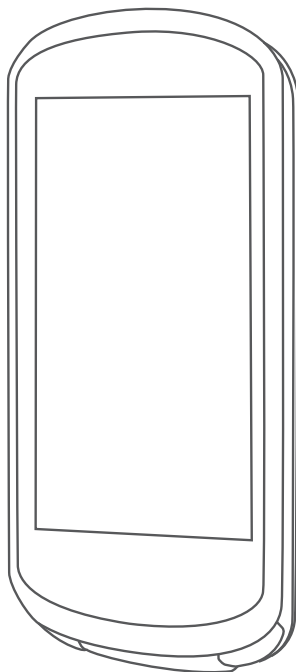


**GARMIN®**



# EDGE® EXPLORE 2

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## Owner's Manual

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M/N: A04457, B04457

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# Introduction





## ⚠ WARNING

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

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

## Device Overview









<p>①</p> 	<p>Press to enter sleep mode and wake the device. Hold to turn the device on and off and lock the touchscreen.</p>
<p>②</p> 	<p>Press to mark a new lap.</p>
<p>③</p> <p>USB port (under weather cap)</p>	<p>Lift the weather cap to charge the device or connect it to a computer. Replace the weather cap to prevent damage to the USB port.</p>
<p>④</p> 	<p>Press to start and stop the activity timer.</p>
<p>⑤</p> 	<p>Select to open the main menu.</p>
<p>⑥</p> <p>Glances</p>	<p>Swipe up or down on the home screen to view the glances. Select to open the glance or menu.</p>
<p>⑦</p> <p>Activity profile</p>	<p>Swipe left or right to change the activity profile. Select to open the activity profile.</p>
<p>⑧</p> <p>Widgets</p>	<p>Swipe down from the top of the screen to view the widgets, then swipe left or right to view more widgets.</p>
<p>⑨</p> <p>Electrical contacts</p>	<p>Charge using an external power accessory. <b>NOTE:</b> Not available on all models.</p>

**NOTE:** Go to [buy.garmin.com](https://buy.garmin.com) to purchase optional accessories.



## Home Screen Overview

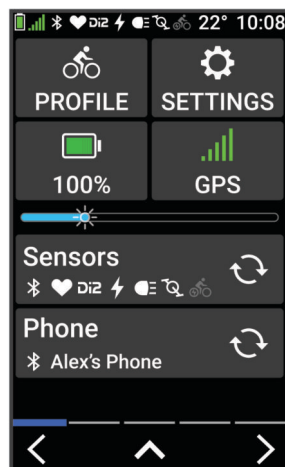
The home screen gives you quick access to all the features of the Edge bike computer.

	Battery status
	GPS signal strength
	Bluetooth® status
	Sync in progress
	Select to go for a ride. Use the arrows to change the biking profile.
Navigation	Select to browse the map, mark a location, search for locations, points of interest, or addresses.
Courses	Select to create a new course or access a saved course.
History	Select to access your previous rides and totals.
	Select to access connected features, personal records, contacts, and settings. Select to access your Connect IQ™ apps, widgets, and data fields.

## Viewing Widgets

Your device is preloaded with several widgets, and more are available when you pair your device with a phone or other compatible device.

- 1 From the home screen, swipe down from the top of the screen.



The settings widget appears. A flashing icon means the device is searching for a signal. A solid icon means the signal was found or the sensor is connected. You can select any icon to change the settings.

- 2 Swipe left or right to view more widgets.

The next time you swipe down to view the widgets, the last widget you viewed appears.


## Viewing Glances

Glances provide quick access to health data, activity information, built-in sensors, and more.









- From the home screen, swipe up.



The device scrolls through the glances.



- Select a glance ① to view additional information.
- Select  to customize the glances ([Customizing the Glances, page 45](#)).

## Using the Touchscreen

- When the timer is running, tap the screen to view the timer overlay.  
The timer overlay allows you to return to the home screen during a ride.
- Select  to return to the home screen.
- Swipe or select the arrows to scroll.
- From the home screen, swipe up to view the glances.
- From the home screen or ride screen, swipe down to view the widgets.
- Select  to open a menu.
- Select  to return to the previous page.
- Select  to save your changes and close the page.
- Select  to close the page and return to the previous page.
- Select  to search near a location.
- Select  to delete an item.
- Select  for more information.

## Locking the Touchscreen

You can lock the screen to prevent inadvertent screen touches.

- Hold , and select **Lock Screen**.
- During an activity, select .

## Acquiring Satellite Signals

The device may need a clear view of the sky to acquire satellite signals. The time and date are set automatically based on the GPS position.

**TIP:** For more information about GPS, go to [www.garmin.com/aboutGPS](http://www.garmin.com/aboutGPS).

- 1 Go outdoors to an open area.  
The front of the device should be oriented toward the sky.
- 2 Wait while the device locates satellites.  
It may take 30–60 seconds to locate satellite signals.





## Navigation

Navigation features and settings also apply to navigating courses ([Courses, page 10](#)).

- Locations and finding places ([Locations, page 6](#))
- Planning a course ([Courses, page 10](#))
- Route settings ([Route Settings, page 15](#))
- Map settings ([Map Settings, page 14](#))



## Going for a Ride

If you are using a wireless sensor or accessory, it can be paired and activated during initial setup ([Pairing Your Wireless Sensors, page 32](#)).

- 1 Hold  to turn on the device.
- 2 Go outside, and wait while the device locates satellites.  
The satellite bars turn green when the device is ready.
- 3 From the home screen, select  or  to change the biking profile.
- 4 Press  to start the activity timer.

SPEED	AVG SPEED
21.2 <sup>m</sup> <sub>h</sub>	17.8 <sup>m</sup> <sub>h</sub>
DISTANCE	
26.29 <sup>m</sup> <sub>i</sub>	
TIMER	
1:45:15	
CALORIES	↑ TTL ASCENT
1120	1563 <sup>f</sup> <sub>t</sub>

**NOTE:** History is recorded only while the activity timer is running.

- 5 Swipe left or right to view additional data screens.  
You can swipe down from the top of the data screens to view the widgets.
- 6 If necessary, tap the screen to view status overlay data (including battery life) or return to the home screen.
- 7 Press  to stop the activity timer.
- 8 Select **Save**.
- 9 Select .

## Locations

You can record and store locations in the device.



### Marking Your Location

Before you can mark a location, you must locate satellites.

If you want to remember landmarks or return to a certain spot, you can mark a location.



- 1 Go for a ride.
- 2 Select **Navigation** >  > **Mark Location** > .

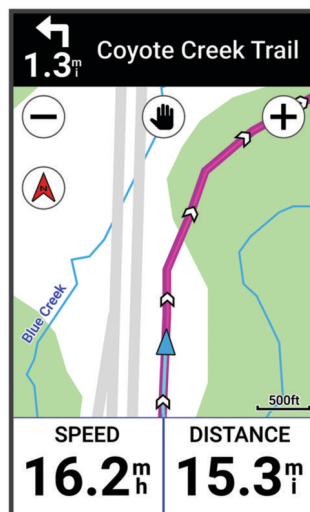
### Saving Locations from the Map

- 1 Select **Navigation** > **Browse Map**.
- 2 Browse the map for the location.
- 3 Select the location.  
Location information appears at the top of the map.
- 4 Select the location information.
- 5 Select  > **Save Location** > .

### Navigating to a Location

**TIP:** You can use the LOCATION SEARCH glance to perform a quick search from the home screen. If necessary, you can add the glance to the glance loop ([Customizing the Glances, page 45](#)).

- 1 Select **Navigation**.
- 2 Select an option:
  - Select **Browse Map** to navigate to a location on the map.
  - Select **Courses** to navigate using a saved course ([Courses, page 10](#)).
  - Select **Search** to navigate to a point of interest, city, address, intersection, or known coordinates.  
**TIP:** You can select  to enter specific search information.
  - Select **Saved Locations** to navigate to a saved location.
  - Select **Recent Finds** to navigate to one of the last 50 locations you have found.
  - Select  > **Searching near:** to narrow your search area.
- 3 Select a location.
- 4 Select **Ride**.
- 5 Follow the on-screen instructions to your destination.



## Navigating Back to Start

At any point during your ride, you can return to the starting point.

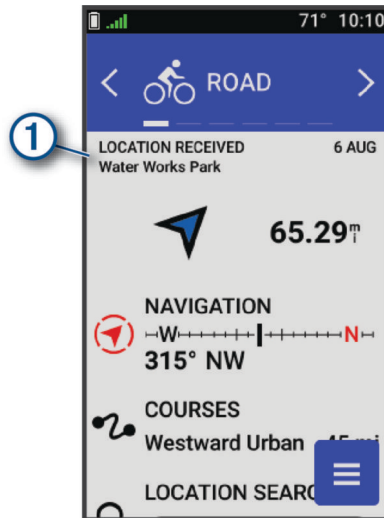
- 1 Go for a ride.
- 2 At any time, swipe down from the top of the screen, and on the controls widget, select **Back to Start**.
- 3 Select **Along Same Route** or **Most Direct Route**.
- 4 Select **Ride**.

The device navigates you back to the starting point of your ride.

## Starting a Ride From a Shared Location

You can use the Garmin Connect™ app to share a location from Apple® Maps to your Edge bike computer, and navigate to that location (*[Sharing a Location From a Map Using the Garmin Connect App](#), page 9*).

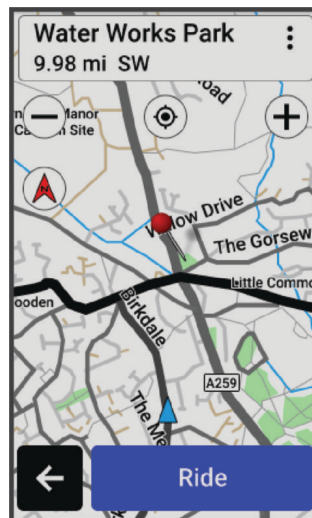
- 1 Select the shared location information from the dynamic area on the home screen ①.



Your Edge bike computer displays a map with the shared location name and its coordinates.

**TIP:** The location is saved in the **Navigation > Recent Finds** menu.

- ## 2 Select Ride.



- 3** Follow the on-screen instructions to proceed to your destination.

## Navigating to a Shared Location During a Ride

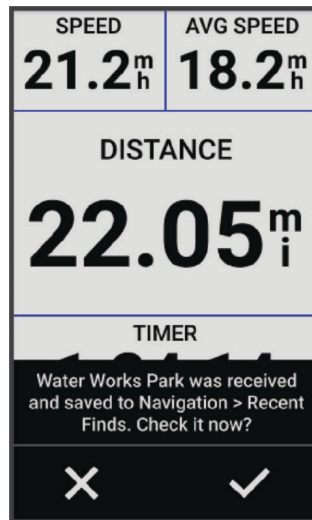
This feature is designed for rides using GPS. If you are riding with an Indoor activity profile where navigation is disabled, select ✓ to dismiss the notification.

**TIP:** The location is saved in the **Navigation > Recent Finds** menu.

You can receive shared locations on your Edge bike computer and navigate to those locations ([Sharing a Location From a Map Using the Garmin Connect App, page 9](#)).

- 1 Start a ride ([Going for a Ride, page 5](#)).

Your Edge bike computer displays a notification indicating the name of a shared location.



- 2 Select ✓ to navigate to the shared location.
- 3 Follow the on-screen instructions to proceed to your destination.

## Stopping Navigation

- 1 Tap the screen.
- 2 Select **Stop Navigation > ✓**.

## Editing Locations

- 1 Select **Navigation > Saved Locations**.
- 2 Select a location.
- 3 Select the information bar at the top of the screen.
- 4 Select ⋮.
- 5 Select an attribute.  
For example, select Change Elevation to enter a known altitude for the location.
- 6 Enter the new information, and select ✓.

## Deleting a Location

- 1 Select **Navigation > Saved Locations**.
- 2 Select a location.
- 3 Select the location information at the top of the screen.
- 4 Select ⋮ > **Delete Location > ✓**.



## Sharing a Location From a Map Using the Garmin Connect App

### NOTICE

It is your responsibility to use discretion when sharing location information with others. Always ensure you are aware of and comfortable with the individual with whom you share location information.

**NOTE:** This feature is available only if your course-compatible Garmin® device is connected to an iPhone® device using Bluetooth technology.

You can share location information and data from Apple Maps to your compatible Garmin device.

- 1 From Apple Maps, select a location.
- 2 Select  > .
- 3 If necessary, from the Garmin Connect app, select the Garmin device.


A notification appears in the Garmin Connect app indicating that the location is now available on your device ([Starting a Ride From a Shared Location, page 7](#)).

## Reporting a Hazard

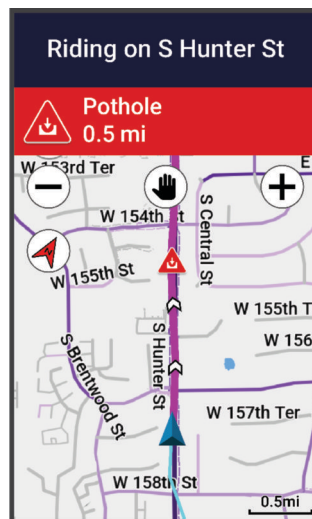
### ⚠ WARNING

This feature allows users to submit information about potential hazards on their ride. Garmin makes no representations about the accuracy, completeness, or timeliness of information submitted by users. Remain aware of your surroundings and defer to any posted guidance available during your ride. Failure to remain aware of your surroundings could result in property damage or personal injury.

