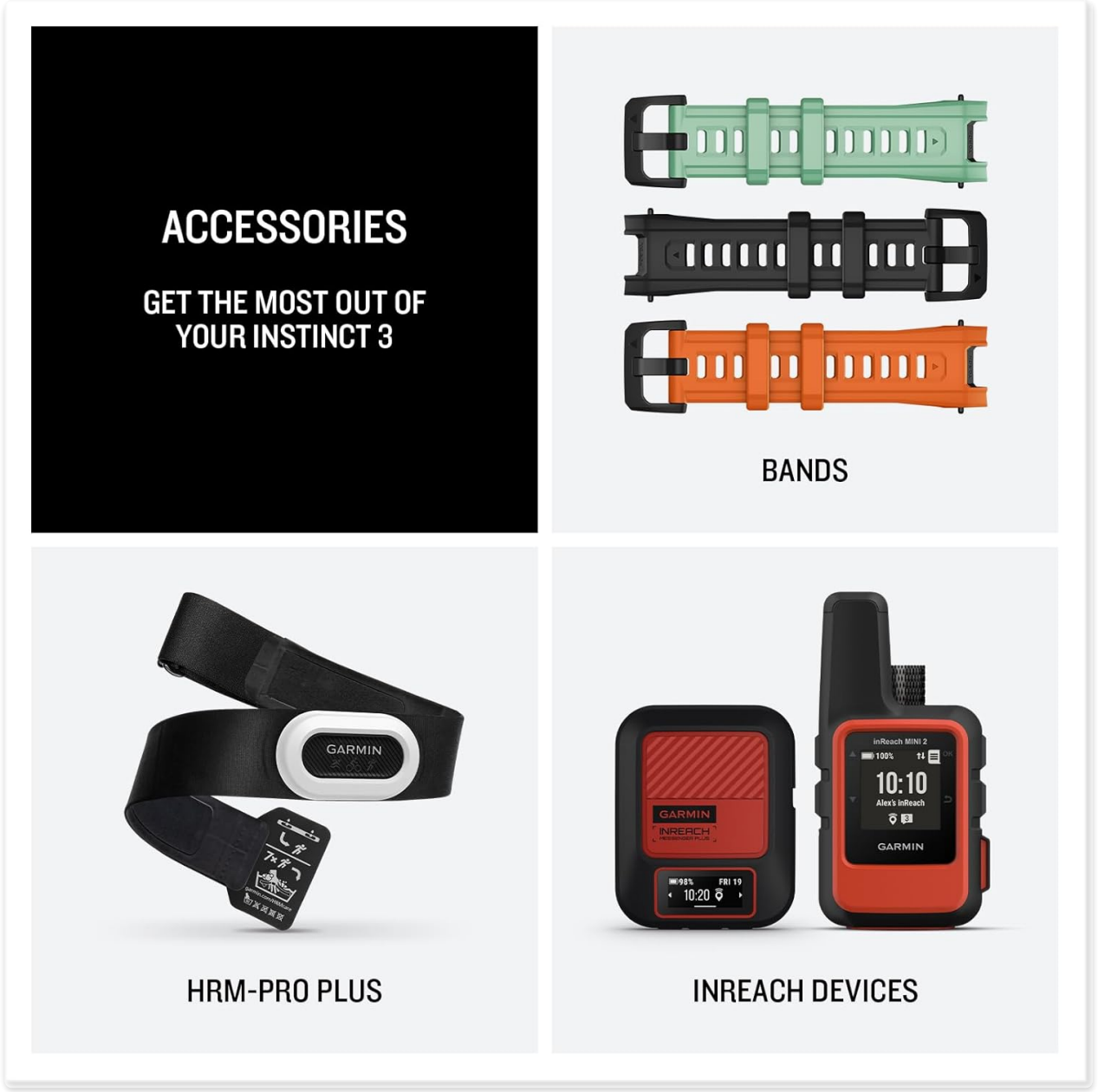

Image: The Garmin HRM-Pro Plus chest strap heart rate monitor, an accessory that can be paired with the Instinct 3 for enhanced heart rate accuracy.

