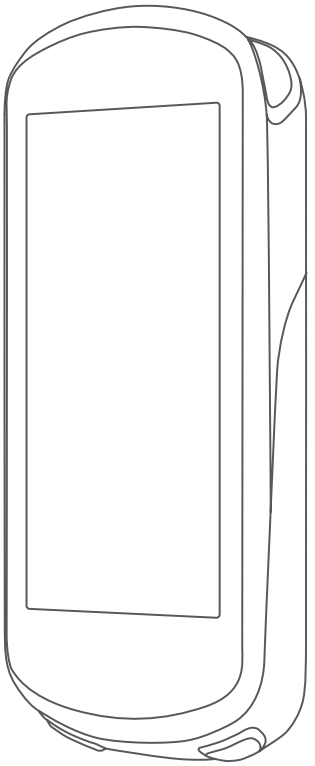
GARMIN®



EDGE® 1030

Owner's Manual

M/N: A03164

Table of Contents

Title	Introduction - fitness
Identifier	GUID-8B9070D6-C0EA-45EE-8F62-1602492BF264
Language	EN-US
Description	No index entries necessary.
Version	1
Revision	4
Changes	This was created because the other introduction topic had a bad conref and Kelly thought the order of the warnings should change.
Status	Released
Last Modified	22/04/2017 23:00:50
Author	wiederan

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.

Title	Device Overview (touch)
Identifier	GUID-B828FA19-7B74-442A-AC64-65672BC576D5
Language	EN-US
Description	
Version	3
Revision	3
Changes	Updated to a two column table for accessibility.
Status	Released
Last Modified	01/10/2019 15:04:30
Author	cozmyer

Device Overview

1	Select to enter sleep mode and wake the device. Hold to turn the device on and off and lock the touchscreen.
2	Select to mark a new lap.
3	Select to start and stop the activity timer.
4 Memory card slot (under cover)	Install an optional microSD® card.
5 Electrical contacts	Charge using an Edge external battery pack accessory.

NOTE: Go to buy.garmin.com to purchase optional accessories.

Title	Pairing Your Smartphone
Identifier	GUID-5CAE6B1A-C3A6-411C-8712-DC735FB8A5FA
Language	EN-US
Description	
Version	6
Revision	8
Changes	Update to add Profile Sync and Settings
Status	Released
Last Modified	30/03/2020 08:11:27
Author	pruekatie

Pairing Your Smartphone

To use the connected features of the Edge device, it must be paired directly through the Garmin Connect™ app, instead of from the Bluetooth® settings on your smartphone.

1. From the app store on your smartphone, install and open the Garmin Connect app.
2. 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 smartphone.

   TIP: You can swipe down on the home screen to view the settings widget, and select **Phone** > **Pair Smartphone** to manually enter pairing mode.
3. Select an option to add your device to your Garmin Connect account:
   - If this is the first device you have paired with the Garmin Connect app, follow the on-screen instructions.
   - If you have already paired another device with the Garmin Connect app, from the or ••• menu, select **Garmin Devices** > **Add Device**, and follow the on-screen instructions.

   NOTE: Based on your Garmin Connect account and accessories, your device suggests activity profiles and data fields during setup. If you have sensors paired with your previous device, you can transfer them during setup.

After you pair successfully, a message appears, and your device syncs automatically with your smartphone.

Title	Home Screen Overview
Identifier	GUID-E4971EAD-1F82-4133-B383-66126FBD4475
Language	EN-US
Description	
Version	3
Revision	4
Changes	Updated for Explore 1030. Removed training options from menu icon row and added conditions for Where To row.
Status	Released
Last Modified	27/06/2018 09:32:48
Author	cozmyer

Home Screen Overview

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

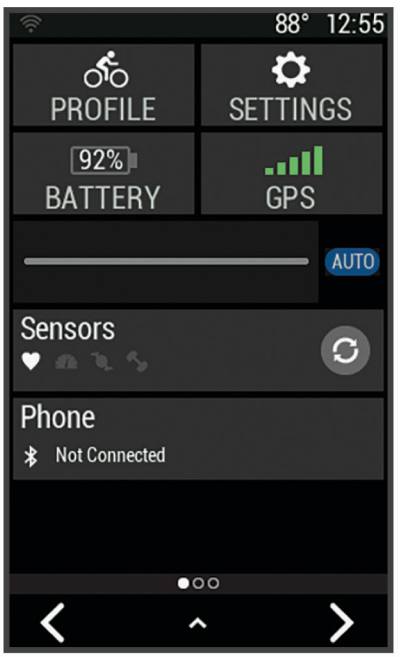
	Select to go for a ride. Use the arrows to change your activity profile.
Navigation	Select to mark a location, search for locations, and create or navigate a course.
Training	Select to access your segments, workouts, and other training options.
History	Select to access your previous rides and totals.
My Stats	Select to access your performance metrics, personal records, and user profile.
	Select to access connected features and settings.
	Select to access your Connect IQ™ apps, widgets, and data fields.

Title	Viewing Widgets (Edge)
Identifier	GUID-E741F23E-5A41-4490-8D17-8CB05FA626CA
Language	EN-US
Description	
Version	4
Revision	3
Changes	Added info on flashing icon for consistency with keyed topic.
Status	Released
Last Modified	26/02/2019 10:28:15
Author	cozmyer

Viewing Widgets

Your device is preloaded with several widgets, and more are available when you pair your device with a smartphone 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.

Title	Using the Touchscreen
Identifier	GUID-FA15D546-45B9-405A-BE90-BED318105645
Language	EN-US
Description	
Version	1
Revision	5
Changes	save as
Status	Released
Last Modified	22/04/2017 20:27:23
Author	wiederan

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.
- 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.

Title	Locking the Touchscreen
Identifier	GUID-017CF5C8-FF88-494C-B2AD-64F59F51B297
Language	EN-US
Description	
Version	4
Revision	3
Changes	Added step for locking during an activity.
Status	Released
Last Modified	14/08/2017 13:42:35
Author	cozmyer

Locking the Touchscreen

You can lock the screen to prevent inadvertent screen touches.

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

Title	Charging the Device (generic bike)
Identifier	GUID-CE71E601-BA73-4807-8D30-84EDCC1CCBBA
Language	EN-US
Description	
Version	4
Revision	5
Changes	Added a post req. from product support about closing the weather cap.
Status	Released
Last Modified	27/06/2018 12:45:01
Author	cozmyer

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 (*Edge Specifications*, page 113).

1 Pull up 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.

Title	About the Battery - Edge
Identifier	GUID-F70DBCBD-E11C-408F-A2A7-FBF047FCA4AE
Language	EN-US
Description	
Version	2
Revision	3
Changes	broken conref.
Status	Released
Last Modified	22/04/2017 20:16:45
Author	wiederan

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.

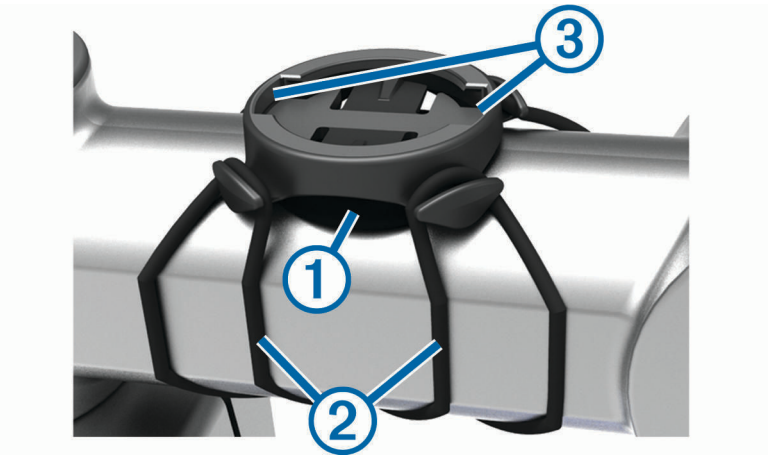
Title	Installing the Device
Identifier	GUID-12CE9464-C7D8-4F75-BEAC-7C007FCB6154
Language	EN-US
Description	
Version	3
Revision	3
Changes	With Edge 1030 going forward, two rubber disks are included with larger devices. You can use version 2, but confirm with PM.
Status	Released
Last Modified	22/06/2017 15:25:15
Author	cozmyer

Installing the Standard Mount

For the best GPS reception, position the bike mount so the front of the device is oriented toward the sky. You can install the bike mount on the stem or the handlebars.

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.

Title	Installing the Out-Front Mount (modular)
Identifier	GUID-B8013AB6-169D-4E92-B28D-72C304390EC2
Language	EN-US
Description	
Version	2
Revision	3
Changes	Added a note to skip this task if you bought a different bundle.
Status	Released
Last Modified	26/02/2019 10:18:38
Author	cozmyer

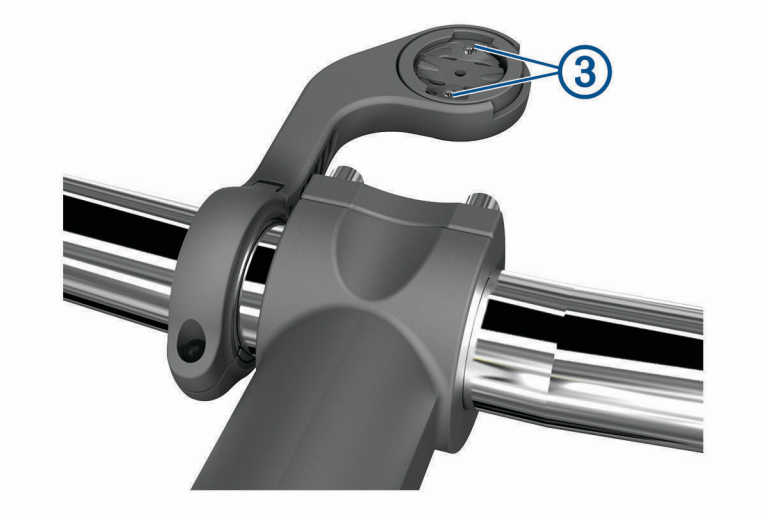
Installing the Out-Front Mount

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 bike.
2. Use the hex key to remove the screw ① from the handlebar connector ②.

3. Place the 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.
4. Place the handlebar connector around the rubber pad.
5. Replace and tighten the screw.

   NOTE: Garmin® recommends tightening the screw so the mount is secure, with a maximum torque specification of 7 lbf-in. (0.8 N-m). You should check the tightness of the screw periodically.
6. Align the tabs on the back of the Edge device with the bike mount notches ③.



7 Press down slightly and turn the Edge device clockwise until it locks into place.

Title	Releasing the Edge
Identifier	GUID-B8CC570A-3D55-4EDC-BC10-9452D66F50A3
Language	EN-US
Description	
Version	1
Revision	3
Changes	
Status	Released
Last Modified	22/04/2017 20:25:37
Author	wiederan

Releasing the Edge

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

Title	Acquiring Satellite Signals
Identifier	GUID-475E6349-9762-452A-B5B0-43AD12F8F68A
Language	EN-US
Description	
Version	3
Revision	4
Changes	Adding in xref to "What is GPS" page on garmin.com
Status	Released
Last Modified	06/03/2018 08:46:04
Author	mcdanielm

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.

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.

Title	Training
Identifier	GUID-D3B0DF91-9FBF-4A20-9381-C286B002BBBA
Language	EN-US
Description	
Version	1
Revision	2
Changes	
Status	Released
Last Modified	22/04/2017 23:05:05
Author	wiederan

Training

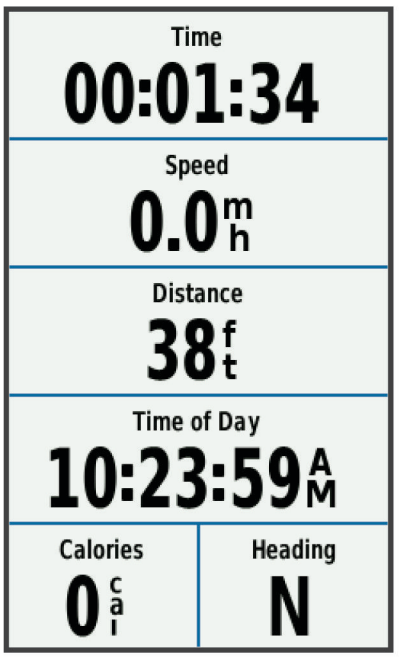
Title	Going for a Ride (820)
Identifier	GUID-23156ED9-5509-4AC5-A873-33B86C5A685E
Language	EN-US
Description	
Version	10
Revision	4
Changes	Update wording about timer overlay to provide additional details.
Status	Released
Last Modified	30/03/2020 08:08:26
Author	pruekatie

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 78). If your device was packaged with a wireless sensor, they are already paired and can be activated during initial setup.

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 select an activity profile.
4. Select .
5. Select to start the activity timer.



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

6 Swipe left or right to view additional data screens.

You can swipe down from the top of the data screens to view the widgets.

7 If necessary, tap the screen to view status overlay data (including battery life) or return to the home screen.

8 Select ▶ to stop the activity timer.

TIP: Before you save this ride and share it on your Garmin Connect account, you can change the ride type. Accurate ride type data is important for creating bike friendly courses.

9 Select **Save Ride**.

10 Select ✔.

Title	Segments
Identifier	GUID-DB903DC9-7CDF-4DFE-921F-E7E1325DEDE7
Language	EN-US
Description	
Version	3
Revision	4
Changes	SME comments. Adding segments contained in courses.
Status	Released
Last Modified	22/04/2017 20:26:00
Author	gerson

Segments

Following a segment: You can send segments from your Garmin Connect account to your device. After a segment is saved to your device, you can follow the segment.

NOTE: When you download a course from your Garmin Connect account, all segments in the course are downloaded automatically.

Racing a segment: You can race a segment, trying to match or exceed your personal record or other cyclists who have ridden the segment.

Title	Strava Segments
Identifier	GUID-DEA9D7BA-F9C6-4291-A523-825AB1536A09
Language	EN-US
Description	
Version	2
Revision	3
Changes	Use a product variable instead of Edge conref
Status	Released
Last Modified	22/12/2021 13:16:50
Author	wiederan

Strava™ Segments

You can download Strava segments to your Edge 1030 device. Follow Strava segments to compare your performance with your past rides, friends, and pros who have ridden the same segment.

To sign up for a Strava membership, go to the segments widget in your Garmin Connect account. For more information, go to www.strava.com.

The information in this manual applies to both Garmin Connect segments and Strava segments.

Title	Using the Strava Segment Explore Widget
Identifier	GUID-2E782258-6B57-4E9A-A7E3-96E545E1374E
Language	EN-US
Description	
Version	2
Revision	3
Changes	Added conditions for touch and keyed.
Status	Released
Last Modified	08/04/2019 16:24:13
Author	cozmyer

Using the Strava Segment Explore Widget

The Strava Segment Explore widget allows you to view and ride nearby Strava segments.

1. From the Strava Segment Explore widget, select a segment.
2. Select an option:
   - Select ★ to star the segment in your Strava account.
   - Select **Download** > **Ride** to download a segment to your device and ride it.
   - Select **Ride** to ride a downloaded segment.
3. Select ❮ or ❯ to view your segment times, the best times of your friends, and the time of the segment leader.

Title	Following a Segment From Garmin Connect
Identifier	GUID-760BEC08-CAE9-4B09-B6C4-36C76A41F1A5
Language	EN-US
Description	
Version	7
Revision	3
Changes	Removed map uicontrol from last step for all devices.
Status	Released
Last Modified	01/10/2019 15:08:31
Author	cozmyer

Following a Segment From Garmin Connect

Before you can download and follow a segment from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect*, page 89).

NOTE: If you are using Strava segments, your starred segments are transferred automatically to your device when it syncs with the Garmin Connect app.

1. Select an option:
   - Open the Garmin Connect app.
   - Go to connect.garmin.com.
2. Select a segment.
3. Select or **Send to Device**.
4. Follow the on-screen instructions.
5. On the Edge device, select **Training** > **Segments**.
6. Select the segment.
7. Select **Ride**.