At any point during your ride, you can report a hazard that might be hazardous to cyclists, such as potholes, unleashed dogs, or fallen trees. You can also confirm a hazard on the Edge bike computer, or report that a hazard is no longer present. Hazards expire after they have not been reported for a period of time.

- 1 Go for a ride ([Going for a Ride, page 5](#)).
- 2 Tap the screen to view the timer overlay.
- 3 Select .
- 4 Select the type of hazard.
- 5 Select **Report**.

The hazard appears on the navigation map, and the Edge bike computer gives an audible alert ([Alerts and Prompts Settings, page 41](#)).



## Courses












You can send a course from your Garmin Connect account to your device. After it is saved to your device, you can navigate the course on your device. You can also create and save a custom course directly on your device. You can follow a saved course simply because it is a good route. For example, you can save and follow a bike-friendly commute to work.

**TIP:** You can send courses to your device from third-party apps when you link your accounts or use a Connect IQ app. Go to [apps.garmin.com](https://apps.garmin.com) for more information about Connect IQ apps.

### Planning and Riding a Course

You can create and ride a custom course. A course is a sequence of waypoints or locations that leads you to your final destination.


**TIP:** You can also create a custom course in the Garmin Connect app and send it to your device (*Following a Course From Garmin Connect, page 12*).


- 1 Select **Courses** >  > **Course Creator**.
- 2 Select an option:
  - To select your current location on the map, select **Current Location**.
  - To select a location on the map, select **Use Map**, and select a location.
  - To select a saved location, select **Saved & Recent** > **Saved Locations**, and select a location.
  - To select a location for which you recently searched, select **Saved & Recent** > **Recent Finds**, and select a location.
  - To browse for and select a point of interest, select **Points of Interest**, and select a nearby point of interest.
  - To select a city, select **Cities**, and select a nearby city.
  - To select an address, select **Search Tools** > **Addresses**, and enter the address.
  - To select an intersection, select **Search Tools** > **Intersections**, and enter the street names.
  - To use coordinates, select **Search Tools** > **Coordinates**, and enter the coordinates.
- 3 If prompted, select  to add the location to the course.  
A map of the course appears.
- 4 From the map, select an option to continue adding locations:
  - Select  >  to add another location using the map.
  - Select  to search for another location.
  - Select  to undo the previously added location.
- 5 Repeat steps 2 through 4 until you have selected all locations for the route.
- 6 If necessary, swipe up from the bottom of the screen, and select an option:
  - Hold  on a location, and drag it to reorder the list.
  - Swipe left and select  to remove a location.
- 7 If necessary, select an option:
  - To calculate the route with the same route back to the start location, select  > **Out and Back**.
  - To calculate the route with a different route back to the start location, select  > **Loop to Start**.
- 8 Select **Save**.
- 9 Enter a name for the course.
- 10 Select  > **Ride**.





## Creating and Riding a Round-Trip Course

The device can create a round-trip course based on a specified distance, starting location, and direction of navigation.



- 1 Select **Courses** >  > **Round-Trip Course**.
- 2 Select **Distance**, and enter the total distance for the course.
- 3 Select **Start Location**.
- 4 Select an option:
  - To select your current location, select **Current Location**.
  - To select a location on the map, select **Use Map**, and select a location.
  - To select a saved location, select **Saved Locations**, and select a location.
  - To select a location for which you recently searched, select **Recent Finds**, and select a location.
  - To browse for and select a point of interest, select **Points of Interest**, and select a nearby point of interest.
  - To select an address, select **Search Tools** > **Addresses**, and enter the address.
  - To select an intersection, select **Search Tools** > **Intersections**, and enter the street names.
  - To use coordinates, select **Search Tools** > **Coordinates**, and enter the coordinates.
- 5 Select **Start Direction**, and select a direction heading.
- 6 Select **Search**.

**TIP:** You can select  to search again.
- 7 Select a course to view it on the map.

**TIP:** You can select  and  to view the other courses.
- 8 Select **Save** > **Ride**.


## Creating a Course from a Recent Ride

You can create a new course from a ride you saved on this Edge device.

- 1 Select **History** > **Rides**.
- 2 Select a ride.
- 3 Select  > **Save Ride as Course**.
- 4 Enter a name for the course, and select .

## Following a Course From Garmin Connect


Before you can download a course from Garmin Connect, you must have a Garmin Connect account ([Garmin Connect](#), page 36).

- 1 Select an option:
  - Open the Garmin Connect app.
  - Go to [connect.garmin.com](https://connect.garmin.com).
- 2 Create and save a new course, or select an existing course.
- 3 Select an option:
  - On the Garmin Connect app, select .
  - On the Garmin Connect website, select **Send to Device**.
- 4 Select your Edge bike computer.
- 5 Select an option:
  - Sync your device with the Garmin Connect app.
  - Sync your device using the Garmin Express™ application.

On your device, the course appears on the dynamic area of the home screen.
- 6 Select the course.

**NOTE:** If necessary, you can select **Courses** to select a different course.
- 7 Select **Ride**.

## Tips for Riding a Course

- Use turn guidance ([Course Options](#), page 14).
- If you include a warmup, press  to begin the course, and warm up as normal.
- Stay away from your course path as you warm up.

When you are ready to begin, head toward your course. When you are on any part of the course path, a message appears.
- Scroll to the map to view the course map.


If you stray from the course, a message appears.

## Viewing Course Details

- 1 Select **Courses**.
- 2 Select a course.
- 3 Select an option:
  - Select the course to view the course on the map.
  - Select the climbs graph to view details and elevation plots for each climb.
  - Select **Summary** to view details about the course.

## Displaying a Course on the Map

For each course saved to your device, you can customize how it appears on the map. For example, you can set your commute course to always display on the map in yellow. You can have an alternate course display in green. This allows you to see the courses while you are riding, but not follow or navigate a particular course.

- 1 Select **Courses**.
- 2 Select the course.
- 3 Select .
- 4 Select **Always Display** to make the course appear on the map.
- 5 Select **Color**, and select a color.
- 6 Select **Course Points** to include course points on the map.

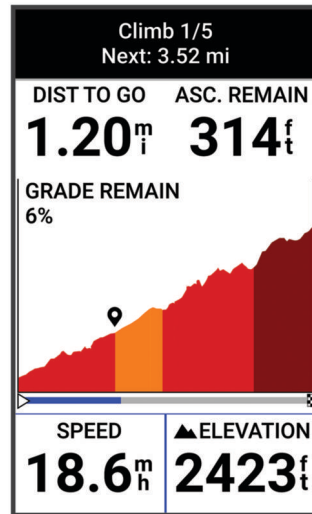
The next time you ride near the course, it appears on the map.

## Using ClimbPro

The ClimbPro feature helps you manage your effort for the upcoming climbs on a course. You can view details about the climbs, including when they occur, average gradient, and total ascent. The climb categories, based on length and gradient, are indicated by color ([Climb Categories, page 13](#)).

- 1 Enable the ClimbPro feature for the activity profile ([Updating Your Activity Profile, page 39](#)).
- 2 Review the climbs and course details for the course ([Viewing Course Details, page 12](#)).
- 3 Start following a saved course ([Courses, page 10](#)).

At the start of a climb, the ClimbPro screen appears automatically.




After you save the ride, you can view the climb splits in your ride history.

## Climb Categories

Climb categories are determined by climb score, which is calculated using the grade multiplied by the length of the climb. A climb must have a length of at least 500 meters and an average grade of at least 3 percent to be considered a climb.

Category	Climb Score	Color
Hors Category (HC)	Greater than 80,000	
Category 1	Greater than 64,000	
Category 2	Greater than 32,000	
Category 3	Greater than 16,000	
Category 4	Greater than 8,000	
Uncategorized	Greater than 1,500	

## Course Options

Select **Courses** > .

**Turn Guidance:** Enables or disables turn prompts.

**Off Course Warnings:** Alerts you if you stray from the course.

**Search:** Allows you to search for saved courses by name.

**Sort:** Allows you to sort saved courses by name, distance, or date.

**Delete:** Allows you to delete all or multiple saved courses from the device.

## Rerouting a Course


You can choose how the device recalculates the route when you go off course.

When you go off course, select an option:


- To pause navigation until you get back on course, select **Pause Navigation**.
- To choose from rerouting suggestions, select **Re-route**.

**NOTE:** The first rerouting option is the shortest route back to the course and starts automatically after 10 seconds.

## Stopping a Course

- 1 Scroll to the map.
- 2 Swipe down from the top of the screen, and scroll to the controls widget.
- 3 Select **Stop Course** > .

## Deleting a Course

- 1 Select **Navigation** > **Courses**.
- 2 Swipe left on a course.
- 3 Select .

## Map Settings

Select  > **Activity Profiles**, select a profile, and select **Navigation** > **Map**.

**Orientation:** Sets how the map is shown on the page.

**Auto Zoom:** Automatically selects a zoom level for the map. When Off is selected, you must zoom in or out manually.

**Guide Text:** Sets when the turn-by-turn navigation prompts are shown (requires routable maps).

**Appearance:** Customizes the appearance settings on the map ([Map Appearance Settings, page 14](#)).

**Map Information:** Enables or disables the maps currently loaded on the device.

## Map Appearance Settings

Select  > **Activity Profiles**, select a profile, and select **Navigation** > **Map** > **Appearance**.

**Map Theme:** Adjusts the appearance of the map for your ride type. ([Map Themes, page 15](#))

**Popularity Map:** Highlights popular roads or trails for your ride type. The darker the road or trail, the more popular.


**Map Detail:** Sets the level of detail shown on the map.

**History Line Color:** Allows you to change the line color of the path you have traveled.

**Advanced:** Allows you to set zoom levels and text size, and enable shaded relief and contours.

**Reset Map Default:** Resets the map appearance to the default settings.

## Changing the Map Orientation

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Navigation > Map > Orientation**.
- 4 Select an option:
  - Select **North Up** to show north at the top of the page.
  - Select **Track Up** to show your current direction of travel at the top of the page.

## Map Themes

You can change the map theme to adjust the appearance of the map for your ride type.

Select  > **Activity Profiles**, select a profile, and select **Navigation > Map > Appearance > Map Theme**.

**Classic:** Uses the classic Edge map color scheme, with no additional theme applied.

**High Contrast:** Sets the map to display data with higher contrast, for better visibility in challenging environments.

**Mountain Biking:** Sets the map to optimize trail data in mountain biking mode.

## Route Settings

Select  > **Activity Profiles**, select a profile, and select **Navigation > Routing**.

**Popularity Routing:** Calculates routes based on the most popular rides from Garmin Connect.

**Routing Mode:** Sets the transportation method to optimize your route.

**Calculation Method:** Sets the method used to calculate your route.

**Lock on Road:** Locks the position icon, which represents your position on the map, onto the nearest road.


**Avoidance Setup:** Sets the road types to avoid while navigating.

**Course Recalculation:** Automatically recalculates the route when you deviate from the course.

**Route Recalculation:** Automatically recalculates the route when you deviate from the route.

## Selecting an Activity for Route Calculation

You can set the device to calculate the route based on activity type.

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Navigation > Routing > Routing Mode**.
- 4 Select an option to calculate your route.

For example, you can select Road Cycling for on-road navigation or Mountain Biking for off-road navigation.

## Connected Features

### **WARNING**

While cycling, do not interact with the display to enter information or to read or reply to messages, because doing so can cause a distraction that could lead to an accident causing serious personal injury or death.

Connected features are available for your Edge bike computer when you connect the bike computer to a compatible phone using Bluetooth technology.

## Pairing Your Phone

To use the connected features of the Edge bike computer, it must be paired directly through the Garmin Connect app, instead of from the Bluetooth settings on your phone.

- 1 Hold  to turn on the device.

The first time you turn on the device, you will select the device language. The next screen prompts you to pair with your phone.

**TIP:** You can swipe down on the home screen to view the status widget, and select **Phone > Pair Smartphone** to manually enter pairing mode ([Viewing Widgets, page 3](#)).

- 2 Scan the QR code with your phone, and follow the on-screen instructions to complete the pairing and setup process.

After you pair successfully, a message appears, and your bike computer syncs automatically with your phone.

## Bluetooth Connected Features

The Edge device has several Bluetooth connected features for your compatible phone using the Garmin Connect and Connect IQ apps. Go to [www.garmin.com/apps](http://www.garmin.com/apps) for more information.

**Activity uploads to Garmin Connect:** Automatically sends your activity to Garmin Connect as soon as you finish recording the activity.

**Audio prompts:** Allows the Garmin Connect app to play status announcements on your phone during a ride.

**Bike alarm:** Allows you to enable an alarm that sounds on the device and sends an alert to your phone when the device detects motion.

**Connect IQ downloadable features:** Allows you to download Connect IQ features from the Connect IQ app.

**Course downloads from Garmin Connect:** Allows you to search for courses on Garmin Connect using your phone and send them to your device.

