Manuals+ — User Manuals Simplified.

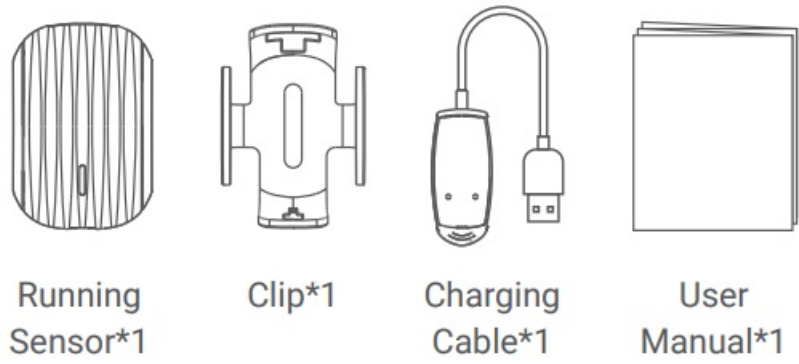# GARMIN Dynamic Running Pod User Manual

Contents

GARMIN Dynamic Running Pod

Product Introduction

Thank you for purchasing this product. This is a dynamic running pod suitable for professional training. It could be maintaining the same accuracy in both outdoor and indoor running since it does not rely on the GPS. The running pod could transmit running data to your sports health App in real time via Bluetooth or ANT+, helping you manage sports intensity more scientifically.This user manual will help you to use the product better, please keep it for reference.
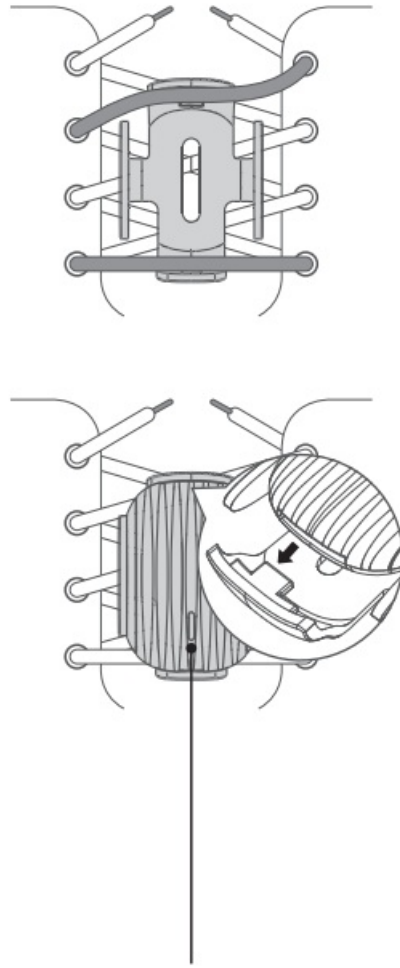
Product Accessories

| Running Sensor*1 | Clip*1 | Charging Cable*1 | User Manual*1 |

Basic Parameters

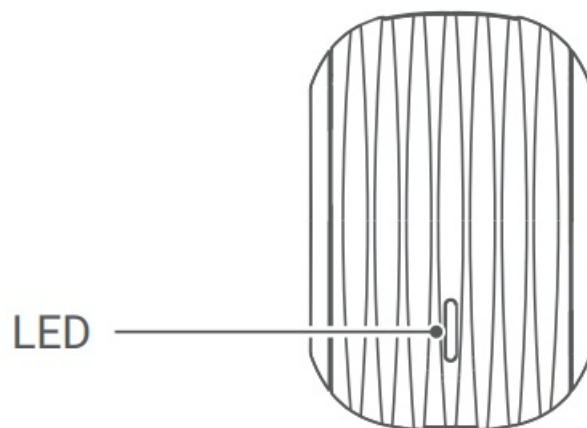|	
Features	Stride length, Cadence, Running Data
Wireless	Bluetooth 5.0 & ANT+
Battery	Rechargeable lithium battery
Battery Life	Continuous measurement for 28 hours
Size	41.8 x 28.2 x 9.0mm
Weight	8g
Waterproof Level	IP67
Working Temperature	0°C ~ 45°C

Wearing Method

Step 1 Please insert the clip into the shoelace in the middle of the shoe to prevent it from loosening.
Step 2 Please insert the sensor into the clip. When inserting, align the groove on the bottom of the sensor with the snap-on protrusions, and then fix the sensor in the clip.

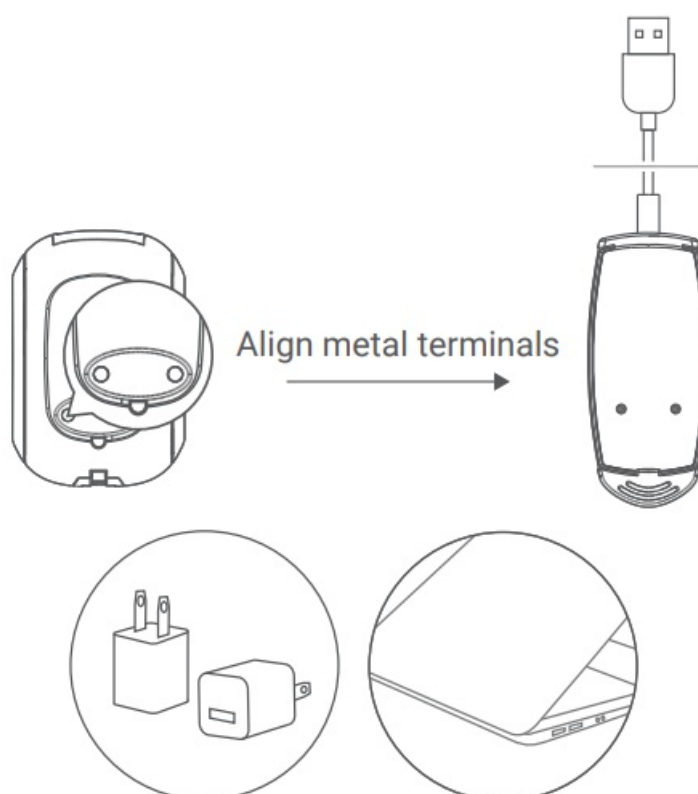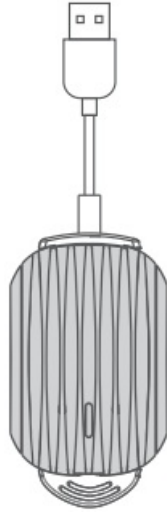Please point the sensor LED light towards the toe

Indicator Status

LED

LED Color	State
Light Off	Standby
Green Light On	Running State
Blue Light On	Bluetooth Connecting
Red Light Flashing	Charging
Red Light On	Finished Charging

Charging

1. Please charge the device before first time use;
2. Please use DC 5V power adaptor for charging;
3. When charging, the red light will flashes three times every two seconds, red light stay on means fully charged.

Align metal terminals

USB connection DC 5V power adapter or computer USB

The product has a built-in battery. Do not throw the product into a fire. Please choose an adapter that meets the rated voltage of the device to charge the device to avoid damage to the devic.

Disclaimer

1. The product it describes are subject to change without prior notice, due to the manufacturer's continuous development program.
2. Our company shall not bear any legal responsibility for direct or indirect, accidental or special damages, losses and expenses arising from or related to the use of this manual and the products described in it.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Documents / Resources

GARMIN Dynamic Running Pod [pdf] User Manual
FP602, 2A88MFP602, Dynamic Running Pod, Running Pod, Dynamic Pod, Pod

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