GARMIN.

DESCENT™ G2 SERIES

Owner's Manual

Table of Contents

Introduction

Getting Started

When using your watch the first time, you should complete these tasks to set it up and get to know the basic features.

1   Press **LIGHT** to turn on the watch (*Device Overview*, page 1).
2   Follow the on-screen instructions to complete the initial setup.

    During the initial setup, you can pair your smartphone with your watch to receive notifications, sync your activities, and more (,).

3   Charge the device (*Charging the Watch*, page 102).
4   Start an activity (*Starting an Activity*, page 25).

Device Overview

① **LIGHT**

- Press to turn the device on.
- Press to turn the backlight on and off.
- Quickly press twice to turn the flashlight on or off.
- Hold to view the controls menu.

NOTE: While diving, hold functions are disabled.

② **MENU·UP**

- Press to scroll through the glance loop and menus.
- Hold to view the menu.

NOTE: You can enable or disable this button for dive activities (*Dive Setup*, page 6).

③ **DOWN**

- Press to scroll through the glance loop and menus.
- Press to scroll through the data screens during a dive.
- Hold to view the altimeter, barometer, and compass (ABC) screen.

NOTE: While diving, hold functions are disabled.

④ **START·STOP**

- Press to view the activity list and start or stop an activity.
- Press to choose an option in a menu.
- Press to view the menu during a dive.
- Hold to view the clock menu.

NOTE: While diving, hold functions are disabled.

⑤ **BACK**

- Press to return to the previous screen.
- Press to exit a menu during a dive.
- Press to record a lap, rest, or transition during a multisport activity.
- Hold to view the watch face from any screen.
- Hold to return to the primary data screen during a dive.

⑥: Double tap the device to scroll through the data screens during a dive.

Using the Watch

- Hold **LIGHT** to view the controls menu (*Controls*, page 67).

  The controls menu provides quick access to frequently used functions, such as turning on do not disturb mode, saving a location, and turning the watch off.
- From the watch face, press **UP** or **DOWN** to scroll through the glance loop (*Glances*, page 54).
- From the watch face, press **START** to start an activity or open an app (*Activities and Apps*, page 25).
- Hold **MENU** to customize the watch face (*Customizing the Watch Face*, page 54), adjust settings (*System Settings*, page 99), pair wireless sensors (*Pairing Your Wireless Sensors*, page 77), and more.

Clocks

Setting an Alarm

You can set multiple alarms. You can set each alarm to sound once or to repeat regularly.

1. From any screen, hold **START**.
2. Select **Alarms**.
3. Enter the alarm time.
4. Select **Repeat**, and select when the alarm should repeat (optional).
5. Select **Sound and Vibe**, and select a type of notification (optional).
6. Select **Backlight** > **On** to turn on the backlight with the alarm (optional).
7. Select **Label**, and select a description for the alarm (optional).

Starting the Countdown Timer

1. From any screen, hold **START**.
2. Select **Timers**.
3. Enter the time.
4. If necessary, select an option to edit the timer:
   - To automatically restart the timer after it expires, press **UP** and select **Auto Restart** > **On**.
   - To select a type of notification, press **UP** and select **Sound and Vibe**.
5. Press **START** to start the timer.

Saving a Quick Timer

You can set up to ten separate quick timers.

1 From any screen, hold **START**.

2 Select **Timers**.

3 Select an option:
- To save your first quick timer, enter the time, press **UP**, and select **Save**.
- To save additional quick timers, select **Add Timer**, and enter the time.

Deleting a Timer

1 From any screen, hold **START**.

2 Select **Timers**.

3 Select a timer.

4 Press **UP**.

5 Select **Delete**.

Using the Stopwatch

1 From any screen, hold **START**.

2 Select **Stopwatch**.

3 Press **START** to start the timer.

4 Press **BACK** to restart the lap timer ①.
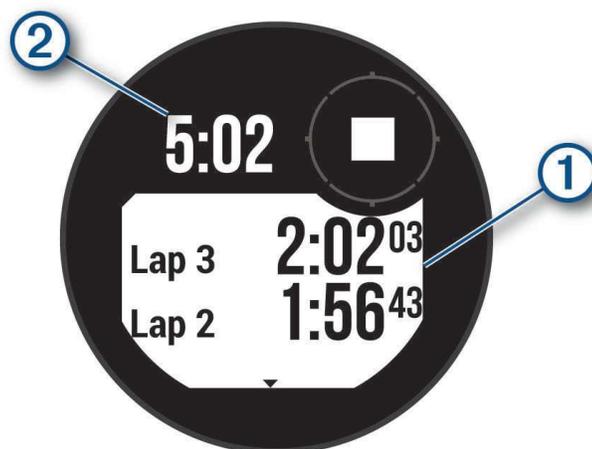
The total stopwatch time ② continues running.

5 Press **START** to stop both timers.

6 Press **UP**, and select an option.

Adding Alternate Time Zones

You can display the current time of day in additional time zones on the alternate time zones glance. You can add up to three alternate time zones.

1 From any screen, hold **START**.

2 Select **Alt. Time Zones**.

3 Select **Add Zone**.

4 Select a time zone.

5 If necessary, rename the time zone.

Diving

Dive Warnings

⚠ WARNING

- The diving features of this device are for use by certified divers only. This device should not be used as a sole dive computer. Failure to input the appropriate dive-related information into the device can lead to serious personal injury or death.
- Do not exceed the maximum dive depth rating for the device (,).
- Make sure that you fully understand the use, displays, and limitations of your device. If you have questions about this manual or the device, always resolve any discrepancies or confusion before diving with the device. Always remember that you are responsible for your own safety.
- There is always a risk of decompression illness (DCI) for any dive profile even if you follow the dive plan provided by the dive tables or a diving device. No procedure, diving device, or dive table will eliminate the possibility of DCI or oxygen toxicity. An individual's physiological make up can vary from day to day. This device cannot account for these variations. You are strongly advised to remain well within the limits provided by this device to minimize the risk of DCI. You should consult a physician regarding your fitness before diving.
- Always use backup instruments, including a depth gauge, submersible pressure gauge, and timer or watch. You should have access to decompression tables when diving with this device.
- Perform pre-dive safety checks, such as checking proper device function and settings, display function, battery level, tank pressure, and bubble checks to check hoses and connections for leaks.
- This device should not be shared between multiple users for diving purposes. Diver profiles are user specific, and using another diver's profile can result in misleading information that could lead to injury or death.
- For safety reasons, you should never dive alone. Dive with a designated buddy, even if you have someone monitoring your dive from the surface. You should also stay with others for an extended time after a dive, because the potential onset of decompression illness (DCI) may be delayed or triggered by surface activities.
- This device is not intended for commercial or professional dive activities. It is for recreational purposes only. Commercial or professional dive activities can expose the user to extreme depths or conditions that increase the risk of DCI.
- Do not dive with a gas if you have not personally verified its contents and input the analyzed value to the device. Failure to verify tank contents and input the appropriate gas values to the device will result in incorrect dive planning information and could result in serious injury or death.
- Diving with more than one gas mixture presents a much greater risk than diving with a single gas mixture. Mistakes related to the use of multiple gas mixtures may lead to serious injury or death.
- Always ensure a safe ascent. A rapid ascent increases the risk of DCI.
- Disabling the deco lockout feature on the device can result in an increased risk of DCI, which can result in personal injury or death. Disable this feature at your own risk.
- Violating a required decompression stop may result in serious injury or death. Never ascend above the displayed decompression stop depth.
- Always perform a safety stop between 3 and 5 meters (9.8 and 16.4 feet) for 3 minutes, even if no decompression stop is required.

Dive Modes

The Descent G2 device supports six dive modes. Each dive mode has four phases: dive pre-check, surface display, in-dive, and post-dive. During the pre-dive check, you can confirm the dive settings before you start diving (*Dive Setup*, page 6). The surface phase shows the data screens for the dive mode (*Dive Data Screens*, page 9). The in-dive phase shows data about the dive in progress, and other watch features, such as GPS, are disabled (*Going Diving*, page 15). During the post-dive review, you can view a summary of the completed dive (*Viewing the Dive Log Glance*, page 20).

Single-Gas: This mode allows you to dive with a single gas blend. You can set up to 11 additional gases as backup gases.

Multi-Gas: This mode allows you to configure multiple gas blends and switch gases during your dive. You can set the oxygen content from 5–100%. This mode supports one bottom gas, and up to 11 additional gases as decompression or backup gases.

> **NOTE:** Backup gases are not used in no-decompression limit (NDL) and time to surface (TTS) decompression calculations until you activate them during a dive.

CCR: This mode for closed-circuit rebreather (CCR) diving allows you to configure two partial pressure of oxygen (PO2) setpoints, closed-circuit (CC) diluent gases, and open-circuit (OC) decompression and backup gases.

Gauge: This mode allows you to dive with basic bottom timer features.

> **NOTE:** After diving in gauge mode, the device can only be used in gauge or apnea mode for 24 hours.

Apnea: This mode allows you to free dive with apnea-specific dive data. This mode has a higher data refresh rate.

Apnea Hunt: This mode is similar to the Apnea dive mode, but tuned specifically for spearfishers. This mode disables start and stop tones.

Using the Pool Dive Mode

When the device is in pool dive mode, the tissue load and decompression lockout features function normally, but dives are not saved to the dive log.

1 Hold **LIGHT** to view the controls menu.

2 Select ☰.

The pool dive mode turns off automatically at midnight.

Dive Setup

You can customize the dive settings based on your needs. Not all settings are applicable for all dive modes. You can also edit the settings before you start a dive.

Hold **MENU**, and select **Dive Setup**.

Gases: Sets the gas blends used in the gas dive modes (*Setting Up Your Breathing Gases*, page 7). You can have up to twelve gases for each gas dive mode.

Conservatism: Sets the level of conservatism for decompression calculations. Higher conservatism provides a shorter bottom time and a longer ascent time. The Custom option allows you to set a custom gradient factor.

> **NOTE:** Make sure you understand gradient factors before entering a custom level of conservatism.

Water Type: Allows you to select the water type.

PO2: Sets the partial pressure of oxygen (PO2) thresholds, in bar, for the maximum operating depth (MOD), decompression, warnings, and critical alerts (*Setting PO2 Thresholds*, page 8).

Scuba Alerts: Allows you to set custom alerts for gas dives (*Custom Dive Alerts*, page 7).

Apnea Alerts: Allows you to set custom alerts for apnea dives (*Custom Dive Alerts*, page 7).

Safety Stop: Allows you to change the safety stop duration.

Last Deco Stop: Allows you to set the depth of the final decompression stop.

End Dive Delay: Allows you to set the length of time before the device ends and saves a dive after surfacing.

CCR Setpoints: Allows you to set high and low PO2 setpoints for closed-circuit rebreather (CCR) dives (*Setting CCR Setpoints*, page 9).

Backlight: Allows you to adjust the backlight settings for dive activities. You can enable the backlight throughout the dive or only when you are at depth.

Heart Rate: Allows you to enable or disable a heart rate monitor for dives. The Stored Strap Data option allows you to enable a chest heart rate monitor, such as the HRM-Swim™ or HRM-Tri™ device, that stores heart rate data with the dive. You can view chest heart rate monitor data in the Garmin Dive™ app after you complete the dive.

Double Tap to Scroll: Allows you to double tap the device to scroll through the dive data screens. If you notice accidental scrolling, you can use the Sensitivity option to adjust the responsiveness.

UP Key: Allows you to enable or disable the UP button during dive activities to prevent inadvertent button presses.

Silent Diving: Allows you to disable all tones and vibrations for alerts during dive activities.

No-Fly Time: Allows you to set the no-fly countdown timer mode (*No-Fly Time*, page 9).

Deco Lockout: Allows you to disable the decompression lockout feature. This feature prevents single-gas, multi-gas, and CCR dives for 24 hours if you violate a decompression ceiling for more than three minutes.

> **NOTE:** You can still disable the decompression lockout feature after violating a decompression ceiling.

Setting Up Your Breathing Gases

You can enter up to twelve gases for each gas dive mode. Decompression calculations include your decompression gases, but do not include your backup gases.

1 Hold **MENU**.
2 Select **Dive Setup** > **Gases**.
3 Select a dive mode.
4 Select the first gas in the list.

 For single-gas or multi-gas dive modes, this is the bottom gas. For the closed-circuit rebreather (CCR) dive mode, this is the diluent gas.

5 Select **Oxygen**, and enter the oxygen percentage of the gas blend.
6 Select **Helium**, and enter the helium percentage of the gas blend.

