Garmin 010-02935-00

Garmin Instinct 3 Smartwatch User Manual

Model: 010-02935-00

1. Product Overview

The Garmin Instinct 3 is a rugged GPS smartwatch designed for outdoor enthusiasts. It features a solar-charged display for extended battery life, a durable fiber-reinforced polymer case with a metal-reinforced bezel, and water resistance up to 10 ATM. This smartwatch provides advanced navigation tools, comprehensive health monitoring, smart notifications, and a built-in LED flashlight, making it an ideal companion for any adventure.



Figure 1.1: Garmin Instinct 3 Smartwatch and Bundle Contents. This image displays the front and back of the Garmin Instinct 3 smartwatch, highlighting its robust design. Also shown are the included accessories: a USB Type-A to Type-C Female Adapter Converter, a USB Wall Charger (White Cube), and a 6Ave Microfiber Cleaning Cloth.

2. Key Features

- **Unlimited Battery Life:** Solar-charged 1.1” display provides unlimited battery life in smartwatch mode with sufficient sunlight exposure (3 hours daily in 50,000 lux sunlight).
- **Rugged Durability:** Features a 50mm fiber-reinforced polymer case and metal-reinforced bezel, meeting MIL-STD-810 standards for thermal, shock, and 10 ATM water resistance.
- **Built-in LED Flashlight:** Offers variable intensities and strobe modes for enhanced visibility in low-light conditions.
- **Advanced Navigation:** Equipped with a 3-axis compass, barometric altimeter, and SatIQ multi-band GPS for precise positioning and optimized battery life.
- **Health & Wellness Monitoring:** Wrist-based advanced tracking for comprehensive health insights.
- **Smart Connectivity:** Supports smart notifications, Garmin Pay for contactless payments, and Connect IQ compatibility for customizable apps and watch faces.
- **Safety Features:** Includes incident detection and Assistance for added peace of mind during activities.

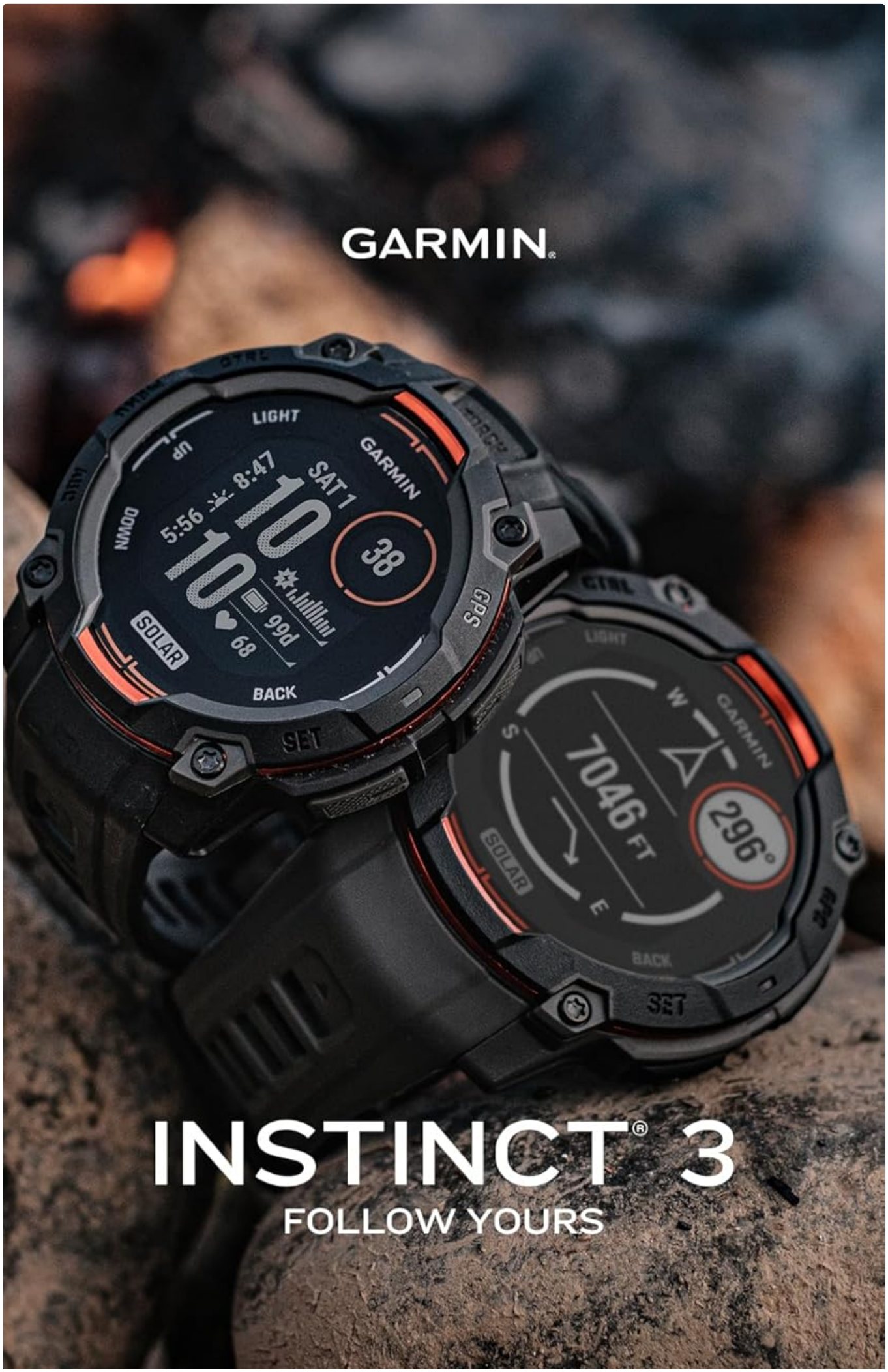
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Figure 2.1: Instinct 3 Rugged Design. This image showcases two Garmin Instinct 3 smartwatches on a rugged terrain, emphasizing their durable construction and suitability for outdoor adventures.