**Find my Edge:** Locates your lost Edge device that is paired with your phone and currently within range.

**Messages:** Allows you to reply to an incoming call or text message with a preset text message. This feature is available with compatible Android™ phones.

**Music controls:** Allows you to use your device to control music playback on your phone.

**Notifications:** Displays phone notifications and messages on your device.

**Safety and tracking features:** ([Safety and Tracking Features, page 17](#))

**Social media interactions:** Allows you to post an update to your favorite social media website when you upload an activity to Garmin Connect.

**Weather updates:** Sends real-time weather conditions and alerts to your device.

## Safety and Tracking Features

### ⚠ CAUTION

The safety and tracking features are supplemental features and should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

### NOTICE

To use these features, the Edge Explore 2 device must have GPS enabled and be connected to the Garmin Connect app using Bluetooth technology. You can enter emergency contacts in your Garmin Connect account.

The Edge Explore 2 device has safety and tracking features that must be set up with the Garmin Connect app. For more information about safety and tracking features, go to [www.garmin.com/safety](http://www.garmin.com/safety).

**Assistance:** Allows you to send a message with your name, LiveTrack link, and GPS location (if available) to your emergency contacts.

**Incident detection:** When the Edge Explore 2 device detects an incident during certain outdoor activities, the device sends an automated message, LiveTrack link, and GPS location (if available) to your emergency contacts.

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

**Live Event Sharing:** Allows you to send messages to friends and family during an event, providing real-time updates.

**NOTE:** This feature is available only if your device is connected to a compatible Android phone.

**GroupRide:** Allows you to create and access shared courses, group messaging, and live location data with other riders.

**GroupTrack:** Allows you to keep track of your connections using LiveTrack directly on screen and in real time.

### Incident Detection

### ⚠ CAUTION

Incident detection is a supplemental feature available only for certain outdoor activities. Incident detection should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

### NOTICE

Before you can enable incident detection on your device, you must set up emergency contact information in the Garmin Connect app. Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive text messages (standard text messaging rates may apply).

When an incident is detected by your Edge device with GPS enabled, the Garmin Connect app can send an automated text message and email with your name and GPS location, if available, to your emergency contacts. A message appears on your device and paired phone indicating your contacts will be informed after 30 seconds have elapsed. If assistance is not needed, you can cancel the automated emergency message.

## Assistance

### ⚠ CAUTION

Assistance is a supplemental feature and should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

### NOTICE

Before you can enable the assistance feature on your device, you must set up emergency contact information in the Garmin Connect app. Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive text messages (standard text messaging rates may apply).

When your Edge device with GPS enabled is connected to the Garmin Connect app, you can send an automated text message with your name and GPS location, if available, to your emergency contacts.

A message appears on your device indicating your contacts will be informed after a countdown has elapsed. If assistance is not needed, you can cancel the message.

### Adding Emergency Contacts

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

- 1 From the Garmin Connect app, select **•••**.
- 2 Select **Safety & Tracking > Safety Features > Emergency Contacts > Add Emergency Contacts**.
- 3 Follow the on-screen instructions.

Your emergency contacts receive a notification when you add them as an emergency contact, and can accept or decline your request. If a contact declines, you must choose another emergency contact.

### Viewing Your Emergency Contacts

Before you can view your emergency contacts on your device, you must set up your rider information and emergency contacts in the Garmin Connect app.



Select  > **Safety & Tracking > Emergency Contacts**.

Your emergency contacts' names and phone numbers appear.

### Requesting Assistance


### NOTICE

Before you can request assistance, you must enable GPS on your Edge device and set up emergency contact information in the Garmin Connect app. Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive emails or text messages (standard text messaging rates may apply).

- 1 Hold  for five seconds to activate the assistance feature.  
The device beeps and sends the message after the five-second countdown is complete.  
**TIP:** You can select  before the countdown is complete to cancel the message.
- 2 If necessary, select **Send** to send the message immediately.

### Turning Incident Detection On and Off

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

- 1 Select  > **Safety & Tracking > Incident Detection**.
- 2 Select the activity profile to enable incident detection.

**NOTE:** Incident detection is enabled by default for certain outdoor activities. Depending on the terrain and your riding style, false positives can occur.

### Cancelling an Automated Message

When an incident is detected by your device, you can cancel the automated emergency message on your device or your paired phone before it is sent to your emergency contacts.

Before the end of the 30-second countdown, hold **Press and hold to cancel..**



## Sending a Status Update After an Incident

Before you can send a status update to your emergency contacts, your device must detect an incident and send an automated emergency message to your emergency contacts.

You can send a status update to your emergency contacts informing them you are not in need of assistance.

- 1 Swipe down from the top of the screen, and swipe left or right to view the controls widget.
- 2 Select **Incident Detected > I'm Okay**.

A message is sent to all emergency contacts.

## LiveTrack

### NOTICE


It is your responsibility to use discretion when sharing location information with others. Always ensure you are aware of and comfortable with the rider with whom you share your location information.

The LiveTrack feature lets you share your cycling activities with contacts from your phone and your social media accounts. While you are sharing, viewers can track your current location and view your live data on a web page in real time.

To use this feature, the Edge Explore 2 device must have GPS enabled and be connected to the Garmin Connect app using Bluetooth technology.

## Turning On LiveTrack

Before you can start your first LiveTrack session, you must set up contacts in the Garmin Connect app.

- 1 Select  > **Safety & Tracking > LiveTrack**.
- 2 Select an option:
  - Select **Auto Start** to start a LiveTrack session each time you start this type of activity.
  - Select **LiveTrack Name** to update the name of your LiveTrack session. The current date is the default name.
  - Select **Recipients** to view recipients.
  - Select **Course Sharing** if you want your recipients to see your course.
  - Select **Spectator Messaging** if you want to allow your recipients to send you text messages during your cycling activity ([Spectator Messaging, page 24](#)).
  - Select **Extend LiveTrack** to extend viewing of the LiveTrack session for 24 hours.
- 3 Select **Start LiveTrack**.

Recipients can view your live data on a Garmin Connect tracking page.






## Starting a GroupTrack Session

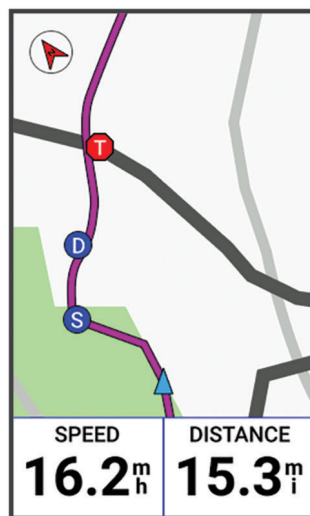
Before you can start a GroupTrack session, you must have a phone with the Garmin Connect app paired to your device ([Pairing Your Phone, page 16](#)).

**NOTE:** This feature is required for group rides with the Edge Explore , and earlier bike computers.

For Edge 1040, 840, 540 and later bike computers, use the GroupRide feature ([Joining a GroupRide Session, page 23](#)).

During a ride, you can see the riders in your GroupTrack session on the map.

- 1 On the Edge bike computer, select  > **Safety & Tracking** > **GroupTrack** to enable viewing connections on the map screen.
- 2 From the Garmin Connect app, select  or .
- 3 Select **Safety & Tracking** > **LiveTrack** >  > **Settings** > **GroupTrack** > **All Connections**.
- 4 Select **Start LiveTrack**.
- 5 On the Edge bike computer, press , and go for a ride.
- 6 Scroll to the map to view your connections.




You can tap an icon on the map to view location and heading information for other riders in the GroupTrack session.

- 7 Scroll to the GroupTrack list.

You can select a rider from the list, and that rider appears centered on the map.

### *Tips for GroupTrack Sessions*

The GroupTrack feature allows you to keep track of other riders in your group using LiveTrack directly on the screen. All riders in the group must be your connections in your Garmin Connect account.

- Ride outside using GPS.
- Pair your Edge Explore 2 bike computer with your phone using Bluetooth technology.
- From the Garmin Connect app, select  > **Connections**, and select to update the list of riders for your GroupTrack session.
- Make sure all of your connections pair to their phones and start a LiveTrack session in the Garmin Connect app.
- Make sure all your connections are in range (40 km or 25 mi.).
- During a GroupTrack session, scroll to the map to view your connections.
- Stop riding before you attempt to view location and heading information for other riders in the GroupTrack session.

## Live Event Sharing

Live event sharing allows you to send messages to friends and family during an event, providing real-time updates including cumulative time and last lap time. Before the event, you can customize the list of recipients and the message content in the Garmin Connect app.

### Turning On Live Event Sharing

Before you can use live event sharing, you must set up the LiveTrack feature in the Garmin Connect app.

**NOTE:** LiveTrack features are available when your device is connected to the Garmin Connect app using Bluetooth technology, with a compatible Android phone.

- 1 Turn on your Edge bike computer.
- 2 In the Garmin Connect app, select **•••** > **Safety & Tracking** > **Live Event Sharing**.
- 3 Select **Devices**, and select your Edge bike computer.
- 4 Select the toggle switch to enable **Live Event Sharing**.
- 5 Select **Done**.
- 6 Select **Recipients** to add people from your contacts.
- 7 Select **Message Options** to customize the message triggers and options.
- 8 Go outside, and select a GPS biking profile on your Edge Explore 2 bike computer.

Live event sharing is enabled for 24 hours.

## GroupRide

### WARNING

While cycling, always maintain awareness of your surroundings, and operate the bicycle in a safe manner. Failure to do so could result in serious injury or death.


### NOTICE


It is your responsibility to use discretion when sharing location information with other riders. Always ensure you are aware of and comfortable with the riders with whom you share your location information.

With the GroupRide feature on your Edge bike computer, you can create and access shared courses, group messaging, and live location data with other riders with compatible devices.

### Starting a GroupRide Session

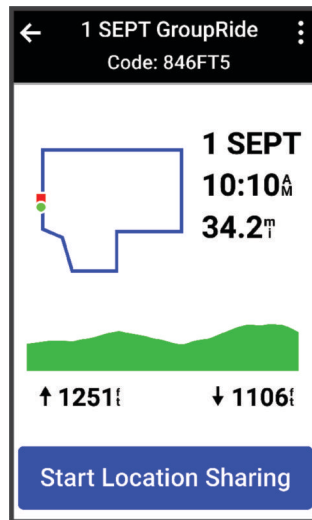
Before you can start a GroupRide session, you must have a phone with the Garmin Connect app paired to your device ([Pairing Your Phone, page 16](#)).

- 1 Scroll to the **GroupRide** glance.
- 2 Select  to agree to sharing your live location with other riders.
- 3 Select **Create GroupRide**.
- 4 Select **Name**, **Date**, or **Start Time** to edit the information (optional).
- 5 Select **Add Course** to share a course with other riders.

You can select from your saved courses, or you can select  to create a new course ([Courses, page 10](#)).

6 Select **Generate Code**.

Your Edge bike computer generates a code that you can send to other riders.



7 Select **Share Code** > **✓**.

8 Open the Garmin Connect app, and select **View Code** > **Share**.

9 Select the method for sharing the code with other riders.

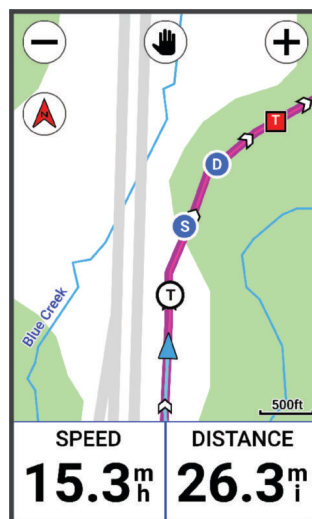
The Garmin Connect app shares the GroupRide code with your contacts.

10 On the Edge bike computer, select **Start Location Sharing**.

11 Press **▶**, and go for a ride.

The GroupRide data screen is added to the data screens for the active profile.

12 Select a rider from the **GroupRide** data screen to view their position on the map, or scroll to the map to view all riders ([GroupRide Map Status](#), page 24).



You can tap an icon on the map to view location, heading, and status information for other riders during the GroupRide session.

## Joining a GroupRide Session

You can join a GroupRide session on your Edge bike computer when the GroupRide code is shared with you. You can enter the code prior to the start of the ride.

- 1 Scroll to the **GroupRide** glance.

**TIP:** You can add the GroupRide glance to the glance loop ([Customizing the Glances, page 45](#)).

- 2 Select **Enter Code**.

- 3 Enter the 6-digit code, and select ✓.


Your Edge bike computer automatically downloads the course.

- 4 On the day of the ride, select **Start Location Sharing**.

- 5 Press ►, and go for a ride.

## Sending a GroupRide Message

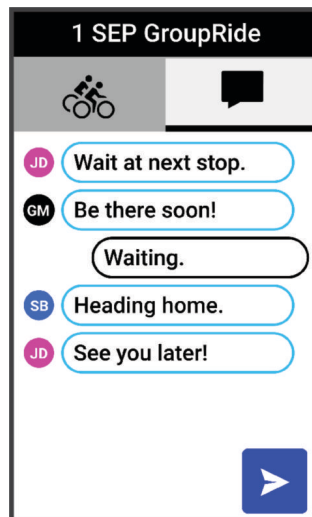
You can send a message to other riders during a GroupRide session.

