Garmin 010-02935-00

Garmin Instinct 3 User Manual

Model: 010-02935-00
Brand: Garmin

Introduction

The Garmin Instinct 3 is a rugged outdoor GPS smartwatch designed for durability and extended use in challenging environments. It features a solar-charged display for exceptional battery life, advanced navigation tools, comprehensive health monitoring, and smart connectivity. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device.



Image: Garmin Instinct 3 Smartwatch with included earbuds, power bank, adapter, and cleaning cloth.

Video: An overview of the Garmin Instinct 3 Rugged outdoor GPS Smartwatch, highlighting its durability, features, and battery life.

Getting Started (Setup)

Unboxing and Initial Charge

Carefully remove all items from the packaging. Before first use, it is recommended to fully charge your Garmin Instinct 3. Connect the watch to the USB Wall Charger using the provided USB Type-A to Type-C Female Adapter Converter. A full charge typically takes a few hours.

Powering On and Pairing

To power on the device, press and hold the **CTRL** button. Follow the on-screen prompts to select your language and initial settings. To pair with your smartphone, download the Garmin Connect app from your device's app store. Open the app, create an account or log in, and follow the instructions to add your Instinct 3. This enables smart notifications, data sync, and more.

Using Your Smartwatch

Navigation and Controls

The Instinct 3 features a 5-button interface. The buttons are labeled **CTRL**, **MENU**, **ABC**, **GPS**, and **SET**. Refer to the on-

screen prompts and the Garmin Connect app for detailed button functions and customizable shortcuts.





Image: The Garmin Instinct 3 smartwatch showcasing its robust build and outdoor readiness.

Key Features

- **Solar Charging Display:** The 1.1” display utilizes solar energy to extend battery life, offering unlimited battery life in smartwatch mode with sufficient sunlight exposure.
- **Built-in LED Flashlight:** Access the powerful LED flashlight with variable intensities and strobe modes for navigating in low-light conditions.
- **Advanced GPS and Navigation:** Equipped with a 3-axis compass, barometric altimeter, and SatIQ multi-band GPS for precise positioning and route tracking.
- **Health and Wellness Monitoring:** Features wrist-based advanced tracking for heart rate, sleep, stress, and more. Data can be viewed and analyzed in the Garmin Connect app.



Image: Two Garmin Instinct 3 watches showing various health and activity metrics on their displays.

- **Sports Apps:** Utilize preloaded activity profiles for running, cycling, swimming, and more to track your performance.
- **Smart Notifications:** Receive alerts for calls, texts, and app notifications directly on your wrist when paired with a compatible smartphone.
- **Garmin Pay:** Make contactless payments on the go (where available).
- **Safety Features:** Includes incident detection and assistance features that can send your location to emergency contacts.



Image: A person wearing the Garmin Instinct 3 smartwatch while enjoying an outdoor activity by a campfire.

Care and Maintenance

Cleaning Your Device

Regularly clean your watch and band to prevent buildup of sweat and other residues. Use a soft, lint-free cloth, such as the included 6Ave Microfiber Cleaning Cloth, slightly dampened with water. Avoid harsh chemicals or abrasive cleaners. Rinse the watch with fresh water after exposure to chlorine, saltwater, sunscreen, cosmetics, alcohol, or other harsh chemicals.

Water Resistance

The Garmin Instinct 3 is water-rated to 10 ATM, making it suitable for splashes, rain or snow, showering, swimming, diving into water, and snorkeling. Avoid pressing buttons underwater as this can compromise the water seal.

Solar Charging Tips

For optimal solar charging, ensure the watch face is exposed to direct sunlight. The solar charging feature extends battery

life but does not fully replace traditional charging methods, especially in low-light conditions or with heavy GPS usage.

Troubleshooting

Device Not Turning On

- Ensure the device is fully charged. Connect it to the charger for at least 30 minutes.
- Try performing 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 device with the Garmin Connect app to update satellite data.

Smart Notifications Not Appearing

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

Inaccurate Health Data

- Ensure the watch is worn snugly but comfortably on your wrist, above the wrist bone.
- Clean the optical heart rate sensor on the back of the device.

Specifications

Brand	Garmin
Model Name	Instinct 3 50mm Solar
Item Model Number	010-02935-00
Product Dimensions	1.97 x 0.57 x 1.97 inches
Item Weight	1.09 pounds (approx. 1.1 Pounds)
Screen Size	1.1 Inches (Standing screen display size)
Color	Charcoal-Solar
Water Resistance	10 ATM (MIL-STD-810 compliant for thermal, shock, and water resistance)
Manufacturer	Garmin
Country of Origin	Taiwan
UPC	094148695051

Warranty and Support

Garmin products are built to high standards and are typically covered by a limited warranty. For specific warranty terms and conditions, please refer to the warranty information included with your product packaging or visit the official Garmin website. For technical support, product registration, and additional resources, please visit www.garmin.com/support or contact Garmin customer service directly. The Garmin Connect app also provides personalized insights and support

resources.

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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.

Submit question