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Video 2.2: Garmin Instinct 3 Rugged Outdoor GPS Smartwatch Overview. This video provides a visual overview of the Garmin Instinct 3, demonstrating its ruggedness, key features like the solar charging display, built-in flashlight, smart notifications, sports apps, and health monitoring capabilities.

3. Initial Setup

3.1 Unboxing and Components

Carefully unbox your Garmin Instinct 3 smartwatch. Ensure all components listed below are present:

- Garmin Instinct 3 50mm Smartwatch
- USB Type-A to Type-C Female Adapter Converter
- USB Wall Charger (White Cube)
- 6Ave Microfiber Cleaning Cloth

3.2 Charging the Device

Before first use, fully charge your Instinct 3. Connect the charging cable to the watch and the USB wall charger. The solar charging feature extends battery life during outdoor use, but initial charging via cable is recommended.

For optimal solar charging, expose the watch face to direct sunlight. The watch display will indicate charging status.

3.3 First Time Power On and Pairing

1. Press and hold the **CTRL** button (top left) to power on the watch.
2. Follow the on-screen prompts to select your language and initial settings.
3. Download the **Garmin Connect** app on your smartphone (available on iOS and Android app stores).
4. Open the Garmin Connect app and follow the instructions to pair your Instinct 3. This will enable smart notifications, data sync, and access to additional features.

4. Operating Instructions

4.1 Navigating the Interface

The Instinct 3 features a 5-button interface:

- **CTRL (top left):** Press to turn backlight on/off. Hold to access controls menu.
- **MENU/UP (middle left):** Press to scroll up through menus and data screens. Hold to access the main menu.
- **ABC/DOWN (bottom left):** Press to scroll down through menus and data screens. Hold to access ABC (Altimeter, Barometer, Compass) widget.
- **GPS/START/STOP (top right):** Press to start/stop an activity. Press to select an option in a menu. Hold to view

GPS coordinates.

- **SET/BACK (bottom right):** Press to return to the previous screen. Hold to view watch face options.

4.2 Using GPS and Navigation

The Instinct 3 utilizes multi-band GPS and SatIQ technology for superior positioning accuracy. To start a GPS activity:

1. From the watch face, press **GPS/START/STOP**.
2. Select an activity (e.g., Run, Hike).
3. Wait for the GPS signal to acquire (GPS status icon will turn green).
4. Press **GPS/START/STOP** again to begin recording your activity.

Access the 3-axis compass, barometric altimeter, and barometer from the ABC widget by holding the **ABC/DOWN** button.



Figure 4.1: Using the Instinct 3 in an Outdoor Setting. This image shows the smartwatch being used outdoors, demonstrating its utility for navigation and activity tracking during adventures.

