

**GARMIN.**

# A04863/HRM 600

---

Quick Start Manual. . . . . 3

© 2025 Garmin Ltd. or its subsidiaries  
Garmin®, the Garmin Logo, and ANT+® are trademarks of Garmin Ltd. or its subsidiaries, registered in the USA and other countries. These trademarks may not be used without the express permission of Garmin. Garmin Connect™ is a trademarks of Garmin Ltd. or its subsidiaries. These trademarks may not be used without the express permission of Garmin.

The BLUETOOTH® word mark and logos are owned by the Bluetooth SIG, Inc. and any use of such marks by Garmin is under license. Other trademarks and trade names are those of their respective owners.

M/N: A04863

El número de registro COFETEL/IFETEL puede ser revisado en el manual a través de la siguiente página de internet.

# HRM 600

## Quick Start Manual

### Heart Rate Monitor Instructions

NE

#### WARNING

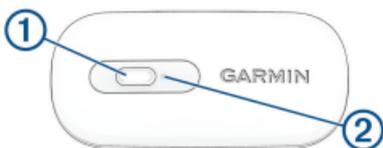
See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

#### **Pairing the HRM 600 with Your Compatible Device**

You should pair the HRM 600 to your compatible device before you put it on. This allows you to easily see the LED and press the button.

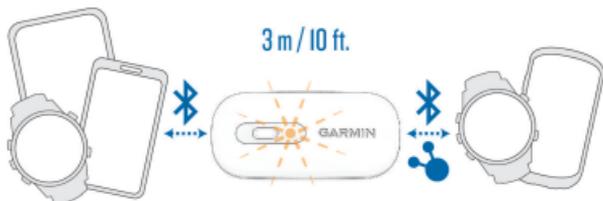
The HRM 600 supports both secure and open connection types. Go to [www.garmin.com/hrm\\_connection\\_types](http://www.garmin.com/hrm_connection_types).

- 1 On the HRM 600 module, press the button  to wake it up.



The LED ② flashes ■ when it is active and transmitting.

- 2 Hold the button for 4 seconds to enter pairing mode.



The LED flashes ■ continuously.

- 3 Open the sensors menu to add the external heart rate sensor.
- 4 Select the HRM 600.

After you pair the first time, your device automatically recognizes the HRM 600 each time it is active and in range.

**NOTE:** For troubleshooting tips and information about pairing with the Garmin

Connect™ app, see the owner's manual (page 10).

EN

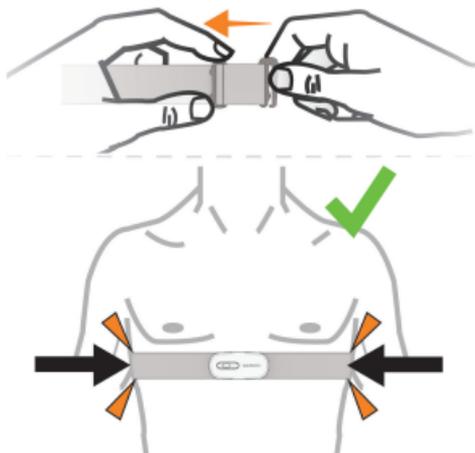
## Putting On the HRM 600

- 1 Snap the module into the strap.



**NOTE:** Both of the Garmin logos should be facing up.

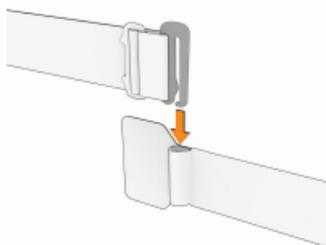
- 2 Adjust the strap.



- 3** Wet the sensors.



- 4** Connect the strap hook on the right side of your body.



## Device Information

### Caring for the Strap

Before you can wash the strap, you must unsnap and remove the module.

#### **NOTICE**

A buildup of sweat and salt on the strap can permanently damage the strap and decrease the device's ability to report accurate data.

Using too much detergent may damage the strap.

- Rinse the strap after every use.
- Wash the strap after every seven uses.
- Do not put the strap in the dryer.

## Charging the Device

### WARNING

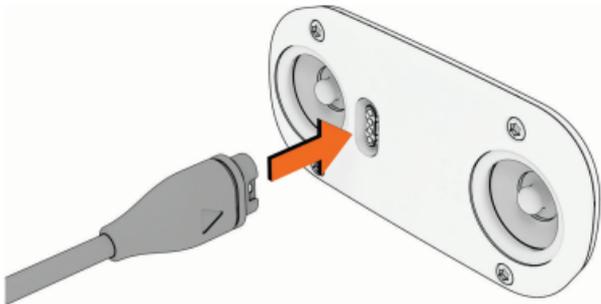
This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

### NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging.

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

- 1 Unsnap and remove the module.
- 2 Plug the cable (▲ end) into the charging port.



- 3 Plug the other end of the cable into a USB charging port.
- 4 Charge the device completely.  
The LED flashes  while charging.  
The LED is solid  when charging is complete.

## Specifications

**Battery type:** Rechargeable lithium-ion battery

**Battery life:** Up to 10 wk. at 1 hr./day

**Water resistance:** 5 ATM<sup>1</sup>

**Operating temperature range:** From -10° to  
50°C (from 14° to 122°F)

**Charging temperature range:** From 10° to  
45°C (from 50° to 113°F)

**EU wireless frequency (power):** 2.4 GHz @ 9.87  
dBm maximum

## Getting More Information

- Go to **support.garmin.com** for additional manuals, articles, and software updates.

---

<sup>1</sup> The device withstands pressure equivalent to a depth of 50 m. For more information, go to [www.garmin.com/waterrating](http://www.garmin.com/waterrating).