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GPS smartwatch  
features AMOLED  
display, built-in sports  
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## **GPS Running Watch | Forerunner® by GARMIN**

- Select Intervals to create an interval workout based on distance or time (Interval Workouts, page 2 ). 4 Go for a

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run. Training Indoors  
You can turn off GPS  
when you are training  
indoors or to save

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45S | Running  
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Updating the Software

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##### Using Garmin

Connect Before you can update your device software, you must have a Garmin Connect account (page 2), and you must connect the device to your computer ( page 1). 1 Go to [www.garminconnect.com](http://www.garminconnect.com) . If new software is available, Garmin Connect

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alerts you to update  
the software. 2 Follow  
the on-screen  
instructions.

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colors and; include

smaller sized heart

rate and wrist

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