

GARMIN FORERUNNER 255



① LIGHT

- Press to turn the watch on.
- Press to turn the backlight on and off.
- Hold to view the controls menu for quick access to frequently used functions.

② UP

- Press to scroll through the glances, data screens, options, and settings.
- Hold to view the menu.
- Hold to manually change sports during an activity.

③ DOWN

- Press to scroll through the glances, data screens, options, and settings.
- Hold to open the music controls ([Music](#), page 68).

④ BACK

- Press to return to the previous screen.
- Press to record a lap, rest, or transition during an activity.

⑤ START · STOP

- Press to start and stop the activity timer.
- Press to choose an option or to acknowledge a message.

GPS Status and Status Icons

For outdoor activities, the status ring turns green when GPS is ready. A flashing icon means the watch is searching for a signal. A solid icon means the signal was found or the sensor is connected.

GPS	GPS status
	Battery status
	Phone connection status
	Wi-Fi technology status (Forerunner music watches only)
	Heart rate status
	Running Dynamics Pod status
	Speed and cadence sensor status
	Bike lights status
	Bike radar status
	Extended display mode status
	Power meter status
	tempe™ sensor status
	VIRB® camera status

A. CARA AKTIVASI :

1. Melalui HP Anda :

- Download "Garmin connect" melalui Playstore atau App store di HP.
- Buat account dan password yang bisa diingat.

Password : wajib ada 1 huruf besar 1 angka.

2. Melalui jam tangan Anda :

- Hidupkan jam tangan dengan tekan tombol no 1 (kiri atas) 3 detik.
**Jika tidak hidup, dicas terlebih dahulu, di dalam kotak hanya ada kabel, colok dengan kepala charger hp.*
- Pilih Bahasa dengan tekan "**Up**" (no 2) and "**Down**" (no 3) di sebelah kiri. Dan tekan **nomor 5** (Start/Stop) untuk Enter / Masuk.
- Pair With Phone. Buka App "**Garmin Connect**" -> **Add Device**.
- Masukkan angka, **Next** -> Masukkan jam tidur dan data-data lainnya.

B. PENGGUNAAN :

1. MONITOR UMUM

Tekan **Nomor 3 (kiri bawah)** untuk lihat status monitor.

2. MUSIK

1. Buka laptop dan download "Garmin Express" :
<https://www.garmin.com/en-US/software/express/windows/>
2. Sign In dengan user yang sama dengan Garmin Connect (di hp).
3. Sambungkan kabel jam dengan laptop.
4. Pilih Music, di My Music **klik** lambang "+".
5. Select Folder, centang folder yang ada musik dan centang folder dengan nama jam tanganmu dan save.
6. Pilih musik/lagu yang ada dan klik "Send To Device", maka jam tangan Anda akan termuat musik tersebut.
7. Untuk menghapus lagu dari jam tangan, ke folder bawah yang ada nama jam tangan Anda, pilih lagu dan remove from device.

*Kapasitas lagu: 500 musik.

ATAU

Bisa melalui aplikasi: Spotify dll.

3. KONEK BLUETOOTH HEADSET & JAM TANGAN :

Tekan tombol kiri tengah (no. 2) 3 detik, masuk Menu, tekan Down hingga ketemu "Music", scroll ke bawah dan cari "Headphone" -> "Add New".

4. CARA MENJALANKAN MUSIK

Tekan tombol kiri tengah (no. 2) 3 detik, masuk Menu, tekan Down hingga ketemu "Music", dan cari "My Music".

"atau"

Tekan tombol kiri bawah (No. 3) selama 2 detik untuk langsung masuk akses ke Musik.

5. OLAHRAGA

Contoh: Olahraga Lari

1. Tekan tombol kanan atas (no.5).
2. Pilih Lari/Run. Untuk geser atas atau bawah, tekan tombol up (no.2) dan down (no.3). Untuk mulai, tekan tombol kanan atas (no.5).

Setelah Berlari

1. Tekan tombol kanan atas (no.5).
2. Jika mau melanjutkan lari, tekan tombol kanan atas (no.5).

Jika selesai berlari: tekan tombol kanan atas (no.5). Kemudian tekan tombol kiri bawah (no.3), dan pilih “simpan atau hapus” dengan menekan tombol kanan atas (no.5).

C. PENGATURAN :

1. Cara Mengganti Tampilan Muka Jam (Custom)

- a. Download “Garmin Connect IQ” melalui Playstore atau App store di HP.
- b. Setelah download, pilih menu “Face It” untuk mengatur tampilan jam tangan.

2. Mengatur Smart Notification (Email, Text, Messages)

- a. Download “Garmin Connect” melalui Playstore atau App store di HP.
- b. Masuk ke menu Settings/Pengaturan.
- c. Masuk ke menu Notifications/Notifikasi
- d. Pilih Notifikasi apakah mau dinyalakan atau dimatikan.

INFORMASI TAMBAHAN :

Heart Rate Zone Calculations

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
1	50–60%	Relaxed, easy pace, rhythmic breathing	Beginning-level aerobic training, reduces stress
2	60–70%	Comfortable pace, slightly deeper breathing, conversation possible	Basic cardiovascular training, good recovery pace
3	70–80%	Moderate pace, more difficult to hold conversation	Improved aerobic capacity, optimal cardiovascular training
4	80–90%	Fast pace and a bit uncomfortable, breathing forceful	Improved anaerobic capacity and threshold, improved speed
5	90–100%	Sprinting pace, unsustainable for long period of time, labored breathing	Anaerobic and muscular endurance, increased power

1. Oksigen (VO2Max – untuk Olahraga: Volume Oxygen; Pulse Oximeter: Kadar oxygen dalam darah)

VO2 Max. Standard Ratings

These tables include standardized classifications for **VO2** max. estimates by age and gender.

Males	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	55.4	54	52.5	48.9	45.7	42.1
Excellent	80	51.1	48.3	46.4	43.4	39.5	36.7
Good	60	45.4	44	42.4	39.2	35.5	32.3
Fair	40	41.7	40.5	38.5	35.6	32.3	29.4
Poor	0–40	<41.7	<40.5	<38.5	<35.6	<32.3	<29.4

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2. Body Battery

Kisaran body battery adalah dari 0-100. Dihitung dari perhitungan detak jantung, level stres, kualitas tidur dan data aktivitas.

0-25: energi yang rendah

26-50: energi sedang

51-75: energi tinggi

76-100: energi sangat tinggi

**Semakin tinggi akan semakin bagus*

3. Arti Simbol Garmin

	Heart Rate		Sunrise / Sunset Time		Compass
	Calories Burned		Weather		ABC (Altitude / Barometric / Compass)
	Steps Taken		Altimeter		Last Swim
	Intensity Minutes		Barometer		Last Ride
	Floors Climbed		Chance of Rain		Last Run
	Stress		Wind Speed / Direction		Last Sport
	Battery Level		Moon Phases		XERO
	Messages		Temperature		VIRB
	Do Not Disturb		My Day		iR inReach
	Backlight Brightness		Calendar		DogTrack
	Find Phone		Time Zones		
	Music		Lock Keys		