 The device calculates the remaining percentage as the nitrogen content.

7 Press **BACK**.
8 Select an option:

 NOTE: Not all options are available for all dive modes.

 • Select **Add Backup**, and enter the oxygen and helium percentage for your backup gas.
 • Select **Add New**, enter the oxygen and helium percentage, and select **Mode** to set the intended use for the gas, such as decompression or backup.

  NOTE: For the multi-gas dive mode, you can select **Set as Travel Gas** to set a decompression gas as your intended gas for descending.

Custom Dive Alerts

You can set custom dive alerts to help you train toward a specific goal or to increase your awareness of your environment.

Alert Name	Dive Mode	Description
Depth	Single-gas, multi-gas, CCR, gauge, apnea, or apnea hunt.	The alert occurs when you reach the selected depth.
High Speed	Apnea or apnea hunt.	The alert occurs when your vertical speed exceeds the selected speed.
Low Speed	Apnea or apnea hunt.	The alert occurs when your vertical speed drops below the selected speed.
Neutral Buoyancy	Apnea or apnea hunt.	The alert occurs when you reach the selected depth.
Surface Timer	Apnea or apnea hunt.	The alert occurs when the selected time interval elapses.
Target Depth	Apnea or apnea hunt.	The alert occurs when you reach the selected depth.
Time	Single-gas, multi-gas, CCR, gauge, apnea, or apnea hunt.	The alert occurs when the selected time interval elapses.
Variometer	Apnea or apnea hunt.	The alert occurs every time you reach the selected depth interval.

Setting a Custom Dive Alert

1 Hold **MENU**.
2 Select **Dive Setup**.
3 Select an option:
   - Select **Scuba Alerts**.
   - Select **Apnea Alerts**.
4 Select an option:
   - Select **Add Alert** to add a new alert.
   - Select the alert name to edit an existing alert.
5 If necessary, enable the alert.
6 Select an option:
   NOTE: Not all options are available for all alert types.
   - Select **Depth** to specify the depth that should trigger the alert.
   - Select **Time** to specify the time interval that should trigger the alert.
   - Select **Speed** to specify the vertical speed threshold that should trigger the alert.
     NOTE: You can set the alert to trigger when your vertical speed exceeds or drops below the selected speed.
   - Select **Interval** to specify if the alert should trigger once or at a repeat interval.
   - Select **Direction** to specify if the alert should be enabled for ascending, descending, or both.
   - Select **Dive Types** to specify which dive modes should allow the alert to trigger.
   - Select **Sound and Vibe** to set the alert tone, vibration, or neither.
   - Select **Pop-up** to enable a pop-up notification for the alert.
   - Select **Preview Alert** to see how the alert appears and sounds during a dive.

Setting PO2 Thresholds

You can configure the partial pressure of oxygen (PO2) alert message thresholds, in bar.

1 Hold **MENU**.
2 Select **Dive Setup** > **PO2**.
3 Select an option:
   - Select **MOD/Deco PO2** to set the maximum operating depth (MOD) and decompression PO2 threshold for your planned bottom gas before you should begin your ascent and switch to the decompression gas with the highest percentage of oxygen.
     NOTE: The watch does not switch gases for you automatically. You must select the gas.
   - Select **PO2 Warning** to set the threshold for the highest oxygen concentration level that you are comfortable reaching.
   - Select **PO2 Critical** to set the threshold for the maximum oxygen concentration level that you should reach.
4 Enter a value.

If you reach the PO2 Critical threshold value during a dive, the watch displays an alert message (*Dive Alerts*, page 23).

Setting CCR Setpoints

You can configure the high and low partial pressure of oxygen (PO2) setpoints for closed-circuit rebreather (CCR) dives.

1 Hold **MENU**.
2 Select **Dive Setup** > **CCR Setpoints**.
3 Select an option:
   • To configure the lower PO2 setpoint, select **Low Setpoint**.
   • To configure the upper PO2 setpoint, select **High Setpoint**.
4 Select **Mode**.
5 Select an option:
   • To automatically change the setpoint based on your current depth, select **Auto**.

     NOTE: For example, if you descend through the high setpoint depth or ascend through the low setpoint depth, the PO2 threshold switches to the high or low setpoint, respectively. Automatic setpoint depths must be at least 6.1 m (20 ft.) apart.
   • To manually change setpoints during a dive, select **Manual**.

     NOTE: If you manually change setpoints within 1.8 m (6 ft.) of an automatic switch depth, then automatic setpoint switching is disabled until you are more than 1.8 m (6 ft.) above or below the automatic switch depth. This prevents unintended setpoint switching.
6 Select **PO2**, and enter a value.
7 If necessary, select **Depth**, and enter a depth value for the automatic setpoint change.

No-Fly Time

After a dive, you may need to wait several hours before it is safe to fly on an airplane. To indicate your remaining no-fly time, ✈ appears on the default watch face, along with a no-fly time estimate in hours. You can view more details on the surface interval glance (*Viewing the Surface Interval Glance*, page 19).

TIP: You can add the no-fly indicator to a custom watch face (*Customizing the Watch Face*, page 54).

Hold **MENU**, and select **Dive Setup** > **Advanced Settings** > **No-Fly Time**.

No-Fly Time Mode	Dive Type	No-Fly Time
Standard or 24 Hours	Dive duration of 3 minutes or less or depth of 5 m (15 ft.) or less.	0 hours
Standard	Non-decompression dive more than 48 hours since the previous dive.	12 hours
Standard	Multiple non-decompression dives within 48 hours.	18 hours
Standard	Dive with a completed decompression stop.	24 hours
24 Hours	Non-gauge dive that did not violate the decompression plan.	24 hours
Standard or 24 Hours	Gauge dive or a dive that violated the decompression plan.	48 hours

Dive Data Screens

You can press **DOWN** or double-tap the device to scroll through the data screens.

In the activity settings, you can reorder the default data screens, add a dive stopwatch, and add custom data screens (*Customizing the Data Screens*, page 41). You can customize the data fields on some of the data screens.

Single-Gas and Multi-Gas Data Screens

Primary data screen: Displays the main dive data, including your breathing gas, partial pressure of oxygen (PO2) level, and rate of ascent. You can edit one of the data fields.

①	Your nitrogen (N2) and helium (He) tissue load level. Segment 1: 0 to 79% tissue load. Segment 2: 80 to 99% tissue load. When you start a safety stop, the safety stop gauge appears (*Performing a Safety Stop*, page 18). When your tissue load level reaches or exceeds 100%, the decompression stop gauge appears (*Performing a Decompression Stop*, page 19).
②	Your rate of ascent. : Good. Ascent is less than 7.9 m (26 ft.) per minute. : Moderately high. Ascent is between 7.9 and 10.1 m (26 and 33 ft.) per minute. and alternating: Too high. Ascent is greater than 10.1 m (33 ft.) per minute.

Dive compass: Allows you to view the compass and set a directional heading to aid with underwater navigation (*Navigating with the Dive Compass*, page 16).

Customizable data screen: Displays additional dive data and physiological information. You can edit the gauges and two of the data fields (*Customizing the Data Screens*, page 41).

Big Numbers Mode

You can change the size of the numbers on the single-gas and multi-gas dive data screens.

1 Hold **MENU**.

2 Select **Activities & Apps**.

3 Select **Single-Gas** or **Multi-Gas**.

4 Select the activity settings.

5 Select **Big Numbers**.

CCR Data Screens

Primary data screen: Displays the main dive data, including your breathing gas, partial pressure of oxygen (PO2) level, and rate of ascent. You can edit one of the data fields.

①	Your nitrogen (N2) and helium (He) tissue load level. Segment 1: 0 to 79% tissue load. Segment 2: 80 to 99% tissue load. When you start a safety stop, the safety stop gauge appears (*Performing a Safety Stop*, page 18). When your tissue load level reaches or exceeds 100%, the decompression stop gauge appears (*Performing a Decompression Stop*, page 19).
②	Your rate of ascent. : Good. Ascent is less than 7.9 m (26 ft.) per minute. : Moderately high. Ascent is between 7.9 and 10.1 m (26 and 33 ft.) per minute. and alternating: Too high. Ascent is greater than 10.1 m (33 ft.) per minute.

Dive compass: Allows you to view the compass and set a directional heading to aid with underwater navigation (*Navigating with the Dive Compass*, page 16).

Customizable data screen: Displays additional dive data and physiological information. You can edit the gauges and two of the data fields (*Customizing the Data Screens*, page 41).

③	Your central nervous system (CNS) oxygen toxicity level. Segment 1: 0 to 79% CNS oxygen toxicity. Segment 2: 80 to 99% CNS oxygen toxicity. Segment 3: 100% or greater CNS oxygen toxicity.
④	Your current oxygen toxicity units (OTU). Segment 1: 0 to 249 OTU. Segment 2: 250 to 299 OTU. Segment 3: 300 or greater OTU.

Gauge Data Screens
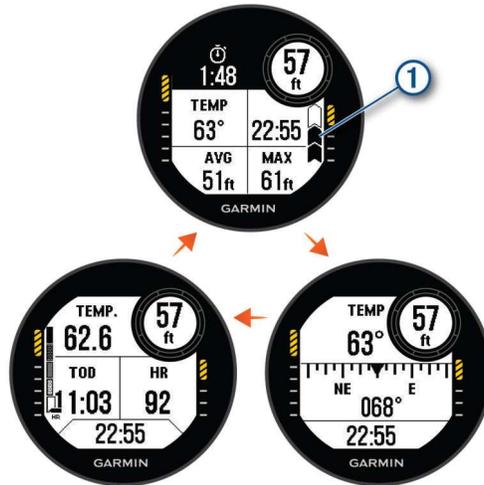
Dive stopwatch: Displays the bottom time stopwatch, average depth, maximum depth, and rate of ascent (*Using the Gauge Dive Stopwatch*, page 17).

①	Your rate of ascent. 🐚: Good. Ascent is less than 7.9 m (26 ft.) per minute. 🐚: Moderately high. Ascent is between 7.9 and 10.1 m (26 and 33 ft.) per minute. 🐚and🐚 alternating: Too high. Ascent is greater than 10.1 m (33 ft.) per minute.

Dive compass: Allows you to view the compass and set a directional heading to aid with underwater navigation (*Navigating with the Dive Compass*, page 16).

Customizable data screen: Displays additional dive data and physiological information. You can edit the gauges and three of the data fields (*Customizing the Data Screens*, page 41).

Apnea Data Screens
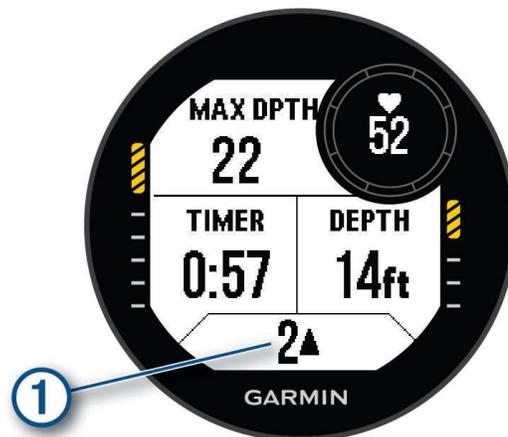
In-dive screen: Displays the information about the current dive, including the elapsed time, current and maximum depth, heart rate data, and rate of ascent or descent. You can edit three of the data fields (*Customizing the Data Screens*, page 41).

①	Your rate of ascent or descent in meters or feet per second. ▲ or ▼ appear when you are moving faster than 0.5 m/s (1.6 ft./s).

Surface interval screen: Displays the current surface interval time, heart rate, and last dive information. You can edit the data fields.

②	The number of completed dives.

Time and temperature screen: Displays the temperature, time of day, and battery level. You can edit the data fields.

Stopwatch: Displays the surface interval stopwatch (*Using the Basic Dive Stopwatch*, page 17).

Apnea Hunt Data Screens
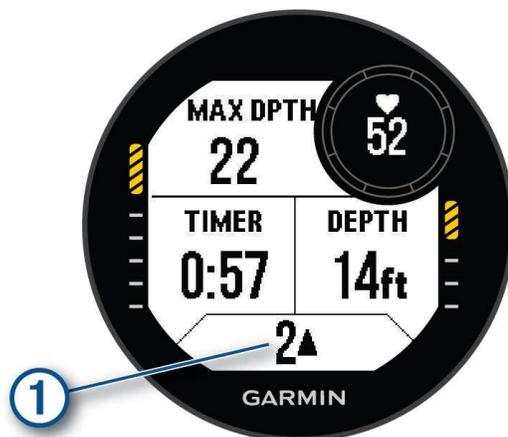
In-dive screen: Displays the information about the current dive, including the elapsed time, current and maximum depth, heart rate data, and rate ascent or descent. You can edit three of the data fields (*Customizing the Data Screens*, page 41).

