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Uputstvo za upotrebu (EN)

GARMIN Venu 4 41 mm Lunar Gold Bone pametni sat

GARMIN



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GARMIN®

VENU® 4 SERIES

Premium Health and Fitness GPS Smartwatch



Owner's Manual

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Introduction

⚠ WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Always consult your physician before you begin or modify any exercise program.

Getting Started

When using your watch the first time, you should complete these tasks to set it up and get to know the basic features.

1. Hold to turn on the watch.
2. Follow the on-screen instructions to complete the initial setup.

   During the initial setup, you can pair your phone with your watch to receive notifications, sync your activities, and more (*Pairing Your Phone*, page 74). If you are upgrading from a compatible watch, you can migrate your watch settings, saved courses, and more when you pair your new Venu® 4 watch with your phone.
3. Charge the watch (*Charging the Watch*, page 106).
4. Check for software updates (*System Settings*, page 101).

   For the best experience, you should keep the software on your watch up to date. Software updates provide changes and improvements to privacy, security, and features.
5. Start an activity (*Starting an Activity*, page 14).

Overview



Ⓐ START button	• Hold for 2 seconds to turn on the watch. • Press to open the activities and apps menu, including watch settings. • Hold for 2 seconds to view the controls menu, including power. • Hold until the watch vibrates 3 times to request assistance (*Safety and Tracking Features*, page 92).
Ⓑ BACK button	• Press to return to the previous page. **TIP:** During an activity, on-screen tips appear to explain non-default button behavior. • Hold to turn the flashlight on or off.
Touchscreen	• Swipe up, down, left, or right to scroll through glances, features, and menus (*Touchscreen Tips*, page 6). • Tap to select an option in a menu. • Swipe right to return to the previous screen.

Touchscreen Tips

- Drag up or down to scroll through lists and menus slowly.
- Tap to select an item.

- Tap to wake the watch.
- From the watch face, swipe up to scroll through the glances on the watch.
- From the watch face, swipe left to view the apps and activities menu, including watch settings.
- From the watch face, swipe down to view the notification center.
- Swipe right to return to the previous screen.
- Tap and hold an item on the watch face to bring up contextual information, such as glances or menus, if available.
- From the glances or apps menu, hold the watch face to reorder or delete the options.
- During an activity, swipe up or down to view the next data screen.
- During an activity, swipe right to view the watch menu, watch face, and glances.
- During an activity, swipe left to view the music player.
- Press your palm to the screen to return to the watch face and turn down the screen brightness.
- When available, select or swipe ① to view menu options.
- Perform each menu selection as a separate action.

Locking and Unlocking the Device

You can lock the device to prevent inadvertent screen touches and button presses.

NOTE: You can customize the controls menu (*Customizing the Controls Menu*, page 43).

1. Hold to view the controls menu.
2. Select .
   The device does not respond to touches or button presses until you unlock it.
3. Hold any button to unlock the device.

Icons Overview

A flashing icon means the watch is searching for a signal. A solid icon means the signal was found or the sensor is connected. A slash through an icon means the feature is turned off.

For a full list of compatible sensors, see *Wireless Sensors*, page 71.

	Phone connection status (*Turning On Phone Connection Alerts*, page 68)
	Heart rate monitor status *Tips for Erratic Heart Rate Data*, page 84
	LiveTrack status (*Safety and Tracking Features*, page 92)
	Speed sensor status (*Pairing Your Wireless Sensors*, page 71)
	Cadence sensor status (*Pairing Your Wireless Sensors*, page 71)
	Bluetooth® technology status (*Broadcasting Heart Rate Data*, page 85)
	ANT+® connectivity status (*Broadcasting Heart Rate Data*, page 85)
	Airplane mode status (*Controls*, page 41)

Apps and Activities

Your watch includes a variety of preloaded apps and activities.

Apps: Apps provide interactive features for your watch, such as viewing workouts or calling someone from your watch (*Apps*, page 8).

Activities: Your watch comes preloaded with indoor and outdoor activity apps, including running, cycling, strength training, golfing, and more. When you start an activity, the watch displays and records sensor data, which you can save and share with the Garmin Connect™ community.

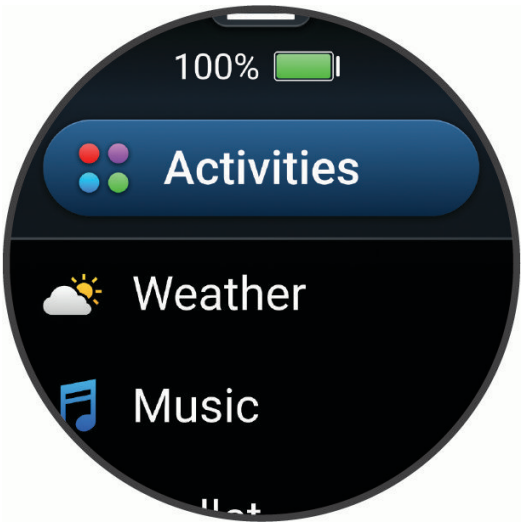
For more information about activity tracking and fitness metric accuracy, go to garmin.com/ataccuracy.

Connect IQ™ Apps: You can add features to your watch by installing apps from the Connect IQ store (*Downloading Connect IQ™ Features*, page 81).

Apps

You can customize your watch using the apps menu, which lets you quickly access watch features and options. Some apps require a Bluetooth® connection to a compatible phone. Many apps can also be found in the glances (*Glances*, page 35) or controls (*Controls*, page 41).

From the watch face, swipe left to view the apps list.



Name	More Information
ABC	Select to view combined altimeter, barometer, and compass information.
Alarms	Select to set an alarm.
Alt. Time Zones	Displays the current time of day in additional time zones (*Adding Alternate Time Zones*, page 64).
Altimeter	Select to view altimeter information.
Barometer	Select to view barometer information.
Broadcast Heart Rate	Select to broadcast heart rate data to a paired device (*Broadcasting Heart Rate Data*, page 85).
Calculator	Select to use the calculator, including the tip calculator.
Calendar	Select to view upcoming events from your phone calendar.
Clocks	Select to set an alarm, timer, stopwatch, alternate time zone, or countdown event (*Clocks App*, page 63).
Compass	Displays an electronic compass.
Countdowns	Displays upcoming countdown events.
Garmin Share	Select to send or receive data with other Garmin® devices (*Garmin Share*, page 77).
Health Snapshot™	Select to record several key health metrics (*Health Snapshot™*, page 9).
History	Select to view your recorded activity history, records, and totals (*Using History*, page 61).
Lifestyle Logging	Select to track your day-to-day behaviors, and see how the behaviors affect certain health metrics in the Garmin Connect™ app (*Lifestyle Logging*, page 38).

Name	More Information
Messenger	Select to view and send messages from the Garmin Messenger™ phone app (*Garmin Messenger™ App*, page 81).
Moon Phase	Select to view the moonrise and moonset times, along with the moon phase, based on your GPS position.
Music	Select to control audio playback using your watch (*Listening to Music*, page 94).
Notifications	Select to view your phone notifications (*Viewing Notifications*, page 76).
Nutrition	Select to track your daily nutrition, including calories and macronutrients. You can also log your food intake. You must have an active Garmin Connect+ plan to track and view your nutrition (*Garmin Connect+™ Plan*, page 79).
Phone	Select to open the phone controls, such as contacts and the dial pad (*Calling from the Phone App*, page 75).
Phone Assistant	Select to speak a command for your phone's voice assistant (*Using the Phone Assistant*, page 75).
Pulse Ox	Select to take a pulse oximeter reading (*Pulse Oximeter*, page 85).
Settings	Select to open the settings menu.
Sports Scores	Select to track college or professional sports teams with scores and live data.
Stocks	Select to view a customizable list of stocks (*Adding a Stock*, page 40).
Stopwatch	Select to use the stopwatch.
Sunrise & Sunset	Select to view sunrise, sunset, and twilight times.
Timers	Select to set a timer.
Tips	Select to view interactive watch tips, learn about new features on your watch, and scan a direct link to support.garmin.com to access the owner's manual for your watch.
Voice Command	Select to speak a command for your watch to perform (*Using Voice Commands*, page 10).
Voice Notes	Select to record a voice note (*Recording a Voice Note*, page 9).
Wallet	Select to open your Garmin Pay™ wallet (*Garmin Pay™*, page 11).
Watch Face	Select to customize your watch face (*Customizing the Watch Face*, page 35).
Weather	Select to view the current weather forecast and conditions.
Weight Tracking	Select to view your recent weight trends and history. You can enter your weight manually. If you have an Index™ scale paired to your Garmin Connect account, your weight data appears in the app.
Workouts	Select to view your saved workouts (*Workouts*, page 46).

Health Snapshot™

The Health Snapshot feature records several key health metrics while you hold still for two minutes. It provides a glimpse of your overall cardiovascular status. The watch records metrics such as your average heart rate, stress level, and respiration rate. You can add the Health Snapshot feature to the list of your favorite apps (*Customizing Activities and Apps*, page 29).

Recording a Voice Note

You can record and listen to voice notes using your watch's built-in speaker and microphone.

1. Select an option:
   - From the watch face, press .
   - Hold .
2. Select **Voice Notes**.
3. Swipe left.
4. Select an option:
   - Select **Location** to save your GPS location with the voice note.
     TIP: After recording the voice note, you can view the voice note location coordinates at the bottom of the screen.
   - Select **Volume** to adjust the speaker volume.

5 Select ●.
6 Say your voice note.
7 Select ■.
8 Select an option:
- Select ▶ to play the voice note.
- Swipe left to rename or delete the voice note.
- Press ⌚, and select ||\ to view your voice note library.

Using Voice Commands

1 Select an option:
- From the watch face, press ⌚, and select **Voice Command**.
- Hold ⌚, and select **Voice Command**.
  NOTE: You can customize the controls menu (*Customizing the Controls Menu*, page 43).
- Say **"OK Garmin"**.
  NOTE: You can enable the **"OK Garmin"** watch wake word in the system settings (*Enabling a Wake Word for Your Watch*, page 103).

2 Say a voice command for the watch to perform (*Watch Voice Commands*, page 10).

Watch Voice Commands

The voice command system is designed to detect natural speech. This is a list of commonly used voice commands, but the watch does not require these exact phrases (other than *OK Garmin*). You can try saying variations of these commands in a way that is natural to you. Go to garmin.com/voicecommand/tips for voice command tips and troubleshooting information.

Voice Wake Word	Function
"OK Garmin"	Wakes up the watch to listen for voice commands

Voice Help Command	Function
What can I say?	Shows a list of common voice commands

Device and Screen Functions

Voice Command	Function
Find my phone	Plays an audible alert on your paired phone, if it is within Bluetooth® range.
Disable do not disturb	Disables do not disturb mode to dim the screen and disable alerts and notifications.
Turn on airplane mode	Enables airplane mode to turn off all wireless communications.
Increase brightness	Raises the brightness level.
Decrease brightness	Lowers the brightness level.
Set brightness to 80	Sets the brightness level to a specified percent. Available numbers are 0-100%.

Clock Functions

Voice Command	Function
Set a timer for fifteen minutes	Sets a countdown timer for the specified time.
Pause timer	Pauses the currently running countdown timer.
Resume timer	Resumes the paused countdown timer.
Cancel timer	Cancels the currently running countdown timer.
Start stopwatch	Starts the stopwatch.
Stop stopwatch	Stops the stopwatch.
Wake me up at 3:15 a.m.	Sets a one-time alarm for the specified time.

App and Activity Functions

Voice Command	Function
Show me the weather	Opens the weather app.
Open the calendar	Opens the calendar app.

Voice Command	Function
Start a run	Starts a Run activity.
Start hiking	Starts a Hike activity.
Open the triathlon app	Starts a Triathlon activity.

NOTE: The apps and activities listed are examples, but you can control all of the default apps and activities with voice commands (*Apps*, page 8), (*Activities*, page 13).

Navigation Functions

Voice Command	Function
Begin navigation	Opens the Navigate menu to navigate to a destination.
Save location	Saves your current location.
Switch to the compass app	Opens the compass.

Media Functions

Voice Command	Function
Change volume to 8	Adjusts the volume to the specified level. Available numbers are 0-10 or 0-100%.
Increase volume	Raises the audio volume.
Decrease volume	Lowers the audio volume.
Play music	Plays the currently selected media.
Next song	Plays the next media track.
Previous song	Plays the previous media track.
Pause music	Pauses the currently playing media.
Mute	Silences all audio.
Unmute	Unsilences all audio.

Garmin Pay™

The Garmin Pay feature allows you to use your watch to pay for purchases in participating locations using credit or debit cards from a participating financial institution.

Setting Up Your Garmin Pay™ Wallet

You can add one or more participating credit or debit cards to your Garmin Pay wallet. Go to garmin.com/garminpay/banks to find participating financial institutions.

1. From the Garmin Connect™ app, select •••.
2. Select **Wallet & Garmin Pay** > **Get Started**.
3. Follow the on-screen instructions.

Paying for a Purchase Using Your Watch

Before you can use your watch to pay for purchases, you must set up at least one payment card.

You can use your watch to pay for purchases in a participating location.

1. Select an option:
   - From the watch face, press .
   - Hold .
2. Select **Wallet**.
3. Enter your four-digit passcode.

   NOTE: If you enter your passcode incorrectly three times, your wallet locks, and you must reset your passcode in the Garmin Connect™ app.

   Your most recently used payment card appears.



4 If you have added multiple cards to your Garmin Pay™ wallet, swipe to change to another card (optional).
5 Within 60 seconds, hold your watch near the payment reader, with the watch facing the reader.
The watch vibrates and displays a check mark when it is finished communicating with the reader.
6 If necessary, follow the instructions on the card reader to complete the transaction.

TIP: After you successfully enter your passcode, you can make payments without a passcode for 24 hours while you continue to wear your watch. If you remove the watch from your wrist or disable heart rate monitoring, you must enter the passcode again before making a payment.

Adding a Card to Your Garmin Pay™ Wallet

You can add up to 10 credit or debit cards to your Garmin Pay wallet.

1 From the Garmin Connect™ app, select ••• > **Wallet & Garmin Pay** > +.
2 Follow the on-screen instructions.

After the card is added, you can select the card on your watch when you make a payment.

Managing Your Garmin Pay™ Cards

You can temporarily suspend or delete a card.

NOTE: In some countries, participating financial institutions may restrict the Garmin Pay features.

1 From the Garmin Connect™ app, select ••• > **Wallet & Garmin Pay**.
2 Select a card.
3 Select ⋮.
4 Select an option:
- To temporarily suspend or unsuspend the card, select **Suspend Card**.
  The card must be active to make purchases using your Venu® 4 watch.
- To delete the card, select 🗑 or **Remove Card**.

Changing Your Garmin Pay™ Passcode

You must know your current passcode to change it. If you forget your passcode, you must reset the Garmin Pay feature for your Venu® 4 watch, create a new passcode, and reenter your card information.

1 From the Garmin Connect™ app, select •••.
2 Select **Wallet & Garmin Pay** > **Change Passcode**.
3 Follow the on-screen instructions.

The next time you pay using your Venu 4 watch, you must enter the new passcode.

Using the Messenger App

⚠ CAUTION

The non-satellite messaging features of the Garmin Messenger™ app on your phone should not be solely relied upon as a primary method to obtain emergency assistance.

NOTICE

To use the Messenger app, your Venu® watch must be connected to the Garmin Messenger app on your compatible phone using Bluetooth® technology (*Garmin Messenger™ App*, page 81).

The Messenger app on your watch allows you to view, compose, and reply to messages from the Garmin Messenger app on your phone.

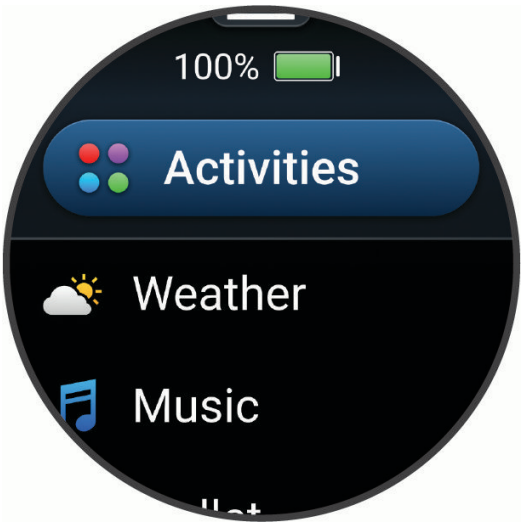
1. Select an option:
   - From the watch face, swipe up.
2. Select **Messenger**.
3. If this is your first time using the **Messenger** feature, scan the QR code with your phone, and follow the on-screen instructions to complete the pairing and setup process.
4. On your watch, select an option:
   - To compose a new message, select , select a recipient, and either select a message from the list or compose your own.
   - To view a conversation, scroll down, and select a conversation.
   - To reply to a message, select a conversation, select **Reply**, and either select a message from the list or compose your own.
   - To view the contact's last known location, select **View Location**.

     NOTE: Your contact must enable the Garmin Locate feature and add you as a trusted contact in the Garmin Messenger phone app before you can view their last known location (*Enabling Garmin Locate Tracking*, page 93).

Activities

From the watch face, swipe left, and select **Activities**. Your favorite activities list appears at the top of the list (*Customizing Your Favorite Activities List*, page 30).

NOTE: Some activities appear in more than one category.



Category	Activities
Running	Canicross, Indoor Track, Run, Run with Dog, Track Run, Trail Run, Treadmill, Obstacle Racing, Virtual Run
Cycling	Bike, Bike Commute, Bike Indoor, Bike Tour, Bike with Dog, Cyclocross, eBike, eMTB, Gravel Bike, Handcycle, Handcycle Indoor, MTB, Road Bike
Swimming	Open Water, Pool Swim
Multisport	Mixed Session, Swimrun, Triathlon
Gym	Boxing, Cardio, Climb Indoor, Elliptical, Floor Climb, HIIT, Jump Rope, Mixed Martial Arts, Mobility, Pilates, Row Indoor, Stair Stepper, Strength, Walk Indoor, XC Ski Indoor, Yoga
Outdoor	Adventure Race, Archery, Bouldering, Disc Golf, Fish, Golf, Hike, Hike with Dog, Horseback, Inline Skating, Mountaineering, Rucking, Walk, Walk with Dog
Winter Sports	Ice Skating, Ski, Skijoring, Snowboard, Snowmobile, Snowshoe, XC Classic Ski, XC Skate Ski

Category	Activities
Water Sports	Boat, Kayak, Row, Sail, Snorkel, SUP
Team Sports	American Football, Baseball, Basketball, Cricket, Field Hockey, Ice Hockey, Lacrosse, Rugby, Soccer/ Football, Softball, Volleyball, Ultimate Disc
Racket Sports	Badminton, Padel, Pickleball, Platform Tennis, Racquetball, Squash, Table Tennis, Tennis
Motorsports	ATV, Motocross, Motorcycle, Overland
Other	Breathwork, Gaming, Meditation

Starting an Activity

When you start an activity, GPS turns on automatically (if required).

1. From the watch face, press .
2. Select an option:
   - Select a pinned activity (*Customizing Activities and Apps*, page 29).
   - Select or **Activities**, and select an activity from your favorites list or an activity category.
3. If the activity requires GPS signals, go outside to an area with a clear view of the sky, and wait until the watch is ready.

   The watch is ready after it establishes your heart rate, acquires GPS signals (if required), and connects to your wireless sensors (if required).
4. Press to start the activity timer.

   The watch records activity data only while the activity timer is running.

Tips for Recording Activities

- Charge the watch before starting an activity (*Charging the Watch*, page 106).
- After selecting an activity but before starting the activity timer, swipe down from the top of the screen and scroll to view and update the activity status menu.

  TIP: During an activity, you can swipe right, and swipe down to view the activity status menu.
- For some activities, press to record laps, start a new set or pose, or advance to the next workout step.

  You can select to discard a lap for certain activities (*How can I undo a lap button press?*, page 111).
- Swipe up or down to view additional data screens.

  TIP: You can swipe down from the top of the screen to unlock the touchscreen during an activity.
- Swipe right or left to view the music controls or activity settings.
- During an activity, swipe right, and select **Change Sport** to transition to a different activity type.

  When your activity includes two or more sports, it is recorded as a multisport activity.

Stopping an Activity

Not all options are available for all activity types.

1. Press .
2. Select an option:
   - To resume your activity, select **Resume**.
   - To switch to the next activity type during a **Mixed Session** activity, select **Next Activity** (*Recording a Mixed Session Activity*, page 20).
   - To save the activity and view the details, select **Save**, and select an option.

     NOTE: After you save the activity, you can enter self-evaluation data (*Evaluating an Activity*, page 15).
   - To suspend your activity and resume it at a later time, select **Resume Later**.
   - To mark a lap, select **Lap**.

     You can select to discard a lap for certain activities (*How can I undo a lap button press?*, page 111).
   - To navigate back to the starting point of your activity along the path you traveled, select **Back to Start** > **TracBack**.

     NOTE: This feature is available only for activities that use GPS.
   - To navigate back to the starting point of your activity by the most direct path, select **Back to Start** > **Straight Line**.

     NOTE: This feature is available only for activities that use GPS.

- To measure the difference between your heart rate at the end of the activity and your heart rate two minutes later, select **Recovery Heart Rate**, and wait while the timer counts down (*Recovery Heart Rate*, page 59).
- To discard the activity, select **Discard**, and press .

NOTE: After stopping the activity, the watch saves it automatically after 30 minutes.

Evaluating an Activity

NOTE: This feature is not available for all activities.

You can customize the self-evaluation setting for certain activities (*Enabling Self Evaluation*, page 52).

1. After you complete an activity, select **Save** (*Stopping an Activity*, page 14).
2. Select a number that corresponds with your perceived effort.

   NOTE: You can select » to skip the self evaluation.
3. Select how you felt during the activity.

You can view evaluations in the Garmin Connect™ app.

Changing Sports During an Activity

You can begin an activity using one sport profile and manually switch to another sport without stopping the timer. For example, you can record 10 minutes of biking, 10 minutes of kayaking, and finish up with an indoor walk.

This feature is not available for team sports or racket sports.

1. From the watch face, swipe left.
2. Select **Activities**.
3. Select an activity.
4. Press to start the activity timer.
5. When you are ready for the next sport, swipe right (timer is running), and select **Change Sport**.
6. Select a sport.

   A countdown timer displays the remaining time until the next sport starts.

   TIP: Press to discard starting a new sport.

   NOTE: If you are switching from an indoor sport to an outdoor sport, allow the watch time to locate satellites.
7. After you complete your sport, you can repeat steps 5-6 or press to stop the activity timer.
8. Select **Save** > ✓.
9. Select an option:
   - Scroll to view the time for each sport and performance measurements for the entire mixed sport activity.
   - Swipe left to view additional options, such as activity data for each sport, or to delete the entire activity.

Running

Going for a Run

Before you can use a wireless sensor for your run, you must pair the sensor with your watch (*Pairing Your Wireless Sensors*, page 71).

1. Put on your wireless sensors, such as a heart rate monitor (optional).
2. From the watch face, swipe left.
3. Select **Activities** > **Run**.
4. When using optional wireless sensors, wait while the watch connects to the sensors.
5. Go outside, and wait while the watch locates satellites.
6. Press to start the activity timer.

   The watch records activity data only while the activity timer is running.
7. Go for a run.
8. Press to record laps (optional).
9. Swipe up and down to scroll through the data screens.
10. After you complete your activity, press , and select **Save**.

Going for a Track Run

Before you go for a track run, make sure you are running on a standard-shape, 400 m track.

You can use the track run activity to record your outdoor track data, including distance in meters and lap splits.

1 Stand on the outdoor track.
2 From the watch face, press .
3 Select **Activities** > **Running** > **Track Run**.
4 Wait while the watch locates satellites.
5 If you are running in lane 1, skip to step 8.
6 Select **Lane Number**.
7 Select a lane number.
8 Press .
9 Run around the track.
10 After you complete your activity, press , and select **Save**.

Tips for Recording a Track Run

The Garmin® track database contains over 10,000 tracks from all over the world.

- Wait until the watch acquires satellite signals before starting a track run.
- If your watch does not recognize the track, run four laps to calibrate your track distance.
  You should run slightly past your starting point to complete the lap.
- Run each lap in the same lane.
  NOTE: The default Auto Lap® distance is 1600 m, or four laps around the track.
- If you are running in a lane other than lane 1, set the lane number in the activity settings.

Going for a Virtual Run

You can pair your watch with a compatible third-party app to transmit pace, heart rate, or cadence data.

1 From the watch face, swipe left.
2 Select **Activities** > **Running** > **Virtual Run**.
3 On your tablet, laptop, or phone, open the Zwift™ app or another virtual training app.
4 Follow the on-screen instructions to start a running activity and pair the devices.
5 Press to start the activity timer.
6 After you complete your activity, press , and select **Save**.

Calibrating the Treadmill Distance

To record more accurate distances for your treadmill runs, you can calibrate the treadmill distance after you run at least 2.4 km (1.5 mi.) on a treadmill. If you use different treadmills, you can manually calibrate the treadmill distance on each treadmill or after each run.

1 Start a treadmill activity (*Starting an Activity*, page 14).
2 Run on the treadmill until your watch records at least 2.4 km (1.5 mi.).
3 After you finish the activity, press to stop the activity timer.
4 Select an option:
   - To calibrate the treadmill distance the first time, select **Save**.
     The device prompts you to complete the treadmill calibration.
   - To manually calibrate the treadmill distance after the first-time calibration, select **Calibrate & Save** > ✔.
5 Check the treadmill display for the distance traveled, and enter the distance on your watch.

Recording an Obstacle Racing Activity

When you participate in an obstacle course race, you can use the Obstacle Racing activity to record your time on each obstacle and your time running between obstacles.

1 From the watch face, swipe left.
2 Select **Activities** > **Running** > **Obstacle Racing**.
3 Press to start the activity timer.
4 Press to manually mark the beginning and end of each obstacle.
   NOTE: You can configure the **Obstacle Tracking** setting to save obstacle locations from your first loop of the course. On repeat loops of the course, the watch uses the saved locations to switch between obstacle and running intervals.

5 After you complete your activity, press , and select **Save**.

Cycling

Going for a Ride

Before you can use a wireless sensor for your ride, you must pair the sensor with your watch (*Pairing Your Wireless Sensors*, page 71).

1 Pair your wireless sensors, such as a heart rate monitor or bike lights (optional).
2 From the watch face, swipe left.
3 Select **Activities** > **Cycling**.
4 Select a cycling activity.
5 When using optional wireless sensors, wait while the watch connects to the sensors.
6 Go outside, and wait while the watch locates satellites.
7 Press to start the activity timer.
The watch records activity data only while the activity timer is running.
8 Start your activity.
9 Swipe up and down to scroll through the data screens.
10 After you complete your activity, press , and select **Save**.

Using an Indoor Trainer

Before you can use a compatible indoor trainer, you must pair the trainer with your watch using Bluetooth® or ANT+® technology (*Pairing Your Wireless Sensors*, page 71).

You can use your watch with an indoor trainer to simulate resistance while following a course, ride, or workout. While using an indoor trainer, GPS is turned off automatically.

1 From the watch face, swipe left.
2 Select **Activities** > **Cycling** > **Bike Indoor**.
3 Swipe right.
4 Select **Smart Trainer Options**.
5 Select an option:
- Select **Free Ride** to go for a ride.
- Select **Follow Workout** to follow a saved workout (*Workouts*, page 46).
- Select **Follow Course** to follow a saved course (*Courses*, page 89).
- Select **Set Power** to set the target power value.
- Select **Set Grade** to set the simulated grade value.
- Select **Set Resistance** to set the resistance force applied by the trainer.

6 Press to start the activity timer.
The trainer increases or decreases resistance based on the elevation information in the course or ride.

Power Guide

You can create and use a power strategy to plan your effort on a course. Your Venu® 4 device uses your FTP, the course elevation, and the projected time it will take you to complete the course to create a customized power guide.

One of the most important steps in planning a successful power guide strategy is choosing your effort level. Putting a harder effort into the course will increase the power recommendations, while choosing an easier effort will reduce them (*Creating and Using a Power Guide*, page 17). The primary goal of a power guide is to help you complete the course based on what is known about your ability, not to achieve a specific target time. You can adjust the effort level during your ride.

Power guides are always associated with a course and cannot be used with workouts or segments. You can view and edit your strategy in the Garmin Connect™ app and sync it with compatible Garmin® devices. This feature requires a power meter, which must be paired with your device (*Pairing Your Wireless Sensors*, page 71).

Creating and Using a Power Guide

Before you can create a power guide, you must pair a power meter with your watch (*Pairing Your Wireless Sensors*, page 71). You must also have a course loaded to your Garmin Connect™ account (*Creating a Course on Garmin Connect™*, page 89).

1 From the Garmin Connect app, select •••.

2 Select **Training & Planning** > **Power Guide** > **Create Power Guide Strategy**.
3 Follow the on-screen instructions to create the power guide.
4 Select .
5 Select your watch.
6 From the watch face, swipe left.
7 On your watch, select an outdoor biking activity.
8 Scroll down to select **Training** > **Power Guide**.
9 Select a power guide.
10 Press , and select **Use Plan**.

TIP: You can preview the map, elevation plot, effort, settings, and splits. You can also adjust the effort, terrain, riding position, and gear weight before you start riding.

Swimming

NOTICE

The device is intended for surface swimming. Scuba diving with the device may damage the product and will void the warranty.

NOTE: The watch has wrist-based heart rate enabled for swim activities. The watch is also compatible with chest heart rate monitors, such as the HRM-Pro™ series accessories. If both wrist-based heart rate and chest heart rate data are available, your watch uses the chest heart rate data.

Going for a Pool Swim

1 From the watch face, swipe left.
2 Select **Activities** > **Swimming** > **Pool Swim**.
3 Select which wrist you'll be wearing the watch on for swimming activities.

NOTE: You can set your wrist in the activity settings (*Activity Settings*, page 31).
4 Select your pool size, or enter a custom size.
5 Before you start swimming, check the activity settings (*Activity Settings*, page 31).

For example, the touch lock setting is enabled by default for swimming activities.
6 Press .

The device records swim data only while the activity timer is running.
7 Start swimming.

The device automatically records swim intervals and lengths. The **Auto Rest** feature is on by default (*Swim Auto Rest and Manual Rest*, page 19).
8 After you complete your activity, press , and select **Save**.

Swim Terminology

Length: One trip down the pool.

Interval: One or more consecutive lengths. A new interval starts after a rest.

Stroke: A stroke is counted every time your arm wearing the watch completes a full cycle.

Swolf: Your swolf score is the sum of the time for one pool length and the number of strokes for that length. For example, 30 seconds plus 15 strokes equals a swolf score of 45. For open water swimming, swolf is calculated over 25 meters. Swolf is a measurement of swimming efficiency and, like golf, a lower score is better.

Critical swim speed (CSS): Your CSS is the theoretical speed that you can maintain continuously without exhaustion. You can use your CSS to guide your training pace and monitor your improvement.

Stroke Types

Stroke type identification is available only for pool swimming. Your stroke type is identified at the end of a length. Stroke types appear in your swimming history and in your Garmin Connect™ account. You can also select stroke type as a custom data field (*Customizing the Data Screens*, page 30).

Free	Freestyle
Back	Backstroke
Breast	Breaststroke
Fly	Butterfly

Mixed	More than one stroke type in an interval
Drill	Used with drill logging (*Training with the Drill Log*, page 19)

Tips for Swimming Activities

- Before you start swimming, check the activity settings (*Activity Settings*, page 31).

  For example, the touch lock setting is enabled by default for swimming activities.
- Press to record a lap during open water swimming.
- Before starting a pool swimming activity, follow the on-screen instructions to select your pool size or enter a custom size.

  The watch measures and records distance by completed pool lengths. The pool size must be correct to display accurate distance. The next time you start a pool swimming activity, the watch uses this pool size. You can scroll down to select the activity settings, and select **Pool Size** to change the size.
- For accurate results, swim the entire pool length, and use one stroke type for the entire length. Pause the activity timer when resting.
- Press to record a rest during pool swimming (*Swim Auto Rest and Manual Rest*, page 19).

  The watch automatically records swim intervals and lengths for pool swimming.
- To help the watch count your lengths, use a strong push off the wall and glide before your first stroke.
- When doing drills, you must either pause the activity timer or use the drill logging feature (*Training with the Drill Log*, page 19).

Swim Auto Rest and Manual Rest

The auto rest feature is available only for pool swimming. Your watch automatically detects when you are resting, and the rest screen appears. If you rest for more than 15 seconds, the watch automatically creates a rest interval. When you resume swimming, the watch automatically starts a new swim interval.

TIP: For best results using the auto rest feature, minimize your arm motions while resting.

To use manual rests instead, you can turn off the auto rest feature in the activity options (*Activity Settings*, page 31). During a pool or open water swim activity, you can manually mark a rest interval by pressing . Swim data is not recorded during a rest interval.

TIP: Use manual rests if you are taking short rests or you want very precise swim interval timing.

Training with the Drill Log

The drill log feature is available only for pool swimming. You can use the drill log feature to manually record kick sets, one-arm swimming, or any type of swimming that is not one of the four major strokes.

1. During your pool swim activity, scroll up or down to view the drill log screen.
2. Press to start the drill timer.
3. After you complete a drill interval, press .

   The drill timer stops, but the activity timer continues to record the entire swim session.
4. Select a distance for the completed drill.

   Distance increments are based on the pool size selected for the activity profile.
5. Select an option:
   - To start another drill interval, press .
   - To return to the swim data screens, scroll up or down.

Multisport

Triathletes, duathletes, and other multisport competitors can take advantage of the multisport activities, such as Triathlon or Swimrun. During a multisport activity, you can transition between activities and continue to view your total time. For example, you can switch from biking to running and view your total time for biking and running throughout the multisport activity.

You can customize a multisport activity, or you can use the default triathlon activity set up for a standard triathlon.

Triathlon Training

When you participate in a triathlon, you can use the triathlon activity to quickly transition to each sport segment, to time each segment, and to save the activity.