Title	Enabling Segments
Identifier	GUID-4C831A86-EF47-4D85-9493-124A0CB3CA30
Language	EN-US
Description	
Version	5
Revision	3
Changes	Removing live feedback info.
Status	Released
Last Modified	04/08/2021 13:27:50
Author	burzinskititu

Enabling Segments

You can choose which segments currently loaded on the device are enabled.

1. Select **Training** > **Segments** > > **Enable/Disable** > **Edit Multiple**.
2. Select the segments to enable.

Title	Racing A Segment
Identifier	GUID-3E1F0A4F-721A-4375-9ABB-2039D25D53D1
Language	EN-US
Description	
Version	6
Revision	3
Changes	Replaced arrow icons with text.
Status	Released
Last Modified	19/06/2018 11:02:35
Author	cozmyer

Racing a Segment

Segments are virtual race courses. You can race a segment, and compare your performance to past activities, other riders' performance, connections in your Garmin Connect account, or other members of the cycling community. You can upload your activity data to your Garmin Connect account to view your segment position.

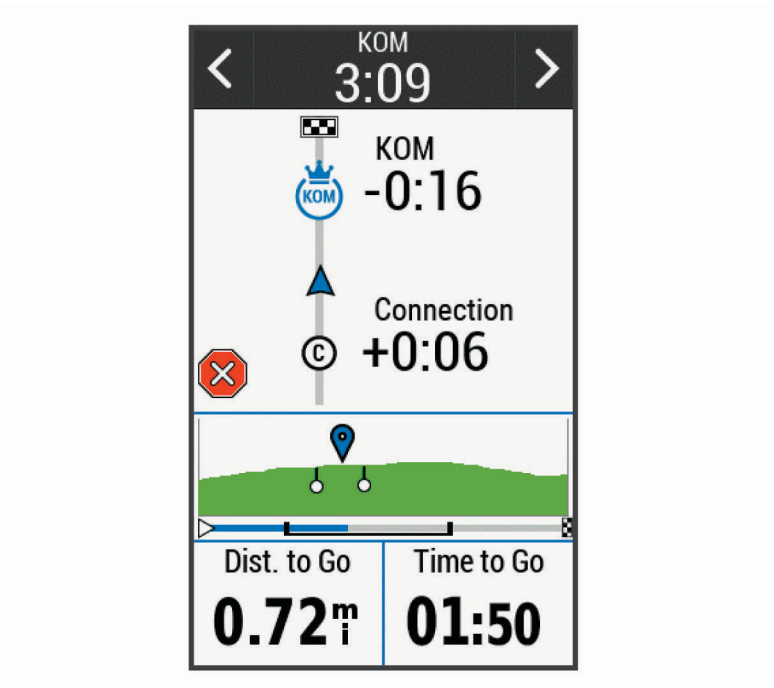
NOTE: If your Garmin Connect account and Strava account are linked, your activity is automatically sent to your Strava account so you can review the segment position.

1 Select ▶ to start the activity timer, and go for a ride.

When your path crosses an enabled segment, you can race the segment.

2 Start racing the segment.

The segment data screen appears automatically.



3 If necessary, use the arrows to change your goal during your race.

You can race against the segment leader, your past performance, or other riders (if applicable). The goal automatically adjusts based on your current performance.

A message appears when the segment is complete.

Title	Viewing Segment Details
Identifier	GUID-BE36116B-0613-43D3-8EEB-3BFC19306772
Language	EN-US
Description	
Version	4
Revision	3
Changes	Adding "Enable" option for live feedback.
Status	Released
Last Modified	04/08/2021 13:27:59
Author	burzinskititu

Viewing Segment Details

1. Select **Training** > **Segments**.
2. Select a segment.
3. Select an option:
   - Select **Map** to view the segment on the map.
   - Select **Elevation** to view an elevation plot of the segment.
   - Select **Leaderboard** to view the ride times and average speeds for the segment leader, group leader or challenger, your personal best time and average speed, and other riders (if applicable).

     TIP: You can select a leaderboard entry to change your segment race goal.
   - Select **Enable** to enable segment racing and prompts that alert you to approaching segments.

Title	Segment Options
Identifier	GUID-6268F6C5-226E-4B43-A27D-80D6DE83F5F8
Language	EN-US
Description	
Version	6
Revision	3
Changes	Added Default Leader Priority option.
Status	Released
Last Modified	01/10/2019 15:09:29
Author	cozmyer

Segment Options

Select **Training** > **Segments** > .

Turn Guidance: Enables or disables turn prompts.

Auto Select Effort: Enables or disables automatic goal adjustment based on your current performance.

Search: Allows you to search for saved segments by name.

Enable/Disable: Enables or disables the segments currently loaded on the device.

Default Leader Priority: Allows you to select the order for goal targets while racing a segment.

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

Title	Deleting a Segment
Identifier	GUID-B3DD8A88-A212-42FB-B729-AF6341759E55
Language	EN-US
Description	
Version	3
Revision	5
Changes	Updated conditions
Status	Released
Last Modified	14/08/2017 13:40:35
Author	cozmyer

Deleting a Segment

1. Select **Training** > **Segments**.
2. Select a segment.
3. Select > .

Title	Workouts
Identifier	GUID-99D42128-10E4-4AA4-B961-58FD70A431A0
Language	EN-US
Description	
Version	1
Revision	5
Changes	
Status	Released
Last Modified	22/04/2017 23:06:07
Author	wiederan

Workouts

You can create custom workouts that include goals for each workout step and for varied distances, times, and calories. You can create workouts using Garmin Connect, and transfer them to your device. You can also create and save a workout directly on your device.

You can schedule workouts using Garmin Connect. You can plan workouts in advance and store them on your device.

Title	Creating a Workout
Identifier	GUID-90CE6857-7062-4C21-9577-60156194FD8C
Language	EN-US
Description	
Version	4
Revision	3
Changes	Remove select step type, duration, and target. Creation process walks you through all of these automatically.
Status	Released
Last Modified	08/04/2019 15:34:52
Author	cozmyer

Creating a Workout

1. Select **Training** > **Workouts** > **Create New**.
2. Enter a workout name, and select ✔.
3. Select **Add New Step**.
4. Select the type of workout step.

   For example, select Rest to use the step as a rest lap.

   During a rest lap, the timer continues to run and data is recorded.
5. Select the workout step duration.

   For example, select Distance to end the step after a specific distance.
6. If necessary, enter a custom value for the duration.
7. Select the workout step target type.

   For example, select Heart Rate Zone to maintain a consistent heart rate during the step.
8. If necessary, select a target zone or enter a custom range.

   For example, you can select a heart rate zone. Each time you exceed or drop below the specified heart rate, the device beeps and displays a message.
9. Select ✔ to save the step.
10. Select **Add New Step** to add additional steps to the workout.
11. Select ✔ to save the workout.

Title	Repeating Workout Steps
Identifier	GUID-138B7254-37CB-49E6-A9D2-CA3F8BAEC4CE
Language	EN-US
Description	
Version	4
Revision	3
Changes	Remove selecting a step type
Status	Released
Last Modified	08/04/2019 15:34:37
Author	cozmyer

Repeating Workout Steps

Before you can repeat a workout step, you must create a workout with at least one step.

1. Select **Add New Step**.
2. Select an option:
   - Select **Repeat** to repeat a step one or more times. For example, you can repeat a 5-mile step ten times.
   - Select **Repeat Until** to repeat a step for a specific duration. For example, you can repeat a 5-mile step for 60 minutes or until your heart rate reaches 160 bpm.
3. Select **Back To Step**, and select a step to repeat.
4. Select ✓ to save the step.

Title	Editing a Workout
Identifier	GUID-BE3886AE-5C0B-40A6-A71C-CA49E9A38616
Language	EN-US
Description	
Version	4
Revision	3
Changes	Removing condition for 820/1030, dropping 1000
Status	Released
Last Modified	14/08/2017 13:41:15
Author	cozmyer

Editing a Workout

1. Select **Training** > **Workouts**.
2. Select a workout.
3. Select ✎.
4. Select a step, and select **Edit Step**.
5. Change the step attributes, and select ✓.
6. Select ↩ to save the workout.

Title	Following a Workout From Garmin Connect
Identifier	GUID-D6E80F0C-F319-47D1-AF95-0884F3386635
Language	EN-US
Description	
Version	8
Revision	3
Changes	Adding more steps for clarity
Status	Released
Last Modified	21/04/2020 16:14:30
Author	mcdanielm

Following a Workout From Garmin Connect

Before you can download a workout from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect*, page 89).

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

Title	Starting a Workout
Identifier	GUID-5CA69960-1471-47A1-867E-820FD0B240C8
Language	EN-US
Description	No English changes. Versioned for IT.
Version	6
Revision	1
Changes	
Status	Released
Last Modified	20/11/2019 14:32:20
Author	pullins

Starting a Workout

1. Select **Training** > **Workouts**.
2. Select a workout.
3. Select **Ride**.
4. Select to start the activity timer.

After you begin a workout, the device displays each step of the workout, the target (if any), and current workout data. An audible alarm sounds when you are about to finish a workout step. A message appears, counting down the time or distance until a new step begins.

Title	Stopping a Workout
Identifier	GUID-DA139DEC-5B83-410E-ADF5-51880B22FA4B
Language	EN-US
Description	
Version	7
Revision	3
Changes	Update wording for Pause.
Status	Released
Last Modified	26/05/2021 09:30:20
Author	pruekatie

Stopping a Workout

- At any time, select to end a workout step and begin the next step.
- From the workout screen, swipe up from the bottom of the screen, and select an option:
  - Select **Pause** to pause the current workout step.
  - Select **Back** to end a workout step and repeat the previous step.
  - Select **Next** to end a workout step and begin the next step.
- At any time, select to stop the activity timer.
- At any time, swipe down from the top of the screen, and on the controls widget, select **Stop Workout** > to end the workout.

Title	Deleting a Workout
Identifier	GUID-17627E0A-E897-42DF-9651-F5F91F2F3728
Language	EN-US
Description	
Version	4
Revision	3
Changes	Removing condition. Dropping Edge 1000
Status	Released
Last Modified	14/08/2017 13:40:37
Author	cozmyer

Deleting a Workout

1. Select **Training** > **Workouts**.
2. Select a workout.
3. Select > > .

Title	Training Plans
Identifier	GUID-7C681AA6-5A65-457A-9012-7142DA3C3708
Language	EN-US
Description	
Version	1
Revision	7
Changes	Save as from Traning Calendar (Forerunner 945M).
Status	Released
Last Modified	14/05/2020 20:19:54
Author	pruekatie

Training Plans

You can set up a training plan in your Garmin Connect account and send the training plan workouts to your device. All scheduled workouts sent to the device appear in the training calendar.

Title	Using Garmin Connect Training Plans - Modern
Identifier	GUID-A2FB338B-0E75-4149-A5EE-BA66064D2ABF
Language	EN-US
Description	
Version	2.1.1
Revision	4
Changes	Branch for cycling. The cycling training plans are still on GC web.
Status	Released
Last Modified	21/04/2020 16:14:30
Author	cozmyer

Using Garmin Connect Training Plans

Before you can download and use a training plan from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect*, page 89).

You can browse Garmin Connect to find a training plan, and schedule workouts and courses.

1. Connect the device to your computer.
2. Go to connect.garmin.com.
3. Select and schedule a training plan.
4. Review the training plan in your calendar.
5. Select an option:
   - Sync your device with the Garmin Express™ application on your computer.
   - Sync your device with the Garmin Connect app on your smartphone.

Title	Viewing the Training Calendar
Identifier	GUID-104A175C-4F28-4995-8476-42405A543F11
Language	EN-US
Description	
Version	1
Revision	7
Changes	
Status	Released
Last Modified	14/05/2020 20:19:54
Author	pruekatie

Viewing the Training Calendar

When you select a day in the training calendar, you can view or start the workout. You can also view saved rides.

1. Select **Training** > **Training Plan**.
2. Select .
3. Select a day to view a scheduled workout or a saved ride.

Title	Training Indoors
Identifier	GUID-FFCC4A60-77F0-4DD8-9302-F78A50FBB0BE
Language	EN-US
Description	
Version	5
Revision	5
Changes	Changed to a concept topic. See the draft comment.
Status	Released
Last Modified	08/04/2019 15:30:19
Author	cozmyer

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.

Title	Pairing Your ANT+ Indoor Trainer
Identifier	GUID-4A11E0FF-E539-412E-B959-1E709CFF63A3
Language	EN-US
Description	
Version	1
Revision	3
Changes	Save as. Pairing slightly different than sensors now.
Status	Released
Last Modified	14/08/2017 13:45:22
Author	cozmyer

Pairing Your ANT+® Indoor Trainer

1. Bring the device within 3 m (10 ft.) of the ANT+ indoor trainer.
2. Select **Training** > **Indoor Trainer** > **Pair ANT+ Bike Trainer**.
3. Select the indoor trainer to pair with your device.
4. Select **Add**.

   When the indoor trainer is paired with your device, the indoor trainer appears as a connected sensor. You can customize your data fields to display sensor data.

Title	Using an ANT+ Indoor Trainer
Identifier	GUID-8826CB17-DD0D-40F9-89BB-D93C1E8534CF
Language	EN-US
Description	
Version	6
Revision	3
Changes	Added free ride option.
Status	Released
Last Modified	16/10/2020 15:55:33
Author	cozmyer

Using an ANT+ Indoor Trainer

Before you can use a compatible ANT+ indoor trainer, you must mount your bike on the trainer and pair it with your device (*Pairing Your ANT+® Indoor Trainer*, page 24).

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

1. Select **Training** > **Indoor 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 50).
   - Select **Follow an Activity** to follow a saved ride (*Going for a Ride*, page 12).
   - Select **Follow a Workout** to follow a saved workout (*Workouts*, page 18).
3. Select a course, activity, or workout.
4. Select **Ride**.
5. Select ▶ to start the activity timer.

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

Title	Setting Resistance
Identifier	GUID-F7578263-4E6E-4335-9844-55678250AE10
Language	EN-US
Description	
Version	6
Revision	5
Changes	Updated step 2 to match other tasks.
Status	Released
Last Modified	16/10/2020 15:55:36
Author	cozmyer

Setting Resistance

1. Select **Training** > **Indoor Trainer** > **Set Resistance**.
2. Select ^ or v to set the resistance force applied by the trainer.
3. Select ▶ to start the activity timer.
4. If necessary, select + or − to adjust the resistance during your activity.

Title	Setting the Simulated Grade
Identifier	GUID-1A341833-7B39-4CA2-95BC-C1E7117D9145
Language	EN-US
Description	
Version	1
Revision	3
Changes	Save as from Setting Resistance.
Status	Released
Last Modified	16/10/2020 15:55:50
Author	cozmyer

Setting the Simulated Grade

1. Select **Training** > **Indoor Trainer** > **Set Grade**.
2. Select ^ or v to set the simulated grade applied by the trainer.
3. Select ▶ to start the activity timer.
4. If necessary, select + or − to adjust the simulated grade during your activity.

Title	Setting Target Power
Identifier	GUID-52929967-EE45-4851-AA13-6549734A7EB1
Language	EN-US
Description	
Version	5
Revision	3
Changes	830 doesn't prompt for activity profile.
Status	Released
Last Modified	08/04/2019 15:32:16
Author	cozmyer

Setting Target Power

1. Select **Training** > **Indoor Trainer** > **Set Target Power**.
2. Set the target power value.
3. Select ▶ 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.

Title	Interval Workouts
Identifier	GUID-87D67ACB-516B-459B-AC91-8AD7D133A448
Language	EN-US
Description	
Version	1
Revision	4
Changes	Check in as for cycling.
Status	Released
Last Modified	22/04/2017 20:24:38
Author	gerson

Interval Workouts

You can create interval workouts based on distance or time. The device saves your custom interval workout until you create another interval workout. You can use open intervals when you are riding a known distance. When you select ↻, the device records an interval and moves to a rest interval.

