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Introduction

Always consult your physician before you begin or modify any exercise program. See the Important Safety and Product Information guide in the product box for product warnings and other important information.

Setting Up the Device

When using your Forerunner® the first time, follow the setup instructions in the Forerunner 210 Quick Start Manual.

Registering Your Device

Help us better support you by completing our online registration today.

- Keep the original sales receipt, or a photocopy, in a safe place.

<table>
<thead>
<tr>
<th>Keys</th>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>light</td>
<td>Press to turn on the backlight. Press to search for a compatible weight scale. Press and hold to turn the device on and off.</td>
</tr>
<tr>
<td>start/stop</td>
<td>Press to start and stop the timer.</td>
</tr>
<tr>
<td>▲▼*</td>
<td>Press to scroll through menus and settings.</td>
</tr>
</tbody>
</table>
Forerunner 210 Owner’s Manual

Introduction

<table>
<thead>
<tr>
<th>Lap/Reset</th>
<th>Press to mark a new lap. Press and hold to save your run and reset the timer.</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Page/Menu</th>
<th>Press to switch between the time of day, timer, and heart rate pages. Press and hold to open the menu.</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>OK *</th>
<th>Press to select menu options and acknowledge messages.</th>
</tr>
</thead>
</table>

*OK, ▲, and ▼ appear with a menu or a message.

### Icons

<table>
<thead>
<tr>
<th>Icon</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>🌋</td>
<td>Battery charge level. For battery life information, see page 18.</td>
</tr>
<tr>
<td>🌋</td>
<td>GPS is on and receiving signals.</td>
</tr>
<tr>
<td>🌋</td>
<td>Fitness equipment is active.</td>
</tr>
<tr>
<td>🌋</td>
<td>Heart rate monitor is active.</td>
</tr>
<tr>
<td>🌋</td>
<td>Foot pod is active.</td>
</tr>
<tr>
<td>🌋</td>
<td>Alarm is on.</td>
</tr>
</tbody>
</table>
Training

Training

Going for a Run

Before you can record history, you must locate satellite signals or pair your Forerunner with a foot pod.

1. From the timer page, press start to start the timer ①.

   History is recorded only while the timer is running. Your distance ② and pace or speed ③ appear on the timer page.

2. After completing your run, press stop.

Saving Your Run

Press and hold reset to save your run and reset the timer.

Displaying Pace or Speed

1. Press and hold menu.
2. Select Setup > Format.
3. Select Pace or Speed.
4. Select Current, Average, or Lap for the type of pace or speed data you want to appear on the timer page.

Using Auto Lap

You can use Auto Lap® to automatically mark the lap at a specific distance.

1. Press and hold menu.
2. Select Auto Lap.
3. Enter the distance, and press OK.
Interval Workouts
You can create interval workouts based on distance or time. Your custom interval workout is saved until you create another interval workout.

Creating an Interval Workout
1. Press and hold menu.
2. Select Intervals > Set.
3. Select Distance or Time.
4. Enter a distance or time interval value, and press OK.
   TIP: To create an open-ended interval, set the value to “Open.”
5. Select Distance or Time for the rest interval.
6. Enter a distance or time value for the rest interval, and press OK.
7. Select the number of repetitions.
8. If necessary, select Yes to add an open-ended warm up to your workout.
9. If necessary, select Yes to add an open-ended cool down to your workout.
10. Select Intervals > On.

Starting an Interval Workout
1. Press start to begin your interval workout.
   If your interval workout has a warm up, you must press lap to begin the first interval.
2. Follow the on-screen instructions.
   When you complete all of the intervals, a message appears.

Stopping an Interval Workout
- At any time, press lap to end an interval early.
- At any time, press stop to stop the timer.
- If your interval workout has a cool down, you must press lap to end the interval workout.
Training

Pairing Your ANT+ Sensor

If your Forerunner does not show heart rate or foot pod data, you may need to pair the accessory to your Forerunner. Pairing is the connecting of ANT+™ wireless sensors, for example, connecting your foot pod with a Forerunner. After you pair the first time, your Forerunner automatically recognizes your foot pod each time it is activated.

Before you can pair, you must put on the heart rate monitor or install the foot pod. For more information, refer to the instructions included with your accessory or refer to the Forerunner 210 Quick Start Manual.

- Bring the Forerunner within range (3 m) of the accessory.
  - Stay 10 m away from other ANT+ sensors while pairing.

- If ❤️ is off, press and hold menu, and select HR Monitor > On.
- If ❤️ is flashing, from the timer page, press page to view the heart rate page.
  - The Forerunner searches for your heart rate signal for 30 seconds.

- If 🍀 is off, press and hold menu, and select Foot Pod > On.
- If 🍀 is flashing, make sure your foot pod is installed correctly, and walk around to activate the foot pod.
  - If you still cannot pair the accessory, replace the accessory battery pages 19–20.

