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Garmin 010-02971-00

Garmin Forerunner 570 User Manual

Advanced GPS Running and Triathlon Smartwatch

Model: 010-02971-00 | Brand: Garmin

INTRODUCTION

The Garmin Forerunner 570 is an advanced GPS running and triathlon smartwatch designed for athletes focused on achieving their goals. It features a bright AMOLED display, a durable aluminum bezel, and comprehensive training and recovery tools. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device.

WHAT'S IN THE BOX

- Forerunner 570 - 47mm GPS running watch
- Charging Cable
- Documentation

SETUP

1. Initial Charging

Before first use, fully charge your Forerunner 570. Connect the charging cable to the charging port on the back of the watch and plug the USB end into a power source. A full charge provides up to 11 days of battery life in smartwatch mode and up to 18 hours in GPS mode.



Image: The Garmin Forerunner 570 smartwatch in Slate/Black, showcasing its AMOLED display and sleek design.

2. Pairing with Your Smartphone

Download the Garmin Connect™ app from your smartphone's app store. Follow the on-screen instructions in the app to pair your Forerunner 570. This enables data synchronization, smart notifications, and access to advanced features.



GARMIN CONNECT™ APP

FREE APP TO TRACK, ANALYZE
AND SHARE HEALTH AND
FITNESS ACTIVITIES

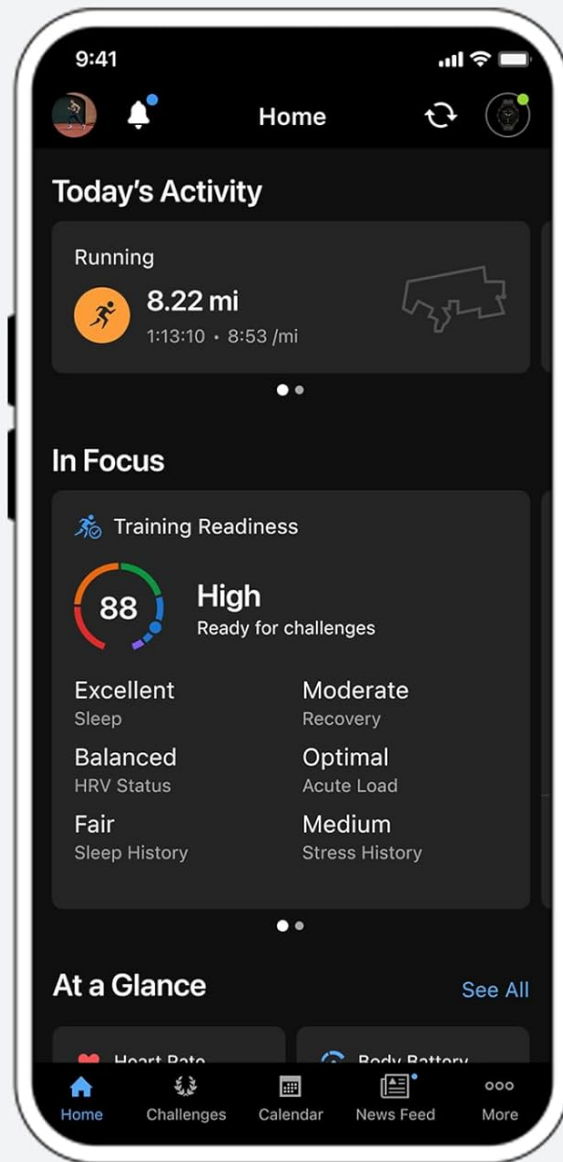


Image: A smartphone displaying the Garmin Connect app interface, showing activity tracking and readiness scores.

OPERATING YOUR FORERUNNER 570

Basic Navigation and Controls

The Forerunner 570 features a responsive AMOLED touchscreen and five physical buttons for intuitive control. Use the touchscreen for quick glances and menu navigation, and the buttons for precise control during activities or in challenging conditions.

Advanced Training and Recovery Features

- **Training Readiness:** Get a score based on sleep quality, recovery, training load, and HRV status to determine your readiness for a productive workout.
- **Training Status:** Gain insight into training effectiveness using indicators like HRV status, recent exercise history, and VO2 max.
- **Garmin Coach Adaptive Training Plans:** Personalized running and triathlon plans that adapt daily based on your

performance and recovery.