①	Your rate of ascent or descent in meters or feet per second. ▲ or ▼ appear when you are moving faster than 0.5 m/s (1.6 ft./s).

Surface interval screen: Displays the current surface interval time, as well as the elapsed time, maximum depth, and temperature for your last apnea dive. You can edit the data fields.

②	The number of completed dives.

Time of day screen: Displays the time of day, speed over ground (SOG), and battery level. You can edit the data fields.

Going Diving

1 From the watch face, press **START**.
2 Select a dive mode (*Dive Modes*, page 5).
3 If necessary, press **UP** to edit the dive settings, such as the gases, water type, and alerts (*Dive Setup*, page 6).
4 Wait with your wrist out of the water until the watch acquires GPS signals and the status bar is filled (optional).

   The watch requires GPS signals to save your dive entry location.
5 Press **START** until the primary dive data screen appears.
6 Descend to start your dive.

   The activity timer starts automatically when you reach a depth of 1.2 m (4 ft.).

   NOTE: If you start a dive without selecting a dive mode, the watch uses the most recently used dive mode and settings, and your dive entry location is not saved.
7 Select an option:
   - Press **DOWN** to scroll through the data screens and dive compass.

      TIP: You can also double tap the watch to scroll through the screens.
   - Press **START** to view the in-dive menu.
8 When you are ready to end the dive, ascend to the surface.
9 Keep your wrist out of the water so the watch can acquire GPS signals and save your dive exit location (optional).
10 Select an option:
   - For a **Single-Gas**, **Multi-Gas**, **CCR**, or **Gauge** dive, wait for the **End Dive Delay** timer to count down.

      NOTE: When you ascend to 1 m (3.3 ft.), the **End Dive Delay** timer begins counting down (*Dive Setup*, page 6). You can press **START**, and select **Stop Dive** to save the dive before the timer elapses.
   - For an **Apnea** or **Apnea Hunt** dive, press **BACK**, and select ✔.

   The watch saves the dive activity.

   TIP: You can view your diving history in the dive log glance (*Viewing the Dive Log Glance*, page 20).

Navigating with the Dive Compass

1 During a **Single-Gas**, **Multi-Gas**, **CCR**, or **Gauge** dive, scroll to the dive compass.

The compass indicates your directional heading ①.

2 Press **START** to set the heading.

The compass indicates deviations ② from the set heading ③.

3 Press **START**, and select an option:

- To reset the heading, select **Reset Heading**.
- To change the heading by 180 degrees, select **Set to Recip.**.
  NOTE: The compass indicates the reciprocal heading with a red mark.
- To set to a 90-degree heading left or right, select **Set to 90L** or **Set to 90R**.
- To clear the heading, select **Clear Heading**.

Using the Gauge Dive Stopwatch

TIP: You can add a simplified stopwatch screen to any of the gas dive modes (*Customizing the Data Screens*, page 41).

1 Start a **Gauge** dive.
2 Scroll to the stopwatch screen.

3 Press **START**, and select **Reset Avg. Depth** to set the average depth to your current depth.
4 Press **START**, and select **Start Stopwatch**.
5 Select an option:
  - To stop using the stopwatch, press **START**, and select **Stop Stopwatch**.
  - To restart the stopwatch, press **START**, and select **Reset Stopwatch**.

Using the Basic Dive Stopwatch

1 Select an option:
  - Add the **Stopwatch Timer** data screen to the **Single-Gas**, **Multi-Gas**, **CCR**, or **Gauge** dive mode.
  - Enable the **Stopwatch** surface data screen for the **Apnea** or **Apnea Hunt** dive mode.
2 During a gas dive or apnea surface interval, scroll to the stopwatch screen.
  TIP: During an apnea surface interval, you can press and hold START to open the stopwatch and start the timer, even if the screen is not enabled.
3 Press **START** to start the timer.
4 Press **STOP** to stop the timer.
5 Press **BACK** to reset the timer.

Switching Gases During a Dive

1 Start a single-gas, multi-gas, or closed-circuit rebreather (CCR) dive.
2 Select an option:
  - Press **START**, select **Gas**, and select a backup or decompression gas.
    NOTE: If necessary, you can select **Add New** and enter a new gas.
  - Dive until you reach the **MOD/Deco PO2** threshold (*Setting PO2 Thresholds*, page 8).
    The device prompts you to switch to the gas with the highest percentage of oxygen.
    NOTE: The device does not switch gases for you automatically. You must select the gas.

Switching Between CC and OC Diving for a Bailout Procedure

During a closed-circuit rebreather (CCR) dive, you can switch between closed-circuit (CC) and open-circuit (OC) diving while you perform a bailout procedure.

1 Start a CCR dive.

2 Press **START**.

3 Select **Switch to OC**.

The dividing lines on the data screens turn red, and the device switches the active breathing gas to your OC decompression gas.

NOTE: If you have not set up an OC decompression gas, the device switches to your diluent gas.

4 If necessary, press **START**, and select **Gas** to manually switch to a backup gas.

5 Press **START**, and select **Switch to CC** to switch back to CC diving.

Performing a Safety Stop

You should perform a safety stop during every dive to help reduce the risk of decompression sickness.

1 After a dive of at least 11 m (35 ft.), ascend to 5 m (15 ft.).

Safety stop information appears on the data screens.
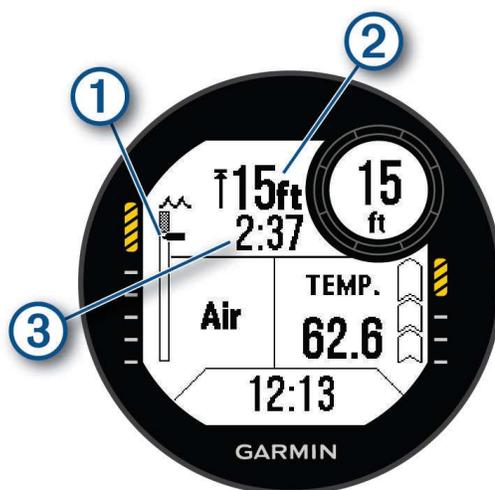
①	Your depth relative to the surface. As you ascend, your position moves upward toward the safety stop depth.
②	The safety stop ceiling depth.
③	The safety stop timer. When you are within 1 m (5 ft.) of the ceiling depth, the timer starts counting down.

2 Stay within 2 m (8 ft.) of the safety stop ceiling depth until the safety stop timer reaches zero.

NOTE: If you ascend more than 3 m (8 ft.) above the safety stop ceiling depth, the safety stop timer pauses, and the device alerts you to descend below the ceiling depth. If you descend below 11 m (35 ft.), the safety stop timer resets.

3 Continue ascending to the surface.

Performing a Decompression Stop

You should always perform all the required decompression stops during a dive to help reduce the risk of decompression sickness. Missing a decompression stop adds significant risk.

1 When you exceed the no-decompression limit (NDL) time, begin your ascent.

Decompression stop information appears on the data screens.

①	Your depth relative to the surface. As you ascend, your position moves upward toward the required decompression stop depth. The empty segments represent cleared stops. You may clear a stop before ascending to it.
②	The decompression stop ceiling depth.
③	The decompression stop timer.

2 Stay within 0.6 m (2 ft.) of the decompression stop ceiling depth until the decompression stop timer reaches zero.

NOTE: If you ascend more than 0.6 m (2 ft.) above the decompression stop ceiling depth, the decompression stop timer pauses, and the device alerts you to descend below the ceiling depth. The depth and ceiling depth flash red until you are within the safe margin.

3 Continue ascending to the surface or the next decompression stop.

Viewing the Surface Interval Glance

1 From the watch face, press **UP** or **DOWN** to view the surface interval glance.

2 Press **START** to view your oxygen toxicity units (OTU) and central nervous system (CNS) percentage.

NOTE: The OTU accumulated during a dive expire after 24 hours.

3 Press **DOWN** to view your tissue load details.

4 Press **DOWN** to view your no-fly time remaining and the time of day the no-fly period ends.

Viewing the Dive Log Glance

The glance displays summaries of your recently recorded dives.

1 From the watch face, press **UP** or **DOWN** to view the dive log glance.
2 Press **START** to view your most recent dive.
3 Press **DOWN** > **START** to view a different dive (optional).
4 Press **START**, and select an option:
   - To view additional information about the activity, select **All Stats**.
   - To view additional information about one of multiple apnea dives in the activity, select **Dives**, and select a dive.
   - To save a dive entry or exit location, select **Save Location**.
   - To view a depth graph for the activity, select **Depth Profile**.
   - To view a temperature graph for the activity, select **Temperature Plot**.
   - To view the gases you used, select **Gas Switches**.
   - To remove the activity from your watch, select **Delete**.
     NOTE: Deleting an activity from the dive log glance does not impact tissue loading calculations.

Dive Planning

You can plan for future dives using your device. The device can calculate no-decompression limit (NDL) times or create decompression plans. When planning a dive, the device uses your residual tissue load from recent dives in the calculations.

Calculating NDL Time

You can calculate the no-decompression limit (NDL) time or maximum depth for a future dive. These calculations are not saved or applied to your next dive.

1 Press **START**.
2 Select **Plan Dive** > **Compute NDL**.
3 Select an option:
   - To calculate NDL based on your current tissue load, select **Diving Now**.
   - To calculate NDL based on your tissue load at a future time, select **Enter Surf. Interval**, and enter your surface interval time.
4 Enter an oxygen percentage.
5 Select an option:
   - To calculate the NDL time, select **Enter Depth**, and enter the planned depth for your dive.
   - To calculate the maximum depth, select **Enter Time**, and enter your planned dive time.
   The NDL countdown clock, depth, and maximum operating depth (MOD) appear.
   NOTE: If the planned depth exceeds the MOD of the breathing gas, a warning message appears, and the depth appears in red.
6 Press **START**.
7 Select an option:
   - To exit, select **Done**.
   - To add intervals to your dive, select **Add Repeat Dive**, and follow the on-screen instructions.

Calculating Your Breathing Gas

You can calculate the PO2 value, oxygen percentage, or maximum depth for a dive by adjusting two of the three values. The calculations are affected by the water type setting in the Dive Setup menu (*Dive Setup*, page 6).

1 Press **START**.

2 Select **Plan Dive** > **Calculate Gas**.

3 Press **UP** or **DOWN**, and select an option to calculate:
- Select **PO2**.
- Select **O2%**.
- Select **Depth**.

4 Press **UP** or **DOWN** to edit the first value.

5 Press **START**, then press **UP** or **DOWN** to edit the second value.

As you edit the values, the device calculates an adjusted value for the highlighted option.

6 If necessary, press **BACK** to calculate the value for a different option.

Creating a Decompression Plan

You can create open-circuit decompression plans and save them for future dives.

1 Press **START**.

2 Select **Plan Dive** > **Deco Plans** > **Add New**.

3 Enter a name for the decompression plan.

4 Select an option:
- To enter the maximum partial pressure of oxygen in bars, select **PO2**.
  NOTE: The device uses the PO2 value for gas switching.
- To enter your level of conservatism for decompression calculations, select **Conservatism**.
- To enter your gas blends, select **Gases**.
- To enter the depth of your last decompression stop, select **Last Deco Stop**.
- To enter the maximum dive depth, select **Bottom Depth**.
- To enter the time at the bottom depth, select **Bottom Time**.

5 Select **Save**.

Using Decompression Plans

1 Press **START**.

2 Select **Plan Dive** > **Deco Plans**.

3 Select a decompression plan.

4 Select an option:
- To view the decompression plan, select **View**.
- To use the decompression plan settings for a dive mode, select **Apply**.
- To change the decompression plan details, select **Edit**.
- To edit the name of the decompression plan, select **Rename**.
- To remove the decompression plan, select **Delete** > ✔.

Altitude Diving

At higher altitudes, the atmospheric pressure is lower, and your body contains a larger amount of nitrogen than it would at the start of a dive at sea level. The device accounts for altitude changes automatically using the barometric pressure sensor. The absolute pressure value used by the decompression model is not affected by the altitude or the gauge pressure displayed on the watch.

Tips for Wearing the Watch with an Exposure Suit

- Use the extra long silicone diving band to wear the watch over a thick exposure suit.
- Turn off the wrist-based heart rate monitor to increase battery life (*Wrist Heart Rate Monitor Settings,* page 72).

