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Garmin Forerunner 570

Garmin Forerunner 570 (42mm) Advanced GPS Running and Triathlon Smartwatch User Manual

Product Overview

The Garmin Forerunner 570 is a 42mm advanced GPS running and triathlon smartwatch designed for athletes. It features a bright AMOLED display, an aluminum bezel, and comprehensive training and recovery tools. This manual provides essential information for setup, operation, and maintenance of your device.

What's in the Box

- Forerunner 570 - 42mm GPS running watch
- Charging Cable
- Documentation

Setup

1. Powering On and Initial Setup

To power on your Forerunner 570, press and hold the LIGHT button. Follow the on-screen prompts to select your language, pair with your smartphone via the Garmin Connect app, and set up initial preferences.

2. Charging the Device

Connect the charging cable to the charging port on the back of the watch and to a USB power source. The watch will display the charging status. Ensure the contacts are clean and dry before charging.

3. Pairing with Garmin Connect App

Download the Garmin Connect app to your smartphone. Open the app, create an account or log in, and follow the instructions to pair your Forerunner 570. This enables data synchronization, smart notifications, and access to additional features.

Operating Instructions

1. Display and Controls

The Forerunner 570 features a bright AMOLED touchscreen display with button controls. The 42mm size is designed to fit smaller wrists comfortably. The display remains sharp even in direct sunlight.



Image: The Garmin Forerunner 570 smartwatch with a raspberry aluminum bezel and translucent bone/mango band, displaying time, battery, and activity metrics.

2. Training and Recovery Features

The watch offers advanced training and recovery features to help you achieve your fitness goals.

- **Garmin Coach Training Plans:** Personalized running and triathlon plans adapt based on your performance and recovery.
- **Training Readiness:** A score based on sleep quality, recovery, training load, and HRV status indicates when you are primed for a productive workout.
- **Training Status:** Provides insight into training effectiveness using indicators like HRV status, recent exercise history, and VO2 max.
- **Daily Suggested Workouts:** Personalized workouts adapted to match your performance and recovery.





Image: Two individuals running outdoors, both wearing the Garmin Forerunner 570 smartwatch, highlighting its use during physical activity.

