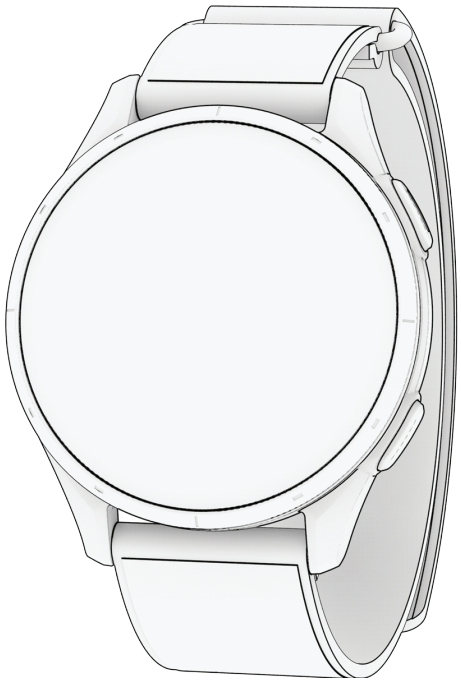
GARMIN®



APPROACH S50

Owner’s Manual

Rev. A

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M/N: A04999

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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.

Device Overview



① **Touchscreen:** Tap to choose an option in a menu.

Swipe up or down to scroll through the glance loop and menus (*Glances, page 8*).

② **Top button :** Press to start a round of golf.

Press to start an activity or app.

Hold to turn the watch on.

Hold to view the controls menu and watch settings (*Controls, page 10*).

③ **Bottom button :** Press to return to the previous screen.

During an activity, press to record a lap, rest, or advance to the next workout step.

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 (*Device Overview, page 1*).
2. Answer the watch prompts about your preferred language, units of measure, and driver distance.
3. Pair your phone (*Pairing Your Phone, page 1*).

   Pairing your phone gives you access to scorecard syncing, notifications, and more.
4. Charge the watch completely so that you have enough charge for a round of golf (*Charging the Watch, page 1*).

Using the Watch Features

- From the watch face, swipe up or down to scroll through the glance loop.

  Your watch comes preloaded with glances that provide quick information. More glances are available when you pair your watch with a phone.
- From the watch face, press , and select to start an activity or open an app.
- Hold , and select **Settings** to adjust settings, customize the watch face, and pair wireless sensors.

Pairing Your Phone

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

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, hold , and select **Settings** > **Connectivity** > **Pair Phone**.
   - If you want to pair a new phone, from the watch face, hold , and select **Settings** > **Connectivity** > **Phone** > **Pair Phone**.
2. Scan the QR code with your phone, and follow the on-screen instructions to complete the pairing and setup process.

Charging the Watch

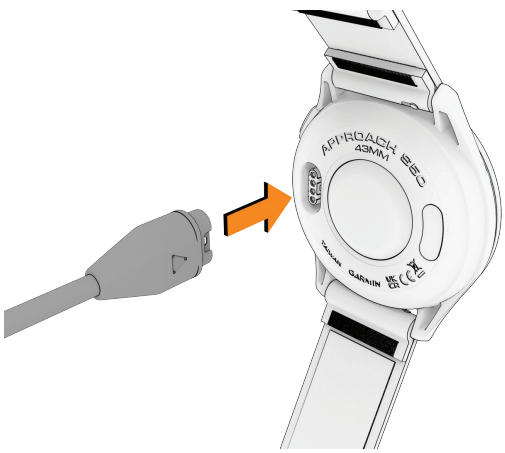
⚠ WARNING

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 26*).

1. Plug the cable (▲ end) into the charging port on your watch.



2. Plug the other end of the cable into a USB charging port.

   The watch displays the current battery charge level.

Product Updates

On your computer, install Garmin Express (*www.Garmin.com/express*). On your smartphone, install the Garmin Golf app.

This provides easy access to these services for Garmin devices:

- Software updates
- Course updates
- Data uploads to Garmin Golf
- Product registration

Setting Up Garmin Express

1. Connect the device to your computer using a USB cable.
2. Go to *Garmin.com/express*.
3. Follow the on-screen instructions.

Playing Golf

NOTE: If you found a golf course with data that's inaccurate or outdated, please send us a report at *Report a Golf Course Issue*.

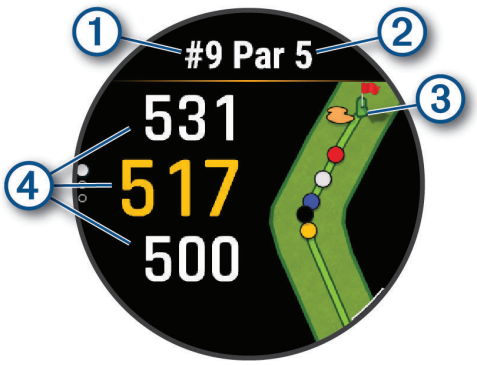
Before you play golf, you should charge the watch (*Charging the Watch, page 1*).

NOTE: Some features are only available with a Garmin Golf subscription.

1. Press .
2. Select **Play 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.
4. Select ✓ to keep score.
5. Select a tee box.

   The hole information screen appears.



①	Current hole number
②	Par for the hole
③	Map of the hole.
④	Distances to the front, middle, and back 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 front, middle, or back distances to the green to view the PlaysLike distance (*PlaysLike Distance Icons, page 5*).
   - Swipe up or down on the front, middle, or back distances to the green to view additional data, including your handicap rating and the PlaysLike factors.
   - Tap the map to view more detail or measure distance with touch targeting (*Measuring Distance with Touch Targeting, page 3*).
   - Tap the map and select ^ or v to view the location and distance to a layup or to the front and back of a hazard (*Hazards and Layups, page 3*).
   - Press to open the golf menu (*Golf Menu, page 2*).

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 access additional features in the golf menu.

View Green: Allows you to move the pin location to get a more precise distance measurement (*Viewing the Green, page 3*).

Change Hole: Allows you to manually change the hole (*Changing Holes, page 3*).

Change Green: Allows you to change the green when more than one green is available for a hole (*Changing Holes, page 3*).

Scorecard: Opens the scorecard for the round (*Keeping Score, page 3*).

PinPointer: The PinPointer feature is a compass that points to the pin location when you are unable to see the green (*Viewing the Direction to the Pin, page 4*). 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: Shows your score, statistics, and step information (*Viewing Round Information, page 4*).

Last Shot: Shows the distance of your previous shot recorded with the Garmin AutoShot feature (*Viewing Measured Shots, page 4*). You can also manually record a shot (*Adding a Shot Manually, page 4*).

Club Stats: Shows your statistics with each club (*Viewing Club Statistics, page 5*). Appears when you pair
Approach club tracking accessories or enable the Club Prompt setting.

Custom Targets: Allows you to save a location, such as an object or obstacle, for the current hole (*Saving Custom Targets, page 5*).

Sunrise & Sunset: Shows the sunrise, sunset, and twilight times for the current day.

Settings: Allows you to customize the golf activity settings (*Activities and App Settings, page 20*).

End Round: Ends the current round (*Ending a Round, page 5*).

Viewing the Green

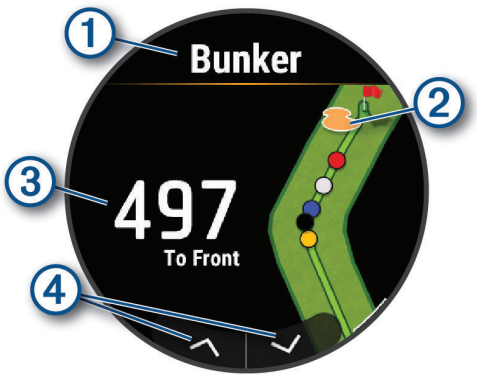
While playing a round, you can take a closer look at the green and move the pin to get a more precise distance measurement.

1. Press .
2. Select **View Green**.
3. Tap or drag to move 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.

Hazards and Layups

You can tap the map to view the hazards and layups for the current hole.



①	The type of hazard or the layup distance.
②	The location of the hazard or layup.
③	The distance to the layup or to the front and back of the hazard.
④	Arrows you can tap to view other hazards or layups for the hole.