Dive Alerts

Alert Message	Cause	Watch Action
None	You completed the decompression stop.	The decompression stop depth and time flash blue for five seconds.
None	Your partial pressure of oxygen (PO2) value is above the specified warning value.	Your PO2 value flashes yellow.
%1 OTU accumulated. End your dive now.	Your oxygen toxicity units are above the safe limit. During a dive, "%1" is replaced with the number of units accumulated.	The alert appears every two minutes, up to three times.
250 OTU accumulated.	Your oxygen toxicity units (OTU) are at 250 units, and you are nearing the safe limit of 300 units.	None
Approaching Deco Stop	You are within one stop interval (3 m or 9.8 ft.) of the decompression stop depth.	None
Approaching NDL	You have 10 minutes of no decompression limit (NDL) time remaining.	The alert appears again when you have 5 minutes of NDL time remaining.
Ascending too fast. Slow your ascent.	You are ascending faster than 9.1 m/min. (30 ft./min.) for more than 5 seconds.	None
Battery critically low. End your dive now.	Less than 10% battery power remains.	The alert appears when the watch is below 10% battery power and on the dive pre-check screen for your next dive.
Battery is low.	Less than 20% battery power remains.	The alert appears when the watch is below 20% battery power and on the dive pre-check screen for your next dive.
Continuing on %1. Switch at any time.	You selected Not Now when prompted to switch to a higher-oxygen gas, or you ignored the prompt.	The watch marks the gas as a backup and updates decompression guidance accordingly.
CNS toxicity at %1%. End your dive now.	Your CNS oxygen toxicity is too high. During a dive, "%1" is replaced with your current CNS percentage.	The alert appears every two minutes, up to three times.
CNS toxicity at 80%.	Your central nervous system (CNS) oxygen toxicity is at 80% of the safe limit.	The alert appears during a dive and on the dive pre-check screen for your next dive.
Decompression Cleared	You completed all decompression stops.	None
Descend below deco ceiling.	You are more than 0.6 m (2 ft.) above the decompression ceiling.	The current depth and stop depth flash red. If you remain above the decompression ceiling for more than three minutes, the decompression lockout feature goes into effect.
Descend to complete safety stop.	You are more than 2 m (8 ft.) above the safety stop ceiling.	The current depth and stop depth flash yellow.

Alert Message	Cause	Watch Action
Diluent PO2 is low. Flushing may be dangerous.	The PO2 of the diluent gas is too low, and filling the rebreather breathing loop with the diluent gas may be dangerous.	None
Dive will end in %1 seconds.	The watch will automatically end and save the dive. During a dive, "%1" is replaced by the number of seconds.	None
Do not dive. Failed to read depth sensor.	The watch has invalid or missing depth sensor data before you start a dive activity.	Do not start a dive. Call Garmin® Product Support.
Failed to read depth sensor. End your dive now.	The watch has invalid or missing depth sensor data after you have started a dive activity.	Use a backup dive computer or dive plan and end your dive. Call Garmin Product Support.
NDL exceeded. Decompression now required.	You have exceeded your NDL time.	The watch begins providing decompression stop guidance.
No more gas switch alerts will be issued.	You selected Never when prompted to switch to a higher-oxygen gas.	The watch marks the gas as a backup and updates decompression guidance accordingly. It will no longer prompt you to switch to the gas.
PO2 is high. Ascend or switch to lower O2 gas.	Your PO2 value is above the specified critical value.	Your PO2 value flashes red. The alert appears every 30 seconds, up to three times, until you ascend to a safe level or switch gases.
PO2 is low. Descend or switch to higher O2 gas.	Your PO2 value is below 0.18 bar.	If you are within the first two minutes of your dive, your PO2 value flashes yellow. Otherwise, your PO2 value flashes red. The alert appears every 30 seconds, up to three times, until you descend to a safe level or switch gases.
Safety Stop Cleared	You completed the safety stop.	None
Safety Stop Started	You ascended above 6 m (20 ft.) without other decompression guidance.	The safety stop countdown timer begins, if configured.
Safe to switch to %1. Switch now?	In a multi-gas dive, a gas with a higher oxygen content is now safe to breathe. During a dive, "%1" is replaced with the name of the gas.	You can switch gases now, or wait to switch gases later in the dive. A confirmation message for your choice appears.
Switched to high setpoint.	The watch automatically switched to your specified CCR high setpoint.	None
Switched to low setpoint.	The watch automatically switched to your specified CCR low setpoint.	None
This pool dive will not be saved to the dive log.	The watch is in pool dive mode.	The watch will not save the current dive to the dive log.
Watch rebooted. Evaluate dive conditions.	The watch rebooted during the dive.	The watch simulates the dive for the time it was rebooting. Since other alerts

Alert Message	Cause	Watch Action
		may not have been triggered, evaluate your current depth and dive conditions.

Dive Terminology

Central nervous system (CNS): A measure of central nervous system oxygen toxicity caused by exposure to increased partial pressure of oxygen (PO2) while diving.

Closed-circuit rebreather (CCR): A diving mode used for dives performed with a rebreather that recirculates exhaled gas and removes carbon dioxide.

Maximum operating depth (MOD): The greatest depth at which a breathing gas can be used before the partial pressure of oxygen (PO2) exceeds the safe limit.

No decompression limit (NDL): A dive that does not require decompression time while ascending to the surface.

Oxygen toxicity units (OTU): A measure of pulmonary oxygen toxicity caused by exposure to increased partial pressure of oxygen (PO2) while diving. One OTU is equivalent to breathing 100% oxygen at 1 ATM for 1 minute.

Partial pressure of oxygen (PO2): The pressure of the oxygen in the breathing gas, based on depth and oxygen percentage.

Surface interval (SI): The amount of time that has elapsed since the completion of the last dive.

Time to surface (TTS): The estimated amount of time it will take to ascend to the surface, including decompression stops.

Activities and Apps

Your watch can be used for indoor, outdoor, athletic, and fitness activities. When you start an activity, the watch displays and records sensor data. You can create custom activities or new activities based on default activities (*Creating a Custom Activity*, page 41). When you finish your activities, you can save and share them with the Garmin Connect™ community.

You can also add Connect IQ™ activities and apps to your watch using the Connect IQ app (*Connect IQ Features*, page 85).

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

Starting an Activity

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

1 From the watch face, press **START**.
2 Select an option:
   - Select an activity from your favorites.
   - Select ⚏, and select an activity from the extended activity list.
3 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).
4 Press **START** 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 102).
- Press **BACK** to record laps, start a new set or pose, or advance to the next workout step.
- Press **UP** or **DOWN** to view additional data screens.
- Hold **MENU**, and select **Power Mode** to use a power mode to extend battery life (*Customizing Power Modes*, page 98).

Stopping an Activity

1 Press **STOP**.

2 Select an option:
- To resume your activity, select **Resume**.
- To save the activity and view the details, select **Save**, press **START**, and select an option.
  NOTE: After you save the activity, you can enter self-evaluation data.
- To suspend your activity and resume it at a later time, select **Resume Later**.
- To mark a lap, select **Lap**.
- To navigate back to the starting point of your activity along the path you traveled, select **Back to Start** > **TracBack**.
  NOTE: This feature is available only for activities that use GPS.
- To navigate back to the starting point of your activity by the most direct path, select **Back to Start** > **Straight Line**.
  NOTE: This feature is available only for activities that use GPS.
- To measure the difference between your heart rate at the end of the activity and your heart rate two minutes later, select **Recovery HR**, and wait while the timer counts down.
- To discard the activity, select **Discard**.

NOTE: After stopping the activity, the watch saves it automatically after 30 minutes.

Running

Going for a Track Run

Before you go for a track run, make sure you are running on a standard-shape, 400 m track.

You can use the track run activity to record your outdoor track data, including distance in meters and lap splits.

1 Stand on the outdoor track.

2 From the watch face, press **START**.

3 Select **Track Run**.

4 Wait while the watch locates satellites.

5 If you are running in lane 1, skip to step 11.

6 Press **MENU**.

7 Select the activity settings.

8 Select **Lane Number**.

9 Select a lane number.

10 Press **BACK** twice to return to the activity timer.

11 Press **START**.

12 Run around the track.

After you run 3 laps, your watch records the track dimensions and calibrates your track distance.

13 After you complete your activity, press **STOP**, and select **Save**.

Tips for Recording a Track Run

- Wait until the watch acquires satellite signals before starting a track run.
- During your first run on an unfamiliar track, run four laps to calibrate your track distance.
  You should run slightly past your starting point to complete the lap.
- Run each lap in the same lane.
  NOTE: The default Auto Lap® distance is 1600 m, or four laps around the track.
- If you are running in a lane other than lane 1, set the lane number in the activity settings.

Going for a Virtual Run

You can pair your watch with a compatible third-party app to transmit pace, heart rate, or cadence data.

1 From the watch face, press **START**.

2 Select **Virtual Run**.

3 On your tablet, laptop, or phone, open the Zwift™ app or another virtual training app.

4 Follow the on-screen instructions to start a running activity and pair the devices.

5 Press **START** to start the activity timer.

6 After you complete your activity, press **STOP**, and select **Save**.

Calibrating the Treadmill Distance

To record more accurate distances for your treadmill runs, you can calibrate the treadmill distance after you run at least 2.4 km (1.5 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 25).

2 Run on the treadmill until your watch records at least 2.4 km (1.5 mi.).

3 After you finish the activity, press **STOP** to stop the activity timer.

4 Select an option:
- To calibrate the treadmill distance the first time, select **Save**.
  The device prompts you to complete the treadmill calibration.
- To manually calibrate the treadmill distance after the first-time calibration, select **Calibrate & Save** > ✔.

5 Check the treadmill display for the distance traveled, and enter the distance on your watch.

Swimming

NOTE: The watch has wrist-based heart rate enabled for swim activities.

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. For open water swimming, swolf is calculated over 25 meters. Swolf is a measurement of swimming efficiency and, like golf, a lower score is better.

Stroke Types

Stroke type identification is available only for pool swimming. Your stroke type is identified at the end of a length. Stroke types appear in your swimming history and in your Garmin Connect account. You can also select stroke type as a custom data field (*Customizing the Data Screens*, page 41).

Free	Freestyle
Back	Backstroke
Breast	Breaststroke
Fly	Butterfly
Mixed	More than one stroke type in an interval
Drill	Used with drill logging (*Training with the Drill Log*, page 29)

Tips for Swimming Activities

- Press **BACK** to record an interval during open water swimming.
- Before starting a pool swimming activity, follow the on-screen instructions to select your pool size or enter a custom size.

  The watch measures and records distance by completed pool lengths. The pool size must be correct to display accurate distance. The next time you start a pool swimming activity, the watch uses this pool size. You can hold **MENU**, select the activity settings, and select **Pool Size** to change the size.
- For accurate results, swim the entire pool length, and use one stroke type for the entire length. Pause the activity timer when resting.
- Press **BACK** to record a rest during pool swimming (*Auto Rest and Manual Rest*, page 28).

  The watch automatically records swim intervals and lengths for pool swimming.
- To help the watch count your lengths, use a strong push off the wall and glide before your first stroke.
- When doing drills, you must either pause the activity timer or use the drill logging feature (*Training with the Drill Log*, page 29).

Auto Rest and Manual Rest

NOTE: Swim data is not recorded during a rest. To view other data screens, you can press UP or DOWN.

The auto rest feature is available only for pool swimming. Your watch automatically detects when you are resting, and the rest screen appears. If you rest for more than 15 seconds, the watch automatically creates a rest interval. When you resume swimming, the watch automatically starts a new swim interval. You can turn on the auto rest feature in the activity options (*Activities and App Settings*, page 42).

TIP: For best results using the auto rest feature, minimize your arm motions while resting.

During a pool or open water swim activity, you can manually mark a rest interval by pressing BACK.

Training with the Drill Log

The drill log feature is available only for pool swimming. You can use the drill log feature to manually record kick sets, one-arm swimming, or any type of swimming that is not one of the four major strokes.

1 During your pool swim activity, press **UP** or **DOWN** to view the drill log screen.

2 Press **BACK** to start the drill timer.

3 After you complete a drill interval, press **BACK**.

The drill timer stops, but the activity timer continues to record the entire swim session.

4 Select a distance for the completed drill.

Distance increments are based on the pool size selected for the activity profile.

5 Select an option:

- To start another drill interval, press **BACK**.
- To start a swim interval, press **UP** or **DOWN** to return to the swim training screens.