When the accessory is paired, a message appears, and ❤️ or 🍀 appears solid on the screen.
# ANT+ Sensor Troubleshooting

<table>
<thead>
<tr>
<th>Problem</th>
<th>Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have a third-party ANT+ sensor.</td>
<td>Make sure that it is compatible with the Forerunner (<a href="http://www.garmin.com/intosports">www.garmin.com/intosports</a>).</td>
</tr>
</tbody>
</table>
| I cannot pair the foot pod. | GPS needs to be disabled.  
1. Go indoors.  
2. While the Forerunner is trying to locate satellites, press page.  
3. Select Yes. |
| The heart rate data is inaccurate or erratic. | • Make sure that the heart rate monitor is snug against your body.  
• Warm up for 5–10 minutes.  
• Reapply moisture to the electrodes and contact patch. Use water, saliva, or electrode gel.  
• Wash the strap after every seven uses ([page 21](#)).  
• Wear a cotton shirt or wet your shirt if suitable for your activity. Synthetic fabrics that rub or flap against the heart rate monitor can create static electricity that interferes with heart rate signals.  
• Move away from sources of strong electromagnetic fields and some 2.4 GHz wireless sensors, which can interfere with your heart rate monitor. Sources of interference may include high-voltage power lines, electric motors, microwave ovens, 2.4 GHz cordless phones, and wireless LAN access points. |
Heart Rate Monitor

About Heart Rate Zones
Many athletes are using 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.
- Knowing your heart rate zones can prevent you from overtraining and can decrease your risk of injury.

If you know your maximum heart rate, you can use the table (page 9) 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.

Setting Your Heart Rate Zones
1. Press and hold menu.
2. Select HR Monitor > Set Zones.
3. Enter your maximum heart rate, and press OK.
4. Enter the low heart rate limit for each heart rate zone, and press OK.
# Heart Rate Zone Calculations

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

Heart Rate Alerts
Before you set a heart rate alert, you may want to customize your heart rate zones (page 8).

1. Press and hold menu.
2. Select HR Alerts.
3. Enter the high alert value.
   You can select a zone or enter a custom value.
4. Press OK.
5. Enter the low alert value.
   You can select a zone or enter a custom value.
6. Press OK.

The alert sounds when your heart rate is above or below the specified range.

Foot Pod
Your Forerunner is compatible with the foot pod. You can use the foot pod to send data to your Forerunner when training indoors, when your GPS signal is weak, or when you lose satellite signals. The foot pod is on standby and ready to send data (like the heart rate monitor). You must pair the foot pod with your Forerunner (page 6).

After 30 minutes of inactivity, the foot pod powers off to conserve the battery. When the battery is low, a message appears on your Forerunner. Approximately five hours of battery life remain.
Calibrating Your Foot Pod
If your foot pod distance seems slightly high or low each time you run, you can manually adjust the calibration factor. The calibration formula is actual distance (use a regulation track) / recorded distance × current calibration factor = new calibration factor. For example, 1600 m / 1580 m × 95 = 96.2.

1. Press and hold menu.
2. Select Foot Pod > Calibrate.
3. Adjust the calibration factor, and press OK.

NOTE: If using a body composition scale, remove shoes and socks to ensure that all body composition parameters are read and recorded.

3. After your weight appears, step off the scale.

TIP: If an error occurs, step off the scale, and try again.

Using the Weight Scale
If you have an ANT+ compatible weight scale, the Forerunner can read the data from the weight scale.

1. Press light.
   A message appears when the weight scale is found.
2. Stand on the scale.

Fitness Equipment
ANT+ technology automatically links your Forerunner and heart rate monitor to fitness equipment so you can view your data on the equipment console. Look for the ANT+ Link Here logo on compatible fitness equipment.

Go to www.garmin.com/antplus for more linking instructions.
History

The Forerunner can save approximately 180 hours of run history with typical use. When the Forerunner memory is full, your oldest data is overwritten.

Viewing a Run

The run history displays the date, time of day, distance, run time, calories, and average pace or speed. The run history can also include average heart rate data if you are using the heart rate monitor.

1. Press and hold menu.
2. Select History.
3. Use ‹ and › to scroll through your saved runs.
4. Press OK to view lap information.

Deleting Runs

1. Press and hold menu.
2. Select History.
3. Use ‹ and › to select a run.
4. Press and hold ‹ and › simultaneously.
5. Press OK.
6. If you would like to delete all runs, select Yes.
7. Press OK.

Using Garmin Connect

Garmin Connect is web-based software for storing and analyzing your data.

2. Follow the on-screen instructions.
Transferring History to Your Computer

1. Connect the USB cable to a USB port on your computer.
2. Align all four contacts on the back of the Forerunner with the four posts on the charging clip (page 19).
4. Follow the instructions included with the software.