1. From the watch face, swipe left.
2. Select **Activities** > **Multisport** > **Triathlon**.

3 Press to start the activity timer.

NOTE: The first time you start a triathlon activity, you can turn on **Auto Sport Change** so the watch will automatically detect sport changes and advance to the next transition or sport (*Activity Settings*, page 31).

4 If necessary, press at the beginning and end of each transition (*How can I undo a lap button press?*, page 111).

The transition feature is on by default, and the transition time is recorded separately from the activity time. The transition feature can be turned on or off in the triathlon activity settings. If transitions are turned off, press to change sports.

5 After you complete your activity, press , and select **Save**.

Recording a Mixed Session Activity

You can use the mixed session activity to record multiple sports in a row, without having to end one sport and start another.

Not all activities are available during a mixed session.

1 From the watch face, swipe left.
2 Select **Activities** > **Multisport** > **Mixed Session**.
3 Select an activity.
4 Press to start the activity timer.
5 After completing the activity, press to stop the activity timer.
6 Select **Next Activity**.
7 Select your next activity.
8 Repeat steps 4-7 until the mixed session activity is complete.

While the activity timer is running, you can swipe right to return to the previous activity.

9 Press to stop the activity timer.
10 Select **Save** > ✔.
11 Select an option:
- Scroll to view the time for each leg of the activity and performance measurements for the entire mixed session activity.
- Swipe left to view additional options, such as activity data for each leg, or to delete the activity.

Creating a Multisport Activity

1 From the watch face, swipe left.
2 Select **Activities** > **Edit** > **Add** > **Multisport**.
3 Select a multisport activity type, or select **Custom** and enter a name.

Duplicate activity names include a number. For example, Triathlon(2).

4 Select two or more activities.
5 Select an option:
- Select an option to customize specific activity settings. For example, you can select whether to include transitions.
- Select **Done** to save and use the multisport activity.

Gym Activities

The watch can be used for training indoors, such as running on an indoor track or using a stationary bike or indoor trainer. GPS is turned off for indoor activities (*Activity Settings*, page 31).

When running or walking with GPS turned off, speed and distance are calculated using the accelerometer in the watch. The accelerometer is self-calibrating. The accuracy of the speed and distance data improves after a few outdoor runs or walks using GPS.

TIP: Holding the handrails of the treadmill reduces accuracy.

When cycling with GPS turned off, speed and distance data are not available unless you have an optional sensor that sends speed and distance data to the watch, such as a speed or cadence sensor.

Recording a Strength Training Activity

You can record sets during a strength training activity. A set is multiple repetitions (reps) of a single move. You can create and find strength workouts in your Garmin Connect™ account and send them to your watch.

TIP: During your strength workout, press for more options.

1. From the watch face, swipe left.
2. Select **Activities** > **Gym** > **Strength**.
   The first time you record a strength training activity, you must select which wrist your watch is on.
3. If this is your first time recording a strength training activity, select **Workouts** > **Browse Workouts**, and follow the on-screen instructions (*Following a Workout From Garmin Connect™*, page 47).
4. Select a workout.
   NOTE: If you don't have any strength workouts downloaded to your watch, select **Free** > ◯, and go to step 7.
5. Scroll down to view the workout details.
6. Select **Do Workout**.
   You can select More to view additional workout options.
7. Press ◯ to start the activity timer.
8. Start your first set.
   By default, the watch counts your reps. Your rep count appears when you complete at least four reps. You can disable rep counting in the activity settings (*Activity Settings*, page 31). If available, the watch displays an animation of the exercise.
   TIP: The watch can only count reps of a single move for each set. When you want to change moves, you should finish the set and start a new one.
9. Scroll up or down to view additional data screens.
10. Press ◯ to finish the set.
    The watch displays the total reps for the set.
11. If necessary, edit the number of reps, select ✎ to add the weight used for the set, and select **Done**.
12. The rest timer appears and counts down to the next set.
    TIP: You can wait for the timer to elapse, or press ◯ to immediately start your next set.
13. Repeat for each strength training set until your activity is complete.
14. After you complete your activity, press ◯, and select **Stop Workout**.

Tips for Recording Strength Training Activities

- Do not look at the watch while performing reps.
  You should interact with the watch at the beginning and end of each set, and during rests.
- Focus on your form while performing reps.
- Perform bodyweight or free weight exercises.
- Perform reps with a consistent, wide range of motion.
  Each rep is counted when the arm wearing the watch returns to the starting position.
  NOTE: Leg exercises may not be counted.
- Turn on automatic set detection to start and stop your sets.
- Save and send your strength training activity to your Garmin Connect™ account.
  You can use the tools in your Garmin Connect account to view and edit activity details.

Recording a HIIT Activity

You can use specialized timers to record a high-intensity interval training (HIIT) activity.

1. From the watch face, swipe left.
2. Select **Activities** > **Gym** > **HIIT**.
3. If necessary, select **HIIT Type**, and select an option:
   - Select **Free** to record an open, unstructured HIIT activity.
   - Select **HIIT Timers** > **AMRAP** to record as many rounds as possible during a set time period.
   - Select **HIIT Timers** > **EMOM** to record a set number of moves every minute on the minute.
   - Select **HIIT Timers** > **Tabata** to alternate between 20-second intervals of maximum effort with 10 seconds of rest.
   - Select **HIIT Timers** > **Custom** to set your move time, rest time, number of moves, and number of rounds.
   - Select **Workouts** to follow a saved workout.
4. If necessary, follow the on-screen instructions.
5. Press ◯ to start your first round.

The watch displays a countdown timer and your current heart rate.

6 If necessary, press to manually move to the next round or rest.

7 After you finish the activity, press to stop the activity timer.

8 Select **Save**.

Recording a Mobility Activity

You can record a mobility activity using active and rest intervals, or you can download mobility workouts from Garmin Connect™.

1 From the watch face, swipe left.

2 Select **Activities** > **Gym** > **Mobility**.

3 Scroll down, and select **Training**.

4 Select an option:

- To change the active and rest intervals, select **Intervals**.
- To download and complete a workout from Garmin Connect, select **Workout Library** > **Browse Workouts**, and follow the on-screen instructions.

5 Press to start the activity timer.

The watch guides you through the mobility exercises.

6 Scroll to view additional data screens.

Golfing

Playing Golf

Before you play golf for the first time, you must download the Garmin Golf™ app from the app store on your phone (*Garmin Golf™ App*, page 81).

Before you play golf, you should charge the watch (*Charging the Watch*, page 106).

1 From the watch face, swipe left.

2 Select **Activities** > **Outdoor** > **Golf**.

The device locates satellites, calculates your location, and selects a course if there is only one course nearby.

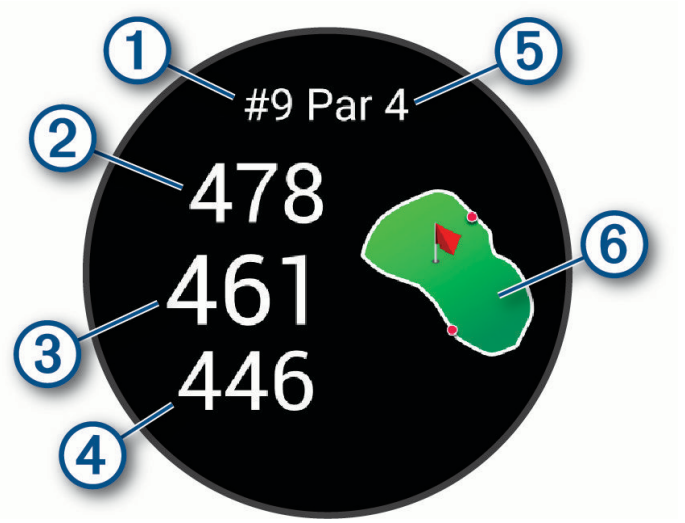
3 If the course list appears, select a course from the list.

Courses are updated automatically.

4 Select ✔ to keep score.

5 Select a tee box.

The hole information screen appears.



①	Current hole number
②	Distance to the back of the green
③	Distance to the middle of the green

④	Distance to the front of the green
⑤	Par for the hole
⑥	Map of the green

NOTE: Because pin locations change, the watch calculates the distance to the front, middle, and back of the green, but not the actual pin location.

6 Select an option:

- Tap the map to view more detail or change the pin location (*Moving the Flag*, page 24).
- Press ⌚ to open the golf menu (*Golf Menu*, page 23).

When you move to the next hole, the watch automatically transitions to display the new hole information.

Golf Menu

During a round, you can press ⌚ to view additional features in the golf menu.

View Map: Opens a map to view detailed graphics of the hole.

TIP: You can also tap the green to view the map.

View Green: Allows you to move the pin location to get a more precise distance measurement (*Moving the Flag*, page 24).

Hazards: Shows the bunkers and water hazards for the current hole.

Layups: Shows the layup and distance options for the current hole (par 4 and par 5 holes only).

Change Hole: Allows you to manually change the hole.

Scorecard: Opens the scorecard for the round (*Keeping Score*, page 26).

PinPointer: The PinPointer feature is a compass that points to the pin location when you are unable to see the green. This feature can help you line up a shot even if you are in the woods or in a deep sand trap.

NOTE: Do not use the PinPointer feature while in a golf cart. Interference from the golf cart can affect the accuracy of the compass.

Round Info: During a round, view your score, statistics, and step information.

Measure Shot: Shows the distance of your previous shot recorded with the Garmin AutoShot™ feature (*Viewing Measured Shots*, page 25). You can also manually record a shot (*Manually Measuring a Shot*, page 25).

Last Shot: View information for your last shot.

You can view distances for all shots detected during the current round. If needed, you can manually add a shot (*Adding a Shot Manually*, page 26).

Settings: Allows you to customize the golf activity settings (*Golf Settings*, page 23).

End Round: Ends the current round.

Golf Settings

During a round, press ⌚, and select **Settings** to customize golf settings and features.

Scoring: Sets your scoring preferences and turns on statistics tracking (*Scoring Settings*, page 26).

Driver Distance: Sets the average distance the ball travels from the tee box on your drive.

Contour Shading: Enables elevation or slope contour shading for the greens on courses with Green Contour data (*Green Contours*, page 24).

NOTE: This feature requires a Garmin Golf™ subscription.

Tournament Mode: Disables the PinPointer and PlaysLike distance features. These features are not allowed during sanctioned tournaments or handicap calculation rounds.

Golf Distance: Sets the unit of measure for distance.

Club Tracking: Sets up your compatible Approach® club tracking sensors. The Club Prompt setting prompts you to enter which golf club you used after each detected shot to record your club statistics (*Recording Golf Statistics*, page 26).

Satellites: Sets the satellite system to use for the activity (*Satellite Settings*, page 34).

Record Activity: Enables activity FIT file recording for golf activities. FIT files record fitness information that is tailored for the Garmin Connect™ app.

PlaysLike Distance Icons

The PlaysLike distance feature accounts for changes on the course by showing the adjusted distance to the green due to certain factors. During a round, you can tap a distance to the green to view the PlaysLike distance. You can swipe up or down to see how much the distance has changed.

▲: Distance plays longer than expected.

■: Distance plays as expected.

▼: Distance plays shorter than expected.

: The difference in the distance due to elevation changes.

Green Contours

With a Garmin Golf™ subscription, you can use Green Contour data to see the topography and slope of the green on compatible courses. When you reach the green, a heat map displays on your watch showing the direction and severity of the slopes. During a round, you can also press , and select **Settings** > **Contour Shading** to view the heat map. For more information on Green Contours, go to garmin.com/greencontours.

Heat Map Color	Slope Percentage
	0%
	1%
	2%
	3%
	4%
	5%
	6%
	7%
	8% or higher

Moving the Flag

You can take a closer look at the green and move the pin location.

1. From the hole information screen, press .
2. Select **View Green**.
3. Tap and drag the pin to the correct location.

   indicates the selected pin location.
4. Press to accept the pin location.

   The distances on the hole information screen are updated to reflect the new pin location. The pin location is saved for only the current round.

Viewing the Direction to the Pin

The PinPointer feature is a compass that provides directional assistance when you are unable to see the green. This feature can help you line up a shot even if you are in the woods or in a deep sand trap.

NOTE: Do not use the PinPointer feature while in a golf cart. Interference from the golf cart can affect the accuracy of the compass.

1. From the hole information screen, press .
2. Select **PinPointer**.

   The arrow points to the pin location.

Viewing Layup and Dogleg Distances

You can view a list of layup and dogleg distances for par 4 and 5 holes.

1. Press .
2. Select **Layups**.

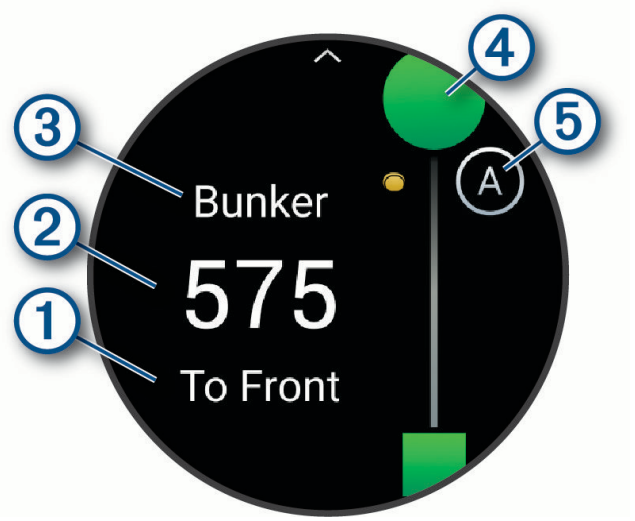
   NOTE: Distances and locations are removed from the list as you pass them.

Viewing Hazards

You can view distances to hazards along the fairway for par 4 and 5 holes. Hazards that affect shot selection are displayed individually or in groups to help you determine the distance to layup or carry.

1 Press .

2 Select **Hazards**.



- The direction ① and distance ② to the front or back of the nearest hazard appear on the screen.
- The hazard type ③ is listed at the top of the screen.
- The green is represented as a half circle ④ at the top of the screen. The line below the green represents the center of the fairway.
- Hazards ⑤ are indicated by a letter signifying the order of the hazards on the hole, and are shown below the green in approximate locations relative to the fairway.

Viewing Measured Shots

Your device features automatic shot detection and recording. Each time you take a shot along the fairway, the device records your shot distance so you can view it later.

TIP: Automatic shot detection works best when you wear the device on your leading wrist and make good contact with the ball. Putts are not detected. To detect putts automatically, you must use an Approach® golf club tracking accessory and enable club tracking (*Golf Settings*, page 23).

1 While playing golf, press .

2 Select **Measure Shot**.

Your last shot distance appears.

NOTE: The distance automatically resets when you hit the ball again, putt on the green, or move to the next hole.

3 Press and select **Previous Shots** to view all recorded shot distances.

The distance from the most recent shot also displays at the top of the hole information screen.

Manually Measuring a Shot

You can manually add a shot if the watch doesn't detect it. You must add the shot from the location of the missed shot.

1 Take a shot and watch where your ball lands.

2 From the hole information screen, press .

3 Select **Measure Shot**.

4 Press .

5 Select **Add Shot**.

6 If necessary, enter the club you used for the shot.

7 Walk or drive to your ball.

The next time you take a shot, the watch automatically records your last shot distance. If necessary, you can manually add another shot.

Adding a Shot Manually

You can manually add a shot if the device doesn't detect it. You must add the shot from the location of the missed shot.

1. Press .
2. Select **Last Shot** > > **Add Shot**.
3. Select to start a new shot from your current location.

Keeping Score

1. While playing golf, press .
2. Select **Scorecard**.
3. Select a hole.
4. Select — or + to set the score.

Scoring Settings

During a round, press , and select **Settings** > **Scoring**.

Scoring Method: Changes the method the device uses to keep score.

Handicap Scoring: Enables handicap scoring.

Show Score: Displays your total score for the round at the top of the scorecard (*Keeping Score*, page 26).

Stat Tracking: Enables statistics tracking for the number of putts, greens in regulation, and fairways hit while playing golf.

Penalties: Enables penalty stroke tracking while playing golf (*Recording Golf Statistics*, page 26).

Prompt: Enables the prompt at the start of a round asking if you want to keep score.

Setting the Scoring Method

You can change the method the watch uses to keep score.

1. During a round, press .
2. Select **Settings** > **Scoring** > **Scoring Method**.
3. Select a scoring method.

About Stableford Scoring

When you select the Stableford scoring method (*Setting the Scoring Method*, page 26), points are awarded based on the number of strokes taken relative to par. At the end of a round, the highest score wins. The device awards points as specified by the United States Golf Association.

The scorecard for a Stableford scored game shows points instead of strokes.

Points	Strokes Taken Relative to Par
0	2 or more over
1	1 over
2	Par
3	1 under
4	2 under
5	3 under

Tracking Golf Statistics

When you enable statistics tracking on the watch, you can view your statistics for the current round (*Viewing Your Round Summary*, page 27). You can compare rounds and track improvements using the Garmin Golf™ app.

1. From the watch face, swipe left.
2. Select **Golf**.

   The device locates satellites, calculates your location, and selects a course if there is only one course nearby.
3. If the course list appears, select a course from the list.

   Courses are updated automatically.
4. Select > **Settings** > **Scoring** > **Stat Tracking**.

Recording Golf Statistics

Before you can record statistics, you must enable statistics tracking (*Tracking Golf Statistics*, page 26).

1 From the scorecard, select a hole.
2 Set the number of strokes taken, including putts, and select **Save**.
3 Set the number of putts taken, and select **Save**.
NOTE: The number of putts taken is used for statistics tracking only and does not increase your score.
4 Select an option:
- If your ball hit the fairway, select ↑.
- If your ball missed the fairway, select ↰ or ↱.

5 Select **Save**.

Viewing Your Shot History

1 After playing a hole, press ⌚.
2 Select **Last Shot** to view information for your last shot.

Viewing Your Round Summary

During a round, you can view your score, statistics, and step information.

1 Press ⌚.
2 Select **Round Info**.
3 Swipe up or down to view more information.

Ending a Round

1 Press ⌚.
2 Select **End Round**.
3 Select an option:
- To save the round and return to watch mode, select **Save**.
- To edit your scorecard, select **Edit Score**.
- To discard the round and return to watch mode, select **Discard**.
- To pause the round and resume it at a later time, select **Pause Round**.

Customizing Your Golf Club List

After you pair your compatible golf watch with your phone using the Garmin Golf™ app, you can use the app to customize the default golf club list.

1 Open the Garmin Golf app on your phone.
2 Select **Profile** > **My Bag**.
3 Select an option to add, edit, delete, or mark a club inactive.
4 Sync your compatible Garmin® golf watch with the Garmin Golf app.
The updated golf club list appears on your golf watch.

Outdoor Activities

Recording a Bouldering Activity

You can record routes during a bouldering activity. A route is a climbing path along a boulder or small rock formation.

1 From the watch face, swipe left.
2 Select **Activities** > **Outdoor** > **Bouldering**.
3 Select a grading system.
NOTE: The next time you start a bouldering activity, the watch uses this grading system. You can scroll down, select the activity settings, and select **Grading System** to change the system.
4 Select the difficulty level for the route.
5 Press ⌚ to start the route timer.
6 Start your first route.
7 Press ⌚ to finish the route.
8 Select an option:
- To save a successful route, select **Completed**.
- To save an unsuccessful route, select **Attempted**.
- To delete the route, select **Discard**.

9 When you are done resting, press to start your next route.
10 Repeat this process for each route until your activity is complete.
11 After your last route, press to stop the route timer.
12 Select **Save**.

Going Fishing

1 From the watch face, swipe left.
2 Select **Activities** > **Outdoor** > **Fish**.
3 Press .
4 Press , and select an option:
- To add the catch to your fish count and save the location, select **Log Catch**.
- To save your current location, select **Save Location**.
- To set an interval timer, end time, or end time reminder for the activity, select **Fish Timers**.
- To navigate back to the starting point of your activity, select **Back to Start**, and select an option.
- To view your saved locations, select **Saved Locations**.
- To navigate to a destination, select **Navigation**, and select an option.
- To edit the activity settings, select **Settings**, and select an option (*Activity Settings*, page 31).

5 After you complete your activity, press , and select **End Fish**.

Winter Sports

Viewing Your Ski Runs

Your watch records the details of each downhill skiing or snowboarding run using the auto run feature. This feature is turned on by default for downhill skiing and snowboarding. It automatically records new ski runs when you start moving down hill.

1 Start a skiing or snowboarding activity.
2 Swipe right.
3 Select **View Runs**.
4 Swipe up to view details of your last run, your current run, and your total runs.
The run screens include time, distance traveled, maximum speed, average speed, and total descent.

Other Activities

Recording a Breathwork Activity

1 From the watch face, swipe left.
2 Select **Activities** > **Other** > **Breathwork**.
3 Select an option:
- Select **Coherence** to achieve a state of calm alertness.
- Select **Relax and Focus** to relax your body and focus the mind.
- Select **Relax and Focus (Short)** to relax your body and focus the mind in a shorter time frame.
- Select **Tranquility** to lower your stress level and get ready for sleep.

4 If necessary, select **Do Workout**.
5 Press to start the activity.
6 Follow the on-screen instructions as the watch guides you through the breathing exercises.
7 Press to skip to the next step in the breathwork phase.
8 After you complete your activity, press , and select **Save**.
Your average respiration rate and heart rate appear.
9 Swipe left.
10 Select **All Stats**.
Your average heart rate, maximum heart rate, average respiration rate, and stress change appear.

Recording a Meditation Activity

You can use a guided session or create your own meditation activity.

1 From the watch face, swipe left.
2 Select **Activities** > **Other** > **Meditation**.

3 Select an option:
   - Select **Free** to record an open, unstructured meditation activity.
   - Select **Session** to follow a guided session with audio.
   - Select **Custom** to create a custom session with audio.
4 If necessary, press , or follow the on-screen instructions.
5 Press to start the activity timer.
   The watch displays a countdown timer or intention.
6 Select an option:
   - Select to listen to the meditation audio from the external speaker and set the speaker volume.
   - Connect your headphones to listen to the meditation audio (*Connecting Bluetooth® Headphones*, page 95).

   NOTE: Notifications are disabled during the meditation activity.
7 After you complete your activity, press , and select **Save**.

Gaming

Using the Garmin GameOn™ App

When you pair your watch with your computer, you can record a gaming activity on your watch and view real-time performance metrics on your computer.

1 On your computer, go to **www.overwolf.com/app/Garmin-Garmin_GameOn** and download the Garmin GameOn app.
2 Follow the on-screen instructions to complete the installation.
3 Launch the Garmin GameOn app.
4 When the Garmin GameOn app prompts you to pair your watch, press , and select **Activities** > **Other** > **Gaming** on your watch.
   NOTE: While your watch is connected to the Garmin GameOn app, notifications and other Bluetooth® features are disabled on the watch.
5 Select **Pair Now**.
6 Select your watch from the list, and follow the on-screen instructions.
   TIP: You can click > **Settings** to customize your settings, reread the tutorial, or remove a watch. The Garmin GameOn app remembers your watch and settings the next time you open the app. If necessary, you can pair your watch to another computer (*Pairing Your Wireless Sensors*, page 71).
7 Select an option:
   - On your computer, start a supported game to automatically start the gaming activity.
   - On your watch, start a manual gaming activity (*Recording a Manual Gaming Activity*, page 29).

   The Garmin GameOn app shows your real-time performance metrics. When you complete your activity, the Garmin GameOn app displays your gaming activity summary and match information.

Recording a Manual Gaming Activity

You can record a gaming activity on your watch and manually enter stats for each match.

1 From the watch face, swipe left.
2 Select **Activities** > **Other** > **Gaming**.
3 Select **Skip**.
4 Select a game type.
5 Press to start the activity timer.
6 Press at the end of the match to record your match result or placement.
7 Press to start a new match.
8 After you complete your activity, press , and select **Save**.

Customizing Activities and Apps

You can customize the activities and apps list, data screens, data fields, and other settings.

Customizing the App List

1 From the watch face, swipe left.
2 Select **Edit**.

3 Select **Add**, and select one or more apps to add to the app list.
4 Select an option:
   - To change the location of an app in the list, select the app, scroll up or down to move the app, and press to select the new location.
   - To remove an app from the list, select the app, and select .
5 Select **Done**.

Customizing Your Favorite Activities List

Your favorite activities list provides quick access to the activities you use the most.

1 From the watch face, swipe left.
2 Select **Activities**.
   If you have already selected your favorite activities, they appear at the top of the list.
3 Select **Edit**.
4 Select an option:
   - To change the location of an activity in the list, select the activity, scroll up or down to move the activity, and press to select the new location.
   - To remove a favorite activity, select the activity, and select .
   - To add a favorite activity, select **Add**, and select one or more activities.

Pinning a Favorite Activity to the List

You can pin up to three favorite activities to the top of the apps and activities list.

1 From the watch face, swipe left.
2 Select **Activities** > **Edit**.
3 Scroll to a favorite activity (*Customizing Your Favorite Activities List*, page 30).
4 Select next to the favorite activity.

The next time you open the apps and activities list, the pinned activity appears at the top of the list.

Customizing the Data Screens

You can show, hide, and change the layout and content of data screens for each activity.

1 From the watch face, swipe left.
2 Select **Activities**, and select an activity.
3 Scroll down, and select the activity settings.
4 Select **Data Screens**.
5 Scroll to the data screen you want to customize.
6 Tap a data field.
7 Swipe up or down, and select a data field category.
8 Swipe up or down, and select the data to appear in the field.
   TIP: For a list of all the available data fields, go to *Data Fields*, page 115. Not all data fields are available for all activity types.
9 Swipe left.
10 Select an option:
   - Select **Layout** to adjust the number of data fields on the data screen.
   - Select **Reorder** to change the location of the data screen in the loop.
   - Select **Remove** to remove the data screen from the loop.
11 If necessary, select **Add New** to add a data screen to the loop.
   You can add a custom data screen, or select one of the predefined data screens.

Creating a Custom Activity

1 From the watch face, swipe left.
2 Select **Activities** > **Edit** > **Add**.
3 Select an option:
   - Select to create your custom activity starting from one of your saved activities.
   - Select **Other** > **Other** to create a new custom activity.

4 If necessary, select an activity type.

5 Select a name or enter a custom name.

Duplicate activity names include a number, for example: Bike(2).

6 Select an option:

- Select an option to customize specific activity settings. For example, you can customize the data screens or auto features.
- Select **Done** to save and use the custom activity.

Activity Settings

These settings allow you to customize each preloaded activity based on your needs. For example, you can customize data screens and enable alerts and training features. Not all settings are available for all activity types. Some activity types have separate settings lists.

From the watch face, swipe left, select **Activities**, select an activity, scroll down. and select the activity settings.

3D Distance: Calculates your distance traveled using your elevation change as well as your horizontal movement over ground.

3D Speed: Calculates your speed using your elevation change as well as your horizontal movement over ground.

Accent Color: Sets the accent color for the activity icon.

Add Activity: Adds an activity type to a multisport activity.

Alerts: Sets the training or navigation alerts for the activity (*Activity Alerts*, page 32).

Audio Output: Sets the audio device to use for voice alerts (*Playing Voice Alerts During an Activity*, page 33).

Auto Climb: Detects elevation changes using the built-in altimeter and automatically displays relevant climb data (*Enabling Auto Climb*, page 34).

Auto Lap: Sets the options for the Auto Lap® feature to automatically mark laps. The **By Distance** option marks laps at a specific distance. The **By Position** option marks laps at a location where you previously pressed . The **Auto Select** option triggers lap alerts on mile or kilometer course points when running a course with timing gates, such as some certified marathons, or at the distance set in the **Auto Distance** setting. When you complete a lap, a customizable lap alert message appears. This feature is helpful for comparing your performance over different parts of an activity.

Auto Pause: Sets the options for the Auto Pause® feature to stop recording data when you stop moving or when you drop below a specified speed. This feature is helpful if your activity includes stop lights or other places where you must stop.

Auto Rest: Automatically creates a rest interval when you stop moving during a pool swim activity (*Swim Auto Rest and Manual Rest*, page 19).

Auto Run: Automatically detects ski and snowboard runs using the built-in accelerometer (*Viewing Your Ski Runs*, page 28).

Auto Scroll: Automatically scrolls through all of the activity data screens while the activity timer is running.

Auto Set: Automatically starts and stops exercise sets during a strength training activity.

Auto Sport Change: Automatically detects a transition to the next sport in a multisport activity, such as a triathlon.

Auto Start: Automatically starts the activity timer when you start moving (for example, **Motocross**).

Broadcast Heart Rate: Automatically broadcasts heart rate data from your watch to paired devices when you start the activity (*Broadcasting Heart Rate Data*, page 85).

Broadcast to GameOn: Automatically broadcasts biometrics data to the Garmin GameOn™ app when you start a gaming activity (*Using the Garmin GameOn™ App*, page 29).

Countdown Start: Enables a countdown timer for pool swimming intervals.

Data Screens: Customizes data screens and adds new data screens for the activity (*Customizing the Data Screens*, page 30).

Edit Weight: Prompts you to add the weight used for an exercise set during a strength training or cardio activity.

Ending Alerts: Sets an alert for two or five minutes before the end of your meditation activity.

Flashlight Strobe: Sets the LED flashlight strobe mode, speed, and color during the activity.

Gear Selection: After you complete an activity, prompts you to select the gear or equipment you used during the activity. You can add and delete gear in your Garmin Connect™ account (*Garmin Connect™*, page 78).

Grading System: Sets the grading system for rating the route difficulty for a rock climbing activity.

Jump Mode: Sets the jump rope activity target to a set time, number of reps, or open ended.

Lane Number: Sets your lane number for track running.

Laps: Configures the settings for the **Auto Lap**, **Lap Key**, and **Lap Alert** options.

Lap Alert: Sets the data fields to show for laps.

Lap Key: Enables the button for recording a lap or rest during an activity. You can also define the default behavior for the button during a multisport activity.

Lock Device: Locks the touchscreen and buttons during a multisport activity to prevent inadvertent button presses and touchscreen swipes. You can hold any button to unlock the watch.

Metronome: Plays tones or vibrates at a steady rhythm to help you improve your performance by training at a faster, slower, or more consistent cadence. You can set the beats per minute (bpm) of the cadence you want to maintain, beat frequency, and sound settings.

Obstacle Tracking: Saves obstacle locations from your first loop of the course. On repeat loops of the course, the watch uses the saved locations to switch between obstacle and running intervals (*Recording an Obstacle Racing Activity*, page 16).

Performance Condition: Enables the performance condition feature during an activity (*Performance Condition*, page 55).

Pack Weight: Sets the weight of the pack you are carrying.

Pool Size: Sets the pool length for pool swimming.

Power Averaging: Controls whether the watch includes zero values for bike power data that occur when you are not pedaling.

Power Save Timeout: Sets the timeout limit for the watch to stay in activity mode while waiting for you to start the activity, for example, when you are waiting for a race to start. The **Normal** option sets the watch to enter low-power watch mode after 5 minutes of inactivity. The **Extended** option sets the watch to enter low-power watch mode after 25 minutes of inactivity. The extended mode can result in shorter battery life between charges.

Record Temperature: Records the ambient temperature around the watch or from a paired temperature sensor.

Record VO2 Max.: Records a VO2 max. estimate during an activity that is usually not a performance activity, such as **Trail Run**.

Rename: Sets the activity name.

Rep Counting: Records rep counts during a workout. The **Workouts Only** option records rep counts during guided workouts only.

Repeat: Records repeats for multisport activities. For example, you can use this option for activities that include multiple transitions, such as a swimrun.

Restore Defaults: Resets the activity settings.

Route Stats: Records route statistics for indoor climbing activities.

Running Power: Records running power data and customizes the settings (*Running Power Settings*, page 73).

Runs: Configures the settings for the **Lap Key** and **Lap Alert** options. You can also enable or disable **Auto Run**.

Satellites: Sets the satellite system to use for the activity (*Satellite Settings*, page 34).

Self Evaluation: Sets how often you evaluate your perceived effort for the activity (*Evaluating an Activity*, page 15).

Stroke Detection: Automatically detects your stroke type for pool swimming.

Swim Wrist: Sets the wrist you wear the watch on for swimming activities.

Touch Lock: Enables swiping down from the top of the screen to unlock the touchscreen.

Track Detection: Automatically detects if you are on a running track.

Transitions: Enables transitions for multisport activities.

Units: Sets the units of measure for the activity.

Vibration Alerts: Notifies you to inhale or exhale during a breathwork activity.

Workout Videos: Plays instructive workout animations for a strength, cardio, yoga, or Pilates activity. Animations are available for pre-installed workouts and workouts downloaded from your Garmin Connect account.

Activity Alerts

You can set alerts for each activity, which can help you to train toward specific goals, to increase your awareness of your environment, and to navigate to your destination. Some alerts are available only for specific activities. There are three types of alerts: event alerts, range alerts, and recurring alerts.

Event alert: An event alert notifies you one time. The event is a specific value. For example, you can set the watch to alert you when you burn a specified number of calories.

Range alert: A range alert notifies you each time the watch is above or below a specified range of values. For example, you can set the watch to alert you when your heart rate is below 60 beats per minute (bpm) and over 210 bpm.

Recurring alert: A recurring alert notifies you each time the watch records a specified value or interval. For example, you can set the watch to alert you every 30 minutes.

Alert Name	Alert Type	Description
Cadence	Range	You can set minimum and maximum cadence values.
Calories	Event, recurring	You can set the number of calories.
Custom	Event, recurring	You can select an existing message or create a custom message and select an alert type.
Distance	Event, recurring	You can set a distance interval.
Elevation	Range	You can set minimum and maximum elevation values.
Heart Rate	Range	You can set minimum and maximum heart rate values or select zone changes. See *About Heart Rate Zones*, page 96 and *Heart Rate Zone Calculations*, page 97.
Pace	Range	You can set minimum and maximum pace values.
Pacing	Recurring	You can set a target swim pace.
Power	Range	You can set the high or low power level.
Proximity	Event	You can set a radius from a saved location.
Run/Walk	Recurring	You can set timed walking breaks at regular intervals.
Running Power	Event, range	You can set minimum and maximum power zone values.
Speed	Range	You can set minimum and maximum speed values.
Stroke Rate	Range	You can set high or low strokes per minute.
Time	Event, recurring	You can set a time interval.
Track Timer	Recurring	You can set a track time interval in seconds.

