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Garmin 010-04675-11

Garmin CIRQA Smart Band User Manual

Brand: Garmin | **Model:** 010-04675-11

1. Introduction

The Garmin CIRQA Smart Band is a discreet, screenless health and fitness tracker designed for 24/7 monitoring without requiring a subscription. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device.



Image 1.1: The Garmin CIRQA Smart Band worn on a wrist.

Key Features:

- **Screenless Design:** Minimizes distractions and offers comfort for all-day wear.
- **Long Battery Life:** Up to 10 days on a single charge.
- **No Subscription Required:** Access all health and fitness data without recurring fees.
- **24/7 Health Monitoring:** Includes heart rate, health status, Body Battery energy levels, stress tracking, and women's health tracking.
- **Advanced Fitness Tracking:** Tracks over 80 activities, with automatic activity detection and training features like training status and readiness.
- **Advanced Sleep Tracking:** Provides sleep score, personalized coaching, and tracks sleep stages and naps.

2. What's in the Box

Ensure all items are present upon unboxing your Garmin CIRQA Smart Band:

- Garmin CIRQA Smart Band
- USB-C charging/data cable
- Documentation (Quick Start Guide, Safety and Product Information)

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Video 2.1: Unboxing the Garmin CIRQA Smart Band. This video demonstrates the contents of the package and the initial look of the device.

3. Getting Started (Setup)

3.1 Charging the Device

Before first use, fully charge your CIRQA Smart Band. Connect the USB-C charging cable to the charging port on the device and plug the other end into a USB power source.

- A full charge typically takes approximately 1-2 hours.
- The device will indicate charging status (refer to the Garmin Connect app for battery level).

3.2 Pairing with Garmin Connect App

The Garmin Connect app is essential for setting up your device, viewing your data, and customizing settings.

1. Download the Garmin Connect app from your smartphone's app store (App Store for iOS, Google Play Store for Android).
2. Create a Garmin Connect account or sign in to an existing one.
3. Bring your smartphone within 3 meters (10 feet) of your CIRQA Smart Band.
4. Open the Garmin Connect app, select 'Devices' from the menu, and then 'Add Device'.
5. Follow the on-screen instructions to pair your device. You may need to press the button on your CIRQA Smart Band to activate pairing mode.