Data Management

The Forerunner is a USB mass storage device. If you do not want to manage your Forerunner files this way, you can skip this section.

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

Deleting History Files

**NOTICE**
Your Forerunner memory contains important system files and folders that should not be deleted.

1. Connect the Forerunner to your computer using the USB cable (page 13).
History

Your Forerunner appears as a removable drive in My Computer on Windows computers and as a mounted volume on Mac computers.

2. Open the “Garmin” folder or volume.

3. Open the “Activities” folder or volume.

4. Select the files.

5. Press the Delete key on your keyboard.

Disconnecting the USB Cable

1. Complete an action:
   • For Windows computers, click the eject icon in your system tray.
   • For Mac computers, drag the volume icon to the Trash.

2. Disconnect the Forerunner from your computer.

Watch Settings

Setting the Alarm

1. Press and hold menu.

2. Select Alarm > Set.

3. Enter the alarm time.

4. Select Alarm > On.

Setting Your User Profile

The Forerunner uses information that you enter about yourself to calculate accurate run data. You can modify the following user profile information: gender, age, height, weight, and lifetime athlete.

1. Press and hold menu.

2. Select User Profile.

3. Modify the settings.
About Lifetime Athletes
A lifetime athlete is an individual who has trained intensely for many years (with exception of minor injuries) and has a resting heart rate of 60 beats per minute (bpm) or less. The lifetime athlete setting affects certain weight scale calculations.

About Calories
Calorie expenditure and heart rate analysis technology is provided and supported by Firstbeat Technologies Ltd. For more information, go to www.firstbeattechnologies.com.

Modifying Your System Settings
You can modify the time of day, time format, tones, language, units, and pace or speed format (page 4).

1. Press and hold menu.
2. Select Setup.
3. Modify the settings.

Setting the Time Manually
By default, the watch time is set automatically when the Forerunner locates satellites.

1. Press and hold menu.
3. Enter the time, and press OK.
Appendix

Specifications

**NOTICE**
The Forerunner is waterproof to IEC Standard 60529 IPX7. It can withstand immersion in 1 meter of water for 30 minutes. Prolonged submersion can cause damage to the unit. After submersion, be certain to wipe dry and air dry the unit before using or charging.

**NOTE**: The Forerunner is not intended to be used while swimming.

<table>
<thead>
<tr>
<th>Forerunner Specifications</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Battery</strong></td>
</tr>
<tr>
<td><strong>Battery life</strong></td>
</tr>
<tr>
<td><strong>Operating temperature range</strong></td>
</tr>
<tr>
<td><strong>Battery Charging temperature range</strong></td>
</tr>
<tr>
<td><strong>Radio frequency/protocol</strong></td>
</tr>
<tr>
<td><strong>Compatible accessories</strong></td>
</tr>
<tr>
<td>Heart Rate Monitor Specifications</td>
</tr>
<tr>
<td>-----------------------------------------------------------------------</td>
</tr>
<tr>
<td>Water resistance</td>
</tr>
<tr>
<td>98.4 ft. (30 m)</td>
</tr>
<tr>
<td>This product does not transmit heart rate data to your GPS device while swimming.</td>
</tr>
<tr>
<td>Battery</td>
</tr>
<tr>
<td>Battery life</td>
</tr>
<tr>
<td>Approximately 4.5 years (1 hour per day)</td>
</tr>
<tr>
<td>Operating temperature</td>
</tr>
<tr>
<td>From 23°F to 122°F (from -5°C to 50°C)</td>
</tr>
<tr>
<td>NOTE: In cold conditions, wear appropriate clothing to keep the heart rate monitor near your body temperature.</td>
</tr>
<tr>
<td>Radio frequency/protocol</td>
</tr>
<tr>
<td>2.4 GHz ANT+ wireless communications protocol</td>
</tr>
</tbody>
</table>
Appendix

**About the Battery**

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

### Forerunner Battery Life

<table>
<thead>
<tr>
<th>Battery Life*</th>
<th>Forerunner Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 week</td>
<td>You are training for 45 minutes per day with GPS. The Forerunner is in power save mode for the remaining time.</td>
</tr>
<tr>
<td>Up to 3 weeks</td>
<td>You are using the Forerunner in power save mode the entire time.</td>
</tr>
<tr>
<td>Up to 8 hours</td>
<td>You are training with GPS the entire time.</td>
</tr>
</tbody>
</table>

*The actual battery life of a fully charged battery depends on how much time you use GPS, the backlight, and power save mode. Exposure to extremely cold temperatures also reduces battery life.*

### Power Save
After a period of inactivity, the Forerunner goes into power save mode. The Forerunner displays the time and date, but does not connect with your ANT+ accessories or use GPS. You can press page to exit power save mode.