Title	Creating an Interval Workout
Identifier	GUID-026D9232-D9D6-4AF7-93B8-4E54572332C5
Language	EN-US
Description	
Version	3
Revision	4
Changes	Way more interval type options, plus some other adjustments.
Status	Released
Last Modified	08/04/2019 15:32:42
Author	cozmyer

Creating an Interval Workout

1. Select **Training** > **Intervals** > **Edit** > **Intervals** > **Type**.
2. Select an option.

   TIP: You can create an open-ended interval by setting the type to Open.
3. If necessary, enter a high and low value for the interval.
4. Select **Duration**, enter a time interval value, and select ✓.
5. Select ↩.
6. Select **Rest** > **Type**.
7. Select an option.
8. If necessary, enter a high and low value for the rest interval.
9. Select **Duration**, enter time value for the rest interval, and select ✓.
10. Select ↩.
11. Select one or more options:
    - To set the number of repetitions, select **Repeat**.
    - To add an open-ended warm up to your workout, select **Warm Up** > **On**.
    - To add an open-ended cool down to your workout, select **Cool Down** > **On**.

Title	Starting an Interval Workout
Identifier	GUID-DD5C5F40-73C5-4774-AC95-C105B443B2D3
Language	EN-US
Description	
Version	3
Revision	3
Changes	Fix activity timer.
Status	Released
Last Modified	08/04/2019 15:33:00
Author	cozmyer

Starting an Interval Workout

1. Select **Training** > **Intervals** > **Do Workout**.
2. Select ▶ to start the activity timer.
3. When your interval workout has a warm up, select ↻ to begin the first interval.
4. Follow the on-screen instructions.

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

Title	Setting a Training Target
Identifier	GUID-A8806E0A-2CAE-4932-BF43-ECCF3E99C957
Language	EN-US
Description	
Version	4
Revision	1
Changes	No English change. Versioned to fix IT.
Status	Released
Last Modified	21/08/2020 11:52:51
Author	pullins

Setting a Training Target

The training target feature works with the Virtual Partner® feature so you can train toward a set distance, distance and time, or distance and speed goal. During your training activity, the device gives you real-time feedback about how close you are to achieving your 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. Select ▶ to start the activity timer.
5. If necessary, scroll to view the Virtual Partner screen.
6. After you complete your activity, select ▶ > **Save Ride**.

Title	Cancelling a Training Target
Identifier	GUID-79BE5872-708D-4494-BB2C-B24F41628A03
Language	EN-US
Description	
Version	2
Revision	3
Changes	Added a step for touchscreen devices.
Status	Released
Last Modified	16/10/2020 15:55:39
Author	cozmyer

Cancelling a Training Target

Swipe down from the top of the screen, and on the controls widget, select **Cancel Target**.

Title	My Stats
Identifier	GUID-FA0EA612-B892-4149-BAAC-6A43AD986998
Language	EN-US
Description	
Version	2
Revision	4
Changes	Fixed BT conref.
Status	Released
Last Modified	16/07/2018 16:19:40
Author	cozmyer

My Stats

The Edge 1030 device can track your personal statistics and calculate performance measurements. Performance measurements require a compatible heart rate monitor or power meter.

Title	Performance Measurements (Cycling)
Identifier	GUID-1689E760-EE3F-486D-90F8-1151F7C62201
Language	EN-US
Description	
Version	1
Revision	7
Changes	Save as from fenix topic. All performance measurements in one place. Added power curve.
Status	Released
Last Modified	08/04/2019 15:56:45
Author	cozmyer

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. For more information, go to 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.

Training status: Training status shows you how your training affects your fitness and performance. Your training status is based on changes to your training load and VO2 max. over an extended time period.

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.

Training load: Training load is the sum of your excess post-exercise oxygen consumption (EPOC) over the last 7 days. EPOC is an estimate of how much energy it takes for your body to recover after exercise.

Training load focus: Your device analyzes and distributes your training load into different categories based on the intensity and structure of each activity recorded. Training load focus includes the total load accumulated per category, and the focus of the training. Your device displays your load distribution over the last 4 weeks.

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

Functional threshold power (FTP): The device uses your user profile information from the initial setup to estimate your FTP. For a more accurate rating, you can conduct a guided test.

HRV stress test: The HRV (heart rate variability) stress test requires a Garmin chest heart rate monitor. The device records your heart rate variability while standing still for 3 minutes. It provides your overall stress level. The scale is 1 to 100, and a lower score indicates a lower stress level.

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

Power curve: The power curve displays your sustained power output over time. You can view your power curve for the previous month, three months, or twelve months.

Title	Training Status Levels
Identifier	GUID-6F81BF5B-B49A-4506-95E2-0F4A04D8B319
Language	EN-US
Description	
Version	2
Revision	7
Changes	updates from Kerri F, order of status levels
Status	Released
Last Modified	26/02/2019 12:52:39
Author	wiederan

Training Status

Training status shows you how your training affects your fitness level and performance. Your training status is based on changes to your training load and VO2 max. over an extended time period. You can use your training status to help plan future training and continue improving your fitness level.

Peaking: Peaking means that you are in ideal race condition. Your recently reduced training load is allowing your body to recover and fully compensate for earlier training. You should plan ahead, since this peak state can only be maintained for a short time.

Productive: Your current training load is moving your fitness level and performance in the right direction. You should plan recovery periods into your training to maintain your fitness level.

Maintaining: Your current training load is enough to maintain your fitness level. To see improvement, try adding more variety to your workouts or increasing your training volume.

Recovery: Your lighter training load is allowing your body to recover, which is essential during extended periods of hard training. You can return to a higher training load when you feel ready.

Unproductive: Your training load is at a good level, but your fitness is decreasing. Your body may be struggling to recover, so you should pay attention to your overall health including stress, nutrition, and rest.

Detraining: Detraining occurs when you are training much less than usual for a week or more, and it is affecting your fitness level. You can try increasing your training load to see improvement.

Overreaching: Your training load is very high and counterproductive. Your body needs a rest. You should give yourself time to recover by adding lighter training to your schedule.

No Status: The device needs one or two weeks of training history, including activities with VO2 max. results from running or cycling, to determine your training status.

Title	About VO2 Max. Estimates (cycling only)
Identifier	GUID-6731AE5F-8A9A-450D-9BD3-0C2BBA056DA0
Language	EN-US
Description	
Version	1
Revision	5
Changes	Check in as. Cycling only (running doesn't apply).
Status	Released
Last Modified	22/04/2017 20:16:45
Author	gerson

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.

Title	Getting Your VO2 Max. Estimate (cycling only)
Identifier	GUID-E7F8B9B6-ED95-49A6-998F-B21DB8DA4734
Language	EN-US
Description	
Version	5
Revision	3
Changes	User is no longer required to be outdoors for the ride.
Status	Released
Last Modified	16/12/2021 09:54:45
Author	burzinskititu

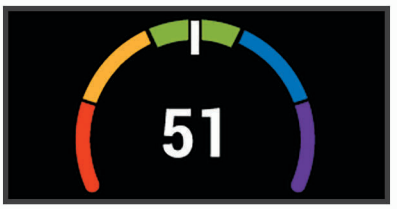
Getting Your VO2 Max. Estimate

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 78). 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 94), and set your maximum heart rate (*Setting Your Heart Rate Zones*, page 73).

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 Ride**.
3. Select **My Stats** > **Training Status** > **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 133), and go to www.CooperInstitute.org.

Title	Tips for Cycling VO2 Max. Estimates
Identifier	GUID-69FFE8B8-E6A6-4D94-868C-04F0DEC59107
Language	EN-US
Description	
Version	2
Revision	4
Changes	Removed Forerunner conref, for reuse.
Status	Released
Last Modified	22/04/2017 20:57:42
Author	gerson

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.

Title	Heat and Altitude Performance Acclimation
Identifier	GUID-70386BCC-5682-4C5C-9A87-C32AF9B6473B
Language	EN-US
Description	
Version	2
Revision	3
Changes	Remove full acclimation estimate.
Status	Released
Last Modified	22/12/2021 13:18:30
Author	pruekatie

Heat and Altitude Performance Acclimation

Environmental factors such as high temperature and altitude impact your training and performance. For example, high altitude training can have a positive impact on your fitness, but you may notice a temporary VO2 max. decline while exposed to high altitudes. Your Edge 1030 device provides acclimation notifications and corrections to your VO2 max. estimate and training status when the temperature is above 22ºC (72ºF) and when the altitude is above 800 m (2625 ft.). You can keep track of your heat and altitude acclimation in the training status widget.

NOTE: The heat acclimation feature is available only for GPS activities and requires weather data from your connected smartphone.

Title	Training Load
Identifier	GUID-AEDB0872-C5A1-4378-86D5-2239734B59E8
Language	EN-US
Description	
Version	3
Revision	2
Changes	Defined EPOC acronym.
Status	Released
Last Modified	17/11/2017 16:22:12
Author	cozmyer

Training Load

Training load is a measurement of your training volume over the last seven days. It is the sum of your excess post-exercise oxygen consumption (EPOC) measurements for the last seven days. The gauge indicates whether your current load is low, high, or within the optimal range to maintain or improve your fitness level. The optimal range is determined based on your individual fitness level and training history. The range adjusts as your training time and intensity increase or decrease.

Title	Getting Your Training Load Estimate (cycling)
Identifier	GUID-9A6C5A80-B8C9-40A1-925A-D75B31CF8598
Language	EN-US
Description	
Version	4
Revision	3
Changes	Changed orange to red.
Status	Released
Last Modified	16/10/2020 15:52:54
Author	cozmyer

Getting Your Training Load Estimate

Before you can view your training load estimate, you must put on the heart rate monitor, install the power meter, and pair them with your device (*Pairing Your Wireless Sensors*, page 78). 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 94), and set your maximum heart rate (*Setting Your Heart Rate Zones*, page 73).

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

1. Ride at least once during a seven day period.
2. Select **My Stats** > **Training Status** > **Training Load**.

   Your training load estimate appears as a number and position on the color gauge.

Red	High
Green	Optimal
Blue	Low

Title	Training Load Focus
Identifier	GUID-C3205D96-DAB6-4C93-A225-5B8D7B5A5621
Language	EN-US
Description	
Version	3
Revision	3
Changes	Fix to make feature name consistent from JoeH.
Status	Released
Last Modified	24/04/2019 08:26:15
Author	wiederan

Training Load Focus

In order to maximize performance and fitness gains, training should be distributed across three categories: low aerobic, high aerobic, and anaerobic. Training load focus shows you how much of your training is currently in each category and provides training targets. Training load focus requires at least 7 days of training to determine if your training load is low, optimal, or high. After 4 weeks of training history, your training load estimate will have more detailed target information to help you balance your training activities.

Below targets: Your training load is lower than optimal in all intensity categories. Try increasing the duration or frequency of your workouts.

Low aerobic shortage: Try adding more low aerobic activities to provide recovery and balance for your higher intensity activities.

High aerobic shortage: Try adding more high aerobic activities to help improve your lactate threshold and VO2 max. over time.

Anaerobic shortage: Try adding a few more intense, anaerobic activities to improve your speed and anaerobic capacity over time.

Balanced: Your training load is balanced and provides all-around fitness benefits as you continue training.

Low aerobic focus: Your training load is mostly low aerobic activity. This provides a solid foundation and prepares you for adding more intense workouts.

High aerobic focus: Your training load is mostly high aerobic activity. These activities help to improve lactate threshold, VO2 max., and endurance.

Anaerobic focus: Your training load is mostly intense activity. This leads to rapid fitness gains, but should be balanced with low aerobic activities.

Above targets: Your training load is higher than optimal, and you should consider scaling back the duration and frequency of your workouts.

Title	About Training Effect
Identifier	GUID-7275629E-743A-4658-A284-C84F42A66AE5
Language	EN-US
Description	
Version	8
Revision	3
Changes	Change balance to focus, as per JoeH.
Status	Released
Last Modified	24/04/2019 08:26:15
Author	wiederan

About Training Effect

Training Effect measures the impact of an activity on your aerobic and anaerobic fitness. Training Effect accumulates during the activity. As the activity progresses, the Training Effect value increases. Training Effect is determined by your user profile information and training history, and heart rate, duration, and intensity of your activity. There are seven different Training Effect labels to describe the primary benefit of your activity. Each label is color coded and corresponds to your training load focus (*Training Load Focus*, page 36). Each feedback phrase, for example, "Highly Impacting VO2 Max." has a corresponding description in your Garmin Connect activity details.

Aerobic Training Effect uses your heart rate to measure how the accumulated intensity of an exercise affects your aerobic fitness and indicates if the workout had a maintaining or improving effect on your fitness level. Your excess post-exercise oxygen consumption (EPOC) accumulated during exercise is mapped to a range of values that account for your fitness level and training habits. Steady workouts at moderate effort or workouts involving longer intervals (>180 sec) have a positive impact on your aerobic metabolism and result in an improved aerobic Training Effect.

Anaerobic Training Effect uses heart rate and speed (or power) to determine how a workout affects your ability to perform at very high intensity. You receive a value based on the anaerobic contribution to EPOC and the type of activity. Repeated high-intensity intervals of 10 to 120 seconds have a highly beneficial impact on your anaerobic capability and result in an improved anaerobic Training Effect.

You can add Aerobic Training Effect and Anaerobic Training Effect as data fields to one of your training screens to monitor your numbers throughout the activity.

Training Effect	Aerobic Benefit	Anaerobic Benefit
From 0.0 to 0.9	No benefit.	No benefit.
From 1.0 to 1.9	Minor benefit.	Minor benefit.
From 2.0 to 2.9	Maintains your aerobic fitness.	Maintains your anaerobic fitness.
From 3.0 to 3.9	Impacts your aerobic fitness.	Impacts your anaerobic fitness.
From 4.0 to 4.9	Highly impacts your aerobic fitness.	Highly impacts your anaerobic fitness.
5.0	Overreaching and potentially harmful without enough recovery time.	Overreaching and potentially harmful without enough recovery time.

Training Effect technology is provided and supported by Firstbeat Technologies Ltd. For more information, go to www.firstbeat.com.

Title	Recovery Time
Identifier	GUID-DAC27D10-886A-4EA8-8339-674479E9574A
Language	EN-US
Description	
Version	9
Revision	4
Changes	Update for advanced recovery time--added last sentence.
Status	Released
Last Modified	01/09/2020 10:04:01
Author	mcdanielm

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.

Title	Viewing Your Recovery Time
Identifier	GUID-4F9277B3-E341-401E-AFF1-5D10A199DFBF
Language	EN-US
Description	
Version	3
Revision	5
Changes	Added condition for 1030, changed to recovery time
Status	Released
Last Modified	14/08/2017 13:49:09
Author	cozmyer

Viewing Your Recovery Time

Before you can use the recovery time feature, you must put on the heart rate monitor, and pair it with your device (*Pairing Your Wireless Sensors*, page 78). 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 94), and set your maximum heart rate (*Setting Your Heart Rate Zones*, page 73).

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

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

Title	Getting Your FTP Estimate
Identifier	GUID-52BC6E7F-5F9E-4919-9AE3-6A865614E748
Language	EN-US
Description	
Version	5
Revision	1
Changes	No English change. Versioned to fix CZ.
Status	Released
Last Modified	21/08/2020 11:49:37
Author	pullins

Getting Your FTP Estimate

The device uses your user profile information from the initial setup to estimate your functional threshold power (FTP). For a more accurate FTP value, you can conduct an FTP test using a paired power meter and heart rate monitor (*Conducting an FTP Test*, page 40).

Select **My Stats** > **FTP**.

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

Purple	Superior
Blue	Excellent
Green	Good
Orange	Fair
Red	Untrained

For more information, see the appendix (*FTP Ratings*, page 134).

Title	Conducting an FTP Test
Identifier	GUID-4A55785E-248E-46DF-8BDA-7CC563477E6D
Language	EN-US
Description	
Version	6
Revision	1
Changes	No English change. Versioned to fix IT.
Status	Released
Last Modified	21/08/2020 11:55:35
Author	pullins

Conducting an FTP Test

Before you can conduct a test to determine your functional threshold power (FTP), you must have a paired power meter and heart rate monitor (*Pairing Your Wireless Sensors*, page 78).

1. Select **My Stats** > **FTP** > **FTP Test** > **Ride**.
2. Select ▶ to start the activity timer.

   After you begin your ride, the device displays each step of the test, the target, and current power data. A message appears when the test is complete.
3. Select ▶ to stop the activity timer.
4. Select **Save Ride**.