- 1 From the **GroupRide** data screen on your Edge bike computer, select  > ►.

- 2 Select an option:

- Select a message from the list of preset text responses.
- Select **Type Message** to send a customized message.

**NOTE:** You can customize the preset text responses in the device settings in the Garmin Connect app. After customizing settings, you must sync your data to apply the changes to your Edge bike computer.









**NOTE:** You can scroll up to the top of the message screen to view older messages, including any messages sent before you joined the GroupRide session ([Joining a GroupRide Session, page 23](#)).

## GroupRide Map Status

During a ride, you can see the riders in your GroupRide session on the map.

**TIP:** The letters inside the map icons correspond to the initials of the rider's first name.

Icon	Shape	Color	Moving	Connected on the Garmin Connect App
	Circle	White	Yes	No
	Circle	Blue	Yes	Yes
	Square	White	No	No
	Square	Red	No	Yes
	Circle	Gray	Unknown	Unknown


**NOTE:** To customize the map settings, from the GroupRide page select .

## Leaving a GroupRide Session

In order for your Edge bike computer to remove you from the other riders' maps and lists, you must have an active internet connection.



You can leave a GroupRide session anytime.

Select an option:

- During the ride, swipe down to view the controls widget, and select **Leave GroupRide**.
- From the **GroupRide** page, select **Leave GroupRide**.
- Press  > **Save** to stop the activity time and complete your activity.

**TIP:** The Edge bike computer automatically removes the GroupRide session when it expires ([Tips for GroupRide Sessions, page 24](#)).

## Tips for GroupRide Sessions

- Ride outside using GPS.
- Pair your compatible Edge bike computer with your phone using Bluetooth technology.
- Group riders can add a GroupRide session to their device at any time, and then join the session on the day of the ride. Sessions expire 24 hours after the start time.
- To share the GroupRide code during the ride, select  from the **GroupRide** data screen on the Edge bike computer.
- When you receive a GroupRide message, you can select  to mute all message prompts for that GroupRide session.
- The rider list refreshes every 15 seconds and shows details for the 25 closest riders within 40 km (25 mi). To view additional riders outside the 40 km (25 mi) radius, select **Show More**.
- During the ride, swipe down to view the controls widget for more options.
- Stop riding before you attempt to view location and heading information for other riders in the GroupRide session ([GroupRide Map Status, page 24](#)).

## Spectator Messaging

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

Spectator messaging is a feature that allows your LiveTrack followers to send you text messages during your cycling activity. You can set up this feature in the LiveTrack settings of the Garmin Connect app.


## Blocking Spectator Messages

If you want to block spectator messages, Garmin recommends turning them off before you start the activity.

Select  > **Safety & Tracking** > **LiveTrack** > **Spectator Messaging**.

## Setting the Bike Alarm

You can turn on the bike alarm when you are away from your bike, such as on a stop during a long ride. You can control the bike alarm from your device or the device settings in the Garmin Connect app.

1 Select  > **Safety & Tracking** > **Bike Alarm**.

2 Create or update your passcode.

When you disable the bike alarm from your Edge device, you are prompted to enter the passcode.

3 Swipe down from the top of the screen, and on the controls widget, select **Set Bike Alarm**.

If the device detects motion, it sounds an alarm and sends an alert to your connected phone.

## Playing Audio Prompts on Your Phone

Before you can set up audio prompts, you must have a phone with the Garmin Connect app paired to your Edge bike computer.

You can set the Garmin Connect app to play motivational status announcements on your phone during a ride or other activity. Audio prompts include the lap number and lap time, navigation, power, pace or speed, and heart rate data. During an audio prompt, the Garmin Connect app mutes the primary audio of the phone to play the announcement. You can customize the volume levels on the Garmin Connect app.

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

2 Select **Garmin Devices**.

3 Select your device.

4 Select **Audio Prompts**.

## Listening to Music

### **WARNING**

Do not listen to music while cycling on public roadways, as this can cause distraction leading to an accident resulting in personal injury or death. It is the user's responsibility to know and understand local laws and regulations relating to headphone usage while cycling.

You can control music playback on your phone from your Edge bike computer.

1 On your phone, start playing a song or playlist.

2 Select an option:

- Swipe down from the top of the Edge bike computer to view the widgets and then swipe left or right to view the music controls widget.

**NOTE:** You can add options to the widget loop ([Customizing the Widget Loop, page 45](#)).

- Swipe left or right to view the music controls data screen ([Adding a Music Control Data Screen, page 40](#)).

3 Start listening to music from your paired phone.

You can control music playback on your phone from your Edge bike computer.

# Training

## Training Indoors

The device includes an indoor activity profile where GPS is turned off. When GPS is turned off, speed and distance are not available unless you have a compatible sensor or indoor trainer that sends speed and distance data to the device.

## Pairing Your Indoor Trainer


1 Bring the Edge bike computer within 3 m (10 ft.) of the indoor trainer.

2 Select the indoor biking profile.

3 On the indoor trainer, start pedaling or press the pairing button.

For more information, see the owner's manual for your indoor trainer.

4 On the Edge bike computer, a message appears.

**NOTE:** If you don't see a message, select  > **Sensors** > **Add Sensor**.

5 Follow the on-screen instructions.

When the indoor trainer is paired with your Edge bike computer using ANT+® technology, the indoor trainer appears as a connected sensor. You can customize your data fields to display sensor data.

## Using an Indoor Trainer

Before you can use a compatible indoor trainer, you must pair the trainer with your device using ANT+ technology ([Pairing Your Indoor Trainer, page 26](#)).

Not all features and settings are available for every indoor trainer. For more information, see the owner's manual for your trainer.

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

1 Select  > **Training** > **Smart Trainer**.

2 Select an option:

- Select **Free Ride** to manually adjust the resistance level.
- Select **Follow a Course** to follow a saved course ([Courses, page 10](#)).
- Select **Follow an Activity** to follow a saved ride ([Going for a Ride, page 5](#)).
- If available, select **Set Grade**, **Set Resistance**, or **Set Target Power** to customize your ride.

**NOTE:** The trainer resistance changes based on the course or ride information.

3 Select a course or activity.

4 Select **Ride**.



5 Press  to start the activity timer.

### Setting Resistance

1 Select  > **Training** > **Smart Trainer** > **Set Resistance**.

2 Select  or  to set the resistance force applied by the trainer.

3 Press  to start the activity timer.

4 If necessary, select  or  to adjust the resistance during your activity.

### Setting the Simulated Grade

1 Select  > **Training** > **Smart Trainer** > **Set Grade**.

2 Select  or  to set the simulated grade applied by the trainer.

3 Press  to start the activity timer.

4 If necessary, select  or  to adjust the simulated grade during your activity.


### Setting Target Power

1 Select  > **Training** > **Smart Trainer** > **Set Target Power**.

2 Set the target power value.

3 Press  to start the activity timer.

The resistance force applied by the trainer is adjusted to maintain a constant power output based on your speed.

4 If necessary, select  or  to adjust the target power during your activity.



## Setting a Training Target

1 Select **Training** > **Set a Target**.

2 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 Speed** to select a distance and speed target.

The training target screen appears, indicating your estimated finish time. The estimated finish time is based on your current performance and the time remaining.

3 Select .

4 Press  to start the activity timer.

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

## Racing a Previous Activity

You can race a previously recorded activity or saved course.

1 Select  > **Training** > **Race an Activity**.

2 Select an option:

- Select **Ride History**.
- Select **Saved Courses**.

3 Select the activity or course.

4 Select **Ride**.

5 Press  to start the activity timer.

## My Stats

The Edge Explore 2 bike computer can track your personal statistics and calculate performance measurements. Performance measurements require a compatible heart rate monitor, power meter, or smart trainer.

### 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 [www.garmin.com/performance-data](http://www.garmin.com/performance-data).

**NOTE:** The estimates may seem inaccurate at first. The device 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. Your device displays heat and altitude corrected VO2 max. values when you are acclimating to high heat environments or high altitude.

**Recovery time:** The recovery time displays how much time remains before you are fully recovered and ready for the next hard workout.


### 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 athletic performance and should increase as your level of fitness improves. VO2 max. estimates are provided and supported by Firstbeat. You can use your Garmin device paired with a compatible heart rate monitor and power meter to display your cycling VO2 max. estimate.

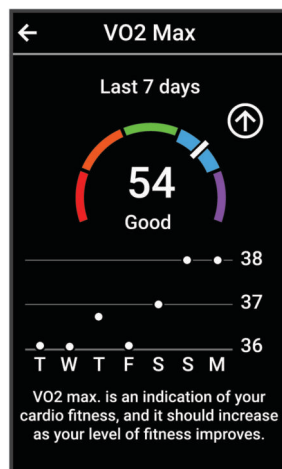
## Getting Your VO2 Max. Estimate

Before you can view your VO2 max. estimate, you must put on the heart rate monitor, install the power meter, and pair them with your device ([Pairing Your Wireless Sensors, page 32](#)). For the most accurate estimate, complete the user profile setup ([Setting Up Your User Profile, page 30](#)), and set your maximum heart rate ([Setting Your Heart Rate Zones, page 32](#)).

**NOTE:** The estimate may seem inaccurate at first. The device requires a few rides to learn about your cycling performance.

- 1 Ride at a steady, high intensity for at least 20 minutes.
- 2 After your ride, select **Save**.
- 3 Select  > **My Stats** > **VO2 Max**.

Your VO2 max. estimate appears as a number and position on the color gauge.



 Purple	Superior
 Blue	Excellent
 Green	Good
 Orange	Fair
 Red	Poor

VO2 max. data and analysis is provided with permission from The Cooper Institute®. For more information, see the appendix ([VO2 Max. Standard Ratings, page 59](#)), and go to [www.CooperInstitute.org](http://www.CooperInstitute.org).

## Tips for Cycling VO2 Max. Estimates

The success and accuracy of the VO2 max. calculation improves when your ride is a sustained and moderately hard effort, and where heart rate and power are not highly variable.

- Before your ride, check that your device, heart rate monitor, and power meter are functioning properly, paired, and have good battery life.
- During your 20 minute ride, maintain your heart rate at greater than 70% of your maximum heart rate.
- During your 20 minute ride, maintain a fairly constant power output.
- Avoid rolling terrain.
- Avoid riding in groups where there is a lot of drafting.

## Recovery Time



You can use your Garmin device with wrist-based heart rate or a compatible chest heart rate monitor to display how much time remains before you are fully recovered and ready for the next hard workout.

**NOTE:** The recovery time recommendation uses your VO2 max. estimate and may seem inaccurate at first. The device requires you to complete a few activities to learn about your performance.

The recovery time appears immediately following an activity. The time counts down until it is optimal for you to attempt another hard workout. The device updates your recovery time throughout the day based on changes in sleep, stress, relaxation, and physical activity.

## Viewing Your Recovery Time

Before you can use the recovery time feature, you must have a Garmin device with wrist-based heart rate or a compatible chest heart rate monitor paired with your device ([Pairing Your Wireless Sensors, page 32](#)). If your device was packaged with a heart rate monitor, the device and sensor are already paired. For the most accurate estimate, complete the user profile setup ([Setting Up Your User Profile, page 30](#)), and set your maximum heart rate ([Setting Your Heart Rate Zones, page 32](#)).

- 1 Select  > **My Stats** > **Recovery** >  > **Enable**.
- 2 Go for a ride.
- 3 After your ride, select **Save**.

The recovery time appears. The maximum time is 4 days, and the minimum time is 6 hours.

## Turning Off Performance Notifications

Performance notifications are turned on by default. Some performance notifications are alerts that appear upon completion of your activity. Some performance notifications appear during an activity or when you achieve a new performance measurement, such as a new VO2 max. estimate.

- 1 Select  > **My Stats** > **Performance Notifications**.
- 2 Select an option.

## Viewing Your Fitness Age

Before the device can calculate an accurate fitness age, you must complete the user profile setup in the Garmin Connect app.

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

Select  > **My Stats** > **Fitness Age**.

## Viewing Intensity Minutes

Before the device can calculate your intensity minutes, you must pair your device and go for a ride with a compatible heart rate monitor ([Pairing Your Wireless Sensors, page 32](#)).

To improve your health, organizations such as the World Health Organization recommend at least 150 minutes per week of moderate intensity activity or 75 minutes per week of vigorous intensity activity. The Edge bike computer, when paired with a heart rate monitor, tracks your time spent participating in moderate to vigorous activities, your weekly intensity minutes goal, and progress toward your goal.

Select  > **My Stats** > **Intensity Minutes**.

## Personal Records



When you complete a ride, the device displays any new personal records you achieved during that ride. Personal records include your fastest time over a standard distance, longest ride, and most ascent gained during a ride. When paired with a compatible power meter, the device displays the maximum power reading recorded during a 20-minute period.

## Viewing Your Personal Records

Select  > **My Stats** > **Personal Records**.