- **Daily Suggested Workouts:** Receive personalized run recommendations that vary in intensity and adapt to your performance and recovery.
- **Recovery Time:** Understand how long you need to recover before your next high-effort workout.
- **HRV Status:** Gain a deeper understanding of your overall health, stress, and recovery through heart rate variability while you sleep.



ADVANCED GPS RUNNING SMARTWATCH



TRAINING AND RECOVERY FEATURES



SATIQ™ AND MULTI-BAND GPS



GARMIN COACH TRAINING PLANS

Image: Three views of the Forerunner 570 display, highlighting Training and Recovery Features, SATIQ™ and Multi-band GPS, and Garmin Coach Training Plans.

GPS and Navigation

The Forerunner 570 utilizes multi-band GPS with SATIQ™ technology for superior positioning accuracy, even in challenging environments like dense urban areas or deep forests.

Communication and Smart Features

- **Built-in Speaker and Microphone:** Make and take phone calls directly 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.
- **Music Storage:** Download songs and playlists from compatible services like Spotify, YouTube Music, Deezer, or Amazon Music for phone-free listening.

Health and Wellness Tracking

- **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.
- **Evening Report:** Receive a summary before bed with reminders of sleep needs, tomorrow's workout, weather, and events.
- **Women's Health Tracking:** Track your menstrual cycle or pregnancy, with exercise and nutrition education. Includes skin temperature tracking for better period predictions and ovulation estimates.

Safety and Tracking Features

If you feel unsafe or if your watch senses an incident during select outdoor activities, it can send a message with your live location to emergency contacts when paired with your compatible smartphone. This feature requires setup and network coverage.

MAINTENANCE

Cleaning Your Device

Regularly clean your Forerunner 570 to maintain its performance and appearance. Rinse the watch with fresh water after exposure to sweat, chlorine, or saltwater. Use a soft, lint-free cloth to wipe the device dry. For the band, use mild soap and water, then rinse thoroughly.

Battery Care

To prolong battery life, avoid exposing the device to extreme temperatures. Charge the device fully before storing it for extended periods. For optimal performance, use only the provided Garmin charging cable.

Software Updates

Ensure your Forerunner 570 software is up to date. Updates can be managed through the Garmin Connect app or Garmin Express on your computer. Software updates often include performance improvements, new features, and bug fixes.

TROUBLESHOOTING

Common Issues and Solutions

- **Device Not Turning On:** Ensure the device is fully charged. Connect it to the charging cable and a power source for at least 30 minutes.
- **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.
- **Connectivity Problems (Bluetooth):** Ensure Bluetooth is enabled on your smartphone and the watch. Try unpairing and re-pairing the device in the Garmin Connect app.
- **Unresponsive Screen/Buttons:** Perform a soft reset by holding down the Light button for 15 seconds until the device turns off. Then, press the Light button again to turn it back on.
- **Battery Draining Quickly:** Reduce screen brightness, disable unnecessary features like Wi-Fi or continuous heart rate monitoring if not needed, and ensure software is updated.

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

SPECIFICATIONS

Product Dimensions	9.1 x 9.1 x 9.1 inches
Item Weight	1.7 Grams (0.06 ounces)
Model Number	010-02971-00
Batteries	1 Nonstandard Battery (included)
Display Size	1.85 Inches (AMOLED)
Memory Storage Capacity	8 GB
Operating System	Garmin OS
Special Features	Activity Tracker, Alarm Clock, GPS, Multisport Tracker, Notifications, Built-in Speaker & Microphone
Battery Capacity	50 Milliamp Hours
Connectivity Technology	Bluetooth, USB
GPS	Built-in GPS (Multi-band with SATIQ™)
Shape	Round
Manufacturer	Garmin
Date First Available	May 15, 2025

WARRANTY AND SUPPORT

For information regarding the product warranty, please refer to the official Garmin website or the warranty card included with your product. Garmin provides comprehensive customer support and resources online, including FAQs, troubleshooting guides, and contact information for technical assistance.

Visit [Garmin Support](#) for the latest information and assistance.