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

Title	Automatically Calculating FTP
Identifier	GUID-FE083050-1431-41B5-AC42-726025B931C1
Language	EN-US
Description	
Version	5
Revision	3
Changes	Add note about estimate requiring a few rides to improve accuracy.
Status	Released
Last Modified	14/05/2020 20:19:54
Author	pruekatie

Automatically Calculating FTP

Before the device can calculate your functional threshold power (FTP), you must have a paired power meter and heart rate monitor (*Pairing Your Wireless Sensors*, page 78).

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

1. Select **My Stats** > **FTP** > **Enable Auto Calculation**.
2. Ride at a steady, high intensity for at least 20 minutes outdoors.
3. After your ride, select **Save Ride**.
4. Select **My Stats** > **FTP**.

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

Title	Viewing Your Stress Score
Identifier	GUID-AEF9FCCD-9056-4C73-BA79-1646A372A2C2
Language	EN-US
Description	
Version	2
Revision	3
Changes	Added menu uicontrol, conditioned
Status	Released
Last Modified	08/04/2019 15:51:23
Author	cozmyer

Viewing Your Stress Score

Before you can view your stress score, you must put on a chest heart rate monitor and pair it with your device (*Pairing Your Wireless Sensors*, page 78).

Stress score is the result of a three-minute test performed while standing still, where the Edge device analyzes heart rate variability to determine your overall stress. Training, sleep, nutrition, and general life stress all impact how an athlete performs. The stress score range is 1 to 100, where 1 is a very low stress state, and 100 is a very high stress state. Knowing your stress score can help you decide if your body is ready for a tough workout or yoga.

TIP: Garmin recommends that you measure your stress score at approximately the same time and under the same conditions every day.

1. Select **My Stats** > **Stress Score** > **Measure**.
2. Stand still, and rest for 3 minutes.

Title	Turning Off Performance Notifications
Identifier	GUID-6EA21C65-5FA4-4CEE-92D9-52AB3A8E8087
Language	EN-US
Description	
Version	2
Revision	3
Changes	Added menu uicontrol, conditioned
Status	Released
Last Modified	08/04/2019 15:51:36
Author	cozmyer

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.

Title	Viewing Your Power Curve
Identifier	GUID-8356BE91-D81F-4A38-97B7-2594C4E2436F
Language	EN-US
Description	
Version	1
Revision	3
Changes	
Status	Released
Last Modified	08/04/2019 15:53:39
Author	cozmyer

Viewing Your Power Curve

Before you can view your power curve, you must pair your power meter with your device (*Pairing Your Wireless Sensors*, page 78).

The power curve displays your sustained power output over time. You can view your power curve for the previous month, three months, or twelve months.

1. Select **My Stats** > **Power Curve**.
2. Select ❮ or ❯ to select a time period.

Title	Syncing Activities and Performance Measurements (Edge)
Identifier	GUID-662E7A1F-F9F4-46E6-94EA-3C35A3B48536
Language	EN-US
Description	
Version	2
Revision	3
Changes	Switched from the app setting to the device setting. Same as watches.
Status	Released
Last Modified	08/04/2019 16:11:37
Author	cozmyer

Syncing Activities and Performance Measurements

You can sync activities and performance measurements from other Garmin devices to your Edge 1030 device using your Garmin Connect account. This allows your device to more accurately reflect your training status and fitness. For example, you can record a run with a Forerunner® device, and view your activity details and overall training load on your Edge 1030 device.

1. Select **My Stats** > **Training Status**.
2. Select ☰ > **Physio TrueUp**.

When you sync your device with your smartphone, recent activities and performance measurements from your other Garmin devices appear on your Edge 1030 device.

Title	Pausing Your Training Status
Identifier	GUID-E79A4C10-6169-44D8-B145-E3D4DF2B703C
Language	EN-US
Description	
Version	1.1.1
Revision	3
Changes	Branched for devices that don't support Daily Suggested Workouts.
Status	Released
Last Modified	11/09/2020 16:42:42
Author	mcdanielm

Pausing Your Training Status

If you are injured or sick, you can pause your training status. You can continue to record fitness activities, but your training status, training load focus, and recovery feedback are temporarily disabled.

Select an option:

- From your Edge device, select **My Stats** > **Training Status** > ☰ > **Pause Training Status**.
- From your Garmin Connect settings, select **Performance Stats** > **Training Status** > ⋮ > **Pause Training Status**.

TIP: You should sync your device with your Garmin Connect account.

Title	Resuming Your Paused Training Status
Identifier	GUID-BB250F54-5BBE-49AC-B9A3-E1A4A664A77B
Language	EN-US
Description	
Version	2
Revision	3
Changes	On Edge devices, string is always Pause Training Status, with a toggle switch indicating whether status is paused or not. Updating ui control in the bike mounted-conditioned instances.
Status	Released
Last Modified	04/08/2021 13:27:58
Author	burzinskititu

Resuming Your Paused Training Status

You can resume your training status when you are ready to start training again. For best results, you need at least two VO2 max. measurements each week (*About VO2 Max. Estimates*, page 31).

Select an option:

- From your Edge device, select **My Stats** > **Training Status** > ☰ > **Pause Training Status**.
- From your Garmin Connect settings, select **Performance Stats** > **Training Status** > ⋮ > **Resume Training Status**.

TIP: You should sync your device with your Garmin Connect account.

Title	Personal Records - Edge
Identifier	GUID-B807C007-A3C5-4256-B544-4A9E63D7C23B
Language	EN-US
Description	
Version	2
Revision	9
Changes	Added sentence and condition for power sensor.
Status	Released
Last Modified	06/03/2018 08:46:04
Author	mcdanielm

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.

Title	Viewing Your Personal Records
Identifier	GUID-6B123DF1-880C-4131-9A4D-46265A6D92A8
Language	EN-US
Description	
Version	2
Revision	3
Changes	Added conditions for 1030
Status	Released
Last Modified	14/08/2017 13:49:07
Author	cozmyer

Viewing Your Personal Records

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

Title	Reverting a Personal Record
Identifier	GUID-97D3C807-E251-4C10-AB3A-B068571885FA
Language	EN-US
Description	
Version	2
Revision	3
Changes	Added conditions for 1030
Status	Released
Last Modified	14/08/2017 13:46:04
Author	cozmyer

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.

Title	Deleting a Personal Record
Identifier	GUID-157087E7-CFBD-41C2-9C29-A94343CD7468
Language	EN-US
Description	
Version	4
Revision	4
Changes	Added conditions for 530.
Status	Released
Last Modified	08/04/2019 16:20:04
Author	cozmyer

Deleting a Personal Record

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

Title	Training Zones - Edge 1000
Identifier	GUID-F1FA2641-90DC-42F6-B859-6C14FC6AD343
Language	EN-US
Description	
Version	1
Revision	3
Changes	
Status	Released
Last Modified	22/04/2017 20:26:53
Author	gerson

Training Zones

- Heart rate zones (*Setting Your Heart Rate Zones*, page 73)
- Power zones (*Setting Your Power Zones*, page 79)

Title	Navigation
Identifier	GUID-B7273CEF-4E50-4730-B975-EE84CB5AA5C5
Language	EN-US
Description	
Version	3
Revision	3
Changes	Removing conditioned bullet from 1030; not necessary for 820 or 1030
Status	Released
Last Modified	14/08/2017 13:43:27
Author	cozmyer

Navigation

Navigation features and settings also apply to navigating courses (*Courses*, page 50) and segments (*Segments*, page 13).

- Locations and finding places (*Locations*, page 46)
- Planning a course (*Courses*, page 50)
- Route settings (*Route Settings*, page 59)
- Map settings (*Map Settings*, page 58)

Title	Locations
Identifier	GUID-8BD32AC3-4779-4BA1-B717-ABEEBC7E0145
Language	EN-US
Description	
Version	1
Revision	3
Changes	
Status	Released
Last Modified	22/04/2017 20:24:46
Author	wiederan

Locations

You can record and store locations in the device.

Title	Marking Your Location
Identifier	GUID-C8B11FFB-D8FB-46E2-8A75-DBD0FC10660D
Language	EN-US
Description	
Version	1
Revision	4
Changes	new for 820
Status	Released
Last Modified	22/04/2017 20:24:55
Author	wiederan

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** > ✓.

Title	Saving Locations from the Map
Identifier	GUID-B30A1AFD-A4AE-4F9C-876C-5B1238263827
Language	EN-US
Description	
Version	5
Revision	4
Changes	Updated happy path is Browse Map
Status	Released
Last Modified	08/04/2019 15:58:00
Author	cozmyer

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 ⚑ > ✓.

Title	Navigating to a Location
Identifier	GUID-1208F4B7-1D5F-4771-93AB-2F85BAEFF90D
Language	EN-US
Description	
Version	8
Revision	3
Changes	Clarifying MTB Trail Navigation searches for mountain bike trails only.
Status	Released
Last Modified	04/08/2021 13:27:53
Author	burzinskititu

Navigating to a Location

1. Select **Navigation**.
2. Select an option:
   - Select **MTB Trail Navigation** to navigate to a mountain bike trail network.
   - Select **Browse Map** to navigate to a location on the map.
   - Select **Search** to navigate to a point of interest, city, address, intersection, or known coordinates.
     TIP: You can select ◎ to narrow your search area.
   - Select **Saved Locations** to navigate to a saved location.
     TIP: You can select ▦ to enter specific search information.
   - Select **Recent Finds** to navigate to one of the last 50 locations you have found.
   - Select ☰ > **Select Search Area** to narrow your search area.
3. Select a location.
4. Select **Ride**.
5. Follow the on-screen instructions to your destination.

Title	Navigating Back to Start
Identifier	GUID-336FF1AC-A61A-4309-A8E0-7F6CDDBDC268
Language	EN-US
Description	
Version	3
Revision	3
Changes	Tidied up redundancies and varids, and switched to use controls menu UI
Status	Released
Last Modified	08/04/2019 15:57:12
Author	cozmyer

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.

Title	Stopping Navigation
Identifier	GUID-6ABA2301-2E83-4722-9F5C-9A85BB65488A
Language	EN-US
Description	
Version	3
Revision	3
Changes	Removing step 1. Can scroll without tapping the screen.
Status	Released
Last Modified	14/08/2017 13:47:16
Author	cozmyer

Stopping Navigation

1. Scroll to the map.
2. Select ⊗ > ✔.

Title	Editing Locations
Identifier	GUID-871EBE1D-8ED7-4A39-A713-8711E5B1B61D
Language	EN-US
Description	
Version	5
Revision	3
Changes	Updated conditions for 1030; dropping 1000
Status	Released
Last Modified	14/08/2017 13:41:17
Author	cozmyer

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 ✓.

Title	Deleting Locations
Identifier	GUID-799C0C25-4574-49B7-A2A6-C9A07DB911AE
Language	EN-US
Description	
Version	5
Revision	3
Changes	Updated conditions for 1030; dropping 1000
Status	Released
Last Modified	14/08/2017 13:40:40
Author	cozmyer

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** > ✓.

Title	Projecting a Location
Identifier	GUID-1D4A6E4A-1176-4CF8-9AFF-5BFBD350E22E
Language	EN-US
Description	
Version	5
Revision	3
Changes	Updated conditions for 1030; dropping 1000
Status	Released
Last Modified	14/08/2017 13:45:31
Author	cozmyer

Projecting a Location

You can create a new location by projecting the distance and bearing from a marked location to a new location.

1. Select **Navigation** > **Saved Locations**.
2. Select a location.
3. Select the location information at the top of the screen.
4. Select > **Project Location**.
5. Enter the bearing and distance to the projected location.
6. Select .

Title	Courses (Edge 1030 Plus)
Identifier	GUID-7416CBA5-CEA0-45A5-B7D8-4D9B36419E6B
Language	EN-US
Description	
Version	2
Revision	3
Changes	Added a condition to creating courses on the device.
Status	Released
Last Modified	16/10/2020 15:52:51
Author	cozmyer

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 a custom course 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. You can also follow a saved course, trying to match or exceed previously set performance goals.

Title	Planning and Riding a Course
Identifier	GUID-AB1BC8CE-AD01-40E5-AF83-B1590443166E
Language	EN-US
Description	
Version	2
Revision	3
Changes	Added a tip for adding multiple points from the map.
Status	Released
Last Modified	27/06/2018 09:28:03
Author	cozmyer

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.

1. Select **Navigation** > **Courses** > **Course Creator** > **Add First Location**.
2. Select an option:
   - To select your current location on the map, select **Current Location**.
   - To select a saved location, select **Saved**, and select a location.
   - To select a location for which you recently searched, select **Recent Finds**, and select a location.
   - To select a location on the map, select **Use Map**, and select a location.
   - To browse for and select a point of interest, select **POI Categories**, and select a nearby point of interest.
   - To select a city, select **Cities**, and select a nearby city.
   - To select an address, select **Addresses**, and enter the address.
   - To select an intersection, select **Intersections**, and enter the street names.
   - To use coordinates, select **Coordinates**, and enter the coordinates.
3. Select **Use**.

   TIP: From the map, you can select another location, and select Use to continue adding locations.
4. Select **Add Next Location**.
5. Repeat steps 2 through 4 until you have selected all locations for the route.
6. Select **View Map**.

   The device calculates your route, and a map of the route appears.

   TIP: You can select to view an elevation plot of the route.
7. Select **Ride**.

Title	Following a Course From Garmin Connect
Identifier	GUID-3E9F932E-22BF-4454-8520-1EFCA047EF87
Language	EN-US
Description	
Version	10
Revision	3
Changes	Updated app menu path.
Status	Released
Last Modified	16/10/2020 15:56:01
Author	cozmyer

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 89).

1. Select an option:
   - Open the Garmin Connect app.
   - Go to connect.garmin.com.
2. Create a new course, or select an existing course.
3. Select an option:
   - On the Garmin Connect app, select ⋮ > **Send to Device**.
   - On the Garmin Connect website, select **Send to Device**.
4. Follow the on-screen instructions.
5. On the Edge device, select **Navigation** > **Courses** > **Saved Courses**.
6. Select the course.
7. Select **Ride**.

Title	Creating and Riding a Round-Trip Course
Identifier	GUID-639476C5-189C-4B79-AC0F-FF74153D0640
Language	EN-US
Description	
Version	4
Revision	3
Changes	Updated the options for start location
Status	Released
Last Modified	14/08/2017 13:40:26
Author	cozmyer

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 **Navigation** > **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 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 Locations**, and select a location.
   - To browse for and select a point of interest, select **Search Tools** > **POI Categories**, and select a nearby point of interest.
   - To select a city, select **Search Tools** > **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.
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 **Ride**.

Title	Creating a Course from a Recent Ride
Identifier	GUID-429F72DD-926C-4034-9250-20499AA05458
Language	EN-US
Description	
Version	2
Revision	5
Changes	Update course/history variable to make usable for Edge 1030 Plus. Different path.
Status	Released
Last Modified	04/08/2021 13:52:34
Author	pruekatie

Creating a Course from a Recent Ride

You can create a new course from a previously saved ride.

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

Title	Tips for Riding a Course
Identifier	GUID-E25316A9-AD30-47EC-838C-C34B7A71674C
Language	EN-US
Description	
Version	4
Revision	3
Changes	Updated the title for Explore versions.
Status	Released
Last Modified	27/06/2018 09:27:37
Author	cozmyer

Tips for Riding a Course

- Use turn guidance (*Course Options*, page 57).
- If you include a warmup, select ▮▶ 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.

  NOTE: As soon as you select ▮▶, your Virtual Partner starts the course and does not wait for you to warm up.
- Scroll to the map to view the course map.

  If you stray from the course, a message appears.

Title	Viewing Course Details
Identifier	GUID-D8455F12-6A6C-412F-9341-CD6996EF31B9
Language	EN-US
Description	
Version	5
Revision	6
Changes	Added a condition to Saved Courses; added Climbs option.
Status	Released
Last Modified	08/04/2019 16:24:51
Author	cozmyer

Viewing Course Details

1. Select **Navigation** > **Courses** > **Saved Courses**.
2. Select a course.
3. Select an option:
   - Select **Summary** to view details about the course.
   - Select **Map** to view the course on the map.
   - Select **Elevation** to view an elevation plot of the course.
   - Select **Climbs** to view details and elevation plots for each climb.
   - Select **Laps** to select a lap and view additional information about each lap.