Measuring Distance with Touch Targeting

While playing a game, you can use touch targeting to measure the distance to any point on the map.

NOTE: This feature requires a Garmin Golf subscription.

1. While playing golf, tap the map.
2. Tap the map to position the target circle .

   You can view the distance from your current position to the target circle, and from the target circle to the pin location.

Changing Holes

You can change holes manually from the hole view screen.

1. Press .
2. Select **Change Hole**.
3. Swipe up or down to select the hole.

Keeping Score

1. Press .
2. Select **Scorecard**.

   NOTE: If scoring is not enabled, you can select Start Scoring.
3. Select a hole.
4. Select — or + to set the score.

Enabling Statistics Tracking

When you enable statistics tracking on the device, you can view your statistics for the current round (*Viewing Round Information, page 4*). You can compare rounds and track improvements using the Garmin Golf app.

1. Hold .
2. Select **Settings** > **Golf Settings** > **Scoring** > **Stat Tracking**.

Recording Statistics

Before you can record statistics, you must enable statistics tracking (*Enabling Statistics Tracking, page 3*).

1. From the scorecard, select a hole.
2. Enter the total number of strokes taken, including putts, and select **Next**.
3. Set the number of putts taken, and select **Next**.

   NOTE: The number of putts taken is used for statistics tracking only and does not increase your score.
4. If necessary, select an option:

   NOTE: If you are on a par 3 hole or using Approach sensors, fairway information does not appear.
   - If your ball hit the fairway, select .
   - If your ball missed the fairway, select or .
5. If necessary, enter the number of penalty strokes.

Setting the Scoring Method

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

1. Hold .
2. Select **Settings** > **Golf Settings** > **Scoring** > **Scoring Method**.
3. Select a scoring method.

About Stableford Scoring

When you select the Stableford scoring method (*Setting the Scoring Method, page 3*), points are awarded based on the number of strokes taken relative to par. At

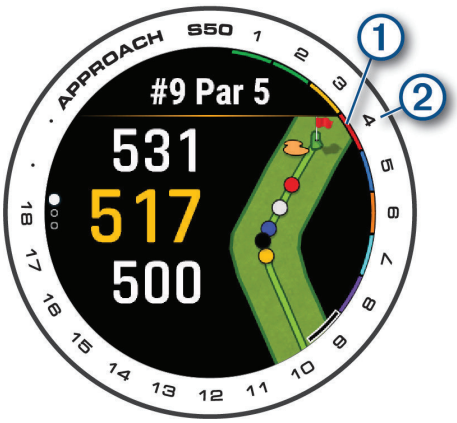
the end of a round, the highest score wins. The device awards points as specified by the United States Golf Association.

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

Score History

While playing a round, your watch displays a color ① next to each of the hole indicators ② along the bezel to indicate your score on that hole.



Color	Strokes Taken Relative to Par
Purple	5 or more over
Pink	4 over
Red	3 over
Orange	2 over
Yellow	1 over
Green	Par
Light blue	1 under
Dark blue	2 or more under

Enabling Handicap Scoring

1. Hold .
2. Select **Settings** > **Golf Settings** > **Scoring** > **Handicap Scoring**.
3. Select an option:
   - Select **Use Garmin Golf** to use the handicap configured in the Garmin Golf app.
   - Select **Local Handicap** to enter the number of strokes to be subtracted from the player's total score.
   - Select **Index/Slope** to enter the player's Handicap Index® to calculate a course handicap for the player.
     NOTE: The Slope Rating® is automatically calculated based on your tee box selection.

     You can swipe down on the hole information screen to view the number of handicap strokes and yourhandicap rating. The scorecard displays your handicap-adjusted score for the 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. Press .
2. Select **PinPointer**.

   The arrow points to the pin location.

Viewing Round Information

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

1. Press .
2. Select **Round Info**.
3. Swipe up.

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.

1. While playing golf, press .
2. Select **Last 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. Select > **View More** to view all recorded shot distances.

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

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.

Viewing Club Statistics

Before you can view club statistics, you have to pair Approach club tracking accessories or enable the Club Prompt setting (*Golf Settings, page 19*).

During a round, you can view your club statistics, such as distance and accuracy information.

1. Press .
2. Select **Club Stats**.
3. Select a club.
4. Swipe up.

Saving Custom Targets

While playing a round, you can save up to five custom targets for each hole. Saving a target is useful for recording objects or obstacles that are not shown on the map. You can view the distances to these targets from the hazards and layups screen (*Hazards and Layups, page 3*).

1. Stand near the target you want to save.

   NOTE: You cannot save a target that is far from the currently selected hole.
2. From the hole information screen, press .
3. Select **Custom Targets**.
4. Select a target type.

Using Big Numbers Mode

You can change the size of the numbers on the hole view screen.

1. Press .
2. Select **Settings** > **Big Numbers**.
3. Press .

   The distances to the front, middle, and back of the green appear in large font.



4. Swipe up or down to view additional data.

PlaysLike Distance Icons

The PlaysLike distance feature accounts for elevation changes on the course by showing the adjusted distance to the green. During a round, you can tap a distance to the green to view the PlaysLike distance.

▲: Distance plays longer than expected due to a change in elevation.

■: Distance plays as expected.

▼: Distance plays shorter than expected due to a change in elevation.

Ending a Round

1. Press .
2. Select **End Round**.
3. Swipe up.
4. 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**.

Connectivity

Connectivity features are available for your watch when you pair with your compatible phone (*Pairing Your Phone, page 1*). Additional features are available when you connect your watch to a Wi-Fi® network (*Connecting to a Wi-Fi Network, page 6*).

Phone Connectivity Features

Phone connectivity features are available for your Approach watch when you pair it using the Garmin Golf app (*Pairing Your Phone, page 1*).

- App features from the Garmin Golf app (*Garmin Golf App, page 6*)
- App features from the Garmin Connect app (*Garmin Connect, page 7*)
- App features from the Connect IQ app, and more (*Phone Apps and Computer Applications, page 6*)
- Glances (*Glances, page 8*)
- Controls menu features (*Controls, page 10*)
- Safety and tracking features (*Safety and Tracking Features, page 22*)
- Phone interactions, such as notifications (*Enabling Bluetooth Notifications, page 5*)

Enabling Bluetooth Notifications

Before you can enable notifications, you must pair the Approach watch with a compatible phone (*Pairing Your Phone, page 1*).

1. Hold .
2. Select **Settings** > **Notifications & Alerts** > **Smart Notifications**.
3. Select an option:
   - Select **General Use** to set preferences for notifications that appear when in watch mode.
   - Select **During Activity** to set preferences for notifications that appear when recording an activity.

- Select **During Sleep** to turn **Do Not Disturb** on or off.
- Select **Privacy** to set a privacy preference.

Managing Notifications

You can use your compatible phone to manage notifications that appear on your Approach S50 watch.

Select an option:

- If you are using an iPhone®, go to the iOS® notifications settings to select the items to show on the watch.
- If you are using an Android™ phone, from the Garmin Connect app, select ••• > **Settings** > **Notifications**.

Using Do Not Disturb Mode

You can use do not disturb mode to turn off the backlight and vibration alerts. For example, you can use this mode while sleeping or watching a movie.

NOTE: You can set your normal sleep hours in the user settings on your Garmin Connect account.

1. Hold .
2. Select **Do Not Disturb**.

Turning Off the Bluetooth Phone Connection

1. Hold .
2. Select **Settings** > **Connectivity** > **Phone** > **Status** > **Off** to turn off the Bluetooth phone connection on your Approach watch.

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

Turning On and Off Phone Connection Alerts

You can set the Approach S50 watch to alert you when your paired phone connects and disconnects using Bluetooth technology.

NOTE: Phone connection alerts are turned off by default.

1. Hold .
2. Select **Settings** > **Connectivity** > **Phone** > **Connected Alerts**.

Finding Your Phone

You can use this feature to help locate a lost phone that is paired using Bluetooth technology and currently within range.

1. Hold .
2. Select .

   Signal strength bars appear on the Approach S50 screen, and an audible alert sounds on your phone. The bars increase as you move closer to your phone.
3. Press to stop searching.

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 Golf app on your phone or to the Garmin Express application on your computer before you can connect to a Wi-Fi network.

