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***Training. Heart Rate Features.***

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## ***Quick Start Manual ...***

***Heart Rate Monitor - Garmin  
Garmin Connect Mobile application  
to your smartphone. 2 Bring your  
smartphone within 33 ft. (10 m) of  
your Forerunner . 3 From the  
Forerunner home screen, select >***

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***Settings > Wireless > Bluetooth > Pair Mobile Device . 4 Open the Garmin Connect Mobile application, and follow the on-screen instructions to connect a device.***

### ***Manuals - Garmin***

- Select Intervals to create an***

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*interval workout based on distance or time (Interval Workouts, page 2 ).  
4 Go for a run. Training Indoors You can turn off GPS when you are training indoors or to save*

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***As you run, Forerunner 10 automatically alerts you when you complete each mile, giving you a friendly beep and a screen that flashes your time for that mile.***

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***When you complete your run and save it, you'll see a summary of how you did, including your total time, distance, average pace and calories.***

***FORERUNNER Owner's Manual 935  
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***Forerunner 410 Owner's Manual 7  
Getting Started and the heart rate  
icon appears in training mode. TIP:  
Set your maximum heart rate and  
resting heart rate in Settings > User  
Profile. Use Garmin Connect or  
Garmin Training Center to  
customize your heart rate zones.***

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***For instructions on using accessories, see page 31. Go for a Run!***

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Auto Pause ® : Pauses the timer  
when you stop moving Using  
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***EN-3 Heart rate Monitor (Back)***

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***Electrodes 4. Turn on the Forerunner and bring it within range (3 m) of the heart rate monitor. 5. If heart rate data does not appear or if you have***

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Garmin Forerunner 10 User Manual,***

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Garmin Forerunner 10 Information***

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