Setting an Alert

1. From the watch face, swipe left.
2. Select **Activities**, and select an activity.
   NOTE: This feature is not available for all activities.
3. Scroll down, and select the activity settings.
4. Select **Alerts**.
5. Select an option:
   - Select **Add New** to add a new alert for the activity.
   - Select the alert name to edit an existing alert.
6. If necessary, select the type of alert.
7. Select a zone, enter the minimum and maximum values, or enter a custom value for the alert.
8. If necessary, turn on the alert.

For event and recurring alerts, a message appears each time you reach the alert value. For range alerts, a message appears each time you exceed or drop below the specified range (minimum and maximum values).

Playing Voice Alerts During an Activity

Your watch can play motivational status announcements during a run or other activity. During a voice alert, the watch or phone lowers the volume of the primary audio to play the announcement.

NOTE: This feature is not available for all activities.

1. From the watch face, swipe left.
2. Select **Settings** > **Focus Modes** > **Activity** > **Voice Alerts**.
3. Select an option:
   - To set voice alerts to play through the watch speaker, select **Audio Output** > **Watch**.
   - To set voice alerts to play through your phone or connected Bluetooth® headphones, if available, select **Audio Output** > **Connected Devices**.
   - To hear an alert for each lap, select **Lap Alert**.

- To customize alerts with your pace and speed information, select **Pace/Speed Alert**.
- To customize alerts with your heart rate information, select **Heart Rate Alert**.
- To customize alerts with power data, select **Power Alert**.
- To hear alerts when you start and stop the activity timer, including the Auto Pause® feature, select **Timer Events**.
- To hear workout alerts play as a voice alert, select **Workout Alerts**.
- To hear activity alerts play as a voice alert, select **Activity Alerts** (*Activity Alerts*, page 32).
- To hear cycling safety alerts from connected Varia™ radar and bike light sensors play as a voice alert, select **Cycling Safety Alerts** (*Wireless Sensors*, page 71).

Enabling Auto Climb

You can use the auto climb feature to detect elevation changes automatically. You can use it during activities such as hiking, running, or biking.

1. From the watch face, swipe left.
2. Select **Activities**, and select an activity.

   NOTE: This feature is not available for all activities.
3. Scroll down, and select the activity settings.
4. Select **Auto Climb** > **Status**.
5. Select **Always** or **When Not Navigating**.
6. Select an option:
   - Select **Run Screen** to identify which data screen appears while running.
   - Select **Climb Screen** to identify which data screen appears while climbing.
   - Select **Vertical Speed** to set the rate of ascent over time.
   - Select **Mode Switch** to set how quickly the device changes modes.

   NOTE: The Current Screen option allows you to automatically switch to the last screen you were viewing before the auto climb transition occurred.

Satellite Settings

You can change the GNSS satellite settings to customize the satellite systems used for each activity. For more information about GNSS satellite systems, go to garmin.com/aboutGPS.

From the watch face, press , select **Activities**, select an activity, scroll down and select the activity settings, and select **Satellites**.

NOTE: This feature is not available for all activities.

Off: Disables GNSS satellite systems for the activity.

Use Default: Enables the watch to use the default activity focus mode setting for GNSS satellites (*Customizing a Default Focus Mode*, page 82).

GPS Only: Enables the GPS satellite system.

All Systems: Enables multiple GNSS satellite systems. Using multiple GNSS satellite systems together offers increased performance in challenging environments and faster position acquisition than using GPS only. However, using multiple GNSS systems can reduce battery life more quickly than using GPS only.

All + Multi-Band: Enables multiple GNSS satellite systems on multiple frequency bands. Multi-band GNSS systems use multiple frequency bands and allow for more consistent track logs, improved positioning, improved multi-path errors, and fewer atmospheric errors when using the watch in challenging environments.

Auto Select: Enables the watch to use SatIQ™ technology to dynamically select the best multi-band GNSS system based on your environment. The Auto Select setting offers the best positioning accuracy while still prioritizing battery life.

UltraTrac: Records track points and sensor data less frequently. Enabling the UltraTrac feature increases battery life but decreases the quality of recorded activities. You should use the UltraTrac feature for activities that demand longer battery life and for which frequent sensor data updates are less important.

Appearance

You can customize the appearance of the watch face and the quick access features in the glance loop and controls menu.

Watch Face Settings

You can customize the appearance of the watch face by selecting the layout, colors, and additional data. You can also download custom watch faces from the Connect IQ™ store.

Customizing the Watch Face

You can customize the watch face information and appearance, or activate an installed Connect IQ™ watch face (*Downloading Connect IQ™ Features*, page 81).

1. From the watch face, swipe left.
2. Select **Watch Face**.
3. Scroll to preview the watch face options.
4. Select **Add New** to choose from additional watch face options.
5. Select a watch face, and swipe left.
6. Select an option:

   NOTE: Not all options are available for all watch faces.

   - To activate the watch face, select **Apply**.
   - To add or change an accent color for the watch face, select **Accent Color**.
   - To change the background color, select **Bkgd. Color**.
   - To change the data that appears on the watch face, select **Data**.
   - To change the color of the data that appears on the watch face, select **Data Color**.
   - To remove the watch face, select **Delete**.

Glances

Your watch comes preloaded with glances that provide quick information (*Viewing Glances*, page 37). Some glances require a Bluetooth® connection to a compatible phone.

Some glances are not visible by default. You can add them to the glances list manually (*Customizing the Glance List*, page 37). Some glances appear in a grouping of related metrics, such as health or activity performance.

TIP: You can also download glances from the Connect IQ™ Store (*Connect IQ Features*, page 80).

Name	Description
Alternate time zones	Displays the current time of day in additional time zones (*Adding Alternate Time Zones*, page 64).
Altitude acclimation	At altitudes above 800 m (2625 ft.), displays graphs showing altitude-corrected values for your average pulse oximeter reading, respiration rate, and resting heart rate for the last seven days.
Altimeter	Displays the approximate elevation based on pressure changes.
Battery	Displays the estimated battery life and recent battery usage data, including a breakdown of battery use by activity and feature.
Barometer	Displays the environmental pressure data based on elevation.
Body Battery™	With all-day wear, displays your current Body Battery level and a graph of your level for the last several hours (*Body Battery™*, page 37).
Calendar	Displays upcoming meetings from your phone calendar.
Calories	Displays your calorie information for the current day.
Camera controls	Allows you to manually take a photo and record a video clip when paired with a compatible Varia™ headlight or tail light camera (*Using the Varia™ Camera Controls*, page 74).
Compass	Displays an electronic compass.
Countdowns	Displays upcoming countdown events.
Cycling performance	Displays cycling performance metrics, such as your VO2 max. and FTP estimates.
Floors climbed	Tracks your floors climbed and progress toward your goal.

Name	Description
Garmin® coach	Displays scheduled workouts when you select a Garmin coach adaptive training plan in your Garmin Connect™ account. The plan adjusts to your current level of fitness, coaching and schedule preferences, and race date if applicable.
Golf	Displays golf scores and statistics for your last round.
Health Snapshot™	Starts a Health Snapshot session on your watch that records several key health metrics while you hold still for two minutes. It provides a glimpse of your overall cardiovascular status. The watch records metrics such as your average heart rate, stress level, and respiration rate. Displays summaries of your saved Health Snapshot sessions (*Health Snapshot™*, page 9).
Health status	Displays health metrics, such as your respiration and skin temp. **TIP:** You can select each factor to view your history, see your baseline, and gain insight into your data (*Health Status*, page 38).
Heart rate	Displays your current heart rate in beats per minute (bpm) and a graph of your average resting heart rate (RHR).
History	Displays your activity history and a graph of your recorded activities (*Using History*, page 61).
HRV status	Displays your seven-day average of your overnight heart rate variability (*Heart Rate Variability Status*, page 54).
Intensity minutes	Tracks your time spent participating in moderate to vigorous activities, your weekly intensity minutes goal, and progress toward your goal.
inReach® controls	Sends messages through your paired inReach device (*Using the inReach® Remote*, page 74).
Jet lag adviser	Displays your internal clock during travel, and provides guidance to help you acclimate to the time zone of your destination (*Using the Jet Lag Adviser*, page 40).
Last activity	Displays a brief summary of your last recorded activity.
Last ride Last run Last swim Last push	Displays a brief summary of your last recorded activity and history of the specified sport.
Lifestyle logging	Tracks your day-to-day behaviors, and allows you to see how the behaviors affect certain health metrics in the Garmin Connect app (*Lifestyle Logging*, page 38).
Lights	Provides bike light controls when you have a Varia light paired with your Venu® watch.
Messenger	Displays your Garmin Messenger™ app conversations and allows you to reply to messages from your watch (*Garmin Messenger™ App*, page 81).
Moon phase	Displays the moonrise and moonset times, along with the moon phase, based on your GPS position.
Music	Provides music player controls for your phone or watch music.
Naps	Displays total nap time and Body Battery level gains. You can start the nap timer and set an alarm to wake you up (*Setting Your Sleep Schedule*, page 46).
Notifications	Alerts you to incoming calls, texts, social network updates, and more, based on your phone notification settings (*Enabling Phone Notifications*, page 75).
Nutrition	Displays your daily nutritional overview, including calories and macronutrients. You can also log your food intake. You must have an active Garmin Connect+ subscription to track and view your nutrition (*Garmin Connect+™ Plan*, page 79).
Primary race	Displays the race event you designate as the primary race in your Garmin Connect calendar.
Pulse oximeter	Allows you to take a manual pulse oximeter reading (*Getting Pulse Oximeter Readings*, page 86). If you are too active for the watch to determine your pulse oximeter reading, the measurements are not recorded.
Pushes	In wheelchair mode, tracks your daily wheelchair push count, push goal, and data for previous days (*Wheelchair Mode*, page 96).
Race calendar	Displays your upcoming race events set in your Garmin Connect calendar.
Recovery	Displays your recovery time. The maximum time is four days.
Respiration	Your current respiration rate in breaths per minute and seven-day average. You can do a breathing activity to help you relax.

Name	Description
Running performance	Displays running performance metrics, such as your VO2 max. estimate and lactacte threshold.
Sleep coach	Provides recommendations for your sleep need based on sleep and activity history, circadian rhythm, HRV status, and naps. **NOTE:** You can view sleep insights, enable sleep mode, set alarms, and update sleep settings.
Sleep score	Displays total sleep time, a sleep score, and sleep stage information for the previous night. You can also view any overnight breathing variations (*Sleep Tracking*, page 45).
Sports scores	Tracks college or professional sports teams with scores and live data.
Steps	Tracks your daily step count, step goal, and data for previous days.
Stocks	Displays a customizable list of stocks (*Adding a Stock*, page 40).
Stress	Displays your current stress level and a graph of your stress level. You can do a breathing activity to help you relax. If you are too active for the watch to determine your stress level, stress measurements are not recorded.
Sunrise and sunset	Displays sunrise, sunset, and civil twilight times.
Training readiness	Displays a score and a short message that helps you determine how ready you are for training each day.
Training status	Displays your current training status and training load, which shows you how your training affects your fitness level and performance.
Weather	Displays the current temperature and weather forecast.
Weight tracking	Displays your recent weight trends and history. You can enter your weight manually. If you have an Index™ scale paired to your Garmin Connect account, your weight data appears in the glance.

Viewing Glances

- From the watch face, swipe up.
  The watch scrolls through the glance loop.
- Select a glance to view additional information.
- Swipe left to view additional options and functions for a glance.

Customizing the Glance List

1. From the watch face, swipe up.
   The watch scrolls through the glance list.
2. Select **Edit**.
3. Select a glance.
4. Select an option:
   - To remove a glance from the list, select .
   - To change the location of a glance in the list, select the glance, and drag it to the desired location on the screen.
5. If necessary, select **Add** to add a glance to the list.

Body Battery™

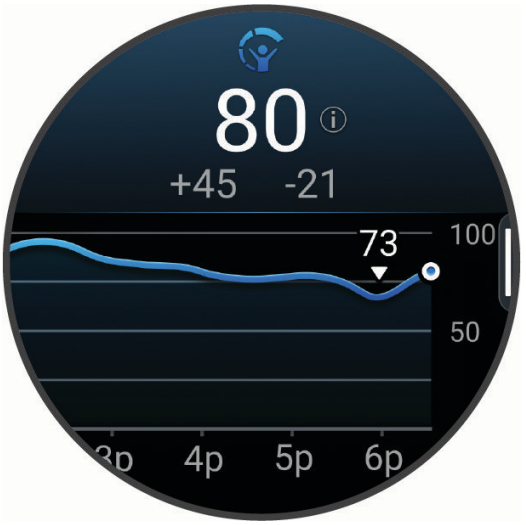
Your watch analyzes your heart rate variability, stress level, sleep quality, and activity data to determine your overall Body Battery level. Like a gas gauge on a car, it indicates your amount of available reserve energy. The Body Battery level range is from 5 to 100, where 5 to 25 is very low reserve energy, 26 to 50 is low reserve energy, 51 to 75 is medium reserve energy, and 76 to 100 is high reserve energy.

You can sync your watch with your Garmin Connect™ account to view your most up-to-date Body Battery level, long-term trends, and additional details (*Tips for Improved Body Battery™ Data*, page 38).

Viewing the Body Battery™ Glance

The Body Battery glance displays your current Body Battery level.

1. Swipe up to view the Body Battery glance.
   NOTE: You may need to add the glance to your glance loop (*Customizing the Glance List*, page 37).
2. Select the glance to view a graph of your latest Body Battery data.



You can tap ⓘ for more information. You can select ⋮ for menu options.

3 Swipe up to view a combined graph of your Body Battery and stress level.

4 Swipe up to view a list of factors impacting your Body Battery level.

Select each factor to view more details.

Tips for Improved Body Battery™ Data

- For more accurate results, wear the watch while sleeping.
- Good sleep charges your Body Battery.
- Strenuous activity and high stress can cause your Body Battery to drain more quickly.
- Food intake, as well as stimulants like caffeine, has no impact on your Body Battery.

Health Status

The Health Status glance provides insight into your health using your sleep data. The metrics include your heart rate, HRV, respiration rate, skin temperature, and sleep pulse oximeter data. After wearing your watch for three weeks, you can select each metric to view your history, baseline, and insights.

TIP: Each metric that appears in blue is within your calculated baseline. Each metric that appears in orange is outside the range of your baseline.

Using the Stress Level Glance

The stress level glance displays your current stress level and a graph of your stress level. It can also guide you through a breathing activity to help you relax.

1 While you are sitting or inactive, scroll to view the stress level glance.

TIP: If you are too active for the watch to determine your stress level, a message appears instead of a stress level number. You can check your stress level again after several minutes of inactivity.

2 Tap the glance to view a graph of your stress level for the last four hours.

Blue bars indicate periods of rest. Yellow bars indicate periods of stress. Gray bars indicate times that you were too active to determine your stress level.

3 Swipe up or down to view stress score details and your daily average stress score for the last seven days.

4 To start a breathing activity, swipe left, and select ✔.

Lifestyle Logging

Use the lifestyle logging glance on your Venu® 4 watch to discover how everyday behaviors affect several health metrics, such as your sleep score, resting heart rate, and more. You can log and track behaviors that reflect your daily habits and actions, such as late caffeine intake, cold plunges, or reading before bedtime, on the Garmin Connect™ app (*Tracking Lifestyle Logging Behaviors*, page 38). You can even create and track custom behaviors.

Tracking Lifestyle Logging Behaviors

Before you can use the lifestyle logging feature, you must have a Garmin Connect™ account, download the Garmin Connect app, and pair your Garmin® watch with the Garmin Connect app.

1 From the Garmin Connect app, select •••.

2 Select **Health Stats** > **Lifestyle Logging**.
3 Follow the on-screen instructions.
4 Set up logging reminders (optional).

You can view detailed lifestyle logging reports on the Garmin Connect app.

TIP: You can enable the lifestyle logging glance on your watch to view and log lifestyle behaviors (*Customizing the Glance List*, page 37).

Women's Health

Menstrual Cycle Tracking

Your menstrual cycle is an important part of your health. You can use your watch to log physical symptoms, sex drive, sexual activity, ovulation days, and more (*Logging Your Menstrual Cycle Information*, page 39). You can learn more and set up this feature in the Health Stats settings of the Garmin Connect™ app. You can install the women's health tracking app from the Connect IQ™ app (*Downloading Connect IQ™ Features*, page 81).

- Menstrual cycle tracking and details
- Physical and emotional symptoms
- Period and fertility predictions
- Health and nutrition information

NOTE: You can use the Garmin Connect app to add and remove glances.

Logging Your Menstrual Cycle Information

Before you can log your menstrual cycle information from your Venu® 4 watch, you must set up menstrual cycle tracking in the Garmin Connect™ app and install the women's health tracking app from the Connect IQ™ app (*Downloading Connect IQ™ Features*, page 81).

1 Swipe to view the women's health tracking glance.
2 Tap the touchscreen.
3 Select +.
4 If today is a period day, select **Period Day** > ✓.
5 Select an option:
   - To rate your flow from light to heavy, select **Flow**.
   - To log your physical symptoms, such as acne, backache, and fatigue, select **Symptoms**.
   - To log your mood, select **Mood**.
   - To log your discharge, select **Discharge**.
   - To designate the current date as an ovulation day, select **Ovulation Day**.
   - To log your sexual activity, select **Sexual Activity**.
   - To rate your sex drive from low to high, select **Sex Drive**.
   - To designate the current date as a period day, select **Period Day**.

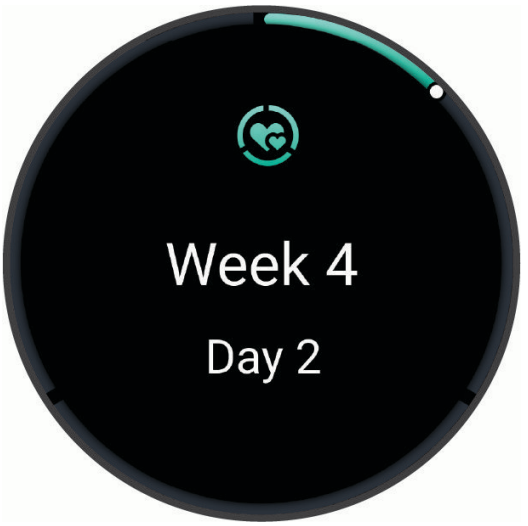
Pregnancy Tracking

The pregnancy tracking feature displays weekly updates on your pregnancy and provides health and nutrition information. You can use your watch to log physical and emotional symptoms, blood glucose readings, and baby movement (*Logging Your Pregnancy Information*, page 39). You can learn more and set up this feature in the Health Stats settings of the Garmin Connect™ app.

Logging Your Pregnancy Information

Before you can log your information, you must set up pregnancy tracking in the Garmin Connect™ app and install the women's health tracking app from the Connect IQ™ app (*Downloading Connect IQ™ Features*, page 81).

1 Swipe to view the women's health tracking glance.



2 Tap the touchscreen.
3 Select an option:
   - Select **Symptoms** to log your physical symptoms, mood, and more.
   - Select **Blood Glucose** to log your glucose levels before and after meals and before bed.
   - Select **Movement** to use a stopwatch or timer to log the baby's movements.
4 Follow the on-screen instructions.

Customizing the Weather Glance

1 Swipe up to view the weather glance.
2 Select the glance to view the current weather for your location.
3 Swipe left.
4 Select an option:
   - To update the weather information for your current GPS location, select **Weather Options** > **Update Current Location**.

     TIP: You should wait while the watch locates satellites (*Acquiring Satellite Signals*, page 111).
   - To change the units of measure for temperature, select **Weather Options** > **Temperature**, and select a unit of measure.

Using the Jet Lag Adviser

Before you can use the Jet Lag Adviser glance, you must plan a trip in the Garmin Connect™ app (*Planning a Trip in the Garmin Connect™ App*, page 40).

You can use the Jet Lag Adviser glance while traveling to see how your internal clock compares to the local time, and to receive guidance on how to reduce the effects of jet lag.

1 From the watch face, swipe up or down to view the **Jet Lag Adviser** glance.
2 Select the glance to view details about your trip and your current state of jet lag.
3 Select an option:
   - To see an informational message about your current jet lag level, tap ⓘ.
   - To see a timeline for recommended actions to help reduce symptoms of jet lag, swipe up.

Planning a Trip in the Garmin Connect™ App

1 From the Garmin Connect app, select •••.
2 Select **Training & Planning** > **Jet Lag Adviser** > **Add Trip Details**.
3 Follow the on-screen instructions.

Adding a Stock

Before you can customize the stocks list, you must add the stocks glance to the glances list (*Customizing the Glance List*, page 37).

1
2 From the watch face, swipe up to view the stocks glance.

3 Select the stocks glance.
4 Select **Edit** > **Add**.
5 Enter the company name or stock symbol for the stock you want to add, and select ✔.
The watch displays search results.
6 Select the stock you want to add.
7 Select the stock to view more information.
TIP: To display the stock on the glances list, you can press ⌚, and select **Set as Favorite**.

Controls

The controls menu lets you quickly access watch features and options. You can add, reorder, and remove the options in the controls menu (*Customizing the Controls Menu*, page 43).

From any screen, hold ⌚.



Icon	Name	Description
	ABC	Select to open the altimeter, barometer, and compass app.
	Airplane Mode	Select to enable or disable airplane mode to turn off all wireless communications.
	Alarm Clock	Select to open the alarm clocks app (*Setting an Alarm*, page 63).
	Alt. Time Zones	Select to view the current time of day in additional time zones (*Adding Alternate Time Zones*, page 64).
	Altimeter	Select to open the altimeter screen.
	Assistance	Select to send an assistance request (*Requesting Assistance*, page 93).
	Barometer	Select to open the barometer screen.
	Battery Saver	Select to enable or disable the battery saver feature (*Controls*, page 41).
	Brightness	Select to adjust the screen brightness (*Display and Brightness Settings*, page 70).
	Broadcast Heart Rate	Select to turn on heart rate broadcasting to a paired device (*Broadcasting Heart Rate Data*, page 85).
	Calculator	Select to use the calculator, including the tip calculator.
	Calendar	Select to view upcoming events from your phone calendar.
	Camera Controls	Select to manually take a photo and record a video clip on a compatible Varia™ headlight (*Using the Varia™ Camera Controls*, page 74).
	Clocks	Select to open the Clocks app to set an alarm, timer, stopwatch, or view alternate time zones (*Clocks App*, page 63).
	Color Shift	Select to turn the screen to shades of red, green, or orange to use the watch in low light conditions.

Icon	Name	Description
	Compass	Select to open the compass screen.
	Display	Select to turn off the screen for alerts, gestures, and Always On Display mode (*Display and Brightness Settings*, page 70).
	Do Not Disturb	Select to enable or disable do not disturb mode to dim the screen and disable alerts and notifications. For example, you can use this mode while watching a movie.
	Find My Phone	Select to play an audible alert on your paired phone, if it is within Bluetooth® range. The Bluetooth signal strength appears on the Venu® 4 watch screen, and it increases as you move closer to your phone. Select to navigate to your lost phone during a GPS activity (*Locating a Phone Lost During a GPS Activity*, page 77).
	Flashlight	Select to turn on the screen to use your watch as a flashlight, strobe, or distress pattern (*Using the Flashlight Control*, page 43).
	Focus Mode	Select to change the current focus mode (*Focus Modes*, page 82).
	Garmin Share	Select to open the Garmin Share app (*Garmin Share*, page 77).
	History	Select to view your activity history, records, and totals.
	Lock Device	Select to lock the buttons and the touchscreen to prevent inadvertent presses and swipes.
	Messenger	Select to open the Messenger app (*Garmin Messenger™ App*, page 81).
	Music	Select to control music playback on your watch or phone.
	Notifications	Select to view calls, texts, social network updates, and more, based on your phone notification settings (*Enabling Phone Notifications*, page 75).
	Phone	Select to enable or disable Bluetooth technology and your connection to your paired phone.
	Phone Assistant	Select to connect to your phone's voice assistant (*Using the Phone Assistant*, page 75).
	Power Off	Select to turn off the watch.
	Pulse Oximeter	Select to take a manual pulse oximeter reading (*Getting Pulse Oximeter Readings*, page 86).
	Save Location	Select to save your current location to navigate back to it later.
	Settings	Select to open the settings menu.
	Silent Mode	Select to enable silent mode to disable all sounds.
	Stopwatch	Select to start the stopwatch.
	Strobe	Select to turn on the LED flashlight strobe. You can program the watch to flash in a selected pattern or create a custom strobe mode (*Editing the Custom Flashlight Strobe*, page 43).
	Sunrise & Sunset	Select to view sunrise, sunset, and twilight times.
	Sync	Select to sync your watch with your paired phone.
	Time Sync	Select to sync your watch with the time on your phone or using satellites.
	Timer	Select to set a countdown timer.
	Touch Lock	Select to enable swiping down from the top of the screen to unlock the touchscreen.
	Voice Command	Select to open the voice command app and say a command (*Using Voice Commands*, page 10).
	Voice Notes	Select to open the voice notes app and record a note (*Recording a Voice Note*, page 9).
	Volume	Select to open the watch volume controls.
	Wallet	Select to open your Garmin Pay™ wallet and pay for purchases with your watch (*Garmin Pay™*, page 11).
	Weather	Select to view the current weather forecast and current conditions.
	Wi-Fi	Select to enable or disable Wi-Fi® communications.

Customizing the Controls Menu

You can add, remove, and change the order of the shortcuts in the controls menu (*Controls*, page 41).

1. Hold .
   The controls menu appears.
2. Swipe down.
3. Select **Edit**.
4. Select a shortcut:
   - To change the location of the shortcut in the controls menu, drag it to the desired location on the screen, and select ✔.
   - To remove the shortcut from the controls menu, select ✕.
5. If necessary, select **Add** to add a shortcut to the controls menu.

Using the LED Flashlight

⚠ WARNING

This device may have a flashlight that can be programmed to flash at various intervals. Consult your physician if you have epilepsy or are sensitive to bright or flashing lights.

Using the flashlight reduces battery life. You can decrease the brightness to extend the life of the battery.

1. From any screen, hold .
2. Tap the touchscreen to adjust the flashlight.

Editing the Custom Flashlight Strobe

Using the flashlight strobe reduces battery life.

1. Hold , and select .
   NOTE: You can customize the controls menu (*Customizing the Controls Menu*, page 43).
2. Press to turn on the flashlight strobe (optional).
3. Tap to view the strobe modes, and select **Custom**.
4. Press to view the custom strobe settings.
5. Tap to change the setting options.
   NOTE: You can select slow blink to have a lower impact on battery life.
6. Press to save.
   Remember: From any screen, you can hold to turn off the flashlight.

Using the Flashlight Control

⚠ WARNING

This device may have a flashlight that can be programmed to flash at various intervals. Consult your physician if you have epilepsy or are sensitive to bright or flashing lights.

Using the flashlight can reduce battery life. You can decrease the brightness to extend the life of the battery.

1. Hold to view the controls menu.
2. Select .
3. If necessary, press to turn on the flashlight.
4. Select an option:
   - To adjust the brightness or color of the flashlight, tap the screen.
   - To program the flashlight to flash in a selected pattern, swipe left, select **Strobe**, select a mode, and press .
   - To display your emergency contact information and program the flashlight to flash in a distress pattern, swipe left, select **Distress Pattern**, and press .

     ⚠ CAUTION

     Programming the flashlight to flash in a distress pattern will not contact your emergency contacts or emergency services on your behalf. Your emergency contact information will only appear if it has been configured in the Garmin Connect™ app.

Using Do Not Disturb Mode

You can use do not disturb mode to turn off vibrations and the display for alerts and notifications (*Display and Brightness Settings*, page 70). For example, you can use this mode while sleeping or watching a movie.

- To manually turn on or off do not disturb mode, hold , and select .
- To automatically turn off smart notifications during your sleep hours, press , select **Settings** > **Focus Modes** > **Sleep** > **Smart Notifications** > **Off**.

Training

Activity Tracking

The activity tracking feature records your daily step count, distance traveled, intensity minutes, floors climbed, calories burned, and sleep statistics for each recorded day. Your calories burned includes your base metabolism plus activity calories.

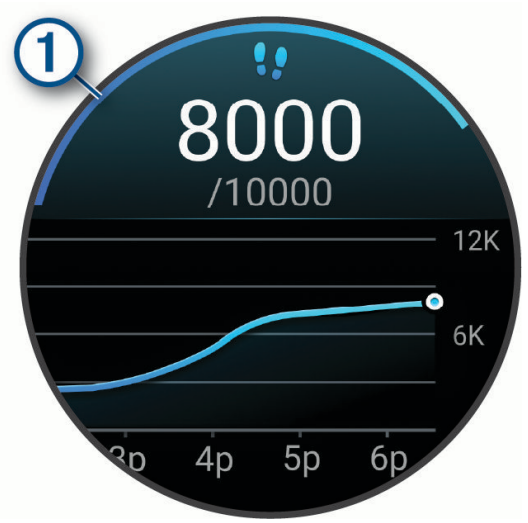
The number of steps taken during the day appears on the steps glance. The step count is updated periodically.

When wheelchair mode is enabled, the watch records different metrics, such as pushes instead of steps (*Wheelchair Mode*, page 96).

For more information about activity tracking and fitness metric accuracy, go to garmin.com/ataccuracy.

Auto Goal

Your watch creates a daily step goal automatically, based on your previous activity levels. As you move during the day, the watch shows your progress toward your daily goal ①. Your watch also creates a daily floors climbed goal.



When wheelchair mode is enabled, the watch tracks pushes instead of steps and creates a daily push goal (*Wheelchair Mode*, page 96).

If you choose not to use the auto goal feature, you can set personalized goals on your Garmin Connect™ account.

Sleep Tracking

While you are sleeping, the watch automatically detects your sleep and monitors your movement during your normal sleep hours. You can set your normal sleep hours in the Garmin Connect™ app or in the watch settings (*Setting Your Sleep Schedule*, page 46). Sleep statistics include total hours of sleep, sleep stages, sleep movement, and sleep score. Your sleep coach provides sleep need recommendations based on your sleep and activity history, circadian rhythm, HRV status, and naps (*Glances*, page 35). Naps are added to your sleep statistics, and can also impact your recovery. You can view detailed sleep statistics on your Garmin Connect account.

NOTE: You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms (*Using Do Not Disturb Mode*, page 44).

Using Automated Sleep Tracking

1. Wear your watch while sleeping.
2. Upload your sleep tracking data to your Garmin Connect™ account (*Using the Garmin Connect™ App*, page 79).

   You can view your sleep statistics on your Garmin Connect account.

   You can view sleep information, including naps, on your Venu® 4 watch (*Glances*, page 35).

Breathing Variations

⚠ WARNING

The Venu® 4 device is not a medical device and is not intended for use in the diagnosis or monitoring of any medical condition. For more information on pulse oximeter accuracy, go to garmin.com/ataccuracy.

The optical heart rate sensor on the Venu 4 device has a pulse oximeter feature that can measure your overnight breathing variations. Breathing variation insights are provided to enhance awareness of your sleep environment and general wellness. Occasional or frequent breathing variations may be due to your individual lifestyle factors or your sleeping environment. Contact your doctor or healthcare provider if you're concerned about your level of breathing variations.

You must turn on pulse oximeter sleep tracking to detect breathing variations (*Setting the Pulse Oximeter Mode*, page 86).

The sleep score glance displays your current breathing variations data.

You may need to add the glance to your glances list (*Customizing the Glance List*, page 37).

On your Garmin Connect™ account, you can view additional details about breathing variations, including trends over multiple days.

Setting Your Sleep Schedule

Your watch uses your sleep schedule as a guide to accurately measure your sleep.

You can also use the Garmin Connect™ app to set your typical sleep hours.

1. From the watch face, swipe left.
2. Select **Settings** > **Focus Modes** > **Sleep** > **Schedule**.
3. Select the day range.
4. Select your bed and wake times.
5. Repeat steps 3 and 4 until your sleep schedule is set.

Move IQ®

When your movements match familiar exercise patterns, the Move IQ feature automatically detects the event and displays it in your timeline. The Move IQ events show activity type and duration, but they do not appear in your activities list or newsfeed.

The Move IQ feature can automatically start a timed activity for walking and running using time thresholds you set in the Garmin Connect™ app or the health and wellness settings (*Health and Wellness Settings*, page 84). These activities are added to your activities list.

Workouts

Your watch can guide you through multiple-step workouts that include goals for each workout step, such as distance, time, reps, or other metrics. Your watch includes several preloaded workouts for multiple activities, including strength, cardio, running, and biking. You can create and find more workouts and training plans using the Garmin Connect™ app and transfer them to your watch.

If your watch is in wheelchair mode, your watch includes workouts for push activities, handcycling, and more (*User Profile*, page 96).

On your watch: You can open the workouts app from the activity list to show all workouts currently loaded on your watch (*Customizing Activities and Apps*, page 29).

You can also view your workout history.

On the app: You can create and find more workouts, or select a training plan that has built-in workouts and transfer them to your watch (*Following a Workout From Garmin Connect™*, page 47).

You can schedule workouts.

You can update and edit your current workouts.

Starting a Workout

Your watch can guide you through multiple steps in a workout.

1. From the watch face, swipe left.

   TIP: If you already have a scheduled or suggested workout for today, you can scroll down and select **Workouts**.
2. Select **Activities**, and select an activity.
3. Scroll down.
4. Select **Training**.

5 Select an option:
   - To let the watch suggest a workout after you select your intensity and time targets, select **Quick Workout**.
   - To start an interval workout, select **Targets & intervals** or **Intervals** (*Starting an Interval Workout*, page 48).
   - To start a workout with a training target, select **Targets & intervals** or **Set a Target** (*Setting a Training Target*, page 49).
   - To start a saved workout, select **Workout Library** (*Following a Workout From Garmin Connect™*, page 47).