1. Hold .
2. Select **Settings** > **Connectivity** > **Wi-Fi** > **Status** > **On**.
3. Select **My Networks** > **Search for Networks**.

   The watch displays a list of nearby Wi-Fi networks.
4. Select a network.
5. 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.

Phone Apps and Computer Applications

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

Garmin Golf App

The Garmin Golf app allows you to upload scorecards from your Approach S50 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. Additional features are available for your Approach S50 device with a Garmin Golf membership, such as more detailed course maps, green contour data, and touch targeting (*Measuring Distance with Touch Targeting, page 3*).

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*).

Automatic Course Updates

Your Approach device features automatic course updates with the Garmin Golf app. When you connect your device to your smartphone, the golf courses you use most frequently are updated automatically.

Garmin Connect

When you pair your watch with your phone using the Garmin Golf app, a Garmin Connect account is automatically created. The Garmin Golf app syncs your data with your Garmin Connect account. You can download the Garmin Connect app from the app store on your phone.

Your Garmin Connect account allows you to track your fitness and wellness performance and connect with your friends. It gives you the tools to track, analyze, share, and encourage each other. You can record the events of your active lifestyle, including runs, rides, swims, and more.

Store your activities: After you complete and save a timed 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 fitness and outdoor activities, including time, distance, calories burned, an overhead map view, and pace and speed charts. You can also view customizable reports.

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 post links to your activities on your favorite social networking sites.

Using the Smartphone Apps

After you pair your device with your smartphone (*Pairing Your Phone, page 1*), you can use the Garmin Golf and Garmin Connect apps to upload all of your data to your Garmin account.

1. Open the Garmin Golf or Garmin Connect app on your smartphone.

   TIP: The app can be open or running in the background.
2. Bring your device within 10 m (30 ft.) of smartphone.

   Your device automatically syncs your data with your account.

Updating the Software Using the Smartphone Apps

After you pair your device with your smartphone (*Pairing Your Phone, page 1*), you can use the Garmin Golf and Garmin Connect apps to update your device software.

Sync your device with one of the apps (*Using the Smartphone Apps, page 7*).

When new software is available, the app automatically sends the update to your device

Using Garmin Connect on Your Computer

The Garmin Express application connects your compatible Garmin golf watch to your Garmin Connect account using a computer.

1. Connect your Garmin golf 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 watch software, you must download and install the Garmin Express application and add your watch (*Using Garmin Connect on Your Computer, page 7*).

1. Connect the watch to your computer using the USB cable.

   When new software is available, the Garmin Express application sends it to your watch.
2. After the Garmin Express application finishes sending the update, disconnect the watch from your computer.

   Your watch installs the update.

Connect IQ Features

You can add Connect IQ apps, data fields, glances, and watch faces to your watch using the Connect IQ store on your watch or phone (*Garmin.com.sg/products/apps/connect-iq/*).

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 Approach S50 watch with your phone (*Pairing Your Phone, page 1*).

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 Pay

NOTICE

This feature is not available for/in all regions.

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 **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. Hold .
2. Select .
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 •••.
2. Select **Garmin Pay** > ⋮ > **Add Card**.
3. 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 •••.
2. Select **Garmin Pay**.
3. Select a card.
4. Select an option:
   - To temporarily suspend or unsuspend the card, select **Suspend Card**.
     The card must be active to make purchases using your Approach S50 watch.
   - To delete the card, select .

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 Approach S50 watch, create a new passcode, and reenter your card information.

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

The next time you pay using your Approach S50 watch, you must enter the new passcode.

Glances

Your watch comes preloaded with glances that provide quick information (*Viewing the Glance Loop, page 9*).

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 Loop, page 9*).

Name	Description
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 10*).
Calendar	Displays upcoming meetings from your phone calendar.
Calories	Displays your calorie information for the current day.

Name	Description
Challenges	Displays your current leaderboard ranking if you participate in a Garmin Connect challenge.
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.
Golf	Displays golf scores and statistics for your last round.
Golf performance	Displays golf performance statistics that help you track and understand improvements to your golf game.
Health Snapshot	Displays summaries of your saved Health Snapshot sessions.
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.
HRV Status	Displays your seven-day average of your overnight heart rate variability (*Heart Rate Variability Status, page 10*).
Hydration	Allows you to track the amount of water you consume and the progress toward your daily goal (*Downloading Connect IQ Features, page 7*).
Intensity minutes	Tracks your time spent participating in moderate to vigorous activities, your weekly intensity minutes goal, and progress toward your goal.
Last activity	Displays a brief summary of your last recorded activity.
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.
Notifications	Alerts you to incoming calls, texts, social network updates, and more, based on your phone notification settings (*Enabling Bluetooth Notifications, page 5*).
Pulse oximeter	Allows you to take a manual pulse oximeter reading (*Getting Pulse Oximeter Readings, page 13*). If you are too active for the watch to determine your pulse oximeter reading, the measurements are not recorded.
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.
Sleep score	Displays total sleep time, a sleep score, and sleep stage information for the previous night.
Sleep coach	Provides recommendations for your sleep need based on sleep and activity history, HRV status, and naps.
Steps	Tracks your daily step count, step goal, and data for previous days.
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.
Weather	Displays the current temperature and weather forecast.

Viewing the Glance Loop

Glances provide quick access to health data, activity information, built-in sensors, and more. When you pair your watch, you can view data from your phone, such as notifications, weather, and calendar events.

1. From the watch face, swipe up or down.

   The watch scrolls through the glance loop and displays summary data for each glance.



2. Tap the touchscreen to view more information for the glance.
3. Select an option:
   - Swipe up to view details about a glance.
   - Press to view additional options and functions for a glance.

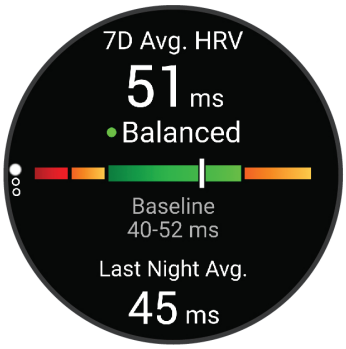
Customizing the Glance Loop

1. Swipe up or down to view the glance loop.
2. Select **Edit**.

3 Select an option:
   - To change the location of a glance in the loop, select a glance, and swipe up or down.
   - To remove a glance from the loop, select a glance, and select .
   - To add a glance to the loop, select **Add**, and select a glance.

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	Status
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.

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 10*).

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.

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 11*).

Hold .

Icon	Name	Description
	Assistance	Select to send an assistance request (*Requesting Assistance, page 23*).
	Brightness	Select to adjust the screen brightness (*Customizing the Display Settings, page 24*).
	Broadcast Heart Rate	Select to turn on heart rate broadcasting to a paired device (*Broadcasting Heart Rate to Garmin Devices, page 12*).
	Clocks	Select to open the Clocks app to set an alarm, timer, or stopwatch (*Clocks, page 15*).
	Do Not Disturb	Select to enable do not disturb mode to dim the screen and disable alerts and notifications. For example, you can use this mode while watching a movie.

Icon	Name	Description
	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 Approach watch screen, and it increases as you move closer to your phone.
	Lock Screen	Select to lock the buttons and the touchscreen to prevent inadvertent presses and swipes.
	Music Controls	Select to control music playback on your watch or phone.
	Phone Connection	Select to disable Bluetooth technology and your connection to your paired phone.
	Power Off	Select to turn off the watch.
	Settings	Select to open the settings menu.
	Sleep Mode	Select to enable Sleep Mode.
	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.
	Wallet	Select to open your Garmin Pay wallet and pay for purchases with your watch (*Garmin Pay, page 8*).

Customizing the Controls Menu

You can add, remove, and change the order of the shortcut menu options in the controls menu (*Controls, page 10*).

1. Hold .
2. Select **Edit**.
3. Select a shortcut to customize.
4. Select an option:
   - To change the location of the shortcut in the controls menu, swipe up or down.
   - To remove the shortcut from the controls menu, select .
5. If necessary, select **Add** to add an additional shortcut to the controls menu.

Heart Rate Features

The Approach S50 watch has a wrist-based heart rate monitor and is also compatible with chest heart rate monitors (sold separately). You can view heart rate data on the heart rate glance. 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.

