GARMIN.

FORERUNNER® 410

GPS-ENABLED SPORTS WATCH WITH WIRELESS SYNC

⚠ WARNING

This product contains a non-replaceable lithium-ion battery.

Always consult your physician before you begin or modify any exercise program. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

⚠ CAUTION

The device is not intended to be used while swimming. Swimming or prolonged water submersion can cause a short in the unit, which can in rare cases result in a minor skin burn or irritation in the area of the unit.

Use the Touch Bezel

The bezel around the watch face acts as a multifunction button.

Tap: quickly press your finger on the bezel to make a selection, toggle a menu option, or change pages.

Touch and hold: hold your finger on one of the four labeled areas on the bezel to switch modes.

Double press: press two fingers on two areas on the bezel to turn on the backlight.

Touch and drag (scroll): press your finger on the bezel and drag it around the bezel to scroll through the menu options or to increase or decrease values.

Touch Bezel Areas and Buttons

① **time/date:** touch and hold to enter time/date mode.

② **GPS:** touch and hold to enter GPS mode.

③ **menu:** touch and hold to open the menu page.

④ **training:** touch and hold to enter training mode.

⑤ **start/stop/enter:**

• Press to start/stop the timer in training mode.

• Press to make a selection.

• Press to exit power save mode.

• Press and hold to turn on the watch.

⑥ **lap/reset/quit:**

• Press to create a new lap in training mode.

• Press and hold to reset the timer and save activity in training mode.

• Press to exit a menu or page.

• Press to exit power save mode.

Bezel Tips

- Touch the bezel firmly.
- Touch the bezel on the outer ring, where the words appear, not the inner ring near the watch face.
- Make each bezel selection a separate action.
- Do not rest your finger or thumb on the bezel while using it.
- Do not wear thick gloves while using the bezel.

Locking the Bezel

To prevent accidental bezel taps (due to wet fabric or inadvertent bumping), press **enter** and **quit** simultaneously. To unlock the bezel, press **enter** and **quit** simultaneously again.

Power Save Mode

After a period of inactivity, the device switches to power save mode. The device is inactive if the timer is not running, you are not navigating to a destination and viewing the navigation page, and you have not pressed any buttons or tapped the bezel.

While in power save mode, you can view the time of day, turn on the backlight, and use the ANT+™ computer connection. To exit power save mode, press the **enter** or **quit** button.

Shutting Down

To conserve battery power, you can shut down your Forerunner when you are not using it.

1. Touch and hold **menu** > select **Settings** > **System** > **Shut Down**.
2. Select **Yes**.

Press and hold **enter** to turn on the Forerunner.

Charging the Battery

Your device ships with the power off to conserve the battery. Charge the device for at least three hours before using it.

NOTE: To prevent corrosion, thoroughly dry the charging contacts and surrounding area before charging.

TIP: The device will not charge when outside the temperature range of 32°F–122°F (0°C–50°C).

1. Plug the USB connector on the charging clip cable into the AC adapter.
2. Plug the AC adapter into a standard wall outlet.
3. Align the charging clip posts with the contacts on the back of the device.

Contacts

4. Clip the charger securely over the face of the device.

Charging clip

The length of time a fully charged battery will last depends upon usage. A fully charged battery can run the device with GPS on for up to 8 hours. See the owner's manual for more information.

Configure Your Device

The first time you use your device, follow the on-screen instructions to learn how to use the bezel, set your user profile, and configure the device.

The device uses your user profile to calculate calorie consumption.

If you are using an ANT+ heart rate monitor, select **Yes** during the configuration to allow the heart rate monitor to pair (connect) with your device. See for more information.

Acquire Satellite Signals

To set the correct time of day and begin using the device, you must acquire GPS satellite signals. It may take a few minutes to acquire signals.

NOTE: To turn off the GPS receiver and use the device indoors, touch and hold **GPS**. Select **Off** for **GPS**.

NOTE: You cannot acquire satellites in power save mode. To exit power save mode, press **enter** or **quit**.

1. Go outdoors to an open area. For the best reception, make sure the antenna of the device is oriented toward the sky.

Antenna location

2. Touch and hold **training** to enter training mode.
3. Stand still and do not begin moving until the locating satellites page disappears.

When you are receiving satellite signals, the GPS icon appears in the training mode pages.
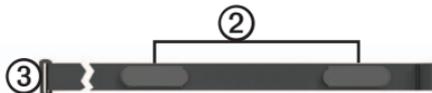
Putting on the Heart Rate Monitor

NOTE: If you do not have a heart rate monitor, you can skip this step.

Wear the heart rate monitor directly on your skin, just below your breastplate. It should be snug enough to stay in place during your run.

1. Snap the heart rate monitor module ① onto the strap.

2. Wet both electrodes ② on the back of the strap to create a strong connection between your chest and the transmitter.

3. Wrap the strap around your chest, and connect the strap hook ③ to the loop.

NOTE: The Garmin logo should be right-side up.

4. Bring the device within range (3 m) of the heart rate monitor.

TIP: If the heart rate data is erratic or does not appear, you may have to tighten the strap on your chest or warm up for 5–10 minutes.

After you put on the heart rate monitor, it is on standby and ready to send data. When the heart rate monitor is paired, a message appears, and the 🩶 heart rate icon appears in training mode.

NOTE: For more heart rate monitor information, see the *Forerunner 410 Owner's Manual*.

Go for a Run!

1. Touch and hold **training**.
2. Press **start** to start the timer.
3. After completing your run, press **stop**.
4. Press and hold **reset** to save your run data and reset the timer.

Download Free Software

ANT Agent™ allows you to use your device with Garmin Connect™, a Web-based training tool, and Garmin Training Center®, a computer-based training tool.

1. Go to www.garmin.com /intosports.
2. Select **Train with Garmin**.
3. Follow the on-screen instructions to download and install ANT Agent.

Pair Your Computer and Device

NOTE: Before connecting the USB ANT Stick™ to your computer, you must download the free software so that the necessary USB drivers are installed (page 8).

1. Plug the USB ANT Stick into a USB port on your computer.

   The ANT Stick drivers automatically install the Garmin ANT Agent.

2. Bring your device within range (3 m) of your computer.

3. Follow the on-screen instructions.

Transfer Data to Your Computer

Bring your device within range (3 m) of your computer. ANT Agent automatically transfers data between your device and Garmin Connect or Garmin Training Center.

NOTE: If you have a lot of data, this may take a few minutes. Device functions are not available during data transfer.

Use Garmin Connect or Garmin Training Center to view and analyze your data.

Resetting the Device

If your device is locked up, reset your device. Press and hold **enter** and **quit** simultaneously until the screen goes blank (about 7 seconds). This does not erase any of your data or settings.

Product Registration

Help us better support you by completing our online registration today. Go to http://my.garmin.com. Keep the original sales receipt, or a photocopy, in a safe place.

More Information

For more information about the functions and settings of the device, refer to the owner's manual.

Contact Garmin

Contact Garmin Product Support if you have any questions while using your device. In the USA, go to www.garmin.com/support, or contact Garmin USA by phone at (913) 397.8200 or (800) 800.1020.

In the UK, contact Garmin (Europe) Ltd. by phone at 0808 2380000.

In Europe, go to www.garmin.com/support and click **Contact Support** for in-country support information, or contact Garmin (Europe) Ltd. by phone at +44 (0) 870.8501241.

GARMIN.