4.3 Health and Wellness Monitoring

The Instinct 3 continuously monitors various health metrics. Swipe up or down from the watch face to view widgets such as heart rate, stress, Body Battery, and sleep tracking. Detailed data and insights are available in the Garmin Connect app.



Figure 4.2: Health and Activity Metrics Display. This image illustrates the Instinct 3's capability to display various health and activity metrics directly on the watch face, providing users with immediate insights into their well-being and performance.

4.4 Smart Notifications and Connectivity

Once paired with your smartphone, the Instinct 3 can display smart notifications for calls, texts, and app alerts. You can also use Garmin Pay for contactless payments (where supported) and customize your watch experience with apps, widgets, and watch faces from the Connect IQ Store.

4.5 Using the Built-in Flashlight

The Instinct 3 includes a powerful LED flashlight. To activate:

1. Press the **CTRL** button twice quickly.
2. Press **MENU**/**UP** or **ABC**/**DOWN** to adjust brightness or change strobe modes.
3. Press **CTRL** again to turn off the flashlight.

4.6 Activity Tracking

The watch supports a wide variety of preloaded activity profiles. Select an activity from the activity list (accessed by pressing **GPS**/**START**/**STOP**) to track your performance, distance, pace, and other relevant metrics. Data is synced to Garmin Connect for detailed analysis.



Figure 4.3: Instinct 3 for Outdoor Activities. This image shows the Instinct 3 watches alongside fishing gear, illustrating their suitability for various outdoor sports and activities.



Figure 4.4: Instinct 3 During Fishing. This image captures the smartwatch in action during a fishing trip, highlighting its practical use in outdoor environments.

5. Care and Maintenance

- **Cleaning:** Regularly clean the watch and strap with a soft, damp cloth. Avoid harsh chemicals or abrasive materials. Rinse the watch with fresh water after exposure to chlorine, saltwater, sunscreen, cosmetics, alcohol, or other harsh chemicals.
- **Water Resistance:** The Instinct 3 is water-rated to 10 ATM (100 meters). It is suitable for splashes, rain or snow, showering, swimming, diving, and snorkeling. Avoid pressing buttons underwater.
- **Battery Care:** To maximize battery life, ensure the solar charging lens is clean and exposed to sunlight when possible. Avoid extreme temperatures.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and extreme temperatures.



Figure 5.1: Instinct 3 in a Camp Setting. This image shows the smartwatch being worn during outdoor activities like preparing a campfire, emphasizing its durability and suitability for rugged use.



Figure 5.2: Instinct 3 During Outdoor Cooking. This image depicts the smartwatch being used while cooking outdoors, further highlighting its resilience in various environments.

6. Troubleshooting

If you encounter issues with your Garmin Instinct 3, try the following common troubleshooting steps:

- **Device not powering on:** Ensure the device is fully charged. Connect it to the charger and allow it to charge for at least 30 minutes before attempting to power on again.
- **GPS not acquiring signal:** Ensure you are in an open area with a clear view of the sky. Allow several minutes for the device to acquire satellite signals. Syncing with Garmin Connect can also update satellite data.
- **Bluetooth connectivity issues:** Ensure Bluetooth is enabled on both your watch and smartphone. Try restarting both devices and re-pairing them through the Garmin Connect app.
- **Inaccurate health data:** Ensure the watch is worn snugly on your wrist, above the wrist bone. Clean the optical heart rate sensor regularly.
- **Watch frozen or unresponsive:** Perform a soft reset by holding the **CTRL** button for 15 seconds until the screen turns off. Then, press **CTRL** again to restart.

For more detailed troubleshooting or persistent issues, refer to the official Garmin support website or contact Garmin customer service.

7. Technical Specifications

Specification	Value
Model Name	Instinct 3 50mm Solar
Item Model Number	010-02935-00
Brand	Garmin
Product Dimensions (L x W x H)	1.97 x 0.57 x 1.97 inches
Item Weight	6.9 ounces (0.43 Pounds)
Screen Size	1.1 Inches (1.1" / 3 cm diagonal)
Water Resistance	10 ATM (100 meters)
Battery Life (Smartwatch Mode)	Unlimited (with 3 hours daily in 50,000 lux sunlight)
Durability Standard	MIL-STD-810 (thermal, shock, water resistance)
UPC	094148695044

8. 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 website. The website provides detailed warranty terms, product registration, and access to customer support resources.

For technical assistance, software updates, or additional support, please visit the Garmin Support Center at www.garmin.com/support.

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