Wrist-based Heart Rate

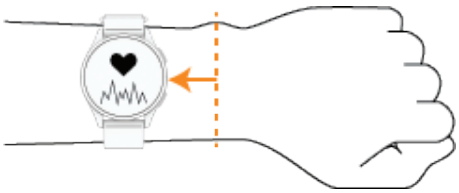
Wearing the Watch

⚠ 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 11* for more information about wrist-based heart rate.
- See *Tips for Erratic Pulse Oximeter Data, page 13* 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.
- Wait until the ♥ icon is solid before starting your

activity.

- 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

Hold , and select **Settings** > **Watch Sensors** > **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.

Broadcast Heart Rate: Broadcasts your heart rate data to a paired device (*Broadcasting Heart Rate to Garmin Devices, page 12*).

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 a period 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.

1. Hold .
2. Select **Settings** > **Notifications & Alerts** > **Health & Wellness** > **Heart Rate**.
3. Select **High Alert** or **Low Alert** to turn on the alert.
4. Select a heart rate threshold value.

Each time you exceed or drop below the custom value, a message appears and the watch vibrates.

Broadcasting Heart Rate to Garmin Devices

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 (*Activities and App Settings, page 20*). For example, you can broadcast your heart rate data to an Edge device while cycling.

1. Hold .
2. Select **Settings** > **Watch Sensors** > **Wrist Heart Rate** > **Broadcast Heart Rate**.
3. Press .

   The watch starts broadcasting your heart rate data.
4. Pair your watch with your compatible device.

   NOTE: The pairing instructions differ for each Garmin compatible device. See your owner's manual.
5. Press to stop broadcasting your heart rate data.

Turning Off the Wrist-based Heart Rate Monitor

The wrist-based heart rate monitor is enabled by default. The device automatically uses the wrist-based heart rate monitor unless you pair a chest heart rate monitor to the device. Chest heart rate data is only available during an activity.

NOTE: Disabling the wrist-based heart rate monitor also disables the all-day stress feature, intensity minutes, and the wrist-based pulse oximeter sensor.

1. Hold .
2. Select **Settings** > **Watch Sensors** > **Wrist Heart Rate** > **Status** > **Off**.

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.

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 and cycling. 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. Hold .
2. Select **Settings** > **User Profile** > **Heart Rate**.
3. Select **Max. HR**, and enter your maximum heart rate.
4. Select ✔.
5. Select **Resting HR**.
6. Select an option:
   - Select **Use Average** to use your average resting heart rate from the watch.
   - Select **Set Custom** to set a custom resting heart rate.
7. Select a zone, and enter a value for each zone.
8. Select a sport profile to add separate heart rate zones (optional).
9. Repeat the steps to add sport heart rate zones (optional).

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

Pulse Oximeter

The Approach S50 watch has a wrist-based pulse oximeter to gauge the saturation of oxygen in your blood.

Knowing your oxygen saturation can be valuable in understanding your overall health and help you determine how your body is adapting to altitude. Your watch gauges your blood oxygen level by shining light into the skin and checking how much light is absorbed. This is referred to as SpO2.

On the watch, your pulse oximeter readings appear as an SpO2 percentage. On your Garmin Connect account, you can view additional details about your pulse oximeter readings, including trends over multiple days. For more information on pulse oximeter accuracy, go to *Garmin.com/ataccuracy*.

Getting Pulse Oximeter Readings

You can manually begin a pulse oximeter reading from the pulse oximeter glance. The accuracy of the pulse oximeter reading can vary based on your blood flow, the watch placement on your wrist, and your stillness.

NOTE: You may need to add the pulse oximeter glance to the glance loop (*Customizing the Glance Loop, page 9*).

1. While you are sitting or inactive, swipe up or down to view the pulse oximeter glance.
2. Select the glance to begin the reading.
3. Hold the arm wearing the watch at heart level while the watch reads your blood oxygen saturation.
4. Keep still.

   The watch displays your oxygen saturation as a percentage, and a graph of your pulse oximeter readings and heart rate values for the last 24 hours.

Changing the Pulse Oximeter Tracking Mode

1. Hold .
2. Select **Settings** > **Watch Sensors** > **Pulse Oximeter** > **Tracking Mode**.
3. Select an option:
   - To turn on measurements while you are inactive during the day, select **All Day**.
     NOTE: Turning on pulse oximeter tracking 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.

Activities and Apps

Your watch can be used for indoor, outdoor, athletic, and fitness activities. When you start an activity, the watch displays and records sensor data. When you finish your activities, you can save and share them with the Garmin Connect community.

You can also add Connect IQ activities and apps to your watch using the Connect IQ app (*Connect IQ Features, page 7*).

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

Starting an Activity

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

1. Press .
2. Select .
3. Select an activity.
4. If the activity requires GPS signals, go outside to an area with a clear view of the sky, and wait until the device is ready.

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

   The device 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 1*).
- Press to record laps, start a new set or pose, or advance to the next workout step.
- Swipe up or down to view additional data screens.

Stopping an Activity

1. Press .
2. Select an option:
   - To save the activity, select ✓.
   - To discard the activity, select .
   - To resume the activity, press .

Evaluating an Activity

NOTE: This feature is not available for all activities.

You can customize the self-evaluation setting for certain activities (*Activities and App Settings, page 20*).

1. After you complete an activity, select ✓ (*Stopping an Activity, page 14*).
2. Select how you felt during the activity.
3. Select a number that corresponds with your perceived effort.

   NOTE: You can select **Skip** to skip the self evaluation.

You can view evaluations in the Garmin Connect app.

Indoor 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 (*Activities and App Settings, page 20*).

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.

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 Approach S50 watch records at least 2.4 km (1.5 mi.).
3. After you complete your run, press .
4. Check the treadmill display for the distance traveled.
5. Select an option:
   - To calibrate the first time, enter the treadmill distance on your watch.
   - To manually calibrate after the first-time calibration, swipe up, select **Calibrate**, and enter the treadmill distance on your watch.

Going for a Pool Swim

NOTE: The touchscreen is not available during swim activities.

1. Press .
2. Select .
3. Select **Pool Swim**.
4. Select your pool size, or enter a custom size.
5. Press to start the activity timer.
6. Start swimming.

   The watch automatically records swim intervals and lengths.
7. Press when you rest.

   TIP: You can enable the Auto Rest feature to set the watch to automatically detect when you are resting and create a rest interval.

   The rest screen appears.
8. Press to restart the interval timer.
9. After you complete your activity, press to stop the activity timer.
10. Select an option:
    - To save the activity, hold .
    - To discard the activity, hold .

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 device 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. Swolf is a measurement of swimming efficiency and, like golf, a lower score is better.

Outdoor Activities

The Approach watch comes preloaded with outdoor activities, such as running and biking. GPS is turned on for outdoor activities.

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 based on your movement. The timer pauses when you stop moving downhill and when you are on a chairlift.

The timer remains paused during the chairlift ride. You can start moving downhill to restart the timer. You can view run details from the paused screen or while the timer is running.

1. Start a skiing or snowboarding activity.
2. Swipe up or down 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.

Clocks

Setting an Alarm

You can set multiple alarms. You can set each alarm to occur once or to repeat regularly.

1. Hold .
2. Select **Clocks** > **Alarms** > **Add Alarm**.
3. Enter a time.
4. Select the alarm.
5. Select **Repeat**, and select an option.
6. Select **Label**, and select a description for the alarm.

Using the Stopwatch

1. Hold .
2. Select **Clocks** > **Stopwatch**.
3. Press to start the timer.
4. Press to restart the lap timer.

   The total stopwatch time continues running.
5. Press to stop the timer.
6. Select an option:
   - To reset the timer, swipe down.
   - To save the stopwatch time as an activity, swipe up, and select **Save**.
   - To review the lap timers, swipe up, and select **Review Laps**.
   - To exit the stopwatch, swipe up, and select **Done**.

Starting the Countdown Timer

1. Hold .
2. Select **Clocks** > **Timer**.
3. Enter the time, and select ✓.
4. Press .

Training

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 Approach S50 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 Approach S50 watch.

Sync your Approach S50 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 15*).