Multisport

Triathletes, duathletes, and other multisport competitors can take advantage of the multisport activities, such as Triathlon or Swimrun. During a multisport activity, you can transition between activities and continue to view your total time. For example, you can switch from biking to running and view your total time for biking and running throughout the multisport activity.

You can customize a multisport activity, or you can use the default triathlon activity set up for a standard triathlon.

Triathlon Training

When you participate in a triathlon, you can use the triathlon activity to quickly transition to each sport segment, to time each segment, and to save the activity.

1 From the watch face, press **START**.

2 Select **Triathlon**.

3 Press **START** to start the activity timer.

4 Press **BACK** at the beginning and end of each transition.

The transition feature is on by default, and the transition time is recorded separately from the activity time. The transition feature can be turned on or off in the triathlon activity settings. If transitions are turned off, press BACK to change sports.

5 After you complete your activity, press **STOP**, and select **Save**.

Creating a Multisport Activity

1 From the watch face, press **START**.

2 Select **Add** > **Multisport**.

3 Select a multisport activity type, or enter a custom name.

Duplicate activity names include a number. For example, Triathlon(2).

4 Select two or more activities.

5 Select an option:

- Select an option to customize specific activity settings. For example, you can select whether to include transitions.
- Select **Done** to save and use the multisport activity.

6 Select ✔ to add the activity to your list of favorites.

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 42).

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   From the watch face, press **START**.
2   Select **Strength**.
3   Select a workout (*Following a Workout From Garmin Connect*, page 47).
4   Select **Details** to view a list of workout steps (optional).
5   Select ✔.
6   Press **START**, and select **Start Workout** to start the set timer.
7   Start your first set.

    The watch counts your reps. Your rep count appears when you complete at least four reps.

    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.
8   Press **BACK** to finish the set and move to the next exercise, if available.

    The watch displays the total reps for the set. After several seconds, the rest timer appears.
9   If necessary, press **UP** or **DOWN** to edit the number of reps.

    TIP: You can also add the weight used for the set.
10 When you are done resting, press **BACK** to start your next set.
11 Repeat for each strength training set until your activity is complete.
12 After your last set, press **START**, and select **Stop Workout** to stop the set timer.
13 Select **Save**.

Recording a HIIT Activity

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

1 From the watch face, press **START**.

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 **START** to start your first round.

The watch displays a countdown timer and your current heart rate.

6 If necessary, press **BACK** to manually move to the next round or rest.

7 After you finish the activity, press **STOP** to stop the activity timer.

8 Select **Save**.

Using an Indoor Trainer

Before you can use a compatible indoor trainer, you must pair the trainer with your watch using ANT+® technology (*Pairing Your Wireless Sensors*, page 77).

You can use your watch with an indoor trainer to simulate resistance while following a course, ride, or workout. While using an indoor trainer, GPS is turned off automatically.

1 From the watch face, press **START**.

2 Select **Bike Indoor**.

3 Hold **MENU**.

4 Select **Smart Trainer Options**.

5 Select an option:

- Select **Free Ride** to go for a ride.
- Select **Follow Workout** to follow a saved workout (*Workouts*, page 47).
- Select **Follow Course** to follow a saved course (*Courses*, page 94).
- Select **Set Power** to set the target power value.
- Select **Set Grade** to set the simulated grade value.
- Select **Set Resistance** to set the resistance force applied by the trainer.

6 Press **START** to start the activity timer.

The trainer increases or decreases resistance based on the elevation information in the course or ride.

Climbing Sports

Recording an Indoor Climbing Activity

You can record routes during an indoor climbing activity. A route is a climbing path along an indoor rock wall.

1 From the watch face, press **START**.
2 Select **Climb Indoor**.
3 Select ✔ to record route statistics.
4 Select a grading system.
   NOTE: The next time you start an indoor climbing activity, the device uses this grading system. You can hold MENU, select the activity settings, and select Grading System to change the system.
5 Select the difficulty level for the route.
6 Press **START**.
7 Start your first route.
   NOTE: When the route timer is running, the device automatically locks the buttons to prevent accidental button presses. You can hold any button to unlock the watch.
8 When you finish the route, descend to the ground.
   The rest timer starts automatically when you are on the ground.
   NOTE: If necessary, you can press BACK to finish the route.
9 Select an option:
   • To save a successful route, select **Completed**.
   • To save an unsuccessful route, select **Attempted**.
   • To delete the route, select **Discard**.
10 Enter the number of falls for the route.
11 When you are done resting, press **BACK** and begin your next route.
12 Repeat this process for each route until your activity is complete.
13 Press **STOP**.
14 Select **Save**.

Recording a Bouldering Activity

You can record routes during a bouldering activity. A route is a climbing path along a boulder or small rock formation.

1 From the watch face, press **START**.

2 Select **Bouldering**.

3 Select a grading system.

   NOTE: The next time you start a bouldering activity, the watch uses this grading system. You can hold MENU, select the activity settings, and select Grading System to change the system.

4 Select the difficulty level for the route.

5 Press **START** to start the route timer.

6 Start your first route.

7 Press **BACK** to finish the route.

8 Select an option:

   • To save a successful route, select **Completed**.

   • To save an unsuccessful route, select **Attempted**.

   • To delete the route, select **Discard**.

9 When you are done resting, press **BACK** to start your next route.

10 Repeat this process for each route until your activity is complete.

11 After your last route, press **STOP** to stop the route timer.

12 Select **Save**.

Starting an Expedition

You can use the **Expedition** app to prolong the battery life while recording a multi-day activity.

1 From the watch face, press **START**.

2 Select **Expedition**.

3 Press **START** to start the activity timer.

   The device enters low power mode and collects GPS track points once an hour. To maximize battery life, the device turns off all sensors and accessories, including the connection to your smartphone.

Recording a Track Point Manually

During an expedition, track points are recorded automatically based on the selected recording interval. You can manually record a track point at any time.

1 During an expedition, press **START**.

2 Select **Add Point**.

Viewing Track Points

1 During an expedition, press **START**.

2 Select **View Points**.

3 Select a track point from the list.

4 Select an option:

   • To start navigating to the track point, select **Go To**.

   • To view detailed information about the track point, select **Details**.

Going Hunting

You can save locations relevant to your hunt and view a map of saved locations. During a hunting activity, the device uses a GNSS mode that conserves battery life.

1 From the watch face, press **START**.

2 Select **Hunt**.

3 Press **START**, and select **Start Hunt**.

4 Press **START**, and select an option:

- To navigate back to the starting point of your activity, select **Back to Start**, and select an option.
- To save your current location, select **Save Location**.
- To view locations saved during this hunt activity, select **Hunt Locations**.
- To view all previously saved locations, select **Saved Locations**.
- To navigate to a destination, select **Navigation**, and select an option.

5 After you complete your hunt, press **STOP**, and select **End Hunt**.

Going Fishing

1 From the watch face, press **START**.

2 Select **Fish**.

3 Press **START** > **Start Fish**.

4 Press **START**, and select an option:

- To add the catch to your fish count and save the location, select **Log Catch**.
- To save your current location, select **Save Location**.
- To set an interval timer, end time, or end time reminder for the activity, select **Fish Timers**.
- To navigate back to the starting point of your activity, select **Back to Start**, and select an option.
- To view your saved locations, select **Saved Locations**.
- To navigate to a destination, select **Navigation**, and select an option.
- To edit the activity settings, select **Settings**, and select an option (*Activities and App Settings*, page 42).

5 After you complete your activity, press **STOP**, and select **End Fish**.

Skiing

Viewing Your Ski Runs

Your watch records the details of each downhill skiing or snowboarding run using the auto run feature. This feature is turned on by default for downhill skiing and snowboarding. It automatically records new ski runs when you start moving down hill.

1 Start a skiing or snowboarding activity.

2 Hold **MENU**.

3 Select **View Runs**.

4 Press **UP** and **DOWN** to view details of your last run, your current run, and your total runs.

The run screens include time, distance traveled, maximum speed, average speed, and total descent.

Recording a Backcountry Skiing or Snowboarding Activity

The backcountry skiing or snowboarding activity lets you switch between climbing and descending tracking modes so you can accurately track your statistics. You can customize the Mode Tracking setting to automatically or manually switch tracking modes (*Activities and App Settings*, page 42).

1 From the watch face, press **START**.

2 Select **Backcountry Ski** or **Backcountry Snowboard**.

3 Select an option:
- If you are starting your activity on a climb, select **Climbing**.
- If you are starting your activity moving downhill, select **Descending**.

4 Press **START** to start the activity timer.

5 If necessary, press **BACK** to switch between climbing and descending tracking modes.

6 After you complete your activity, press **STOP**, and select **Save**.

Golfing

Playing Golf

Before you play a course for the first time, you must download it from the Garmin Connect app (*Garmin Connect*, page 84). Courses downloaded from the Garmin Connect app are updated automatically.

Before you play golf, you should charge the watch (*Charging the Watch*, page 102).

1 From the watch face, press **START**.
2 Select **Golf**.
3 Go outside, and wait while the watch locates satellites.
4 Select a course from the list of available courses.
5 Select ✔ to keep score.
6 Select a tee box.

   The hole information screen appears.
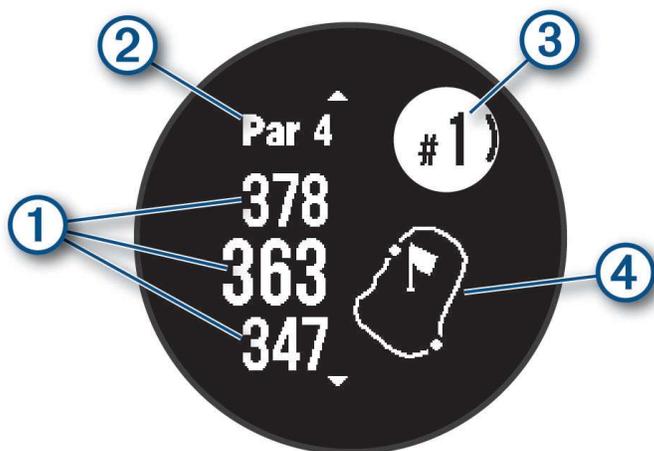
①	Distance to the front, middle, and back of the green
②	Par for the hole
③	Current hole number
④	Map of the green

NOTE: Because pin locations change, the watch calculates the distance to the front, middle, and back of the green, but not the actual pin location.

7 Select an option:
   - Press **UP** or **DOWN** to view the location and distance to a layup or to the front and back of a hazard.
   - Press **START** to open the golf menu (*Golf Menu*, page 37).

Golf Menu

During a round, you can press START to open additional features in the golf menu.

End Round: Ends the current round.

Pause Round: Pauses the current round. You can resume the round at any time by starting a Golf activity.

Change Hole: Allows you to manually change the hole.

Move Flag: Allows you to move the pin location to get a more precise distance measurement (*Moving the Flag*, page 37).

Measure Shot: Shows the distance of your previous shot recorded with the Garmin AutoShot™ feature (*Viewing Measured Shots*, page 38). You can also manually record a shot (*Manually Measuring a Shot*, page 38).

Scorecard: Opens the scorecard for the round (*Keeping Score*, page 38).

Odometer: Shows the recorded time, distance, and steps traveled. The odometer automatically starts and stops when you start or end a round. You can reset the odometer during a round.

Club Stats: Shows your statistics with each golf club, such as distance and accuracy information. Appears when you pair Approach® CT10 sensors.

Settings: Allows you to customize the golf activity settings (*Activities and App Settings*, page 42).

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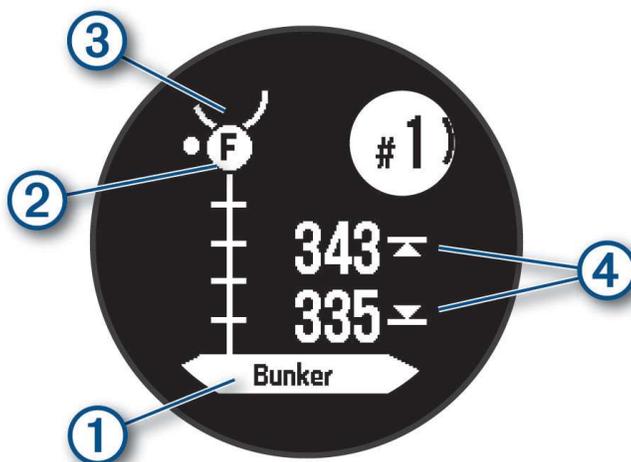
- The hazard type ① is listed on the screen.
- Hazards ② are indicated by a letter signifying the order of the hazards on the hole, and are shown below the green in approximate locations relative to the fairway.
- The green is represented as a half circle ③ at the top of the screen.
- The distances to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

2 Press **UP** or **DOWN** to view other hazards for the current hole.

Moving the Flag

You can take a closer look at the green and move the pin location.