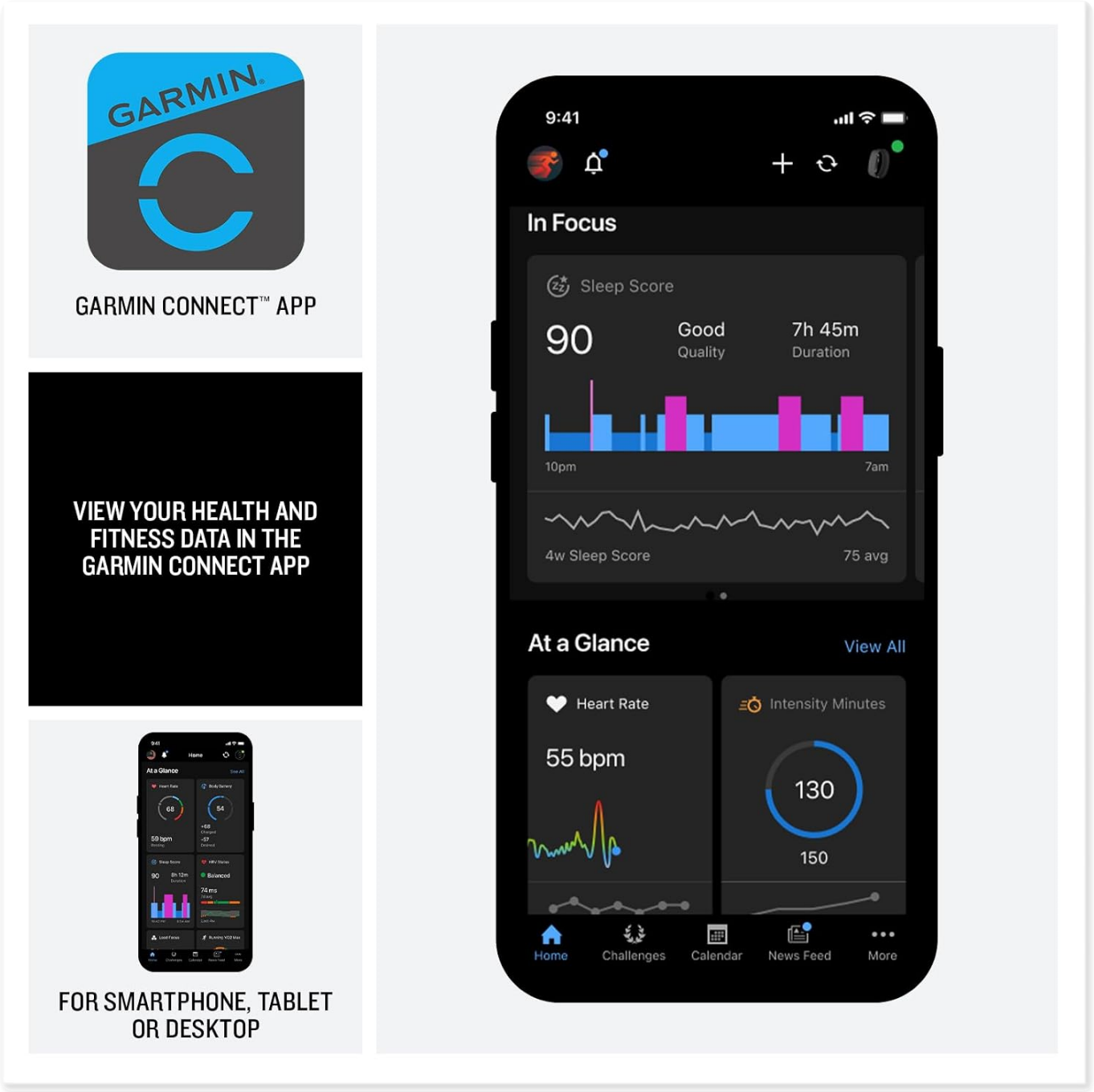


Image 3.1: The Garmin Connect app interface, where all health and fitness data is displayed.

3.3 Wearing the Device

For accurate heart rate and activity tracking, wear the CIRQA Smart Band snugly above your wrist bone.

- Ensure the band is not too tight to restrict circulation, nor too loose to allow the device to move freely.
- The device should be worn continuously for 24/7 health monitoring, including sleep tracking.

