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› Garmin Forerunner 570 Smartwatch User Manual

## PlayBetter Forerunner 570 (010-02971-02), PlayBetter Charger (Z05)

# Garmin Forerunner 570 Advanced GPS Running and Triathlon Smartwatch Bundle

Model: 010-02971-02 (Watch), Z05 (Charger)

Brand: PlayBetter

## INTRODUCTION

The Garmin Forerunner 570 is an advanced GPS running smartwatch designed for dedicated runners and triathletes. It features a bright AMOLED display, a lightweight aluminum bezel, and a compact size suitable for various wrist sizes. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your Forerunner 570 smartwatch and its accompanying accessories.

The device offers personalized training plans, training readiness insights, and multi-band GPS for superior accuracy. It also includes a built-in speaker and microphone for calls when paired with a smartphone, and an evening report feature to help prepare for the next day's activities.

## WHAT'S IN THE BOX

Verify that all items are present in your package:

- Garmin Forerunner 570 Running GPS Watch
- PlayBetter HD Screen Protectors
- PlayBetter #Z05 5000mAh Powerbank
- USB Charging Cable



Image: The complete Garmin Forerunner 570 bundle, including the smartwatch, portable power bank, and screen protectors.

## SETUP

### Initial Charging

Before first use, fully charge your Forerunner 570 smartwatch and the PlayBetter power bank using the provided USB charging cable. Connect the cable to a USB power source.



*Image: The PlayBetter 5000mAh power bank, included in the bundle for on-the-go charging.*

### Applying Screen Protectors

Carefully apply the PlayBetter HD Screen Protectors to the smartwatch display to prevent scratches and damage. Follow the instructions provided with the screen protectors for best application results.

### Pairing with Smartphone

To unlock the full features of your Forerunner 570, including calls, smart notifications, and data synchronization, pair it with your smartphone via Bluetooth. Download the Garmin Connect™ app from your device's app store (available for Android & iOS) and follow the on-screen pairing instructions.



GARMIN CONNECT™ APP

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

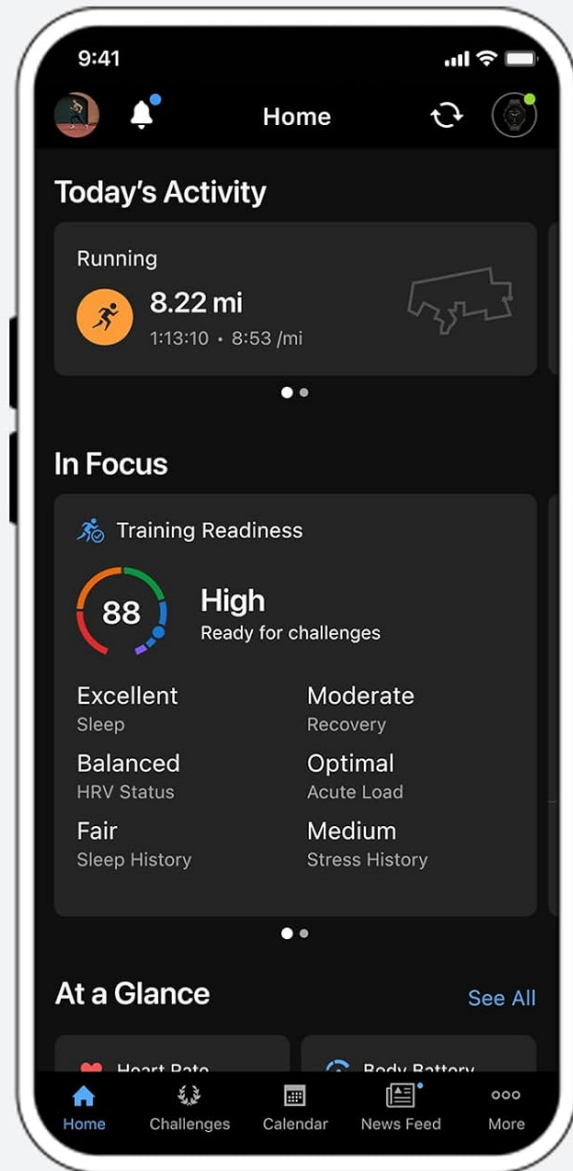


Image: The Garmin Connect app interface, used for tracking, analyzing, and sharing health and fitness activities.

## OPERATING INSTRUCTIONS

### Display and Navigation

The Forerunner 570 features a bright AMOLED display. Navigate through menus and data screens using the physical buttons on the watch. The display is designed for clear visibility even during intense activities.



Image: Close-up of the Garmin Forerunner 570 smartwatch display, showing time, battery, and activity metrics.

## Training and Performance Tracking

Utilize the watch's advanced features for training:

- **Garmin Coach Training Plans:** Access personalized running and triathlon plans that adapt based on your performance and recovery.
- **Training Readiness:** This feature analyzes your sleep, recovery, and training load to indicate if you are primed for a productive workout.
- **Training Status:** Monitor your training effectiveness to determine if you are training productively, peaking, or overreaching.

- **Daily Suggested Workouts:** Receive recommendations for your next run or ride based on your current training load and recovery.
- **Running Dynamics:** Fine-tune your form with advanced metrics like ground contact time and cadence.