## Reverting a Personal Record

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

- 1 Select  > **My Stats** > **Personal Records**.
- 2 Select a record to revert.
- 3 Select **Previous Record** > .

**NOTE:** This does not delete any saved activities.

## Deleting a Personal Record


- 1 Select  > **My Stats** > **Personal Records**.
- 2 Select a personal record.
- 3 Select  > .

## Training Zones

- Heart rate zones ([Setting Your Heart Rate Zones, page 32](#))
- Power zones ([Setting Your Power Zones, page 33](#))

## Setting Up Your User Profile

You can update your sex, age, weight, and height settings. The device uses this information to calculate accurate ride data.

- 1 Select  > **My Stats** > **User Profile**.
- 2 Select an option.

## Wireless Sensors

Your Edge bike computer can be paired and used with wireless sensors using ANT+ or Bluetooth technology ([Pairing Your Wireless Sensors, page 32](#)). After the devices are paired, you can customize the optional data fields ([Adding a Data Screen, page 40](#)). If your device was packaged with a sensor, they are already paired.

For information about specific Garmin sensor compatibility, purchasing, or to view the owner's manual, go to [buy.garmin.com](http://buy.garmin.com) for that sensor.

Sensor Type	Description
eBike	You can use your device with your eBike and view bike data, such as battery and shifting information, during your rides ( <a href="#">Viewing eBike Sensor Details, page 35</a> ).
Edge Remote	You can control your Edge bike computer with the Edge remote, including starting the activity timer, marking laps, and scrolling through data screens.
Heart Rate	You can use an external sensor, such as the HRM-Fit™, HRM-Pro™ series, or HRM-Dual™ heart rate monitor, to view heart rate data during your activities.
inReach Remote	The inReach® remote function allows you to control your inReach satellite communicator using your Edge bike computer ( <a href="#">Using the inReach Remote, page 35</a> ).
Lights	You can use Varia™ smart bike lights to improve situational awareness.
Power	You can use the Rally™ or Vector™ power meter bike pedals to view power data on your device. You can adjust the power zones to match your goals and abilities ( <a href="#">Setting Your Power Zones, page 33</a> ), or use range alerts to be notified when you reach a specified power zone ( <a href="#">Setting Range Alerts, page 41</a> ).
Radar	You can use a Varia rearview bike radar to improve situational awareness and send alerts about approaching vehicles. With a Varia radar camera tail light, you can also take photos and record video during a ride ( <a href="#">Using the Varia Camera Controls, page 34</a> ).
Shimano E-Bike	You can use your bike computer with your Shimano® eBike system and view bike data, such as battery and shifting information, during your rides ( <a href="#">Viewing eBike Sensor Details, page 35</a> ).
Smart Trainer	You can use your bike computer with an indoor bike smart trainer to simulate resistance while following a course or ride ( <a href="#">Using an Indoor Trainer, page 26</a> ).
Speed/Cadence	You can attach speed or cadence sensors to your bike and view the data on your bike computer during your ride. If necessary, you can manually enter your wheel circumference ( <a href="#">Wheel Size and Circumference, page 60</a> ).
Tempe	You can attach the tempe™ temperature sensor to a secure strap or loop where it is exposed to ambient air, so it provides a consistent source of accurate temperature data.
VIRB	The VIRB® remote function allows you to control your VIRB action camera using your bike computer.

## Pairing Your Wireless Sensors

Before you can pair, you must put on the heart rate monitor or install the sensor.

The first time you connect a wireless sensor to your device using ANT+ or Bluetooth technology, you must pair the device and sensor. If the sensor has both ANT+ and Bluetooth technology, Garmin recommends that you pair using ANT+ technology. After they are paired, the Edge bike computer connects to the sensor automatically when you start an activity and the sensor is active and within range.

**NOTE:** If your device was packaged with a sensor, they are already paired.

- 1 Bring the device within 3 m (10 ft.) of the sensor.

**NOTE:** Stay 10 m (33 ft.) away from other riders' sensors while pairing.

- 2 Select  > **Sensors** > **Add Sensor**.

- 3 Select an option:

- Select a sensor type.
- Select **Search All** to search for all nearby sensors.

A list of available sensors appears.

- 4 Select one or more sensors to pair with your device.

- 5 Select **Add**.

When the sensor is paired with your device, the sensor status is Connected. You can customize a data field to display sensor data.

## Wireless Sensor Battery Life

After you go for a ride, battery life levels for the wireless sensors that were connected during the activity appear. The list is sorted by battery level.

## Setting Your Heart Rate Zones

The device uses your user profile information from the initial setup to determine your heart rate zones. You can manually adjust the heart rate zones according to your fitness goals ([Fitness Goals, page 33](#)). For the most accurate calorie data during your activity, you should set your maximum heart rate, resting heart rate, and heart rate zones.

- 1 Select  > **My Stats** > **Training Zones** > **Heart Rate Zones**.

- 2 Enter your maximum and resting heart rate values.

The zone values update automatically, but you can also edit each value manually.

- 3 Select **Based On:**.

- 4 Select an option:

- Select **BPM** to view and edit the zones in beats per minute.
- Select **% Max.** to view and edit the zones as a percentage of your maximum heart rate.
- Select **% HRR** to view and edit the zones as a percentage of your heart rate reserve (maximum heart rate minus resting heart rate).

## About Heart Rate Zones

Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per minute. The five commonly accepted heart rate zones are numbered from 1 to 5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

## Fitness Goals

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

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

If you know your maximum heart rate, you can use the table ([Heart Rate Zone Calculations, page 60](#)) to determine the best heart rate zone for your fitness objectives.


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

## Training with Power Meters

- Go to [www.garmin.com/cycling](http://www.garmin.com/cycling) for a list of power meters that are compatible with your Edge bike computer (such as Rally and Vector systems).
- For more information, see the owner's manual for your power meter.
- Adjust your power zones to match your goals and abilities ([Setting Your Power Zones, page 33](#)).
- Use range alerts to be notified when you reach a specified power zone ([Setting Range Alerts, page 41](#)).
- Customize the power data fields ([Adding a Data Screen, page 40](#)).

## Setting Your Power Zones


The values for the zones are default values and may not match your personal abilities. You can manually adjust your zones on the device or using Garmin Connect. If you know your functional threshold power (FTP) value, you can enter it and allow the software to calculate your power zones automatically.

- 1 Select  > **My Stats** > **Training Zones** > **Power Zones**.
- 2 Enter your FTP value.
- 3 Select **Based On**.
- 4 Select an option:
  - Select **watts** to view and edit the zones in watts.
  - Select **% FTP** to view and edit the zones as a percentage of your functional threshold power.
  - Select **Configuration** to edit the number of power zones.

## Calibrating Your Power Meter

Before you can calibrate your power meter, you must install it, pair it with your device, and ensure the power meter is actively transmitting data.

For calibration instructions specific to your power meter, see the manufacturer's instructions.

- 1 Select  > **Sensors**.
- 2 Select your power meter.
- 3 Select **Calibrate**.

**TIP:** Keep your power meter active until the message appears.
- 4 Follow the on-screen instructions.

## Pedal-Based Power

Rally measures pedal-based power.

Rally measures the force you apply a few hundred times every second. Rally also measures your cadence or rotational pedaling speed. By measuring the force, the direction of force, the rotation of the crank arm, and time, Rally can determine power (watts). Because Rally independently measures left and right leg power, it reports your left-right power balance.

**NOTE:** The single-sensing Rally system does not provide left-right power balance.

## Updating the Rally System Software Using the Edge Bike Computer

Before you can update the software, you must pair your Edge bike computer with your Rally system.

- 1 Send your ride data to your Garmin Connect account ([Sending Your Ride to Garmin Connect, page 37](#)).  
Garmin Connect automatically looks for software updates and sends them to your Edge bike computer.
- 2 Bring your Edge bike computer within range (3 m) of the power meters.
- 3 Rotate the crank arm a few times. The Edge bike computer prompts you to install all pending software updates.
- 4 Follow the on-screen instructions.

## Situational Awareness

### WARNING

The Varia line of cycling awareness products can improve situational awareness. They are not a replacement for cyclist attentiveness and good judgment. Always maintain awareness of your surroundings, and operate the bicycle in a safe manner. Failure to do so could result in serious injury or death.



Your Edge bike computer can be used with the Varia line of cycling awareness products ([Wireless Sensors, page 31](#)). See the owner's manual for your accessory for more information.

## Using the Varia Camera Controls

### NOTICE

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


Before you can use the Varia camera controls, you must pair the accessory with your device ([Pairing Your Wireless Sensors, page 32](#)).

- 1 Swipe down from the top of the screen to open the widgets.
- 2 From the Varia camera controls widget, select an option:
  - Select **Radar Camera** to view the camera settings.
  - Select  to take a photo.
  - Select  to save a clip.

## Enabling the Green Threat Level Tone

Before you can enable the green threat level tone, you must pair the device with a compatible Varia rearview radar device and enable tones.

You can enable a tone that plays when your radar transitions to the green threat level.



- 1 Select  > **Sensors**.
- 2 Select your radar device.
- 3 Select **Sensor Details** > **Alert Settings**.
- 4 Select the **Green Threat Level Tone** toggle switch.

## eBike Training

Before you can use a compatible eBike, such as a Shimano eBike system, you must pair it with your Edge device ([Pairing Your Wireless Sensors, page 32](#)). You can customize the optional eBike data screen and data fields ([Adding a Data Screen, page 40](#)).







## Viewing eBike Sensor Details

- 1 Select  > **Sensors**.
- 2 Select your eBike.
- 3 Select an option:
  - To view eBike details, such as the odometer or travel distance, select **Sensor Details** > **eBike Details**.
  - To view eBike error messages, select .See the eBike owner's manual for more information.

## inReach Remote

The inReach remote function allows you to control your inReach satellite communicator using your Edge bike computer. Go to [buy.garmin.com](http://buy.garmin.com) for more information about compatible devices.

### Using the inReach Remote

- 1 Turn on the inReach satellite communicator.
- 2 On your Edge bike computer, select  > **Sensors** > **Add Sensor** > **inReach**.
- 3 Select your inReach satellite communicator, and select **Add**.
- 4 From the home screen, swipe down, and swipe left or right to view the inReach remote widget.
- 5 Select an option:
  - To send a preset message, select  > **Send Preset**, and select a message from the list.
  - To send a text message, select  > **Start Conversation**, select the message contacts, and enter the message text or select a quick text option.
  - To view the timer and distance traveled during a tracking session, select  > **Start Tracking**.
  - To send an SOS message, select **SOS**.

**NOTE:** You should only use the SOS function in a real emergency situation.

## History

History includes time, distance, calories, speed, lap data, elevation, and optional information about sensors using ANT+ technology.

**NOTE:** History is not recorded while the activity timer is stopped or paused.

When the device memory is full, a message appears. The device does not automatically delete or overwrite your history. Upload your history to your Garmin Connect account periodically to keep track of all your ride data.

## Viewing Your Ride

- 1 Select **History** > **Rides**.
- 2 Select a ride.
- 3 Select an option.


## Viewing Your Time in Each Training Zone

Before you can view your time in each training zone, you must pair your device with a compatible heart rate monitor or power meter, complete an activity, and save the activity.

Viewing your time in each heart rate and power zone can help you adjust your training intensity. You can adjust your power zones ([Setting Your Power Zones, page 33](#)) and your heart rate zones ([Setting Your Heart Rate Zones, page 32](#)) to match your goals and abilities. You can customize a data field to display your time in training zones during your ride ([Adding a Data Screen, page 40](#)).

- 1 Select **History > Rides**.
- 2 Select a ride.
- 3 Select **Summary**.
- 4 Select an option:
  - Select **HR Zones**.
  - Select **Power Zones**.

## Deleting a Ride


- 1 Select **History > Rides**.
- 2 Swipe a ride to the left and select .

## Viewing Data Totals

You can view the accumulated data you have saved to the device, including the number of rides, time, distance, and calories.

Select **History > Totals**.

## Deleting Data Totals

- 1 Select **History > Totals**.
- 2 Select an option:
  - Select  to delete all data totals from the history.
  - Select an activity profile to delete accumulated data totals for a single profile.

**NOTE:** This does not delete any saved activities.

- 3 Select .

## Garmin Connect

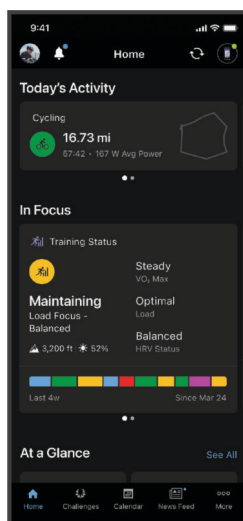
You can connect with your friends on Garmin Connect. Garmin Connect gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, rides, swims, hikes, triathlons, and more.

You can create your free Garmin Connect account when you pair your device with your phone using the Garmin Connect app, or you can go to [connect.garmin.com](https://connect.garmin.com).

**Store your activities:** After you complete and save an activity with your device, you can upload that activity to Garmin Connect and keep it as long as you want.

**Analyze your data:** You can view more detailed information about your activity, including time, distance, elevation, heart rate, calories burned, cadence, an overhead map view, pace and speed charts, and customizable reports.