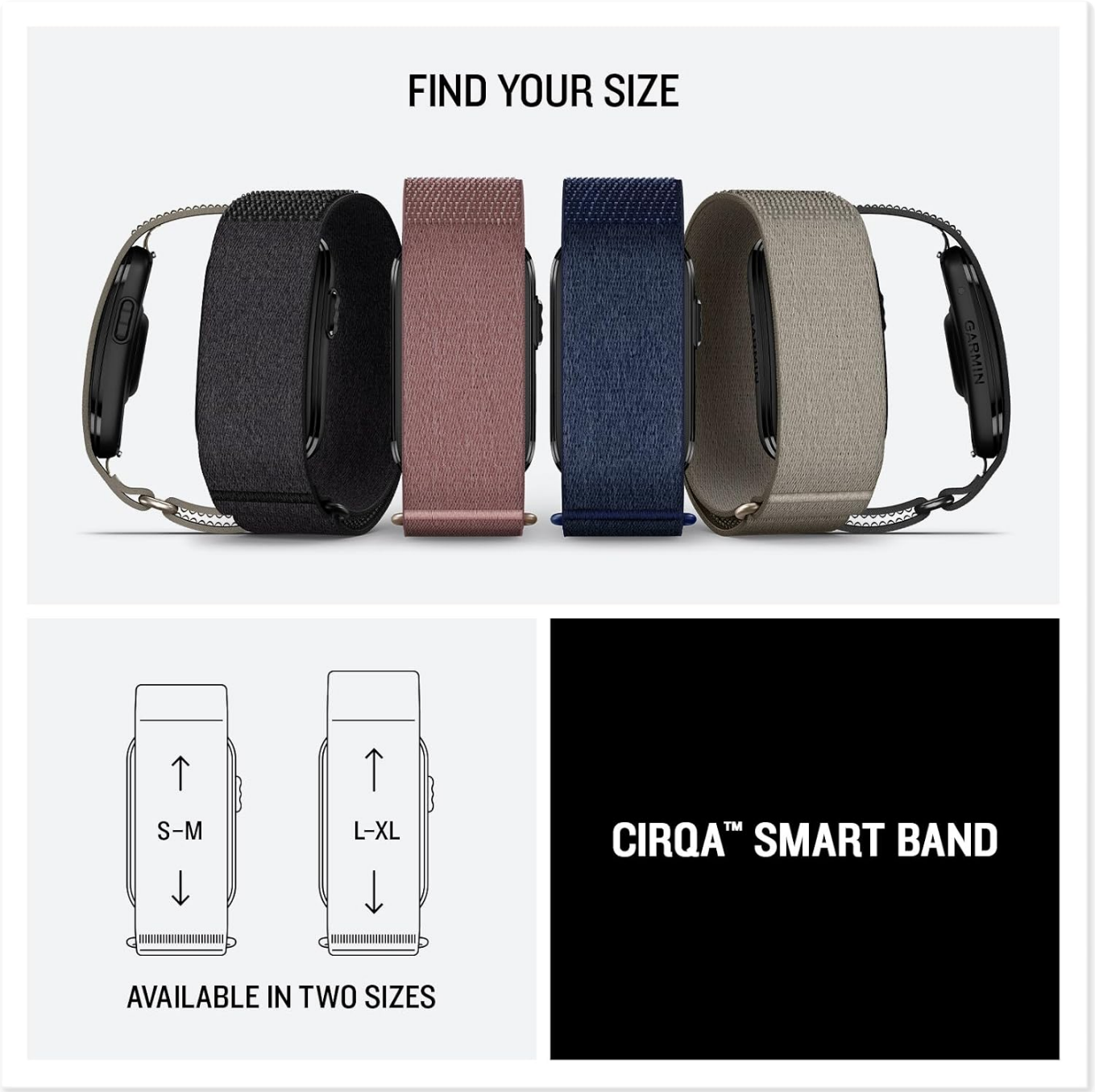


Image 3.2: Sizing guide for the Garmin CIRQA Smart Band, available in S-M and L-XL.

4. Using Your CIRQA Smart Band (Operating)

Your CIRQA Smart Band continuously collects data. All data is synced to the Garmin Connect app for detailed analysis.

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Video 4.1: Garmin CIRQA Hands-On - 37 Things To Know. This comprehensive video provides an in-depth look at various features and functionalities of the smart band.

4.1 Health Monitoring

- **Heart Rate:** Continuous heart rate monitoring throughout the day and night.
- **Body Battery:** Tracks your energy levels, helping you understand when to rest or be active.
- **Stress Tracking:** Monitors your stress levels and provides relaxation reminders.
- **Health Status:** Provides an overview of your key health metrics.

4.2 Activity Tracking

The CIRQA Smart Band tracks over 80 activities.

- **Automatic Activity Detection:** The band automatically detects and records various activities. You can confirm or edit these in the Garmin Connect app to improve future detection accuracy.
- **Manual Tracking:** Use the on-device button to start and stop tracking for your favorite activities, or initiate tracking through the Garmin Connect app.
- **Sports Apps:** Access detailed metrics for activities like running, yoga, cycling, and more.