## ADVANCED GPS RUNNING SMARTWATCH



TRAINING AND  
RECOVERY FEATURES



SATIQ™ AND MULTI-BAND GPS



GARMIN COACH  
TRAINING PLANS

*Image: Visual representation of the Forerunner 570's training and recovery features, including SatIQ and Garmin Coach plans.*



## GET READY TO RACE



DAILY SUGGESTED WORKOUTS



TRAINING READINESS



TRAINING STATUS

Image: Screenshots of the Forerunner 570 display illustrating daily suggested workouts, training readiness scores, and training status.

### GPS and Navigation

The Forerunner 570 features multi-band GPS with SatIQ technology, providing superior positioning accuracy, especially in challenging environments. This ensures precise tracking of your runs and activities.

### Calls and Notifications

When paired with your smartphone, the built-in speaker and microphone allow you to make and take calls directly from your wrist. You will also receive smart notifications for texts, emails, and app alerts.

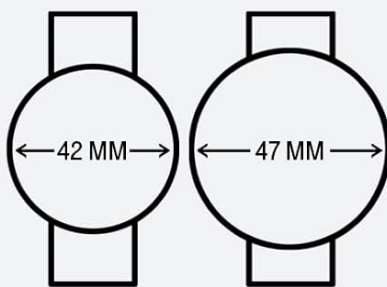
### Evening Report

Before bed, check your evening report on the watch. This report provides reminders of sleep needs, tomorrow's workout, and weather forecasts to help you prepare for the next day.

## PRODUCT FEATURES

- **Bright AMOLED Display:** Available in 42mm (1.2") and 47mm (1.4") sizes for crystal-clear stats in full color.
- **Lightweight Aluminum Bezel:** Enhances durability without adding significant weight.
- **Long Battery Life:** Up to 10 days in smartwatch mode and up to 18 hours in GPS mode.
- **Advanced Training Metrics:** Includes daily suggested workouts, training readiness, training status, and running dynamics.
- **Multi-band GPS with SatIQ:** Provides superior positioning accuracy.
- **Built-in Speaker and Microphone:** For making and taking calls from your wrist (when paired with a smartphone).
- **Evening Report:** Prepares you for the next day with sleep needs, workout reminders, and weather.
- **Music Storage:** Allows for phone-free listening.

## BRIGHT AMOLED DISPLAY



AVAILABLE IN 2 SIZES

## FORERUNNER® 570

WITH MUSIC STORAGE FOR  
PHONE-FREE LISTENING

Image: A collection of Forerunner 570 smartwatches showcasing the bright AMOLED display and different color options, emphasizing availability in two sizes.



LIGHTWEIGHT  
ALUMINUM BEZEL



UP TO 11 DAYS OF  
BATTERY LIFE



BUILT-IN SPEAKER AND  
MICROPHONE

Image: Key features of the Forerunner 570, including its lightweight aluminum bezel, extended battery life, and integrated speaker and microphone.

## Official Product Video

Your browser does not support the video tag.

Video: Official product video for the Garmin Forerunner 570 Advanced Running Smartwatch, showcasing its features and benefits.

## SPECIFICATIONS

| Attribute          | Value                               |
|--------------------|-------------------------------------|
| Item Weight        | 1.48 ounces (42 Grams)              |
| Product Dimensions | 1.85 x 0.5 x 1.85 inches            |
| Item Model Number  | 010-02971-02 (Watch), Z05 (Charger) |

| Attribute                       | Value                               |
|---------------------------------|-------------------------------------|
| Batteries                       | 1 Nonstandard Battery (included)    |
| Display Size                    | 1.4 Inches                          |
| Battery Life                    | Up to 11 days                       |
| Memory Storage Capacity         | 8 GB                                |
| Connectivity Technology         | Bluetooth                           |
| Wireless Communication Standard | Bluetooth                           |
| Operating System                | Android & iOS                       |
| Manufacturer                    | Garmin (Watch) PlayBetter (Charger) |
| Brand                           | PlayBetter                          |
| Model Name                      | Forerunner 570                      |

## MAINTENANCE

- **Cleaning:** Regularly clean your smartwatch with a soft, damp cloth. Avoid harsh chemicals or abrasive materials.
- **Charging:** Use only the provided USB charging cable and a compatible power source.
- **Storage:** Store the device in a cool, dry place when not in use.
- **Water Resistance:** Refer to the official Garmin documentation for specific water resistance ratings and guidelines for your Forerunner 570 model.

## TROUBLESHOOTING

### Device Not Turning On

- Ensure the device is fully charged. Connect it to the charger for at least 30 minutes.
- Perform a soft reset by holding down the power button for 15 seconds.

### GPS Inaccuracy

- Ensure you are in an open area with a clear view of the sky.
- Allow the device sufficient time to acquire satellite signals.
- Sync your device with the Garmin Connect app to update satellite data (EPO file).

### Bluetooth Connectivity Issues

- Ensure Bluetooth is enabled on both your smartwatch and smartphone.
- Make sure the devices are within range (typically 10 meters).
- Try unpairing and re-pairing the devices through the Garmin Connect app.
- Restart both your smartwatch and smartphone.

## WARRANTY AND SUPPORT

The Garmin Forerunner 570 comes with a **Garmin 1 Year Manufacturer Warranty**. For detailed warranty terms and

conditions, please refer to the official Garmin website or contact Garmin customer support.

For additional support, FAQs, and software updates, visit the official Garmin support website or the PlayBetter Store online. You can also find community forums and contact information for technical assistance.

**PlayBetter Store:** [Visit the PlayBetter Store on Amazon](#)

**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