GARMIN®



VENU® SQ 2

Owner's Manual

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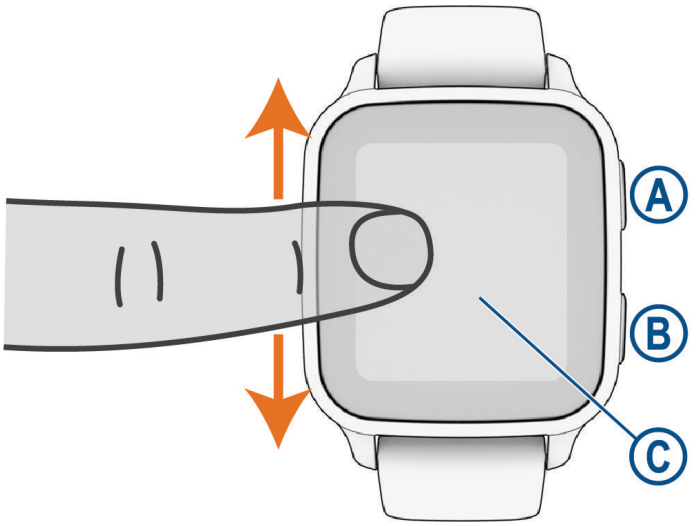
Introduction

⚠ WARNING

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

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

Overview



Ⓐ **Action button**: Press to turn on the watch.

Press to start and stop the activity timer.

Hold for 2 seconds to view the controls menu, including watch power.

Hold until you feel 3 vibrations to launch the assistance feature (*Safety and Tracking Features*, page 48).

Ⓑ **Back (Menu) button**: Press to return to the previous screen, except during an activity.

During an activity, press to mark a new lap, start a new set or pose, or advance to the next stage of a workout.

Hold to view a menu of watch settings and options for the current screen.

Ⓒ **Touchscreen**: Swipe up or down to scroll through glances, features, and menus.

Tap to select.

Double-tap to wake the watch.

Swipe right to return to the previous screen.

During an activity, swipe right to view the watch face and glances.

From the watch face, swipe right to view the shortcut feature.

Touchscreen Tips

- Drag up or down to scroll through lists and menus.
- Swipe up or down to scroll quickly.
- Tap to select an item.
- From the watch face, swipe up or down to scroll through the glances on the watch.
- Tap a glance to view additional information, if available.
- During an activity, swipe up or down to view the next data screen.
- During an activity, swipe right to view the watch face and glances, and swipe left to return to the activity data fields.
- When available, select ^ or swipe up to view additional menu options.
- Perform each menu selection as a separate action.

Locking and Unlocking the Touchscreen

You can lock the touchscreen to prevent inadvertent screen touches.

1. Hold Ⓐ to view the controls menu.
2. Select 🔒.

   The touchscreen locks and does not respond to touches until you unlock it.
3. Hold any button to unlock the touchscreen.

Icons

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

	Phone connection status
	Heart rate monitor status
	LiveTrack status
	Speed and cadence sensor status
	Varia™ bike light status
	Varia bike radar status
	tempe™ sensor status

Setting Up Your Watch

To take full advantage of the Venu Sq 2 features, complete these tasks.

- Pair the watch with your phone using the Garmin Connect™ app (*Pairing Your Phone*, page 43).
- Set up Wi-Fi® networks (*Connecting to a Wi-Fi Network*, page 45).
- Set up music (*Music*, page 40).
- Set up your Garmin Pay™ wallet (*Setting Up Your Garmin Pay Wallet*, page 25).
- Set up safety features (*Safety and Tracking Features*, page 48).

Apps and Activities

Your watch includes a variety of preloaded apps and activities.

Apps: Apps provide interactive features for your watch, such as navigating to saved locations.

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

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

Connect IQ™ Apps: You can add features to your watch by installing apps from the Connect IQ app (*Connect IQ Features*, page 47).

Starting an Activity

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

1. Press Ⓐ.
2. If this is the first time you are starting an activity, select the checkbox next to each activity to add to your favorites, and select ✔.
3. Select an option:
   - Select an activity from your favorites.
   - Select , and select an activity from the extended activity list.
4. If the activity requires GPS signals, go outside to an area with a clear view of the sky, and wait until the watch is ready.

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

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

Tips for Recording Activities

- Charge the watch before starting an activity (*Charging the Watch*, page 53).
- 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 Ⓐ.

Adding a Custom Activity

You can create a custom activity and add it to the activity list.

1. Press Ⓐ.
2. Select > + > .
3. Select an activity type to copy.
4. Select an activity name.
5. If necessary, edit the activity app settings (*Activities and App Settings*, page 12).
6. When you are finished editing, select **Done**.

Adding or Removing a Favorite Activity

The list of your favorite activities appears when you press Ⓐ from the watch face, and it provides quick access to the activities you use most. The first time you press Ⓐ to start an activity, the watch prompts you to select your favorite activities. You can add or remove favorite activities at any time.

1. Hold Ⓑ.
2. Select > **Activities & Apps**.

   Your favorite activities appear at the top of the list. Other activities appear in the extended list.
3. Select an option:
   - To add a favorite activity, select the activity, and select **Add Favorite**.
   - To remove a favorite activity, select the activity, and select **Remove Favorite**.

Health Snapshot™

The Health Snapshot feature is an activity on your watch that records several key health metrics while you hold still for two minutes. It provides a glimpse of your overall cardiovascular status. The watch records metrics such as your average heart rate, stress level, and respiration rate.

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 12).

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

TIP: Holding the handrails of the treadmill reduces accuracy.

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

Recording a Strength Training Activity

You can record sets during a strength training activity. A set is multiple repetitions (reps) of a single move.

1. Press Ⓐ.
2. Select **Strength**.
3. Press Ⓐ to start the activity timer.
4. Start your first set.

   By default, the watch counts your reps. Your rep count appears when you complete at least four reps. You can disable rep counting in the activity settings (*Activities and App Settings*, page 12).

   TIP: The watch can only count reps of a single move for each set. When you want to change moves, you should finish the set and start a new one.
5. Press Ⓑ to finish the set.

   The watch displays the total reps for the set. After several seconds, the rest timer appears.
6. If necessary, edit the number of reps, and select ✎ to add the weight used for the set.
7. When you are done resting, press Ⓑ to start your next set.
8. Repeat for each strength training set until your activity is complete.
9. After you complete your activity, press Ⓐ, and select ✔.

Recording a HIIT Activity

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

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

   The watch displays a countdown timer and your current heart rate.
6. If necessary, press Ⓑ to manually move to the next round or rest.
7. After you finish the activity, press Ⓐ to stop the activity timer.
8. Select ✔.

Calibrating the Treadmill Distance

To record more accurate distances for your treadmill runs, you can calibrate the treadmill distance after you run at least 1.5 km (1 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 3).
2. Run on the treadmill until your Venu Sq 2 watch records at least 1.5 km (1 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 & Save**, and enter the treadmill distance on your watch.

Outdoor Activities

The Venu Sq 2 watch comes preloaded with apps for outdoor activities, such as running and biking. GPS is turned on for outdoor activities. You can add apps using default activities, such as cardio or rowing.

Going for a Run

Before you can use a wireless sensor for your run, you must pair the sensor with your watch (*Pairing Your Wireless Sensors*, page 39).

1. Put on your wireless sensors, such as a heart rate monitor (optional).
2. Press Ⓐ.
3. Select **Run**.
4. When using optional wireless sensors, wait while the watch connects to the sensors.
5. Go outside, and wait while the watch locates satellites.
6. Press Ⓐ to start the activity timer.
   The watch records activity data only while the activity timer is running.
7. Start your activity.
8. Press Ⓑ to record laps (optional) (*Marking Laps Using the Auto Lap Feature*, page 14).
9. Swipe up or down to scroll through data screens.
10. After you complete your activity, press Ⓐ, and select ✔.

Going for a Ride

Before you can use a wireless sensor for your ride, you must pair the sensor with your watch (*Pairing Your Wireless Sensors*, page 39).

1. Pair your wireless sensors, such as a heart rate monitor, speed sensor, or cadence sensor (optional).
2. Press Ⓐ.
3. Select **Bike**.
4. When using optional wireless sensors, wait while the watch connects to the sensors.
5. Go outside, and wait while the watch locates satellites.
6. Press Ⓐ to start the activity timer.
   The watch records activity data only while the activity timer is running.
7. Start your activity.
8. Swipe up or down to scroll through data screens.
9. After you complete your activity, press Ⓐ, and select ✔.

Going for a Pool Swim

1. Press Ⓐ.
2. Select **Pool Swim**.
3. Select your pool size, or enter a custom size.
4. Press Ⓐ to start the activity timer.
5. Start your activity.
   The watch automatically records swim intervals and lengths.
6. Press Ⓑ when you rest.
   The rest screen appears.
7. Press Ⓑ to restart the interval timer.
8. After you complete your activity, press Ⓐ to stop the activity timer.
9. Select an option:
   - To save the activity, hold Ⓐ.
   - To discard the activity, swipe down and press Ⓐ.

Setting the Pool Size

1 Press Ⓐ.
2 Select **Pool Swim**.
3 Swipe up.
4 Select **Settings** > **Pool Size**.
5 Select your pool size, or enter a custom size.

Swim Terminology

Length: One trip down the pool.

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

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

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

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

Golfing

Downloading Golf Courses

Before you play a course for the first time, you must download it using the Garmin Connect app.

1 From the Garmin Connect app, select ☰ or •••.
2 Select **Download Golf Courses** > ✚.
3 Select a golf course.
4 Select **Download**.
After the course finishes downloading, it appears in the list of courses on your Venu Sq 2 watch.

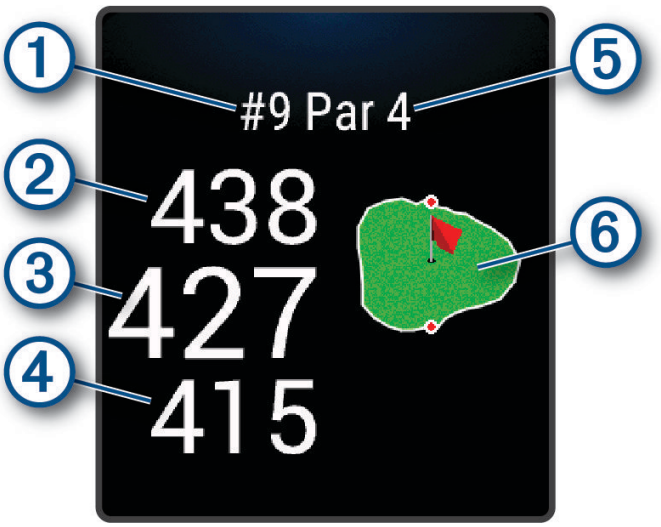
Playing Golf

Before you play a course for the first time, you must download it using your phone (*Downloading Golf Courses*, page 7). Downloaded courses are updated automatically. Before you play golf, you should charge the watch (*Charging the Watch*, page 53).