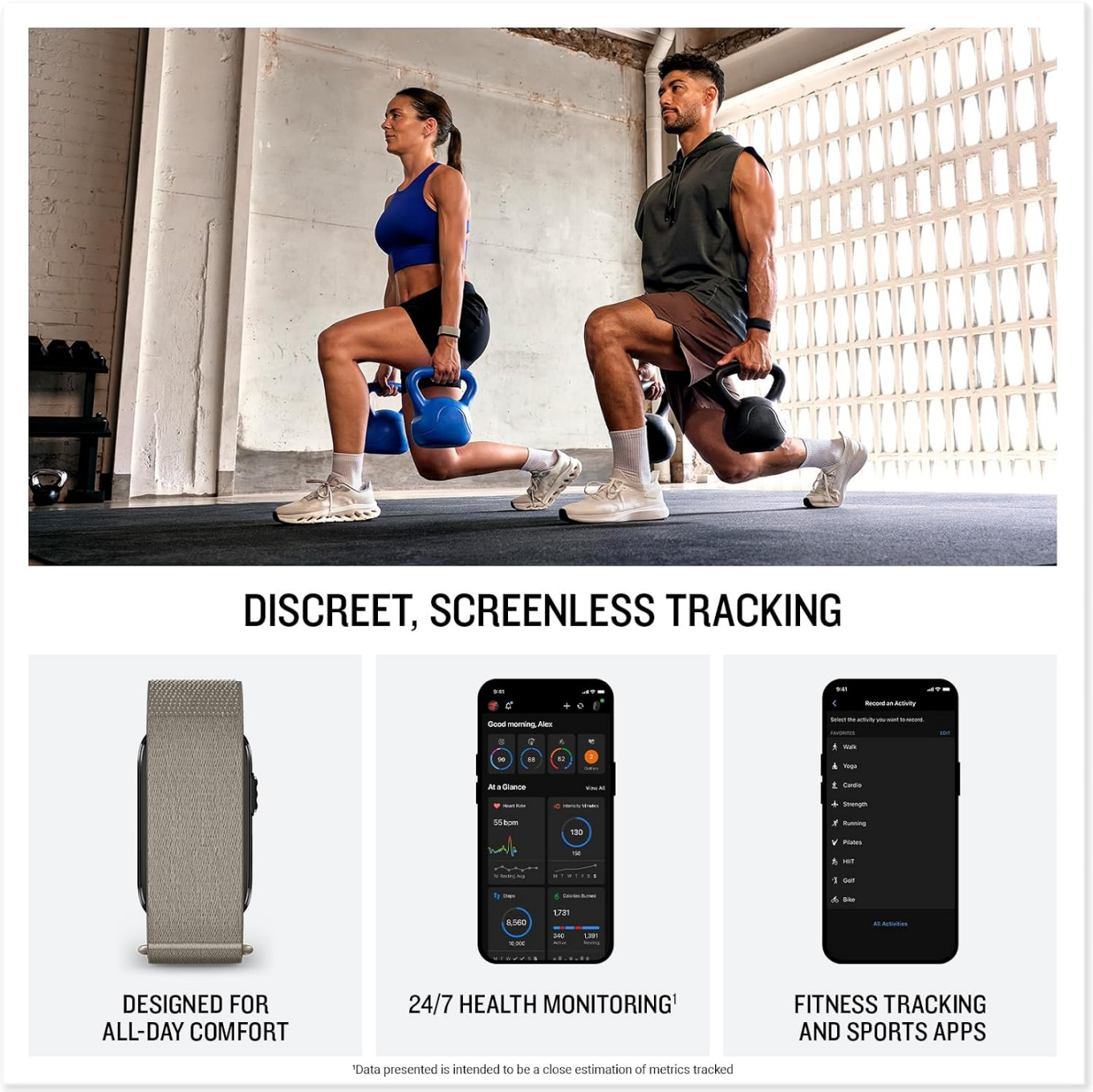


Image 4.1: The CIRQA Smart Band tracks various activities, including strength training.

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Video 4.2: How Accurate Is The Tracking? Steps, Heart Rate + More. This video reviews the accuracy of the smart band's tracking capabilities for various metrics.

4.3 Advanced Sleep Tracking

Wear your device to bed to receive a comprehensive sleep analysis.