**NOTE:** Some data requires an optional accessory such as a heart rate monitor.



**Share your activities:** You can connect with friends to follow each other's activities or share links to your activities.

## Sending Your Ride to Garmin Connect

- Sync your Edge bike computer with the Garmin Connect app on your phone.
- Use the USB cable that came with your Edge bike computer to send ride data to your Garmin Connect account on your computer.

## Data Recording

The device records points every second. Recording points every second provides an extremely detailed track and uses more of the available memory.

For information about data averaging for cadence and power, see [Data Averaging for Cadence or Power](#), page 46.

## Data Management

**NOTE:** The device is not compatible with Windows® 95, 98, Me, Windows NT®, and Mac® OS 10.3 and earlier.

## Connecting the Device to Your Computer

### NOTICE

To prevent corrosion, thoroughly dry the USB port, the weather cap, and the surrounding area before charging or connecting to a computer.

- 1 Pull up the weather cap from the USB port.
- 2 Plug one end of the cable into the USB port on the device.
- 3 Plug the other end of the cable into a computer USB port.

Your device appears as a removable drive in This PC on Windows computers and as an available disk on Mac computers.

## Transferring Files to Your Device

- 1 Connect the device to your computer.

On Windows computers, the device appears as a removable drive or a portable device. On Mac computers, the device appears as a mounted volume.

**NOTE:** Some computers with multiple network drives may not display device drives properly. See your operating system documentation to learn how to map the drive.

- 2 On your computer, open the file browser.
- 3 Select a file.
- 4 Select **Edit > Copy**.
- 5 Open the portable device, drive, or volume for the device.
- 6 Browse to a folder.
- 7 Select **Edit > Paste**.

The file appears in the list of files in the device memory.

## Deleting Files

### NOTICE

If you do not know the purpose of a file, do not delete it. Your device memory contains important system files that should not be deleted.

- 1 Open the **Garmin** drive or volume.
- 2 If necessary, open a folder or volume.
- 3 Select a file.
- 4 Press the **Delete** key on your keyboard.

**NOTE:** If you are using an Apple computer, you must empty the Trash folder to completely remove the files.

## Disconnecting the USB Cable

If your device is connected to your computer as a removable drive or volume, you must safely disconnect your device from your computer to avoid data loss. If your device is connected to your Windows computer as a portable device, it is not necessary to safely disconnect the device.

- 1 Complete an action:
  - For Windows computers, select the **Safely Remove Hardware** icon in the system tray, and select your device.
  - For Apple computers, select the device, and select **File > Eject**.
- 2 Disconnect the cable from your computer.

# Customizing Your Device

## Connect IQ Downloadable Features

You can add Connect IQ features to your device from Garmin and other providers using the Connect IQ app.

**Data Fields:** Allow you to download new data fields that present sensor, activity, and history data in new ways. You can add Connect IQ data fields to built-in features and pages.

**Widgets:** Provide information at a glance, including sensor data and notifications.

**Apps:** Add interactive features to your device, such as new outdoor and fitness activity types.



## Downloading Connect IQ Features Using Your Computer

- 1 Connect the device to your computer using a USB cable.
- 2 Go to [apps.garmin.com](https://apps.garmin.com), and sign in.
- 3 Select a Connect IQ feature, and download it.
- 4 Follow the on-screen instructions.

## Updating Your Activity Profile








You can customize three activity profiles. You can customize your settings and data fields for a particular activity or trip.

**TIP:** You can also customize the activity profiles from the device settings in the Garmin Connect app.

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 If necessary, select  to edit the name and color for the profile.
- 4 Select an option:
  - Select **Data Screens** to customize the data screens and data fields ([Adding a Data Screen, page 40](#)).
  - Select **Climbs** > **ClimbPro** to enable the ClimbPro feature ([Using ClimbPro, page 13](#)).
  - Select **Climbs** > **Climb Detection** to customize which types of climbs the device detects.
  - Select **Alerts and Prompts** to customize your activity alerts ([Alerts and Prompts Settings, page 41](#)).
  - Select **Alerts and Prompts** > **Sharp Bend Warnings** to enable navigation warning messages for difficult turns.
  - Select **Alerts and Prompts** > **High Traffic Road Warnings** to enable navigation warning messages for high traffic roads.
  - Select **Alerts and Prompts** > **Lap** to set how laps are triggered ([Marking Laps by Position, page 42](#)).
  - Select **Timer** > **Auto Pause** to change when the activity timer automatically pauses ([Using Auto Pause, page 43](#)).
  - Select **Timer** > **Timer Start Mode** to customize how the device detects the start of a ride and automatically starts the activity timer ([Starting the Timer Automatically, page 43](#)).
  - Select **Navigation** > **Map** to customize the map settings ([Map Settings, page 14](#)).
  - Select **Navigation** > **Routing** to customize the routing settings ([Route Settings, page 15](#)).
  - Select **Navigation** > **Navigation Prompts** to show turn-by-turn navigation prompts as text or on the map.
  - Select **Satellite Systems** to turn off GPS ([Training Indoors, page 25](#)) or change the satellite setting ([Changing the Satellite Setting, page 44](#)).
  - Select **Auto Sleep** to automatically enter sleep mode after five minutes of inactivity ([Using Auto Sleep, page 44](#)).





All changes are saved to the activity profile.

## Adding a Data Screen

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Data Screens** > **Add New** > **Data Screen**.
- 4 Select a category, and select one or more data fields.  
**TIP:** For a list of all the available data fields, go to [Data Fields, page 57](#).
- 5 Select .
- 6 Select an option:
  - Select another category to select more data fields.
  - Select .
- 7 Select  or  to change the layout.
- 8 Select .
- 9 Select an option:
  - Tap a data field, then tap another data field to rearrange them.
  - Double-tap a data field to change it.
- 10 Select .






## Adding a Music Control Data Screen

You can customize a data screen to display music controls and real-time data, such as your lap time or total ascent ([Listening to Music, page 25](#)).





- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Data Screens** > **Add New** > **Music Controls**.
- 4 Hold  and drag the data screen up or down to change the location of the data screen in the loop (optional).
- 5 Select  > **Music Controls** > **Layout and Data Fields**.
- 6 Select an option:
  - Tap a data field, then tap another data field to rearrange them.
  - Double-tap a data field to change it.
- 7 Select .

The added music data screen appears in the list of data screens for the profile ([Rearranging Data Screens, page 41](#)).

## Editing a Data Screen

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Data Screens**.
- 4 Select a data screen.
- 5 Select **Layout and Data Fields**.
- 6 Select  or  to change the layout.
- 7 Select .
- 8 Select an option:
  - Tap a data field, then tap another data field to rearrange them.
  - Double-tap a data field to change it.
- 9 Select .

## Rearranging Data Screens

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Data Screens** >  > **Reorder**.
- 4 Hold  on a data screen and drag it to a new location.
- 5 Select .

## Alerts and Prompts Settings

You can use alerts to train toward specific time, distance, calorie, heart rate, cadence, and power goals. You can also set up navigation alerts. Alert settings are saved with your activity profile.

Select  > **Activity Profiles**, select a profile, and select **Alerts and Prompts**.

**Sharp Bend Warnings:** Enables alerts for difficult turns.

**High Traffic Road Warnings:** Enables alerts for high traffic areas.

**Road Hazard Warnings:** Enables alerts for road hazards, such as potholes or obstructions.

**Unpaved Road Warnings:** Enables alerts for unpaved roads, such as those with dirt or gravel.

**Lap:** Sets how laps are triggered ([Marking Laps by Position, page 42](#)).

**Time Alert:** Sets an alert for a specified time ([Setting Recurring Alerts, page 42](#)).

**Distance Alert:** Sets an alert for a specified distance ([Setting Recurring Alerts, page 42](#)).

**Calorie Alert:** Sets an alert when you have burned a specified number of calories.

**Heart Rate Alert:** Sets the device to alert you when your heart rate is above or below a target zone ([Setting Range Alerts, page 41](#)).

**Cadence Alert:** Sets the device to alert you when your cadence is above or below a custom range of reps per minute ([Setting Range Alerts, page 41](#)).

**Power Alert:** Sets the device to alert you when your power threshold is above or below a target zone ([Setting Range Alerts, page 41](#)).

**Turn Around Alert:** Sets an alert to indicate when you should turn around during your ride.


**Eat Alert:** Sets an alert to notify you to eat at a specified time or distance.

**Drink Alert:** Sets an alert to notify you to drink at a specified time or distance.

**Connect IQ Alerts:** Enables alerts that have been set up in Connect IQ apps.

## Setting Range Alerts



If you have an optional heart rate monitor, cadence sensor, or power meter, you can set up range alerts. A range alert notifies you when the device measurement is above or below a specified range of values. For example, you can set the device to alert you when your cadence is below 40 RPM and over 90 RPM. You can also use a training zone for the range alert ([Training Zones, page 30](#)).

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Alerts and Prompts**.
- 4 Select **Heart Rate Alert**, **Cadence Alert**, or **Power Alert**.
- 5 Select the minimum and maximum values, or select zones.

Each time you exceed or drop below the specified range, a message appears. The device also beeps if audible tones are turned on ([Turning the Device Tones On and Off, page 46](#)).

## Setting Recurring Alerts

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






- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Alerts and Prompts**.
- 4 Select an alert type.
- 5 Turn on the alert.
- 6 Enter a value.
- 7 Select .

Each time you reach the alert value, a message appears. The device also beeps if audible tones are turned on ([Turning the Device Tones On and Off, page 46](#)).

## Auto Lap<sup>\*</sup>



### Marking Laps by Position

You can use the Auto Lap feature to mark the lap at a specific position automatically. This feature is helpful for comparing your performance over different parts of a ride (for example, a long climb or training sprints). During courses, you can use the By Position option to trigger laps at all of the lap positions saved in the course.

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Alerts and Prompts > Lap**.
- 4 Turn on the **Auto Lap** alert.
- 5 Select **Auto Lap Trigger > By Position**.
- 6 Select **Lap At**.
- 7 Select an option:
  - Select **Lap Press Only** to trigger the lap counter each time you press  and each time you pass any of those locations again.
  - Select **Start and Lap** to trigger the lap counter at the GPS location where you press  and at any location during the ride where you press .
  - Select **Mark and Lap** to trigger the lap counter at a specific GPS location marked before the ride and at any location during the ride where you press .
- 8 If necessary, customize the lap data fields ([Adding a Data Screen, page 40](#)).

### Marking Laps by Distance





You can use the Auto Lap feature to mark the lap at a specific distance automatically. This feature is helpful for comparing your performance over different parts of a ride (for example, every 10 miles or 40 kilometers).

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Alerts and Prompts > Lap**.
- 4 Turn on the **Auto Lap** alert.
- 5 Select **Auto Lap Trigger > By Distance**.
- 6 Select **Lap At**.
- 7 Enter a value.
- 8 Select .
- 9 If necessary, customize the lap data fields ([Adding a Data Screen, page 40](#)).




## Marking Laps by Time

You can use the Auto Lap feature to mark the lap at a specific time automatically. This feature is helpful for comparing your performance over different parts of a ride (for example, every 20 minutes).

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Alerts and Prompts > Lap**.
- 4 Turn on the **Auto Lap** alert.
- 5 Select **Auto Lap Trigger > By Time**.
- 6 Select **Lap At**.
- 7 Select the hours, minutes, or seconds value.
- 8 Select  or  to enter a value.
- 9 Select .
- 10 If necessary, customize the lap data fields ([Adding a Data Screen, page 40](#)).

## Customizing the Lap Banner


You can customize the data fields that appear in the lap banner.

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Alerts and Prompts > Lap**.
- 4 Turn on the **Auto Lap** alert.
- 5 Select **Custom Lap Banner**.
- 6 Select a data field to change it.

## Using Auto Pause



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

**NOTE:** History is not recorded while the activity timer is stopped or paused.

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Timer > Auto Pause**.
- 4 Select an option:
  - Select **When Stopped** to pause the timer automatically when you stop moving.
  - Select **Custom** to pause the timer automatically when your speed drops below a specified value.
- 5 If necessary, customize optional time data fields ([Adding a Data Screen, page 40](#)).


## Starting the Timer Automatically

This feature automatically detects when your device has acquired satellites and is moving. It starts the activity timer or reminds you to start the activity timer so you can record your ride data.

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Timer > Timer Start Mode**.
- 4 Select an option:
  - Select **Manual**, and select  to start the activity timer.
  - Select **Prompted** to display a visual reminder when you reach the start notice speed.
  - Select **Auto** to start the activity timer automatically when you reach the start speed.


## Changing the Satellite Setting

For increased performance in challenging environments and faster GPS position location, you can enable Multi-GNSS. Using GPS and another satellite together reduces battery life more quickly than using only GPS.

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Satellite Systems**.
- 4 Select an option.



## Using Auto Sleep

You can use the Auto Sleep feature to automatically enter sleep mode after 5 minutes of inactivity. During sleep mode, the screen is turned off and sensors, Bluetooth technology, and GPS are disabled.

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Auto Sleep**.

## Using Auto Scroll

You can use the Auto Scroll feature to automatically cycle through all of the training data screens while the timer is running.