1 Press Ⓐ.
2 Select **Golf**.
3 Wait while the watch locates satellites.
4 Select a course from the list of available courses.
5 Select ✔ to keep score.
6 Swipe up or down to scroll through the holes.
The watch automatically transitions when you move to the next hole.

Hole Information

The watch calculates the distance to the front and back of the green, and to the selected pin location (*Changing the Pin Location*, page 8).



1	Current hole number
2	Distance to the back of the green
3	Distance to the selected pin location
4	Distance to the front of the green
5	Par for the hole
6	Map of the green

Changing the Pin Location

While playing a game, you can take a closer look at the green and move the pin location.

1. Select the map.

   A larger view of the green appears.
2. Touch and drag the pin to the correct location.

   indicates the selected pin location.
3. Press B to accept the pin location.

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

Viewing the Direction to the Pin

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

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

1. Press A.
2. Select .

   The arrow points to the pin location.

Viewing Layup and Dogleg Distances

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

1 Press Ⓐ.

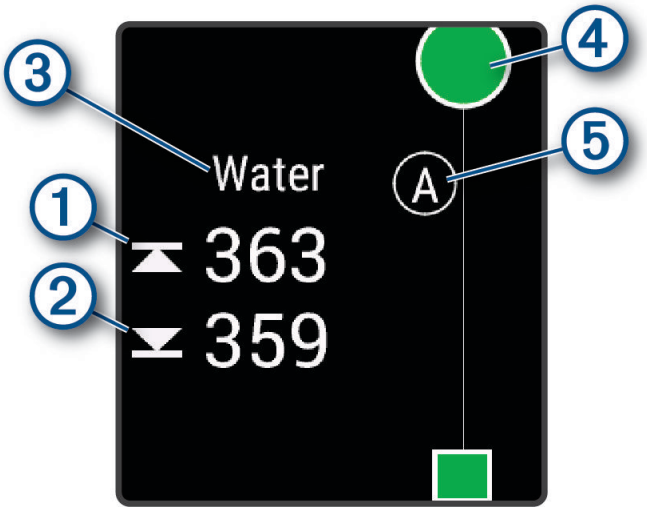
2 Select .

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

Viewing Hazards

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

1 From the hole information screen, press Ⓐ, and select .



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

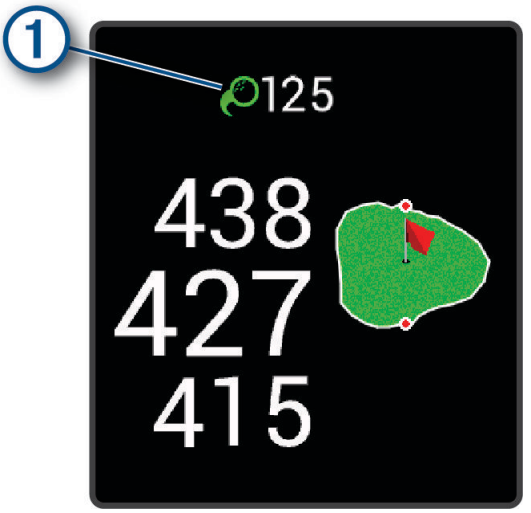
2 Swipe to view other hazards for the current hole.

Measuring a Shot with Garmin AutoShot™

Each time you take a shot along the fairway, the watch records your shot distance so you can view it later (*Viewing Your Shot History*, page 11). Putts are not detected.

1 While playing golf, wear the watch on your leading wrist for better shot detection.

When the watch detects a shot, your distance from the shot location appears in the banner ① at the top of the screen.



TIP: You can tap the banner to hide it for 10 seconds.

2 Hit your next shot.

The watch records the distance of your last shot.

Keeping Score

1 While playing golf, press Ⓐ.
2 Select ✎.
3 Select a hole.
4 Select — or + to set the score.
5 Select ✓.

Setting the Scoring Method

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

1 From the watch face, hold Ⓑ.
2 Select ⚙ > **Activities & Apps** > **Golf**.
3 Select the activity settings.
4 Select **Scoring** > **Scoring Method**.
5 Select a scoring method.

About Stableford Scoring

When you select the Stableford scoring method (*Setting the Scoring Method*, page 10), points are awarded based on the number of strokes taken relative to par. At the end of a round, the highest score wins. The device awards points as specified by the United States Golf Association.

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

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

Tracking Golf Statistics

When you enable statistics tracking on the watch, you can view your statistics for the current round (*Viewing Your Round Summary*, page 11). You can compare rounds and track improvements using the Garmin Golf™ app.

1. Hold Ⓑ.
2. Select ⚙ > **Activities & Apps** > **Golf**.
3. Select the activity settings.
4. Select **Scoring** > **Stat Tracking**.

Recording Golf Statistics

Before you can record statistics, you must enable statistics tracking (*Tracking Golf Statistics*, page 11).

1. From the scorecard, select a hole.
2. Set the number of strokes taken, including putts, and select ✓.
3. Set the number of putts taken, and select ✓.

   NOTE: The number of putts taken is used for statistics tracking only and does not increase your score.
4. Select an option:
   - If your ball hit the fairway, select ↑.
   - If your ball missed the fairway, select ↰ or ↱.
5. Select ✓.

Viewing Your Shot History

1. After playing a hole, press Ⓐ.
2. Select ⛳ to view information for your last shot.
3. Swipe up to view information about each shot for a hole.

Viewing Your Round Summary

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

1. Press Ⓐ.
2. Select ⓘ.

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**.

Activities and App Settings

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

Hold Ⓑ, select ⚙ > **Activities & Apps**, select an activity, and select the activity settings.

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

Alerts: Sets the training alerts for the activity (*Alerts*, page 13).

Auto Lap: Sets the options for the Auto Lap® feature (*Auto Lap*, page 14).

Auto Pause: Sets the watch to stop recording data when you stop moving or when you drop below a specified speed (*Using Auto Pause®*, page 15).

Auto Rest: Enables the watch to automatically detect when you are resting during a pool swim and create a rest interval.

Auto Scroll: Enables you to move through all of the activity data screens automatically while the timer is running (*Using Auto Scroll*, page 15).

Auto Set: Enables the watch to start and stop exercise sets automatically during a strength training activity.

Club Prompt: Displays a prompt that enables you to enter which golf club you used after each detected shot.

Data Screens: Enables you to customize data screens and add new data screens for the activity (*Customizing the Data Screens*, page 13).

Driver Distance: Sets the average distance the golf ball travels on your drive.

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

GPS: Sets the mode for the GPS antenna (*Changing the GPS Setting*, page 15).

Pool Size: Sets the pool length for pool swimming.

Rep Counting: Enables or disables rep counting during a strength training activity.

Scoring: Enables or disables scorekeeping automatically when you start a round of golf. The Always Ask option prompts you when you begin a round.

Scoring Method: Sets the scoring method to stroke play or Stableford scoring while playing golf.

Stat Tracking: Enables statistics tracking while playing golf.

Status: Enables or disables scorekeeping automatically when you start a round of golf. The Always Ask option prompts you when you begin a round.

Tournament Mode: Disables features that are not allowed during sanctioned golf tournaments.

Vibration Alerts: Enables alerts that notify you to inhale or exhale during a breathwork activity.

Customizing the Data Screens

You can customize data screens based on your training goals or optional accessories. For example, you can customize one of the data screens to display your lap pace or heart rate zone.

1. Hold Ⓑ.
2. Select ⚙ > **Activities & Apps**.
3. Select an activity.
4. Select the activity settings.
5. Select **Data Screens**.
6. Select a data screen to customize.
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 **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 **HR Zone Gauge**.

Alerts

You can set alerts for each activity, which can help you to train toward specific goals. 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 one time. The event is a specific value. For example, you can set the watch to alert you when you burn a specified number of calories.

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

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

Alert Name	Alert Type	Description
Cadence	Range	You can set minimum and maximum cadence values.
Calories	Event, recurring	You can set the number of calories.
Custom	Event, recurring	You can select an existing message or create a custom message and select an alert type.
Distance	Recurring	You can set a distance interval.
Heart Rate	Range	You can set minimum and maximum heart rate values or select zone changes.
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. Hold Ⓑ.
2. Select ⚙ > **Activities & Apps**.
3. Select an activity.

   NOTE: This feature is not available for all activities.
4. Select the activity settings.
5. Select **Alerts**.
6. Select an option:
   - Select **Add New** to add a new alert for the activity.
   - Select the alert name to edit an existing alert.
7. If necessary, select the type of alert.
8. Select a zone, enter the minimum and maximum values, or enter a custom value for the alert.
9. 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).

Auto Lap

Marking Laps Using the Auto Lap Feature

You can set your watch to use the Auto Lap feature to mark a lap at a specific distance automatically. This feature is helpful for comparing your performance over different parts of an activity (for example, every 1 mile or 5 kilometers).

1. Hold Ⓑ.
2. Select ⚙ > **Activities & Apps**.
3. Select an activity.

   NOTE: This feature is not available for all activities.
4. Select the activity settings.
5. Select **Auto Lap**.
6. Enter the distance between laps.
7. To turn the Auto Lap feature on or off, select the toggle switch.

Each time you complete a lap, a message appears that displays the time for that lap. The watch also vibrates if vibration is turned on (*System Settings*, page 51).

Using Auto Pause

You can use the Auto Pause feature to pause the timer automatically when you stop moving or when your pace or speed drops below a specified value. This feature is helpful if your activity includes stop lights or other places where you need to slow down or stop.

NOTE: The watch does not record activity data while the timer is stopped or paused.

1. Hold Ⓑ.
2. Select ⚙ > **Activities & Apps**.
3. Select an activity.

   NOTE: This feature is not available for all activities.
4. Select the activity settings.
5. Select **Auto Pause**.
6. Select an option:

   NOTE: Not all options are available for all activities.
   - To pause the timer automatically when you stop moving, select **When Stopped**.
   - To pause the timer automatically when your pace drops below a specified value, select **Pace**.
   - To pause the timer automatically when your speed drops below a specified value, select **Speed**.

Using Auto Scroll

Before you can turn on the auto scroll feature, you must have the Always On setting enabled during activities (*Customizing the Display Settings*, page 52).

You can use the auto scroll feature to cycle through all of the activity data screens automatically while the timer is running.