- Get a sleep score and personalized coaching based on your sleep patterns.
- Tracks sleep stages (light, deep, REM) and naps.
- Utilizes circadian rhythm alignment for improved sleep recommendations.

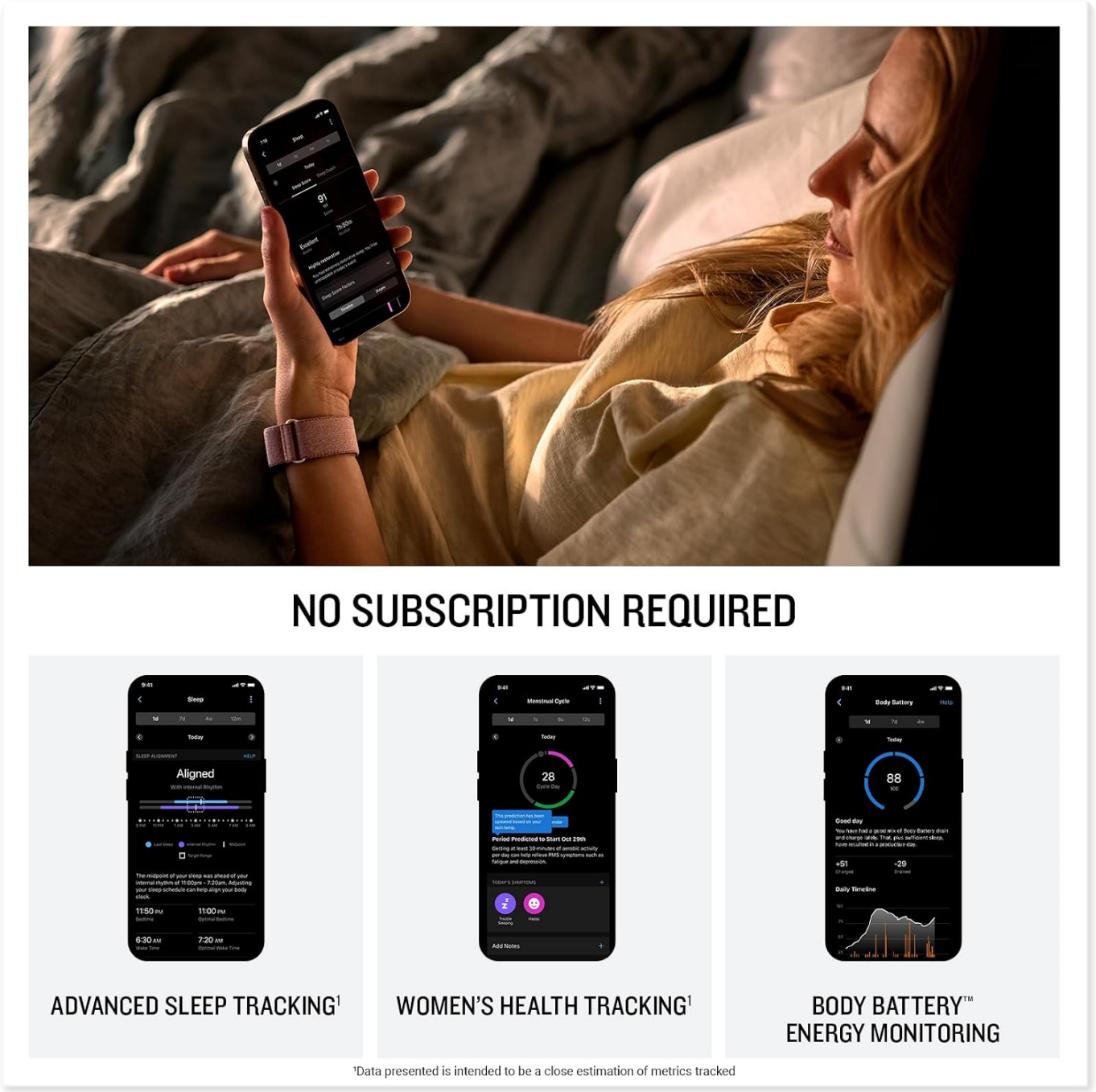


Image 4.2: The Garmin Connect app displays detailed sleep tracking data.