1 From the hole information screen, press **START**.
2 Select **Move Flag**.
3 Press **UP** or **DOWN** to move the pin location.
4 Press **START**.

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

Changing Holes

You can change holes manually from the hole view screen.

1 While playing golf, press **START**.

2 Select **Change Hole**.

3 Select a hole.

Viewing Measured Shots

Before the device can automatically detect and measure shots, you must enable scoring.

Your device features automatic shot detection and recording. Each time you take a shot along the fairway, the device records your shot distance so you can view it later.

TIP: Automatic shot detection works best when you wear the device on your leading wrist and make good contact with the ball. Putts are not detected.

1 While playing golf, press **START**.

2 Select **Measure Shot**.

Your last shot distance appears.

NOTE: The distance automatically resets when you hit the ball again, putt on the green, or move to the next hole.

3 Press **DOWN**.

4 Select **Previous Shots** to view all recorded shot distances.

Manually Measuring a Shot

You can manually add a shot if the watch doesn't detect it. You must add the shot from the location of the missed shot.

1 Take a shot and watch where your ball lands.

2 From the hole information screen, press **START**.

3 Select **Measure Shot**.

4 Press **DOWN**.

5 Select **Add Shot** > ✔.

6 If necessary, enter the club you used for the shot.

7 Walk or drive to your ball.

The next time you take a shot, the watch automatically records your last shot distance. If necessary, you can manually add another shot.

Keeping Score

1 From the hole information screen, press **START**.

2 Select **Scorecard**.

The scorecard appears when you are on the green.

3 Press **UP** or **DOWN** to scroll through the holes.

4 Press **START** to select a hole.

5 Press **UP** or **DOWN** to set the score.

Your total score is updated.

Enabling Statistics Tracking

The Stat Tracking feature enables detailed statistics tracking while playing golf.

1 From the hole information screen, hold **MENU**.

2 Select the activity settings.

3 Select **Stat Tracking**.

Recording Statistics

Before you can record statistics, you must enable statistics tracking (*Enabling Statistics Tracking*, page 38).

1 From the scorecard, select a hole.

2 Enter the total number of strokes taken, including putts, and press **START**.

3 Set the number of putts taken, and press **START**.

NOTE: The number of putts taken is used for statistics tracking only and does not increase your score.

4 If necessary, select an option:

NOTE: If you are on a par 3 hole, fairway information does not appear.

- If your ball hit the fairway, select **In Fairway**.
- If your ball missed the fairway, select **Missed Right** or **Missed Left**.

5 If necessary, enter the number of penalty strokes.

Surfing

You can use the surfing activity to record your surfing sessions. After your session, you can view the number of waves, longest wave, and maximum speed.

1 From the watch face, press **START**.

2 Select **Surf**.

3 Wait on the beach until your watch acquires GPS signals.

4 Press **START** to start the activity timer.

5 After you complete your activity, press **STOP** to stop the activity timer.

6 Select **Save** to review the summary of your surfing session.

Viewing Tide Information

⚠ **WARNING**

Tide information is for information purposes only. It is your responsibility to heed all posted water-related guidance, to remain aware of your surroundings, and to use safe judgment in, on, and around the water at all times. Failure to heed this warning could result in serious personal injury or death.

When you pair your watch with a compatible phone, you can view information about a tide station, including the tide height and when the next high and low tides will occur.

1 From the watch face, press **START**.

2 Select **Tides**.

3 Select an option:
- To use your current location when you are near a tide station, select **Current Location**.
- To select a recently used tide station, select **Recent**.
- To select a saved location, select **Saved**.
- To enter coordinates for a location, select **Coordinates**.

A 24-hour tide chart appears for the current date with the current tide height ① and information about the next tide ②.
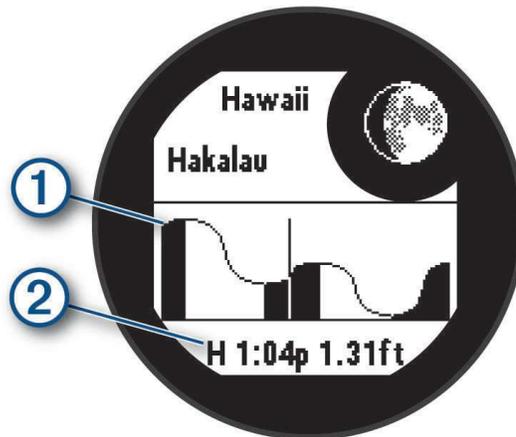
4 Press **DOWN** to see tide information for upcoming days.

Customizing Activities and Apps

You can customize the activities and apps list, data screens, data fields, and other settings.

Adding or Removing a Favorite Activity

The list of your favorite activities appears when you press **START** from the watch face, and it provides quick access to the activities you use most frequently. You can add or remove favorite activities at any time.

1 Hold **MENU**.

2 Select **Activities & Apps**.

Your favorite activities appear at the top of the list.

3 Select an option:
- To add a favorite activity, select the activity, and select **Set as Favorite**.
- To remove a favorite activity, select the activity, and select **Remove from Favorites**.

Changing the Order of an Activity in the Apps List

1 Hold **MENU**.

2 Select **Activities & Apps**.

3 Select an activity.

4 Select **Reorder**.

5 Press **UP** or **DOWN** to adjust the position of the activity in the apps list.

Customizing the Data Screens

You can show, hide, and change the layout and content of data screens for each activity.

1 Hold **MENU**.

2 Select **Activities & Apps**.

3 Select the activity to customize.

4 Select the activity settings.

5 Select **Data Screens**.

6 Select a data screen to customize.

7 Select an option:
- Select **Layout** to adjust the number of data fields on the data screen.
- Select a field to change the data that appears in the field.
- Select **Left Gauge** or **Right Gauge** to add graphical dive gauges.
- Select **Reorder** to change the location of the data screen in the loop.
- Select **Remove** to remove the data screen from the loop.

NOTE: Not all options are available for dive activities.

8 If necessary, select **Add New** to add a data screen to the loop.

You can add a custom data screen, or select one of the predefined data screens.

Adding a Map to an Activity

You can add the map to the data screens loop for an activity.

1 Hold **MENU**.

2 Select **Activities & Apps**.

3 Select the activity to customize.

4 Select the activity settings.

5 Select **Data Screens** > **Add New** > **Map**.

Creating a Custom Activity

1 From the watch face, press **START**.

2 Select **Add**.

3 Select an option:
- Select **Copy Activity** to create your custom activity starting from one of your saved activities.
- Select **Other** > **Other** to create a new custom activity.

4 If necessary, select an activity type.

5 Select a name or enter a custom name.

Duplicate activity names include a number, for example: Bike(2).

6 Select an option:
- Select an option to customize specific activity settings. For example, you can customize the data screens or auto features.
- Select **Done** to save and use the custom activity.

7 Select ✔ to add the activity to your list of favorites.

Activities and App Settings

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

Hold **MENU**, select **Activities & Apps**, select an activity, and select the activity settings.

3D Distance: Calculates your distance traveled using your elevation change and your horizontal movement over ground.

3D Speed: Calculates your speed using your elevation change and your horizontal movement over ground.

Add Activity: Allows you to customize a multisport activity.

Alerts: Sets the training or navigation alerts for the activity.

Auto Climb: Enables the watch to detect elevation changes automatically using the built-in altimeter (*Enabling Auto Climb*, page 45).

Auto Lap: Sets the options for the Auto Lap feature to automatically mark laps. The Auto Distance option marks laps at a specific distance. The Auto Position option marks laps at a location where you previously pressed BACK. When you complete a lap, a customizable lap alert message appears. This feature is helpful for comparing your performance over different parts of an activity.

Auto Pause: Sets the options for the Auto Pause® feature to stop recording data when you stop moving or when you drop below a specified speed. This feature is helpful if your activity includes stop lights or other places where you must stop.

Auto Rest: Enables the watch to automatically detect when you are resting during a pool swim and create a rest interval (*Auto Rest and Manual Rest*, page 28).

Auto Run: Enables the watch to detect ski or windsurf runs automatically using the built-in accelerometer. For the windsurf activity, you can set speed and distance thresholds for automatically starting a run.

Auto Scroll: Sets the watch to scroll through all of the activity data screens automatically while the activity timer is running.

Background Color: Sets the background color of each activity to black or white.

Big Numbers: Changes the size of the numbers on the activity data screens.

Broadcast Heart Rate: Enables automatic heart rate data broadcasting when you start the activity (*Broadcasting Heart Rate Data*, page 73).

Countdown Start: Enables a countdown timer for pool swimming intervals.

Data Screens: Enables you to customize data screens and add new data screens for the activity (*Customizing the Data Screens*, page 41).

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

Golf Distance: Sets the unit of measure used while playing golf.

Grading System: Sets the grading system for rating the route difficulty for a rock climbing activity.

Lane Number: Sets your lane number for track running.

Lap Key: Enables or disables the BACK button for recording a lap, set, or rest during the activity.

Lock Device: Locks the buttons during a multisport activity to prevent inadvertent button presses.

Metronome: Plays tones or vibrates at a steady rhythm to help you improve your performance by training at a faster, slower, or more consistent cadence. You can set the beats per minute (bpm) of the cadence you want to maintain, beat frequency, and sound settings.

Mode Tracking: Enables or disables automatic ascent or descent mode tracking for backcountry skiing and snowboarding.

Penalties: Enables penalty stroke tracking while playing golf (*Recording Statistics*, page 39).

Pool Size: Sets the pool length for pool swimming.

Power Averaging: Controls whether the watch includes zero values for power data that occur when you are not pedaling.

Power Mode: Sets the default power mode for the activity.

Power Save Timeout: Sets the power-save timeout length for how long your watch stays in training mode, for example, when you are waiting for a race to start. The Normal option sets the watch to enter low-power watch mode after 5 minutes of inactivity. The Extended option sets the watch to enter low-power watch mode after 25 minutes of inactivity. The extended mode can result in shorter battery life between charges.

Record Activity: Enables activity FIT file recording for golf activities. FIT files record fitness information that is tailored for Garmin Connect.

Record After Sunset: Sets the watch to record track points after sunset during an expedition.

Record Temperature: Records the ambient temperature around the watch during certain activities.

Record VO2 Max.: Enables VO2 max. recording for trail run activities.

Recording Interval: Sets the frequency for recording track points during an expedition. By default, GPS track points are recorded once an hour, and they are not recorded after sunset. Recording track points less frequently maximizes battery life.

Rename: Sets the activity name.

Rep Counting: Enables or disables rep counting during a workout. The Workouts Only option enables rep counting during guided workouts only.

Repeat: Enables the Repeat option for multisport activities. For example, you can use this option for activities that include multiple transitions, such as a swimrun.

Restore Defaults: Allows you to reset the activity settings.

Route Stats: Enables route statistics tracking for indoor climbing activities.

Running Power: Allows you to record running power data and customize the settings (*Running Power Settings*, page 78).

Satellites: Sets the satellite system to use for the activity (*Satellite Settings*, page 46).

Scoring: Enables or disables scorekeeping automatically when you start a round of golf.

SpeedPro: Enables advanced speed metrics for windsurf activity runs.

Stat Tracking: Enables statistics tracking while playing golf (*Recording Statistics*, page 39).

Stroke Detect.: Enables stroke detection for pool swimming.

Transitions: Enables transitions for multisport activities.

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

Activity Alerts

You can set alerts for each activity, which can help you to train toward specific goals, to increase your awareness of your environment, and to navigate to your destination. Some alerts are available only for specific activities. 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	Event, recurring	You can set a distance interval.
Elevation	Range	You can set minimum and maximum elevation values.
Heart Rate	Range	You can set minimum and maximum heart rate values or select zone changes. See *About Heart Rate Zones*, page 86 and *Heart Rate Zone Calculations*, page 88.
Pace	Range	You can set minimum and maximum pace values.
Pacing	Recurring	You can set a target swim pace.
Power	Range	You can set the high or low power level.
Proximity	Event	You can set a radius from a saved location.
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.
Track Timer	Recurring	You can set a track time interval in seconds.

Setting an Alert

1 Hold **MENU**.

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).