Title	Displaying a Course on the Map
Identifier	GUID-A90DA84C-389E-4DFA-9A85-CD698C4B4E63
Language	EN-US
Description	
Version	8
Revision	4
Changes	Added a condition to Saved Courses
Status	Released
Last Modified	08/04/2019 16:10:52
Author	cozmyer

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 **Navigation** > **Courses** > **Saved Courses**.
2. Select the course.
3. Select **Settings**.
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.

Title	Using ClimbPro
Identifier	GUID-EBAEC138-B55A-4730-8C10-DF21A40302A9
Language	EN-US
Description	
Version	1
Revision	9
Changes	
Status	Released
Last Modified	09/04/2019 08:52:36
Author	cozmyer

Using ClimbPro

The ClimbPro feature helps you manage your effort for the upcoming climbs on a course. Before your ride, 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.

1. Enable the ClimbPro feature for the activity profile (*Updating Your Activity Profile*, page 96).
2. Review the climbs and course details for the course (*Viewing Course Details*, page 55).
3. Start following a saved course (*Courses*, page 50).

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

Title	Course Options
Identifier	GUID-5FB6AF7B-6157-4AFC-B82B-C3AEED568646
Language	EN-US
Description	
Version	6
Revision	4
Changes	Added a condition to Saved Courses and removed Segments option.
Status	Released
Last Modified	08/04/2019 16:09:55
Author	cozmyer

Course Options

Select **Navigation** > **Courses** > **Saved 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.

Filter: Allows you to filter by course type, such as Strava courses.

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.

Title	Stopping a Course
Identifier	GUID-537E74F4-D39D-4F79-97A0-733ACC3173D0
Language	EN-US
Description	
Version	2
Revision	3
Changes	fix variable icons, support 820
Status	Released
Last Modified	22/04/2017 20:26:34
Author	wiederan

Stopping a Course

1. Scroll to the map.
2. Select > .

Title	Deleting a Course
Identifier	GUID-C90BB3EE-3655-4502-8140-2BA8DE0B8284
Language	EN-US
Description	
Version	5
Revision	4
Changes	Added a condition to Saved Courses
Status	Released
Last Modified	08/04/2019 16:18:53
Author	cozmyer

Deleting a Course

1. Select **Navigation** > **Courses** > **Saved Courses**.
2. Select a course.
3. Select > .

Title	Map Settings
Identifier	GUID-2ADCD0D5-D5CB-4C29-9ACB-EE8BA1FDCC64
Language	EN-US
Description	
Version	12
Revision	10
Changes	Add Map Theme and Highlight Popular Roads.
Status	Released
Last Modified	26/05/2021 09:25:34
Author	pruekatie

Map Settings

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

Map Theme: Adjusts the appearance of the map for your ride type. (*Map Themes*, page 59)

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

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).

Map Visibility: Allows you to change the appearance of the map.

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

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

Draw Contours: Shows or hides contour lines on the map.

Title	Changing the Map Orientation
Identifier	GUID-31DFA9B0-ED18-4F14-86C6-9060F24B198A
Language	EN-US
Description	
Version	6
Revision	4
Changes	Updated menu path conditions
Status	Released
Last Modified	08/04/2019 16:06:19
Author	cozmyer

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.
   - Select **3D Mode** to display the map in three dimensions.

Title	Map Themes
Identifier	GUID-64559AAF-F709-414B-BB7C-7BE447CF0D21
Language	EN-US
Description	
Version	1
Revision	10
Changes	Save as from fenix/MARQ.
Status	Released
Last Modified	26/05/2021 09:25:53
Author	pruekatie

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** > **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.

Title	Route Settings
Identifier	GUID-75D72D8E-4D22-41E2-A11A-15250A9CC91D
Language	EN-US
Description	
Version	8
Revision	5
Changes	Updated menu path conditions
Status	Released
Last Modified	08/04/2019 16:05:24
Author	cozmyer

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.

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

Title	Selecting an Activity for Route Calculation
Identifier	GUID-C9E42384-B252-4742-9975-4D4A77C88CE9
Language	EN-US
Description	
Version	7
Revision	4
Changes	Updated menu path conditions
Status	Released
Last Modified	08/04/2019 16:04:04
Author	cozmyer

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.

Title	Connected Features
Identifier	GUID-CD909C49-8CD8-4186-BE9C-66D8FE3528C2
Language	EN-US
Description	
Version	1
Revision	4
Changes	
Status	Released
Last Modified	14/08/2017 13:40:17
Author	cozmyer

Connected Features

Connected features are available for your Edge device when you connect the device to a Wi-Fi® network or to a compatible smartphone using Bluetooth wireless technology.

Title	Bluetooth Connected Features (Edge)
Identifier	GUID-6201FE16-EF74-4550-9C6B-4E207539707D
Language	EN-US
Description	
Version	12
Revision	4
Changes	Add LiveTrack course sharing
Status	Released
Last Modified	30/03/2020 08:07:55
Author	pruekatie

Bluetooth Connected Features

The Edge device has several Bluetooth connected features for your compatible smartphone using the Garmin Connect and Connect IQ apps. Go to www.garmin.com/intosports/apps for more information.

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

Assistance: Allows you to send an automated text message with your name and GPS location to your emergency contacts using the Garmin Connect app.

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

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

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

Course, segment, and workout downloads from Garmin Connect: Allows you to search for activities on Garmin Connect using your smartphone and send them to your device.

Device to device transfers: Allows you to wirelessly transfer files to another compatible Edge device.

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

GroupTrack: Allows you to keep track of other riders in your group using LiveTrack directly on screen and in real time. You can send preset messages to other riders in your GroupTrack session who have a compatible Edge device.

Incident detection: Allows the Garmin Connect app to send a message to your emergency contacts when the Edge device detects an incident.

LiveTrack: Allows friends and family to follow your races and training activities in real time. With LiveTrack course sharing, you can also share your active course. You can invite followers using email or social media, allowing them to view your live data on a Garmin Connect tracking page.

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

Notifications: Displays phone notifications and messages on your device.

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.

Title	Incident Detection and Assistance Features
Identifier	GUID-53EB82E7-3E61-4F5F-96B5-B92BF9D68909
Language	EN-US
Description	
Version	1
Revision	3
Changes	title only
Status	Released
Last Modified	10/04/2018 10:22:46
Author	cozmyer

Incident Detection and Assistance Features

Title	Incident Detection
Identifier	GUID-F109FB24-B55D-49D2-B388-D042E7FBA965
Language	EN-US
Description	
Version	3
Revision	3
Changes	Removed "Mobile" from app name
Status	Released
Last Modified	08/04/2019 15:50:02
Author	cozmyer

Incident Detection

⚠ CAUTION

Incident detection is a supplemental feature primarily designed for road use. 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.

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 to your emergency contacts.

A message appears on your device and paired smartphone indicating your contacts will be informed after 30 seconds have elapsed. If assistance is not needed, you can cancel the automated emergency message.

Before you can enable incident detection on your device, you must set up emergency contact information in the Garmin Connect app. Your paired smartphone 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).

Title	Assistance
Identifier	GUID-5CC8A829-AD59-4A8C-BFC3-11F41BC930CB
Language	EN-US
Description	
Version	3
Revision	4
Changes	Removed "Mobile" from GCM
Status	Released
Last Modified	21/01/2019 10:24:25
Author	mcdanielm

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.

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 to your emergency contacts.

Before you can enable the assistance feature on your device, you must set up emergency contact information in the Garmin Connect app. Your Bluetooth paired smartphone 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).

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.

Title	Adding Emergency Contacts (LTE)
Identifier	GUID-C7C9A20F-0B71-4481-910A-AF4826940476
Language	EN-US
Description	
Version	4
Revision	3
Changes	Adding Emergency Contacts string to path.
Status	Released
Last Modified	20/12/2021 11:40:38
Author	burzinskititu

Adding Emergency Contacts

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

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

Title	Viewing Your Emergency Contacts
Identifier	GUID-E677A5BC-EA5A-4BF8-92D7-FA9AC2BC404D
Language	EN-US
Description	
Version	4
Revision	5
Changes	Fixed app name and updated conditions
Status	Released
Last Modified	08/04/2019 15:50:55
Author	cozmyer

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.

Title	Requesting Assistance
Identifier	GUID-11A071F8-B487-4E55-98DC-9AF0BC08521C
Language	EN-US
Description	
Version	3
Revision	4
Changes	Removed condition and updated varid for cancelling.
Status	Released
Last Modified	08/04/2019 15:50:37
Author	cozmyer

Requesting Assistance

Before you can request assistance, you must enable GPS on your Edge device.

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.

Title	Turning Incident Detection On and Off
Identifier	GUID-1EA3620E-3C99-49FF-A485-B5F082C5CB2F
Language	EN-US
Description	
Version	6
Revision	5
Changes	Add the specific bike profiles and default behavior.
Status	Released
Last Modified	10/12/2021 12:35:25
Author	wiederan

Turning Incident Detection On and Off

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

   NOTE: Incident detection is enabled by default for the road, gravel, commute, tour, and ebike activity profiles only. Depending on the terrain and your riding style, false positives can occur.

Title	Cancelling an Emergency Message
Identifier	GUID-F12143AB-71C6-4F38-90A1-83C0EFC16498
Language	EN-US
Description	
Version	2
Revision	3
Changes	Fix icon variable
Status	Released
Last Modified	22/04/2017 20:18:39
Author	wiederan

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 smartphone before it is sent to your emergency contacts.

Select **Cancel** > ✔ before the end of the 30-second countdown.

Title	Sending a Status Update to Your Emergency Contacts
Identifier	GUID-9F6540B4-2D71-4FAF-BE24-E96AAA0C41FE
Language	EN-US
Description	
Version	2
Revision	4
Changes	Changed connections screen to contols widget
Status	Released
Last Modified	14/08/2017 13:46:14
Author	cozmyer

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.

Title	Turning On LiveTrack
Identifier	GUID-5B654CCE-ADFB-4886-879A-75FDE6D154FE
Language	EN-US
Description	
Version	1
Revision	9
Changes	Save as from VVA3.
Status	Released
Last Modified	14/05/2020 20:19:54
Author	pruekatie

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.

3 Select **Start LiveTrack**.

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

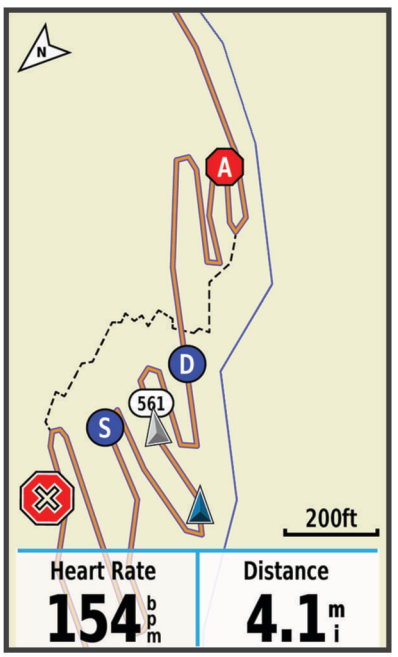
Title	Starting a GroupTrack Session
Identifier	GUID-0C183A1A-233D-4C26-ABEA-8DFBF6E2A57A
Language	EN-US
Description	
Version	5
Revision	3
Changes	Updated GC menu path.
Status	Released
Last Modified	16/10/2020 15:55:47
Author	cozmyer

Starting a GroupTrack Session

Before you can start a GroupTrack session, you must have a smartphone with the Garmin Connect app paired to your device (*Pairing Your Smartphone*, page 3).

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

1. On the Edge device, 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 device, select ▶, 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.

Title	Tips for Grouptrack Rides
Identifier	GUID-3F668630-89EC-4576-ACFD-EF88D433D94F
Language	EN-US
Description	
Version	3
Revision	3
Changes	Update GC app name
Status	Released
Last Modified	08/04/2019 15:47:31
Author	cozmyer

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 1030 device with your smartphone using Bluetooth technology.
- In the Garmin Connect app, select ☰ or •••, and select **Connections** to update the list of riders for your GroupTrack session.
- Make sure all of your connections pair to their smartphones 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.

Title	Setting the Bike Alarm
Identifier	GUID-29606AC4-632A-4182-B35C-15ABB5F076C7
Language	EN-US
Description	
Version	1
Revision	7
Changes	
Status	Released
Last Modified	08/04/2019 15:48:52
Author	cozmyer

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 smartphone.

Title	Playing Audio Prompts on your Smartphone (Cycling)
Identifier	GUID-01956CF5-CF67-40C2-9AB5-E6B8913B544B
Language	EN-US
Description	
Version	2
Revision	4
Changes	Updated GC app name
Status	Released
Last Modified	01/10/2019 15:53:52
Author	cozmyer

Playing Audio Prompts on Your Smartphone

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

You can set the Garmin Connect app to play motivational status announcements on your smartphone 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 smartphone to play the announcement. You can customize the volume levels on the Garmin Connect app.

1. From the Garmin Connect app, select ☰ or •••.
2. Select **Garmin Devices**.
3. Select your device.
4. Select **Device Settings** > **Audio Prompts**.

Title	Transferring Files to Another Edge Device
Identifier	GUID-22E5C24E-6C9E-416E-94B5-D6DF1F329CD0
Language	EN-US
Description	
Version	2
Revision	3
Changes	Added Settings uicontrol with conditions, and a note in step 2.
Status	Released
Last Modified	08/04/2019 15:48:27
Author	cozmyer

Transferring Files to Another Edge Device

You can transfer courses, segments, and workouts wirelessly from one compatible Edge device to another using Bluetooth technology.

1. Turn on both Edge devices, and bring them within range (3 m) of each other.
2. From the device that contains the files, select ☰ > **Connected Features** > **Device Transfers** > **Share Files**.
   NOTE: The Device Transfers menu may be in a different location for other Edge devices.
3. Select a file type to share.
4. Select one or more files to transfer.
5. From the device that receives the files, select ☰ > **Connected Features** > **Device Transfers**.
6. Select a nearby connection.
7. Select one or more files to receive.

A message appears on both devices after the file transfer is complete.

Title	Wi-Fi Connected Features
Identifier	GUID-7089BCD7-BBA9-4AB1-BE0C-3FA4A2FAE861
Language	EN-US
Description	
Version	8
Revision	3
Changes	Adding music sync, with condition. Other minor edits from Joe & Sharon
Status	Released
Last Modified	14/03/2019 16:23:19
Author	wiederan

Wi-Fi Connected Features

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

Software updates: Your device downloads and installs the latest software update automatically when a Wi-Fi connection is available.

Workouts and training plans: You can browse for and select workouts and training plans on the Garmin Connect site. The next time your device has a Wi-Fi connection, the files are wirelessly sent to your device.

Title	Setting Up Wi-Fi Connectivity on Your Edge
Identifier	GUID-E3610E93-2F0E-43A8-9BF8-689021CFE4BA
Language	EN-US
Description	
Version	3
Revision	5
Changes	Fixed app name, added prereq.
Status	Released
Last Modified	08/04/2019 15:45:02
Author	cozmyer

Setting Up Wi-Fi Connectivity

You must connect your device to the Garmin Connect app on your smartphone or to the Garmin Express application on your computer before you can connect to a Wi-Fi network.

1. Select an option:
   - Download the Garmin Connect app, and pair your smartphone (*Pairing Your Smartphone*, page 3).
   - Go to www.garmin.com/express, and download the Garmin Express application.
2. Follow the on-screen instructions to set up Wi-Fi connectivity.

Title	Wi-Fi Settings
Identifier	GUID-8F0AA33E-5CD6-4EC5-9C21-B45D13BDBE8D
Language	EN-US
Description	
Version	5
Revision	1
Changes	No English change. Versioned to fix spacing issues in CZ, ES, FR, IT, NO, PL, PT-BR, SL.
Status	Released
Last Modified	18/08/2021 07:10:26
Author	pullins

Wi-Fi Settings

Select ☰ > **Connected Features** > **Wi-Fi**.