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Video 4.3: Is The Sleep Tracking ACTUALLY Accurate? This video evaluates the precision of the sleep tracking features on the Garmin CIRQA Smart Band.

4.4 Women's Health Tracking

Track your menstrual cycle or pregnancy with insights based on skin temperature and other metrics.

- Provides period predictions and past ovulation estimates.
- Access detailed logs and insights within the Garmin Connect app.

4.5 Training Features

Optimize your workouts with advanced training metrics:

- **Training Status:** Understand if you are training productively, peaking, or overreaching.
- **Training Readiness:** Get a score based on sleep, recovery, and training load to determine if you're ready for a tough workout.
- **Workout Benefit:** See how each workout impacts your body and fitness level.

4.6 Garmin Coach

Access adaptive training plans for running and cycling directly through the Garmin Connect app to help you achieve your fitness goals.

4.7 Connected GPS

For accurate distance and pace tracking during outdoor activities, pair your CIRQA Smart Band with your smartphone's GPS.

4.8 Wheelchair Mode

When worn on your wrist, track daily pushes, get weight shift alerts, and access sports apps tailored for wheelchair users.

4.9 Syncing Across Devices

Easily switch between multiple Garmin devices throughout the day. Data seamlessly syncs to your Garmin Connect account, ensuring no information is missed.

5. Maintenance

5.1 Cleaning the Device

Regular cleaning helps maintain the device's performance and prevents skin irritation.

- Wipe the device and band with a soft, damp cloth after workouts or if it gets wet.
- For deeper cleaning, use a mild soap solution and rinse thoroughly with water.
- Ensure the device is completely dry before wearing it again or charging.
- Avoid harsh chemicals, abrasive cleaners, or ultrasonic cleaning.

5.2 Water Resistance

The Garmin CIRQA Smart Band has a water rating of 5 ATM (50 meters).

- It is suitable for splashes, rain, showering, swimming, and other surface water activities.
- It is not suitable for scuba diving, high-speed water sports, or prolonged submersion.
- After exposure to chlorinated or salt water, rinse the device with fresh water and dry it thoroughly.

6. Troubleshooting

6.1 Common Issues

- **Device not turning on:** Ensure the device is fully charged. Connect it to the charger for at least 30 minutes.
- **Inaccurate heart rate data:** Ensure the device is worn snugly on top of your wrist, not too loose or too tight. Clean the sensor area.

- **Activity not detected:** Ensure the device is worn correctly. Confirm or edit automatically detected activities in the Garmin Connect app to improve future accuracy.
- **Short battery life:** Ensure the device is fully charged. Certain settings or frequent syncing may consume more power.

6.2 App Connectivity Problems

- **Device not syncing:** Ensure Bluetooth is enabled on your smartphone and the device is within range. Try restarting both your smartphone and the CIRQA Smart Band.
- **Pairing issues:** Remove the device from your smartphone's Bluetooth settings and from the Garmin Connect app, then attempt to pair again.
- **App not displaying data:** Ensure the Garmin Connect app is updated to the latest version. Check your internet connection.

7. Specifications

Feature	Detail
Model Number	010-04675-11
Dimensions	1.85 x 1.08 x 0.34 inches
Weight	17 g
Display Type	No Display
Battery Life	Up to 10 days
Water Resistance	5 ATM (50 meters)
Connectivity	Bluetooth
GPS	Connected GPS (via smartphone)
Band Material	Nylon
Memory Storage	128 MB

8. Warranty and Support

Your Garmin CIRQA Smart Band comes with a 1-year limited warranty. For detailed warranty information and support, please refer to the official Garmin website or the provided documentation.

- **Warranty Document:** Download Warranty (PDF)
- **Garmin Support:** Visit garmin.com/support for FAQs, troubleshooting, and contact options.

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