     NOTE: To save a workout to your watch, you must download the workout from your Garmin Connect™ account and sync.
   - To start a scheduled workout from your Garmin Connect training calendar, select **Training Calendar** (*About the Training Calendar*, page 52).

   NOTE: Not all options are available for all activity types.
6 Select a workout.

   NOTE: Only workouts that are compatible with the selected activity appear in the list.
7 If necessary, select **Do Workout**.
8 Press to start the activity timer.

After you begin a workout, the watch displays each step of the workout, step notes (optional), the target (optional), and the current workout data. For strength, yoga, or Pilates activities, an instructional animation appears.

Following a Daily Suggested Workout

Before the watch can suggest a daily workout, you must have a VO2 max. estimate (*About VO2 Max. Estimates*, page 53).

NOTE: If you do not have a VO2 max. estimate, select the Walk or Run activity profile to receive a prompt for a benchmark workout.

After you get a VO2 max. estimate, you can follow a daily suggested fitness workout with compatible activity profiles, such as Elliptical or Boxing.

1 From the watch face, swipe left.
2 Select **Activities**, and select a heart-rate based fitness activity.

   NOTE: Not all activities are compatible with daily suggested workouts.
3 Scroll down, and select the daily suggested workout.

   NOTE: No suggested workout appears if you have a scheduled rest day, or if you are following another training plan.
4 Scroll down to view details about the workout, such as the steps and estimated benefit.
5 Scroll back up, and select an option:
   - To do the workout, select **Do Workout**.
   - To skip the workout, select **More** > **Dismiss**.
   - To view workout suggestions for the upcoming week, select **More** > **More Suggestions**.
   - To view the workout settings, such as training days, target type, and workout prompts, select **More** > **Settings**, and select an option.

     TIP: If you disable the **Workout Prompt** option, you can enable prompts again later. From the activity, select **Training** > **Workout Library** > **Daily Suggestions**, select a workout, press , and select **Settings** > **Workout Prompt**.

The suggested workout updates automatically to changes in training habits, recovery time, and VO2 max.

Following a Workout From Garmin Connect™

Before you can download a workout from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect™*, page 78).

1 Select an option:
   - Open the Garmin Connect app, and select •••.
   - Go to **connect.garmin.com**.
2 Select **Training & Planning** > **Workouts**.
3 Find a workout, or create and save a new workout.
4 Select or **Send to Device**.

5 Follow the on-screen instructions.

Interval Workouts

Interval workouts can be open or structured. Structured repeats can be based on distance or time. The device saves your custom interval workout until you edit the workout again.

TIP: All interval workouts include an open-ended cool down step.

Starting an Interval Workout

NOTE: This feature is not available for all activities.

1 From the watch face, swipe left.
2 Select **Activities**, and select an activity.
3 Scroll down.
4 Select **Training**.
5 Select an option:
   - Select **Intervals**.
   - Select **Targets & intervals** > **Intervals**.
6 Select an option:
   - Select **Open Repeats** to mark your intervals and rest periods manually by pressing .
   - Select **Structured Repeats** > **Do Workout** to use an interval workout based on distance or time.
7 If necessary, select ✔ to include a warm up before the workout.
8 Press to start the activity timer.
9 When your interval workout has a warm up, press to begin the first interval.
10 Follow the on-screen instructions.
11 At any time, press to stop the current interval or rest period and transition to the next interval or rest period (optional).

After you complete all of the intervals, a message appears.

Customizing an Interval Workout

1 From the watch face, swipe left.
2 Select **Activities**, and select an activity.
3 Scroll down.
4 Select **Training**.
5 Select an option:
   - Select **Intervals**.
   - Select **Targets & intervals** > **Intervals**.
6 Select **Structured Repeats**.
7 Scroll down.
8 Select **More** > **Edit Workout**.
9 Select one or more options:
   - To set the interval duration and type, select **Interval**.
   - To set the rest duration and type, select **Rest**.
   - To set the number of repetitions, select **Repeat**.
   - To add an open-ended warm up to your workout, select **Warm Up** > **On**.
10 Swipe right to return to the activity.

The watch saves your custom interval workout until you edit the workout again.

Stopping an Interval Workout

- At any time, press to stop the current interval or rest period and transition to the next interval or rest period.
- After all intervals and rest periods are complete, press to end the interval workout and transition to a timer that can be used for cool down.
- At any time, press to stop the activity timer. You can resume the timer or end the interval workout.

Setting a Training Target

The training target feature works with the Virtual Partner® feature so you can train toward a set distance, distance and time, distance and pace, or distance and speed goal. During your training activity, the watch gives you real-time feedback about how close you are to achieving your training target.

1. From the watch face, swipe left.
2. Select **Activities**, and select an activity.
3. Scroll down.
4. Select **Training**.
5. Select an option:
   - Select **Set a Target**.
   - Select **Targets & intervals**.

   NOTE: Not all options are available for all activity types.
6. Select an option:
   - Select **Distance and Time** to select a distance and time target.
   - Select **Distance and Pace** or **Distance and Speed** to select a distance and pace or speed target.
   - Select **Distance Only** to select a preset distance or enter a custom distance.
   - Select **Calories** to select a calorie target.
7. Press to start the activity timer.

PacePro™ Training

Many runners like to wear a pace band during a race to help achieve their race goal. The PacePro feature allows you to create a custom pace band based on distance and pace or distance and time. You can also create a pace band for a known course to optimize your pace effort based on elevation changes.

You can create a PacePro plan using the Garmin Connect™ app. You can preview the splits and elevation plot before you run the course.

Downloading a PacePro™ Plan from Garmin Connect™

Before you can download a PacePro plan from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect™*, page 78).

1. Select an option:
   - Open the Garmin Connect app, and select •••.
   - Go to **connect.garmin.com**.
2. Select **Training & Planning** > **PacePro Pacing Strategies**.
3. Follow the on-screen instructions to create and save a PacePro plan.
4. Select or **Send to Device**.

Creating a PacePro™ Plan on Your Watch

Before you can create a PacePro plan on your watch, you must create a course (*Creating a Course on Garmin Connect™*, page 89).

1. From the watch face, swipe left.
2. Select **Activities**, and select an outdoor running activity.
3. Scroll down to select **Training** > **PacePro Plans** > **Create New**.
4. Select a course.
5. Select an option:
   - Select **Goal Pace**, and enter your target pace.
   - Select **Goal Time**, and enter your target time.

   Scroll down to view your custom pace band and preview the splits.
6. Press .
7. Select an option:
   - Select **Use Plan** to start the plan.
   - Select **Map** to view the course on the map.
   - Select **Delete** to discard the plan.

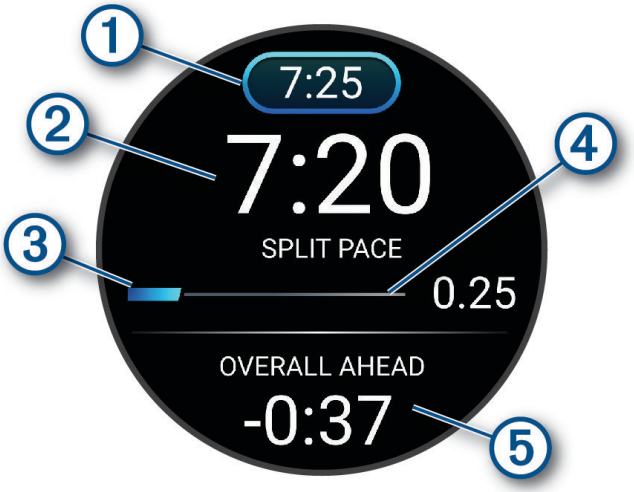
Starting a PacePro™ Plan

Before you can start a PacePro plan, you must download a plan from your Garmin Connect™ account.

1. From the watch face, swipe left.
2. Select **Activities**, and select an outdoor running activity.
3. Scroll down.
4. Select **Training** > **PacePro Plans**.
5. Select a plan.

   TIP: Scroll down to view your custom pace band and preview the splits.
6. Press .

   TIP: You can select Map to preview the map before you accept the PacePro plan.
7. Select **Use Plan** to start the plan.
8. If necessary, select ✔ to enable course navigation.
9. Press to start the activity timer.



①	Target split pace
②	Current split pace
③	Completion progress for the split
④	Distance remaining in the split
⑤	Overall time ahead of or behind your target time

Racing a Previous Activity

You can race a previously recorded activity or a downloaded course activity time. This feature works with the Virtual Partner® feature so you can see how far ahead or behind you are during the activity.

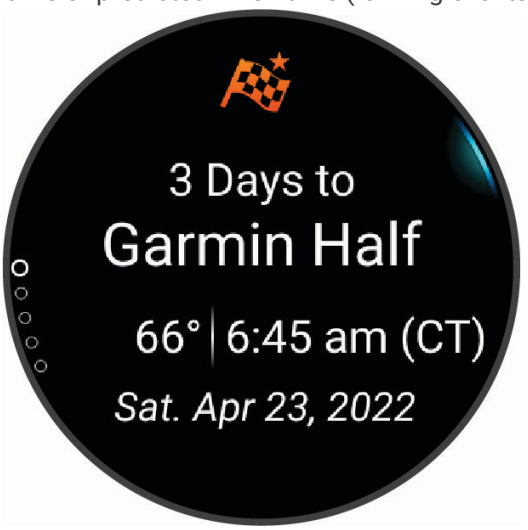
NOTE: This feature is not available for all activities.

1. From the watch face, swipe left.
2. Select **Activities**, and select an activity.
3. Scroll down.
4. Select **Training** > **Race Yourself**.
5. Select an option:
   - Select **From History** to select a previously recorded activity from your device.
   - Select **Downloaded** to select a course you downloaded from your Garmin Connect™ account.
6. Select the activity.
7. If necessary, press . and select **Race**.
8. Press to start the activity timer.

9 After you complete your activity, press , and select **Save**.

Race Calendar and Primary Race

When you add a race event to your Garmin Connect™ calendar, you can view the event on your watch by adding the primary race glance (*Glances*, page 35). The event date must be in the next 365 days. The watch displays a countdown to the event, your goal time or predicted finish time (running events only), and weather information.



NOTE: Historical weather information for the location and date is available right away. Local forecast data appears approximately 14 days before the event.

If you add more than one race event, you are prompted to choose a primary event.

Depending on the available course data for your event, you can view elevation data, the course map, and add a PacePro™ plan (*PacePro™ Training*, page 49).

Training for a Race Event

Your watch can suggest daily workouts to help you train for a running or cycling event, if you have a VO2 max. estimate (*About VO2 Max. Estimates*, page 53).

1 From the Garmin Connect™ app, select •••.
2 Select **Training & Planning** > **Races & Events** > **Find an Event**.
3 Search for an event in your area.
You can also select **Create an Event** to create your own event.
4 Select **Add to Calendar**.
5 Sync your watch with your Garmin Connect account.
6 On your watch, scroll to the primary race glance to see a countdown to your primary race event.
7 From the watch face, press , and select a running or cycling activity.
NOTE: If you have completed at least one outdoor run with heart rate data or one ride with heart rate and power data, daily suggested workouts appear on your watch.

Recording a Critical Swim Speed Test

Your Critical Swim Speed (CSS) value is the result of a time-trial-based test expressed as a pace per 100 meters. Your CSS is the theoretical speed you can maintain continuously without exhaustion. You can use your CSS to guide your training pace and monitor your improvement.

1 From the watch face, swipe left.
2 Select **Activities** > **Swimming** > **Pool Swim**.
3 Scroll down.
4 Select **Training** > **Workout Library** > **Critical Swim Speed** > **Do Critical Swim Speed Test**.
5 Scroll down to preview the workout steps (optional).
6 Select ✔.
7 Press to start the activity timer.
8 Follow the on-screen instructions.

Using Virtual Partner®

The Virtual Partner feature is a training tool designed to help you meet your goals. You can set a pace for the Virtual Partner feature and race against it.

NOTE: This feature is not available for all activities.

1. From the watch face, swipe left.
2. Select **Activities**, and select an activity.
3. Scroll down, and select the activity settings.
4. Select **Data Screens** > **Add New** > **Virtual Partner**.
5. Enter a pace or speed value.

   NOTE: You can change the order of the data screens (optional).
6. Start your activity (*Starting an Activity*, page 14).
7. Scroll to the Virtual Partner screen, and see who is leading.

About the Training Calendar

The training calendar on your watch is an extension of the training calendar or schedule you set up in your Garmin Connect™ account. After you have added a few workouts to the Garmin Connect calendar, you can send them to your device. All scheduled workouts sent to the device appear in the calendar glance. When you select a day in the calendar, you can view or do the workout. The scheduled workout stays on your watch whether you complete it or skip it. When you send scheduled workouts from Garmin Connect, they overwrite the existing training calendar.

Using Garmin Connect™ Training Plans

Before you can download and use a training plan, you must have a Garmin Connect account, and you must pair your Garmin® watch or bike computer with a compatible phone (*Garmin Connect™*, page 78).

1. From the Garmin Connect app, select •••.
2. Select **Training & Planning** > **Garmin Coach Plans**.
3. Select and schedule a training plan.
4. Follow the on-screen instructions.
5. Review the training plan in your calendar.

Garmin® Coach Training Plans

Your Garmin Connect™ account has an adaptive training plan and Garmin coach to fit your training goals. For example, you can answer a few questions and find a plan to help you complete a 5 km race or improve your fitness. The plan adjusts to your current level of fitness, coaching and schedule preferences, and race date, if applicable. When you start a plan, the Garmin coach glance is added to the glances list on your Venu® watch.

Enabling Self Evaluation

When you save an activity, you can evaluate your perceived effort and how you felt during the activity. Your self evaluation information can be viewed in your Garmin Connect™ account.

1. From the watch face, swipe left.
2. Select an activity.

   NOTE: This feature is not available for all activities.
3. Select **Settings** > **Self Evaluation**.
4. Select an option:
   - To complete self evaluation only after workouts, select **Workouts Only**.
   - To complete self evaluation after every activity, select **Always**.

Performance Measurements

These performance measurements are estimates that can help you track and understand your training activities and race performances. The measurements require a few activities using wrist-based heart rate or a compatible chest heart rate monitor. Cycling performance measurements require a heart rate monitor and a power meter.

These estimates are provided and supported by Firstbeat Analytics™. For more information, go to garmin.com/performance-data/running.

NOTE: The estimates may seem inaccurate at first. The watch requires you to complete a few activities to learn about your performance.

Functional threshold power (FTP): The watch uses your user profile information from the initial setup to estimate your FTP (*Getting Your FTP Estimate*, page 55).

HRV status: The watch analyzes your wrist heart rate readings while you are sleeping to determine your heart rate variability (HRV) status based on your personal, long-term HRV averages (*Heart Rate Variability Status*, page 54).

Lactate threshold: Lactate threshold is the point where your muscles start to rapidly fatigue. Your watch measures your lactate threshold level using heart rate data and pace (*Lactate Threshold*, page 56).

Predicted race times: The watch uses the VO2 max. estimate and your training history to provide a target race time based on your current state of fitness (*Viewing Your Predicted Race Times*, page 54).

Performance condition: Your performance condition is a real-time assessment after 6 to 20 minutes of activity. It can be added as a data field so you can view your performance condition during the rest of your activity. It compares your real-time condition to your average fitness level (*Performance Condition*, page 55).

VO2 max.: VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance (*About VO2 Max. Estimates*, page 53).

About VO2 Max. Estimates

VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. In simple terms, VO2 max. is an indication of athletic performance and should increase as your level of fitness improves. The Venu® 4 device requires wrist-based heart rate or a compatible chest heart rate monitor to display your VO2 max. estimate. The device has separate VO2 max. estimates for running and cycling. You must run either outside with GPS or ride with a compatible power meter at a moderate level of intensity for several minutes to get an accurate VO2 max. estimate.

On the device, your VO2 max. estimate appears as a number, description, and position on the color gauge. On your Garmin Connect™ account, you can view additional details about your VO2 max. estimate, such as where it ranks for your age and sex.



Purple	Superior
Blue	Excellent
Green	Good
Orange	Fair
Red	Poor

VO2 max. data is provided by Firstbeat Analytics™. VO2 max. analysis is provided with permission from The Cooper Institute®. For more information, see the appendix (*VO2 Max. Standard Ratings*, page 113), and go to www.CooperInstitute.org.

Getting Your VO2 Max. Estimate for Running

This feature requires wrist-based heart rate or a compatible chest heart rate monitor. If you are using a chest heart rate monitor, you must put it on and pair it with your watch (*Pairing Your Wireless Sensors*, page 71).

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile*, page 96), and set your maximum heart rate (*Setting Your Heart Rate Zones*, page 97). The estimate may seem inaccurate at first.

The watch requires a few runs to learn about your running performance. You can disable VO2 max. recording for ultra run and trail run activities if you do not want those run types to affect your VO2 max. estimate (*Activity Settings*, page 31).

1. Start a running activity.
2. Run outdoors at a moderate or high intensity, reaching at least 70% of your maximum heart rate.
3. After at least 15 minutes, select **Save**.
4. Swipe up and down to scroll through the performance measurements.

Getting Your VO2 Max. Estimate for Cycling

This feature requires a power meter and wrist-based heart rate or a compatible chest heart rate monitor. The power meter must be paired with your watch (*Pairing Your Wireless Sensors*, page 71). If you are using a chest heart rate monitor, you must put it on and pair it with your watch.

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile*, page 96) and set your maximum heart rate (*Setting Your Heart Rate Zones*, page 97). The estimate may seem inaccurate at first. The watch requires a few rides to learn about your cycling performance.

1. Start a cycling activity.
2. Ride at a steady, high intensity, reaching at least 70% of your maximum heart rate.
3. After at least 15 minutes, select **Save**.
4. Swipe up and down to scroll through the performance measurements.

Viewing Your Predicted Race Times

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile*, page 96), and set your maximum heart rate (*Setting Your Heart Rate Zones*, page 97).

Your watch uses the VO2 max. estimate and your training history to provide a target race time (*About VO2 Max. Estimates*, page 53). The watch analyzes several weeks of your training data to refine the race time estimates.

1. From the watch face, swipe up to view the running performance glance.
2. Select the running performance glance.
3. Scroll to view a predicted race time.



4. Press to view predictions for other distances.

   NOTE: The predictions may seem inaccurate at first. The watch requires a few runs to learn about your running performance.

Heart Rate Variability Status

Your watch analyzes your wrist heart rate readings while you are sleeping to determine your heart rate variability (HRV). Training, physical activity, sleep, nutrition, and healthy habits all impact your heart rate variability. HRV values can vary widely based on gender, age, and fitness level. A balanced HRV status may indicate positive signs of health such as good training and recovery balance, greater cardiovascular fitness, and resilience to stress. An unbalanced or poor status may be a sign of fatigue, greater recovery needs, or increased stress. For best results, you should wear the watch while sleeping. The watch requires three weeks of consistent sleep data to display your heart rate variability status.



Color Zone	Status	Description
Green	Balanced	Your seven-day average HRV is within your baseline range.
Orange	Unbalanced	Your seven-day average HRV is above or below your baseline range.
Red	Low	Your seven-day average HRV is well below your baseline range.
No color	Poor No status	Your HRV values are averaging well below the normal range for your age. No status means that there is insufficient data to generate a seven-day average.

You can sync your watch with your Garmin Connect™ account to view your current heart rate variability status, trends, and educational feedback.

Performance Condition

As you complete your activity, such as running or cycling, the performance condition feature analyzes your pace, heart rate, and heart rate variability to make a real-time assessment of your ability to perform compared to your average fitness level. It is approximately your real-time percentage deviation from your baseline VO2 max. estimate.

Performance condition values range from -20 to +20. After the first 6 to 20 minutes of your activity, the device displays your performance condition score. For example, a score of +5 means that you are rested, fresh, and capable of a good run or ride. You can add performance condition as a data field to one of your training screens to monitor your ability throughout the activity. Performance condition can also be an indicator of fatigue level, especially at the end of a long training run or ride.

NOTE: The device requires a few runs or rides with a heart rate monitor to get an accurate VO2 max. estimate and learn about your running or riding ability (*About VO2 Max. Estimates*, page 53).

Viewing Your Performance Condition

This feature requires wrist-based heart rate or a compatible chest heart rate monitor.

1. Add **Performance Condition** to a data screen (*Customizing the Data Screens*, page 30).
2. Go for a run or ride.

   After 6 to 20 minutes, your performance condition appears.
3. Scroll to the data screen to view your performance condition throughout the run or ride.

Getting Your FTP Estimate

Before you can get your functional threshold power (FTP) estimate, you must pair a power meter with your watch (*Pairing Your Wireless Sensors*, page 71), and you must get your VO2 max. estimate (*Getting Your VO2 Max. Estimate for Cycling*, page 54).

The watch uses your user profile information from the initial setup and your VO2 max. estimate to estimate your FTP. The watch will automatically detect your FTP during steady, high intensity rides with a power meter. For best results, you should also ride with a heart rate monitor.

1. From the watch face, scroll down to view the performance glance.
2. Select the glance to view your performance data.
3. Scroll to view your FTP estimate.

Your FTP estimate appears as a value measured in watts per kilogram, your power output in watts, and a position on the color gauge.

Purple	Superior
Blue	Excellent
Green	Good
Orange	Fair
Red	Untrained

For more information, see the appendix (*FTP Ratings*, page 114).

Lactate Threshold

Lactate threshold is the exercise intensity at which lactate (lactic acid) starts to accumulate in the bloodstream. In running, this intensity level is estimated in terms of pace, heart rate, or power. When a runner exceeds the threshold, fatigue starts to increase at an accelerating rate. For experienced runners, the threshold occurs at approximately 90% of their maximum heart rate and between 10 km and half-marathon race pace. For average runners, the lactate threshold often occurs well below 90% of maximum heart rate. Knowing your lactate threshold can help you determine how hard to train or when to push yourself during a race.

If you already know your lactate threshold heart rate value, you can enter it in your user profile settings (*Setting Your Heart Rate Zones*, page 97). You can turn on the **Auto Detection** feature to automatically record your lactate threshold during an activity.

Training Status

These measurements are estimates that can help you track and understand your training activities. The measurements require you to complete activities for two weeks using wrist-based heart rate or a compatible chest heart rate monitor. Cycling performance measurements require a heart rate monitor and a power meter. The measurements may seem inaccurate at first when the watch is still learning about your performance.

These estimates are provided and supported by Firstbeat Analytics™. For more information, go to garmin.com/performance-data/running.



Training status: Training status shows you how your training affects your fitness and performance. Your training status is based on changes to your VO2 max., acute load, and HRV status over an extended time period.

VO2 max.: VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance (*About VO2 Max. Estimates*, page 53).

HRV: HRV is your heart rate variability status over the last seven days (*Heart Rate Variability Status*, page 54).

Acute load: Acute load is a weighted sum of your recent exercise load scores including exercise duration and intensity. (*Acute Load*, page 57).

Training load focus: Your watch analyzes and distributes your training load into different categories based on the intensity and structure of each activity recorded. Training load focus includes the total load accumulated

per category, and the focus of the training. Your watch displays your load distribution over the last 4 weeks (*Training Load Focus*, page 57).

Recovery time: The recovery time displays how much time remains before you are fully recovered and ready for the next hard workout (*Recovery Time*, page 59).

Training Status Levels

Training status shows you how your training affects your fitness level and performance. Your training status is based on changes to your VO2 max., acute load, and HRV status over an extended time period. You can use your training status to help plan future training and continue improving your fitness level.

No Status: The watch needs you to record multiple activities over two weeks, with VO2 max. results from running or cycling, to determine your training status.

Detraining: You have a break in your training routine or you are training much less than usual for a week or more. Detraining means that you are unable to maintain your fitness level. You can try increasing your training load to see improvement.

Recovery: Your lighter training load is allowing your body to recover, which is essential during extended periods of hard training. You can return to a higher training load when you feel ready.

Maintaining: Your current training load is enough to maintain your fitness level. To see improvement, try adding more variety to your workouts or increasing your training volume.

Productive: Your current training load is moving your fitness level and performance in the right direction. You should plan recovery periods into your training to maintain your fitness level.

Peaking: You are in ideal race condition. Your recently reduced training load is allowing your body to recover and fully compensate for earlier training. You should plan ahead, since this peak state can only be maintained for a short time.

Overreaching: Your training load is very high and counterproductive. Your body needs a rest. You should give yourself time to recover by adding lighter training to your schedule.

Unproductive: Your training load is at a good level, but your fitness is decreasing. Try focusing on rest, nutrition, and stress management.

Strained: There is imbalance between your recovery and training load. It is a normal result after a hard training or major event. Your body may be struggling to recover, so you should pay attention to your overall health.

Tips for Getting Your Training Status

The training status feature depends on updated assessments of your fitness level, including at least one VO2 max. measurement per week (*About VO2 Max. Estimates*, page 53). Indoor run activities do not generate a VO2 max. estimate in order to preserve the accuracy of your fitness level trend. You can disable VO2 max. recording for ultra run and trail run activities if you do not want those run types to affect your VO2 max. estimate (*Activity Settings*, page 31).

To get the most out of the training status feature, you can try these tips.

- At least one time per week, run or ride outdoors with a power meter, and reach a heart rate higher than 70% of your maximum heart rate for at least 10 minutes.

  After using the watch for one or two weeks, your training status should be available.
- Record all of your fitness activities on your primary training device, allowing your watch to learn about your performance (*Syncing Activities and Performance Measurements*, page 80).
- Wear the watch consistently while you sleep, to continue generating an up-to-date HRV status. Having a valid HRV status can help maintain a valid training status when you do not have as many activities with VO2 max. measurements.

Acute Load

Acute load is a weighted sum of your excess post-exercise oxygen consumption (EPOC) for the last several days. The gauge indicates whether your current load is low, optimal, high, or very high. The optimal range is based on your individual fitness level and training history. The range adjusts as your training time and intensity increase or decrease.

Training Load Focus

In order to maximize performance and fitness gains, training should be distributed across three categories: low aerobic, high aerobic, and anaerobic. Training load focus shows you how much of your training is currently in each category and provides training targets. Training load focus requires at least 7 days of training to determine if your training load is low, optimal, or high. After 4 weeks of training history, your training load estimate will have more detailed target information to help you balance your training activities.

Below targets: Your 4-week training load is lower than optimal in all intensity categories.

Low aerobic shortage: Try adding more low aerobic activities to provide recovery and balance for your higher intensity activities.

High aerobic shortage: Try adding more high aerobic activities to help improve your lactate threshold and VO2 max. over time.

Anaerobic shortage: Try adding a few more intense, anaerobic activities to improve your speed and anaerobic capacity over time.

Balanced: Your training load is balanced and provides all-around fitness benefits as you continue training.

Low aerobic focus: Your training load is mostly low aerobic activity. This provides a solid foundation and prepares you for adding more intense workouts.

High aerobic focus: Your training load is mostly high aerobic activity. These activities help to improve lactate threshold, VO2 max., and endurance.

Anaerobic focus: Your training load is mostly intense activity. This leads to rapid fitness gains, but should be balanced with low aerobic activities.

Above targets: Your 4-week training load is higher than optimal.

Load Ratio

Load ratio is the ratio of your acute (short-term) training load to your chronic (long-term) training load. It's helpful for tracking your training load changes.

Status	Value	Description
No Status	None	Load ratio will be visible after 2 weeks of training.
Low	Lower than 0.8	Your short-term training load is lower than your long-term training load.
Optimal	0.8 to 1.4	The short-term and long-term training loads are balanced. The optimal range is based on your individual fitness level and training history.
High	1.5 to 1.9	Your short-term training load is higher than your long-term training load.
Very High	2.0 or higher	Your short-term training load is significantly higher than your long-term training load.

About Training Effect

Training Effect measures the impact of an activity on your aerobic and anaerobic fitness. Training Effect accumulates during the activity. As the activity progresses, the Training Effect value increases. Training Effect is determined by your user profile information and training history, and heart rate, duration, and intensity of your activity. There are seven different Training Effect labels to describe the primary benefit of your activity. Each label is color coded and corresponds to your training load focus (*Training Load Focus*, page 57). Each feedback phrase, for example, "Highly Impacting VO2 Max." has a corresponding description in your Garmin Connect™ activity details.

Aerobic Training Effect uses your heart rate to measure how the accumulated intensity of an exercise affects your aerobic fitness and indicates if the workout had a maintaining or improving effect on your fitness level. Your excess post-exercise oxygen consumption (EPOC) accumulated during exercise is mapped to a range of values that account for your fitness level and training habits. Steady workouts at moderate effort or workouts involving longer intervals (>180 seconds) have a positive impact on your aerobic metabolism and result in an improved aerobic Training Effect.

Anaerobic Training Effect uses heart rate and speed (or power) to determine how a workout affects your ability to perform at very high intensity. You receive a value based on the anaerobic contribution to EPOC and the type of activity. Repeated high-intensity intervals of 10 to 120 seconds have a highly beneficial impact on your anaerobic capability and result in an improved anaerobic Training Effect.

You can add Aerobic Training Effect and Anaerobic Training Effect as data fields to one of your training screens to monitor your numbers throughout the activity.

Training Effect	Aerobic Benefit	Anaerobic Benefit
From 0.0 to 0.9	No benefit.	No benefit.
From 1.0 to 1.9	Minor benefit.	Minor benefit.
From 2.0 to 2.9	Maintains your aerobic fitness.	Maintains your anaerobic fitness.
From 3.0 to 3.9	Impacts your aerobic fitness.	Impacts your anaerobic fitness.
From 4.0 to 4.9	Highly impacts your aerobic fitness.	Highly impacts your anaerobic fitness.
5.0	Overreaching and potentially harmful without enough recovery time.	Overreaching and potentially harmful without enough recovery time.

Training Effect technology is provided and supported by Firstbeat Analytics™. For more information, go to garmin.com/performance-data.

Training Readiness

Your training readiness is a score and a short message that helps you determine how ready you are for training each day. The score is continuously calculated and updated throughout the day using these factors:

- Sleep score (last night)
- Recovery time
- HRV status
- Acute load
- Sleep history (last 3 nights)
- Stress history (last 3 days)

Color Zone	Score	Description
Purple	95 to 100	Prime Best possible
Blue	75 to 94	High Ready for challenges
Green	50 to 74	Moderate Good to go
Orange	25 to 49	Low Time to slow down
Red	1 to 24	Poor Let your body recover



To view historical training readiness scores, go to your Garmin Connect™ account.

Recovery Time

You can use your Garmin® device with wrist-based heart rate or a compatible chest heart rate monitor to display how much time remains before you are fully recovered and ready for the next hard workout.

The recovery time recommendation uses your VO2 max. estimate and may seem inaccurate at first. The device requires you to complete a few activities to learn about your performance.

The recovery time appears immediately following an activity. The time counts down until it is optimal for you to attempt another hard workout. The device updates your recovery time throughout the day based on changes in sleep, stress, relaxation, and physical activity.

Recovery Heart Rate

If you are training with wrist-based heart rate or a compatible chest heart rate monitor, you can check your recovery heart rate value after each activity. Recovery heart rate is the difference between your exercising heart rate and your heart rate two minutes after the exercise has stopped. For example, after a typical training run,

you stop the timer. Your heart rate is 140 bpm. After two minutes of no activity or cool down, your heart rate is 90 bpm. Your recovery heart rate is 50 bpm (140 minus 90). Some studies have linked recovery heart rate to cardiac health. Higher numbers generally indicate healthier hearts.

TIP: For best results, you should stop moving for two minutes while the device calculates your recovery heart rate value.

NOTE: Your recovery heart rate is not calculated for low-impact activities, such as yoga.

History

History includes time, distance, calories, average pace or speed, lap data, and optional sensor information.

NOTE: When the device memory is full, your oldest data is overwritten.

Using History

History contains saved activity data, records, and totals.

1. Select an option:
   - From the watch face, swipe left.
   - From the watch face, press .
   - From the watch face, swipe up.
2. Select **History**.

   A bar graph of your recent activities appears.
3. Swipe left to view options.
4. Select an option:
   - To change the time period for the bar graph, select **Graph Options**.
   - To view your personal records by sport, select **Records** (*Personal Records*, page 61).
   - To view your weekly or monthly totals, select **Totals** (*Viewing Data Totals*, page 62).
5. Press to return to the bar graph.
6. Scroll down to view your activity history.
7. Select an activity.
8. Swipe left to view options.

Multisport History

Your device stores the overall multisport summary of the activity, including overall distance, time, calories, and optional accessory data. Your device also separates the activity data for each sport segment and transition so you can compare similar training activities and track how quickly you move through the transitions. Transition history includes distance, time, average speed, and calories.

Personal Records

When you complete an activity, the watch displays any new personal records you achieved during that activity. Personal records include your fastest time over several typical race distances, highest strength activity weight for major movements, and longest run, ride, or swim. For wheelchair activities, personal records include pushes, handcycling, and goal streaks.

NOTE: For cycling, personal records also include most ascent and best power (power meter required).

Viewing Your Personal Records

1. Select an option:
   - From the watch face, swipe left.
   - From the watch face, press .
   - From the watch face, swipe up.
2. Select **History**.
3. Swipe left to view options.
4. Select **Records**.
5. Select a sport.
6. Select a record.
7. Select **View Record**.

Restoring a Personal Record

You can set each personal record back to the one previously recorded.

1. Select an option:
   - From the watch face, swipe left.
   - From the watch face, press .
   - From the watch face, swipe up.
2. Select **History**.

3 Swipe left to view options.
4 Select **Records**.
5 Select a sport.
6 Select a record to restore.
7 Select **Previous** > ✔.
NOTE: This does not delete any saved activities.

Clearing Personal Records

1 Select an option:
- From the watch face, swipe left.
- From the watch face, press ⌚.
- From the watch face, swipe up.

2 Select **History**.
3 Swipe left to view options.
4 Select **Records**.
5 Select a sport.
6 Select an option:
- To delete one record, select a record, and select **Clear Record** > ✔.
- To delete all records for the sport, select **Clear All Records** > ✔.

NOTE: This does not delete any saved activities.