Recent activities and performance measurements from your other Garmin devices appear on your Approach S50 watch.

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.

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

Auto Goal

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

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

Using the 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 vibrates, if vibration is turned on (*System Settings, page 23*).

Go for a short walk (at least a couple of minutes), or complete the suggested on-screen movements to reset the move alert.

Turning on the Move Alert

1. Hold .
2. Select **Settings** > **Notifications & Alerts** > **Health & Wellness** > **Move Alert** > **On**.

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. 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, HRV status, and naps (*Glances, page 8*). 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 6*).

Using Automated Sleep Tracking

1. Wear your watch while sleeping.
2. Upload your sleep tracking data to your Garmin Connect account (*Using the Smartphone Apps, page 7*).

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

   You can view sleep information from the previous night on your Approach S50 watch (*Glances, page 8*).

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 Approach S50 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.

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 watch activity settings. These activities are added to your activities list.

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. Press .
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**.

Activity Tracking Settings

Hold , and select **Settings** > **Activity Tracking**.

Status: Turns off the activity tracking features.

Move IQ: Allows you to turn on and off Move IQ events.

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.

Intensity Minutes: Allows you to set a heart rate zone for moderate intensity minutes and a higher heart

rate zone for vigorous intensity minutes. You can also select Auto to use the default algorithm.

Turning Off Activity Tracking

When you turn off activity tracking, your steps, floors climbed, intensity minutes, sleep tracking, and Move IQ events are not recorded.

1. From the watch face, hold .
2. Select **Settings** > **Activity Tracking** > **Status** > **Off**.

Workouts

You can create custom workouts that include goals for each workout step and for varied distances, times, and calories. You can create workouts using Garmin Connect, and transfer them to your device.

You can schedule workouts using Garmin Connect. You can plan workouts in advance and store them on your device.

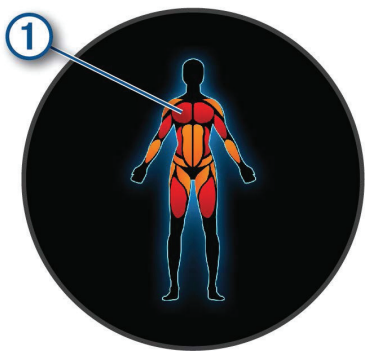
Starting a Workout

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

1. Press .
2. Select .
3. Select an activity.
4. Select > **Workouts**.
5. Select a workout.

   NOTE: Only workouts that are compatible with the selected activity appear in the list.

   TIP: If available, tap the muscle map ① to view the targeted muscle groups.



6. Swipe up to view the workout steps (optional).
7. 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.

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 7*).

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.

Starting an Interval Workout

1. Press .
2. Select .
3. Select an activity.
4. Select > **Intervals**.
5. Select an option:
   - Select **Open Repeats** to mark your intervals and rest periods manually by pressing .
   - Select **Structured Repeats** and press to use an interval workout based on distance or time.
6. Press to start the activity timer.
7. When your interval workout has a warm up, press to begin the first interval.
8. Follow the on-screen instructions.

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

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 (*Garmin Connect, page 7*), and you must pair the Approach watch with a compatible phone.

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

Adaptive 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. The plan adjusts to your current level of fitness, coaching and schedule preferences, and race date. When you start a plan, the Garmin coach glance is added to the glance loop on your Approach watch.

Music

NOTICE

The copyright of music provided by third-party music services are owned by the record companies. The record companies license the music tracks or albums to third-party music services with a time limit, and the music license must be periodically updated and renewed. If you often listen to downloaded music offline, you will need to reconnect your watch to the internet every 7 days (via Wi-Fi or Garmin Connect) so that you can continue to make use of third-party offline music services.

NOTE: There are three different music playback options for your watch.

- Third-party provider music
- Personal audio content
- Music stored on your phone

On a 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.

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 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 list, select a category, select the checkboxes, and select **Remove From Device** to remove audio files.

Connecting to a Third-Party Provider

Before you can download music or other audio files to your compatible watch from a supported third-party provider, you must connect to the provider using the Garmin Connect app.

1. From the Garmin Connect app, select •••.
2. Select **Garmin Devices**, and select your watch.
3. Select **Music** > **Music Providers**.
4. Select an option:
   - To connect to an installed provider, select a provider, and follow the on-screen instructions.
   - To connect to a new provider, select **Get Music Apps**, locate a provider, 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 6*).

1. Hold .
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.

Connecting Bluetooth Headphones

To listen to music loaded onto your watch, you must connect Bluetooth headphones.

1. Bring the headphones within 2 m (6.6 ft.) of your watch.
2. Enable pairing mode on the headphones.
3. Hold .
4. Select **Settings** > **Music** > **Headphones** > **Add New**.
5. Select your headphones to complete the pairing process.

Listening to Music

1. If necessary, connect your Bluetooth headphones (*Connecting Bluetooth Headphones, page 18*).
2. Hold .
3. Select **Settings** > **Music** > **Music Providers**.
4. Select an option:
   - To listen to music downloaded to the watch from your computer, select **My Music** (*Downloading Personal Audio Content, page 18*).
   - To control music playback on your phone, select **Phone**.
   - To listen to music from a third-party provider, select the name of the provider, and select a playlist.
5. Select ▶.

Music Playback Controls

NOTE: 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.

Changing the Audio Mode

You can change the music playback mode from stereo to mono.

1. Hold .
2. Select **Settings** > **Music** > **Audio**.
3. Select an option.

Morning Report

Your watch displays a morning report based on your normal wake time. Swipe up to view the report, which includes weather, sleep, overnight heart rate variability status, and more (*Customizing Your Morning Report, page 19*).

Customizing Your Morning Report

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

1. Hold .
2. Select **Settings** > **Notifications & Alerts** > **Morning Report**.
3. Select an option:
   - Select **Show Report** to enable or disable the morning report.
   - Select **Edit Report** to customize the order and type of data that appears in your morning report.
   - Select **Your Name** to customize your display name.

Customizing Your Device

Changing the Watch Face

You can choose from several preloaded watch faces. You can also use a Connect IQ watch face that is downloaded to your watch (*Downloading Connect IQ Features, page 7*) .You can edit an existing watch face (*Editing a Watch Face, page 19*) or create a new one (*Creating a Custom Watch Face, page 19*).

1. Hold .
2. Select **Settings** > **Watch Face**.
3. Swipe right or left to scroll through the available watch faces.
4. Tap the touchscreen to select the watch face.

Creating a Custom Watch Face

You can create a new watch face by selecting the layout, colors, and additional data.

1. Hold .
2. Select **Settings** > **Watch Face**.
3. Swipe left, and select +.
4. Select the type of watch face.
5. Select the type of background.
6. Swipe up or down to scroll through the background options, and tap the screen to select the displayed background.
7. Swipe up or down to scroll through the analog and digital dials, and tap the screen to select the displayed dial.
8. Select each data field you want to customize, and select the data to display in it.

   A green border indicates the customizable data fields for this dial.
9. Swipe left to customize the time markers.
10. Swipe up or down to scroll through the time markers, and tap the screen to select a time marker.
11. Swipe up or down to scroll through the accent colors, and tap the screen to select the displayed color.
12. Press .

    The watch sets the new watch face as your active watch face.

Editing a Watch Face

You can customize the style and data fields for the watch face.

NOTE: You cannot edit some watch faces.

1. Hold .
2. Select **Settings** > **Watch Face**.
3. Swipe right or left to scroll through the available watch faces.
4. Select to edit a watch face.
5. Select an option to edit.
6. Swipe up or down to scroll through the options.
7. Press to select the option.
8. Tap the touchscreen to select the watch face.

Golf Settings

Hold , and select **Settings** > **Golf Settings** to

customize golf settings and features.

NOTE: Some settings are only available with a Garmin Golf subscription.

Scoring: Allows you to set your scoring preferences and turn on statistics tracking.

Driver Distance: Sets the average distance the ball travels from the tee box on your drive. The driver distance appears as an arc on the map if you have a Garmin Golf subscription.

PlaysLike: Enables the "plays like" distance feature while playing golf, which accounts for elevation changes on the course by showing the adjusted distance to the green (*PlaysLike Distance Icons, page 5*).