Wi-Fi: Enables Wi-Fi wireless technology.

NOTE: Other Wi-Fi settings appear only when Wi-Fi is enabled.

Auto Upload: Allows you to upload activities automatically over a known wireless network.

Add Network: Connects your device to a wireless network.

Title	Wireless Sensors
Identifier	GUID-1E3CECCF-0343-431C-95F0-5716E0341C75
Language	EN-US
Description	
Version	3
Revision	1
Changes	No English change. Versioned to fix RO.
Status	Released
Last Modified	22/12/2021 14:30:05
Author	pullins

Wireless Sensors

Your device can be used with wireless ANT+ or Bluetooth sensors. For more information about compatibility and purchasing optional sensors, go to buy.garmin.com.

Title	Putting On the Heart Rate Monitor
Identifier	GUID-A28A4693-1BA8-405E-B294-7BF250667C57
Language	EN-US
Description	“No English change. Version to fix Polish”
Version	10
Revision	1
Changes	
Status	Released
Last Modified	26/02/2019 09:06:01
Author	pullins

Putting On the Heart Rate Monitor

NOTE: If you do not have a heart rate monitor, you can skip this task.

You should wear the heart rate monitor directly on your skin, just below your sternum. It should be snug enough to stay in place during your activity.

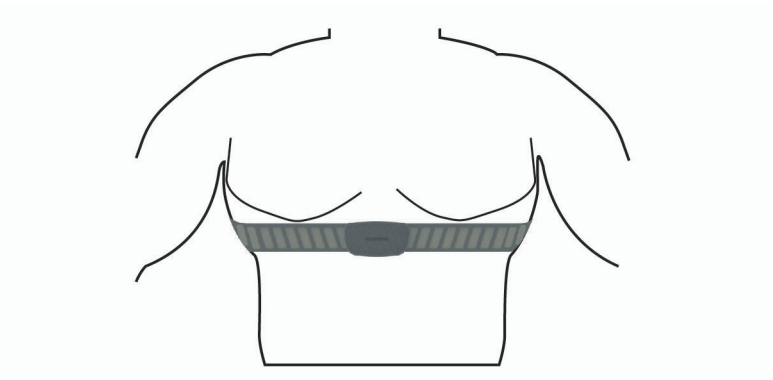
1 Snap the heart rate monitor module ① onto the strap.

The Garmin logos on the module and the strap should be right-side up.

2 Wet the electrodes ② and the contact patches ③ on the back of the strap to create a strong connection between your chest and the transmitter.

3 Wrap the strap around your chest, and connect the strap hook ④ to the loop ⑤.

NOTE: The care tag should not fold over.



The Garmin logos should be right-side up.

4 Bring the device within 3 m (10 ft.) of the heart rate monitor.

After you put on the heart rate monitor, it is active and sending data.

TIP: If the heart rate data is erratic or does not appear, see the troubleshooting tips (*Tips for Erratic Heart Rate Data*, page 74).

Title	Setting Your Heart Rate Zones
Identifier	GUID-94A5A126-6BB2-47F6-8040-EAD29EC66C2B
Language	EN-US
Description	
Version	6
Revision	1
Changes	No English change. Versioned to fix IT.
Status	Released
Last Modified	21/08/2020 11:58:17
Author	pullins

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 74). 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, lactate threshold, and resting heart rate values.

   You can use the auto detect feature to automatically detect your heart rate during an activity. 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).
   - Select **%LTHR** to view and edit the zones as a percentage of your lactate threshold heart rate.

Title	Heart Rate Zones
Identifier	GUID-EF4F4C51-1E48-46D6-9A81-7D4BC2124CC0
Language	EN-US
Description	
Version	1
Revision	4
Changes	
Status	Released
Last Modified	22/04/2017 23:00:15
Author	wiederan

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.

Title	Fitness Goals
Identifier	GUID-712C9267-F751-4E95-9D3B-C955EE14C845
Language	EN-US
Description	
Version	3
Revision	3
Changes	Joe H. requested that we delete the injury bullet.
Status	Released
Last Modified	13/09/2017 07:57:46
Author	wiederan

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 135) 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.

Title	Tips for Erratic Heart Rate Data
Identifier	GUID-3EC078D4-D9A8-41F1-A4AE-B07C0D09176E
Language	EN-US
Description	
Version	6
Revision	5
Changes	Changes from Anne, added "If applicable" to electrodes/contact patches. Does not apply to new HRM-Swim, only electrodes on HRM-Tri
Status	Released
Last Modified	22/04/2017 23:04:51
Author	gerson

Tips for Erratic Heart Rate Data

If the heart rate data is erratic or does not appear, you can try these tips.

- Reapply water to the electrodes and contact patches (if applicable).
- Tighten the strap on your chest.
- Warm up for 5 to 10 minutes.
- Follow the care instructions (*Caring for the Heart Rate Monitor*, page 117).
- Wear a cotton shirt or thoroughly wet both sides of the strap.

  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 that can interfere with your heart rate monitor.

  Sources of interference may include strong electromagnetic fields, some 2.4 GHz wireless sensors, high-voltage power lines, electric motors, ovens, microwave ovens, 2.4 GHz cordless phones, and wireless LAN access points.

Title	Installing the Speed Sensor
Identifier	GUID-E7E492A5-5342-4B27-875B-0C7B5D5F14E7
Language	EN-US
Description	
Version	1
Revision	11
Changes	
Status	Released
Last Modified	22/04/2017 23:00:50
Author	gerson

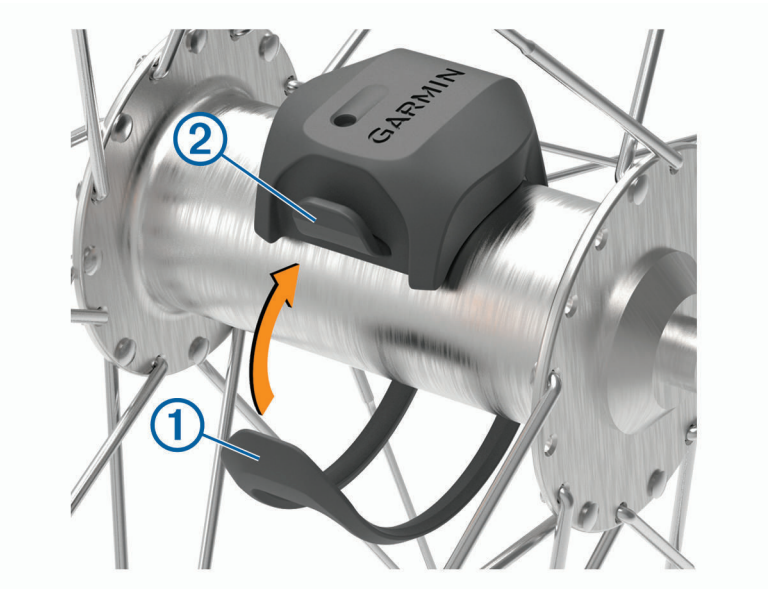
Installing the Speed Sensor

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

TIP: Garmin recommends you secure your bike on a stand while installing the sensor.

1 Place and hold the speed sensor on top of the wheel hub.

2 Pull the strap ① around the wheel hub, and attach it to the hook ② on the sensor.



The sensor may be tilted when installed on an asymmetrical hub. This does not affect operation.

3 Rotate the wheel to check for clearance.

The sensor should not contact other parts of your bike.

NOTE: The LED flashes green for five seconds to indicate activity after two revolutions.

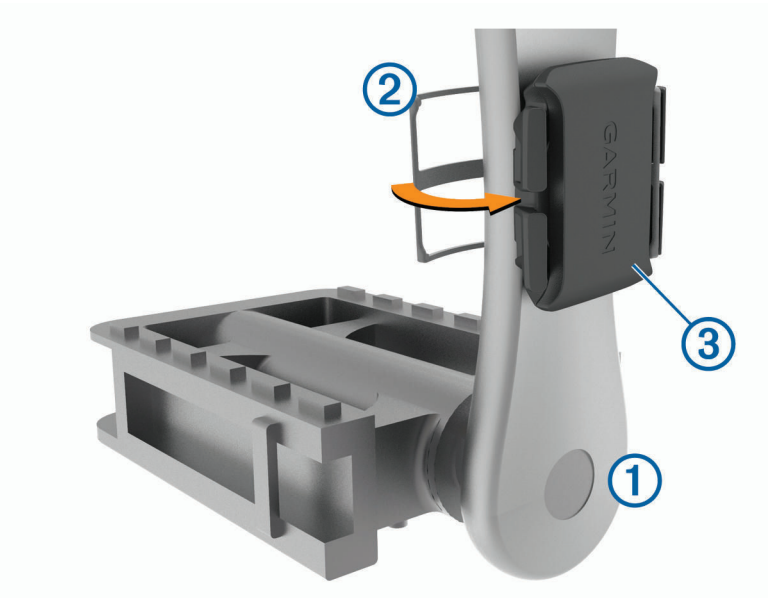
Title	Installing the Cadence Sensor
Identifier	GUID-99C62207-400E-4898-A2F0-AA48A2353599
Language	EN-US
Description	
Version	2
Revision	7
Changes	SME review, additional warning text.
Status	Released
Last Modified	22/04/2017 23:00:42
Author	gerson

Installing the Cadence Sensor

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

TIP: Garmin recommends you secure your bike on a stand while installing the sensor.

1. Select the band size that fits your crank arm ① securely.
   The band you select should be the smallest one that stretches across the crank arm.
2. On the non-drive side, place and hold the flat side of the cadence sensor on the inside of the crank arm.
3. Pull the bands ② around the crank arm, and attach them to the hooks ③ on the sensor.



4. Rotate the crank arm to check for clearance.
   The sensor and bands should not contact any part of your bike or shoe.
   NOTE: The LED flashes green for five seconds to indicate activity after two revolutions.
5. Take a 15 minute test ride and inspect the sensor and bands to ensure there is no evidence of damage.

Title	About the Speed and Cadence Sensors
Identifier	GUID-F7F35127-B97F-4E28-B0A3-E14E6557007B
Language	EN-US
Description	
Version	1
Revision	4
Changes	
Status	Released
Last Modified	22/04/2017 20:16:45
Author	gerson

About the Speed and Cadence Sensors

Cadence data from the cadence sensor is always recorded. If no speed and cadence sensors are paired with the device, GPS data is used to calculate the speed and distance.

Cadence is your rate of pedaling or “spinning” measured by the number of revolutions of the crank arm per minute (rpm).

Title	Data Averaging for Cadence or Power
Identifier	GUID-DE8D3DC4-0D32-4A6E-B882-06ED810C62E9
Language	EN-US
Description	
Version	3
Revision	4
Changes	Added xref variable for reuse.
Status	Released
Last Modified	22/04/2017 20:22:11
Author	gerson

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 108).

Title	Pairing Your Wireless Sensors
Identifier	GUID-E2E2DC23-7B94-43B4-A30D-5FF32270BEC4
Language	EN-US
Description	
Version	6
Revision	3
Changes	Updated menu path conditions
Status	Released
Last Modified	08/04/2019 15:43:58
Author	cozmyer

Pairing Your Wireless Sensors

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

Pairing is the connecting of ANT+ or Bluetooth wireless sensors, for example, connecting a heart rate monitor with your Garmin device.

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.

Title	Training with Power Meters - OM
Identifier	GUID-050A305A-E611-4D2C-AEE5-088E683F1398
Language	EN-US
Description	
Version	4
Revision	3
Changes	Adding Rally. Ok to use after announcement.
Status	Released
Last Modified	11/03/2021 11:11:40
Author	wiederan

Training with Power Meters

- Go to www.garmin.com/intosports for a list of ANT+ sensors that are compatible with your device (such as Rally™ and Vector™).
- 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 79).
- Use range alerts to be notified when you reach a specified power zone (*Setting Range Alerts*, page 99).
- Customize the power data fields (*Adding a Data Screen*, page 97).

Title	Setting Your Power Zones
Identifier	GUID-A0889B67-8402-4D03-A50C-35866AC2B47C
Language	EN-US
Description	
Version	5
Revision	3
Changes	Fixed conditions for 1030, dropping 1000
Status	Released
Last Modified	14/08/2017 13:46:33
Author	cozmyer

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.

Title	Calibrating Your Power Meter
Identifier	GUID-1F1DDABC-9130-4D19-8184-FA0C6981A251
Language	EN-US
Description	
Version	5
Revision	3
Changes	Updated menu path conditions.
Status	Released
Last Modified	01/10/2019 15:03:09
Author	cozmyer

Calibrating Your Power Meter

Before you can calibrate your power meter, you must install it, pair it with your device, and begin actively recording data with it.

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

1. Select > **Sensors**.
2. Select your power meter.
3. Select **Calibrate**.
4. Keep your power meter active by pedaling until the message appears.
5. Follow the on-screen instructions.

Title	Pedal-Based Power
Identifier	GUID-2D6AFD4E-D208-47FC-9EF9-082F5D67B533
Language	EN-US
Description	
Version	3
Revision	4
Changes	Update to variable for Rally.
Status	Released
Last Modified	26/05/2021 09:37:54
Author	pruekatie

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.

Title	Cycling Dynamics
Identifier	GUID-4FA5F58D-59EE-46E3-8B53-BAB28F8AB27D
Language	EN-US
Description	
Version	4
Revision	3
Changes	Must be connected via ANT+. Make a condition?
Status	Released
Last Modified	08/02/2021 11:36:31
Author	wiederan

Cycling Dynamics

Cycling dynamics metrics measure how you apply power throughout the pedal stroke, and where you apply power on the pedal, allowing you to understand your particular way of riding. Understanding how and where you produce power allows you to train more efficiently and evaluate your bike fit.

NOTE: You must have a compatible, dual sensing power meter connected using ANT+ technology to use cycling dynamics metrics.

For more information, go to www.garmin.com/performance-data.

Title	Using Cycling Dynamics
Identifier	GUID-AEA5BC72-9B27-4F4A-8E44-68E24DDC57D0
Language	EN-US
Description	
Version	5
Revision	4
Changes	remove "Vector" so it will work with other pubs.
Status	Released
Last Modified	08/02/2021 11:13:47
Author	wiederan

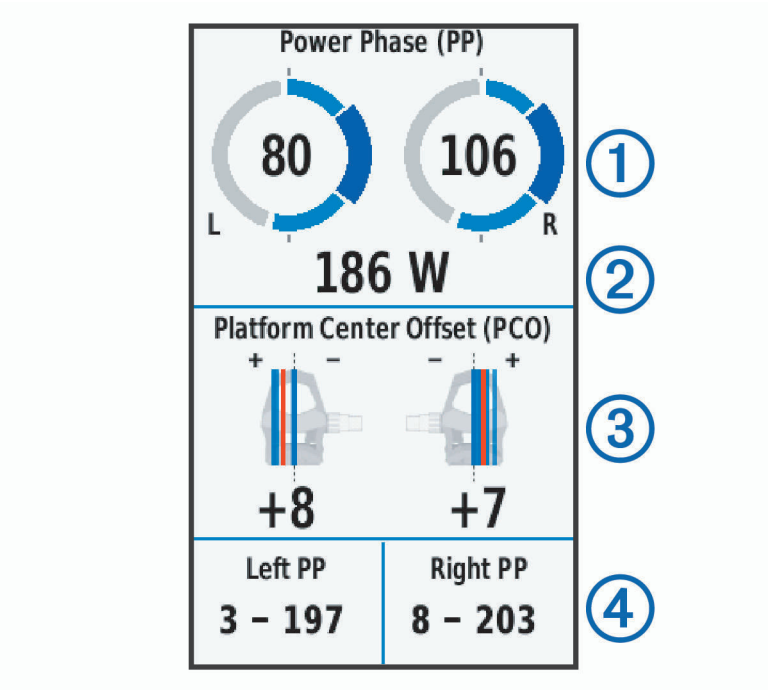
Using Cycling Dynamics

Before you can use cycling dynamics, you must pair the power meter with your device using ANT+ technology (*Pairing Your Wireless Sensors*, page 78).