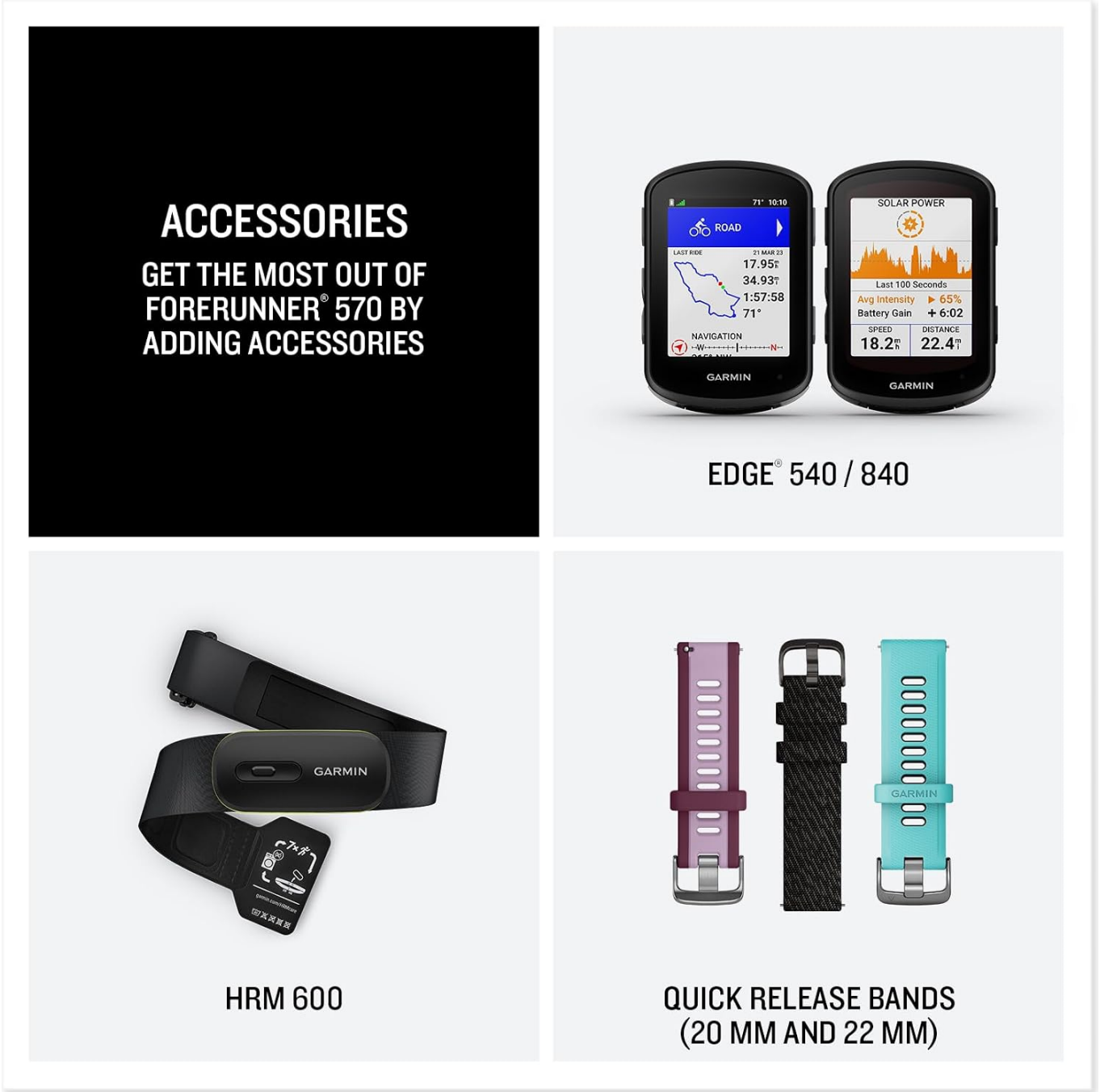


Image: A close-up of the Garmin Forerunner 570 display showing a 'Training Readiness' score of 82 (High) and 'Well Recovered'.

3. Health and Wellness Tracking

Monitor your overall health and well-being with integrated tracking features.

- **HRV Status:** Gain a deeper understanding of your overall health, stress, and recovery through heart rate variability while you sleep.
- **Sleep Coach:** Get a sleep score and personalized coaching for how much sleep you need. Track sleep stages and gain insights to improve sleep quality.
- **Women's Health Tracking:** Track your menstrual cycle or pregnancy, receive exercise and nutrition education, and get better period predictions.