Viewing Data Totals

You can view the accumulated distance and time data saved to your watch.

1 Select an option:
- From the watch face, swipe left.
- From the watch face, press ⌚.
- From the watch face, swipe up.

2 Select **History**.
3 Swipe left to view options.
4 Select **Totals**.
5 Select an activity.
6 Select an option to view weekly or monthly totals.

Clocks App

Setting an Alarm

You can set multiple alarms.

1. From the watch face, swipe left.
2. Select **Clocks** > **Alarms**.
3. Select an option:
   - To set and save an alarm for the first time, enter the alarm time.
   - To set and save additional alarms, select **Add Alarm**, and enter the alarm time.
4. Scroll down for more options.
5. Select **Save**.

Editing an Alarm

1. From the watch face, swipe left.
2. Select **Clocks** > **Alarms**.
3. Select an alarm.
4. Select an option:
   - To turn the alarm on or off, select **Status**.
   - To change the alarm time, select **Time**.
   - To set an alarm to gently wake you in the 30-minute window before your scheduled alarm based on optimal sleep timing, select **Smart Wake**.

     NOTE: Your alarm will always go off at your selected time in addition to any earlier alarms. For example, if you set your alarm for 8:00 am, the alarm may gently alert you to wake up some time between 7:30 and 8:00 am.
   - To set the alarm to repeat regularly, select **Repeat**, and select when the alarm should repeat.
   - To select the type of alarm notification, select **Sound & Vibe**.

     NOTE: You can also preview the alarm sound, adjust the volume, and select vibration options. You can select **Quiet Start** if you want your alarm to start quietly and then get louder.
   - To select a description for the alarm, select **Label**.
5. Select an option:
   - To save your edits, select **Done**.
   - To delete the alarm, select **Delete**.

Smart Wake Alarm

The smart wake alarm creates a 30-minute window for your Venu® 4 watch to attempt to wake you with optimal timing based on your sleep. For example, if you set your alarm for 8:00 am, the alarm may gently alert you to wake up some time between 7:30 and 8:00 am. You can choose to make any alarm a smart wake alarm (*Setting an Alarm*, page 63).

Your alarm will always go off at the selected time.

Using the Countdown Timer

1. From the watch face, swipe left.
2. Select **Clocks** > **Timers**.
3. If you have never saved a timer, enter the time.
4. If you previously saved a timer, select an option:
   - To set a new countdown timer without saving it, select **Quick Timer**, and enter the time.
   - To set and save a new countdown timer, select **Edit** > **Add Timer**, and enter the time.
   - To set a saved countdown timer, select the saved timer.
5. Press ⌚ to start the timer.
6. If necessary, select an option:
   - To stop the timer with the remaining time, select ■.
   - To restart the timer, select ↺.
   - To stop the timer and reset it, swipe left and select **Cancel Timer**.
   - To save the timer, swipe left and select **Save Timer**.

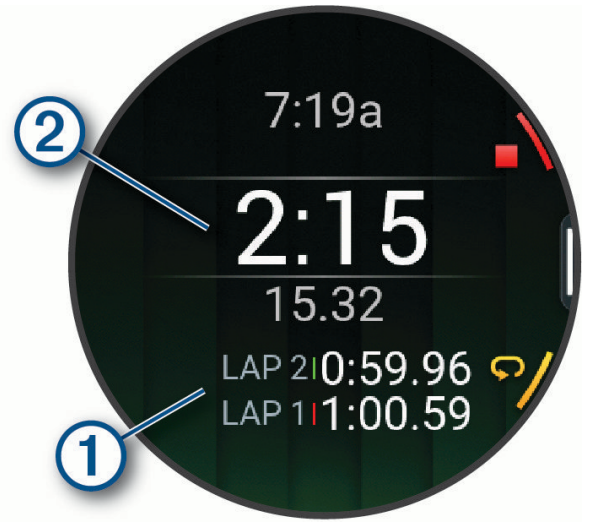
- To automatically restart the timer after it expires, swipe left and select **Auto Restart**.
- To customize the timer notification, swipe left and select **Sound & Vibe**.

Deleting a Countdown Timer

1. From the watch face, swipe left.
2. Select **Clocks** > **Timers** > **Edit**.
3. Select a timer.
4. Select **Delete**.

Using the Stopwatch

1. From the watch face, swipe left.
2. Select **Clocks** > **Stopwatch**.
3. Press to start the timer.
4. Press to restart the lap timer ①.



The total stopwatch time ② continues running.

5. Press to stop both timers.
6. Select an option:
   - To reset both timers, select .
   - To save the stopwatch time as an activity, swipe left, and select **Save Activity**.
   - To enable or disable lap recording, swipe left, and select **Lap Key**.

Adding Alternate Time Zones

You can display the current time of day in additional time zones.

1. From the watch face, swipe left.
   TIP: You can also view your alternate time zones in the glances list (*Customizing the Glance List*, page 37).
2. Select **Clocks** > **Alt. Time Zones** > **Add Zone**.
3. Swipe left or right to highlight a region.
4. Press to select the region.
5. Select a time zone.

Editing an Alternate Time Zone

1. From the watch face, swipe left.
   TIP: You can also view your alternate time zones in the glances list (*Customizing the Glance List*, page 37).
2. Select **Clocks** > **Alt. Time Zones**.
3. Select a time zone.
4. Press .
5. Select an option:

- To set the time zone to display on the glances list, select **Set as Favorite**.
- To enter a custom name for the time zone, select **Rename**.
- To enter a custom abbreviation for the time zone, select **Abbreviate**.
- To change the time zone, select **Change Zone**.
- To delete the time zone, select **Delete**.

Adding a Countdown Event

1. From the watch face, swipe left.
2. Select **Clocks** > **Countdowns** > **Add**.
3. Enter a name.
4. Select a year, month, and day.
5. Select an option:
   - Select **All Day**.
   - Select **Specific Time**, and enter a time.
6. Select an icon.

Editing a Countdown Event

1. From the watch face, swipe left.
2. Select **Clocks** > **Countdowns**.
3. Select a countdown event.
4. Swipe left, and select **Set as Favorite** to show the countdown event in the glances list (optional).
5. Swipe left, and select **Edit Countdown**.
6. Select an option to edit:
   - To rename the event, select **Name**.
   - To change the date, select **Date**.
   - To change the time, select **Time**.
   - To change the icon, select **Icon**.
   - To add an abbreviated name for the event, select **Abbreviation**.
   - To add event reminders, select **Reminders**.
   - To repeat the event every year, select **Repeat Annually**.
   - To remove the event, select **Delete Countdown**.

Notifications and Alerts Settings

From the watch face, press , and select **Settings** > **Notifications & Alerts**.

Smart Notifications: Customizes the smart notifications that appear on your watch (*Enabling Phone Notifications*, page 75).

Health & Wellness: Customizes the health and wellness alerts that appear on your watch (*Health and Wellness Alerts*, page 66).

Report Settings: Enables reports, and customizes the report data and theme. You can select **Morning Report** to create and edit daily messages in the morning report (*Customizing Your Morning Report*, page 67). You can select **Evening Report** to set the schedule for the evening report (*Customizing Your Evening Report*, page 67). You can select **Choose Theme** to customize the background theme for your reports.

System Alerts: Sets time (*Setting Time Alerts*, page 67), barometer (*Setting a Storm Alert*, page 67), or phone connection alerts (*Turning On Phone Connection Alerts*, page 68).

Notification Center: Enables the notification center for viewing new notifications (*Viewing Notifications*, page 76).

Health and Wellness Alerts

From the watch face, hold , and select **Settings** > **Notifications & Alerts** > **Health & Wellness**.

Daily Summary: A Body Battery™ daily summary appears a few hours before the start of your sleep window. The daily summary provides insight on how your daily stress and activity history impacted your Body Battery level (*Body Battery™*, page 37).

Stress Alerts: Notifies you when periods of stress have drained your Body Battery level.

Rest Alerts: Notifies you after you have a restful period and its impact on your Body Battery level.

Abnormal Heart Rate Alerts: Notifies you when your heart rate exceeds or drops below a target value (*Setting an Abnormal Heart Rate Alert*, page 66).

Jet Lag Adviser: Provides jet lag symptom advice for a trip, such as sleep and exercise recommendations (*Using the Jet Lag Adviser*, page 40).

Move Alert: Reminds you to keep moving (*Customizing Move Alerts*, page 66).

Goal Alerts: Notifies you when you reach your daily steps goal, daily floors climbed goal, and weekly intensity minutes goal.

Setting an Abnormal Heart Rate Alert

⚠ CAUTION

This feature only alerts you when your heart rate exceeds or drops below a certain number of beats per minute, as selected by the user, after at least ten minutes of inactivity. This feature does not notify you when your heart rate drops below the selected threshold during your chosen sleep window configured in the Garmin Connect™ app. This feature does not notify you of any potential heart condition and is not intended to treat or diagnose any medical condition or disease. Always defer to your health care provider for any heart-related issues.

You can set the heart rate threshold value.

1. From the watch face, swipe left.
2. Select **Settings** > **Notifications & Alerts** > **Health & Wellness** > **Abnormal Heart Rate Alerts**.
3. Select **High Alert** or **Low Alert**.
4. Set the heart rate threshold value.

Each time your heart rate exceeds or drops below the threshold value, a message appears and the watch vibrates.

Move Alert

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move alert reminds you to keep moving. After one hour of inactivity, a message appears. The watch also beeps or vibrates if audible tones are turned on (*Sound and Vibe Settings*, page 69). You can snooze the alert or start an activity. You can customize your move alert to be dismissed by walking or other types of movement.

Customizing Move Alerts

1. Press .
2. Select **Settings** > **Notifications & Alerts** > **Health & Wellness** > **Move Alert** > **On**.
3. Select an option:
   - Select **Alert Type** to set the alert based on steps or other types of movement.

- Select **Movements** to allow sitting moves or free motion moves to clear the alert.
- Select **Movement Duration** to set the alert to be cleared after 30, 45, or 60 seconds.

Morning Report

Your watch displays a morning report based on your normal wake time. Scroll to view the report, which includes weather, sleep, overnight heart rate variability status, and more (*Customizing Your Morning Report*, page 67).

Customizing Your Morning Report

NOTE: You can customize these settings on your watch or in your Garmin Connect™ account.

1. From the watch face, swipe left.
2. Select **Settings** > **Notifications & Alerts** > **Report Settings** > **Morning Report**.
3. Select an option:
   - To enable or disable the morning report, select **Show Report**.
   - To customize the order and type of data that appears in your morning report, select **Edit Report**.
   - To write and add custom messages to your morning report, select **Customize Daily Messages** > **Edit Messages**.

Evening Report

Your watch displays an evening report prior to your sleep time. Scroll to view the report, which includes your Body Battery™ details, tomorrow's workout and weather, sleep coach recommendation, and more (*Customizing Your Evening Report*, page 67).

Customizing Your Evening Report

NOTE: You can customize these settings on your watch or in your Garmin Connect™ account.

1. From the watch face, swipe left.
2. Select **Settings** > **Notifications & Alerts** > **Report Settings** > **Evening Report**.
3. Select an option:
   - Select **Show Report** to enable or disable the evening report.
   - Select **Edit Report** to customize the order and type of data that appears in your evening report.
   - Select **Sleep Suggestion** to enable or disable the sleep suggestion in your evening report.
   - Select **Schedule Report** to set the amount of time between the report and your sleep start (*Setting Your Sleep Schedule*, page 46).

Setting Time Alerts

1. From the watch face, swipe left.
2. Select **Settings** > **Notifications & Alerts** > **System Alerts** > **Time**.
3. Select an option:
   - To set an alert to sound a specific number of minutes or hours before the actual sunset occurs, select **Til Sunset** > **Status** > **On**, select **Time**, and enter the time.
   - To set an alert to sound a specific number of minutes or hours before the actual sunrise occurs, select **Til Sunrise** > **Status** > **On**, select **Time**, and enter the time.
   - To set an alert to sound every hour, select **Hourly Alert** > **On**.

Setting a Storm Alert

⚠ WARNING

This alert is an informational feature and is not intended to be the primary source for tracking changes in the weather. It is your responsibility to review weather reports and conditions, to remain aware of your surroundings, and to use safe judgment, especially during times of severe weather. Failure to heed this warning could result in serious personal injury or death.

1. From the watch face, swipe left.
2. Select **Settings** > **Notifications & Alerts** > **System Alerts** > **Barometer** > **Storm Alert**.
3. Select an option:
   - Select **Status** to turn the alert on or off.
   - Select **Rate** to update the rate of barometric pressure change that triggers a storm alert.

Turning On Phone Connection Alerts

You can set your watch to alert you when your paired phone connects and disconnects using Bluetooth® technology.

1. From the watch face, swipe left.
2. Select **Settings** > **Notifications & Alerts** > **System Alerts** > **Phone**.

Sound and Vibe Settings

From the watch face, press , and select **Settings** > **Sound & Vibe**. You can also customize these settings for different situations, such as sleep and activities (*Focus Modes*, page 82).

Silent Mode: Select to disable all sounds.

Alert Volume: Use the slider bar to adjust the volume for alerts.

Alert Tones: Plays a tone for alerts.

Button Tones: Plays a tone when you press a button.

Vibration: Sets watch vibrations for alerts and button presses.

Display and Brightness Settings

From the watch face, press , and select **Settings** > **Display & Brightness**.

Brightness: Sets the brightness level of the screen.

Always On Display: Sets the watch face data to remain visible and turn down the brightness and background. This option impacts the battery and display life (*About the AMOLED Display*, page 106).

Watch Face Seconds: Sets how often the watch face seconds appear when the Always On Display setting is turned on. This option impacts the battery and display life (*About the AMOLED Display*, page 106).

Text Size: Adjusts the size of the text on the screen.

Color Shift: Turns the screen to shades of red, green, or orange so that you can use the watch in low light conditions and help preserve your night vision or reduce eye strain. You can select **Mode** > **Blue Light Filter** to reduce the amount of blue light emitting from the watch. Select **Schedule** to set the timing of the filters, such as **Before Sleep Start**.

Wake On Alert: Turns on the screen when you receive a notification or alert.

Wake On Gesture: Turns on the screen when you raise and turn your arm to look at your wrist.

Timeout: Sets the length of time before the screen turns off.

Touch Lock: Locks the screen to prevent inadvertent screen touches. Turning on this option requires you to swipe down from the top of the screen to unlock the touchscreen.

Connectivity

Connectivity features are available for your watch when you pair with your compatible phone (*Pairing Your Phone*, page 74). Additional features are available when you connect your watch to a Wi-Fi® network (*Connecting to a Wi-Fi® Network*, page 77).

Sensors and Accessories

The Venu® 4 watch has several internal sensors, and you can pair additional wireless sensors for your activities.

Wireless Sensors

Your watch can be paired and used with wireless sensors using ANT+® or Bluetooth® technology (*Pairing Your Wireless Sensors*, page 71). After the devices are paired, you can customize the optional data fields (*Customizing the Data Screens*, page 30). If your watch was packaged with a sensor, they are already paired.

For information about specific Garmin® sensor compatibility, purchasing, or to view the owner's manual, go to garmin.com for that sensor.

Sensor Type	Description
Approach CT10	You can use Approach® golf club sensors to automatically track your golf shots, including location, distance, and club type.
eBike	You can use your watch with your eBike and view bike data, such as battery and range information, during your rides.
Extended Display	You can use the Extended Display mode to display data screens from your Venu® 4 watch on a compatible Edge® bike computer during a ride or triathlon.
Heart Rate	You can use an external sensor, such as the HRM 200, HRM 600, HRM-Fit™, or HRM-Pro™ series heart rate monitor, to view heart rate data during your activities. Some heart rate monitors can also store data or provide advanced running data (*Running Dynamics*, page 72) (*Running Power*, page 73).
Foot Pod	You can use a foot pod to record pace and distance instead of using GPS when you are training indoors or when your GPS signal is weak.
Headphones	You can use Bluetooth headphones to listen to music loaded onto your Venu 4 watch.
inReach	The inReach® remote function allows you to control your inReach satellite communicator using your Venu 4 watch (*Using the inReach® Remote*, page 74).
Lights	You can use Varia™ smart bike lights to improve situational awareness. With a Varia headlight camera, you can also take photos and record video during a ride (*Using the Varia™ Camera Controls*, page 74).
Power	You can use the Rally™ or Vector™ power meter bike pedals to view your power data on your watch. You can adjust your power zones to match your goals and abilities (*Setting Your Power Zones*, page 97), or use range alerts to be notified when you reach a specified power zone (*Setting an Alert*, page 33).
Radar	You can use a Varia rearview bike radar to improve situational awareness and send alerts about approaching vehicles. With a Varia radar camera tail light, you can also take photos and record video during a ride (*Using the Varia™ Camera Controls*, page 74).
RD Pod	You can use a Running Dynamics Pod to record running dynamics data and view it on your watch (*Running Dynamics*, page 72).
Shifting	You can use electronic shifters to display shifting information during a ride. The Venu 4 watch displays current adjustment values when the sensor is in adjustment mode.
Shimano Di2	You can use Shimano® Di2™ electronic shifters to display shifting information during a ride. The Venu 4 watch displays current adjustment values when the sensor is in adjustment mode.
Smart Trainer	You can use your watch with an indoor bike smart trainer to simulate resistance while following a course, ride, or workout (*Using an Indoor Trainer*, page 17).
Speed/ Cadence	You can attach speed or cadence sensors to your bike and view the data during your ride. If necessary, you can manually enter your wheel circumference (*Wheel Size and Circumference*, page 114). You can also attach speed or cadence sensors to your wheelchair and view the data during your activity. When the sensor is attached, your watch creates and saves an activity to your Garmin Connect™ account each time you push your chair.
tempe	You can attach the tempe™ temperature sensor to a secure strap or loop where it is exposed to ambient air, so it provides a consistent source of accurate temperature data.

Pairing Your Wireless Sensors

The first time you connect a wireless sensor to your watch using ANT+® or Bluetooth® technology, you must pair the watch and sensor. After they are paired, the watch connects to the sensor automatically when you

start an activity and the sensor is active and within range. For more information about connection types, go to garmin.com/hrm_connection_types.

1 Put on the heart rate monitor, install the sensor, or press the button to wake up the sensor.

NOTE: See your wireless sensor owner's manual for pairing information.

2 Bring the watch within 3 m (10 ft.) of the sensor.

NOTE: Stay 10 m (33 ft.) away from other wireless sensors while pairing.

3 From the watch face, swipe left.

4 Select **Settings** > **Connectivity** > **Watch Sensors** > **Add New**.

5 Select an option:

- Select **Search All**.
- Select your sensor type.

After the sensor is paired with your watch, the sensor status changes from Searching to Connected. Sensor data appears in the data screen loop or a custom data field. You can customize the optional data fields (*Customizing the Data Screens*, page 30).

Heart Rate Accessory Running Pace and Distance

The HRM 600, HRM-Fit™, and HRM-Pro™ series accessories calculate your running pace and distance based on your user profile and the motion measured by the sensor on every stride. The heart rate monitor provides running pace and distance when GPS is not available, such as during treadmill running. You can view your running pace and distance on your compatible Venu® watch when connected using ANT+® technology or secure Bluetooth® technology. You can also view it on compatible third-party training apps.

The pace and distance accuracy improves with calibration.

Automatic calibration: The default setting for your watch is **Auto Calibrate**. The heart rate accessory calibrates each time you run outside with it connected to your compatible Venu watch.

NOTE: Automatic calibration does not work for indoor, trail, or ultra run activities (*Tips for Recording Running Pace and Distance*, page 72).

Manual calibration: You can select **Calibrate & Save** after a treadmill run with your connected heart rate accessory (*Calibrating the Treadmill Distance*, page 16).

Tips for Recording Running Pace and Distance

- Update your Venu® watch software (*Product Updates*, page 109).
- Complete several outdoor runs with GPS and your connected HRM 600, HRM-Fit™, or HRM-Pro™ series accessory. It's important that your outdoor range of paces matches your range of paces on the treadmill.
- If your run includes sand or deep snow, go to the sensor settings, and turn off **Auto Calibrate**.
- If you previously connected a compatible foot pod using ANT+® technology, set the foot pod status to **Off**, or remove it from the list of connected sensors.
- Complete a treadmill run with manual calibration (*Calibrating the Treadmill Distance*, page 16).
- If automatic and manual calibrations don't seem accurate, go to the sensor settings, and select **HRM Pace & Distance** > **Reset Calibration Data**.

  NOTE: You can try turning off **Auto Calibrate**, and then manually calibrate again (*Calibrating the Treadmill Distance*, page 16).

Running Dynamics

Running dynamics is real-time feedback about your running form. Your Venu® watch has an accelerometer to calculate five running form metrics. To view all of the running form metrics, you must pair your Venu watch with the HRM 600, HRM-Fit™, HRM-Pro™ series accessory, or other running dynamics accessory that measures torso movement. For more information, go to garmin.com/performance-data/running.

Metric	Sensor Type	Description
Cadence	Watch or compatible accessory	Cadence is the number of steps per minute. It displays the total steps (right and left combined).
Stride length	Watch or compatible accessory	Stride length is the length of your stride from one footfall to the next. It is measured in meters.
Vertical oscillation	Watch or compatible accessory	Vertical oscillation is your bounce while running. It displays the vertical motion of your torso, measured in centimeters.
Vertical ratio	Watch or compatible accessory	Vertical ratio is the ratio of vertical oscillation to stride length. It displays a percentage. A lower number typically indicates better running form.

Metric	Sensor Type	Description
Ground contact time	Watch or compatible accessory	Ground contact time is the amount of time in each step that you spend on the ground while running. It is measured in milliseconds. **NOTE:** Ground contact metrics are not available while walking.
Ground contact time balance	Compatible accessory only	Ground contact time balance displays the left/right balance of your ground contact time while running. It displays a percentage. For example, 53.2 with an arrow pointing left or right.

Tips for Missing Running Dynamics Data

This topic provides tips for using a compatible running dynamics accessory. If the accessory is not connected to your watch, the watch automatically switches to wrist-based running dynamics.

- Make sure you have a running dynamics accessory, such as the HRM 600, HRM-Fit™, or HRM-Pro™ series accessory.
- Pair the running dynamics accessory with your watch again, according to the instructions.
- If you are using an HRM 600 accessory, pair it with your watch using the secure Bluetooth® connection, rather than the open connection.

  For more information about connection types, go to garmin.com/hrm_connection_types.
- If you are using an HRM-Fit or HRM-Pro series accessory, pair it with your watch using ANT+® technology, rather than Bluetooth technology.
- If the running dynamics data display shows only zeros, make sure the accessory is worn right-side up.

  NOTE: Some metrics do not appear while walking (*Running Dynamics*, page 72).

Running Power

Garmin® running power is calculated using measured running dynamics information, user mass, environmental data, and other sensor data. The power measurement estimates the amount of power a runner applies to the road surface, and it is displayed in watts. Using running power as a gauge of effort may suit some runners better than using either pace or heart rate. Running power can be more responsive than heart rate for indicating the level of effort, and it can account for the uphills, downhills, and wind, which a pace measurement does not do. For more information, go to garmin.com/performance-data/running.

Running power can be measured using a compatible running dynamics accessory or the watch sensors. You can customize the running power data fields to view your power output and make adjustments to your training (*Data Fields*, page 115). You can set up power alerts to be notified when you reach a specified power zone (*Activity Alerts*, page 32).

Running power zones use default values based on gender, weight, and average ability, and may not match your personal abilities. You can manually adjust your zones on the watch or using your Garmin Connect™ account (*Setting Your Power Zones*, page 97).

Running Power Settings

From the watch face, press , select **Activities**, select a running activity, press , select the activity settings, and select **Running Power**.

Status: Enables or disables recording Garmin® running power data. You can use this setting if you prefer to use third-party running power data.

Source: Allows you to select which device to use to record running power data. The Smart Mode option automatically detects and uses the running dynamics accessory, when available. The watch uses wrist-based running power data when an accessory is not connected.

Accound for Wind: Enables or disables using wind data when calculating your running power. Wind data is a combination of the speed, heading, and barometer data from your watch and the available wind data from your phone.

Chest Heart Rate While Swimming

The HRM 600, HRM-Pro™ series, HRM-Swim™, and HRM-Tri™ heart rate accessories record and store your heart rate data while you are swimming. To view your heart rate data, you can add heart rate data fields (*Customizing the Data Screens*, page 30).

NOTE: Chest heart rate data is not visible on compatible watches while the heart rate monitor is underwater.

You must start a timed activity on your paired watch to view stored heart rate data later. During rest intervals when out of the water, the heart rate accessory sends your heart rate data to your watch. Your watch automatically downloads stored heart rate data when you save your timed swim activity. Your heart rate accessory must be out of the water, active, and within range of the watch (3 m) while data downloads. Your heart rate data can be reviewed in the watch history and on your Garmin Connect™ account.

If both wrist-based heart rate and chest heart rate data are available, your watch uses the chest heart rate data.

Using the Varia™ Camera Controls

NOTICE

Some jurisdictions may prohibit or regulate the recording of video, audio, or photographs, or may require that all parties have knowledge of the recording and provide consent. It is your responsibility to know and follow all laws, regulations, and any other restrictions in jurisdictions where you plan to use this device.

Before you can use the Varia camera controls, you must pair the accessory with your watch (*Pairing Your Wireless Sensors*, page 71).

1. Select an option:
   - Add the **Camera Controls** control to your watch (*Customizing the Controls Menu*, page 43).
   - Add the **Camera Controls** glance to your watch (*Customizing the Glance List*, page 37).
2. From the **Camera Controls** control or glance, select an option:
   - Select ⋮ > ⚙ to view the camera settings.
   - Select ⋮ > ● to record the ride.
   - Select 📷 to take a photo.
   - Select ▶ to save a clip.

inReach® Remote

The inReach remote function allows you to control your inReach satellite communicator using your Venu® 4 watch. Go to garmin.com for more information about compatible devices.

Using the inReach® Remote

Before you can use the inReach remote function, you must add the inReach glance to the glances list (*Customizing the Glance List*, page 37).

1. Turn on the inReach satellite communicator.
2. On your Venu® 4 watch, swipe down from the watch face to view the inReach glance.
3. Press ○ to search for your inReach satellite communicator.
4. Press ○ to pair your inReach satellite communicator.
5. Press ○, and select an option:
   - To send an SOS message, select **Initiate SOS**.
     NOTE: You should only use the SOS function in a real emergency situation.
   - To send a text message, select **Messages** > **New Message**, select the message contacts, and enter the message text or select a quick text option.
   - To send a preset message, select **Send Preset**, and select a message from the list.
   - To view the timer and distance traveled during an activity, select **Tracking**.

Phone Connectivity Features

Phone connectivity features are available for your Venu® 4 watch when you pair it using the Garmin Connect™ app (*Pairing Your Phone*, page 74).

- App features from the Garmin Connect app (*Garmin Connect™*, page 78)
- App features from the Connect IQ™ app, and more (*Phone Apps and Computer Applications*, page 78)
- Glances (*Glances*, page 35)
- Controls menu features (*Controls*, page 41)
- Safety and tracking features (*Safety and Tracking Features*, page 92)
- Phone interactions, such as notifications (*Enabling Phone Notifications*, page 75)

Pairing Your Phone

To use the connected features on your watch, you must pair it directly through the Garmin Connect™ app, instead of from the Bluetooth® settings on your phone.

NOTE: You can go to garmin.com/ble for information about Bluetooth phone compatibility information. You can go to garmin.com/voicefunctionality for voice functionality compatibility information.

1. Select an option:
   - During the initial setup on your watch, select ✔ when you are prompted to pair with your phone.
   - If you previously skipped the pairing process, from the watch face, press ○, and select **Settings** > **Connectivity** > **Pair Phone**.

- If you want to pair a new phone, from the watch face, press , and select **Settings** > **Connectivity** > **Phone** > **Pair Phone**.

  NOTE: This option only appears when your watch is not currently connected to a paired phone.

2. Scan the QR code with your phone, and follow the on-screen instructions to complete the pairing and setup process.

Calling from the Phone App

NOTE: This feature is available only if your watch is connected to a compatible phone using Bluetooth® technology.

1. From the watch face, swipe left.
2. Select **Phone**.
3. Select an option:
   - To dial a phone number using the dial pad, select , dial the phone number, and select .
   - To call a phone number from your contacts, select , select a contact name, and select a phone number (*Adding Contacts*, page 92).
   - To view recent calls made or received on the watch, swipe up.

     NOTE: The watch does not sync with the recent calls list on your phone.
4. Wait while the call connects.
5. Swipe up for call options.
6. Select an option:
   - To mute the watch microphone, select .
   - To adjust the watch speaker volume, select .
   - To transfer the call from your watch to your connected phone, select .
7. Select to end the call.

Using the Phone Assistant

To use the phone assistant, your watch must be connected to a compatible phone using Bluetooth® technology (*Pairing Your Phone*, page 74). Go to garmin.com/voicefunctionality for information about compatible phones.

You can communicate with the your phone's voice assistant using the integrated speaker and microphone in your watch. Go to garmin.com/voicefunctionality/tips for tips about how to set up your phone assistant.

1. Select an option:
   - From the watch face, swipe left and select **Phone Assistant**
   - Hold , and select **Phone Assistant**.

     NOTE: You can customize the controls menu (*Customizing the Controls Menu*, page 43).
   - Say **"Phone Assistant"**.

     NOTE: You can enable the **"Phone Assistant"** wake word in the system settings (*Enabling a Wake Word for Your Watch*, page 103).

   When connected to your phone's voice assistant, appears.
2. Say a command phrase, such as *Call Mom* or *Send a text message*.

   NOTE: Communication from the phone assistant is audible only.

Enabling Phone Notifications

You can customize how notifications from your paired phone sound and appear on your watch during normal use.

NOTE: You can customize notifications during sleep or activities in the Focus Modes settings (*Focus Modes*, page 82).

1. From the watch face, swipe left.
2. Select **Settings** > **Connectivity** > **Phone** > **Notifications**.
3. Select an option:
   - To enable phone notifications, select **Status** > **On**.
   - To enable notifications for phone calls, select **Calls**, and select status and alert options.
   - To enable notifications for text messages, select **Texts**, and select status and alert options.
   - To enable notifications for phone apps, select **Apps**, and select status and alert options.
   - To view app notification permissions, select **Apps**, and scroll to view the list of apps.

NOTE: Using your phone, you can manage which app notifications appear on your watch.

On iOS® phones, when your phone and watch receive a notification from an app, the app appears in the **Connected Apps** list on your watch. In the Garmin Connect™ app, you can select ••• > **Settings** > **Connected Apps**, select an app, and select what data to share. You can also select **Disconnect** to disconnect the app from your watch.

On Android™ phones, in the Garmin Connect app, you can select ••• > **Settings** > **Notifications** > **App Notifications**, and select which app notifications to enable. On your watch, the **Blocked Apps** list shows apps that do not send notifications to your watch.

- To hide notification details until you perform an action, select **Privacy**, and select an option.
- To change how long the watch displays notifications, select **Timeout**.
- To add a signature to your text message replies from your watch, select **Signature**.

  NOTE: This feature is available only for compatible Android phones.

Viewing Notifications

You can view your phone notifications on your watch from several menu locations.

1. Select an option:
   - From the watch face, swipe down to view the notification center.
   - From the watch face, swipe up to view the notifications glance.

     TIP: From the glance, you can swipe left to dismiss a notification.
   - From the watch face, press , and select **Notifications** to view the notifications app.
   - Hold , and select **Notifications** to view the notifications control.
2. Select a notification.
3. Select an option:
   - Swipe left to select **Call Back** or **Delete**.
   - Swipe down to dismiss the notification.
4. Scroll to the top of the notifications, and select **Dismiss All** to dismiss all notifications.

Receiving an Incoming Phone Call

When you receive a phone call on your connected phone, the Venu® 4 watch displays the name or phone number of the caller.

- To accept the call, select .
- To decline the call, select .
- To decline the call and immediately send a text message reply, select , and select a message from the list.

  NOTE: To send a text message reply, you must be connected to a compatible Android™ phone using Bluetooth® technology.

Replying to a Text Message

NOTE: This feature is available only for compatible Android™ phones.

When you receive a text message notification on your watch, you can send a quick reply by selecting from a list of messages. You can customize messages in the Garmin Connect™ app.

NOTE: This feature sends text messages using your phone. Regular text message limits and charges from your carrier and phone plan may apply. Contact your mobile carrier for more information about text message charges or limits.

1. From the watch face, swipe down to view the notification center.
2. Select a text message notification.
3. Press .
4. Select **Reply**.
5. Select a message from the list.

   Your phone sends the selected message as an SMS text message.

Locating a Lost Device

You can use this feature to help locate a lost Garmin® device that is within range of a paired phone.

1. From the Garmin Connect™ app, select ••• > **Garmin Devices**.
2. Select your device.
3. Select **Find My Device**.

The phone begins searching for the paired Venu® 4 watch. The watch vibrates and beeps until you press a button.

4 From the Garmin Connect app, select **OK**.

Turning Off the Bluetooth® Phone Connection

You can turn off the Bluetooth phone connection from the controls menu.

NOTE: You can customize the controls menu (*Customizing the Controls Menu*, page 43).

1 Hold to view the controls menu.

2 Select .

Refer to the owner's manual for your phone to turn off Bluetooth technology on your phone.

Turning On and Off Find My Phone Alerts

1 From the watch face, swipe left.

2 Select **Settings** > **Connectivity** > **Phone** > **Find My Phone Alerts**.

Locating a Phone Lost During a GPS Activity

Your Venu® 4 watch automatically stores a GPS location when your paired phone is disconnected during a GPS activity. You can use this feature to help locate a phone that is lost during an activity.

For more information, see garmin.com/findmyphonewithgps.

1 Start a GPS activity.

2 When prompted to navigate to the last known location of your device, select .

3 Navigate to the location on the map.

4 Swipe up to view a compass pointing to the location (optional).

5 When your watch is within Bluetooth® range of your phone, the Bluetooth signal strength appears on the screen.

The signal strength increases as you move closer to your phone.