NOTE: Recording cycling dynamics uses additional device memory.

1 Go for a ride.

2 Scroll to the cycling dynamics screen to view your power phase data ①, total power ②, and platform center offset ③.



3 If necessary, hold a data field ④ to change it (*Adding a Data Screen*, page 97).

NOTE: The two data fields at the bottom of the screen can be customized.

You can send the ride to the Garmin Connect app to view additional cycling dynamics data (*Sending Your Ride to Garmin Connect*, page 90).

Title	Power Phase Data
Identifier	GUID-576EE16F-43DC-49A8-B501-C6D4719C6426
Language	EN-US
Description	
Version	1
Revision	4
Changes	
Status	Released
Last Modified	22/04/2017 20:25:37
Author	wiederan

Power Phase Data

Power phase is the pedal stroke region (between the start crank angle and the end crank angle) where you produce positive power.

Title	Platform Center Offset
Identifier	GUID-932298C9-1264-4B08-8A10-8F5A5CE8EDE1
Language	EN-US
Description	
Version	1
Revision	5
Changes	
Status	Released
Last Modified	22/04/2017 20:25:26
Author	wiederan

Platform Center Offset

Platform center offset is the location on the pedal platform where you apply force.

Title	Customizing Vector Features
Identifier	GUID-BB022366-F479-40B6-92DB-AB2CFFEE69F6
Language	EN-US
Description	
Version	3
Revision	4
Changes	Add variable for Rally.
Status	Released
Last Modified	26/05/2021 09:21:15
Author	pruekatie

Customizing Cycling Dynamics Features

Before you can customize Rally features, you must pair a Rally power meter with your device.

1. Select > **Sensors**.
2. Select the Rally power meter.
3. Select **Sensor Details** > **Cycling Dynamics**.
4. Select an option.
5. If necessary, select the toggle switches to turn on or off torque efficiency, pedal smoothness, and cycling dynamics.

Title	Updating Your Vector
Identifier	GUID-8262D3A1-403B-46B8-A481-2ED05F9B457A
Language	EN-US
Description	
Version	2
Revision	4
Changes	Add variable for Rally.
Status	Released
Last Modified	26/05/2021 09:30:11
Author	pruekatie

Updating the Rally Software Using the Edge Device

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

1. Send your ride data to your Garmin Connect account (*Sending Your Ride to Garmin Connect*, page 90). Garmin Connect automatically looks for software updates and sends them to your Edge device.
2. Bring your Edge device within range (3 m) of the sensor.
3. Rotate the crank arm a few times. The Edge device prompts you to install all pending software updates.
4. Follow the on-screen instructions.

Title	Situational Awareness
Identifier	GUID-9F279DE7-A891-4F87-B8CE-B6474311D606
Language	EN-US
Description	
Version	3
Revision	3
Changes	Removed reference to VV per Andy Silver. SW: updated product series. New products going forward.
Status	Released
Last Modified	20/12/2021 11:53:37
Author	mcdanielm

Situational Awareness

Your Edge device can be used with the Varia™ smart bike lights and rearview radar to improve situational awareness. See the owner's manual for your Varia device for more information.

NOTE: You may need to update the Edge software before pairing Varia devices (*Updating the Software Using Garmin Express*, page 112).

Title	Enabling the Green Threat Level Tone
Identifier	GUID-A0F3DA56-9149-4F1D-B6D7-062E793FA10D
Language	EN-US
Description	
Version	1
Revision	8
Changes	
Status	Released
Last Modified	10/12/2021 12:35:17
Author	burzinskititu

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.

Title	Using Electronic Shifters
Identifier	GUID-D55C4084-492C-4403-91C1-2EB6BE0F78F6
Language	EN-US
Description	
Version	3
Revision	3
Changes	Andy Silver requested we use compatible shifters or mention all brands.
Status	Released
Last Modified	22/04/2017 20:27:13
Author	wiederan

Using Electronic Shifters

Before you can use compatible electronic shifters, such as Shimano® Di2™ shifters, you must pair them with your device (*Pairing Your Wireless Sensors*, page 78). You can customize the optional data fields (*Adding a Data Screen*, page 97). The Edge 1030 device displays current adjustment values when the sensor is in adjustment mode.

Title	Using an Ebike
Identifier	GUID-2EB021C1-8EF0-4416-81AF-94F62AB73C86
Language	EN-US
Description	
Version	1
Revision	4
Changes	
Status	Released
Last Modified	16/07/2018 16:17:09
Author	cozmyer

Using an eBike

Before you can use a compatible eBike, such as a Shimano STEPS™ eBike, you must pair it with your device (*Pairing Your Wireless Sensors*, page 78). You can customize the optional eBike data screen and data fields (*Adding a Data Screen*, page 97).

Title	Viewing Ebike Sensor Details
Identifier	GUID-65F27F17-A77E-4F6B-BA2C-A894B72B77F9
Language	EN-US
Description	
Version	2
Revision	3
Changes	Updated menu path conditions.
Status	Released
Last Modified	01/10/2019 15:03:42
Author	cozmyer

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.

Title	inReach Remote (Generic)
Identifier	GUID-29D4446B-0685-4E70-8CFC-18F2E7014935
Language	EN-US
Description	
Version	2
Revision	3
Changes	Added "compatible." Older devices without ANT+ can't be used with the remote function.
Status	Released
Last Modified	01/10/2019 15:19:23
Author	cozmyer

inReach® Remote

The inReach remote function allows you to control your inReach device using your Edge device. Go to buy.garmin.com to purchase a compatible inReach device.

Title	Using the inReach Remote
Identifier	GUID-28070EF5-36E0-4178-9468-B99DB255D256
Language	EN-US
Description	
Version	1
Revision	5
Changes	Save as from GPSMAP 66 and fenix 6 topics.
Status	Released
Last Modified	01/10/2019 15:19:42
Author	cozmyer

Using the inReach Remote

1. Turn on the inReach device.
2. On your Edge device, select > **Sensors** > **Add Sensor** > **inReach**.
3. Select your inReach device, 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.

Title	History
Identifier	GUID-D59411F0-644D-4112-9955-44FCB5B1F2D5
Language	EN-US
Description	
Version	1
Revision	3
Changes	
Status	Released
Last Modified	22/04/2017 20:24:15
Author	wiederan

History

History includes time, distance, calories, speed, lap data, elevation, and optional ANT+ sensor information.

NOTE: History is not recorded while the 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 Garmin Connect periodically to keep track of all your ride data.

Title	Viewing Your Ride
Identifier	GUID-37464889-F849-46CA-86EA-61038D12EA82
Language	EN-US
Description	
Version	2
Revision	3
Changes	Added conditions for 1030
Status	Released
Last Modified	14/08/2017 13:49:11
Author	cozmyer

Viewing Your Ride

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

Title	Viewing Your Time in Each Training Zone
Identifier	GUID-C8307B3E-4E76-4314-9332-C92FA30E0703
Language	EN-US
Description	
Version	3
Revision	6
Changes	Updated conditions for 1030
Status	Released
Last Modified	14/08/2017 13:49:14
Author	cozmyer

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 79) and your heart rate zones (*Setting Your Heart Rate Zones*, page 73) 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 97).

1. Select **History** > **Rides**.
2. Select a ride.
3. Select an option:
   - If your ride has data from one sensor, select **Time in HR Zone** or **Time in Power Zone**.
   - If your ride has data from both sensors, select **Time in Zone**, and select **Heart Rate Zones** or **Power Zones**.

Title	Viewing Data Totals
Identifier	GUID-7AFA16E3-2B82-4204-8C55-EE77AAAD014B
Language	EN-US
Description	
Version	3
Revision	5
Changes	condition for 1000 and 820 only
Status	Released
Last Modified	22/04/2017 20:27:29
Author	wiederan

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**.

Title	Deleting Rides
Identifier	GUID-80169AAA-C553-4E61-8398-2C6109C9E872
Language	EN-US
Description	
Version	3
Revision	5
Changes	Updated for deleting multiple rides, plus some UI changes.
Status	Released
Last Modified	08/04/2019 16:20:23
Author	cozmyer

Deleting a Ride

1. Select **History** > **Rides** > .
2. Select one or more rides to delete.
3. Select .

Title	Garmin Connect OM (Edge)
Identifier	GUID-6DBB2F1B-6E50-43BA-87A3-F5A09D033194
Language	EN-US
Description	
Version	4
Revision	3
Changes	Update GC app name
Status	Released
Last Modified	08/04/2019 15:36:22
Author	cozmyer

Garmin Connect

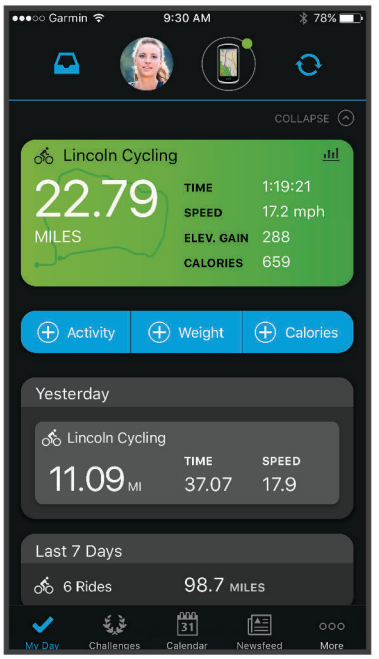
You can connect with your friends on Garmin Connect. Garmin Connect gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, rides, swims, hikes, triathlons, and more.

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.

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.



Plan your training: You can choose a fitness goal and load one of the day-by-day training plans.

Share your activities: You can connect with friends to follow each other's activities or post links to your activities on your favorite social networking sites.

Title	Sending Your Ride to Garmin Connect
Identifier	GUID-31162405-6133-48D7-BEFA-3489EED25561
Language	EN-US
Description	
Version	6
Revision	3
Changes	Updated app name
Status	Released
Last Modified	08/04/2019 15:36:34
Author	cozmyer

Sending Your Ride to Garmin Connect

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

Title	Data Recording
Identifier	GUID-D02DD940-1D3F-4527-AFBD-626936926AD8
Language	EN-US
Description	
Version	1
Revision	3
Changes	
Status	Released
Last Modified	22/04/2017 20:22:26
Author	wiederan

Data Recording

The device uses smart recording. It records key points where you change direction, speed, or heart rate.

When a power meter is paired, 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 77.

Title	Data Management
Identifier	GUID-C28FB1E8-EE56-4BC2-9417-B89FF53612A7
Language	EN-US
Description	
Version	1
Revision	4
Changes	
Status	Released
Last Modified	22/04/2017 22:58:25
Author	wiederan

Data Management

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

Title	Connecting the Device to Your Computer - USB no memcard
Identifier	GUID-B4663AC8-EEF9-4684-883E-3CA79B0351EB
Language	EN-US
Description	
Version	2
Revision	3
Changes	Removed type of USB. Only one port.
Status	Released
Last Modified	14/08/2017 13:40:19
Author	cozmyer

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 the small end of the USB cable into the USB port.
3. Plug the large end of the USB cable into a computer USB port.

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

Title	Transferring Files to Your Device (no memcard)
Identifier	GUID-50017E96-C40C-471D-BE61-3A0C09E93916
Language	EN-US
Description	
Version	1
Revision	6
Changes	Check in as. No memory card.
Status	Released
Last Modified	22/04/2017 20:26:53
Author	gerson

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.

Title	Deleting Files
Identifier	GUID-BBF41890-FB0B-4B45-AE18-E83442B68BA8
Language	EN-US
Description	
Version	4
Revision	4
Changes	Adding conditions for MTP mode and mass storage mode. Mac OS provides limited support for MTP. In response to FQC JIRA 24385.
Status	Released
Last Modified	14/09/2018 09:44:23
Author	gerson

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.

Title	Disconnecting the USB Cable
Identifier	GUID-1DD9FEA0-C047-4250-A6DC-E7DCB8896E40
Language	EN-US
Description	
Version	3
Revision	4
Changes	Apple computer, not Mac.
Status	Released
Last Modified	25/10/2016 08:52:58
Author	wiederan

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.

Title	Customizing Your Device
Identifier	GUID-CA397BE7-7C7F-4A1A-A8C0-2DDAA7ACFEA7
Language	EN-US
Description	
Version	2
Revision	4
Changes	Why was this versioned? If someone knows, update please.
Status	Released
Last Modified	22/04/2017 22:58:25
Author	dwilson

Customizing Your Device

Title	Connect IQ Downloadable Features
Identifier	GUID-5B6D4B3E-EB70-4869-9D65-3D382A21083A
Language	EN-US
Description	
Version	3
Revision	3
Changes	Remove "Mobile" from app name.
Status	Released
Last Modified	25/03/2020 12:05:28
Author	mcdanielm

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.

Title	Downloading Connect IQ Features Using Your Computer
Identifier	GUID-18B744AE-FBE0-4022-9A43-D8A89D7DAFAB
Language	EN-US
Description	
Version	3
Revision	3
Changes	Connect IQ no longer a part of Garmin Connect. Updated download location, removed widget info.
Status	Released
Last Modified	20/12/2021 11:48:53
Author	gerson

Downloading Connect IQ Features Using Your Computer

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

Title	Profiles - Edge 1000
Identifier	GUID-C7B10489-A77F-454F-82D2-EB2DD309CFB2
Language	EN-US
Description	
Version	2
Revision	3
Changes	Removed Lifetime Athlete
Status	Released
Last Modified	16/07/2018 16:18:04
Author	cozmyer

Profiles

The Edge has several ways for you to customize the device, including profiles. Profiles are a collection of settings that optimize your device based on how you are using it. For example, you can create different settings and views for training and mountain biking.

When you are using a profile and you change settings such as data fields or units of measurement, the changes are saved automatically as part of the profile.

Activity Profiles: You can create activity profiles for each type of biking. For example, you can create a separate activity profile for training, for racing, and for mountain biking. The activity profile includes customized data pages, activity totals, alerts, training zones (such as heart rate and speed), training settings (such as Auto Pause® and Auto Lap®), and navigation settings.

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

Title	Setting Up Your User Profile - Edge
Identifier	GUID-9FA8C642-3D8A-4D8F-9F3C-91DB959F102A
Language	EN-US
Description	
Version	6
Revision	3
Changes	Deleted the lifetime athlete index term
Status	Released
Last Modified	16/07/2018 16:18:26
Author	cozmyer

Setting Up Your User Profile

You can update your gender, 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.

Title	About Training Settings
Identifier	GUID-6A366382-8F77-4E4F-BB43-775D927D8CCE
Language	EN-US
Description	
Version	1
Revision	4
Changes	
Status	Released
Last Modified	22/04/2017 20:16:45
Author	wiederan

About Training Settings

The following options and settings allow you to customize your device based on your training needs. These settings are saved to an activity profile. For example, you can set time alerts for your racing profile and you can set an Auto Lap position trigger for your mountain biking profile.

Title	Updating Your Activity Profile
Identifier	GUID-8D902DE5-07A9-49A1-83CB-105479870BE1
Language	EN-US
Description	
Version	7
Revision	11
Changes	Update for Edge 1030 Plus
Status	Released
Last Modified	14/05/2020 20:19:54
Author	pruekatie

Updating Your Activity Profile

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

1. Select > **Activity Profiles**.
2. Select an option:
   - Select a profile.
   - Select **Create New** to add or copy a profile.
3. If necessary, 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 97).
   - Select **Default Ride Type** to set the type of ride that is typical for this activity profile, such as commuting.