1. Hold Ⓑ.
2. Select ⚙ > **Activities & Apps**.
3. Select an activity.

   NOTE: This feature is not available for all activities.
4. Select the activity settings.
5. Select **Auto Scroll**.
6. Select a display speed.

Changing the GPS Setting

For more information about GPS, go to www.garmin.com/aboutGPS.

1. Hold Ⓑ.
2. Select ⚙ > **Activities & Apps**.
3. Select the activity to customize.
4. Select the activity settings.
5. Select **GPS**.
6. Select an option:
   - Select **Off** to disable GPS for the activity.
   - Select **GPS Only** to enable the GPS satellite system.
   - Select **All Systems** to enable multiple satellite systems on multiple frequency bands.

   NOTE: Using GPS and another satellite system together can reduce battery life more quickly than using GPS only.

Appearance

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

Watch Face Settings

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

Changing the Watch Face

You can choose from several preloaded watch faces or use a Connect IQ watch face that is downloaded to your watch (*Connect IQ Features*, page 47). You can also edit an existing watch face (*Editing a Watch Face*, page 16) or create a new one (*Creating a Custom Watch Face*, page 16).

1. From the watch face, hold Ⓑ.
2. Select **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. From the watch face, hold Ⓑ.
2. Select **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 white 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.
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. From the watch face, hold Ⓑ.
2. Select **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.

Glances

Your watch comes preloaded with glances that provide quick information (*Viewing Glances*, page 19). Some glances require a Bluetooth® connection to a compatible phone.

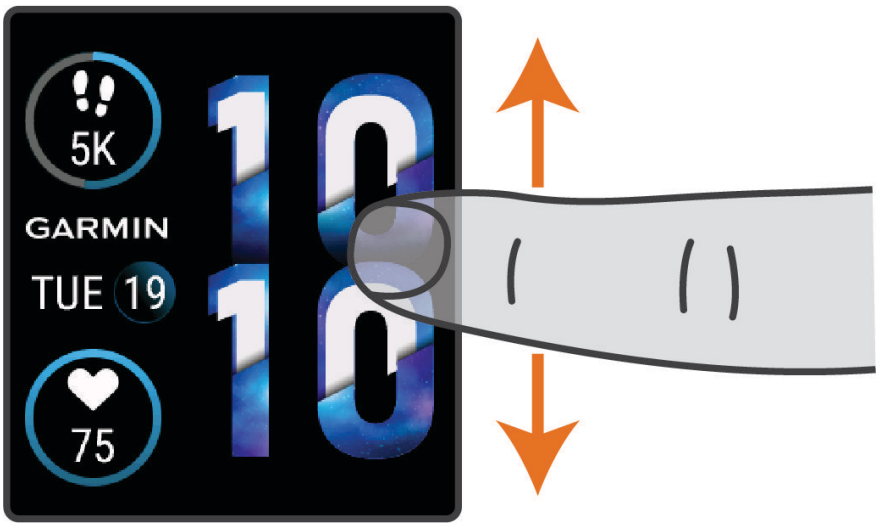
Some glances are not visible by default. You can add them to the glance loop manually (*Customizing the Glances*, page 19).

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 20).
Calendar	Displays upcoming meetings from your phone calendar.
Calories	Displays your calorie information for the current day.
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.
Health Snapshot	Displays summaries of your saved Health Snapshot sessions (*Health Snapshot™*, page 4).
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.
Hydration	Allows you to track the amount of water you consume and the progress toward your daily goal.
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.
Last golf Last ride Last run Last strength Last swim	Displays a brief summary of your last recorded activity and history of the specified sport.
Lights	Provides bike light controls when you have a Varia light paired with your Venu Sq 2 watch.
Music controls	Provides music player controls for your phone or watch music.
Notifications	Alerts you to incoming calls, texts, social network updates, and more, based on your phone notification settings (*Enabling Bluetooth Notifications*, page 44).
Pulse oximeter	Allows you to take a manual pulse oximeter reading (*Getting Pulse Oximeter Readings*, page 36). If you are too active for the watch to determine your pulse oximeter reading, the measurements are not recorded.
RCT camera controls	Allows you to manually take a photo and record a video clip (*Using the Varia Camera Controls*, page 22).
Respiration	Your current respiration rate in breaths per minute and seven-day average. You can do a breathing activity to help you relax.
Sleep	Displays total sleep time, a sleep score, and sleep stage information for the previous night.
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.

Name	Description
Weather	Displays the current temperature and weather forecast.
Women's health	Displays your current cycle or pregnancy tracking status. You can view and log your daily symptoms.

Viewing Glances

- From the watch face, swipe up or down.



The watch scrolls through the glance loop.

- Select a glance to view additional information.
- Hold Ⓑ to view additional options and functions for a glance.

Customizing the Glances

1. Hold Ⓑ.
2. Select ⚙ > **Glances**.
3. Select a glance.
4. Select an option:
   - Drag the glance up or down to change the location of the glance in the glance loop.
   - Select ✕ to remove the glance from the glance loop.
5. Select +.
6. Select a glance.

   The glance is added to the glance loop.

Heart Rate Variability and Stress Level

Your watch analyzes your heart rate variability while you are inactive to determine your overall stress. Training, physical activity, sleep, nutrition, and general life stress all impact your stress level. The stress level range is from 0 to 100, where 0 to 25 is a resting state, 26 to 50 is low stress, 51 to 75 is medium stress, and 76 to 100 is a high stress state. Knowing your stress level can help you identify stressful moments throughout your day. For best results, you should wear the watch while sleeping.

You can sync your watch with your Garmin Connect account to view your all-day stress level, long-term trends, and additional details.

Using the Stress Level Glance

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

1 While you are sitting or inactive, swipe up or down to view the stress level glance.

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

2 Tap the glance to view a graph of your stress level since midnight.

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

3 To start a breathing activity, swipe up, and select ✔.

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 0 to 100, where 0 to 25 is low reserve energy, 26 to 50 is medium reserve energy, 51 to 75 is high reserve energy, and 76 to 100 is very 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 20).

Viewing the Body Battery Glance

The Body Battery glance displays your current Body Battery level.

1 Swipe up or down to view the Body Battery glance.

NOTE: You may need to add the glance to your glance loop (*Customizing the Glances*, page 19).

2 Select the glance to view a graph of your Body Battery data since midnight.



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

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.

Women's Health

Menstrual Cycle Tracking

Your menstrual cycle is an important part of your health. You can use your watch to log physical symptoms, sex drive, sexual activity, ovulation days, and more (*Logging Your Menstrual Cycle Information*, page 21). You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app.

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

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

Logging Your Menstrual Cycle Information

Before you can log your menstrual cycle information from your Venu Sq 2 watch, you must set up menstrual cycle tracking in the Garmin Connect app.

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

Pregnancy Tracking

The pregnancy tracking feature displays weekly updates on your pregnancy and provides health and nutrition information. You can use your watch to log physical and emotional symptoms, blood glucose readings, and baby movement (*Logging Your Pregnancy Information*, page 21). You can learn more and set up this feature in the Health Stats settings of the Garmin Connect app.

Logging Your Pregnancy Information

Before you can log your information, you must set up pregnancy tracking in the Garmin Connect app.

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

Hydration Tracking

You can track your daily fluid intake, turn on goals and alerts, and enter the container sizes you use most often. If you enable automatic goals, your goal increases on the days when you record an activity. When you exercise, you need more fluid to replace the sweat lost.

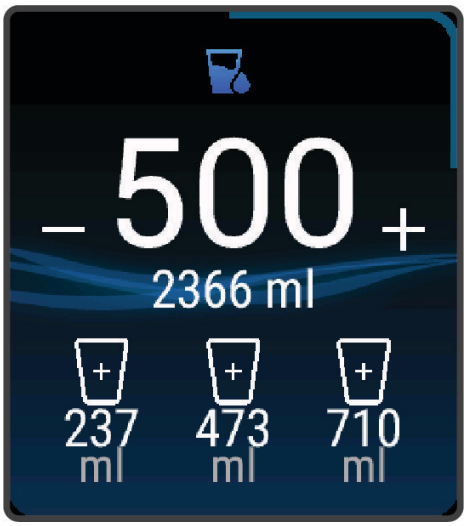
NOTE: You can use the Connect IQ app to add and remove glances.

Using the Hydration Tracking Glance

The hydration tracking glance displays your fluid intake and your daily hydration goal.

1 Swipe up or down to view the hydration glance.

2 Select the glance to add your fluid intake.



3 Select + for each serving of fluid you consume (1 cup, 8 oz., or 250 mL).

4 Select a container to increase your fluid intake by the volume of the container.

5 Hold B to customize the glance.

6 Select an option:

- To change the units of measure, select **Units**.
- To enable dynamic daily goals that increase after recording an activity, select **Auto Increase Goal**.
- To turn on hydration reminders, select **Alerts**.
- To customize your container sizes, select **Containers**, select a container, select the units of measure, and enter the container size.

Using the Varia Camera Controls

NOTICE

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

Before you can use the Varia camera controls, you must pair the accessory with your watch (*Pairing Your Wireless Sensors*, page 39).

1 Add the **Lights** glance to your watch (*Glances*, page 17).

When the watch detects the Varia camera, the glance title changes to Camera Control.

2 From the **Lights** glance, select an option:

- Select to change the recording mode.
- Select to take a photo.
- Select to save a clip.

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 25).

From any screen, hold Ⓐ.



Icon	Name	Description
	Alarms	Select to add or edit an alarm (*Setting an Alarm*, page 50).
	Assistance	Select to send an assistance request (*Requesting Assistance*, page 49).
	Battery Saver	Select to enable or disable the battery saver feature.
	Brightness	Select to adjust the screen brightness (*Customizing the Display Settings*, page 52).
	Broadcast Heart Rate	Select to turn on heart rate broadcasting to a paired device (*Broadcasting Heart Rate*, page 33).
	Do Not Disturb	Select to enable or disable do not disturb mode to dim the screen and disable alerts and notifications. For example, you can use this mode while watching a movie.
	Find My Phone	Select to play an audible alert on your paired phone, if it is within Bluetooth range. The Bluetooth signal strength appears on the Venu Sq 2 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 enable or disable Bluetooth technology and your connection to your paired phone.
	Power Off	Select to turn off the watch.
	Save Location	Select to save your current location to navigate back to it later.
	Set Time with GPS	Select to sync your watch with the time on your phone or using satellites.
	Stopwatch	Select to start the stopwatch (*Using the Stopwatch*, page 50).
	Sync	Select to sync your watch with your paired phone.
	Timer	Select to set a countdown timer (*Starting the Countdown Timer*, page 50).
	Wallet	Select to open your Garmin Pay wallet and pay for purchases with your watch (*Garmin Pay*, page 25).