Contour Shading: Allows you to select elevation or slope contour shading for the greens on courses with green contour data (*Garmin Golf App, page 6*).

Big Numbers: Changes the size of the numbers on the hole view screen.

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 while playing golf.

Club Tracking: Displays a prompt that enables you to enter which club you used after each detected shot, and allows you to set up compatible Garmin club tracking accessories.

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

Pair Rangefinder: Allows you to pair the watch to your compatible rangefinder.

Scoring Settings

Hold , and select **Settings** > **Golf Settings** > **Scoring**.

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

Handicap Scoring: Enables handicap scoring (*Enabling Handicap Scoring, page 4*).

Set Handicap: Sets your handicap when handicap scoring is enabled.

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.

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

2 Players: Sets the scorecard to keep score for two players.

NOTE: This setting is only available during a round. You must enable this setting each time you begin a round.

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. If the sensor has both ANT+ and Bluetooth technology, Garmin recommends that you pair using ANT+ technology. 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. Move at least 10 m (33 ft.) away from other wireless sensors.
2. If you are pairing a heart rate monitor, put on the heart rate monitor.

   The heart rate monitor does not send or receive data until you put it on.
3. Hold .
4. Select **Settings** > **Accessories**.
5. Select **Add New**.
6. Select a sensor type.
7. Bring the watch within 3 m (10 ft.) of the sensor, and wait while the watch pairs with the sensor.

   After the watch connects to the sensor, an icon appears at the top of the screen.

Customizing the Activities and Apps List

1. Press .
2. Select > **Edit**.
3. Select an option:
   - To add an activity or app, select **Add**.
   - To remove an activity or app, select the activity or app, and select .
   - To reorder the list, select an activity or app, scroll to the desired location, and select .

Activities and App Settings

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

From the watch face, press , select , select an activity, select , and select the activity settings.

TIP: You can also edit the activity settings while you are exercising. During an activity, hold , select **Settings**, and select Current Activity.

Accent Color: Sets the accent color of each activity to help identify which activity is active.

Alerts: Sets the training or navigation alerts for the activity (*Activity Alerts, page 21*).

Auto Lap: Marks laps automatically at a specified distance. This feature is helpful for comparing your performance over different parts of an activity (for example, every 1 mile or 5 kilometers).

Auto Pause: Sets the device 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.

Auto Set: Starts and stops exercise sets automatically during a strength training activity.

Broadcast Heart Rate: Enables automatic heart rate data broadcasting when you start the activity (*Broadcasting Heart Rate to Garmin Devices, page 12*).

Broadcast to GameOn: Automatically broadcasts biometrics data to the Garmin GameOn app when you start a gaming activity.

Data Screens: Customizes data screens and adds new data screens for the activity (*Customizing the Data Screens, page 21*).

Edit Weight: Adds 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.

Pool Size: Sets the pool length for pool swimming.

Rename: Sets the activity name.

Rep Counting: Enables or disables rep counting during a workout. The Workouts Only option enables rep counting during guided workouts only.

GPS: Sets the satellite system to use for the activity (*Satellite Settings, page 21*).

Self Evaluation: Sets how often you evaluate your perceived effort for the activity (*Evaluating an Activity, page 14*).

Customizing the Data Screens

You can customize the data fields for each data screen.

1. Press .
2. Select .
3. Select an activity.
4. Select .
5. Select the activity settings.
6. Select **Data Screens**.
7. Select one or more options:

   NOTE: Not all options are available for all activities.

   - To adjust the style and number of data fields on each data screen, select the screen, and select **Layout**.
   - To customize the fields on a data screen, select the screen, and select **Edit Data Fields**.
   - To show or hide a data screen, select the toggle switch next to the screen.
   - To show or hide the heart rate zone gauge screen, select the **HR Zone Gauge** toggle switch.

Satellite Settings

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

Press , select , select an activity, select , select the activity settings, and select **GPS**.

NOTE: This feature is not available for all activities.

Off: Disables satellite systems for the activity.

GPS Only: Enables the GPS satellite system.

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

Activity Alerts

You can set alerts for each activity, which can help you to train toward specific goals or increase your awareness of your environment. Some alerts are available only for specific activities. Some alerts require optional accessories, such as a heart rate monitor or cadence sensor. There are three types of alerts: event alerts, range alerts, and recurring alerts.

Event alert: An event alert notifies you once. 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 pace is above 10 minutes per mile and below 15 minutes per mile.

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	Recurring	You can set a distance interval.
Heart Rate	Range	You can set minimum and maximum heart rate values or select zone changes (*Heart Rate Zone Calculations, page 13*).

Alert Name	Alert Type	Description
Pace	Range	You can set minimum and maximum pace values.
Run/Walk	Recurring	You can set timed walking breaks at regular intervals.
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.

Setting an Alert

1. Press .
2. Select .
3. Select an activity.
4. Select .
5. Select the activity settings.
6. Select **Alerts**.
7. Select an option:
   - Select **Add New** to add a new alert for the activity.
   - Select the alert name to edit an existing alert.
8. If necessary, select the type of alert.
9. Select a zone, enter the minimum and maximum values, or enter a custom value for the alert.
10. 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).

User Profile

You can update your user profile on your watch or on the Garmin Connect app.

Setting Up Your User Profile

You can view your VO2 max and fitness age, and update your sex, birth year, height, weight, wrist, sleep schedule, and heart rate zones (*Setting Your Heart Rate Zones, page 12*) settings. The watch uses this information to calculate accurate training data.

1. Hold .
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.

Safety and Tracking Features

⚠ CAUTION

The safety and tracking features 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.

NOTICE

To use the safety and tracking features, the Approach S50 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 emergency contacts in your Garmin Connect account.

For more information about safety and tracking features, go to *Garmin.com/safety*.

Assistance: Allows you to send a message with your name, LiveTrack link, and GPS location (if available) to your emergency contacts.

Incident detection: When the Approach S50 watch detects an incident during certain outdoor activities, the watch sends an automated message, LiveTrack link, and GPS location (if available) to your emergency contacts.

Adding Emergency Contacts

Emergency contact phone numbers are used for the safety and tracking features.

1. From the Garmin Connect app, select •••.
2. Select **Safety & Tracking** > **Safety Features** > **Emergency Contacts** > **Add Emergency Contacts**.
3. Follow the on-screen instructions.

Your emergency contacts receive a notification when you add them as an emergency contact, and can accept or decline your request. If a contact declines, you must choose another emergency contact.

Incident Detection

⚠ CAUTION

Incident detection is a supplemental feature available only for certain outdoor activities. Incident detection should not be relied on as a primary method to obtain emergency assistance.

NOTICE

Before you can enable incident detection on your

watch, you must set up emergency contacts in the Garmin Connect app (*Adding Emergency Contacts, page 22*). Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

Turning Incident Detection On and Off

⚠ CAUTION

Incident detection is a supplemental feature available only for certain outdoor activities. Incident detection 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 incident detection on your watch, you must set up emergency contacts in the Garmin Connect app (*Adding Emergency Contacts, page 22*). Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

1. Hold .
2. Select **Settings** > **Safety & Tracking** > **Incident Detection**.
3. Select a GPS activity.

   NOTE: Incident detection is available only for certain outdoor activities.

When an incident is detected by your Approach S50 watch and your phone is connected, the Garmin Connect app can send an automated text message and email with your name and GPS location (if available) to your emergency contacts. A message appears on your device and paired phone indicating your contacts will be informed after 15 seconds have elapsed. If assistance is not needed, you can cancel the automated emergency message.

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 emergency contacts in the Garmin Connect app (*Adding Emergency Contacts, page 22*). Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

1. Hold .
2. When you feel three vibrations, release the button to activate the assistance feature.

   The countdown screen appears.
3. If necessary, select an option before the countdown is complete:
   - To send a customized message with your request, select .
   - To cancel the message, select .

Turning On LiveTrack

Before you can start your first LiveTrack session, you must set up contacts in the Garmin Connect app (*Adding Emergency Contacts, page 22*).

1. Hold .
2. Select **Settings** > **Safety & Tracking** > **LiveTrack**.
3. Select **Auto Start** > **On** to start a LiveTrack session each time you start an outdoor activity.

