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## **Garmin Fr 60 Manual**

FR60 Owner's Manual

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Product Support if you

have any questions

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while using your FR60.  
In the USA, go  
to.garmin.com/support,  
or contact Garmin USA  
by phone at (913)  
397-8200 or (800)  
800-1020. In the UK,  
contact Garmin  
(Europe) Ltd. Page 4:  
Table Of Contents

## **GARMIN FR60 OWNER'S MANUAL Pdf Download.**

FR60 Owner's Manual  
190-01001-00\_0A.indd  
13 2009-04-07 9:52:10  
*Page 4/22*

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AM... Page 20: Heart  
Rate Zones A heart  
rate Cadence is your  
rate of pedaling or  
zone is a set range of  
heartbeats per  
“spinning,” measured  
by the number minute.  
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*Page 5/22*

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8 FR60 Owner's Manual

Getting Started nOTE:

The Garmin logo should be right-side up.

4. Bring the FR60 within range (3 m) of the heart rate monitor.

5. Press MODE to access training mode.

The heart rate icon appears on the training page.

6. If or heart rate data does not appear

or if you have erratic heart rate data, you may have to

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## **FITNESS WATCH WITH WIRELESS SYNC - Garmin**

FR60 Owner's Manual  
Getting Started 1. Plug the USB ANT Stick into an available USB port on your computer. 2. Bring your FR60 within range (5 m) of your computer. nOTE: If Power Save Transfer is activated, your FR60 must be in regular time mode to transfer data to your computer. See page 24. 3. Follow the

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on-screen instructions.  
Using the Heart Rate

## **FR60 - Garmin International**

Page 1 quick start  
manual FR60 SPORT  
WATCH WITH  
WIRELESS SYNC... Page  
2: More Information  
See the Important  
Safety and Product  
Information guide in  
the product box for  
product warnings and  
other important  
information. More



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Information You can download the latest version of the owner's manual from [www.garmin.com/FR60](http://www.garmin.com/FR60)  
. Buttons ...

**GARMIN FR60 QUICK  
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Garmin

**Garmin**  
26 FR60 Owner's  
Manual Settings Press  
MODE > SETTING >

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SPORT to access setup menus for the following:

- rUn
- gEnEraL
- BiKE Run Settings

Press MODE > SETTINGs > SPORt > rUn. aUTO LaP ®—turn Auto Lap on or off. When Auto Lap is on, laps are triggered by distance; you can use the lap button to manually mark laps.

## **Garmin Fr60 W User Manual**

Serial Number: Contact

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Garmin If you should encounter any difficulty while using your GPS 60, or if you have any questions, in the U.S.A. contact Garmin Product Support by phone: 913/397-8200 or 800/800-1020, Monday - Friday, 8 am - 5 pm Central Time;...

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Garmin Support Center is where you will find answers to frequently asked questions and resources to help with all of your Garmin products.

## **Garmin Support**

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information, or contact  
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by phone at +44 (0)  
870.8501242. Free  
Garmin Software Go to  
[www.garminconnect.com](http://www.garminconnect.com)  
for information  
about Garmin  
Connect™ Web-based  
software.

## **owner's manual - Garmin**

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backlight on

[www.garmin.com/FR60](http://www.garmin.com/FR60)

.

## **SPORT WATCH WITH WIRELESS SYNC - [static.garmin.com](http://static.garmin.com)**

FR60 continuously tracks heart beats per minute and displays your heart rate zone, so you can monitor and improve your fitness level. Cross-Train When paired with an optional speed/cadence sensor, FR60 tracks the speed

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and distance of your cycling workouts.

## **FR60 | Garmin**

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**Garmin Fr60 W User**  
*Page 15/22*

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## **Manual**

Manual del usuario del  
FR60 1 Introducción  
Introducción Gracias  
por comprar el reloj de  
control deportivo  
Garmin® FR60.  
Consulta la guía  
Información importante  
sobre el producto y su  
seguridad que se  
incluye en la caja del  
producto y en la que  
encontrarás  
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*Page 21/22*

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