Customizing the Controls Menu

You can add, remove, and change the order of the options in the controls menu (*Controls*, page 23).

1 Hold Ⓐ.

The controls menu appears.

2 Hold Ⓑ.

The controls menu switches to edit mode.

3 Select the shortcut you want to customize.

4 Select an option:

- To change the location of the shortcut in the controls menu, select the location where you want it to appear.
- To remove the shortcut from the controls menu, select 🗑.

5 If necessary, select ✚ to add a shortcut to the controls menu.

NOTE: This option is available only after you remove at least one shortcut from the menu.

Setting Up a Shortcut Control

You can set up a shortcut to your favorite control, such as your Garmin Pay wallet or the music controls.

1 From the watch face, swipe right.

2 Select an option:

- If this is the first time you are setting up a shortcut, swipe up, and select **Setup**.
- If you previously set up a shortcut, hold Ⓑ, and select **Shortcut Settings**.

3 Select a shortcut control.

Garmin Pay

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

Setting Up Your Garmin Pay Wallet

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

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

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 or •••.
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 or •••.
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 Venu Sq 2 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 Venu Sq 2 watch, create a new passcode, and reenter your card information.

1 From the Venu Sq 2 device page in the Garmin Connect app, select **Garmin Pay** > **Change Passcode**.

2 Follow the on-screen instructions.

The next time you pay using your Venu Sq 2 watch, you must enter the new passcode.

Training

Activity Tracking

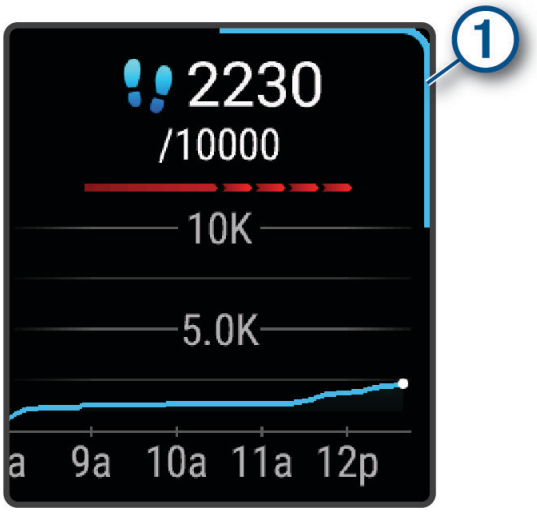
The activity tracking feature records your daily step count, distance traveled, intensity minutes, calories burned, and sleep statistics for each recorded day. Your calories burned includes your base metabolism plus activity calories.

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

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

Auto Goal

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



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, and the red bar appears on the steps glance. Additional segments appear after every 15 minutes of inactivity. The watch also vibrates, if vibration is turned on (*System Settings*, page 51).

Go for a short walk (at least a couple of minutes) to reset the move alert.

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 user settings on your Garmin Connect account. Sleep statistics include total hours of sleep, sleep stages, sleep movement, and sleep score. You can view your sleep statistics on your Garmin Connect account.

NOTE: Naps are not added to your sleep statistics. You can use do not disturb mode to turn off notifications and alerts, with the exception of alarms (*Using Do Not Disturb Mode*, page 45).

Intensity Minutes

To improve your health, organizations such as the World Health Organization recommend at least 150 minutes per week of moderate intensity activity, such as brisk walking, or 75 minutes per week of vigorous intensity activity, such as running.

The watch monitors your activity intensity and tracks your time spent participating in moderate to vigorous intensity activities (heart rate data is required to quantify vigorous intensity). The watch adds the amount of moderate activity minutes with the amount of vigorous activity minutes. Your total vigorous intensity minutes are doubled when added.

Earning Intensity Minutes

Your Venu Sq 2 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.

Garmin 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.

Activity Tracking Settings

From the watch face, hold Ⓑ, and select ⚙ > **Activity Tracking**.

Status: Turns off the activity tracking features.

Move Alert: Displays a message and the move bar on the digital watch face and steps screen. The device also vibrates to alert you.

Goal Alerts: Allows you to turn on and off goal alerts, or turn them off only during activities. Goal alerts appear for your daily steps goal and weekly intensity minutes goal.

Auto Activity Start: Allows your device 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.

Move IQ: Allows your device to automatically start and save a timed walking or running activity when the Move IQ feature detects familiar movement patterns.

Turning Off Activity Tracking

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

1. Hold Ⓑ.
2. Select ⚙ > **Activity Tracking** > **Status** > **Off**.

Workouts

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

You can create a scheduled training plan using the calendar in Garmin Connect and send the scheduled workouts to your watch.

Starting a Workout

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

1. Press Ⓐ.
2. Select an activity.
3. Swipe up.
4. Select **Workouts**.
5. Select a workout.

   NOTE: Only workouts that are compatible with the selected activity appear in the list.
6. 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.

Using Garmin Connect Training Plans

Before you can download and use a training plan, you must have a Garmin Connect account (*Garmin Connect*, page 46), and you must pair the Venu Sq 2 watch with a compatible phone.

1. From the Garmin Connect app, select ☰ or •••.
2. Select **Training** > **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 Venu Sq 2 watch.

Starting Today's Workout

After you send a training plan to your watch, the Garmin coach glance appears in your glance loop.

1. From the watch face, swipe to view the Garmin coach glance.
2. Select the glance.

   If a workout for this activity is scheduled for today, the watch shows the workout name and prompts you to start it.
3. Select a workout.
4. Select **View** to view the workout steps, and swipe right when you are finished viewing the steps (optional).
5. Select **Do Workout**.
6. Follow the on-screen instructions.

Viewing Scheduled Workouts

You can view workouts scheduled in your training calendar and start a workout.

1. Press Ⓐ.
2. Select an activity.
3. Swipe up.
4. Select **Training Calendar**.

   Your scheduled workouts appear, sorted by date.
5. Select a workout.
6. Scroll to view the steps for the workout.
7. Press Ⓐ to start the workout.

History

Your watch stores up to 200 hours of activity data. You can synchronize your data to view unlimited activities, activity tracking data, and heart rate monitoring data on your Garmin Connect account (*Using the Garmin Connect App*, page 46) (*Using Garmin Connect on Your Computer*, page 47).

When the watch memory is full, your oldest data is overwritten.

Using History

1. Hold Ⓑ.
2. Select **History**.
3. Select an option:
   - To view an activity from this week, select **This Week**.
   - To view an older activity, select **Previous Weeks**.
4. Select an activity.
5. Swipe up, and select an option:
   - Select **Laps** to view additional information about each lap.
   - Select **Sets** to view additional information about each set.
   - Select **Intervals** to view additional information about each swim interval.
   - Select **Time in Zone** to view your time in each heart rate zone.
   - Select **Delete** to delete the selected activity.

Viewing Your Time in Each Heart Rate Zone

Before you can view heart rate zone data, you must complete an activity with heart rate and save the activity.

Viewing your time in each heart rate zone can help you adjust your training intensity.

1. Hold Ⓑ.
2. Select **History**.
3. Select an option:
   - To view an activity from this week, select **This Week**.
   - To view an older activity, select **Previous Weeks**.
4. Select an activity.
5. Swipe up, and select **Time in Zone**.

Personal Records

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

Viewing Your Personal Records

1. From the watch face, hold Ⓑ.
2. Select **History** > **Records**.
3. Select a sport.
4. Select a record.
5. Select **View Record**.

Restoring a Personal Record

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

1. From the watch face, hold Ⓑ.
2. Select **History** > **Records**.
3. Select a sport.
4. Select a record to restore.
5. Select **Previous** > ✔.

   NOTE: This does not delete any saved activities.

Clearing Personal Records

1. From the watch face, hold Ⓑ.
2. Select **History** > **Records**.
3. Select a sport.
4. Select an option:
   - To delete one record, select a record, and select **Clear Record** > ✔.
   - To delete all records for the sport, select **Clear All Records** > ✔.

   NOTE: This does not delete any saved activities.

Viewing Data Totals

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

1. From the watch face, hold Ⓑ.
2. Select **History** > **Totals**.
3. Select an activity.
4. Select an option to view weekly or monthly totals.

Deleting History

1. From the watch face, hold Ⓑ.
2. Select **History** > **Options**.
3. Select an option:
   - Select **Delete All Activities** to delete all activities from the history.
   - Select **Reset Totals** to reset all distance and time totals.

     NOTE: This does not delete any saved activities.

Heart Rate Features

The Venu Sq 2 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

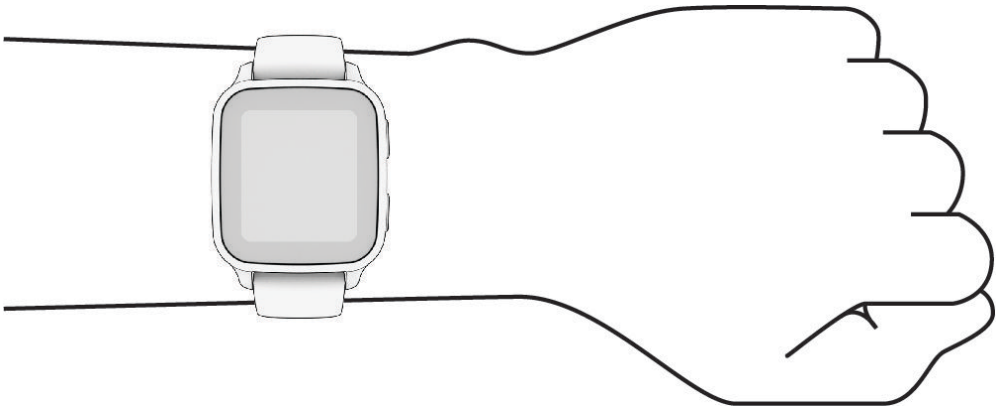
Wearing the Watch

⚠ 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 32 for more information about wrist-based heart rate.
- See *Tips for Erratic Pulse Oximeter Data*, page 36 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 www.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.

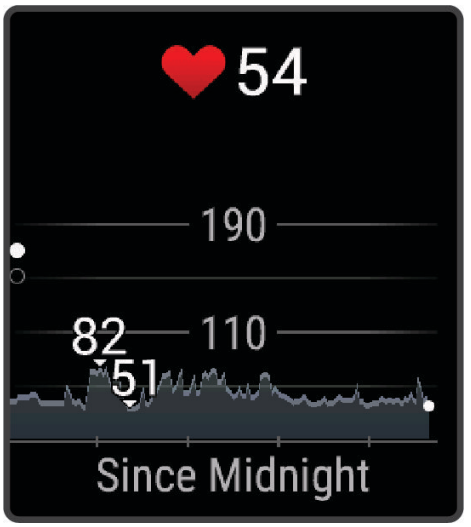
Viewing Heart Rate Information

1 From the watch face, swipe up or down to view the heart rate glance.

The heart rate glance displays your current heart rate in beats per minute (bpm).