Enabling Auto Climb

You can use the auto climb feature to detect elevation changes automatically. You can use it during activities such as climbing, hiking, running, or biking.

1 Hold **MENU**.

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 Climb** > **Status**.

6 Select **Always** or **When Not Navigating**.

7 Select an option:

- Select **Run Screen** to identify which data screen appears while running.
- Select **Climb Screen** to identify which data screen appears while climbing.
- Select **Invert Colors** to reverse the display colors when changing modes.
- Select **Vertical Speed** to set the rate of ascent over time.
- Select **Mode Switch** to set how quickly the device changes modes.

NOTE: The Current Screen option allows you to automatically switch to the last screen you were viewing before the auto climb transition occurred.

Satellite Settings

You can change the satellite settings to customize the satellite systems used for each activity. For more information about satellite systems, go to garmin.com/aboutGPS.

Hold **MENU**, select **Activities & Apps**, select an activity, select the activity settings, and select **Satellites**.

NOTE: This feature is not available for all activities.

Off: Disables satellite systems for the activity.

Use Default: Enables the watch to use the default system setting for satellites (*System Settings*, page 99).

GPS Only: Enables the GPS satellite system.

GPS + GLONASS: Enables the GPS and GLONASS satellite systems for more accurate position information in situations with poor sky visibility. Using GPS and another satellite system together can reduce battery life more quickly than using GPS only.

GPS + GALILEO: Enables the GPS and GALILEO satellite systems for more accurate position information in situations with poor sky visibility. Using GPS and another satellite system together can reduce battery life more quickly than using GPS only.

UltraTrac: Records track points and sensor data less frequently. Enabling the UltraTrac feature increases battery life but decreases the quality of recorded activities. You should use the UltraTrac feature for activities that demand longer battery life and for which frequent sensor data updates are less important.

Training

Unified Training Status

When you use more than one Garmin device with your Garmin Connect account, you can choose which device is the primary data source for everyday use and for training purposes.

From the Garmin Connect app, select ••• > **Settings**.

Primary Training Device: Sets the priority data source for training metrics like your training status and load focus.

Primary Wearable: Sets the priority data source for daily health metrics like steps and sleep. This should be the watch you wear most often.

TIP: For the most accurate results, Garmin recommends that you sync often with your Garmin Connect account.

Syncing Activities and Performance Measurements

You can sync activities and performance measurements from other Garmin devices to your Descent G2 watch using your Garmin Connect account. This allows your watch to more accurately reflect your training and fitness. For example, you can record a ride with an Edge® bike computer, and view your activity details and recovery time on your Descent G2 watch.

Sync your Descent G2 watch and other Garmin devices to your Garmin Connect account.

TIP: You can set a primary training device and primary wearable in the Garmin Connect app (*Unified Training Status*, page 46).

Recent activities and performance measurements from your other Garmin devices appear on your Descent G2 watch.

Workouts

You can create custom workouts that include goals for each workout step and for varied distances, times, and calories. During your activity, you can view workout-specific data screens that contain workout step information, such as the workout step distance or current pace.

On your watch: You can open the workouts app from the activity list to show all workouts currently loaded on your watch (*Activities and Apps*, page 25).

You can also view your workout history.

On the app: You can create and find more workouts, or select a training plan that has built-in workouts and transfer them to your watch (*Following a Workout From Garmin Connect*, page 47).

You can schedule workouts.

You can update and edit your current workouts.

Following a Workout From Garmin Connect

Before you can download a workout from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect*, page 84).

1   Select an option:
    - Open the Garmin Connect app, and select ● ● ●.
    - Go to connect.garmin.com.
2   Select **Training & Planning** > **Workouts**.
3   Find a workout, or create and save a new workout.
4   Select or **Send to Device**.
5   Follow the on-screen instructions.

Starting a Workout

Before you can start a workout, you must download a workout from your Garmin Connect account.

1   From the watch face, press **START**.
2   Select an activity.
3   Hold **MENU**.
4   Select **Training** > **Workouts**.
5   Select a workout.

    NOTE: Only workouts that are compatible with the selected activity appear in the list.
6   Select **Do Workout**.
7   Press **START** to start the activity timer.

After you begin a workout, the device displays each step of the workout, step notes (optional), the target (optional), and the current workout data.

Following a Daily Suggested Workout

Before the watch can suggest a daily workout, you must have a training status and VO2 max. estimate (*Training Status*, page 62).

1 From the watch face, press **START**.

2 Select **Run** or **Bike**.

The daily suggested workout appears.

3 Select **START**, and select an option:
- To do the workout, select **Do Workout**.
- To discard the workout, select **Dismiss**.
- To preview the workout steps, select **Steps**.
- To update the workout target setting, select **Target Type**.
- To turn off future workout notifications, select **Disable Prompt**.

The suggested workout updates automatically to changes in training habits, recovery time, and VO2 max.

Creating an Interval Workout

1 From the watch face, press **START**.

2 Select an activity.

3 Hold **MENU**.

4 Select **Training** > **Intervals** > **Edit** > **Interval** > **Type**.

5 Select **Distance**, **Time**, or **Open**.

TIP: You can create an open-ended interval by selecting the Open option.

6 If necessary, select **Duration**, enter a distance or time interval value for the workout, and select ✔.

7 Press **BACK**.

8 Select **Rest** > **Type**.

9 Select **Distance**, **Time**, or **Open**.

10 If necessary, enter a distance or time value for the rest interval, and select ✔.

11 Press **BACK**.

12 Select one or more options:
- To set the number of repetitions, select **Repeat**.
- To add an open-ended warm up to your workout, select **Warm Up** > **On**.
- To add an open-ended cool down to your workout, select **Cool Down** > **On**.

Starting an Interval Workout

1 From the watch face, press **START**.

2 Select an activity.

3 Hold **MENU**.

4 Select **Training** > **Intervals** > **Do Workout**.

5 Press **START** to start the activity timer.

6 When your interval workout has a warm up, press **BACK** to begin the first interval.

7 Follow the on-screen instructions.

After you complete all of the intervals, a message appears.

About the Training Calendar

The training calendar on your watch is an extension of the training calendar or schedule you set up in your Garmin Connect account. After you have added a few workouts to the Garmin Connect calendar, you can send them to your device. All scheduled workouts sent to the device appear in the calendar glance. When you select a day in the calendar, you can view or do the workout. The scheduled workout stays on your watch whether you complete it or skip it. When you send scheduled workouts from Garmin Connect, they overwrite the existing training calendar.

Using Garmin Connect Training Plans

Before you can download and use a training plan, you must have a Garmin Connect account (*Garmin Connect*, page 84), and you must pair the Descent watch with a compatible phone.

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

2 Select **Training & Planning** > **Training Plans**.

3 Select and schedule a training plan.

4 Follow the on-screen instructions.

5 Review the training plan in your calendar.

PacePro™ Training

Many runners like to wear a pace band during a race to help achieve their race goal. The PacePro feature allows you to create a custom pace band based on distance and pace or distance and time. You can also create a pace band for a known course to optimize your pace effort based on elevation changes.

You can create a PacePro plan using the Garmin Connect app. You can preview the splits and elevation plot before you run the course.

Downloading a PacePro Plan from Garmin Connect

Before you can download a PacePro plan from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect*, page 84).

1 Select an option:
   - Open the Garmin Connect app, and select •••.
   - Go to connect.garmin.com.

2 Select **Training & Planning** > **PacePro Pacing Strategies**.

3 Follow the on-screen instructions to create and save a PacePro plan.

4 Select or **Send to Device**.

Starting a PacePro Plan

Before you can start a PacePro plan, you must download a plan from your Garmin Connect account.

1. From the watch face, press **START**.
2. Select an outdoor running activity.
3. Hold **MENU**.
4. Select **Training** > **PacePro Plans**.
5. Select a plan.
6. Press **START**.

   TIP: You can preview the splits, elevation plot, and the map before you accept the PacePro plan.
7. Select **Accept Plan** to start the plan.
8. If necessary, select ✔ to enable course navigation.
9. Press **START** to start the activity timer.
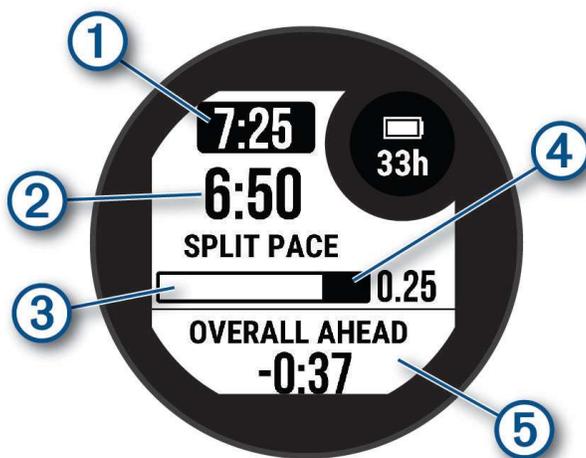
①	Target split pace
②	Current split pace
③	Completion progress for the split
④	Distance remaining in the split
⑤	Overall time ahead of or behind your target time

TIP: You can hold MENU, and select **Stop PacePro** > ✔ to stop the PacePro plan. The activity timer continues running.

Using Virtual Partner®

Your Virtual Partner is a training tool designed to help you meet your goals. You can set a pace for the Virtual Partner and race against it.

NOTE: This feature is not available for all activities.

1 Hold **MENU**.
2 Select **Activities & Apps**.
3 Select an activity.
4 Select the activity settings.
5 Select **Data Screens** > **Add New** > **Virtual Partner**.
6 Enter a pace or speed value.
7 Press **UP** or **DOWN** to change the location of the Virtual Partner screen (optional).
8 Start your activity (*Starting an Activity*, page 25).
9 Press **UP** or **DOWN** to scroll to the Virtual Partner screen and see who is leading.

Setting a Training Target

The training target feature works with the Virtual Partner feature so you can train toward a set distance, distance and time, distance and pace, or distance and speed goal. During your training activity, the watch gives you real-time feedback about how close you are to achieving your training target.

1 From the watch face, press **START**.
2 Select an activity.
3 Hold **MENU**.
4 Select **Training** > **Set a Target**.
5 Select an option:
   • Select **Distance Only** to select a preset distance or enter a custom distance.
   • Select **Distance and Time** to select a distance and time target.
   • Select **Distance and Pace** or **Distance and Speed** to select a distance and pace or speed target.

   The training target screen appears and displays your estimated finish time. The estimated finish time is based on your current performance and the time remaining.
6 Press **START** to start the activity timer.
   TIP: You can hold MENU, and select **Cancel Target** > ✔ to cancel the training target.

Racing a Previous Activity

You can race a previously recorded or downloaded activity. This feature works with the Virtual Partner feature so you can see how far ahead or behind you are during the activity.

NOTE: This feature is not available for all activities.

1 From the watch face, press **START**.
2 Select an activity.
3 Hold **MENU**.
4 Select **Training** > **Race an Activity**.
5 Select an option:
   • Select **From History** to select a previously recorded activity from your device.
   • Select **Downloaded** to select an activity you downloaded from your Garmin Connect account.
6 Select the activity.

   The Virtual Partner screen appears indicating your estimated finish time.
7 Press **START** to start the activity timer.
8 After you complete your activity, press **STOP**, and select **Save**.

History

History includes time, distance, calories, average pace or speed, lap data, and optional sensor information.

NOTE: When the device memory is full, your oldest data is overwritten.

Using History

History contains previous activities you have saved on your watch.

1 From the watch face, hold **MENU**.

2 Select **History** > **Activities**.

3 Select an activity.

4 Press **START**.

5 Select an option:

- To view additional information about the activity, select **All Stats**.
- To view the impact of the activity on your aerobic and anaerobic fitness, select **Training Effect** (*About Training Effect*, page 64).
- To view your time in each heart rate zone, select **Heart Rate**.
- To select a lap and view additional information about each lap, select **Laps**.
- To select a ski or snowboard run and view additional information about each run, select **Runs**.
- To select an exercise set and view additional information about each set, select **Sets**.
- To view the activity on a map, select **Map**.
- To view an elevation plot for the activity, select **Elevation Plot**.
- To delete the selected activity, select **Delete**.

Multisport History

Your device stores the overall multisport summary of the activity, including overall distance, time, calories, and optional accessory data. Your device also separates the activity data for each sport segment and transition so you can compare similar training activities and track how quickly you move through the transitions. Transition history includes distance, time, average speed, and calories.

Personal Records

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

NOTE: For cycling, personal records also include most ascent and best power (power meter required).

Viewing Your Personal Records

1 From the watch face, hold **MENU**.

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 **MENU**.