Connectivity Problems (Bluetooth)

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

Specifications

Feature	Detail
Model Number	010-02936-00
Product Dimensions	1.77 x 1.77 x 0.59 inches (45mm case)
Item Weight	1.87 ounces (53 Grams)
Display Type	AMOLED

Screen Size	1.2 Inches
Battery Life (Smartwatch Mode)	Up to 18 days
Water Rating	10 ATM
GPS	Built-in Multi-band GPS with SatIQ™
Sensors	3-axis compass, Barometric altimeter, Wrist-based heart rate, Pulse Ox
Connectivity	Bluetooth, USB, Wi-Fi
Memory Storage Capacity	4 GB
Operating System	Garmin OS

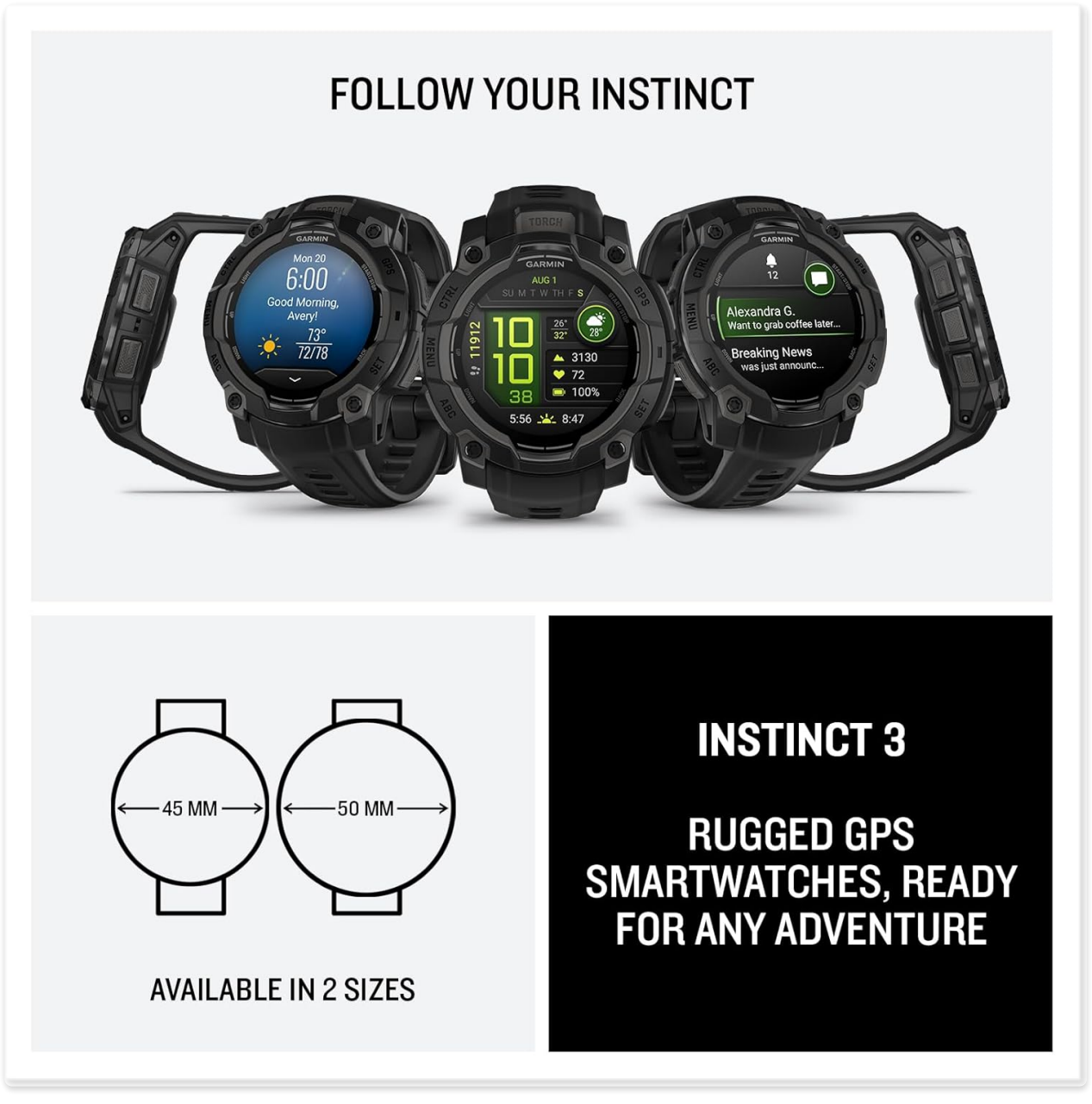

Image: A diagram illustrating the two available sizes for the Garmin Instinct 3: 45mm and 50mm, highlighting the different case dimensions.

Warranty and Support

For detailed warranty information, please refer to the warranty card included with your product or visit the official Garmin website. Garmin provides comprehensive support resources, including FAQs, software updates, and contact information for technical assistance.
You can visit the official Garmin support page at:www.garmin.com/support

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