2 Select the glance to view a graph of your heart rate since midnight.

The graph shows your recent heart rate activity, high and low heart rate, and color-coded bars to indicate the time spent in each heart rate zone (*About Heart Rate Zones*, page 34).



3 Swipe up to view your resting heart rate (RHR) values for the last 7 days.

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 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 ⚙ > **Wrist Heart Rate** > **Abnormal Heart Rate Alerts**.

3 Select **High Alert** or **Low Alert**.

4 Select a heart rate threshold value.

5 Select the toggle to turn on the alert.

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

Broadcasting Heart Rate

You can broadcast your heart rate data from your Venu Sq 2 watch and view it on paired devices. For example, you can broadcast your heart rate data to an Edge® device while cycling.

NOTE: Broadcasting heart rate data decreases battery life.

1 Hold Ⓑ.

2 Select ⚙ > **Wrist Heart Rate**.

3 Select an option:

- Select **Broadcast In Activity** to broadcast heart rate data during timed activities (*Starting an Activity*, page 3).
- Select **Broadcast** to start broadcasting heart rate data now.

4 Pair your Venu Sq 2 watch with your compatible device.

NOTE: The pairing instructions differ for each Garmin compatible device. See your owner's manual.

Turning Off the Wrist-based Heart Rate Monitor

The default value for the Wrist Heart Rate setting is Auto. The watch automatically uses the wrist-based heart rate monitor unless you pair a chest heart rate monitor to the watch. Chest heart rate data is only available during an activity.

NOTE: Disabling the wrist-based heart rate monitor also disables features such as your VO2 max. estimate, sleep tracking, intensity minutes, the all-day stress feature, and the wrist-based pulse oximeter sensor.

NOTE: Disabling the wrist-based heart rate monitor also disables the on-wrist detection feature for Garmin Pay payments, and you must enter a passcode before making each payment (*Garmin Pay*, page 25).

1 Hold Ⓑ.
2 Select ⚙ > **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 ⚙ > **User Profile** > **Heart Rate Zones**.
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 **Zones**.
8 Select an option:
   - Select a zone, and enter a value for each zone.
   - Select **Reset Zones** to reset your heart rate zones.
9 Select **Add Sport Heart Rate**, and select a sport profile to add separate heart rate zones (optional).
10 Repeat the steps to add sport heart rate zones (optional).

Fitness Goals

Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles.

- Your heart rate is a good measure of exercise intensity.
- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.

If you know your maximum heart rate, you can use the table (*Heart Rate Zone Calculations*, page 35) to determine the best heart rate zone for your fitness objectives.

If you do not know your maximum heart rate, use one of the calculators available on the Internet. Some gyms and health centers can provide a test that measures maximum heart rate. The default maximum heart rate is 220 minus your age.

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

About VO2 Max. Estimates

VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. In simple terms, VO2 max. is an indication of cardiovascular strength and should increase as your level of fitness improves. The Venu Sq 2 watch requires wrist-based heart rate or a compatible chest heart rate monitor to display your VO2 max. estimate.

On the watch, your VO2 max. estimate appears as a number and description. On your Garmin Connect account, you can view additional details about your VO2 max. estimate.

VO2 max. data is provided by Firstbeat Analytics™. VO2 max. analysis is provided with permission from The Cooper Institute®. For more information, see the appendix (*VO2 Max. Standard Ratings*, page 61), and go to www.CooperInstitute.org.

Getting Your VO2 Max. Estimate

The watch requires heart rate data and a timed, (up to 15 minutes) brisk outdoor walk or run to display your VO2 max. estimate.

1. Hold Ⓑ.
2. Select ⚙ > **User Profile** > **VO2 Max**.

   If you have already recorded a brisk walk or run outdoors, your VO2 max. estimate may appear. The watch displays the date your VO2 max. estimate was last updated. The watch updates your VO2 max. estimate each time you complete an outdoor walk or run of 15 minutes or longer. You can manually start a VO2 max. test to get an updated estimate.
3. To start a VO2 max. test, tap the screen.
4. Follow the on-screen instructions to get your VO2 max. estimate.

   A message appears when the test is complete.

Viewing Your Fitness Age

Your fitness age gives you an idea of how your fitness compares with a person of the same gender. Your watch uses information, such as your age, body mass index (BMI), resting heart rate data, and vigorous activity history to provide a fitness age. If you have a Garmin Index™ scale, your watch uses the body fat percentage metric instead of BMI to determine your fitness age. Exercise and lifestyle changes can impact your fitness age.

NOTE: For the most accurate fitness age, complete the user profile setup (*Setting Up Your User Profile*, page 40).

1. Hold Ⓑ.
2. Select ⚙ > **User Profile** > **Fitness Age**.

Pulse Oximeter

The Venu Sq 2 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 SpO_2.

On the watch, your pulse oximeter readings appear as an SpO_2 percentage. On your Garmin Connect account, you can view additional details about your pulse oximeter readings, including trends over multiple days (*Changing the Pulse Oximeter Tracking Mode*, page 36). 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 Glances*, page 19).

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 since midnight.

Changing the Pulse Oximeter Tracking Mode

1. Hold Ⓑ.
2. Select ⚙ > **Wrist Heart Rate** > **Pulse Ox** > **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.

Navigation

You can use the GPS navigation features on your watch to save locations, navigate to locations, and find your way home.

Saving Your Location

Before you can navigate to a saved location, your watch must locate satellites.

A location is a point that you record and store in the watch. If you want to remember landmarks or return to a certain spot, you can mark a location.

1. Go to the place where you want to mark a location.
2. Press Ⓐ.
3. Select **Navigate** > **Save Location**.

   TIP: To quickly mark a location, you can select from the controls menu (*Controls*, page 23).

   After the watch acquires GPS signals, the location information appears.
4. Select ✔.
5. Select an icon.

Deleting a Location

1. Press Ⓐ.
2. Select **Navigate** > **Saved Locations**.
3. Select a location.
4. Select **Delete** > ✔.

Navigating to a Saved Location

Before you can navigate to a saved location, your watch must locate satellites.

1. Press Ⓐ.
2. Select **Navigate** > **Saved Locations**.
3. Select a location, and select **Go To**.
4. Press Ⓐ to start the activity timer.
5. Move forward.

   The compass appears. The compass arrow points toward the saved location.

   TIP: For more accurate navigation, orient the top of the screen toward the direction in which you are moving.

Navigating Back to Start

Before you can navigate back to start, you must locate satellites, start the timer, and start your activity.

At any time during your activity, you can return to your starting location. For example, if you are running in a new city, and you are unsure how to get back to the trail head or hotel, you can navigate back to your starting location. This feature is not available for all activities.

1. Hold Ⓑ.
2. Select **Navigation** > **Back to Start**.

   The compass appears.
3. Move forward.

   The compass arrow points toward your starting point.

   TIP: For more accurate navigation, orient your watch toward the direction in which you are navigating.

Stopping Navigation

- To stop navigation and continue your activity, hold Ⓑ, and select **Stop Navigation**.
- To stop navigation and save your activity, press Ⓐ, and select ✔.

Compass

The watch has a 3-axis compass with automatic calibration. The compass features and appearance change depending on your activity, whether GPS is enabled, and whether you are navigating to a destination.

Calibrating the Compass Manually

NOTICE

Calibrate the electronic compass outdoors. To improve heading accuracy, do not stand near objects that influence magnetic fields, such as vehicles, buildings, and overhead power lines.

Your watch was already calibrated at the factory, and the watch uses automatic calibration by default. If you experience irregular compass behavior, for example, after moving long distances or after extreme temperature changes, you can manually calibrate the compass.

1. Hold Ⓑ.
2. Select ⚙ > **Sensors & Accessories** > **Compass** > **Start Calibration**.
3. Follow the on-screen instructions.

   TIP: Move your wrist in a small figure eight motion until a message appears.

Wireless Sensors

Your watch can be paired and used with wireless ANT+® or Bluetooth sensors (*Pairing Your Wireless Sensors*, page 39). After the devices are paired, you can customize the optional data fields (*Customizing the Data Screens*, page 13). 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 buy.garmin.com for that sensor.

NOTE: Bluetooth sensors are available only with a Venu Sq 2 Music watch.

Sensor Type	Description
Club Sensors	You can use Approach® CT10 golf club sensors to automatically track your golf shots, including location, distance, and club type. **NOTE:** Approach CT10 golf club sensors are compatible only with a Venu Sq 2 Music watch.
External Heart Rate	You can use an external heart rate monitor, such as the HRM-Pro™ or HRM-Dual™, and 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 Venu Sq 2 Music watch (*Connecting Bluetooth Headphones*, page 41).
Lights	You can use Varia smart bike lights to improve situational awareness.
Radar	You can use a Varia rearview bike radar to improve situational awareness and send alerts about approaching vehicles. With a Varia radar camera tail light, you can also take photos and record video during a ride (*Using the Varia Camera Controls*, page 22).
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 (*Calibrating Your Speed Sensor*, page 40).
tempe	You can attach the tempe temperature sensor to a secure strap or loop where it is exposed to ambient air, so it provides a consistent source of accurate temperature data.

Pairing Your Wireless Sensors

The first time you connect a wireless ANT+ or Bluetooth sensor to your Garmin watch, you must pair the watch and sensor. After they are paired, the watch connects to the sensor automatically when you start an activity and the sensor is active and within range.

TIP: Some ANT+ sensors pair with your watch automatically when you start an activity with the sensor turned on and near the watch.

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 ⚙ > **Sensors & Accessories** > **Add New**.
5. 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.

HRM-Pro Running Pace and Distance

The HRM-Pro series accessory calculates your running pace and distance based on your user profile and the motion measured by the sensor on every stride. The heart rate monitor provides running pace and distance when GPS is not available, such as during treadmill running. You can view your running pace and distance on your compatible Venu Sq 2 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 HRM-Pro series accessory calibrates each time you run outside with it connected to your compatible Venu Sq 2 watch.

NOTE: Automatic calibration does not work for indoor, trail, or ultra run activity profiles (*Tips for Recording Running Pace and Distance*, page 39).

Manual calibration: You can select **Calibrate & Save** after a treadmill run with your connected HRM-Pro series accessory (*Calibrating the Treadmill Distance*, page 5).