System Settings

Hold , and select **Settings** > **System**.

Display: Adjusts the screen settings (*Customizing the Display Settings, page 24*).

Vibration: Turns vibration on or off and sets the vibration intensity.

Battery Manager: Allows you to monitor battery usage and enable Battery Saver to extend battery life.

Time: Adjusts the time settings (*Time Settings, page 23*).

Units: Sets the units of measure used on the watch (*Changing the Units of Measure, page 24*).

Auto Lock: Locks the buttons and touchscreen automatically to prevent accidental button presses and touchscreen swipes.

Language: Sets the language displayed on the watch.

Reset: Resets the default settings or deletes personal data and resets the settings (*Resetting All Default Settings, page 24*).

NOTE: If you have set up a Garmin Pay wallet, restoring default settings also deletes the wallet from your device.

Software Update: Checks for software updates.

About: Displays device, software, license, and regulatory information.

Advanced: Sets advanced system settings (*Advanced Settings, page 24*).

Time Settings

Hold , and select **Settings** > **System** > **Time**.

Time Format: Sets the watch to show time in a 12-hour, 24-hour, or military format.

Time Source: Sets the time for the watch. The Auto option sets the time automatically based on your GPS position.

Time: Adjusts the time if the Time Source option is set to Manual.

Time Sync: Allows you to manually sync the time when you change time zones, and to update for daylight saving time.

Customizing the Display Settings

1. Hold .
2. Select **Settings** > **System** > **Display**.
3. Turn **Large Fonts** on to increase the size of the text on the screen.
4. Select **Brightness** to set the brightness level of the screen.
5. Select **General Use** or **During Activity**.
6. Select an option:
   - Select **Timeout** to set the length of time before the screen turns off.
   - Select **Always On** to keep the watch face data visible and turn down the brightness and background. This option impacts the battery and display life (*About the AMOLED Display, page 25*).
   - Select **Gesture** to turn on the screen by raising and turning your arm to look at your wrist.
   - Select **Sensitivity** to adjust the gesture sensitivity to turn on the display more or less often.
7. Select **During Sleep** > **Watch Face** to choose a sleep watch face with minimal, dim settings or to keep the default watch face on during your defined sleep window.

Changing the Units of Measure

You can customize units of measure for distance, pace and speed, weight, height, and temperature.

1. Hold .
2. Select **Settings** > **System** > **Units**.
3. Select a measurement type.
4. Select a unit of measure.

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. Hold .
2. Select **Settings** > **System** > **Reset**.
3. Select an option:
   - To reset all of the watch settings to the factory default values, including user profile data, but save activity history and downloaded apps and files, select **Reset Default Settings**.
   - 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.

Advanced Settings

Hold , and select **Settings** > **System** > **Advanced**.

Data Recording: Sets how the device records activity data. The Smart 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.

USB Mode: Sets the watch to use MTP (media transfer protocol) or Garmin mode when connected to a computer. Garmin mode allows you to continue using the watch while it is plugged in to a power source.

Calibrate Compass: Allows you to manually calibrate the compass if you experience irregular compass behavior. For example, after moving long distances or after extreme temperature changes.

Wireless Sensors

Your watch can be paired and used with wireless sensors using ANT+ or Bluetooth technology (*Wireless Sensors, page 24*). After the devices are paired, you can customize the optional data fields (*Customizing the Data Screens, page 21*). 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.sg/buy* for that sensor.

Sensor Type	Description
eBike	You can use your watch with your eBike and view bike data, such as battery and range information, during your rides.
External Heart Rate	You can use an external sensor, such as the HRM-Pro series or HRM-Fit heart rate monitor, to view heart rate data during your activities.
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 watch (*Connecting Bluetooth Headphones, page 18*).
Rangefinder	You can use a compatible laser rangefinder to view your distance to the flag while golfing.

Sensor Type	Description
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 30*).
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.

Club Tracking Accessories

Your watch is compatible with Approach golf club tracking accessories. You can use paired club tracking accessories to track your golf shots, including location, distance, and club type. See the owner's manual for your club tracking accessories for more information.

NOTE: The Rapid Pass feature on your watch is disabled when tracking clubs with paired Approach CT1 tags. To use Rapid Pass, open Wallet manually (*Controls, page 10*).

Heart Rate Accessory Running Pace and Distance

The 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 Approach watch when connected using ANT+ technology. You can also view it on compatible third-party training apps when connected using Bluetooth technology.

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 Approach watch.

NOTE: Automatic calibration does not work for indoor, trail, or ultra run activity profiles (*Tips for Recording Running Pace and Distance, page 25*).

Manual calibration: You can select **Calibrate & Save** after a treadmill run with your connected heart rate accessory (*Calibrating the Treadmill Distance, page 14*).

Tips for Recording Running Pace and Distance

- Update your Approach watch software (*Product Updates, page 2*).
- Complete several outdoor runs with GPS and your connected 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 14*).
- 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 14*).

Using an Optional Bike Speed or Cadence Sensor

You can use a compatible bike speed or cadence sensor to send data to your watch.

- Pair the sensor with your watch (*Wireless Sensors, page 24*).
- Set your wheel size (*Wheel Size and Circumference, page 30*).
- Go for a ride (*Starting an Activity, page 14*).

tempe

Your device is compatible with the tempe temperature sensor. You can attach the sensor to a secure strap or loop where it is exposed to ambient air, so it provides a consistent source of accurate temperature data. You must pair the tempe sensor with your device to display temperature data. See the instructions for your tempe sensor for more information (*Garmin.com/manuals/tempe*).

Device Information

About the AMOLED Display

By default, the watch settings are optimized for battery life and performance (*Maximizing Battery Life, page 27*).

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 Approach S50 display turns off after the selected timeout (*Customizing the Display Settings, page 24*). You can turn your wrist toward your body, tap the touchscreen, or press a button to wake the watch.

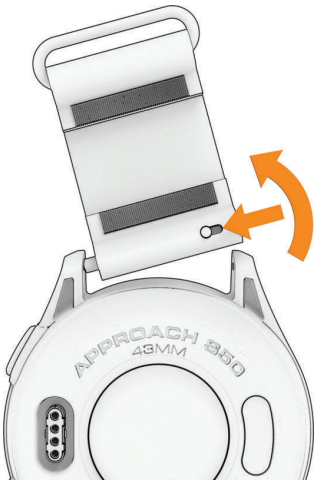
Changing the Bands

You can replace the bands with new Approach S50 bands. To purchase replacement bands, go to *Garmin.*

com.sg/buy.

NOTE: The watch is not compatible with third-party 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

NOTICE

Typical value tested under Garmin's laboratory conditions. The actual battery life depends on the features enabled on your device and environmental factors, such as activity tracking, wrist-based heart rate, smartphone notifications frequency, GPS status, internal sensors, and connected sensors.

Battery type	Rechargeable, built-in lithium-ion battery
Water rating	5 ATM [1]
Operating and storage temperature range	From -20° to 60°C (from -4° to 140°F)
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 *www.Garmin.com/waterrating*.

Battery Information

The actual battery life depends on the features enabled on your watch, such as wrist-based heart rate, smartphone notifications, GPS, internal sensors, and connected sensors.

Mode	Battery Life
Smartwatch mode	Up to 10 days typical use
All satellite systems mode	Up to 15 hr. typical use

Device Care

NOTICE

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Avoid pressing the buttons under water.

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.

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.

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.

Long-Term Storage

When you do not plan to use the device for several months, you should charge the battery to at least 50% before you store the device. You should store the device in a cool, dry place with temperatures around the typical household level. After storage, you should fully recharge the device before using it.

Viewing Device Information

You can view device information, such as the unit ID, software version, regulatory information, and license agreement.

1. Hold .
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. Hold .
2. From the settings menu, select **System**.
3. Select **About**.

Data Management

NOTE: The device is not compatible with Windows 95, 98, Me, Windows NT®, and Mac® OS 10.3 and earlier.

Deleting Files

NOTICE

If you do not know the purpose of a file, do not delete it. Your device memory contains important system files that should not be deleted.

1. Open the **Garmin** drive or volume.
2. If necessary, open a folder or volume.
3. Select a file.
4. Press the **Delete** key on your keyboard.

