

# Instructions

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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.

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

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## Device Overview

### ① **Device key**

- Press the key to check the current battery level. Each fully illuminated LED represents 25% battery power, and a dimmed LED represents 12.5% battery power.
- When mounted, hold the key for two seconds to wake the device from sleep mode or put it into sleep mode.
- When mounted, hold the key for four seconds to turn the device on or off.

### ② **System status LED**

- When the LED flashes a blue single-blink every 10 seconds, the device is in

sleep mode. You can wake the device from the app or by moving the wheel sensor.

- When the LED flashes a blue double-blink, the device radio is in active mode and available to connect using Bluetooth® and ANT+® technology.
- When the LED is solid red, a system error has occurred.
- During a firmware update:
  - When the LED flashes blue continuously, a firmware update is in transfer.
  - When the LED is solid or flashes purple, a firmware update is in progress.
  - When the LED flashes blue 10 times, a firmware update was successfully applied.
  - When the LED flashes red 10 times, a firmware update failed.

### ③ Battery status LEDs

- When one LED flashes a red double-blink, the battery is critically low.
- While charging the battery, the LEDs flash green.
- When charging is complete, the LEDs turn off.

### ④ USB port

- Pull up the weather cap, and plug in the USB cable to charge the battery.

- Pull up the weather cap, and plug in the USB cable to charge another device, such as a phone.

**NOTE:** You cannot use the USB port while you are using the device.

- Replace the weather cap when charging is complete.

### ⑤ Battery lock lever

- Snap the lever to the open position to unlock the battery.
- Snap the lever to the closed position to lock the battery into the battery cradle.

## Installing the Device

Before you can install the device, you need a 3 mm hex key and cables to connect the battery cradle to your other devices.

- 1 Use a 3 mm hex key to remove the M4 x 10 mm screws and cover.
- 2 Route the cables to the opening.
- 3 Connect the cables to the battery cradle.

**NOTE:** Avoid touching or moving the O-ring ① to ensure the cables connect and seal correctly.

- 4 With the open lock lever on the non-drive side, align the battery cradle with the holes.
  - 5 Use a 3 mm hex key to tighten the M4 x 10 mm screws to 2 N-m (17.7 lbf-in.).
  - 6 Insert the battery into the battery cradle.
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- 7 Snap the lock lever to the closed position to lock the battery into the battery cradle.

## Pairing the Device with Your Smartphone

- 1 Insert the battery into the battery cradle.
- 2 Press the device key for two seconds to enter active mode.  
The system status LED flashes a blue double-blink.
- 3 Bring your compatible smartphone within range (3 m) of the device.  
**NOTE:** Stay 10 m away from other Bluetooth devices while pairing.
- 4 On your smartphone, enable Bluetooth technology.
- 5 From the app store on your smartphone, install and open the app.
- 6 Follow the on-screen instructions.

After the initial pairing, the app automatically connects to the device when you open the app and the device is active and within range.

## Pairing with a Garmin® Device

- 1 Insert the battery into the battery cradle.
- 2 Press the device key for two seconds to enter active mode.  
The system status LED flashes a blue double-blink.
- 3 Bring the compatible Garmin device within range (3 m) of the device.  
**NOTE:** Stay 10 m away from other ANT+ devices while pairing.

- 4 On the compatible Garmin device, open the menu, and select **Sensors > Add > Search All**.
- 5 Select your device.

## Charging the Device

### 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 dry the USB port, the weather cap, and the surrounding area before charging or connecting to a computer.

**NOTE:** The device does not charge when outside the approved temperature range (page 9).

- 1 Pull up the weather cap from the USB port.
- 2 Plug the small end of the USB cable into the USB port on the device.
- 3 Plug the large end of the USB cable into a power source, such as a USB wall charger or a computer USB port.
- 4 Charge the device completely.

When the device is connected to a USB power delivery (PD) capable charger, the estimated charging time is three hours.  
When the device is connected to a computer, the estimated charging time is up to eight hours.

The battery status LEDs flash green while the device is charging. As the charge increases,

more LEDs illuminate. The battery status LEDs turn off when charging is complete.

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## Specifications

Model names	A04118 A04119
Operating temperature range	From -20° to 60°C (from -4° to 140°F)
Charging temperature range	From 10° to 45°C (from 50° to 113°F)
Wireless frequency	2.4 GHz @ 7 dBm maximum
Water rating	IEC 60529 IPX7 <sup>1</sup>

## Troubleshooting Tips

- Verify that all the device cables are connected and sealed correctly.
- Remove the battery from the battery cradle, then replace the battery in the cradle.
- Reset the device (page 9).

## Resetting the Device

If the device is not responding or the system status LED is solid red, you can reset the device.

<sup>1</sup> The device withstands incidental exposure to water of up to 1 m for up to 30 min. For more information, go to [www.garmin.com/waterrating](http://www.garmin.com/waterrating).

- 1** Remove the battery from the battery cradle.
- 2** Hold the device key for 10 seconds.
- 3** Replace the battery in the battery cradle.
- 4** If problems persist, contact support.