Tips for Recording Running Pace and Distance

- Update your Venu Sq 2 watch software (*Product Updates*, page 54).
- Complete several outdoor runs with GPS and your connected 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 an ANT+ foot pod, 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 5).
- 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 5).

Calibrating Your Speed Sensor

Before you can calibrate your speed sensor, you must pair your watch with a compatible speed sensor (*Pairing Your Wireless Sensors*, page 39).

Manual calibration is optional and can improve accuracy.

1. Hold Ⓑ.
2. Select ⚙ > **Sensors & Accessories** > **Speed/Cadence** > **Wheel Size**.
3. Select an option:
   - Select **Auto** to automatically calculate your wheel size and calibrate your speed sensor.
   - Select **Manual**, and enter your wheel size to manually calibrate your speed sensor (*Wheel Size and Circumference*, page 62).

User Profile

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

Setting Up Your User Profile

You can update your gender, birth year, height, weight, wrist, and heart rate zones (*Setting Your Heart Rate Zones*, page 34) settings. The watch uses this information to calculate accurate training data.

1. Hold Ⓑ.
2. Select ⚙ > **User Profile**.
3. Select an option.

Music

NOTE: There are three different music playback options for your Venu Sq 2 Music watch.

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

On a Venu Sq 2 Music 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 (www.garmin.com/express).

You can load your personal audio files, such as .mp3 and .m4a files, to a Venu Sq 2 Music watch from your computer. For more information, go to www.garmin.com/musicfiles.

1. Connect the watch to your computer using the included USB cable.
2. On your computer, open the Garmin Express application, select your watch, and select **Music**.

   TIP: For Windows® computers, you can select ➕ and browse to the folder with your audio files. For Apple® computers, the Garmin Express application uses your iTunes® library.
3. In the **My Music** or **iTunes Library** list, select an audio file category, such as songs or playlists.
4. Select the checkboxes for the audio files, and select **Send to Device**.
5. If necessary, in the Venu Sq 2 Music 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 watch from a supported third-party provider, you must connect the provider to your watch.

For more options, you can download the Connect IQ app on your phone (*Connect IQ Features*, page 47).

1. Press Ⓐ.
2. Select **Connect IQ Store**.
3. Follow the on-screen instructions to install a third-party music provider.
4. From the controls menu on the watch, select .
5. Select the music provider.

   NOTE: If you want to select another provider, hold Ⓑ, select Music Providers, and follow the on-screen instructions.

Downloading Audio Content from a Third-Party Provider

Before you can download audio content from a third-party provider, you must connect to a Wi-Fi network (*Connecting to a Wi-Fi Network*, page 45).

1. Open the music controls.
2. Hold Ⓑ.
3. Select **Music Providers**.
4. Select a connected provider, or select **Add Provider** to add a music provider from the Connect IQ store.
5. Select a playlist or other item to download to the watch.
6. 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.

Disconnecting from a Third-Party Provider

1. From the Garmin Connect app, select or .
2. Select **Garmin Devices**, and select your watch.
3. Select **Music**.
4. Select an installed third-party provider, and follow the on-screen instructions to disconnect the third-party provider from your watch.

Connecting Bluetooth Headphones

To listen to music loaded onto your Venu Sq 2 Music 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 > **Music** > **Headphones** > **Add New**.
5. Select your headphones to complete the pairing process.

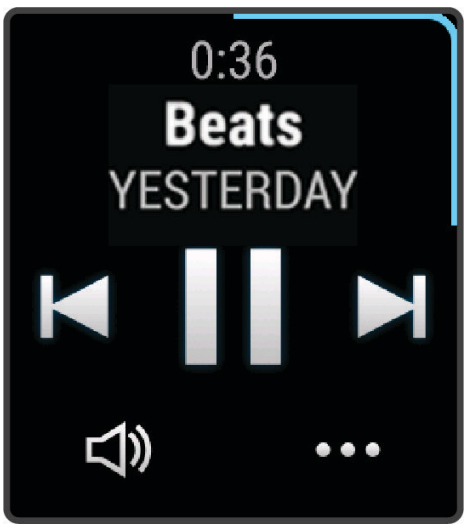
Listening to Music

1 Open the music controls.
2 If necessary, connect your Bluetooth headphones (*Connecting Bluetooth Headphones*, page 41).
3 Hold Ⓑ.
4 Select **Music Providers**, and select an option:
   - To listen to music downloaded to the watch from your computer, select **My Music** (*Downloading Personal Audio Content*, page 40).
   - 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: Some music playback controls are available on a Venu Sq 2 Music watch only.

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.

Connectivity

Connectivity features are available for your watch when you pair with your compatible phone (*Pairing Your Phone*, page 43). Additional features are available when you connect your watch to a Wi-Fi network (*Connecting to a Wi-Fi Network*, page 45).

Phone Connectivity Features

Phone connectivity features are available for your Venu Sq 2 watch when you pair it using the Garmin Connect app (*Pairing Your Phone*, page 43).

- App features from the Garmin Connect app, the Connect IQ app, and more (*Apps and Activities*, page 2)
- Glances (*Glances*, page 17)
- Controls menu features (*Controls*, page 23)
- Safety and tracking features (*Safety and Tracking Features*, page 48)
- Phone interactions, such as notifications (*Enabling Bluetooth Notifications*, page 44)

Pairing Your Phone

To set up the Venu Sq 2 watch, it must be paired directly through the Garmin Connect app, instead of from the Bluetooth settings on your phone.

1. During the initial setup on your watch, select ✔ when you are prompted to pair with your phone.

   NOTE: If you previously skipped the pairing process, you can hold Ⓑ, and select ⚙ > **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.

Viewing Notifications

1. From the watch face, swipe up or down to view the notifications glance.
2. Select the glance.
3. Select a notification to read the full notification.
4. Swipe up to view the notification options.
5. Select an option:
   - To act on the notification, select an action, such as **Dismiss** or **Reply**.

     The available actions depend on the type of notification and your phone operating system. When you dismiss a notification on your phone or the Venu Sq 2 watch, it no longer appears in the glance.
   - To return to the notification list, swipe right.

Replying with a Customized Text Message

NOTE: This feature is available only if your watch is connected to an Android™ phone using Bluetooth technology.

When you receive a text message notification on your Venu Sq 2 watch, you can send a quick reply by selecting from a list of messages. You can customize messages in the Garmin Connect app.

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

1. Swipe up or down to view the notifications glance.
2. Select the glance.
3. Select a text message notification.
4. Swipe up to view the notification options.
5. Select **Reply**.
6. Select a message from the list.

   Your phone sends the selected message as a text message.

Receiving an Incoming Phone Call

When you receive a phone call on your connected phone, the Venu Sq 2 watch displays the name or phone number of the caller.

- To accept the call, select .

  NOTE: To talk to the caller, you must use your connected phone.
- To decline the call, select .
- To decline the call and immediately send a text message reply, select , and select a message from the list.

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

Managing Notifications

You can use your compatible phone to manage notifications that appear on your Venu Sq 2 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**.

Enabling Bluetooth Notifications

Before you can enable notifications, you must pair the Venu Sq 2 watch with a compatible phone (*Pairing Your Phone*, page 43).

1. Hold Ⓑ.
2. Select > **Connectivity** > **Phone** > **Notifications**.
3. Select **During Activity** to set preferences for notifications that appear when recording an activity.
4. Select a notification preference.
5. Select **Not During Activity** to set preferences for notifications that appear when in watch mode.
6. Select a notification preference.
7. Select **Timeout**.
8. Select a timeout duration.
9. Select **Privacy**.
10. Select a privacy preference.

Turning Off the Bluetooth Phone Connection

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

NOTE: You can add options to the controls menu (*Customizing the Controls Menu*, page 25).

1. Hold Ⓐ to view the controls menu.
2. Select to turn off the Bluetooth phone connection on your Venu Sq 2 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 Venu Sq 2 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 > **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 Venu Sq 2 screen, and an audible alert sounds on your phone. The bars increase as you move closer to your phone.
3. Press Ⓑ to stop searching.

Using Do Not Disturb Mode

You can use do not disturb mode to turn off vibrations and the display for alerts and notifications. This mode disables the gesture setting (*Customizing the Display Settings*, page 52). For example, you can use this mode while sleeping or watching a movie.

- To manually turn on or off do not disturb mode, hold Ⓐ, and select .
- To automatically turn on do not disturb mode during your sleep hours, open the device settings in the Garmin Connect app, and select **Sounds & Alerts** > **Do Not Disturb During Sleep**.

Wi-Fi Connectivity Features

Wi-Fi is available only on the Venu Sq 2 Music watch.

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.

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 the Garmin Connect site. The next time your watch has a Wi-Fi connection, the files are sent to your watch.

Connecting to a Wi-Fi Network

You must connect your watch to the Garmin Connect app on your phone or to the Garmin Express application on your computer before you can connect to a Wi-Fi network (*Using Garmin Connect on Your Computer*, page 47).

To sync your watch with a third-party music provider, you must connect to a Wi-Fi network. Connecting the watch to a Wi-Fi network also helps to increase the transfer speed of larger files.

1. Move within range of a Wi-Fi network.
2. From the Garmin Connect app, select or .
3. Select **Garmin Devices**, and select your watch.
4. Select **Connectivity** > **Wi-FI** > **My Networks** > **Add a Network**.
5. Select an available Wi-Fi network, and enter the login details.

Phone Apps and Computer Applications

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

Garmin Connect

Your Garmin Connect account allows you to track your 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, walks, rides, swims, hikes, golf games, and more.

You can create your free Garmin Connect account when you pair your watch with your phone using the Garmin Connect app. You can also create an account when you set up the Garmin Express application (www.garmin.com/express).

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, heart rate, calories burned, cadence, an overhead map view, and pace and speed charts. You can view more detailed information about your golf games, including scorecards, statistics, and course information. You can also view customizable reports.

NOTE: To view some data, you must pair an optional wireless sensor with your watch (*Pairing Your Wireless Sensors*, page 39).



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.

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

Using the Garmin Connect App

After you pair your watch with your phone (*Pairing Your Phone*, page 43), you can use the Garmin Connect app to upload all of your activity data to your Garmin Connect account.

1. Verify the Garmin Connect app is running on your phone.
2. Bring your watch within 10 m (30 ft.) of your phone.

   Your watch automatically syncs your data with the Garmin Connect app and your Garmin Connect account.

Updating the Software Using the Garmin Connect App

Before you can update your watch software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the watch with a compatible phone (*Pairing Your Phone*, page 43).

Sync your watch with the Garmin Connect app (*Using the Garmin Connect App*, page 46).