   NOTE: Mac operating systems provide limited support for MTP file transfer mode. You must open the Garmin drive on a Windows operating system. You should use the Garmin Express application to remove music files from your device.

Troubleshooting

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.sg/buy*, or contact your Garmin dealer for information about optional accessories and replacement parts.
- Go to *www.Garmin.com/ataccuracy* for information about feature accuracy.

  This is not a medical device.

Maximizing Battery Life

You can do several things to extend the life of the battery.

- Stop using the **Always On** display timeout option, and select a shorter display timeout (*Customizing the Display Settings, page 24*).
- Reduce the display brightness (*Customizing the Display Settings, page 24*).
- Switch from a live watch face to a watch face with a static background (*Changing the Watch Face, page 19*).
- Turn off Bluetooth technology when you are not using connected features (*Turning Off the Bluetooth Phone Connection, page 6*).
- Limit the smartphone notifications the device displays (*Managing Notifications, page 6*).
- Stop broadcasting heart rate data to paired Garmin devices (*Broadcasting Heart Rate to Garmin Devices, page 12*).
- Turn off wrist-based heart rate monitoring (*Turning Off the Wrist-based Heart Rate Monitor, page 12*).
- Turn off automatic pulse oximeter readings (*Changing the Pulse Oximeter Tracking Mode, page 13*).

My device cannot find nearby golf courses

If a course update is interrupted or canceled before it completes, your device may be missing course data. To repair missing course data, you must update the courses again.

1. Download and install course updates from the Garmin Express application (*Updating the Software Using Garmin Express, page 7*).
2. Safely disconnect your device.
3. Go outside, and start a test round of golf to verify the device finds nearby courses.

Is my phone compatible with my watch?

The Approach S50 watch is compatible with phones using Bluetooth technology.

Go to *Garmin.com/ble* for Bluetooth 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 Golf app to the latest version.
- Remove your watch from the Garmin Golf 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 Golf 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 Golf app, and select ••• > **Garmin Devices** > **Add Device** to enter pairing mode.
- From the watch face, hold , and select **Settings** > **Connectivity** > **Phone** > **Pair Phone**.

My device is in the wrong language

1. Hold .
2. Select .
3. Scroll down to the last item in the list, and select it.
4. Scroll down to the seventh item in the list, and select it.
5. Select your language.

My device displays the wrong units of measure

- Verify you selected the correct units of measure setting on the device (*Changing the Units of Measure, page 24*).
- Verify you selected the correct units of measure setting on your Garmin Golf account.

  If the units of measure on the device do not match your Garmin Golf account, your device settings may be overwritten when you sync your device.

Restarting Your Watch

1. Hold until the watch turns off.
2. Hold to turn on the watch.

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.

Improving GPS Satellite Reception

- Frequently sync the watch to your Garmin account:
  - Connect your watch to a computer using the USB cable and the Garmin Express application.
  - Sync your watch to the Garmin Golf app using your Bluetooth enabled phone.
  - Connect your watch to your Garmin account using a Wi-Fi wireless network.

  While connected to your Garmin account, the watch downloads several days of satellite data, allowing it to quickly locate satellite signals.
- Take your watch outside to an open area away from tall buildings and trees.
- Remain stationary for a few minutes.

Activity Tracking

For more information about activity tracking accuracy, go to *Garmin.com/ataccuracy*.

My daily step count does not appear

The daily step count is reset every night at midnight.

If dashes appear instead of your step count, allow the device to acquire satellite signals and set the time automatically.

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 7*).
   - Sync your step count with the Garmin Connect app (*Using the Smartphone Apps, page 7*).
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.

My intensity minutes are flashing

When you exercise at an intensity level that qualifies toward your intensity minutes goal, the intensity minutes flash.

Appendix

Data Fields

Some data fields require ANT+ accessories to display data.

24-Hour Max.: The maximum temperature recorded in the last 24 hours from a compatible temperature sensor.

24-Hour Min.: The minimum temperature recorded in the last 24 hours from a compatible temperature sensor.

500M Pace: The current rowing pace per 500 meters.

Active Calories: The calories burned during the activity.

Active Time: The total time of active movement for the current activity.

Average Cadence: Cycling. The average cadence for the current activity.

Average Cadence: Running. The average cadence for the current activity.

Average HR: The average heart rate for the current activity.

Average HR %Max.: The average percentage of maximum heart rate for the current activity.

Average Lap Time: The average lap time for the current activity.

Average Pose Time: The average pose time for the current activity.

Average Speed: The average speed for the current activity.

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 14*).

Avg. 500M Pace: The average rowing pace per 500 meters for the current activity.

Avg. Dist./Stk.: The average distance traveled per stroke during the current activity.

Avg. Pace: The average pace for the current activity.

Avg. Stks./Len.: The average number of strokes per length during the current activity.

Body Battery: Gaming. The amount of energy reserves you have remaining for the rest of the day.

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).

Calories: The amount of total calories burned.

Dist. Per Stroke: The distance traveled per stroke.

Distance: The distance traveled for the current track or activity.

eBike Battery: The remaining battery power of an eBike.

eBike Range: The estimated distance you can travel based on the current eBike settings and remaining battery power.

Elapsed Time: The total time recorded. For example, if you start the 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.

Game Power: Gaming. The estimated power remaining during the current activity.

Heading: The direction you are moving.

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. Stks./Len.: The average number of strokes per length during the current interval.

Interval Distance: The distance traveled for the current interval.

Interval Lengths: The number of pool lengths completed during the current interval.

Interval Pace: The average pace for the current interval.

Interval Swolf: The average swolf score for the current interval.

Interval Time: The stopwatch time for the current interval.

Int Strk Type: The current stroke type for the interval.

L. Lap Dist./Stk.: Paddle sports. The average distance traveled per stroke for the last completed lap.

L. Len. Stk. Type: The stroke type used during the last completed pool length.

L. Len. Strokes: The total number of strokes for the last completed pool length.

Lap 500M Pace: The average rowing pace per 500 meters for the current lap.

Lap Cadence: Cycling. The average cadence for the current lap.

Lap Cadence: Running. The average cadence for the current lap.

Lap Dist./Stk.: Paddle sports. The average distance traveled per stroke for the current lap.

Lap Distance: The distance traveled 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.

Lap Pace: The average pace for the current lap.

Laps: The number of laps completed for the current activity.

Lap Speed: The average speed for the current lap.

Lap Steps: The number of steps during the current lap.

Lap Time: The stopwatch time for the current lap.

Last Int. Swolf: The average swolf score for the last completed interval.

Last Lap 500M Pace: The average rowing pace per 500 meters for the last 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.

Last Lap Dist.: The distance traveled for the last completed lap.

Last Lap HR: The average heart rate for the last completed lap.

Last Lap HR %Max.: The average percentage of maximum heart rate for the last completed lap.

Last Lap Pace: The average pace for the last completed lap.

Last Lap Speed: The average speed for the last completed lap.

Last Lap Time: The stopwatch time for the last completed lap.

Last Len. Swolf: The swolf score for the last completed pool length.

Last Length Pace: The average pace for your last completed pool length.

Last Pose Time: The stopwatch time for the last completed pose.

Last Round Reps: The number of repetitions in the last round of the activity.

Lengths: The number of pool lengths completed during the current activity.

Main: Gaming. The primary training data screen.

Maximum Speed: The top speed for the current activity.

Moderate Minutes: The number of moderate intensity minutes.

Pace: The current pace.

Pose Time: The stopwatch time for the current pose.

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.

Set Timer: During a strength training activity, the amount of time spent in the current workout set.

Speed: The current rate of travel.

Steps: The number of steps 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.

Swim Time: The swimming time for the current activity, not including rest time.

Temperature: The temperature of the air. Your body temperature affects the temperature sensor. Your device must be connected to a tempe sensor for this data to appear.

Time in Zone: The time elapsed in each heart rate or power zone.

Time of Day: The time of day based on your current location and time settings (format, time zone, daylight saving time).

Timer: The stopwatch time for the current activity.

Timer: The current time of the activity timer.

Total Minutes: The total number of intensity minutes.

Vigorous Minutes: The number of vigorous intensity minutes.

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.

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