### Charging the Forerunner

**NOTICE**
To prevent corrosion, thoroughly dry the contacts and the surrounding area before charging or connecting to a computer.

The Forerunner will not charge when the battery is outside the temperature range of 41°F–104°F (5°C–40°C).

1. Plug the USB end of the cable into the AC adapter.
2. Plug the AC adapter into a standard wall outlet.

3. Align all four contacts on the back of the Forerunner with the four posts on the charging clip ➊.

When you connect the Forerunner to a power source, the Forerunner turns on, and the charging screen appears.

4. Charge the Forerunner completely. When the Forerunner is fully charged, the animated battery on the screen is solid ( ).

Heart Rate Monitor and Foot Pod Batteries

⚠️ WARNING
Do not use a sharp object to remove user-replaceable batteries. Contact your local waste disposal department to properly recycle the batteries. Perchlorate Material – special handling may apply. See www.dtsc.ca.gov/hazardouswaste/perchlorate.
Appendix

Replacing the Heart Rate Monitor Battery
1. Use a small Phillips screwdriver to remove the four screws on the back of the module.
2. Remove the cover and battery.
3. Wait 30 seconds.
4. Insert the new battery with the positive side facing up.
   **NOTE**: Do not damage or lose the O-ring gasket.
5. Replace the back cover and the four screws.

After you replace the heart rate monitor battery, you must pair it with the device again.

Replacing the Foot Pod Battery
1. Locate the circular battery cover on the back of the device.
2. Twist the cover counter-clockwise until it is loose enough to remove.
3. Remove the cover and the battery.
4. Wait 30 seconds.
5. Place the new battery into the cover with the positive side facing the inside of the cover.
6. Replace the cover by aligning the dots and rotating the cover clockwise.

After you replace the foot pod battery, you must pair it with the device again.
Caring for Your Device

**NOTICE**

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

Avoid chemical cleaners and solvents that can damage plastic components.

Cleaning the Device

1. Use a cloth dampened with a mild detergent solution.
2. Wipe it dry.

Caring for the Heart Rate Monitor

**NOTICE**

You must unsnap the module before cleaning the strap.

A buildup of sweat and salt on the strap can decrease the ability of the heart rate monitor to report accurate data.

- Rinse the strap after every use.
- Wash the strap after every seven uses. The method of cleaning is determined by the symbols printed on the strap.

<table>
<thead>
<tr>
<th>Method</th>
<th>Symbol</th>
</tr>
</thead>
<tbody>
<tr>
<td>Machine wash</td>
<td><img src="image" alt="40°" /></td>
</tr>
<tr>
<td>Hand wash</td>
<td><img src="image" alt="Bath" /></td>
</tr>
</tbody>
</table>

- Do not put the strap in a dryer.
- To prolong the life of your heart rate monitor, unsnap the module when not in use.
## Troubleshooting

<table>
<thead>
<tr>
<th>Problem</th>
<th>Solution</th>
</tr>
</thead>
</table>
| The keys do not respond. How do I reset the device?                    | 1. Press and hold **light** until the screen goes blank.  
2. Press and hold **light** until the screen turns on. |
| My device does not locate satellite signals.                           | 1. Take your device out of parking garages and away from tall buildings and trees.  
2. Remain stationary for several minutes.                               |
| How do I know my device is in USB mass storage mode?                   | You should see a new removable disk drive in My Computer on Windows computers and a mounted volume on Mac computers. |
| I cannot see any new removable drives in my list of drives.             | If you have several network drives mapped on your computer, Windows may have trouble assigning drive letters to your Garmin drives. See the Help file for your operating system to learn how to assign drive letters. |
| Some of my data is missing from the history.                           | When the device memory is full, your oldest data is overwritten.  
Transfer data to your computer regularly to avoid losing data. |
Appendix

Updating the Software
1. Select an option:
   • Use Garmin Connect. Go to www.garminconnect.com.
2. Follow the on-screen instructions.

Getting More Information
You can find more information about this product on the Garmin Web site.

• Go to www.garmin.com/intosports.
• Go to www.garmin.com/learningcenter.

Contacting Garmin Product Support
You can contact Garmin Product Support if you have any questions about this product.

• In the USA, go to www.garmin.com/support, or contact Garmin USA by phone at (913) 397.8200 or (800) 800.1020.
• In the UK, contact Garmin (Europe) Ltd. by phone at 0808 2380000.
• In Europe, go to www.garmin.com/support and click Contact Support for in-country support information, or contact Garmin (Europe) Ltd. by phone at +44 (0) 870.8501241.
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For the latest free software updates (excluding map data) throughout the life of your Garmin products, visit the Garmin Web site at www.garmin.com.

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August 2013 Part Number 190-01273-00 Rev. D Printed in Taiwan