When new software is available, the Garmin Connect app automatically sends the update to your watch. The update is applied when you are not actively using the watch. When the update is complete, your watch restarts.

Using Garmin Connect on Your Computer

The Garmin Express application connects your watch to your Garmin Connect account using a computer. You can use the Garmin Express application to upload your activity data to your Garmin Connect account and to send data, such as workouts or training plans, from the Garmin Connect website to your watch. You can also add music to your watch (*Downloading Personal Audio Content*, page 40). You can also install software updates and manage your Connect IQ apps.

1. Connect the watch to your computer using the USB cable.
2. Go to www.garmin.com/express.
3. Download and install the Garmin Express application.
4. Open the Garmin Express application, and select **Add Device**.
5. Follow the on-screen instructions.

Updating the Software Using Garmin Express

Before you can update your device software, you must have a Garmin Connect account, and you must download the Garmin Express application.

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

   When new software is available, Garmin Express sends it to your device.
2. Follow the on-screen instructions.
3. Do not disconnect your device from the computer during the update process.

   NOTE: If you have already set up your device with Wi-Fi connectivity, Garmin Connect can automatically download available software updates to your device when it connects using Wi-Fi.

Manually Syncing Data with Garmin Connect

NOTE: You can add options to the controls menu (*Customizing the Controls Menu*, page 25).

1. Hold Ⓐ to view the controls menu.
2. Select **Sync**.

Connect IQ Features

You can add Connect IQ apps, data fields, glances, music providers, and watch faces to your watch using the Connect IQ store on your watch or phone (garmin.com/connectiqapp).

NOTE: Music providers and Connect IQ access from the watch are available only on your Venu Sq 2 Music watch.

Watch Faces: Allow you to 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: Allow you to 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 Venu Sq 2 Music watch.

Downloading Connect IQ Features

Before you can download features from the Connect IQ app, you must pair your Venu Sq 2 watch with your phone (*Pairing Your Phone*, page 43).

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 Golf App

The Garmin Golf app allows you to upload scorecards from your compatible Garmin device to view detailed statistics and shot analyses. Golfers can compete with each other at different courses using the Garmin Golf app. More than 42,000 courses have leaderboards that anyone can join. You can set up a tournament event and invite players to compete.

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).

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 Venu Sq 2 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 www.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 Venu Sq 2 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.

LiveTrack: Allows friends and family to follow your races and training activities in real time. You can invite followers using email or social media, allowing them to view your live data on a web page.

Adding Emergency Contacts

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

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

Adding Contacts

You can add up to 50 contacts to the Garmin Connect app. Contact emails can be used with the LiveTrack feature.

Three of these contacts can be used as emergency contacts.

1. From the Garmin Connect app, select ☰ or •••.
2. Select **Contacts**.
3. Follow the on-screen instructions.

After you add contacts, you must sync your data to apply the changes to your Venu Sq 2 watch (*Using the Garmin Connect App*, page 46).

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.

Turning Incident Detection On and Off

NOTE: Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available.

Before you can enable incident detection on your watch, you must set up emergency contacts in the Garmin Connect app (*Adding Emergency Contacts*, page 48). Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

1. From the watch face, hold Ⓑ.
2. Select ⚙ > **Safety & Tracking** > **Incident Detection**.
3. Select an activity.

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

When an incident is detected by your Venu Sq 2 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 watch and paired phone indicating your contacts will be informed after 15 seconds have elapsed. If assistance is not needed, you can cancel the automated emergency message.

Requesting Assistance

NOTE: Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available.

Before you can request assistance, you must set up emergency contacts (*Adding Emergency Contacts*, page 48). 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 48).

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

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.

Deleting an Alarm

1. Hold Ⓑ.
2. Select **Clocks** > **Alarms**.
3. Select an alarm, and select **Delete**.

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 Ⓐ.

Syncing the Time with GPS

Each time you turn on the watch and acquire satellites, the watch automatically detects your time zones and the current time of day. You can also manually sync the time with GPS when you change time zones and to update for daylight saving time.

1. Hold Ⓑ.
2. Select **Clocks** > **Time** > **Time Sync**.
3. Wait while the watch locates satellites (*Acquiring Satellite Signals*, page 58).

Setting the Time Manually

By default, the time is set automatically when the Venu Sq 2 watch is paired with a phone.

1. Hold Ⓑ.
2. Select **Clocks** > **Time** > **Time Source** > **Manual**.
3. Select **Time**, and enter the time of day.

Customizing the Watch

Phone and Bluetooth Settings

Hold Ⓑ, and select ⚙ > **Connectivity** > **Phone**.

Status: Displays the current Bluetooth connection status and allows you to turn Bluetooth technology on or off.

Notifications: The watch turns smart notifications on and off automatically based on your selections (*Enabling Bluetooth Notifications*, page 44).

Connected Alerts: Alerts you when your paired phone connects and disconnects.

Pair Phone: Connects your watch with a compatible phone equipped with Bluetooth technology.

Sync: Allows you to transfer the data between your watch and the Garmin Connect app.

Stop LiveTrack: Allows you to stop a LiveTrack session while one is in progress.

Battery Manager

Hold Ⓑ, and select ⚙ > **Battery Manager**.

Battery Saver: Turns off certain features to maximize battery life.

Battery Percentage: Displays the battery life as a remaining percentage.

Battery Estimates: Displays the battery life as a remaining time estimate.

System Settings

Hold Ⓑ, and select ⚙ > **System**.

Auto Lock: Automatically locks the touchscreen to prevent inadvertent screen touches. You can press Ⓐ to unlock the touchscreen.

Language: Sets the language of the watch interface.

Time: Sets the time format and source for local time (*Time Settings*, page 52).

Display: Sets the display timeout and brightness (*Customizing the Display Settings*, page 52).

Physio TrueUp: Allows your watch to sync activities, history, and data from other Garmin devices.

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

Do Not Disturb: Turns on or off do not disturb mode.

Units: Sets the measurement units used to display data (*Changing the Units of Measure*, page 52).

Data Recording: Sets how the watch 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 require you to charge the battery more frequently.

USB Mode: Sets the watch to use media transfer mode or Garmin mode when connected to a computer.

Reset: Allows you to reset the default settings or delete personal data and reset the settings (*Resetting All Default Settings*, page 58).

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

Software Update: Allows you to check for software updates.

About: Displays the unit ID, software version, regulatory information, and license agreement.

Time Settings

Hold Ⓑ, and select ⚙ > **System** > **Time**.

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

Time Source: Allows you to set the time manually or automatically based on the time on your phone.

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

Time Zones

Each time you turn on the watch and acquire satellites or sync with your phone, the watch automatically detects your time zone and the current time of day.

Customizing the Display Settings

1. Hold Ⓑ.
2. Select ⚙ > **System** > **Display**.
3. Select **Brightness** to set the brightness level of the display.
4. Select an option:
   - Select **During Activity** for display settings when in an activity.
   - Select **Not During Activity** for display settings when not in an activity.
5. Select an option:
   - Select **Timeout** to set the length of time before the display turns off.

     NOTE: You can use the **Always On** option to keep the watch face data visible and turn off only the background. This option impacts the battery and display life.
   - Select **Gesture** to set the display to turn on when you rotate your wrist toward your body to view the watch. You can also adjust the gesture sensitivity to turn on the display more or less often.

     NOTE: The **Gesture** and **Always On** settings are disabled during your sleep window and in do not disturb mode to prevent the display from turning on while you are asleep.

Changing the Units of Measure

You can customize the units of measure displayed on the watch.

1. From the watch face, hold Ⓑ.
2. Select ⚙ > **System** > **Units**.
3. Select a measurement type.
4. Select a unit of measure.

Garmin Connect Settings

You can change your watch settings from your Garmin Connect account, using either the Garmin Connect app or the Garmin Connect website. Some settings are available only using your Garmin Connect account and cannot be changed on your watch.

- From the Garmin Connect app, select ☰ or •••, select **Garmin Devices**, and select your watch.
- From the devices widget in the Garmin Connect application, select your watch.

After customizing settings, sync your data to apply the changes to your watch (*Using the Garmin Connect App*, page 46, *Using Garmin Connect on Your Computer*, page 47).

Device Information

About the AMOLED Display

By default, the watch settings are optimized for battery life and performance (*Maximizing Battery Life*, page 57).

Image persistence, or pixel "burn-in," is normal behavior for AMOLED devices. To extend the display life, you should avoid displaying static images at high brightness levels for long time periods. To minimize burn-in, the Venu Sq 2 display turns off after the selected timeout (*Customizing the Display Settings*, page 52). You can turn your wrist toward your body, double-tap the touchscreen, or press a button to wake the watch.

Charging the Watch

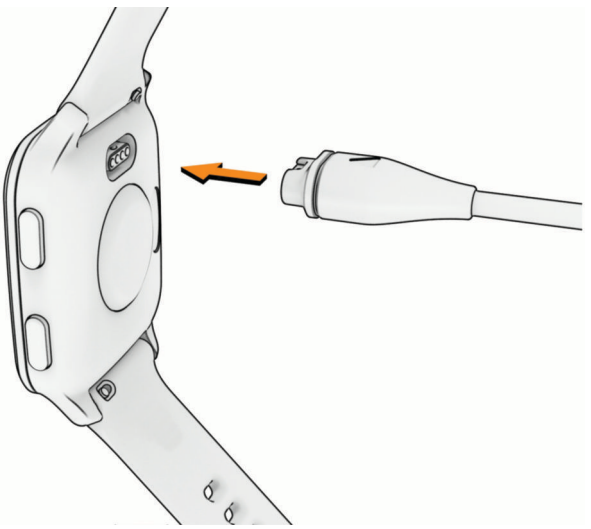
⚠ WARNING

This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions (*Device Care*, page 55).

1 Plug the small end of the USB cable into the charging port on your watch.



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

The watch displays the current battery charge level.

Viewing Watch Information

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

1 From the watch face, hold Ⓑ.

2 Select **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.

Hold Ⓑ for 10 seconds.

Product Updates

Your device automatically checks for updates when connected to Bluetooth or Wi-Fi. You can manually check for updates from the system settings (*System Settings*, page 51). On your computer, install Garmin Express (www.garmin.com/express). On your phone, install the Garmin Connect app.