Wi-Fi® Connectivity Features

Activity uploads to your Garmin Connect™ account: Automatically sends your activity to your Garmin Connect account as soon as you finish recording the activity.

Audio content: Allows you to sync audio content from third-party providers.

Course updates: Allows you to download and install golf course updates.

Software updates: You can download and install the latest software.

Workouts and training plans: You can browse for and select workouts and training plans on your Garmin Connect account. The next time your watch has a Wi-Fi connection, the files are sent to your watch.

Connecting to a Wi-Fi® Network

You must connect your watch to the Garmin Connect™ app on your phone or to the Garmin Express™ application on your computer before you can connect to a Wi-Fi network.

1 From the watch face, swipe left.

2 Select **Settings** > **Connectivity** > **Wi-Fi** > **My Networks** > **Search for Networks**.

The watch displays a list of nearby Wi-Fi networks.

3 Select a network.

4 If necessary, enter the password for the network.

The watch connects to the network, and the network is added to the list of saved networks. The watch reconnects to this network automatically when it is within range.

Garmin Share

NOTICE

It is your responsibility to use discretion when sharing information with others. Always ensure you are aware of and comfortable with the individual with whom you share information.

The Garmin Share feature allows you to use Bluetooth® technology to wirelessly share your data with other compatible Garmin® devices. With Garmin Share enabled and compatible Garmin devices in range of each other, you can select saved locations, courses, and workouts to transfer to another device through a direct, secured device-to-device connection, without the need for a phone or Wi-Fi® connectivity.

Sharing Data with Garmin Share

Before you can use this feature, you must have Bluetooth® technology enabled on both compatible devices, and they must be within 3 m (10 ft.) of each other. When prompted, you must also consent to share your data with other Garmin® devices using Garmin Share.

Your Venu® 4 watch can send and receive data when connected to another compatible Garmin device (*Receiving Data with Garmin Share*, page 78). You can also transfer your data between different devices. For example, you can share a favorite course from your Edge® bike computer to your compatible Garmin watch.

1. From the watch face, swipe left.
2. Select **Garmin Share** > **Share**.
3. Select a category, and select one item.
4. Select an option:
   - Select **Share**.
   - Select **Add More** > **Share** to select more than one item to share.
5. Wait while the device locates compatible devices.
6. Select a device.
7. Confirm the six-digit PIN matches on both devices, and select ✔.
8. Wait while the devices transfer the data.
9. Select **Share Again** to share the same items with another user (optional).
10. Select **Done**.

Receiving Data with Garmin Share

Before you can use this feature, you must have Bluetooth® technology enabled on both compatible devices, and they must be within 3 m (10 ft.) of each other. When prompted, you must also consent to share your data with other Garmin® devices using Garmin Share.

1. From the watch face, swipe left.
2. Select **Garmin Share**.
3. Wait while the device locates compatible devices in range.
4. Select ✔.
5. Confirm the six-digit PIN matches on both devices, and select ✔.
6. Wait while the devices transfer the data.
7. Select **Done**.

Garmin Share Settings

From the watch face, press ⌚, and select **Settings** > **Connectivity** > **Garmin Share**.

Status: Enables the watch to send and receive items through Garmin Share.

Forget Devices: Removes all of the devices the watch has previously shared items with.

Phone Apps and Computer Applications

You can connect your watch to multiple Garmin® phone apps and computer applications using the same Garmin account.

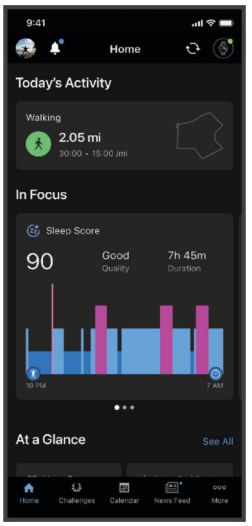
Garmin Connect™

You can connect with your friends on Garmin Connect. Garmin Connect gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, rides, swims, hikes, triathlons, and more. To sign up for a free account, you can download the app from the app store on your phone (garmin.com/connectapp), or go to connect.garmin.com.

Store your activities: After you complete and save an activity with your watch, you can upload that activity to your Garmin Connect account and keep it as long as you want.

Analyze your data: You can view more detailed information about your activity, including time, distance, elevation, heart rate, calories burned, cadence, running dynamics, an overhead map view, pace and speed charts, and customizable reports.

NOTE: Some data requires an optional accessory such as a heart rate monitor.



Plan your training: You can choose a fitness goal and load one of the day-by-day training plans.

Track your progress: You can track your daily steps, join a friendly competition with your connections, and meet your goals.

Share your activities: You can connect with friends to follow each other's activities or share links to your activities.

Manage your settings: You can customize your watch and user settings on your Garmin Connect account.

Garmin Connect+™ Plan

You can enhance the data, connections, and training available on your Garmin Connect account with a Garmin Connect+ plan. To sign up, you can download the Garmin Connect app from the app store on your phone, or go to connect.garmin.com.

Active Intelligence (AI): Receive AI insights about your data and activities, including nutrition.

Follow Garmin Trails: Access outdoor trails and courses recommended by Garmin® databases and other Garmin users, with pictures, ratings, trip reports, and more.

Live Activity Stats: Follow a workout in the Garmin Connect app and view your training data in real time.

NOTE: This feature is not available for all activities or devices.

LiveTrack+: Send LiveTrack text messages, receive a personalized profile page, and view previous LiveTrack sessions.

Nutritional logging: Track your daily nutrition with extensive food databases and view detailed reports on macronutrients and calories consumed. From your compatible Garmin device, you can easily view your daily nutritional overview, log food manually, and receive morning and evening nutrition reports. From the Garmin Connect app, you can scan the UPC, log new food items, create nutrition goals, and more.

Performance dashboard: View your training data your way with customized charts and graphs, including nutrition metrics.

Social features: Gain access to exclusive badges, badge challenges, and double points for challenges. You can update your profile avatar with customizable frames.

Track indoor activities: View your indoor activity and workout data in real time, enabling you to adjust your performance during the activity.

Training guidance: Get additional expert support and guidance for select Garmin Coach training plans.

Using the Garmin Connect™ App

After you pair your watch with your phone (*Pairing Your Phone*, page 74), you can use the Garmin Connect app to upload all of your activity data to your Garmin Connect account.

1. Verify the Garmin Connect app is running on your phone.
2. Bring your watch within 10 m (30 ft.) of your phone.

   Your watch automatically syncs your data with the Garmin Connect app and your Garmin Connect account.

Updating the Software Using the Garmin Connect™ App

Before you can update your watch software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the watch with a compatible phone (*Pairing Your Phone*, page 74).

Sync your watch with the Garmin Connect app (*Using the Garmin Connect™ App*, page 79).

When new software is available, the Garmin Connect app automatically sends the update to your watch.

Unified Training Status

When you use more than one Garmin® device with your Garmin Connect™ account, you can choose which device is the primary data source for everyday use and for training purposes.

From the Garmin Connect app, select ••• > **Settings**.

Primary Training Device: Sets the priority data source for training metrics like your training status and load focus.

Primary Wearable: Sets the priority data source for daily health metrics like steps and sleep. This should be the watch you wear most often.

TIP: For the most accurate results, Garmin recommends that you sync often with your Garmin Connect account.

Syncing Activities and Performance Measurements

You can sync activities and performance measurements from other Garmin® devices to your Venu® 4 watch using your Garmin Connect™ account. This allows your watch to more accurately reflect your training and fitness. For example, you can record a ride with an Edge® bike computer, and view your activity details and recovery time on your Venu 4 watch.

Sync your Venu 4 watch and other Garmin devices to your Garmin Connect account.

TIP: You can set a primary training device and primary wearable in the Garmin Connect app (*Unified Training Status*, page 80).

Recent activities and performance measurements from your other Garmin devices appear on your Venu 4 watch.

Using Garmin Connect™ on Your Computer

The Garmin Express™ application connects your watch to your Garmin Connect account using a computer. You can use the Garmin Express application to upload your activity data to your Garmin Connect account and to send data, such as workouts or training plans, from the Garmin Connect website to your watch. You can also add music to your watch (*Downloading Personal Audio Content*, page 94). You can also install software updates and manage your Connect IQ™ apps.

1. Connect the watch to your computer using the USB cable.
2. Go to **garmin.com/express**.
3. Download and install the Garmin Express application.
4. Open the Garmin Express application, and select **Add Device**.
5. Follow the on-screen instructions.

Updating the Software Using Garmin Express™

Before you can update your device software, you must have a Garmin Connect™ account, and you must download the Garmin Express application.

1. Connect the device to your computer using the USB cable.

   When new software is available, Garmin Express sends it to your device.
2. Follow the on-screen instructions.
3. Do not disconnect your device from the computer during the update process.

   If you have already set up your device with Wi-Fi connectivity, Garmin Connect can automatically download available software updates to your device when it connects using Wi-Fi.

Manually Syncing Data with Garmin Connect™

NOTE: You can add options to the controls menu (*Customizing the Controls Menu*, page 43).

1. Hold ⌚ to view the controls menu.
2. Select **Sync**.

Connect IQ Features

You can add Connect IQ™ apps, glances, music providers, watch faces, and more to your watch using the Connect IQ store on your watch or phone (garmin.com/connectiqapp).

Watch Faces: Customize the appearance of the clock.

Device Apps: Add interactive features to your watch, such as glances and new outdoor and fitness activity types.

Data Fields: Download new data fields that present sensor, activity, and history data in new ways. You can add Connect IQ data fields to built-in features and pages.

Music: Add music providers to your watch.

Downloading Connect IQ™ Features

Before you can download features from the Connect IQ app, you must pair your Venu® 4 watch with your phone (*Pairing Your Phone*, page 74).

1. From the app store on your phone, install and open the Connect IQ app.
2. If necessary, select your watch.
3. Select a Connect IQ feature.
4. Follow the on-screen instructions.

Downloading Connect IQ™ Features Using Your Computer

1. Connect the watch to your computer using a USB cable.
2. Go to **apps.garmin.com**, and sign in.
3. Select a Connect IQ feature, and download it.
4. Follow the on-screen instructions.

Garmin Messenger™ App

⚠ WARNING

The inReach® features of the Garmin Messenger app, including SOS, tracking, and inReach Weather, are not available without a connected inReach satellite communicator and an active satellite subscription. Always test the app outdoors before using it on a trip.

⚠ CAUTION

The non-satellite messaging features of the Garmin Messenger app alone should not be relied on as a primary method to obtain emergency assistance.

NOTICE

The app works over both the internet (using a wireless connection or cellular data on your phone) and the Iridium® satellite network. If you are using cellular data, your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. If you are in an area without network coverage, you must have an active satellite subscription for your inReach satellite communicator to use the Iridium satellite network.

You can use the app to message other Garmin Messenger app users, including friends and family without Garmin® devices. Anyone can download the app and connect their phone, allowing them to communicate with other app users over the internet (no login is required). App users can also create group messaging threads with other SMS phone numbers. New members added to the group message can download the app to see what others are saying.

Messages sent using a wireless connection or cellular data on your phone do not incur data charges or additional charges on your satellite subscription. Messages received may incur charges if message delivery is attempted over both the Iridium satellite network and the internet. Standard text messaging rates for your cellular data plan apply.

You can download the Garmin Messenger app from the app store on your phone (garmin.com/messengerapp).

Garmin Golf™ App

The Garmin Golf app allows you to upload scorecards from your Venu® 4 device to view detailed statistics and shot analyses. Golfers can compete with each other at different courses using the Garmin Golf app. More than 43,000 courses have leaderboards that anyone can join. You can set up a tournament event and invite players to compete. With a Garmin Golf membership, you can access additional features, such as green contour data and more.

The Garmin Golf app syncs your data with your Garmin Connect™ account. You can download the Garmin Golf app from the app store on your phone (garmin.com/golfapp).

Focus Modes

Focus modes adjust the watch settings and behavior for different situations, such as sleep and activities. When you change the settings with a focus mode enabled, the settings are updated only for that focus mode.

Customizing a Default Focus Mode

1. From the watch face, swipe left.
2. Select **Settings** > **Focus Modes**.
3. Select a focus mode.
4. Select an option:

   NOTE: Not all options are available for all focus modes.

   - Select **Status** to turn the focus mode on or off.
   - Select **Schedule** to configure the schedule.
   - Select **Watch Face** to change the watch face.
   - Select **Satellites** to set the GNSS satellite systems to use for all activities.

     TIP: You can customize the **Satellites** setting for individual activities (*Activity Settings*, page 31).
   - Select **Voice Alerts** to enable voice alerts during activities (*Playing Voice Alerts During an Activity*, page 33).
   - In the **Notifications & Alerts** section, select an option to configure phone notifications, health and wellness alerts, or system alerts (*Notifications and Alerts Settings*, page 66).
   - In the **Sound & Vibe** section, select an option to configure tones and vibration settings (*Sound and Vibe Settings*, page 69).
   - In the **Display & Brightness** section, select an option to configure the screen settings (*Display and Brightness Settings*, page 70).
   - Select **Name** to edit the name of the focus mode.
   - Select **Icon** to update the icon symbol or color.
   - Select **Add** to add more customizations.
   - Select **Delete Focus** to remove the focus mode.
   - Select **Defaults** to restore the default settings.

Creating a Custom Focus Mode

1. From the watch face, swipe left.
2. Select **Settings** > **Focus Modes** > **Add**.
3. Select an option:
   - Select **Standard** to create a custom focus mode to be used any time.
   - Select **Activity** to configure a focus mode for a specific activity.
4. Enter a name for the focus mode, and select ✔.
5. Select an icon and color.
6. Select an option:
   - Select **Notifications & Alerts** to configure the phone and watch notifications and alerts (*Notifications and Alerts Settings*, page 66).
   - Select **Sound & Vibe** to configure the settings for tones, volume, and vibration (*Sound and Vibe Settings*, page 69).
   - Select **Display & Brightness** to configure the screen settings (*Display and Brightness Settings*, page 70).
7. Select **Done**.
8. Select an option:

   Not all options are available for both Standard and Activity focus modes.

   - Select **Status** to turn the custom focus mode on or off.
   - Select **Schedule** to configure the schedule.
   - Select **Watch Face** to update the watch face
   - Select **Auto-Triggered** to choose which activity will trigger the custom activity focus mode.
   - Select **Satellites** to set the GNSS satellite option.
   - Select **Voice Alerts** to enable voice alerts.
   - Select **Name** to edit the name of the custom focus mode.

- Select **Icon** to edit the custom focus mode icon symbol and color.

Health and Wellness Settings

From the watch face, press , and select **Settings** > **Health & Wellness**.

Wrist Heart Rate: Customizes the wrist heart rate monitor settings (*Wrist Heart Rate Monitor Settings*, page 85).

Pulse Oximeter: Sets the pulse oximeter mode (*Setting the Pulse Oximeter Mode*, page 86).

Move IQ: Enables Move IQ® events. When your movements match familiar exercise patterns, the Move IQ feature automatically detects the event and displays it in your timeline. The Move IQ events show activity type and duration, but they do not appear in your activities list or newsfeed. For more detail and accuracy, you can record a timed activity on your device.

Auto Activity Start: Allows your watch to create and save timed activities automatically when the Move IQ feature detects you are walking or running. You can set the minimum time threshold for running and walking.

Wrist Heart Rate

Your watch has a wrist-based heart rate monitor, and you can view your heart rate data on the heart rate glance (*Viewing Glances*, page 37).

The watch is also compatible with chest heart rate monitors. If both wrist-based heart rate and chest heart rate data are available when you start an activity, your watch uses the chest heart rate data.

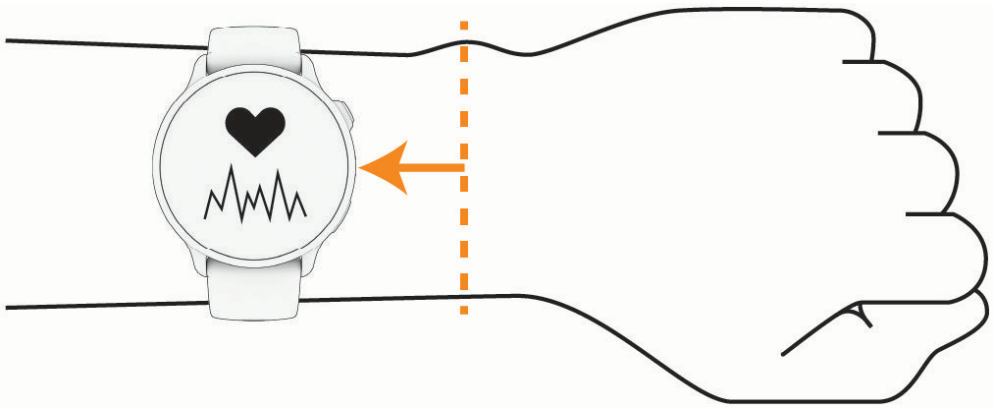
Wearing the Watch

⚠ CAUTION

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist. For more information, go to garmin.com/fitandcare.

- Wear the watch above your wrist bone.

  NOTE: The watch should be snug but comfortable. For more accurate heart rate readings, the watch should not shift while running or exercising. For pulse oximeter readings, you should remain motionless.



  NOTE: The optical sensor is located on the back of the watch.
- See *Tips for Erratic Heart Rate Data*, page 84 for more information about wrist-based heart rate.
- See *Tips for Erratic Pulse Oximeter Data*, page 86 for more information about the pulse oximeter sensor.
- For more information about accuracy, go to **garmin.com/ataccuracy**.
- For more information about watch wear and care, go to **garmin.com/fitandcare**.

Tips for Erratic Heart Rate Data

If the heart rate data is erratic or does not appear, you can try these tips.

- Clean and dry your arm before putting on the watch.
- Avoid wearing sunscreen, lotion, and insect repellent under the watch.
- Avoid scratching the heart rate sensor on the back of the watch.
- Wear the watch above your wrist bone. The watch should be snug but comfortable.
- Warm up for 5 to 10 minutes and get a heart rate reading before starting your activity.

  NOTE: In cold environments, warm up indoors.
- Rinse the watch with fresh water after each workout.

Wrist Heart Rate Monitor Settings

From the watch face, press , and select **Settings** > **Health & Wellness** > **Wrist Heart Rate**.

Status: Enables the wrist heart rate monitor. The default value is Auto, which automatically uses the wrist heart rate monitor unless you pair an external heart rate monitor.

NOTE: Disabling the wrist heart rate monitor also disables the wrist-based pulse oximeter sensor. You can perform a manual reading from the pulse oximeter glance.

Source Switching: Selects the best source of heart rate data when wearing your watch and an external heart rate monitor. For more information, go to www.garmin.com/dynamicsourceswitching/.

Broadcast Heart Rate: Broadcasts your heart rate data to a paired device (*Broadcasting Heart Rate Data*, page 85).

Broadcasting Heart Rate Data

You can broadcast your heart rate data from your watch and view it on paired devices. Broadcasting heart rate data decreases battery life.

TIP: You can customize the activity settings to broadcast your heart rate data automatically when you begin an activity (*Activity Settings*, page 31). For example, you can broadcast your heart rate data to an Edge® bike computer while cycling.

1. Select an option:
   - Press , and select **Settings** > **Health & Wellness** > **Wrist Heart Rate** > **Broadcast Heart Rate**.
   - Hold to open the controls menu, and select .

     NOTE: You can add options to the controls menu (*Customizing the Controls Menu*, page 43).
2. Press .

   The watch starts broadcasting your heart rate data.
3. Pair your watch with your compatible device.

   NOTE: The pairing instructions differ for each Garmin® compatible device. See your owner's manual.
4. Press to stop broadcasting your heart rate data.

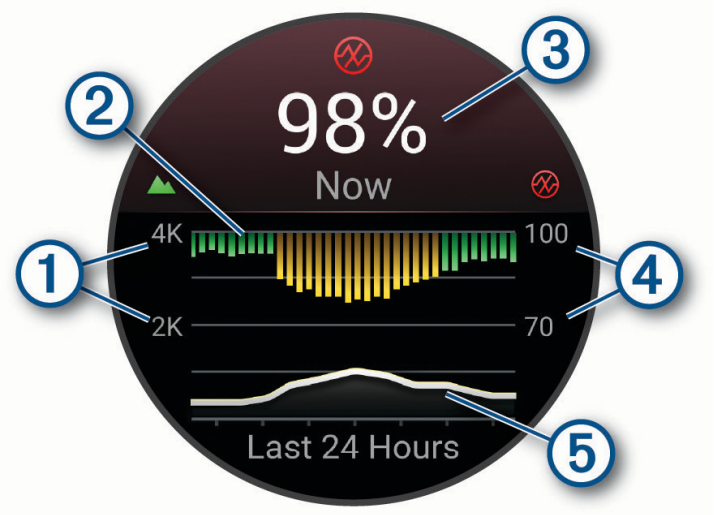
Pulse Oximeter

Your watch has a wrist-based pulse oximeter to gauge the peripheral saturation of oxygen in your blood (SpO2). As your altitude increases, the level of oxygen in your blood can decrease. Knowing your oxygen saturation can help you determine how your body is acclimating to high altitudes for alpine sport and expedition.

You can manually begin a pulse oximeter reading by viewing the pulse oximeter glance (*Getting Pulse Oximeter Readings*, page 86). You can also turn on all-day readings (*Setting the Pulse Oximeter Mode*, page 86). When you view the pulse oximeter glance while you are not moving, your watch analyzes your oxygen saturation and your elevation. The elevation profile helps indicate how your pulse oximeter readings are changing, relative to your to elevation.

On the watch, your pulse oximeter reading appears as an oxygen saturation percentage and color on the graph. On your Garmin Connect™ account, you can view additional details about your pulse oximeter readings, including trends over multiple days.

For more information about pulse oximeter accuracy, go to garmin.com/ataccuracy.



1	The elevation scale.
2	A graph of your average oxygen saturation readings for the last 24 hours.
3	Your most recent oxygen saturation reading.
4	The oxygen saturation percentage scale.
5	A graph of your elevation readings for the last 24 hours.

Getting Pulse Oximeter Readings

You can manually begin a pulse oximeter reading by viewing the pulse oximeter glance. The glance displays your most recent blood oxygen saturation percentage, a graph of your hourly average readings for the last 24 hours, and a graph of your elevation for the last 24 hours.

NOTE: The first time you view the pulse oximeter glance, the watch must acquire satellite signals to determine your elevation. You should go outside, and wait while the watch locates satellites.

1. While you are sitting or inactive, swipe up from the watch face.
2. Scroll to the pulse oximeter glance.
3. Select the pulse oximeter glance.
   The watch begins a pulse oximeter reading.
4. Remain motionless for up to 30 seconds.
   NOTE: If you are too active for the watch to get a pulse oximeter reading, a message appears instead of a percentage. You can check again after several minutes of inactivity. For best results, hold the arm wearing the watch at heart level while the watch reads your blood oxygen saturation.
5. Scroll down to view a graph of your pulse oximeter readings for the last seven days.

Setting the Pulse Oximeter Mode

1. From the watch face, swipe left.
2. Select **Settings** > **Health & Wellness** > **Pulse Oximeter**.
3. Select an option:
   - To turn on measurements while you are inactive during the day, select **All Day**.
     NOTE: Turning on **All Day** mode decreases battery life.
   - To turn on continuous measurements while you sleep, select **During Sleep**.
     NOTE: Unusual sleep positions can cause abnormally low sleep-time SpO2 readings.
   - To turn off automatic measurements, select **On Demand**.

Tips for Erratic Pulse Oximeter Data

If the pulse oximeter data is erratic or does not appear, you can try these tips.

- Remain motionless while the watch reads your blood oxygen saturation.
- Wear the watch above your wrist bone. The watch should be snug but comfortable.

- Hold the arm wearing the watch at heart level while the watch reads your blood oxygen saturation.
- Use a silicone or nylon band.
- Clean and dry your arm before putting on the watch.
- Avoid wearing sunscreen, lotion, and insect repellent under the watch.
- Avoid scratching the optical sensor on the back of the watch.
- Rinse the watch with fresh water after each workout.

Intensity Minutes

To improve your health, organizations such as the World Health Organization recommend at least 150 minutes per week of moderate intensity activity, such as brisk walking, or 75 minutes per week of vigorous intensity activity, such as running.

The watch monitors your activity intensity and tracks your time spent participating in moderate to vigorous intensity activities (heart rate data is required to quantify vigorous intensity). The watch adds the amount of moderate activity minutes with the amount of vigorous activity minutes. Your total vigorous intensity minutes are doubled when added.

Earning Intensity Minutes

Your Venu® 4 watch calculates intensity minutes by comparing your heart rate data to your average resting heart rate. If heart rate is turned off, the watch calculates moderate intensity minutes by analyzing your steps per minute.

- Start a timed activity for the most accurate calculation of intensity minutes.
- Wear your watch all day and night for the most accurate resting heart rate.

Navigation

You can use the GPS navigation features on your watch to save locations, navigate to locations, and find your way home.

Saving Your Location

You can save your current location to navigate back to it later.

1. Hold .
2. Select **Save Location**.
   You may need to add this item to the controls menu (*Customizing the Controls Menu*, page 43).
3. Follow the on-screen instructions.

Viewing and Editing Saved Locations

TIP: You can save a location from the controls menu (*Controls*, page 41).

1. From the watch face, swipe left.
2. Select an activity.
3. Scroll down, and select **Navigate** > **Saved Locations**.
4. Select a saved location.
5. Select an option to view or edit the location details.

Deleting a Location

1. Press .
2. Select an activity that uses GPS, for example, **Run**.
3. Scroll down, and select **Navigate** > **Saved Locations**.
4. Select a saved location.
5. Select **Delete**.

Navigating to a Destination

You can use your device to navigate to a previous destination or a saved location.

1. From the watch face, swipe left.
2. Select a GPS activity.
3. Scroll down, and select **Navigate**.
4. Select an option.
   - Select **Past Activities**, select an activity, and select **Go**.
   - Select **Saved Locations**, select a location, and select **Go To**.
     TIP: You can save a location from the controls menu (*Controls*, page 41).
5. Press to begin navigation.

Navigating Back to Start

Before you can navigate back to start, you must locate satellites, start the timer, and start your activity.

At any time during your activity, you can return to your starting location. For example, if you are running in a new city, and you are unsure how to get back to the trail head or hotel, you can navigate back to your starting location. This feature is not available for all activities.

1. Press .
2. Select an activity that uses GPS, for example, **Run**.
3. During your activity, swipe right.
4. Select **Navigate** > **Back to Start**.
5. Select **TracBack** or **Straight Line**.
   The navigation screen appears.
6. Move forward.
   The arrow points toward your starting point.
   TIP: For more accurate navigation, orient your watch toward the direction in which you are navigating.

Stopping Navigation

- To stop navigation and continue your activity, swipe right from any data screen, select the first option, press , and select **Stop Navigation** or **Stop Course**.
  The activity timer continues recording.
- To stop navigation and save your activity, press , and select **Save**.

Courses

⚠ WARNING

This feature allows users to download courses created by other users. Garmin® makes no representations about the safety, accuracy, reliability, completeness, or timeliness of courses created by third parties. Any use or reliance on courses created by third parties is at your own risk.

You can send a course from your Garmin Connect™ account to your device. After it is saved to your device, you can navigate the course on your device.

You can follow a saved course simply because it is a good route. For example, you can save and follow a bike friendly commute to work.

You can also follow a saved course, trying to match or exceed previously set performance goals. For example, if the original course was completed in 30 minutes, you can race against a Virtual Partner® trying to complete the course in under 30 minutes.

Creating a Course on Garmin Connect™

Before you can create a course on the Garmin Connect app, you must have a Garmin Connect account (*Garmin Connect™*, page 78).

1. From the Garmin Connect app, select •••.
2. Select **Training & Planning** > **Courses** > **Create Course**.
3. Select a course type.
4. Follow the on-screen instructions.
5. Select **Done**.
   NOTE: You can send this course to your device (*Sending a Course to Your Device*, page 89).

Sending a Course to Your Device

You can send a course you created using the Garmin Connect™ app to your device (*Creating a Course on Garmin Connect™*, page 89).

1. From the Garmin Connect app, select •••.
2. Select **Training & Planning** > **Courses**.
3. Select a course.
4. Select .
5. Select your compatible device.
6. Follow the on-screen instructions.

Following a Course on Your Device

1. From the watch face, swipe left.
2. Select a GPS activity.
3. Scroll down, and select **Navigate** > **Courses**.
4. Select a course.
5. Swipe left.
6. Select **Do Course** or **Do Course in Reverse**.
7. Press to begin navigation.

Viewing or Editing Course Details

You can view or edit course details before you navigate a course.

1. From the watch face, swipe left.
2. Select a GPS activity.
3. Scroll down, and select **Navigate** > **Courses**.
4. Select a course.

5 Swipe left.
6 Select an option:
- To begin navigation, select **Do Course**.
- To create a custom pace band, select **PacePro** (*PacePro™ Training*, page 49).
- To view the course on the map and pan or zoom the map, select **Map**.
- To begin the course in reverse, select **Do Course in Reverse**.
- To view an elevation plot of the course, select **Elevation Plot**.
- To change the course name, select **Name**.
- To delete the course, select **Delete**.

Setting the Compass Heading

1 Select an option:
- From the watch face, scroll to view and open the compass glance.
- Hold , and select the compass control.
- Hold , select the ABC control, and swipe to view the compass.

2 Swipe left to view options.
3 Select **Lock Heading**.
4 Point the top of the watch toward your heading, and press .
When you deviate from the heading, the compass displays the direction from the heading and degree of deviation.

Map

▲ represents your location on the map. Location names and symbols appear on the map. When you are navigating to a destination, your route is marked with a line on the map.

Adding the Map Data Screen

You can add the map to the data screens loop for a GPS activity.

1. From the watch face, swipe left.
2. Select **Activities**, and select a GPS activity.
3. Scroll down, and select the activity settings.
4. Select **Data Screens** > **Add New** > **Map**.

Map Settings

You can customize how the map appears in the map data screens.

Press ⌚, select **Settings > Map & Navigation**.

Orientation: Sets the orientation of the map. The North Up option shows north at the top of the screen. The Track Up option shows your current direction of travel at the top of the screen.

User Locations: Shows or hides user locations on the map.

Auto Zoom: Automatically selects the zoom level for optimal use of your map. When disabled, you must zoom in or out manually.

Safety and Tracking Features

⚠ CAUTION

The safety and tracking features available through the Garmin Connect™ app are supplemental features and should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

Fall detection is not available when the watch is in wheelchair mode.

NOTICE

To use the safety and tracking features, your Venu® watch must be connected to the Garmin Connect app using Bluetooth® technology. Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. You can enter assistance contacts in your Garmin Connect account.

For more information about safety and tracking features, go to garmin.com/safety.

Assistance: When you request assistance, the watch sends a message with your name, LiveTrack link, and GPS location (if available) to your assistance contacts (*Requesting Assistance*, page 93).

Fall Detection: When the watch detects a possible fall, the watch sounds an alert and sends a message to your assistance contacts. You can enable continuous fall detection throughout the day, or during certain activities (*Turning Fall Detection On and Off*, page 92).

NOTE: Enabling fall detection decreases battery life.

Garmin Locate: Shares the last known location of your device with trusted Garmin Messenger™ app contacts (*Enabling Garmin Locate Tracking*, page 93).

LiveTrack: Sends a web page link to friends and family to follow your races and training activities in real time. You can use the Garmin Connect app to invite followers using email or social media, allowing them to view your live data.

Adding Assistance Contacts

Assistance contact phone numbers are used for the safety and tracking features. One phone number from your assistance contacts or an emergency services phone number, such as 911, can be used as your assistance calling number.

1. From the Garmin Connect™ app, select •••.
2. Select **Safety & Tracking** > **Safety Features** > **Assistance Contacts** > **Add Assistance Contact**.
3. Follow the on-screen instructions.

Your assistance contacts receive a notification when you add them as an assistance contact, and can accept or decline your request. If a contact declines, you must choose another assistance contact.

Adding Contacts

You can add up to 50 contacts to the Garmin Connect™ app. Contact emails can be used with the LiveTrack feature. Three of these contacts can be used as assistance contacts (*Adding Assistance Contacts*, page 92).

1. From the Garmin Connect app, select •••.
2. Select **Contacts**.
3. Follow the on-screen instructions.

After you add contacts, you must sync your data to apply the changes to your Venu® 4 device (*Using the Garmin Connect™ App*, page 79).

Turning Fall Detection On and Off

⚠ CAUTION

Fall detection is a supplemental feature and should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect™ app does not contact emergency services on your behalf.

NOTICE

Before you can enable fall detection on your watch, you must set up assistance contacts in the Garmin Connect app (*Adding Assistance Contacts*, page 92). Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your assistance contacts must be able to receive emails or text messages (standard text messaging rates may apply).

1. From the watch face, swipe left.

2 Select **Settings** > **Safety & Tracking** > **Fall Detection** > **Status**.

3 Select an option.

NOTE: Selecting the **All Day** fall detection setting decreases battery life.

4 If necessary, select **Activities** to turn on fall detection for specific activities.

When a fall is detected by your Venu® 4 watch and your phone is connected, the Garmin Connect app can send an automated text message or email with your name and GPS location (if available) to your assistance contacts. A message appears on your watch and paired phone indicating your contacts will be informed after 15 seconds have elapsed. If assistance is not needed, you can cancel the automated message.

TIP: You can view the fall event in your Garmin Connect app.

Enabling Garmin Locate Tracking

NOTICE

Before you can enable the Garmin Locate feature for your watch, you must set up your trusted contacts in the Garmin Messenger™ app on your phone. Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your contacts must be able to receive emails or text messages (standard text messaging rates may apply).

1 On your paired phone, open the Garmin Messenger app (*Garmin Messenger™ App*, page 81).

2 Select your profile picture, and select **Locate**.

3 Follow the on-screen instructions to add your trusted contacts.

When you consent to Garmin Locate tracking, the feature is automatically enabled on your paired watch. To disable this feature, you can hold , and select **Settings** > **Safety & Tracking** > **Garmin Locate** > **Auto-Share Location** > **Off**.

