Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

Garmin 010-03020-00

Garmin Instinct 3 50mm AMOLED Display Outdoor GPS Smartwatch User Manual

Model: 010-03020-00

Introduction

The Garmin Instinct 3 is engineered for adventurers who demand robust performance and exceptional durability. Featuring a rugged 50 mm fiber-reinforced polymer case and a metal-reinforced bezel, it is built to withstand extreme conditions. The vivid 1.3-inch AMOLED display ensures clear visibility in various lighting environments. With extended battery life and advanced features, the Instinct 3 is your reliable companion for any outdoor pursuit.





Image: Two Garmin Instinct 3 smartwatches on a rocky surface, highlighting their durable construction.

What's in the Box

Your Garmin Instinct 3 package includes the following items:

- Garmin Instinct 3 50mm AMOLED Display Rugged Outdoor GPS Smartwatch (Charcoal)
- USB Type-A to Type-C Female Adapter Converter
- USB Wall Charger (White Cube)
- 6Ave Microfiber Cleaning Cloth
- P-Bank Battery
- Air Pro TWS Truly Wireless EarBuds (Color may vary)



Image: The Garmin Instinct 3 smartwatch and its accompanying accessories, including earbuds, charger, and cleaning cloth.

Setup

Initial Charging

Before first use, it is recommended to fully charge your Garmin Instinct 3 smartwatch. Connect the included USB Type-A to Type-C Female Adapter Converter to the USB Wall Charger, then connect the charging cable to your watch. A full charge ensures optimal performance and battery life from the start.

Pairing with Your Smartphone

To unlock the full potential of your Instinct 3, pair it with a compatible smartphone using the Garmin Connect app. Download the app from your device's app store, create an account, and follow the on-screen instructions within the app to pair your watch. This enables smart notifications, data synchronization, and more.

Operating Your Smartwatch

Navigating the Interface

The Instinct 3 features a button-operated interface. Use the buttons on the left side (CTRL, MENU, LIGHT, UP, DOWN) and right side (GPS, SET, BACK) to navigate menus, select options, and access features. The AMOLED display provides clear visuals for all interactions.

GPS and Navigation

Utilize the built-in 3-axis compass, barometric altimeter, and multi-band GPS with SatIQ technology for precise positioning and navigation during your outdoor activities. Access navigation features through the main menu to track routes, mark waypoints, and monitor your altitude.

Health and Wellness Monitoring

The Instinct 3 provides comprehensive 24/7 health and wellness monitoring, including wrist-based heart rate tracking, advanced sleep tracking, and other physiological metrics. View your data directly on the watch or in greater detail within the Garmin Connect app.

Sports Apps

Access a variety of preloaded sports apps for activities such as running, hiking, cycling, and more. Each app provides specific metrics and tracking capabilities tailored to the activity, helping you monitor and improve your performance.

Built-in LED Flashlight

The smartwatch includes a powerful built-in LED flashlight with variable intensities and strobe modes. This feature is accessible via a dedicated button or through the controls menu, providing convenient illumination in low-light conditions.

Smart Notifications

When paired with your compatible smartphone, receive smart notifications directly on your watch for calls, texts, emails, and app alerts. This allows you to stay connected without needing to constantly check your phone.

Your browser does not support the video tag.

Video: An official overview of the Garmin Instinct 3, highlighting its ruggedness, display, and key features like the LED flashlight and health monitoring.

Maintenance

Cleaning Your Smartwatch

Regularly clean your Instinct 3 with a soft, damp cloth. For stubborn dirt, use a mild soap solution and rinse thoroughly. Ensure the watch is completely dry before charging or prolonged use. Avoid harsh chemicals or abrasive materials that could damage the device.

Battery Care

The Instinct 3 offers up to 24 days of battery life in smartwatch mode. To maximize battery longevity, avoid extreme temperatures and use only the provided charging accessories. The solar charging lens (on applicable models) can extend battery life with sufficient sun exposure.

Durability and Water Resistance

The watch is designed for rugged use. While highly durable and water-resistant, avoid intentional impacts or submersion beyond its rated depth. Refer to the specifications for detailed water resistance ratings.

Troubleshooting

Watch Not Turning On

- Ensure the watch is fully charged. Connect it to the charger for at least 30 minutes.
- Press and hold the LIGHT button for 15 seconds to perform a soft 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 GPS satellite data.

Smart Notifications Not Appearing

- Verify that your watch is paired and connected to your smartphone via Bluetooth.
- Check notification settings in both the Garmin Connect app and your phone's system settings.

Specifications

Feature	Detail
Product Dimensions	1.97 x 0.57 x 1.97 inches
Item Weight	1.09 pounds (watch only)
Item Model Number	010-03020-00
Display Size	1.3 Inches AMOLED
Operating System	Garmin OS
Connectivity Technology	Bluetooth
GPS	Built-in GPS (Multi-band with SatIQ)
Battery Life	Up to 24 days (Smartwatch mode, AMOLED 50mm model)
Case Material	Fiber-reinforced polymer with metal-reinforced bezel
Flashlight	Built-in LED Flashlight with variable intensities and strobe modes

Warranty and Support

Garmin products are designed for reliability and performance. For information regarding your product's warranty, please refer to the warranty card included in your product packaging or visit the official Garmin support website. For technical assistance, troubleshooting, or to purchase additional accessories, please contact Garmin Customer Support or visit their online help center. You may also consider purchasing an extended protection plan for additional coverage beyond the standard manufacturer's warranty. Details on available protection plans can often be found where the product was purchased.

© 2025 Garmin. All rights reserved. Information subject to change without notice.

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

Email

you@example.com

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

Open the live page

https://manuals.plus/asin/B0DTZ9361J

More documents and user manuals: **https://manuals.plus/**