This provides easy access to these services for Garmin devices:

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

Setting Up Garmin Express

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

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to 11 days in smartwatch mode
Operating temperature range	From -20º to 55ºC (from -4º to 131ºF)
Charging temperature range	From 0º to 45ºC (from 32º to 113ºF)
Venu Sq 2 wireless frequency	2.4 GHz @ 1 dBm maximum
Venu Sq 2 Music wireless frequency	2.4 GHz @ 20 dBm maximum
Water rating	Swim, 5 ATM[1]

Battery Life Information

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

Mode	Battery Life
Smartwatch mode with activity tracking and 24/7 wrist-based heart rate monitoring	Up to 11 days
Smartwatch mode with battery saver enabled	Up to 12 days
GPS only mode	Up to 26 hr.
All systems GPS mode	Up to 20 hr.
All systems GPS mode with music playback	Up to 7 hr.
Always on display mode	Up to 2 days

[1] The device withstands pressure equivalent to a depth of 50 m. For more information, go to www.garmin.com/waterrating.

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.

1. Wipe the watch using a cloth dampened with a mild detergent solution.
2. Wipe it dry.

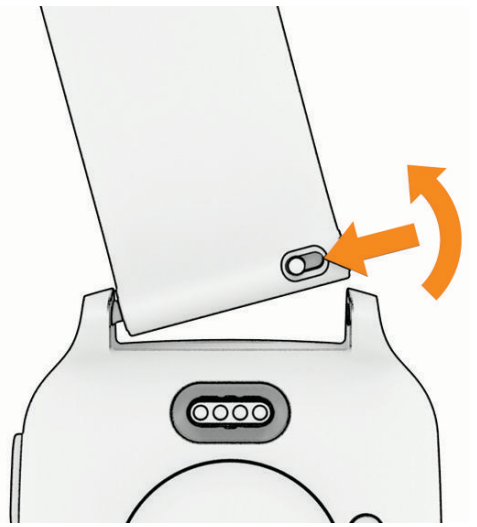
After cleaning, allow the watch to dry completely.

TIP: For more information, go to www.garmin.com/fitandcare.

Changing the Bands

The watch is compatible with 20 mm wide, standard, quick-release 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.

Troubleshooting

Is my phone compatible with my watch?

The Venu Sq 2 watch is compatible with phones using Bluetooth technology.

Go to www.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 Connect app to the latest version.
- Remove your watch from the Garmin Connect app and the Bluetooth settings on your phone to retry the pairing process.
- If you bought a new phone, remove your watch from the Garmin Connect app on the phone you intend to stop using.
- Bring your phone within 10 m (33 ft.) of the watch.
- On your phone, open the Garmin Connect app, select ☰ or •••, and select **Garmin Devices** > **Add Device** to enter pairing mode.
- From the watch face, hold Ⓑ, and select **Connectivity** > **Phone** > **Pair Phone**.

My headphones will not connect to the watch

If your Bluetooth headphones were previously connected to your phone, they may connect to your phone automatically instead of connecting to your watch. You can try these tips.

- Turn off Bluetooth technology on your phone.

  Refer to the owner's manual for your phone for more information.
- Stay 10 m (33 ft.) away from your phone while connecting your headphones to your watch.
- Pair your headphones with your watch (*Connecting Bluetooth Headphones*, page 41).

My music cuts out or my headphones won't stay connected

When using a Venu Sq 2 Music watch connected to Bluetooth headphones, the signal is strongest when there is a direct line of sight between the watch and the antenna on the headphones.

- If the signal passes through your body, you may experience signal loss or your headphones may become disconnected.
- If you wear your Venu Sq 2 Music watch on your left wrist, you should make sure the headphone's Bluetooth antenna is on your left ear.
- Since headphones vary by model, you can try wearing the watch on your other wrist.
- If you are using metal or leather watch bands, you can switch to silicone watch bands to improve signal strength.

My watch is in the wrong language

You can change the language selection if you have accidently selected the wrong language on the watch.

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

My watch does not display the correct time

The watch updates the time and date when it syncs with your phone or when the watch acquires GPS signals. You should sync your watch to receive the correct time when you change time zones, and to update for daylight saving time.

1. Hold Ⓑ, and select ⚙ > **System** > **Time**.
2. Verify the **Auto** option for **Time Source** is enabled.
3. Select **Time Sync**.

   Your watch automatically starts syncing the time with your phone.
4. To sync time using satellite signals, select **Use GPS**, go outdoors to an open area with a clear view of the sky, and wait while the phone acquires satellite signals.

The temperature reading is not accurate

Your body temperature affects the temperature reading for the internal temperature sensor. To get the most accurate temperature reading, you should remove the watch from your wrist and wait 20 to 30 minutes.

You can also use an optional tempe external temperature sensor to view accurate ambient temperature readings while wearing the watch.

Maximizing Battery Life

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

- Turn on **Battery Saver** (*Battery Manager*, page 51).
- Stop using the **Always On** display timeout option, and select a shorter display timeout (*Customizing the Display Settings*, page 52).
- Reduce the display brightness (*Customizing the Display Settings*, page 52).
- Switch from a live watch face to a watch face with a static background (*Changing the Watch Face*, page 16).
- Turn off Bluetooth technology when you are not using connected features (*Turning Off the Bluetooth Phone Connection*, page 44).
- Turn off activity tracking (*Activity Tracking Settings*, page 28).
- Limit the type of phone notifications (*Managing Notifications*, page 44).
- Stop broadcasting heart rate data to paired Garmin devices (*Broadcasting Heart Rate*, page 33).
- Turn off wrist-based heart rate monitoring (*Turning Off the Wrist-based Heart Rate Monitor*, page 34).
- Turn off automatic pulse oximeter readings (*Changing the Pulse Oximeter Tracking Mode*, page 36).

Restarting the Watch

If the watch stops responding, you may need to restart it.

NOTE: Restarting the watch may erase your data or settings.

1. Hold Ⓐ for 15 seconds.

   The watch turns off.
2. Hold Ⓐ for one second to turn on the watch.

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 ⚙ > **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.

Acquiring Satellite Signals

The watch may need a clear view of the sky to acquire satellite signals.

1. Go outdoors to an open area.

   The front of the watch should be oriented toward the sky.
2. Wait while the watch locates satellites.

   It may take 30 to 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 Connect 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 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.

Getting More Information

- Go to support.garmin.com for additional manuals, articles, and software updates.
- Go to buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.
- Go to www.garmin.com/ataccuracy.

  This is not a medical device. The pulse oximeter feature is not available in all countries.

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.

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 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 7).

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.

Avg. Stroke Rate: The average number of strokes per minute (spm) during the current activity.

Cadence: Cycling. The number of revolutions of the crank arm. Your device must be connected to a cadence accessory for this data to appear.

Cadence: Running. The steps per minute (right and left).

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.

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.

Elevation: The altitude of your current location above or below sea level.

Heading: The direction you are moving.

Heart Rate: Your heart rate in beats per minute (bpm). Your device must 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. Dist./Stk.: The average distance traveled per stroke during the current interval.

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

Int. Stroke Rate: The average number of strokes per minute (spm) 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. Int. Dist./Stk.: The average distance traveled per stroke during the last completed interval.

L. Int. Stk. Type: The stroke type used during the last completed interval.

L. Len. Stk. Rate: The average number of strokes per minute (spm) during the last completed pool length.

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 Cadence: Cycling. The average cadence for the current lap.
Lap Cadence: Running. The average cadence 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 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.
Lengths: The number of pool lengths completed during the current activity.
Maximum Speed: The top speed for the current activity.
Moderate Minutes: The number of moderate intensity minutes.
Pace: The current pace.
Reps: During a strength training activity, the number of repetitions in a workout set.
Respiration Rate: Your respiration rate in breaths per minute (brpm).
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.
Stroke Rate: The number of strokes per minute (spm).
Strokes: The total number of strokes for the current activity.
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.
Total Ascent: The total elevation distance ascended during the activity or since the last reset.
Total Descent: The total elevation distance descended during the activity or since the last reset.
Total Minutes: The total number of intensity minutes.

Vertical Speed: The rate of ascent or descent over time.
Vigorous Minutes: The number of vigorous intensity minutes.

VO2 Max. Standard Ratings

These tables include standardized classifications for VO2 max. estimates by age and gender.

Males	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	55.4	54	52.5	48.9	45.7	42.1
Excellent	80	51.1	48.3	46.4	43.4	39.5	36.7
Good	60	45.4	44	42.4	39.2	35.5	32.3
Fair	40	41.7	40.5	38.5	35.6	32.3	29.4
Poor	0–40	<41.7	<40.5	<38.5	<35.6	<32.3	<29.4

Females	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	49.6	47.4	45.3	41.1	37.8	36.7
Excellent	80	43.9	42.4	39.7	36.7	33	30.9
Good	60	39.5	37.8	36.3	33	30	28.1
Fair	40	36.1	34.4	33	30.1	27.5	25.9
Poor	0–40	<36.1	<34.4	<33	<30.1	<27.5	<25.9

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Wheel Size and Circumference

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 is marked on both sides of the tire. This is not a comprehensive list. You can also measure the circumference of your wheel or use one of the calculators available on the internet.

Tire Size	Wheel Circumference (mm)
20 × 1.75	1515
20 × 1-3/8	1615
22 × 1-3/8	1770
22 × 1-1/2	1785
24 × 1	1753
24 × 3/4 Tubular	1785
24 × 1-1/8	1795
24 × 1.75	1890
24 × 1-1/4	1905
24 × 2.00	1925
24 × 2.125	1965
26 × 7/8	1920
26 × 1-1.0	1913
26 × 1	1952
26 × 1.25	1953
26 × 1-1/8	1970
26 × 1.40	2005
26 × 1.50	2010
26 × 1.75	2023
26 × 1.95	2050
26 × 2.00	2055
26 × 1-3/8	2068
26 × 2.10	2068
26 × 2.125	2070
26 × 2.35	2083
26 × 1-1/2	2100
26 × 3.00	2170
27 × 1	2145
27 × 1-1/8	2155
27 × 1-1/4	2161
27 × 1-3/8	2169
29 x 2.1	2288

Tire Size	Wheel Circumference (mm)
29 x 2.2	2298
29 x 2.3	2326
650 x 20C	1938
650 x 23C	1944
650 × 35A	2090
650 × 38B	2105
650 × 38A	2125
700 × 18C	2070
700 × 19C	2080
700 × 20C	2086
700 × 23C	2096
700 × 25C	2105
700C Tubular	2130
700 × 28C	2136
700 × 30C	2146
700 × 32C	2155
700 × 35C	2168
700 × 38C	2180
700 × 40C	2200
700 × 44C	2235
700 × 45C	2242
700 × 47C	2268

Symbol Definitions

These symbols may appear on the device or accessory labels.



WEEE disposal and recycling symbol. The WEEE symbol is attached to the product in compliance with the EU directive 2012/19/EU on Waste Electrical and Electronic Equipment (WEEE). It is intended to deter the improper disposal of this product and to promote reuse and recycling.