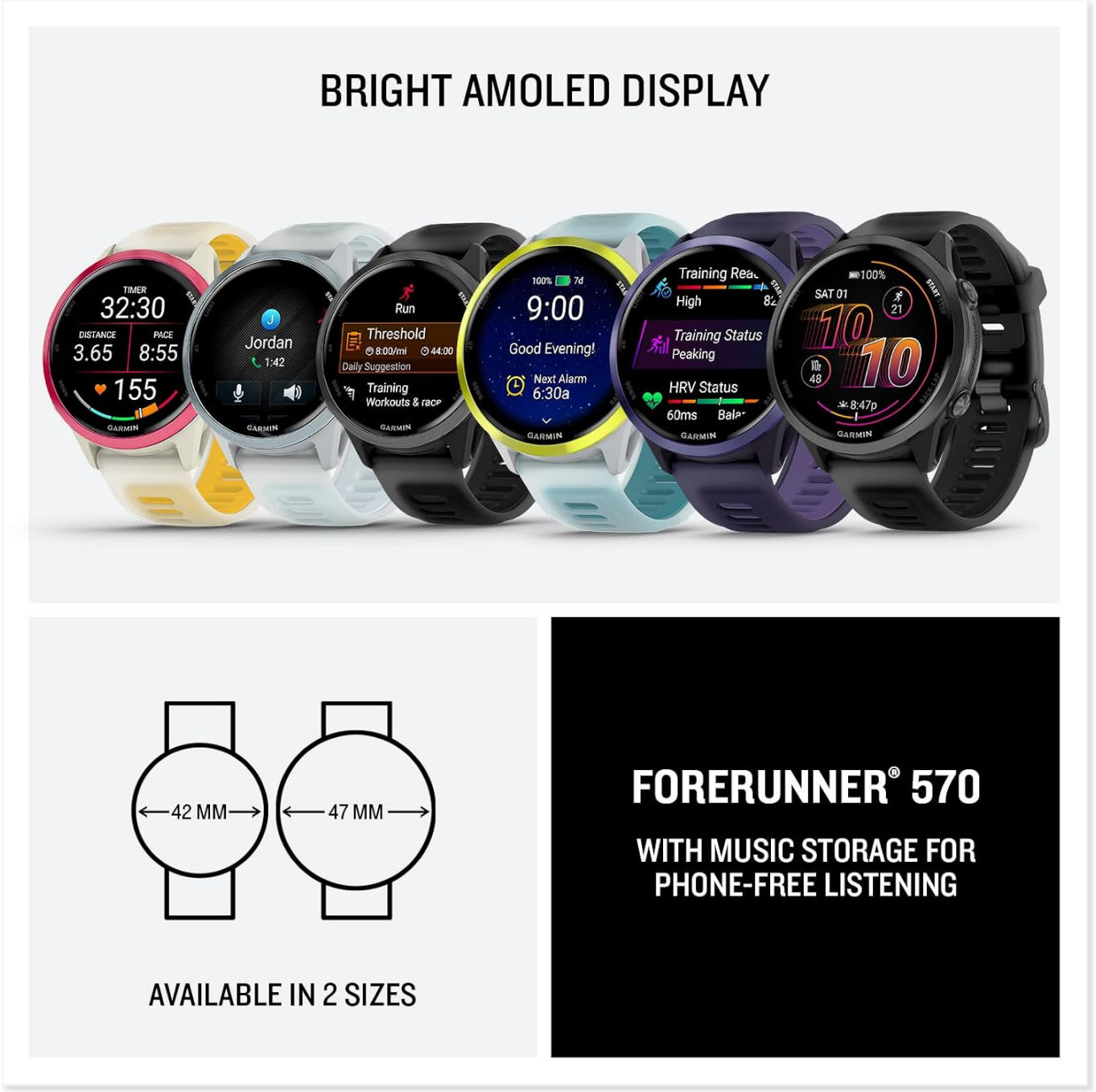


Image: A close-up of the Garmin Forerunner 570 display showing 'HRV Status' as 'Balanced' with a 60ms reading.

4. Smart Features

Stay connected and informed with smart features directly from your wrist.

- **Built-in Microphone and Speaker:** Make and take phone calls from your wrist when paired with your smartphone. Use your smartphone's voice assistant for text messages and more.
- **Smart Notifications:** Receive emails, texts, and alerts on your watch when paired with your iPhone or Android smartphone.
- **Morning Report:** Wake up to an overview of sleep, recovery, training outlook, HRV status, training readiness, and weather.
- **Evening Report:** Before bed, receive a report with reminders of sleep needs, tomorrow's workout, weather, and events.
- **Music Storage:** Download songs and playlists from Spotify, YouTube Music, Deezer, or Amazon Music for phone-free listening.



Image: A close-up of the Garmin Forerunner 570 display showing a 'Morning Report' with sleep, recovery, and training outlook details.

5. GPS and Navigation

Achieve superior positioning accuracy in challenging environments.

- **Multi-band GPS:** Provides superior positioning accuracy, optimizing battery life.
- **30+ Built-in Activity Profiles:** Includes running, triathlon, track run, cycling, open-water swimming, and more.