Requesting Assistance

⚠ CAUTION

Assistance is a supplemental feature and should not be relied upon as a primary method to obtain emergency assistance. The Garmin Connect™ app does not contact emergency services on your behalf.

NOTICE

Before you can request assistance, you must set up assistance contacts in the Garmin Connect app (*Adding Assistance Contacts*, page 92). Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your assistance contacts must be able to receive emails or text messages (standard text messaging rates may apply).

1 Hold .

The watch vibrates when the assistance feature is activated.

2 Wait for the countdown timer.

The watch sends a message to your assistance contacts.

TIP: Before the countdown is complete, you can hold any button to cancel the message.

Spectator Messaging

NOTICE

Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available.

Spectator messaging is a feature that allows your LiveTrack followers to send you audio and text messages during your run activity. You can set up this feature in the LiveTrack settings of the Garmin Connect™ app. To receive audio messages, you must have Bluetooth® headphones connected to your watch.

Blocking Spectator Messages

If you want to block spectator messages, Garmin® recommends turning it off before you start the activity.

1 From the watch face, swipe left.

2 Select **Settings** > **Safety & Tracking** > **LiveTrack**.

TIP: If you have already started an activity, you can press , and select Disable to block spectator messages from the incoming message.

Music

NOTE: There are three different music playback options for your Venu® 4 watch.

- Third-party provider music
- Personal audio content
- Music stored on your phone

On a Venu 4 watch, you can download audio content to your watch from your computer or from a third-party provider, so you can listen when your phone is not nearby. To listen to audio content stored on your watch, you can connect Bluetooth® headphones. You can also listen to audio content directly through the speaker in your watch.

Connecting to a Third-Party Provider

Before you can download music or other audio files to your watch from a supported third-party provider, you must connect the provider to your watch.

For more options, you can download the Connect IQ™ app on your phone (*Downloading Connect IQ™ Features*, page 81).

1. From the watch face, swipe left.
2. Select **Connect IQ Store**.
3. Follow the on-screen instructions to install a third-party music provider.
4. From the controls menu on the watch, select **Music**.
5. Select the music provider.

   NOTE: If you want to select another provider, hold , select **Settings** > **Music** > **Music Providers**, and follow the on-screen instructions.

Downloading Audio Content from a Third-Party Provider

Before you can download audio content from a third-party provider, you must connect to a Wi-Fi® network (*Connecting to a Wi-Fi® Network*, page 77).

1. From the watch face, swipe left.
2. Select **Settings** > **Music** > **Music Providers**.
3. Select a connected provider, or select **Add Music Apps** to add a music provider from the Connect IQ™ store.
4. Select a playlist or other item to download to the watch.
5. If necessary, press until you are prompted to sync with the service.

NOTE: Downloading audio content can drain the battery. You may be required to connect the watch to an external power source if the battery is low.

Downloading Personal Audio Content

Before you can send your personal music to your watch, you must install the Garmin Express™ application on your computer (garmin.com/express).

You can load your personal audio files, such as .mp3 and .m4a files, to a Venu® 4 watch from your computer. For more information, go to garmin.com/musicfiles.

1. Connect the watch to your computer using the included USB cable.
2. On your computer, open the Garmin Express application, select your watch, and select **Music**.

   TIP: For Windows® computers, you can select and browse to the folder with your audio files. For Apple® computers, the Garmin Express application uses your iTunes® library.
3. In the **My Music** or **iTunes Library** list, select an audio file category, such as songs or playlists.
4. Select the checkboxes for the audio files, and select **Send to Device**.
5. If necessary, in the Venu 4 list, select a category, select the checkboxes, and select **Remove From Device** to remove audio files.

Listening to Music

The first time you listen to music, your selection is saved as a default. If this is not your first time listening to music, press from the watch face and select **Settings** > **Music** > **Music Providers** to change your selection.

1. Open the music controls.
2. Select an option:

- To listen to music downloaded to the watch from your computer, select **My Music**, and select an option (*Downloading Personal Audio Content*, page 94).
- To control music playback on your phone, select **Control Phone**.
- To listen to music from a third-party provider, select **Add Music Apps**, select the name of the provider, and select a playlist (*Downloading Audio Content from a Third-Party Provider*, page 94).

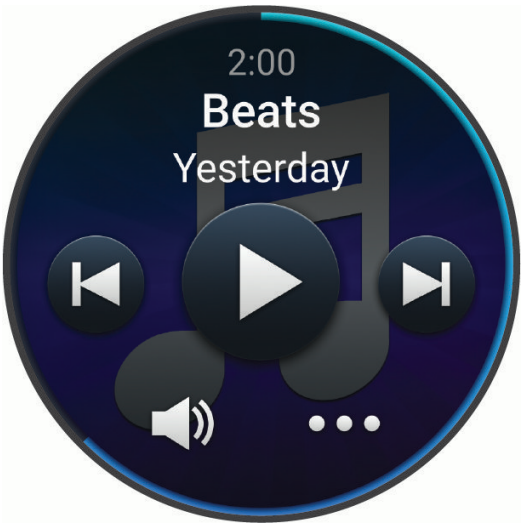
3 If necessary, connect your Bluetooth® headphones (*Connecting Bluetooth® Headphones*, page 95).

4 Select ▶.

Music Playback Controls

NOTE: During an activity, you can swipe left to view the music playback controls.

Music playback controls may look different, depending on the selected music source.



•••	Select to view more music playback controls.
	Select to adjust the volume.
▶	Select to play and pause the current audio file.
	Select to skip to the next audio file in the playlist. Hold to fast forward through the current audio file.
	Select to restart the current audio file. Select twice to skip to the previous audio file in the playlist. Hold to rewind through the current audio file.
	Select to change the repeat mode.
	Select to change the shuffle mode.

Connecting Bluetooth® Headphones

1 Bring the headphones within 2 m (6.6 ft.) of your watch.

2 Enable pairing mode on the headphones.

3 From the watch face, swipe left.

4 Select **Settings** > **Music** > **Audio Output** > **Add New**.

5 Select your headphones to complete the pairing process.

Changing the Audio Mode

You can change the music playback mode from stereo to mono.

1 From the watch face, swipe left.

2 Select **Settings** > **Music** > **Audio**.

3 Select an option.

User Profile

You can update your user profile on your watch or on the Garmin Connect™ app.

Setting Up Your User Profile

You can update your sex, date of birth, height, weight, wrist, heart rate zone, power zone, and Critical Swim Speed (CSS) settings (*Recording a Critical Swim Speed Test*, page 51). The watch uses this information to calculate accurate training data.

1. From the watch face, swipe left.
2. Select **Settings** > **User Profile**.
3. Select an option.

Gender Settings

When you first set up the watch, you must choose a sex. Most fitness and training algorithms are binary. For the most accurate results, Garmin® recommends selecting your sex assigned at birth. After the initial setup, you can customize the profile settings in your Garmin Connect™ account.

Profile & Privacy: Enables you to customize the data on your public profile.

User Settings: Sets your sex. If you select Not Specified, the algorithms that require a binary input will use the sex you specified when you first set up the watch.

Wheelchair Mode

Wheelchair mode updates your glances, apps, and available activities. For example, wheelchair mode has indoor and outdoor push and handcycling activities, such as Push - Run Speed and Push - Walk Speed, instead of running and walking activities. When wheelchair mode is turned on, your Venu® 4 watch tracks your movements as pushes rather than steps. Icons are also updated to represent a wheelchair user. The watch does not update your VO2 max. estimate while in wheelchair mode. Fall detection is also disabled.

The first time you enable wheelchair mode on your watch, you can select your exercise frequency in order to set your activity level to the correct algorithm. While wheelchair mode is turned on, you can pair a cadence sensor to receive distance and speed in activities such as handcycling. For indoor activities, you are prompted to pair a speed sensor for speed data, but a speed sensor is not required to record the activity. For information about specific Garmin® sensor compatibility, purchasing, or to view the owner's manual, go to garmin.com for that sensor.

You can turn wheelchair mode on or off in your user profile settings (*Setting Up Your User Profile*, page 96).

For more information about wheelchair physiology, go to garmin.com/en-US/garmin-technology/health-science/wheelchair-physiology/.

Viewing Your Fitness Age

Your fitness age gives you an idea of how your fitness compares with a person of the same sex. Your watch uses information, such as your age, body mass index (BMI), resting heart rate data, and vigorous activity history to provide a fitness age. If you have an Index™ scale, your watch uses the body fat percentage metric instead of BMI to determine your fitness age. Exercise and lifestyle changes can impact your fitness age.

NOTE: For the most accurate fitness age, complete the user profile setup (*Setting Up Your User Profile*, page 96).

1. From the watch face, swipe left.
2. Select **Settings** > **User Profile** > **Fitness Age**.

About Heart Rate Zones

Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

Fitness Goals

Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles.

- Your heart rate is a good measure of exercise intensity.
- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.

If you know your maximum heart rate, you can use the table (*Heart Rate Zone Calculations*, page 97) to determine the best heart rate zone for your fitness objectives.

If you do not know your maximum heart rate, use one of the calculators available on the Internet. Some gyms and health centers can provide a test that measures maximum heart rate. The default maximum heart rate is 220 minus your age.

Setting Your Heart Rate Zones

The watch uses your user profile information from the initial setup to determine your default heart rate zones. You can set separate heart rate zones for sport profiles, such as running, cycling, and swimming. For the most accurate calorie data during your activity, set your maximum heart rate. You can also set each heart rate zone and enter your resting heart rate manually. You can manually adjust your zones on the watch or using your Garmin Connect™ account.

1. From the watch face, swipe left.
2. Select **Settings** > **User Profile** > **Heart Rate & Power Zones** > **Heart Rate**.
3. Select **Max. Heart Rate**, and enter your maximum heart rate.

   You can use the Auto Detection feature to automatically record your maximum heart rate during an activity (*Detecting Performance Measurements Automatically*, page 98).
4. Select **LTHR**, and enter your lactate threshold heart rate (*Lactate Threshold*, page 56).

   You can use the Auto Detection feature to automatically record your lactate threshold during an activity (*Detecting Performance Measurements Automatically*, page 98).
5. Select **Resting HR** > **Set Custom**, and enter your resting heart rate.

   You can use the average resting heart rate measured by your watch, or you can set a custom resting heart rate.
6. Select **Zones** > **Based On**.
7. Select an option:
   - Select **BPM** to view and edit the zones in beats per minute.
   - Select **%Max. HR** to view and edit the zones as a percentage of your maximum heart rate.
   - Select **%HRR** to view and edit the zones as a percentage of your heart rate reserve (maximum heart rate minus resting heart rate).
   - Select **%LTHR** to view and edit the zones as a percentage of your lactate threshold heart rate.
8. Select a zone, and enter a value for each zone.
9. Select **Sport Heart Rate**, and select a sport profile to add separate heart rate zones (optional).
10. Repeat the steps to add sport heart rate zones (optional).

Letting the Watch Set Your Heart Rate Zones

The default settings allow the watch to detect your maximum heart rate and set your heart rate zones as a percentage of your maximum heart rate.

- Verify that your user profile settings are accurate (*Setting Up Your User Profile*, page 96).
- Run often with the wrist or chest heart rate monitor.
- View your heart rate trends and time in zones using your Garmin Connect™ account.

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

Setting Your Power Zones

The power zones use default values based on gender, weight, and average ability, and may not match your personal abilities. If you know your functional threshold power (FTP) or threshold power (TP) value, you can

enter it and allow the software to calculate your power zones automatically. You can manually adjust your zones on the watch or using your Garmin Connect™ account.

1. From the watch face, swipe left.
2. Select **Settings** > **User Profile** > **Heart Rate & Power Zones** > **Power**.
3. Select an activity.
4. Select **Based On**.
5. Select an option:
   - Select **Watts** to view and edit the zones in watts.
   - Select **% of FTP** or **% of TP** to view and edit the zones as a percentage of your threshold power.
6. Select **FTP** or **Threshold Power**, and enter your value.

   You can use the Auto Detection feature to automatically record your threshold power during an activity (*Detecting Performance Measurements Automatically*, page 98).
7. Select a zone, and enter a value for each zone.
8. If necessary, select **Minimum**, and enter a minimum power value.

Detecting Performance Measurements Automatically

The Auto Detection feature is turned on by default. The watch can automatically detect your maximum heart rate and lactate threshold during an activity. When paired with a compatible power meter, the watch can automatically detect your functional threshold power (FTP) during an activity.

1. From the watch face, swipe left.
2. Select **Settings** > **User Profile** > **Heart Rate & Power Zones** > **Auto Detection**.
3. Select an option.

Power Manager Settings

From the watch face, press , and select **Settings** > **Power Manager**.

Battery Saver: Customizes system settings to extend battery life in watch mode.

Battery Percentage: Displays remaining battery life as a percentage.

Battery Estimates: Displays remaining battery life as an estimated number of days or hours.

Low Battery Alert: Notifies you when the battery level is low.

Customizing the Battery Saver Feature

The battery saver feature allows you to quickly adjust system settings to extend battery life in watch mode. You can turn on the battery saver feature from the controls menu (*Customizing the Controls Menu*, page 43).

1. From the watch face, swipe left.
2. Select **Settings** > **Power Manager** > **Battery Saver**.
3. Select **Status** to turn on the battery saver feature.
4. Select **Edit**, and select an option:
   - Select **Watch Face** to enable a low-power watch face that updates once per minute.
   - Select **Music** to disable listening to music from your watch.
   - Select **Phone** to disconnect your paired phone.
   - Select **Wi-Fi** to disconnect from a Wi-Fi® network.
   - Select **Auto Activity Start** to disable this setting (*Health and Wellness Settings*, page 84).
   - Select **Wrist Heart Rate** to turn off the wrist heart rate monitor.
   - Select **Pulse Oximeter** to turn off the pulse oximeter sensor.
   - Select **Always On Display** to turn off the screen when not in use.
   - Select **Brightness** to reduce the screen brightness.
   - Select **Wake Word** to disable the wake word for voice commands.
   - Select **Wake On Alert** to prevent the screen from turning on when you receive a notification or alert.
   - Select **Wake On Gesture** to prevent the screen from turning on when you raise and turn your arm to look at your wrist.

   The watch displays the hours of battery life gained with each setting change.
5. Select **Low Battery Alert** to receive an alert when the battery level is low.

Accessibility

Your Venu® watch has accessibility features, such as custom color filters and audio and display settings.

Accessibility Settings

From the watch face, press , and select **Settings** > **Accessibility**.

Color Filters: Sets the color mode for all screens, increasing color visibility for colorblindness. You can remove specific colors such as red, green, or blue, or select Grayscale to remove all color.

Wheelchair Mode: Turns wheelchair mode on or off (*Wheelchair Mode*, page 96).

Hourly Alert: Enables an alert at the start of each hour. You can set this alert as a watch tone or vibration, spoken time of day, or any combination.

Voice Command: Sets the voice command language and enables the OK Garmin watch wake word for voice commands (*Using Voice Commands*, page 10).

Phone Assistant: Enables your phone's voice assistant wake word for voice commands (*Using the Phone Assistant*, page 75).

System Settings

From the watch face, press , and select **Settings** > **System**.

Language: Sets the language displayed on the watch.

Shortcuts: Assigns shortcuts to buttons (*Customizing the Button Shortcuts*, page 101).

Passcode: Sets a four-digit passcode to secure your personal information when the watch is not on your wrist (*Setting Your Watch Passcode*, page 101).

Do Not Disturb: Enables do not disturb mode to dim the screen and disable alerts and notifications.

Compass: Calibrates the internal compass and customizes the settings (*Compass*, page 102).

Altimeter & Barometer: Calibrates the internal barometric altimeter and customizes the settings (*Altimeter and Barometer*, page 102).

Time: Adjusts the time settings (*Time Settings*, page 103).

Keyboard: Sets the default watch keyboard language and format. You can add more keyboard options and change your default keyboard (*Changing the Default Watch Keyboard*, page 103).

Voice: Sets the watch voice dialect and voice type, your dialect for voice controls, and enables wake words for your watch or phone voice assistant (*Enabling a Wake Word for Your Watch*, page 103). You can also set voice alerts during an activity (*Playing Voice Alerts During an Activity*, page 33).

Flashlight: Sets the strobe, distress pattern, and shortcut options for the flashlight (*Using the Flashlight Control*, page 43).

Advanced: Opens the advanced system settings for setting the units of measure, data recording mode, and USB mode (*Advanced System Settings*, page 104).

Restore & Reset: Configures watch data backups and resets user data and settings (*Restore and Reset Settings*, page 104).

Software Update: Installs downloaded software updates, enables automatic updates, and allows you to manually check for updates (*Product Updates*, page 109).

About: Displays device, software, license, and regulatory information (*Viewing Device Information*, page 105).

Customizing the Button Shortcuts

You can customize the hold function of individual buttons and combinations of buttons.

1. From the watch face, swipe left.
2. Select **Settings** > **System** > **Shortcuts**.
3. Select a button or combination of buttons to customize.
4. Select a function.

Setting Your Watch Passcode

NOTICE

If you enter your passcode incorrectly three times, the watch locks temporarily. After five incorrect attempts, the watch locks until you reset your passcode in the Garmin Connect™ app. If you have not paired your watch with your phone, the watch deletes your data and resets to the factory default settings after five incorrect attempts.

You can set up a watch passcode to secure your personal information when the watch is not on your wrist. If you are using the Garmin Pay™ feature, the watch uses the same four-digit passcode required to open your wallet (*Garmin Pay™*, page 11).

1. From the watch face, swipe left.
2. Select **Settings** > **System** > **Passcode** > **Set Passcode**.
3. Enter a four-digit passcode.

The next time you remove the watch from your wrist, you must enter the passcode before you can view any information.

Changing Your Watch Passcode

You must know your existing watch passcode to change it. If you forget your passcode or make too many incorrect passcode attempts, you must reset it in the Garmin Connect™ app.

1. From the watch face, swipe left.
2. Select **Settings** > **System** > **Passcode** > **Change Passcode**.
3. Enter your existing four-digit passcode.
4. Enter a new four-digit passcode.

The next time you remove the watch from your wrist, you must enter the passcode before you can view any information.

Turning Off Your Watch Passcode

NOTE: You must know your existing device passcode to turn it off. If you forget your passcode or make too many incorrect passcode attempts, you must reset it in the Garmin Connect™ app.

1. From the watch face, swipe left.
2. Select **Settings** > **System** > **Passcode** > **Passcode** > **Wallet Only**.
3. Enter your existing four-digit passcode.

The watch turns off the passcode option, except for your Garmin Pay wallet.

Compass

The watch has a 3-axis compass with automatic calibration. The compass features and appearance change depending on your activity, whether GPS is enabled, and whether you are navigating to a destination. You can change the compass settings manually (*Compass Settings*, page 102). You can view the compass from the controls menu (*Controls*, page 41), glances list (*Glances*, page 35), or a data screen during an activity (*Customizing the Data Screens*, page 30).

Compass Settings

From the watch face, press , and select **Settings** > **System** > **Compass**.

Calibrate: Manually calibrates the compass sensor (*Calibrating the Compass Manually*, page 102).

Display: Sets the directional heading on the compass to letters, degrees, or milliradians.

North Ref.: Sets the north reference of the compass (*Setting the North Reference*, page 102).

Mag. Variation: Sets the magnetometer variation for the north reference.

Mode: Sets the compass to use a combination of GPS and electronic-sensor data when moving (Auto), GPS data only, or the magnetometer.

Calibrating the Compass Manually

NOTICE

Calibrate the electronic compass outdoors. To improve heading accuracy, do not stand near objects that influence magnetic fields, such as vehicles, buildings, and overhead power lines.

The watch uses automatic calibration by default. If you experience irregular compass behavior, for example, after moving long distances or after extreme temperature changes, you can manually calibrate the compass.

1. From the watch face, swipe left.
2. Select **Settings** > **System** > **Compass** > **Calibrate**.
3. Move your wrist in a small figure eight motion until a message appears.

Setting the North Reference

You can set the directional reference used in calculating heading information.

1. From the watch face, swipe left.
2. Select **Settings** > **System** > **Compass** > **North Ref.**.
3. Select an option:
   - To set geographic north as the heading reference, select **True**.
   - To set magnetic north as the heading without declination, select **Magnetic**.
   - To set grid north (000°) as the heading reference, select **Grid**.
   - To set the magnetic variation value manually, select **User** > **Mag. Variation**, enter the magnetic variation, and select **Done**.

Altimeter and Barometer

The watch contains an internal altimeter and barometer. The watch collects elevation and pressure data continuously, even in low-power mode. The altimeter displays your approximate elevation based on pressure changes. The barometer displays environmental pressure data based on the fixed elevation where the altimeter was most recently calibrated (*Altimeter and Barometer Settings*, page 102). You can select from the altimeter or barometer glances to open the altimeter or barometer settings quickly.

Altimeter and Barometer Settings

From the watch face, hold , select **Settings** > **System** > **Altimeter & Barometer**.

Calibrate: Manually calibrates the altimeter and barometer sensor.

Auto Cal.: Self-calibrates the sensor each time you use satellite systems.

Sensor Mode: Sets the mode for the sensor. The Auto option uses both the altimeter and barometer according to your movement. You can use the Altimeter Only option when your activity involves changes in altitude, or the Barometer Only option when your activity does not involve changes in altitude.

Elevation: Sets the units of measure for elevation.

Pressure: Sets the units of measure for pressure.

Barometer Plot: Sets the length of time to show on the graph for the barometer glance.

Calibrating the Barometric Altimeter

Your watch was already calibrated at the factory, and the watch uses automatic calibration at your GPS starting point by default. You can manually calibrate the barometric altimeter if you know the correct elevation.

1. From the watch face, swipe left.
2. Select **Settings** > **System**.
3. Select **Altimeter & Barometer**.
4. Select **Calibrate**.
5. Select an option:
   - To enter the current elevation manually, select **Enter Manually**.
   - To calibrate automatically from your GPS location, select **Use GPS**.

Time Settings

From the watch face, press , and select **Settings** > **System** > **Time**.

Time Format: Sets the watch to show time in a 12-hour, 24-hour, or military format.

Date Format: Sets the display order for the day, month, and year for dates.

Set Time: Sets the time zone for the watch. The Auto option sets the time zone automatically based on your GPS position.

Time: Sets the time if the Set Time option is set to Manual.

Time Sync: Syncs the time when you change time zones, and updates the time for daylight saving time (*Syncing the Time*, page 103).

Syncing the Time

Each time you turn on the watch and acquire satellites or open the Garmin Connect™ app on your paired phone, the watch automatically detects your time zone and the current time of day. You can also manually sync the time when you change time zones, and to update for daylight saving time.

1. From the watch face, swipe left.
2. Select **Settings** > **System** > **Time** > **Time Sync**.
3. Wait while the watch connects to your paired phone or locates satellites (*Acquiring Satellite Signals*, page 111).

   TIP: You can swipe up to switch the source.

Changing the Default Watch Keyboard

You can change the default watch keyboard language and format.

1. From the watch face, swipe left.
2. Select **Settings** > **System** > **Keyboard**.
3. Select **Add**, and select a keyboard option.
   The keyboard option appears in the list.
4. Select the keyboard option, and scroll to move it to the top of the list.
   ★ appears next to the default keyboard.

Enabling a Wake Word for Your Watch

You can enable the wake word for your watch and your phone's voice assistant.

NOTE: Enabling these settings reduces battery life.

1. From the watch face, swipe left.
2. Select **Settings** > **System** > **Voice**.
3. Select an option:

- Select "**OK Garmin**" to enable the **Voice Command** watch wake word (*Using Voice Commands*, page 10).
- Select "**Phone Assistant**" to enable the **Phone Assistant** watch wake word (*Using the Phone Assistant*, page 75).

Advanced System Settings

From the watch face, press , and select **Settings** > **System** > **Advanced**.

Format: Sets general format preferences, such as the units of measure, pace and speed shown during activities, and the start of the week (*Changing the Units of Measure*, page 104).

Data Recording: Sets how the watch records activity data (*Data Recording Settings*, page 104).

USB Mode: Sets the watch to use MTP (media transfer protocol) or Garmin® mode when connected to a computer.

Changing the Units of Measure

You can customize units of measure for distance, pace and speed, elevation, and more.

1. From the watch face, swipe left.
2. Select **Settings** > **System** > **Advanced** > **Format** > **Units**.
3. Select a measurement type.
4. Select a unit of measure.

Data Recording Settings

From the watch face, hold , and select **Settings** > **System** > **Advanced** > **Data Recording**.

Frequency: Sets how often the watch records activity data. The **Smart** frequency recording option (default) allows for longer activity recordings. The **Every Second** recording option provides more detailed activity recordings, but may not record entire activities that last for longer periods of time. It records key points where you change direction, pace, or heart rate. Your activity record is smaller, allowing you to store more activities on the device memory.

Log HRV: Enables the watch to record your heart rate variability during an activity (*Heart Rate Variability Status*, page 54).

Position Enhancement: Enables the watch to record more position details for certain activities, such as running or hiking.

Restore and Reset Settings

You can back up the settings from an existing Garmin® watch and restore those settings to a different, compatible Garmin watch using the Garmin Connect™ app (*Restoring Your Settings and Data from Garmin Connect™*, page 104). Settings include sport profiles, glances, user settings, workouts, and more.

From the watch face, press , and select **Settings** > **System** > **Restore & Reset**.

Automatic Backups: Periodically backs up your settings to your Garmin Connect account.

Back Up Now: Manually backs up your settings to your Garmin Connect account.

Backup Contents: Displays the type of data that is saved.

Settings are automatically included in your backup contents.

Reset: Resets the selected settings to the factory default values (*Resetting All Default Settings*, page 105).

Restoring Your Settings and Data from Garmin Connect™

1. From the Garmin Connect app, select •••.
2. Select **Garmin Devices**, and select your watch.
3. Select **System** > **Restore & Reset** > **Device Backups**.
4. Select a backup from the list.
5. Select **Restore from Backup** > **Restore**.
6. Follow the on-screen instructions.
7. Wait for your watch to sync with the app.
8. On your watch, press , and select ✔.

   The watch restarts and restores your settings and data.
9. Follow the on-screen instructions.

Resetting All Default Settings

Before you reset all default settings, you should sync the watch with the Garmin Connect™ app to upload your activity data.

You can reset all of the watch settings to the factory default values.

1. From the watch face, swipe left.
2. Select **Settings** > **System** > **Restore & Reset** > **Reset**.
3. Select an option:
   - To reset all of the watch settings to the factory default values and save all user-entered information and activity history, select **Reset Default Settings**.
   - To delete all activities from the history, select **Delete All Activities**.
   - To reset all distance and time totals, select **Reset Totals**.
   - To reset all of the watch settings to the factory default values and delete all user-entered information and activity history, select **Delete Data and Reset Settings**.

     NOTE: If you have set up a Garmin Pay™ wallet, this option deletes the wallet from your watch. If you have music stored on your watch, this option deletes your stored music.
   - To delete all temporary files from the watch, select **Delete Temporary Files**.

Viewing Device Information

You can view device information, such as the unit ID, software version, regulatory information, and license agreement.

1. From the watch face, swipe left.
2. Select **Settings** > **System** > **About**.

Viewing E-label Regulatory and Compliance Information

The label for this device is provided electronically. The e-label may provide regulatory information, such as identification numbers provided by the FCC or regional compliance markings, as well as applicable product and licensing information.

1. From the watch face, swipe left.
2. From the settings menu, select **System**.
3. Select **About**.

Device Information

About the AMOLED Display

By default, the watch settings are optimized for battery life and performance (*Tips for Maximizing the Battery Life*, page 109).

Image persistence, or pixel "burn-in," is normal behavior for AMOLED devices. To extend the display life, you should avoid displaying static images at high brightness levels for long time periods. To minimize burn-in, the Venu® 4 display turns off after the selected timeout (*Display and Brightness Settings*, page 70). You can turn your wrist toward your body, tap the touchscreen, or press a button to wake the watch.

Charging the Watch

⚠ WARNING

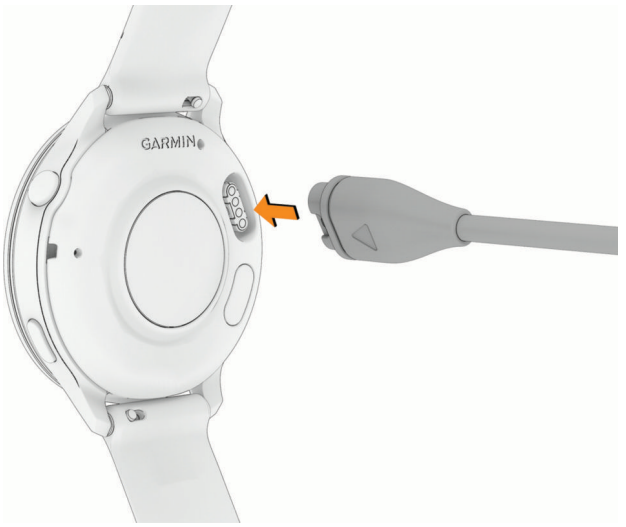
This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions (*Device Care*, page 106).

Your watch comes with a proprietary charging cable. For optional accessories and replacement parts, go to garmin.com, or contact your Garmin® dealer.

1 Plug the cable (▲ end) into the charging port on your watch.



2 Plug the other end of the cable into a USB-C® computer port or AC adapter (5 W minimum power rating).
The watch displays the current battery charge level.

3 Disconnect the watch after the battery charge level reaches 100%.

Device Care

NOTICE

Do not use a sharp object to clean the device.

Never use a hard or sharp object to operate the touchscreen, or damage may result.

Do not expose the microphone and speaker openings to sunscreen or other chemicals. Doing so could clog or otherwise adversely affect the microphone and speaker, degrading their performance.

Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.

Avoid pressing the buttons under water.

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

Cleaning the Watch

⚠ CAUTION

Some users may experience skin irritation after prolonged use of the watch, especially if the user has sensitive skin or allergies. If you notice any skin irritation, remove the watch and give your skin time to heal. To help prevent skin irritation, ensure the watch is clean and dry, and do not overtighten the watch on your wrist.

NOTICE

Even small amounts of sweat or moisture can cause corrosion of the electrical contacts when connected to a charger. Corrosion can prevent charging and data transfer.

TIP: For more information, go to garmin.com/fitandcare.

1. Rinse with water, or use a damp lint-free cloth.
2. Allow the watch to dry completely.

Cleaning the Nylon Strap

- Hand wash the nylon strap with a mild detergent, such as dishwashing liquid.
- Do not put the nylon strap in a washing machine or dryer.
- When drying the nylon strap, hang it up or lay it flat, and allow it to dry completely.
- For more information, go to **garmin.com/fitandcare**.

Changing the Bands

The watch is compatible with standard quick-release bands. Venu® 4 - 41 mm has 18 mm wide bands, and Venu 4 - 45 mm has 22 mm wide bands.

1. Slide the quick-release pin on the spring bar to remove the band.



2. Insert one side of the spring bar for the new band into the watch.
3. Slide the quick-release pin, and align the spring bar with the opposite side of the watch.
4. Repeat steps 1 through 3 to change the other band.

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Water rating	5 ATM[1]
Operating and storage temperature range	From -20° to 50°C (from -4° to 122°F)
USB charging temperature range	From 0° to 45°C (from 32° to 113°F)

[1] The device withstands pressure equivalent to a depth of 50 m. For more information, go to www.garmin.com/waterrating.

EU wireless frequencies and transmit power	2.4 GHz: < 20 dBm maximum 13.56 MHz: < 42 dBuA/m maximum @ 10m
EU SAR values	0.04 W/kg head, 0.21 W/kg limb (41 mm); 0.07 W/kg limb (45 mm)

Battery Information

The actual battery life depends on the features enabled on your watch, such as wrist-based heart rate, phone notifications, GPS, internal sensors, and connected sensors.

Mode	Venu® 4 - 41 mm Battery Life	Venu 4 - 45 mm Battery Life
Smartwatch mode	Up to 10 days	Up to 12 days
Battery saver watch mode	Up to 18 days	Up to 25 days
GPS only mode	Up to 15 hours	Up to 20 hours
All satellite systems mode	Up to 13 hours	Up to 19 hours
All satellite systems with music mode	Up to 6 hours	Up to 9 hours
All satellite systems plus multi-band mode	Up to 12 hours	Up to 17 hours
All satellite systems plus multi-band with music mode	Up to 6 hours	Up to 9 hours

Troubleshooting

Product Updates

Your device automatically checks for updates when paired with a phone using Bluetooth® technology or when connected to Wi-Fi®. You can manually check for updates from the system settings (*System Settings*, page 101). On your computer, install Garmin Express™ (**garmin.com/express**). On your phone, install the Garmin Connect™ app.

This provides easy access to these services for Garmin® devices:

- Software updates
- Data uploads to Garmin Connect
- Product registration

Getting More Information

You can find more information about this product on the Garmin® website.

- Go to **support.garmin.com** for additional manuals, articles, and software updates.
- Go to **garmin.com**, or contact your Garmin dealer for information about optional accessories and replacement parts.
- Go to **garmin.com/ataccuracy** for information about feature accuracy.

  This is not a medical device.

My watch is in the wrong language

You can change the watch language selection if you have accidentally selected the wrong language.

1. From the watch face, swipe left.
2. Select ⚙.
3. Select ⚙⚙.
4. Select 🌐.
5. Select your language.

Tips for Maximizing the Battery Life

To extend the life of the battery, you can try these tips.

- Turn on the battery saver feature from the controls menu (*Controls*, page 41).
- Use the battery glance to view usage details and adjust system settings (*Glances*, page 35).
- Reduce the screen timeout (*Display and Brightness Settings*, page 70).
- Decrease the flashlight brightness and edit the strobe settings (*Editing the Custom Flashlight Strobe*, page 43).
- Stop using the **Always On Display** screen timeout option, and select a shorter timeout (*Display and Brightness Settings*, page 70).
- Reduce the screen brightness (*Display and Brightness Settings*, page 70).
- Turn off wake words for your watch and phone's voice assistant (*Enabling a Wake Word for Your Watch*, page 103).
- Use a GNSS satellite mode that prioritizes battery life during your activity (*Satellite Settings*, page 34).
- Turn off Bluetooth® technology when you are not using connected features (*Controls*, page 41).
- When pausing your activity for a longer period of time, use the **Resume Later** option (*Stopping an Activity*, page 14).
- Use a watch face that is not updated every second.