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 **MENU**.

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 **MENU**.

2 Select **History** > **Totals**.

3 Select an activity.

4 Select an option to view weekly or monthly totals.

Using the Odometer

The odometer automatically records the total distance traveled, elevation gained, and time in activities.

1 From the watch face, hold **MENU**.

2 Select **History** > **Totals** > **Odometer**.

3 Press **UP** or **DOWN** to view odometer totals.

Deleting History

1 From the watch face, hold **MENU**.

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.

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.

Customizing the Watch Face

You can customize the watch face information and appearance.

1 From the watch face, hold **MENU**.

2 Select **Watch Face**.

3 Press **UP** or **DOWN** to preview the watch face options.

4 Press **START**.

5 Select an option:
- To activate the watch face, select **Apply**.
- To customize the data that appears on the watch face, select **Customize**, press **UP** or **DOWN** to preview the options, and press **START**.

Glances

Your watch comes preloaded with glances that provide quick information (*Viewing the Glance Loop*, page 57). 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 Glance Loop*, page 57).

Name	Description
ABC	Displays combined altimeter, barometer, and compass information.
Alternate time zones	Displays the current time of day in additional time zones (*Adding Alternate Time Zones, page 3*).
Altitude acclima-tion	At altitudes above 800 m (2625 ft.), displays graphs showing altitude-corrected values for your average pulse oximeter reading, respiration rate, and resting heart rate for the last seven days.
Altimeter	Displays the approximate elevation based on pressure changes.
Barometer	Displays the environmental pressure data based on elevation.
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 57).
Calendar	Displays upcoming meetings from your phone calendar.
Calories	Displays your calorie information for the current day.
Compass	Displays an electronic compass.
Dive log	Displays brief summaries of your recently recorded dives (*Viewing the Dive Log Glance, page 20*).
Dog tracking	Displays your dog's location information when you have a compatible dog tracking device paired with your Descent watch.
Floors climbed	Tracks your floors climbed and progress toward your goal.
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™	Starts a Health Snapshot session 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. Displays summaries of your saved Health Snapshot sessions.
Heart rate	Displays your current heart rate in beats per minute (bpm) and a graph of your average resting heart rate (RHR).
HRV Status	Displays your seven-day average of your overnight heart rate variability (*Heart Rate Varia-bility Status*, page 59).
Intensity minutes	Tracks your time spent participating in moderate to vigorous activities, your weekly intensity minutes goal, and progress toward your goal.
inReach® controls	Allows you to send messages on your paired inReach device (*Using the inReach Remote*, page 79).
Last sport	Displays a brief summary of your last recorded activity.
Last ride Last run Last swim	Displays a brief summary of your last recorded activity and history of the specified sport.
Moon phase	Displays the moonrise and moonset times, along with the moon phase, based on your GPS position.

Name	Description
Music controls	Provides music player controls for your phone.
Notifications	Alerts you to incoming calls, texts, social network updates, and more, based on your phone notification settings (*Enabling Bluetooth Notifications*, page 82).
Performance	Displays performance measurements that help you track and understand your training activities and race performances (*Performance Measurements*, page 58).
Pulse oximeter	Allows you to take a manual pulse oximeter reading (*Getting Pulse Oximeter Readings*, page 73). If you are too active for the watch to determine your pulse oximeter reading, the measurements are not recorded.
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.
Solar intensity	Displays a graph of the intensity of solar input for the last 6 hours, and the average for the previous week. **NOTE:** This feature is not available for all product models.
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.
Sunrise and sunset	Displays sunrise, sunset, and civil twilight times.
Surface interval	Displays your surface interval time, oxygen toxicity units (OTU), central nervous system (CNS) oxygen toxicity percentage, and tissue load after a dive (*Viewing the Surface Interval Glance*, page 19).
Surfline™	Uses your current location to display current wave conditions, such as tide and wave height and surf rating, for the nearest surf spots.
Temperature	Displays temperature data from the internal temperature sensor.
Tides	Displays information about a tide station, such as the tide height and when the next high and low tides will occur (*Viewing Tide Information*, page 39).
Training readiness	Displays a score and a short message that helps you determine how ready you are for training each day.
Training status	Displays your current training status and training load, which shows you how your training affects your fitness level and performance (*Training Status*, page 62).
VIRB® controls	Provides camera controls when you have a VIRB device paired with your Descent watch (*VIRB Remote*, page 79).
Weather	Displays the current temperature and weather forecast.
Xero® device	Displays laser location information when you have a compatible Xero device paired with your Descent watch (*Xero Laser Location Settings*, page 81).

Viewing the Glance Loop

Glances provide quick access to health data, activity information, built-in sensors, and more. When you pair your watch, you can view data from your phone, such as notifications, weather, and calendar events.

1 Press **UP** or **DOWN**.

The watch scrolls through the glance loop and displays summary data for each glance.

2 Press **START** to view more information.

3 Select an option:

- Press **DOWN** to view details about a glance.
- Press **START** to view additional options and functions for a glance.

Customizing the Glance Loop

You can change the order of the glances in the loop, remove glances, and add new glances.

1 Hold **MENU**.

2 Select **Appearance** > **Glances**.

3 Select an option:

- Select a glance, and press **UP** or **DOWN** to change the location of the glance in the loop.
- Select a glance, and select 🗑 to remove the glance from the loop.
- Select **Add**, and select a glance to add it to the loop.

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 5 to 100, where 5 to 25 is very low reserve energy, 26 to 50 is low reserve energy, 51 to 75 is medium reserve energy, and 76 to 100 is 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 57).

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.

Performance Measurements

These performance measurements are estimates that can help you track and understand your training activities and race performances. The measurements require a few activities using wrist-based heart rate or a compatible chest heart rate monitor. Cycling performance measurements require a heart rate monitor and a power meter.

These estimates are provided and supported by Firstbeat Analytics™. For more information, go to garmin.com /performance-data/running.

NOTE: The estimates may seem inaccurate at first. The watch requires you to complete a few activities to learn about your performance.

VO2 max.: VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance (*About VO2 Max. Estimates*, page 58).

Predicted race times: The watch uses the VO2 max. estimate and your training history to provide a target race time based on your current state of fitness (*Viewing Your Predicted Race Times*, page 59).

HRV status: The watch analyzes your wrist heart rate readings while you are sleeping to determine your heart rate variability (HRV) status based on your personal, long-term HRV averages (*Heart Rate Variability Status*, page 59).

Performance condition: Your performance condition is a real-time assessment after 6 to 20 minutes of activity. It can be added as a data field so you can view your performance condition during the rest of your activity. It compares your real-time condition to your average fitness level (*Performance Condition*, page 60).

Functional threshold power (FTP): The watch uses your user profile information from the initial setup to estimate your FTP. For a more accurate rating, you can conduct a guided test (*Getting Your FTP Estimate*, page 60).

Lactate threshold: Lactate threshold requires a chest heart rate monitor. Lactate threshold is the point where your muscles start to rapidly fatigue. Your watch measures your lactate threshold level using heart rate data and pace (*Lactate Threshold*, page 61).

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 Descent G2 watch requires wrist-based heart rate or a compatible chest heart rate monitor to display your VO2 max. estimate. The watch has separate VO2 max. estimates for running and cycling. You must run either outside with GPS or ride with a compatible power meter at a moderate level of intensity for several minutes to get an accurate 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 124), and go to www.CooperInstitute.org.

Getting Your VO2 Max. Estimate for Running

This feature requires wrist-based heart rate or a compatible chest heart rate monitor. If you are using a chest heart rate monitor, you must put it on and pair it with your watch (*Pairing Your Wireless Sensors*, page 77).

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile*, page 86), and set your maximum heart rate (*Setting Your Heart Rate Zones*, page 87). The estimate may seem inaccurate at first. The watch requires a few runs to learn about your running performance. You can disable VO2 max. recording for ultra run and trail run activities if you do not want those run types to affect your VO2 max. estimate (*Activities and App Settings*, page 42).

1. Start a running activity.
2. Run for at least 10 minutes outdoors.
3. After your run, select **Save**.
4. Press **UP** or **DOWN** to scroll through the performance measurements.

Getting Your VO2 Max. Estimate for Cycling

This feature requires a power meter and wrist-based heart rate or a compatible chest heart rate monitor. The power meter must be paired with your watch (*Pairing Your Wireless Sensors*, page 77). If you are using a chest heart rate monitor, you must put it on and pair it with your watch.

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile*, page 86) and set your maximum heart rate (*Setting Your Heart Rate Zones*, page 87). The estimate may seem inaccurate at first. The watch requires a few rides to learn about your cycling performance.

1 Start a cycling activity.
2 Ride at a steady, high intensity for at least 20 minutes.
3 After your ride, select **Save**.
4 Press **UP** or **DOWN** to scroll through the performance measurements.

Viewing Your Predicted Race Times

For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile*, page 86), and set your maximum heart rate (*Setting Your Heart Rate Zones*, page 87).

Your watch uses the VO2 max. estimate and your training history to provide a target race time (*About VO2 Max. Estimates*, page 58). The watch analyzes several weeks of your training data to refine the race time estimates.

1 From the watch face, press **UP** or **DOWN** to view the performance glance.
2 Press **START** to view glance details.
3 Press **UP** or **DOWN** to view a predicted race time.
4 Press **START** to view predictions for other distances.
   NOTE: The predictions may seem inaccurate at first. The watch requires a few runs to learn about your running performance.

Heart Rate Variability Status

Your watch analyzes your wrist heart rate readings while you are sleeping to determine your heart rate variability (HRV). Training, physical activity, sleep, nutrition, and healthy habits all impact your heart rate variability. HRV values can vary widely based on gender, age, and fitness level. A balanced HRV status may indicate positive signs of health such as good training and recovery balance, greater cardiovascular fitness, and resilience to stress. An unbalanced or poor status may be a sign of fatigue, greater recovery needs, or increased stress. For best results, you should wear the watch while sleeping. The watch requires three weeks of consistent sleep data to display your heart rate variability status.

Color Zone	Status	Description
Green	Balanced	Your seven-day average HRV is within your baseline range.
Orange	Unbalanced	Your seven-day average HRV is above or below your baseline range.
Red	Low	Your seven-day average HRV is well below your baseline range.
No color	Poor No status	Your HRV values are averaging well below the normal range for your age. No status means that there is insufficient data to generate a seven-day average.

You can sync your watch with your Garmin Connect account to view your current heart rate variability status, trends, and educational feedback.

Performance Condition

As you complete your activity, such as running or cycling, the performance condition feature analyzes your pace, heart rate, and heart rate variability to make a real-time assessment of your ability to perform compared to your average fitness level. It is approximately your real-time percentage deviation from your baseline VO2 max. estimate.

Performance condition values range from -20 to +20. After the first 6 to 20 minutes of your activity, the device displays your performance condition score. For example, a score of +5 means that you are rested, fresh, and capable of a good run or ride. You can add performance condition as a data field to one of your training screens to monitor your ability throughout the activity. Performance condition can also be an indicator of fatigue level, especially at the end of a long training run or ride.

NOTE: The device requires a few runs or rides with a heart rate monitor to get an accurate VO2 max. estimate and learn about your running or riding ability (*About VO2 Max. Estimates*, page 58).

Viewing Your Performance Condition

This feature requires wrist-based heart rate or a compatible chest heart rate monitor.

1   Add **Perform. Cond.** to a data screen (*Customizing the Data Screens*, page 41).
2   Go for a run or ride.

    After 6 to 20 minutes, your performance condition appears.
3   Scroll to the data screen to view your performance condition throughout the run or ride.

Getting Your FTP Estimate

Before you can get your functional threshold power (FTP) estimate, you must pair a chest heart rate monitor and power meter with your watch (*Pairing Your Wireless Sensors*, page 77), and you must get your VO2 max. estimate (*Getting Your VO2 Max. Estimate for Cycling*, page 59).

The watch uses your user profile information from the initial setup and your VO2 max. estimate to estimate your FTP. The watch automatically detects your FTP during rides at a steady, high intensity with heart rate and power.

1   Press **UP** or **DOWN** to view the performance glance.
2   Press **START** to view the glance details.
3   Press **UP** or **DOWN** to view your FTP estimate.

    Your FTP estimate appears as a value measured in watts per kilogram, your power output in watts, and a position on the gauge.

    For more information, see the appendix (*FTP Ratings*, page 125).

    NOTE: When a performance notification alerts you to a new FTP, you can select Accept to save the new FTP, or Decline to keep your current FTP.