- 1 Select  > **Activity Profiles**.
- 2 Select a profile.
- 3 Select **Data Screens** >  > **Auto Scroll**.
- 4 Select a display speed.

## Phone Settings

Select  > **Phone**.

**Enable:** Enables Bluetooth.

**NOTE:** Other Bluetooth settings appear only when you enable Bluetooth technology.

**Friendly Name:** Allows you to enter a friendly name that identifies your devices with Bluetooth.

**Pair Smartphone:** Connects your device with a compatible Bluetooth enabled phone. This setting allows you to use Bluetooth connected features, including LiveTrack and activity uploads to Garmin Connect.

**Sync Now:** Allows you to sync your device with your compatible phone.

**Smart Notifications:** Allows you to enable phone notifications from your compatible phone.





**Missed Notifications:** Displays missed phone notifications from your compatible phone.

**Text Reply Signature:** Enables signatures in your text message replies. This feature is available with compatible Android phones.

## Guest Mode

The guest mode feature allows you to limit the features and settings available before sharing the device with a guest user.

### Enabling Guest Mode

- 1 Select  > **Guest Mode** > **Enable**.
- 2 Select an option:
  - To enable guest mode and require a code to disable it, select , enter a 4-digit code, and select .
  - To enable guest mode without requiring a code, select .

The device limits the settings available for customization.



## Disabling Guest Mode

1 Select  > **Guest Mode** > **Enable**.

2 If necessary, enter the 4-digit code, and select .

**NOTE:** After three incorrect attempts, you are prompted to enter the universal unlock code: Garmin.

3 Select an option:

- Select  to restore the device settings used before guest mode was enabled.
- Select  to keep the device settings used while guest was enabled.

## System Settings

Select  > **System**.

- Display Settings ([Display Settings, page 45](#))
- Widget Settings ([Customizing the Widget Loop, page 45](#))
- Data Recording Settings ([Data Recording Settings, page 46](#))
- Unit Settings ([Changing the Units of Measure, page 46](#))
- Tone Settings ([Turning the Device Tones On and Off, page 46](#))
- Language Settings ([Changing the Device Language, page 46](#))

## Display Settings

Select  > **System** > **Display**.

**Brightness:** Sets the backlight brightness.

**Backlight Timeout:** Sets the length of time before the backlight turns off.


**Color Mode:** Sets the device to display day or night colors. You can select the Auto option to allow the device to set day or night colors automatically based on the time of day.

**Screen Capture:** Allows you to save the image on the device screen when you press .

## Using the Backlight

You can tap the touchscreen to turn on the backlight.

**NOTE:** You can adjust the backlight timeout ([Display Settings, page 45](#)).




- 1 From the home screen or a data screen, swipe down from the top of the screen.
- 2 Select , and use the slider bar to manually adjust the brightness.

## Customizing the Glances

1 Scroll to the bottom of the home screen.

2 Select .

3 Select an option:




- Select  to add a glance to the glance loop.
- Select  to drag the glance up or down to change the location of the glance in the glance loop.
- Swipe left on a glance, and select  to remove the glance from the glance loop.

## Customizing the Widget Loop

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

1 Select  > **System** > **Widgets**.

2 Select an option:

- Select  to add a widget to the widget loop.
- Select  to drag the widget up or down to change the location of the widget in the widget loop.
- Swipe left on a widget, and select  to remove the widget from the widget loop.

## Data Recording Settings

Select  > **System** > **Data Recording**.

**Cadence Averaging:** Controls whether the device includes zero values for cadence data that occur when you are not pedaling ([Data Averaging for Cadence or Power, page 46](#)).

**Power Averaging:** Controls whether the device includes zero values for power data that occur when you are not pedaling ([Data Averaging for Cadence or Power, page 46](#)).

**Log HRV:** Sets the device to record your heart rate variability during an activity.


### Data Averaging for Cadence or Power

The non-zero data-averaging setting is available if you are training with an optional cadence sensor or power meter. The default setting excludes zero values that occur when you are not pedaling.

You can change the value of this setting ([Data Recording Settings, page 46](#)).

## Changing the Units of Measure

You can customize units of measure for distance and speed, elevation, temperature, weight, position format, and time format.

- 1 Select  > **System** > **Units**.
- 2 Select a measurement type.
- 3 Select a unit of measure for the setting.

## Turning the Device Tones On and Off

Select  > **System** > **Tones**.

## Changing the Device Language

Select  > **System** > **Language**.

## Time Zones

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

# Device Information

## Charging the Device

### NOTICE

To prevent corrosion, thoroughly dry the USB port, the weather cap, and the surrounding area before charging or connecting to a computer.

The device is powered by a built-in lithium-ion battery that you can charge using a standard wall outlet or a USB port on your computer.

**NOTE:** The device will not charge when outside the approved temperature range ([Specifications, page 53](#)).

- 1 Pull the weather cap ① from the USB port ②.



- 2 Plug the small end of the USB cable into the USB port on the device.
- 3 Plug the large end of the USB cable into an AC adapter or a computer USB port.
- 4 Plug the AC adapter into a standard wall outlet.

When you connect the device to a power source, the device turns on.

- 5 Charge the device completely.

After you charge the device, close the weather cap.

## About the Battery

### ⚠ WARNING

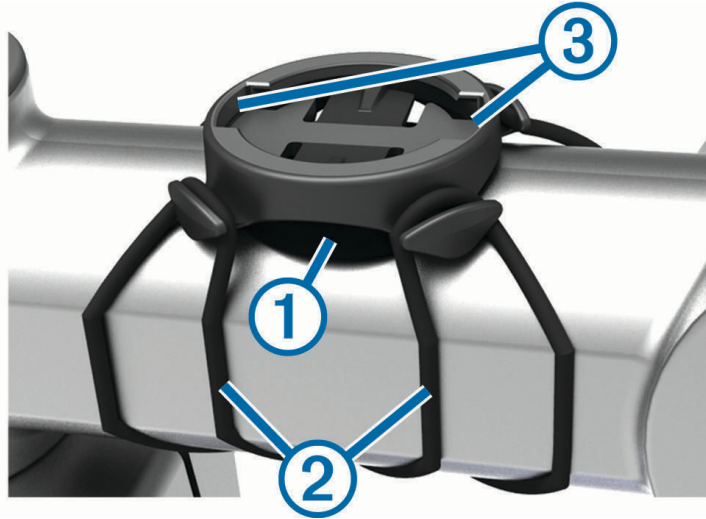
This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

## Installing the Standard Mount

For the best GPS reception and screen visibility, position the bike mount so the device is horizontal to the ground and the front of the device is oriented toward the sky. You can install the bike mount on the stem or the handlebar.

**NOTE:** If you do not have this mount, you can skip this task.

- 1 Select a secure location to mount the device where it does not interfere with the safe operation of your bike.
- 2 Place the rubber disk ① on the back of the bike mount.  
Two rubber disks are included, and you can select the disk that best fits your bike. The rubber tabs align with the back of the bike mount so it stays in place.



- 3 Place the bike mount on the bike stem.
- 4 Attach the bike mount securely using the two bands ②.
- 5 Align the tabs on the back of the device with the bike mount notches ③.
- 6 Press down slightly and turn the device clockwise until it locks into place.



## Releasing the Edge

- 1 Turn the Edge clockwise to unlock the device.
- 2 Lift the Edge off the mount.

## Attaching a Tether

You can use the optional tether to secure the Edge device to your bike handlebar.

- 1 Pull up the weather cap from the USB port.
- 2 Starting from the back of the device, insert the loop of the tether ① through the slot in the device.



- 3 Thread the other end of the tether ② through the loop, and pull it tight.
- 4 Close the weather cap, making sure that the tether aligns with the notch.

## Edge Power Mount Overview



①	Out-front mount
②	Weather cap
③	Locking ring
④	Status LED
⑤	Power pod
⑥	Power pod cable

## Installing the Edge Power Mount

You can use the power mount to install your Edge device and connect it to your eBike. Garmin recommends that you adjust the mount for the Edge viewing angle before you connect the cable to your eBike.

**NOTE:** If you do not have this mount, you can skip this task.

- 1 Select a secure location to mount the Edge device where it does not interfere with the safe operation of your eBike.
- 2 Use the 2.5 mm hex key to remove the screw ① from the handlebar connector ②.



- 3 Place a rubber pad around the handlebar:
  - If the handlebar diameter is 25.4 mm, use the thicker pad.
  - If the handlebar diameter is 31.8 mm, use the thinner pad.
  - If the handlebar diameter is 35 mm, do not use a rubber pad.

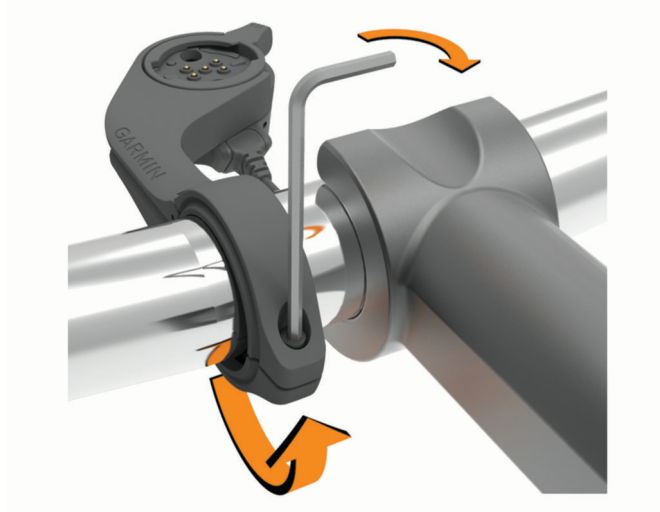
- 4 Place the handlebar connector around the rubber pad.

**NOTE:** You should align the contours on the rubber pad with the grooves on the inside of the handlebar connector.



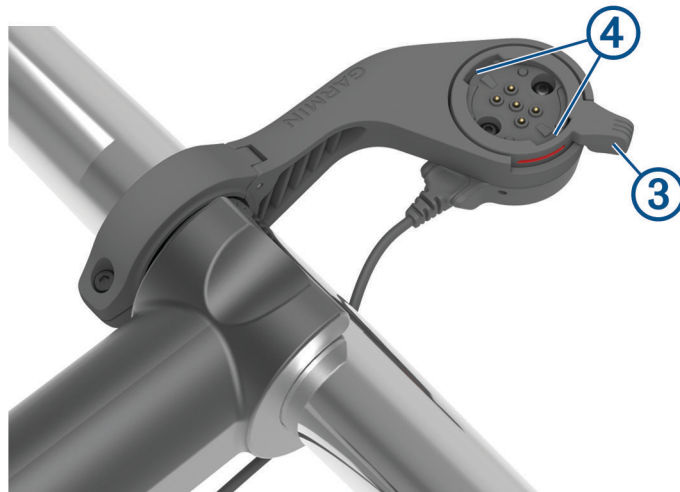
- 5 Replace the screw, and use the 2.5 mm hex key to tighten the screw until the mount is secure.

**NOTE:** You should check the tightness of the screw periodically.



- 6 Open the locking ring ③.

**NOTE:** The locking ring is in the open position when the red line is visible on the side of the mount.



- 7 Align the tabs on the back of the Edge device with the eBike mount notches ④.

- 8 Press down slightly and close the lever to lock the Edge device into the mount.
- 9 Connect the power pod cable ⑤ to the compatible power cable on your eBike (*Required Cables*, page 52).



Required Cables

In order to complete the installation, you must purchase one of these compatible cables:

- Bosch® power mount accessory cable
- Shimano power mount accessory cable

**NOTE:** Garmin recommends having a bike technician trim the compatible Shimano cable to the correct length.

Wire Color	Wire Function
Red	Power
Yellow	Power
Blue	Ground
Black	Ground

- USB-A power mount accessory cable

**NOTE:** If you have trouble installing and wiring the mount, Garmin recommends visiting a bike service store for assistance.

Edge Power Mount Status LED

LED Activity	Status
Solid green	The power mount is connected to power, but it is not connected to an Edge device.
Flashing green	The power mount is connected to the Edge device and is charging.
Flashing red	An error occurred. Unplug the power mount, and remove the Edge device. Plug the power mount in again, and install the Edge device. If the red flashing continues, contact Product Support.

## Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to 16 hr.
Operating temperature range	From -20° to 60°C (from -4° to 140°F) <b>NOTE:</b> Battery life may be reduced when operating between -20° to 0°C.
Charging temperature range	From 0° to 45°C (from 32° to 113°F)
Wireless frequency	2.4 GHz @ 20 dBm maximum
Water rating	IEC 60529 IPX7 <sup>1</sup>

## Product Updates

Your device automatically checks for updates when connected to Bluetooth. You can manually check for updates from the system settings ([System Settings, page 45](#)). On your computer, install Garmin Express ([garmin.com/express](http://garmin.com/express)). On your phone, install the Garmin Connect app.

This provides easy access to these services for Garmin devices:

- Software updates
- Map updates  
**NOTE:** Map updates are available only through Garmin Express.
- Data uploads to Garmin Connect
- Product registration

### Updating the Software Using the Garmin Connect App

Before you can update your device software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the device with a compatible smartphone ([Pairing Your Phone, page 16](#)).