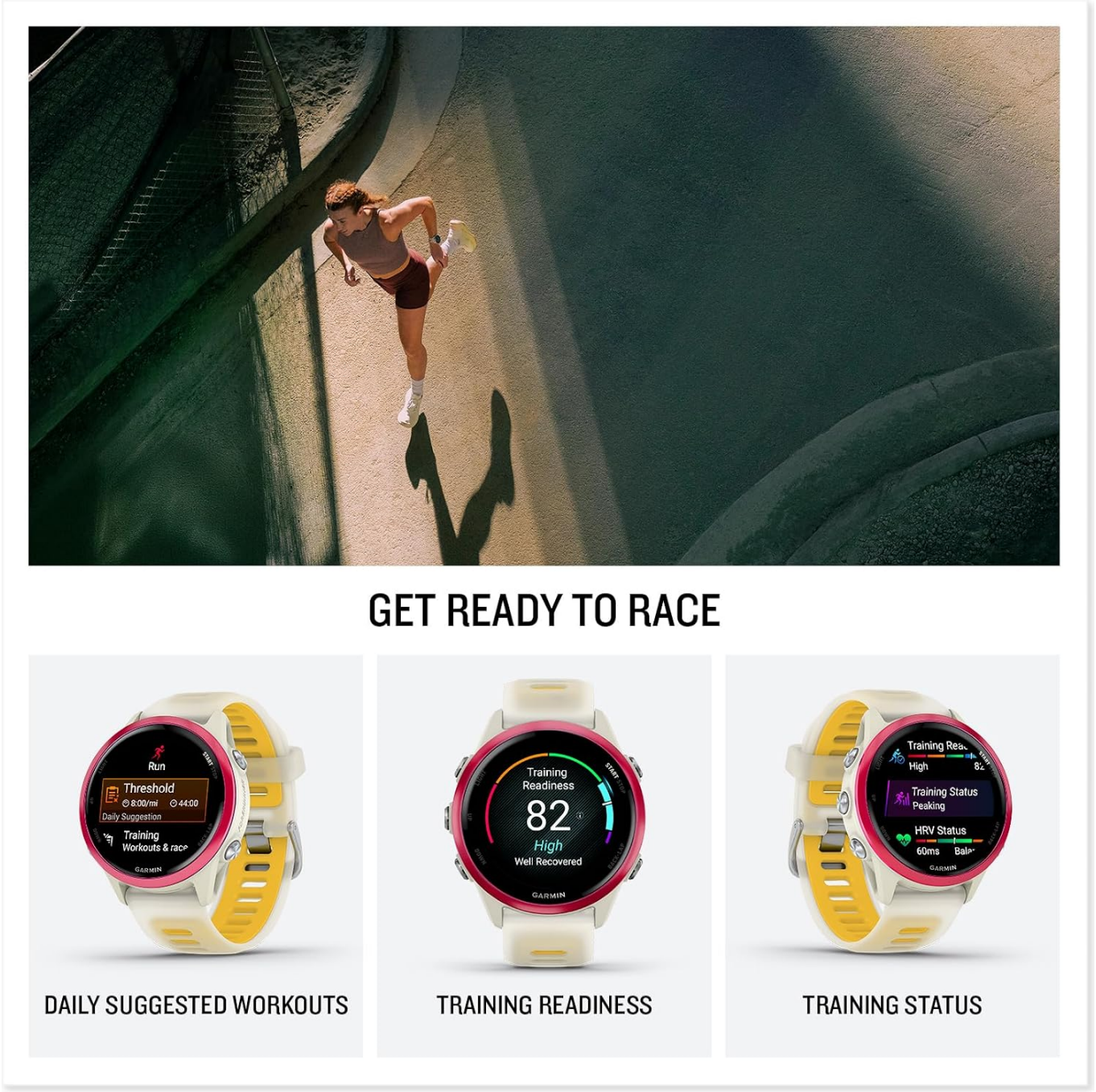


Image: A close-up of the Garmin Forerunner 570 display showing GPS tracking with pace and distance metrics during an activity.

6. Safety and Tracking

Stay safe with integrated safety and tracking features.

- **Incident Detection and Assistance:** Sends a message with your live location to emergency contacts during select outdoor activities when paired with your compatible smartphone.

Maintenance

1. Cleaning the Device

Regularly clean your watch and band to prevent skin irritation and maintain device longevity. Use a soft, damp cloth to wipe the device. Avoid harsh chemicals.

2. Battery Care

The device has a rechargeable internal lithium-ion battery. Avoid exposing the device to extreme temperatures, as this can shorten battery life. Charge the device fully before long periods of inactivity.

Troubleshooting

1. Device Not Turning On

Ensure the device is fully charged. If it still does not turn on, try performing a soft reset by holding the LIGHT button for 15 seconds.

2. GPS Signal Issues

Ensure you are in an open area with a clear view of the sky. Allow the device sufficient time to acquire a GPS signal. Syncing with the Garmin Connect app can update satellite data for faster acquisition.

3. Heart Rate Monitor Inaccuracy

Ensure the watch is worn snugly but comfortably above your wrist bone. Clean the sensor regularly. For best accuracy during intense workouts, consider using a compatible external heart rate monitor.

Specifications

- **Product Dimensions:** 9.1 x 9.1 x 9.1 inches
- **Item Weight:** 0.053 ounces (1.5 Grams)
- **Item Model Number:** 010-02970-02
- **Batteries:** 1 Nonstandard Battery (included)
- **Standing Screen Display Size:** 1.2 Inches
- **Memory Storage Capacity:** 8 GB
- **Operating System:** Garmin OS
- **Special Features:** Activity Tracker, Alarm Clock, GPS, Multisport Tracker, Notifications
- **Battery Capacity:** 50 Milliamp Hours
- **Connectivity Technology:** Bluetooth, USB
- **Wireless Communication Standard:** Bluetooth
- **Battery Cell Composition:** Lithium Ion
- **GPS:** Built-in GPS
- **Shape:** Round

Official Product Videos

Garmin Forerunner 570 Overview

Video: An official overview of the Garmin Forerunner 570, showcasing its key features and design. This video highlights the watch's capabilities for running and triathlon training.

Warranty and Support

For warranty information and product support, please refer to the documentation included in your product box or visit the official Garmin support website. You can also find additional resources and FAQs on the Garmin Connect platform.

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

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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

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