  For example, use a watch face without a second hand (*Customizing the Watch Face*, page 35).
- Limit the phone notifications the watch displays (*Enabling Phone Notifications*, page 75).
- Stop broadcasting heart rate data to paired devices (*Broadcasting Heart Rate Data*, page 85).
- Turn off wrist-based heart rate monitoring (*Wrist Heart Rate Monitor Settings*, page 85).

  NOTE: Wrist-based heart rate monitoring is used to calculate vigorous intensity minutes and calories burned.
- Turn on manual pulse oximeter readings (*Setting the Pulse Oximeter Mode*, page 86).

How can I force my watch to restart?

If your watch stops responding, you can try these steps to restart it.

- Hold until the watch turns off, and hold to turn on the watch.
- Plug the watch into a USB-C® charging port for at least 30 seconds, unplug the cable, and plug the cable in again.

My device is in recovery mode

Recovery mode options appear on the device when it cannot resolve a software issue.

Select one or more recovery mode options:

Attempt Recovery	Attempt Recovery: This is the most common solution to repair a software issue. In most cases, you won't lose any activity data.
Help	Help: You scan the QR code to access the latest troubleshooting information from Garmin® Product Support.
Cancel Activity	Cancel Activity: If you are currently recording an activity, this cancels the activity. ***NOTICE*** The current activity data is deleted.
Connect to Computer	Connect to Computer: When you have access to your computer, you can use the Garmin Express™ application to update the software.
Factory Reset	Factory Reset: Restores the device to the factory defaults. ***NOTICE*** This deletes all user data, settings, and pairing information. Any data that has been synced to your Garmin Connect™ account can be restored.
Power Off	Power Off: Turns the device off.

Is my phone compatible with my watch?

The Venu® 4 watch is compatible with phones using Bluetooth technology.

Go to **garmin.com/ble** for Bluetooth compatibility information.

Go to garmin.com/voicefunctionality for voice functionality compatibility information.

My phone will not connect to the watch

If your phone will not connect to the watch, you can try these tips.

- Turn off your phone and your watch, and turn them back on again.
- Enable Bluetooth® technology on your phone.
- Update the Garmin Connect™ app to the latest version.
- Remove your watch from the Garmin Connect app and the Bluetooth settings on your phone to retry the pairing process.
- If you bought a new phone, remove your watch from the Garmin Connect app on the phone you intend to stop using.
- Bring your phone within 10 m (33 ft.) of the watch.
- On your phone, open the Garmin Connect app, and select ••• > **Garmin Devices** > **Add Device** to enter pairing mode.
- From the watch face, press , and select **Settings** > **Connectivity** > **Phone** > **Pair Phone**.

Can I use my Bluetooth® sensor with my watch?

The watch is compatible with some Bluetooth sensors. The first time you connect a sensor to your Garmin® watch, you must pair the watch and sensor. After they are paired, the watch connects to the sensor automatically when you start an activity and the sensor is active and within range.

1. From the watch face, swipe left.
2. Select **Settings** > **Connectivity** > **Watch Sensors** > **Add New**.
3. Select an option:
   - Select **Search All**.
   - Select your sensor type.

   You can customize the optional data fields (*Customizing the Data Screens*, page 30).

My headphones will not connect to the watch

If your Bluetooth® headphones were previously connected to your phone, they may connect to your phone automatically instead of connecting to your watch. You can try these tips.

- Turn off Bluetooth technology on your phone.

  Refer to the owner's manual for your phone for more information.
- Stay 10 m (33 ft.) away from your phone while connecting your headphones to your watch.
- Pair your headphones with your watch (*Connecting Bluetooth® Headphones*, page 95).

My music cuts out or my headphones won't stay connected

When using a Venu® 4 watch connected to Bluetooth® headphones, the signal is strongest when there is a direct line of sight between the watch and the antenna on the headphones.

- If the signal passes through your body, you may experience signal loss or your headphones may become disconnected.
- If you wear your Venu 4 watch on your left wrist, you should make sure the headphone's Bluetooth antenna is on your left ear.
- Since headphones vary by model, you can try wearing the watch on your other wrist.
- If you are using metal or leather watch bands, you can switch to silicone watch bands to improve signal strength.

The speaker or microphone is quiet after water exposure

After swimming, bathing, or exposing the watch to water, residual water in the speaker and microphone ports may cause the watch to be temporarily quieter than usual. The water does not cause harm to the watch, but it may take up to 24 hours for the water to evaporate. Follow the device care instructions when you clean your watch after water exposure (*Device Care*, page 106).

How can I undo a lap button press?

During an activity, you might accidently press the lap button. In most cases, ↶ appears on the screen next to a button, and you will have a few seconds to press the button and discard the most recent lap or sport change. The lap undo feature is available for activities that support manual laps, manual sport changes, and automatic sport changes. The lap undo feature is not available for activities that trigger automatic laps, runs, rests, or pauses, such as gym activities, pool swimming, and workouts.

Acquiring Satellite Signals

The device may need a clear view of the sky to acquire satellite signals. The time and date are set automatically based on the GPS position.

TIP: For more information about GPS, go to garmin.com/aboutGPS.

1. Go outdoors to an open area.

   The front of the device should be oriented toward the sky.
2. Wait while the device locates satellites.

   It may take 30–60 seconds to locate satellite signals.

Tips for Improving GNSS Satellite Reception

- Frequently sync the device to your Garmin® account:
  - Connect your device to a computer using the USB cable and the Garmin Express™ application.
  - Sync your device to the Garmin Connect™ app using your Bluetooth® enabled phone.
  - Connect your device to your Garmin account using a Wi-Fi® wireless network.

  While connected to your Garmin account, the device downloads several days of satellite data, allowing it to quickly locate satellite signals.
- Take your device outside to an open area away from tall buildings and trees.
- Remain stationary for a few minutes.
- Use watch bands that do not include metal parts close to the watch housing, such as silicone watch bands.

The heart rate on my watch is not accurate

For more information on your heart rate sensor, go to garmin.com/heartrate.

The activity temperature reading is not accurate

Your body temperature affects the temperature reading for the internal temperature sensor. To get the most accurate temperature reading, you should remove the watch from your wrist and wait 20 to 30 minutes.

You can also use an optional tempe™ external temperature sensor to view accurate ambient temperature readings while wearing the watch.

Exiting Demo Mode

Demo mode shows a preview of features on your watch.

1 Quickly press ⌚ eight times.

2 Select ✔.

Activity Tracking

For more information about activity tracking accuracy, go to garmin.com/ataccuracy.

My step count does not seem accurate

If your step count does not seem accurate, you can try these tips.

- Wear the watch on your non-dominant wrist.
- Carry the watch in your pocket when pushing a stroller or lawn mower.
- Carry the watch in your pocket when actively using your hands or arms only.

  NOTE: The watch may interpret some repetitive motions, such as washing dishes, folding laundry, or clapping your hands, as steps.

The step counts on my watch and my Garmin Connect™ account don't match

The step count on your Garmin Connect account updates when you sync your watch.

1 Select an option:
   - Sync your step count with the Garmin Express™ application (*Using Garmin Connect™ on Your Computer*, page 80).
   - Sync your step count with the Garmin Connect app (*Using the Garmin Connect™ App*, page 79).

2 Wait while your data syncs.

  Syncing can take several minutes.

  NOTE: Refreshing the Garmin Connect app or the Garmin Express application does not sync your data or update your step count.

The floors climbed amount does not seem accurate

Your watch uses an internal barometer to measure elevation changes as you climb floors. A floor climbed is equal to 3 m (10 ft.).

- Locate the small barometer holes on the back of the watch, near the charging contacts, and clean the area around the charging contacts.

  The barometer performance may be affected if the barometer holes are obstructed. You can rinse the watch with water to clean the area.

  After cleaning, allow the watch to dry completely.
- Avoid holding handrails or skipping steps while climbing stairs.
- In windy environments, cover the watch with your sleeve or jacket as strong gusts can cause erratic readings.

Appendix

VO2 Max. Standard Ratings

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

VO2 max. is not available when the watch is in wheelchair mode.

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

Females	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	49.6	47.4	45.3	41.1	37.8	36.7
Excellent	80	43.9	42.4	39.7	36.7	33	30.9
Good	60	39.5	37.8	36.3	33	30	28.1
Fair	40	36.1	34.4	33	30.1	27.5	25.9
Poor	0–40	<36.1	<34.4	<33	<30.1	<27.5	<25.9

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Color Gauges and Running Dynamics Data

The running dynamics screens display a color gauge for the primary metric. You can display cadence, vertical oscillation, ground contact time, ground contact time balance, or vertical ratio as the primary metric. The color gauge shows you how your running dynamics data compare to those of other runners. The color zones are based on percentiles.

Garmin® has researched many runners of all different levels. The data values in the red or orange zones are typical for less experienced or slower runners. The data values in the green, blue, or purple zones are typical for more experienced or faster runners. More experienced runners tend to exhibit shorter ground contact times, lower vertical oscillation, lower vertical ratio, and higher cadence than less experienced runners. However, taller runners typically have slightly slower cadences, longer strides, and slightly higher vertical oscillation. Vertical ratio is your vertical oscillation divided by stride length. It is not correlated with height.

Go to garmin.com/runningdynamics for more information on running dynamics. For additional theories and interpretations of running dynamics data, you can search reputable running publications and websites.

Color Zone	Percentile in Zone	Cadence Range	Ground Contact Time Range
Purple	>95	>183 spm	<218 ms
Blue	70–95	174–183 spm	218–248 ms
Green	30–69	164–173 spm	249–277 ms
Orange	5–29	153–163 spm	278–308 ms
Red	<5	<153 spm	>308 ms

Ground Contact Time Balance Data

Ground contact time balance measures your running symmetry and appears as a percentage of your total ground contact time. For example, 51.3% with an arrow pointing left indicates the runner is spending more time on the ground when on the left foot. If your data screen displays both numbers, for example 48–52, 48% is the left foot and 52% is the right foot.

Color Zone	Red	Orange	Green	Orange	Red
Symmetry	Poor	Fair	Good	Fair	Poor

Percent of Other Runners	5%	25%	40%	25%	5%
Ground Contact Time Balance	>52.2% L	50.8–52.2% L	50.7% L–50.7% R	50.8–52.2% R	>52.2% R

While developing and testing running dynamics, the Garmin® team found correlations between injuries and greater imbalances with certain runners. For many runners, ground contact time balance tends to deviate further from 50–50 when running up or down hills. Most running coaches agree that a symmetrical running form is good. Elite runners tend to have quick and balanced strides.

You can watch the gauge or data field during your run or view the summary on your Garmin Connect™ account after your run. As with the other running dynamics data, ground contact time balance is a quantitative measurement to help you learn about your running form.

Vertical Oscillation and Vertical Ratio Data

The data ranges for vertical oscillation and vertical ratio are slightly different depending on the sensor and whether it is positioned at the chest (HRM 600, HRM-Fit™, or HRM-Pro™ series accessories) or at the waist (Running Dynamics Pod accessory).

Color Zone	Percentile in Zone	Vertical Oscillation Range at Chest	Vertical Oscillation Range at Waist	Vertical Ratio at Chest	Vertical Ratio at Waist
Purple	>95	<6.4 cm	<6.8 cm	<6.1%	<6.5%
Blue	70–95	6.4–8.1 cm	6.8–8.9 cm	6.1–7.4%	6.5–8.3%
Green	30–69	8.2–9.7 cm	9.0–10.9 cm	7.5–8.6%	8.4–10.0%
Orange	5–29	9.8–11.5 cm	11.0–13.0 cm	8.7–10.1%	10.1–11.9%
Red	<5	>11.5 cm	>13.0 cm	>10.1%	>11.9%

FTP Ratings

These tables include classifications for functional threshold power (FTP) estimates by sex.

Males	Watts per Kilogram (W/kg)
Superior	5.05 and greater
Excellent	From 3.93 to 5.04
Good	From 2.79 to 3.92
Fair	From 2.23 to 2.78
Untrained	Less than 2.23

Females	Watts per Kilogram (W/kg)
Superior	4.30 and greater
Excellent	From 3.33 to 4.29
Good	From 2.36 to 3.32
Fair	From 1.90 to 2.35
Untrained	Less than 1.90

FTP ratings are based on research by Hunter Allen and Andrew Coggan, PhD, *Training and Racing with a Power Meter* (Boulder, CO: VeloPress, 2010).

Wheel Size and Circumference

When used for cycling, your speed sensor automatically detects your wheel size. If necessary, you can manually enter your wheel circumference in the speed sensor settings.

The tire size for cycling is marked on both sides of the tire. You can measure the circumference of your wheel or use one of the calculators available on the internet.

Data Fields

NOTE: Not all data fields are available for all activity types. Some data fields require ANT+® or Bluetooth® accessories to display data. Some data fields appear in more than one category on the watch.

TIP: You can also customize the data fields from the watch settings in the Garmin Connect™ app.

Cadence Fields

Name	Description
Average Cadence	Cycling. The average cadence for the current activity.
Average Cadence	Running. The average cadence for the current activity.
Cadence	Cycling. The number of revolutions of the crank arm. Your device must be connected to a cadence accessory for this data to appear.
Cadence	Running. The steps per minute (right and left).
Lap Cadence	Cycling. The average cadence for the current lap.
Lap Cadence	Running. The average cadence for the current lap.
Last Lap Cadence	Cycling. The average cadence for the last completed lap.
Last Lap Cadence	Running. The average cadence for the last completed lap.

Charts

Name	Description
Barometer Chart	A chart showing the barometric pressure over time.
Elevation Chart	A chart showing the elevation over time.
Heart Rate Chart	A chart showing your heart rate throughout the activity.
Pace Chart	A chart showing your pace throughout the activity.
Power Chart	A chart showing your power throughout the activity.
Speed Chart	A chart showing your speed throughout the activity.

Compass Fields

Name	Description
Compass Heading	The direction you are moving based on the compass.
GPS Heading	The direction you are moving based on GPS.
Heading	The direction you are moving.

Distance Fields

Name	Description
Distance	The distance traveled for the current track or activity.
Int. Distance	The distance traveled for the current interval.
Lap Distance	The distance traveled for the current lap.
Last Lap Dist.	The distance traveled for the last completed lap.
Last Move Dist.	The distance traveled for the last completed move.
Move Distance	The distance traveled for the current move.
Nautical Distance	The distance traveled in nautical meters or nautical feet.

Elevation Fields

Name	Description
Average Ascent	The average vertical distance of ascent since the last reset.
Average Descent	The average vertical distance of descent since the last reset.
Elevation	The altitude of your current location above or below sea level.
Glide Ratio	The ratio of horizontal distance traveled to the change in vertical distance.
GPS Elevation	The altitude of your current location using GPS.

Name	Description
Grade	The calculation of rise (elevation) over run (distance). For example, if for every 3 m (10 ft.) you climb you travel 60 m (200 ft.), the grade is 5%.
Lap Ascent	The vertical distance of ascent for the current lap.
Lap Descent	The vertical distance of descent for the current lap.
Last Lap Ascent	The vertical distance of ascent for the last completed lap.
Last Lap Descent	The vertical distance of descent for the last completed lap.
Last Move Ascent	The vertical distance of ascent for the last completed move.
Last Move Descent	The vertical distance of descent for the last completed move.
Maximum Ascent	The maximum rate of ascent in feet per minute or meters per minute since the last reset.
Maximum Descent	The maximum rate of descent in meters per minute or feet per minute since the last reset.
Maximum Elevation	The highest elevation reached since the last reset.
Minimum Elevation	The lowest elevation reached since the last reset.
Move Ascent	The vertical distance of ascent for the current move.
Move Descent	The vertical distance of descent for the current move.
Total Ascent	The total elevation distance ascended since the last reset.
Total Descent	The total elevation distance descended since the last reset.

Floors Fields

Name	Description
Floors Climbed	The total number of floors climbed up for the day.
Floors Descended	The total number of floors climbed down for the day.
Floors per Minute	The number of floors climbed up per minute.

Force Fields

Name	Description
3s Force	The 3-second moving average of force applied to the pedal platforms, in Newtons.
10s Force	The 10-second moving average of force applied to the pedal platforms, in Newtons.
30s Force	The 30-second moving average of force applied to the pedal platforms, in Newtons.
Avg Force	The average force applied to the pedal platforms during the activity, in Newtons.
Force	The force applied to the pedal platforms, in Newtons.
Lap Force	The average force applied to the pedal platforms during the current lap, in Newtons.
Lap Norm. Force	The normalized force applied to the pedal platforms during the current lap, in Newtons.
Last Lap Force	The average force applied to the pedal platforms during the previous lap, in Newtons.
Last Lap Norm. Force	The normalized force applied to the pedal platforms during the previous lap, in Newtons.
Max. Force	The maximum force applied to the pedal platforms during the activity, in Newtons.
Max. Lap Force	The maximum force applied to the pedal platforms during the current lap, in Newtons.
Normalized Force	The normalized force applied to the pedal platforms, in Newtons.

Gears

Name	Description
Di2 Battery	The remaining battery power of a Di2 sensor.
Front	The front bike gear from a gear position sensor.
Gear Battery	The battery status of a gear position sensor.
Gear Combo	The current gear combination from a gear position sensor.
Gears	The front and rear bike gears from a gear position sensor.
Gear Ratio	The number of teeth on the front and rear bike gears, as detected by a gear position sensor.
Rear	The rear bike gear from a gear position sensor.

Graphical

Name	Description
Cadence Gauge	Running. A color gauge showing your current cadence range.
Compass Gauge	The direction you are moving based on the compass.
GCT Balance Gauge	A color gauge showing the left/right balance of ground contact time while running.
Ground Contact Time Gauge	A color gauge showing the amount of time in each step that you spend on the ground while running, measured in milliseconds.
Heart Rate Gauge	A color gauge showing your current heart rate zone.
Heart Rate Zones Ratio	A color gauge showing the ratio of time spent in each heart rate zone.
PacePro Gauge	Running. Your current split pace and your target split pace.
Power Gauge	A color gauge showing your current power zone.
Total Ascent/Descent Gauge	The total elevation distances ascended and descended during the activity or since the last reset.
Training Effect Gauge	The impact of the current activity on your aerobic and anaerobic fitness levels.
Vertical Oscillation Gauge	A color gauge showing the amount of bounce while you are running.
Vertical Ratio Gauge	A color gauge showing the ratio of vertical oscillation to stride length.

Heart Rate Fields

Name	Description
% Heart Rate Reserve	The percentage of heart rate reserve (maximum heart rate minus resting heart rate).
Aerobic Training Effect	The impact of the current activity on your aerobic fitness level.
Anaerobic Training Effect	The impact of the current activity on your anaerobic fitness level.
Avg. %HRR	The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current activity.
Average HR	The average heart rate for the current activity.
Avg. HR %Max.	The average percentage of maximum heart rate for the current activity.
Heart Rate	Your heart rate in beats per minute (bpm). Your device must have wrist-based heart rate or be connected to a compatible heart rate monitor.
HR %Max.	The percentage of maximum heart rate.
HR Zone	The current range of your heart rate (1 to 5). The default zones are based on your user profile and maximum heart rate (220 minus your age).
Int. Avg. %HRR	The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current swim interval.
Int. Avg. %Max.	The average percentage of maximum heart rate for the current swim interval.
Int. Avg. HR	The average heart rate for the current swim interval.
Int. Max. %HRR	The maximum percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current swim interval.
Int. Max. %Max.	The maximum percentage of maximum heart rate for the current swim interval.
Int. Max. HR	The maximum heart rate for the current swim interval.
Lap %HRR	The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current lap.
Lap HR	The average heart rate for the current lap.
Lap HR %Max.	The average percentage of maximum heart rate for the current lap.
Last Lap %HRR	The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the last completed lap.
Last Lap HR	The average heart rate for the last completed lap.
L. Lap HR %Max.	The average percentage of maximum heart rate for the last completed lap.
Last Move %HRR	The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the last completed move.

Name	Description
Last Move HR	The average heart rate for the last completed move.
L. Move HR %Max.	The average percentage of maximum heart rate for the last completed move.
Move %HRR	The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current move.
Move HR	The average heart rate for the current move.
Move HR %Max.	The average percentage of maximum heart rate for the current move.
Time in Zone	The time elapsed in each heart rate zone.

Lengths Fields

Name	Description
Interval Lengths	The number of pool lengths completed during the current interval.
Lengths	The number of pool lengths completed during the current activity.

Other Fields

Name	Description
Active Calories	The calories burned during the activity.
Ambient Pressure	The uncalibrated environmental pressure.
Barometric Pressure	The current calibrated environmental pressure.
Battery Hours	The number of hours remaining before the battery power is depleted.
Battery Level	The remaining battery power.
eBike Battery	The remaining battery power of an ebike.
eBike Range	The estimated remaining distance the ebike can provide assistance.
GPS	The strength of the GPS satellite signal.
Intervals	The number of intervals completed for the current activity.
Laps	The number of laps completed for the current activity.
Last Round Reps	The number of repetitions in the last round of the activity.
Load	The training load for the current activity. Training load is the amount of excess post-exercise oxygen consumption (EPOC), which indicates the strenuousness of your workout.
Moves	The total number of moves completed during the current activity.
Performance Condition	The performance condition score is a real-time assessment of your ability to perform.
Reps	During a gym activity, the number of repetitions in a workout set.
Respiration Rate	Your respiration rate in breaths per minute (brpm).
Rounds	The number of exercise groups performed in an activity, such as jump rope.
Steps	The number of steps taken during the current activity.
Stress	Your current stress level.
Sunrise	The time of sunrise based on your GPS position.
Sunset	The time of sunset based on your GPS position.
Time of Day	The time of day based on your current location and time settings (format, time zone, daylight saving time).
Total Calories	The amount of total calories burned for the day.

Pace Fields

Name	Description
500m Pace	The current rowing pace per 500 meters.
Average 500m Pace	The average rowing pace per 500 meters for the current activity.
Average Pace	The average pace for the current activity.
Grade Adjusted Pace	The average pace adjusted by the steepness of the terrain.

Name	Description
Int. Pace	The average pace for the current interval.
Lap 500m Pace	The average rowing pace per 500 meters for the current lap.
Lap Pace	The average pace for the current lap.
Last Lap 500m Pace	The average rowing pace per 500 meters for the last lap.
Last Lap Pace	The average pace for the last completed lap.
Last Len. Pace	The average pace for your last completed pool length.
Last Move Pace	The average pace for the last completed move.
Move Pace	The average pace for the current move.
Pace	The current pace.
Rolling Pace	The continuous average pace of the last completed mile or kilometer.

PacePro Fields

Name	Description
Next Split Distance	Running. The total distance of the next split.
Next Split Target Pace	Running. The target pace for the next split.
Split Distance	Running. The total distance of the current split.
Split Distance Remaining	Running. The remaining distance of the current split.
Split Pace	Running. The pace for the current split.
Split Target Pace	Running. The target pace for the current split.

Power Fields

Name	Description
% FTP	The current power output as a percentage of functional threshold power.
3s Avg. Balance	The 3-second moving average of the left/right power balance.
3s Power	The 3-second moving average of power output.
3s Power to Weight	The 3-second average power measured in watts per kilogram for the current activity.
10s Avg. Balance	The 10-second moving average of the left/right power balance.
10s Power	The 10-second moving average of power output.
10s Power to Weight	The 10-second average power measured in watts per kilogram for the current activity.
30s Avg. Balance	The 30-second moving average of the left/right power balance.
30s Power	The 30-second moving average of power output.
30s Power to Weight	The 30-second average power measured in watts per kilogram for the current activity.
Avg. Balance	The average left/right power balance for the current activity.
Average Left PP	The average power phase angle for the left leg for the current activity.
Avg. Power	The average power output for the current activity.
Avg. Right PP	The average power phase angle for the right leg for the current activity.
Avg. Left PPP	The average power phase peak angle for the left leg for the current activity.
Avg. PCO	The average platform center offset for the current activity.
Avg. Power to Weight	The average power measured in watts per kilogram for the current activity.
Avg. Right PPP	The average power phase peak angle for the right leg for the current activity.
Balance	The current left/right power balance.
Intensity Factor	The Intensity Factor™ for the current activity.
Lap Balance	The average left/right power balance for the current lap.
Lap Left PPP	The average power phase peak angle for the left leg for the current lap.
Lap Left PP	The average power phase angle for the left leg for the current lap.
Lap Max. Power	The top power output for the current lap.

Name	Description
Lap NP	The average Normalized Power™ for the current lap.
Lap PCO	The average platform center offset for the current lap.
Lap Power	The average power output for the current lap.
Lap Power to Weight	The average power measured in watts per kilogram for the current lap.
Lap Right PPP	The average power phase peak angle for the right leg for the current lap.
Lap Right PP	The average power phase angle for the right leg for the current lap.
Last Lap Max. Power	The top power output for the last completed lap.
Last Lap NP	The average Normalized Power for the last completed lap.
Last Lap Power	The average power output for the last completed lap.
Left PPP	The current power phase peak angle for the left leg. Power phase peak is the angle range over which the rider produces the peak portion of the driving force.
Left PP	The current power phase angle for the left leg. Power phase is the pedal stroke region where positive power is produced.
Max. Power	The top power output for the current activity.
NP	The Normalized Power for the current activity.
Pedal Smooth.	The measurement of how evenly a rider is applying force to the pedals throughout each pedal stroke.
PCO	The platform center offset. Platform center offset is the location on the pedal platform where force is applied.
Power	The current power output in watts. For skiing activities, your device must be connected to a compatible heart rate monitor.
Power to Weight	The current power measured in watts per kilogram.
Power Zone	The current range of power output based on your FTP or custom settings.
Right PPP	The current power phase peak angle for the right leg. Power phase peak is the angle range over which the rider produces the peak portion of the driving force.
Right PP	The current power phase angle for the right leg. Power phase is the pedal stroke region where positive power is produced.
Time in Zone	The time elapsed in each power zone.
Time Seat.	The time spent seated while pedaling for the current activity.
Time Seat. Lap	The time spent seated while pedaling for the current lap.
Time Stand.	The time spent standing while pedaling for the current activity.
Time Stand. Lap	The time spent standing while pedaling for the current lap.
TSS	The Training Stress Score™ for the current activity.
Torque Eff.	The measurement of how efficiently a rider is pedaling.
Work	The accumulated work performed (power output) in kilojoules.

Rest Fields

Name	Description
Repeat On	The timer for the last interval plus the current rest (pool swimming).
Rest Timer	The timer for the current rest (pool swimming).

Run Dynamics

Name	Description
Average GCT Balance	The average ground contact time balance for the current session.
Average Ground Contact Time	The average amount of ground contact time for the current activity.
Average Stride Length	The average stride length for the current session.
Average Vertical Oscillation	The average amount of vertical oscillation for the current activity.

Name	Description
Average Vertical Ratio	The average ratio of vertical oscillation to stride length for the current session.
GCT Balance	The left/right balance of ground contact time while running.
Ground Contact Time	The amount of time in each step that you spend on the ground while running, measured in milliseconds. Ground contact time is not calculated while walking.
Lap GCT Balance	The average ground contact time balance for the current lap.
Lap Ground Contact Time	The average amount of ground contact time for the current lap.
Lap Stride Length	The average stride length for the current lap.
Lap Vertical Oscillation	The average amount of vertical oscillation for the current lap.
Lap Vertical Ratio	The average ratio of vertical oscillation to stride length for the current lap.
Stride Length	The length of your stride from one footfall to the next, measured in meters.
Vertical Oscillation	The amount of bounce while you are running. The vertical motion of your torso, measured in centimeters for each step.
Vertical Ratio	The ratio of vertical oscillation to stride length.

Speed Fields

Name	Description
Avg. Moving Speed	The average speed when moving for the current activity.
Avg. Overall Speed	The average speed for the current activity, including both moving and stopped speeds.
Avg. Speed	The average speed for the current activity.
Avg. SOG	The average speed of travel for the current activity, regardless of the course steered and temporary variations in heading.
Lap SOG	The average speed of travel for the current lap, regardless of the course steered and temporary variations in heading.
Lap Speed	The average speed for the current lap.
Last Lap SOG	The average speed of travel for the last completed lap, regardless of the course steered and temporary variations in heading.
Last Lap Speed	The average speed for the last completed lap.
Last Move Speed	The average speed for the last completed move.
Max. SOG	The maximum speed of travel for the current activity, regardless of the course steered and temporary variations in heading.
Maximum Speed	The top speed for the current activity.
Move Speed	The average speed for the current move.
Speed	The current rate of travel.
SOG	The actual speed of travel, regardless of the course steered and temporary variations in heading.
Vertical Speed	The rate of ascent or descent over time.

Stroke Fields

Name	Description
Average Distance Per Stroke	Swimming. The average distance traveled per stroke during the current activity.
Average Distance Per Stroke	Paddle sports. The average distance traveled per stroke during the current activity.
Average Distance Per Stroke	Indoor skiing. The average distance traveled per stroke during the current activity.
Average Stroke Rate	Paddle sports. The average number of strokes per minute (spm) during the current activity.
Average Stroke Rate	Indoor skiing. The average number of strokes per minute (spm) during the current activity.
Average Strokes Per Length	The average number of strokes per pool length during the current activity.
Distance Per Stroke	Paddle sports. The distance traveled per stroke.
Distance Per Stroke	Indoor skiing. The distance traveled per stroke.

Name	Description
Interval Strokes Per Length	The average number of strokes per pool length during the current interval.
Interval Stroke Type	The current stroke type for the interval.
Lap Distance Per Stroke	Swimming. The average distance traveled per stroke during the current lap.
Lap Distance Per Stroke	Paddle sports. The average distance traveled per stroke during the current lap.
Lap Distance Per Stroke	Indoor skiing. The average distance traveled per stroke during the current lap.
Lap Stroke Rate	Swimming. The average number of strokes per minute (spm) during the current lap.
Lap Stroke Rate	Paddle sports. The average number of strokes per minute (spm) during the current lap.
Lap Stroke Rate	Indoor skiing. The average number of strokes per minute (spm) during the current lap.
Lap Strokes	Swimming. The total number of strokes for the current lap.
Lap Strokes	Paddle sports. The total number of strokes for the current lap.
Lap Strokes	Indoor skiing. The total number of strokes for the current lap.
Last Lap Distance Per Stroke	Swimming. The average distance traveled per stroke during the last completed lap.
Last Lap Distance Per Stroke	Paddle sports. The average distance traveled per stroke during the last completed lap.
Last Lap Distance Per Stroke	Indoor skiing. The average distance traveled per stroke during the last completed lap.
Last Lap Stroke Rate	Swimming. The average number of strokes per minute (spm) during the last completed lap.
Last Lap Stroke Rate	Paddle sports. The average number of strokes per minute (spm) during the last completed lap.
Last Lap Stroke Rate	Indoor skiing. The average number of strokes per minute (spm) during the last completed lap.
Last Lap Strokes	Swimming. The total number of strokes for the last completed lap.
Last Lap Strokes	Paddle sports. The total number of strokes for the last completed lap.
Last Lap Strokes	Indoor skiing. The total number of strokes for the last completed lap.
Last Length Strokes	The total number of strokes for the last completed pool length.
Last Length Stroke Type	The stroke type used during the last completed pool length.
Stroke Rate	Swimming. The number of strokes per minute (spm).
Stroke Rate	Paddle sports. The number of strokes per minute (spm).
Stroke Rate	Indoor skiing. The number of strokes per minute (spm).
Strokes	Swimming. The total number of strokes for the current activity.
Strokes	Paddle sports. The total number of strokes for the current activity.
Strokes	Indoor skiing. The total number of strokes for the current activity.

Swolf Fields

Name	Description
Average Swolf	The average swolf score for the current activity. Your swolf score is the sum of the time for one length plus the number of strokes for that length (*Swim Terminology*, page 18). In open water swimming, 25 meters is used to calculate your swolf score.
Interval Swolf	The average swolf score for the current interval.
Lap Swolf	The swolf score for the current lap.
Last Lap Swolf	The swolf score for the last completed lap.
Last Length Swolf	The swolf score for the last completed pool length.

Temperature Fields

Name	Description
24-Hour Maximum	The maximum temperature recorded in the last 24 hours from a compatible temperature sensor.
24-Hour Minimum	The minimum temperature recorded in the last 24 hours from a compatible temperature sensor.
Temperature	The temperature of the air. Your body temperature affects the temperature sensor. You can pair a tempe™ sensor with your device to provide a consistent source of accurate temperature data.

Timer Fields

Name	Description
Active Time	The total time of active movement for the current activity.
Average Lap Time	The average lap time for the current activity.
Average Move Time	The average move time for the current activity.
Average Pose Time	The average pose time for the current activity.
Elapsed Time	The total time recorded. For example, if you start the activity timer and run for 10 minutes, then stop the timer for 5 minutes, then start the timer and run for 20 minutes, your elapsed time is 35 minutes.
Estimated Finish Time	The estimated finish time of the current activity.
Interval Time	The stopwatch time for the current interval.
Lap Time	The stopwatch time for the current lap.
Last Lap Time	The stopwatch time for the last completed lap.
Last Move Time	The stopwatch time for the last completed move.
Last Pose Time	The stopwatch time for the last completed pose.
Move Time	The stopwatch time for the current move.
Moving Time	The total time moving for the current activity.
Overall Ahead/Behind	The overall time ahead or behind of the target pace or speed.
Pose Time	The stopwatch time for the current pose.
Set Timer	During a strength training activity, the amount of time spent in the current workout set.
Stopped Time	The total time stopped for the current activity.
Swim Time	The swimming time for the current activity, not including rest time.
Timer	The current time of the activity timer.

Workout Fields

Name	Description
Reps to Go	During a workout, the remaining repetitions.
Step Duration	The time or distance remaining for the workout step.
Step Pace	The current pace during the workout step.
Step Speed	The current speed during the workout step.
Step Time	The time elapsed for the workout step.

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