Sync your device with the Garmin Connect app.

When new software is available, the Garmin Connect app automatically sends the update to your device.

### Updating the Software Using Garmin Express

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

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

## Viewing Device Information

You can view device information, such as the unit ID, software version, and license agreement.

Select  > **System** > **About** > **Copyright Info**.

### Viewing Regulatory and Compliance Information

The label for this device is provided electronically. The e-label may provide regulatory information, such as identification numbers provided by the FCC or regional compliance markings, as well as applicable product and licensing information.

- 1 Select .
- 2 Select **System** > **Regulatory Info**.

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

## Device Care

### NOTICE

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

Never use a hard or sharp object to operate the touchscreen, or damage may result.

Avoid chemical cleaners, solvents, sunscreen, and insect repellents that can damage plastic components and finishes.

Secure the weather cap tightly to prevent damage to the USB port.

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

## Cleaning the Device

### NOTICE

Even small amounts of sweat or moisture can cause corrosion of the electrical contacts when connected to a charger. Corrosion can prevent charging and data transfer.

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

After cleaning, allow the device to dry completely.

## Edge Power Mount Device Care

### NOTICE

Secure the weather cap tightly to prevent damage to the exposed contacts.

Keep the components clean and free of debris.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

Avoid chemical cleaners, solvents, sunscreen, and insect repellents that can damage plastic components and finishes.

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Replace components with Garmin parts only. See your Garmin dealer or the Garmin website.

Contact your local waste disposal department to dispose of the power mount in accordance with applicable local laws and regulations.

## Cleaning the Edge Power Mount

- Clear mud and dirt from the weather cap area and exposed contacts.
- While the weather cap is installed, hold the device under running water.

After cleaning, allow the device to dry completely.

## Cleaning the USB Port

- 1 Turn off the device and disconnect the device from power.
- 2 Clean the USB port using a soft, clean, lint-free cloth or cotton swab.  
**NOTE:** If necessary, you can lightly dampen the cloth or cotton swab with isopropyl alcohol.
- 3 Allow the device to dry completely before you connect it to power.

# Troubleshooting

## Resetting the Edge Bike Computer

If the bike computer stops responding, you may need to reset it. This does not erase any of your data or settings.

Hold  for 12 seconds.

The bike computer resets and turns on.

## Restoring the Default Settings

You can restore the default configuration settings and activity profiles. This will not remove your history or activity data, such as rides and courses.

Select  > **System** > **Device Reset** > **Reset Default Settings** > .

## Clearing User Data and Settings

You can clear all user data and restore the device to its initial setup. This removes your history and data, such as rides and courses, and resets the device settings and activity profiles. This will not remove any files you added to the device from your computer.

Select  > **System** > **Device Reset** > **Delete Data and Reset Settings** > .

## Exiting Demo Mode

Demo mode shows a preview of features on your Edge bike computer.


- 1 Press  eight times.
- 2 Select .

## Maximizing Battery Life

- Turn on **Battery Saver** ([Turning On Battery Saver Mode, page 55](#)).
- Decrease the backlight brightness ([Using the Backlight, page 45](#)) or shorten the backlight timeout ([Display Settings, page 45](#)).
- Turn on the **Auto Sleep** feature ([Using Auto Sleep, page 44](#)).
- Turn off the **Phone** wireless feature ([Phone Settings, page 44](#)).
- Select the **GPS** setting ([Changing the Satellite Setting, page 44](#)).
- Remove wireless sensors that you no longer use.

## Turning On Battery Saver Mode

Battery saver mode allows you to adjust the settings to extend the battery life for longer rides.

- 1 Select  > **Battery Saver** > **Enable**.
- 2 Select an option:
  - Select **Reduce Backlight** to reduce the backlight brightness.
  - Select **Hide Map** to hide the map screen.

**NOTE:** When this option is enabled, navigation turn prompts still appear.

- Select **Satellite Systems** to change the satellite setting.

The estimated battery life remaining appears at the top of the screen.

After your ride, you should charge your device and disable battery saver mode to use all the device features.

## My phone will not connect to the device

If your phone will not connect to the device, you can try these tips.

- Turn off your phone and your device, and turn them back on again.
- Enable Bluetooth technology on your phone.
- Update the Garmin Connect app to the latest version.
- Remove your device from the Garmin Connect app and the Bluetooth settings on your phone to retry the pairing process.
- If you bought a new phone, remove your device from the Garmin Connect app on the phone you intend to stop using.
- Bring your phone within 10 m (33 ft.) of the device.
- On your phone, open the Garmin Connect app, select **•••**, and select **Garmin Devices > Add Device** to enter pairing mode.
- Swipe down on the home screen to view the status widget, and select **Phone > Pair Smartphone** to manually enter pairing mode.

## Improving GPS Satellite Reception

- Frequently sync the device to your Garmin account:
  - Connect your device to a computer using the USB cable and the Garmin Express application.
  - Sync your device to the Garmin Connect app using your Bluetooth enabled phone.

While connected to your Garmin account, the device downloads several days of satellite data, allowing it to quickly locate satellite signals.

- Take your device outside to an open area away from tall buildings and trees.
- Remain stationary for a few minutes.

## My device is in the wrong language

- 1 Select **≡**.
- 2 Scroll down to the second-to-last item in the list, and select it.
- 3 Scroll down to the seventh item in the list, and select it.
- 4 Select your language.

## Calibrating the Barometric Altimeter

Your device was already calibrated at the factory, and the device uses automatic calibration at your GPS starting point by default. You can manually calibrate the barometric altimeter if you know the correct elevation.

- 1 Select **≡ > System > Altimeter**.
- 2 Select an option:
  - To calibrate automatically from your GPS starting point, select **Auto Cal..**
  - To enter the current elevation manually, select **Calibrate > Enter Manually**.
  - To enter the current elevation from the digital elevation model (DEM), select **Calibrate > Use DEM**.
  - To enter the current elevation from your GPS starting point, select **Calibrate > Use GPS**.

## Setting Your Elevation

If you have accurate elevation data for your present location, you can manually calibrate the altimeter on your device.

- 1 Select **Navigation > ⋮ > Set Elevation**.
- 2 Enter the elevation, and select **✓**.

## Temperature Readings

The device may display temperature readings that are higher than the actual air temperature if the device is placed in direct sunlight, held in your hand, or is charging with an external battery pack. Also, the device will take some time to adjust to significant changes in temperature.

## Replacement O-rings

Replacement bands (O-rings) are available for the mounts.

**NOTE:** Use Ethylene Propylene Diene Monomer (EPDM) replacement bands only. Go to <http://buy.garmin.com>, or contact your Garmin dealer.

## Getting More Information

- Go to [support.garmin.com](http://support.garmin.com) for additional manuals, articles, and software updates.
- Go to [buy.garmin.com](http://buy.garmin.com), or contact your Garmin dealer for information about optional accessories and replacement parts.

# Appendix

## Data Fields

Some data fields require ANT+ or Bluetooth accessories to display data. Some data fields appear in more than one category on the device.

**TIP:** You can also customize the data fields from the device settings in the Garmin Connect app.

**%Max Heart Rate:** The percentage of maximum heart rate.

**24-Hour Maximum Temperature:** The maximum temperature recorded in the last 24 hours from a compatible temperature sensor.

**24-Hour Minimum Temperature:** The minimum temperature recorded in the last 24 hours from a compatible temperature sensor.

**3s Power:** The 3-second moving average of power output.

**Asc. to Next Course Pt.:** The remaining ascent to the next point on the course.

**Ascent Remaining:** During a course, the remaining ascent when you are using an elevation target.

**Assist Mode:** The current eBike assistance mode.

**Avg Cadence:** Cycling. The average cadence for the current activity.

**Avg Heart Rate:** The average heart rate for the current activity.

**Avg Lap Time:** The average lap time for the current activity.

**Avg Power:** The average power output for the current activity.

**Avg Speed:** The average speed for the current activity.

**Battery Level:** The remaining battery power.

**Battery Status:** The remaining battery power of a bike light accessory.

**Beam Angle Status:** The headlight beam mode.

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

**Cadence Graph:** A line graph showing your cycling cadence values for the current activity.

**Calories:** The amount of total calories burned.

**Course Pt. Distance:** The remaining distance to the next point on the course.

**Destination Location:** The position of your final destination.

**Dist. to Point:** The remaining distance to the next point.

**Distance:** The distance traveled for the current track or activity.

**Distance to Destination:** The remaining distance to the final destination. You must be navigating for this data to appear.

**Distance to Next:** The remaining distance to the next waypoint on the route. You must be navigating for this data to appear.

**eBike Battery:** The remaining battery power of an eBike.

**Elapsed Time:** The total time recorded. For example, if you start the activity timer and ride for 10 minutes, then stop the timer for 5 minutes, then start the timer and ride for 20 minutes, your elapsed time is 35 minutes.

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

**Elevation Graph:** A line graph showing your current elevation, total ascent, and total descent for the current activity.

**ETA at Destination:** The estimated time of day when you will reach the final destination (adjusted to the local time of the destination). You must be navigating for this data to appear.

**ETA at Next:** The estimated time of day when you will reach the next waypoint on the route (adjusted to the local time of the waypoint). You must be navigating for this data to appear.

**GPS Signal Strength:** The strength of the GPS satellite signal.

**Grade:** The calculation of rise (elevation) over run (distance). For example, if for every 3 m (10 ft.) you climb you travel 60 m (200 ft.), the grade is 5%.

**Heading:** The direction you are moving.

**Heart Rate:** Your heart rate in beats per minute (bpm). Your device must be connected to a compatible heart rate monitor.

**Heart Rate Graph:** A line graph showing your current, average, and maximum heart rate values for the current activity.

**Heart Rate Zone:** The current range of your heart rate (1 to 5). The default zones are based on your user profile and maximum heart rate (220 minus your age).

**Kilojoules:** The accumulated work performed (power output) in kilojoules.

**Lap Ascent:** The vertical distance of ascent for the current lap.

**Lap Cadence:** Cycling. The average cadence for the current lap.

**Lap Descent:** The vertical distance of descent for the current lap.

**Lap Distance:** The distance traveled for the current lap.

**Lap Heart Rate:** The average heart rate for the current lap.

**Lap Power:** The average power output for the current lap.

**Laps:** The number of laps completed for the current activity.

**Lap Speed:** The average speed for the current lap.

**Lap Time:** The stopwatch time for the current lap.

**Light Mode:** The light network configuration mode.

**Lights Connected:** The number of connected lights.

**Max. Power:** The top power output for the current activity.

**Max. Speed:** The top speed for the current activity.

**Next Waypoint:** The next point on the route. You must be navigating for this data to appear.

**Odometer:** A running tally of distance traveled for all trips. This total does not clear when resetting the trip data.

**Power:** The current power output in watts.

**Power Graph:** A line graph showing your current, average, and maximum power output values for the current activity.

**Power Zone:** The current range of power output (1 to 7) based on your FTP or custom settings.

**Shifting Advice:** The recommendation to shift up or down based on your current effort. Your eBike must be in manual shifting mode.

**Smart Travel Range:** The estimated remaining distance the eBike will provide assistance, taking into account the local terrain.



**Speed:** The current rate of travel.

**Speed Graph:** A line graph showing your speed for the current activity.

**Sunrise:** The time of sunrise based on your GPS position.

**Sunset:** The time of sunset based on your GPS position.

**Temperature:** The temperature of the air. Your body temperature affects the temperature sensor.

**Time of Day:** The time of day based on your current location and time settings (format, time zone, daylight saving time).

**Timer:** The stopwatch time for the current activity.

**Time to Destination:** The estimated time remaining before you reach the destination. You must be navigating for this data to appear.

**Time to Next:** The estimated time remaining before you reach the next waypoint in the route. You must be navigating for this data to appear.

**Time to Point:** The remaining time to the next point.

**Total Ascent:** The total elevation distance ascended since the last reset.

**Total Descent:** The total elevation distance descended since the last reset.

**Trainer Controls:** During a workout, the resistance force applied by an indoor trainer.

**Travel Range:** The estimated distance you can travel based on the current eBike settings and remaining battery power.

## VO2 Max. Standard Ratings

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

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

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

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## Heart Rate Zone Calculations

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
1	50–60%	Relaxed, easy pace, rhythmic breathing	Beginning-level aerobic training, reduces stress
2	60–70%	Comfortable pace, slightly deeper breathing, conversation possible	Basic cardiovascular training, good recovery pace
3	70–80%	Moderate pace, more difficult to hold conversation	Improved aerobic capacity, optimal cardiovascular training
4	80–90%	Fast pace and a bit uncomfortable, breathing forceful	Improved anaerobic capacity and threshold, improved speed
5	90–100%	Sprinting pace, unsustainable for long period of time, labored breathing	Anaerobic and muscular endurance, increased power

## Wheel Size and Circumference

When used for cycling, your speed sensor automatically detects your wheel size. If necessary, you can manually enter your wheel circumference in the speed sensor settings.

The tire size for cycling is marked on both sides of the tire. You can measure the circumference of your wheel or use one of the calculators available on the internet.