     TIP: After a ride that is not typical, you can manually update the ride type. Accurate ride type data is important for creating bike friendly courses.
   - Select **Segments** to turn on your enabled segments (*Enabling Segments*, page 15).
   - Select **ClimbPro** to enable the ClimbPro feature (*Using ClimbPro*, page 56).
   - Select **Alerts** to customize your training alerts (*Alerts*, page 99).
   - Select **Auto Features** > **Auto Lap** to set how laps are triggered (*Marking Laps by Position*, page 101).
   - Select **Auto Features** > **Auto Sleep** to automatically enter sleep mode after five minutes of inactivity (*Using Auto Sleep*, page 103).
   - Select **Auto Features** > **Auto Pause** to change when the activity timer automatically pauses (*Using Auto Pause*, page 103).
   - Select **Auto Features** > **Auto Scroll** to customize the display of the training data screens when the activity timer is running (*Using Auto Scroll*, page 104).
   - Select **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 104).
   - Select **Nutrition/Hydration** to enable food and drink consumption tracking.
   - Select **MTB/CX** > **Grit/Flow/Jump Recording** to enable grit, flow, and jump recording.
   - Select **Navigation** > **Map** to customize the map settings (*Map Settings*, page 58).
   - Select **Navigation** > **Routing** to customize the routing settings (*Route Settings*, page 59).
   - Select **Navigation** > **Navigation Prompts** to show navigation messages using a map view or text prompt.
   - Select **Navigation** > **Sharp Bend Warnings** to enable navigation warning messages for difficult turns.
   - Select **GPS Mode** to turn off GPS (*Training Indoors*, page 24) or change the satellite setting (*Changing the Satellite Setting*, page 105).
   - Select **Touch Sensitivity** to change the sensitivity of the touchscreen.

   All changes are saved to the activity profile.

Title	Adding a Data Screen
Identifier	GUID-58CCEE56-34BF-44F4-ACCF-B81F6D716CA9
Language	EN-US
Description	
Version	3
Revision	5
Changes	Added conditions for 530.
Status	Released
Last Modified	08/04/2019 15:29:21
Author	cozmyer

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.
5. Select .
6. Select an option.
   - Select another category to select more data fields.
   - Select .
7. Swipe left or right 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 .

Title	Editing a Data Screen
Identifier	GUID-1BDAFDBC-FBD8-4466-A4D4-5EEEB600A438
Language	EN-US
Description	
Version	3
Revision	5
Changes	Added conditions for 530.
Status	Released
Last Modified	08/04/2019 15:29:37
Author	cozmyer

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. Swipe left or right 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 .

Title	Rearranging Data Screens
Identifier	GUID-11302AD8-1E32-41DD-9F20-AF3EAF2641C9
Language	EN-US
Description	
Version	3
Revision	5
Changes	Added conditions for 530.
Status	Released
Last Modified	08/04/2019 15:27:41
Author	cozmyer

Rearranging Data Screens

1. Select > **Activity Profiles**.
2. Select a profile.
3. Select **Data Screens** > .
4. Select a data screen.
5. Select or .
6. Select .

Title	Alerts
Identifier	GUID-423EF83B-CF83-45E5-A6A6-FB02DAFB50A2
Language	EN-US
Description	
Version	1
Revision	6
Changes	
Status	Released
Last Modified	22/04/2017 20:17:49
Author	wiederan

Alerts

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

Title	Setting Range Alerts
Identifier	GUID-15AC749A-87FA-43B3-B443-22629A981BB3
Language	EN-US
Description	
Version	6
Revision	5
Changes	Updated condition on menu path, removed unnecessary step 5.
Status	Released
Last Modified	08/04/2019 15:43:17
Author	cozmyer

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 45).

1. Select > **Activity Profiles**.
2. Select a profile.
3. Select **Alerts**.
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 109).

Title	Setting Recurring Alerts
Identifier	GUID-3ED6529C-FED2-4D3C-8126-9AFC22836DFE
Language	EN-US
Description	
Version	6
Revision	7
Changes	Updated menu path conditions
Status	Released
Last Modified	08/04/2019 15:43:32
Author	cozmyer

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**.
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 109).

Title	Setting Smart Eat and Drink Alerts
Identifier	GUID-E5AEF3C5-2139-42FF-8E5E-069D09D1D80D
Language	EN-US
Description	
Version	1
Revision	5
Changes	
Status	Released
Last Modified	08/04/2019 15:42:54
Author	cozmyer

Setting Smart Eat and Drink Alerts

A smart alert notifies you to eat or drink at strategic intervals based on current ride conditions. Smart alert estimates for a ride are based on the temperature, elevation gain, speed, duration, and heart rate and power data (if applicable).

1. Select > **Activity Profiles**.
2. Select a profile.
3. Select **Alerts**.
4. Select **Eat Alert** or **Drink Alert**.
5. Turn on the alert.
6. Select **Type** > **Smart**.

Each time you reach the estimated smart alert value, a message appears. The device also beeps if audible tones are turned on (*Turning the Device Tones On and Off*, page 109).

Title	Auto Lap (fenix 2)
Identifier	GUID-9E4D6AB0-1500-45C2-900C-3756A4C0A0F7
Language	EN-US
Description	Base on concept topic from forerunner 910XT manual.
Version	1
Revision	4
Changes	
Status	Released
Last Modified	22/04/2017 22:45:37
Author	gerson

Auto Lap

Title	Marking Laps by Position
Identifier	GUID-24EB7772-9FBE-448F-842B-799CF200895E
Language	EN-US
Description	
Version	8
Revision	5
Changes	Updated menu path conditions
Status	Released
Last Modified	08/04/2019 15:27:23
Author	cozmyer

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 **Auto Features** > **Auto Lap** > **Auto Lap Trigger** > **By Position** > **Lap At**.
4. Select an option:
   - Select **Lap Press Only** to trigger the lap counter each time you select 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 select and at any location during the ride where you select .
   - 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 select .
5. If necessary, customize the lap data fields (*Adding a Data Screen*, page 97).

Title	Marking Laps by Distance
Identifier	GUID-E71D1A4D-AA75-4F24-A1B4-7FFC503FBC92
Language	EN-US
Description	
Version	7
Revision	5
Changes	Updated menu path conditions
Status	Released
Last Modified	08/04/2019 15:27:05
Author	cozmyer

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 **Auto Features** > **Auto Lap** > **Auto Lap Trigger** > **By Distance** > **Lap At**.
4. Enter a value.
5. If necessary, customize the lap data fields (*Adding a Data Screen*, page 97).

Title	Marking Laps by Time
Identifier	GUID-76BF5963-988E-47EB-88E9-0E18781152B5
Language	EN-US
Description	
Version	2
Revision	3
Changes	Updated menu path conditions.
Status	Released
Last Modified	16/10/2020 15:52:44
Author	cozmyer

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 **Auto Features** > **Auto Lap** > **Auto Lap Trigger** > **By Time** > **Lap At**.
4. Enter a value.
5. If necessary, customize the lap data fields (*Adding a Data Screen*, page 97).

Title	Using Auto Sleep
Identifier	GUID-4F33550E-15E1-42DF-B4E3-E0CD301E2555
Language	EN-US
Description	
Version	5
Revision	4
Changes	Updated menu path conditions
Status	Released
Last Modified	08/04/2019 15:25:08
Author	cozmyer

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 the ANT+ sensors, Bluetooth, and GPS are disabled.

Wi-Fi continues to run while the device is asleep.

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

Title	Using Auto Pause
Identifier	GUID-C5E73CA9-B524-41D7-8D78-1114D9C35274
Language	EN-US
Description	
Version	7
Revision	4
Changes	Updated menu path conditions
Status	Released
Last Modified	08/04/2019 15:24:44
Author	cozmyer

Using Auto Pause

You can use the Auto Pause 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 timer is stopped or paused.

1. Select > **Activity Profiles**.
2. Select a profile.
3. Select **Auto Features** > **Auto Pause**.
4. Select an option:
   - Select **When Stopped** to pause the timer automatically when you stop moving.
   - Select **Custom Speed** 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 97).

Title	Using Auto Scroll
Identifier	GUID-8CDC63DE-5050-41AB-A023-BAE0E621DB42
Language	EN-US
Description	
Version	6
Revision	3
Changes	Updated menu path conditions
Status	Released
Last Modified	08/04/2019 15:23:32
Author	cozmyer

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 **Auto Features** > **Auto Scroll**.
4. Select a display speed.

Title	Starting the Timer Automatically
Identifier	GUID-F2A490BD-1D4B-4BB8-97C5-90B55733092F
Language	EN-US
Description	
Version	4
Revision	3
Changes	Updated menu path conditions
Status	Released
Last Modified	08/04/2019 15:19:58
Author	cozmyer

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 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.

Title	Changing the Satellite Setting
Identifier	GUID-A867FC6C-71B2-4E42-8FA5-98568D8705D3
Language	EN-US
Description	
Version	5
Revision	6
Changes	Added Galileo. Reused description from Edge 130.
Status	Released
Last Modified	08/04/2019 15:19:44
Author	cozmyer

Changing the Satellite Setting

For increased performance in challenging environments and faster GPS position location, you can enable GPS + GLONASS or GPS + GALILEO. 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 **GPS Mode**.
4. Select an option.

Title	Phone Settings
Identifier	GUID-9477205B-4EBA-4E07-9817-2338E8A48A6A
Language	EN-US
Description	
Version	8
Revision	8
Changes	Added Sync Now, clarified Text Reply Signature is specific to Android phones.
Status	Released
Last Modified	04/08/2021 13:27:56
Author	burzinskititu

Phone Settings

Select > **Connected Features** > **Phone**.

Enable: Enables Bluetooth technology.

NOTE: Other Bluetooth settings appear only when Bluetooth wireless technology is enabled.

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

Pair Smartphone: Connects your device with a compatible Bluetooth enabled smartphone. 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 smartphone.

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

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

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

Title	System Settings
Identifier	GUID-6BE879DB-763B-4392-B7A4-3AC4D77C6489
Language	EN-US
Description	
Version	3
Revision	3
Changes	Updated menu path conditions
Status	Released
Last Modified	08/04/2019 15:19:02
Author	cozmyer

System Settings

Select ☰ > **System**.

- Display Settings (*Display Settings*, page 106)
- Widget Settings (*Customizing the Widget Loop*, page 107)
- Data Recording Settings (*Data Recording Settings*, page 108)
- Unit Settings (*Changing the Units of Measure*, page 108)
- Tone Settings (*Turning the Device Tones On and Off*, page 109)
- Language Settings (*Changing the Device Language*, page 109)

Title	Display Settings
Identifier	GUID-0222B83B-39C2-4537-9A4D-AD8688F2CD26
Language	EN-US
Description	
Version	3
Revision	4
Changes	Updated menu path conditions and added Auto Brightness
Status	Released
Last Modified	08/04/2019 15:18:40
Author	cozmyer

Display Settings

Select ☰ > **System** > **Display**.

Auto Brightness: Automatically adjusts the backlight brightness based on the ambient light.

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 of the device screen.

Title	Using the Backlight
Identifier	GUID-38BBF113-CD1F-448B-BAF7-5F802FA0814F
Language	EN-US
Description	
Version	4
Revision	5
Changes	Slider bar added to Edge 830.
Status	Released
Last Modified	08/04/2019 15:59:57
Author	cozmyer

Using the Backlight

You can tap the touchscreen to turn on the backlight.

NOTE: You can adjust the backlight timeout (*Display Settings*, page 106).

1. From the home screen or a data screen, swipe down from the top of the screen.
2. Select an option:
   - To manually adjust the brightness, select ☼, and use the slider bar.
   - To allow the device to automatically adjust the brightness based on the ambient light, select **Auto**.

Title	Customizing the Widget Loop (Edge)
Identifier	GUID-8932D61A-C839-4704-BB71-3C2383B43A54
Language	EN-US
Description	
Version	1
Revision	4
Changes	Similar to the outdoor watch topic.
Status	Released
Last Modified	08/04/2019 15:18:25
Author	cozmyer

Customizing the Widget Loop

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

1. Select ☰ > **System** > **Widget Management**.
2. Select a widget to add or remove it from the widget loop.
3. Select ⇕ to change the location of a widget in the widget loop.

Title	Data Recording Settings
Identifier	GUID-5BF2156B-9740-47F1-A564-FA22D55FDEB1
Language	EN-US
Description	
Version	4
Revision	4
Changes	Updated menu path conditions
Status	Released
Last Modified	08/04/2019 15:17:27
Author	cozmyer

Data Recording Settings

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

Record To: Sets the data storage location to internal storage or an optional memory card.

Recording Interval: Controls how the device records activity data. The Smart option records key points where you change direction, speed, or heart rate. The 1 Sec option records points every second. It creates a very detailed record of your activity and increases the size of the stored activity file.

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 77).

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 77).

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

Title	Changing the Units of Measure
Identifier	GUID-85D46B74-3838-4BFE-A891-B9BA73D7262B
Language	EN-US
Description	
Version	5
Revision	3
Changes	Updated menu path conditions
Status	Released
Last Modified	08/04/2019 16:22:47
Author	cozmyer

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.

Title	Turning the Device Tones On and Off
Identifier	GUID-90DFA9EB-4D43-497A-A50E-08B5D328A461
Language	EN-US
Description	
Version	3
Revision	3
Changes	Updated menu path conditions
Status	Released
Last Modified	08/04/2019 16:00:12
Author	cozmyer

Turning the Device Tones On and Off

Select ☰ > **System** > **Tones**.

Title	Changing the Device Language
Identifier	GUID-92DDA79D-786D-42D6-BDBF-67171AC69623
Language	EN-US
Description	
Version	3
Revision	5
Changes	Added Settings uicontrol, conditioned
Status	Released
Last Modified	08/04/2019 15:17:42
Author	cozmyer

Changing the Device Language

Select ☰ > **System** > **Language**.

Title	Time Zones
Identifier	GUID-15DC4645-CB16-48CF-9447-80058C7DCA83
Language	EN-US
Description	
Version	2
Revision	3
Changes	Add or sync with smartphone, PM.
Status	Released
Last Modified	20/12/2021 11:54:29
Author	wiederan

Time Zones

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

Title	Setting Up Extended Display Mode
Identifier	GUID-4A07EEE9-5B5A-49B6-BDDE-0068FB5D0A75
Language	EN-US
Description	
Version	3
Revision	3
Changes	Updated settings menu condition
Status	Released
Last Modified	08/04/2019 16:01:46
Author	cozmyer

Setting Up Extended Display Mode

You can use your Edge 1030 device as an extended display to view data screens from a compatible Garmin multisport watch. For example, you can pair a compatible Forerunner device to display its data screens on your Edge device during a triathlon.

1. From your Edge device, select > **Extended Display Mode** > **Connect Watch**.
2. From your compatible Garmin watch, select **Settings** > **Sensors & Accessories** > **Add New** > **Extended Display**.
3. Follow the on-screen instructions on your Edge device and Garmin watch to complete the pairing process.

   The data screens from your paired watch appear on the Edge device when the devices are paired.

   NOTE: Normal Edge device functions are disabled while using Extended Display mode.

After pairing your compatible Garmin watch with your Edge device, they connect automatically the next time you use Extended Display mode.

Title	Exiting Extended Display Mode
Identifier	GUID-3C2908B7-0059-46BD-BCB6-A76988678F9D
Language	EN-US
Description	
Version	2
Revision	3
Changes	Added touch/keyed conditions.
Status	Released
Last Modified	19/06/2018 11:04:12
Author	cozmyer

Exiting Extended Display Mode

While the device is in Extended Display mode, tap the screen, and select **Exit Extended Display Mode** > .

Title	Device Information
Identifier	GUID-7110A8C1-3A0B-422E-AC12-3E68A1837033
Language	EN-US
Description	
Version	1
Revision	3
Changes	
Status	Released
Last Modified	13/09/2013 16:33:21
Author	wiederan

Device Information

Title	Product Updates (formerly Support and Updates)
Identifier	GUID-3CCB0850-544E-4983-8D61-3CEB91253BCA
Language	EN-US
Description	
Version	14
Revision	3
Changes	Removed "Mobile" from GCM and added ph var
Status	Released
Last Modified	20/12/2021 11:52:50
Author	mcdanielm

Product Updates

On your computer, install Garmin Express (www.garmin.com/express). On your smartphone, install the Garmin Connect app.

This provides easy access to these services for Garmin devices:

- Software updates
- Map updates
- Data uploads to Garmin Connect
- Product registration

Title	Updating the Software Using Garmin Connect Mobile
Identifier	GUID-E3B24D0D-4DF3-4D6D-9EA2-F2D88902FE03
Language	EN-US
Description	No English change. This is to fix the PL.
Version	6
Revision	1
Changes	
Status	Released
Last Modified	24/04/2020 13:58:19
Author	pullins

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 Smartphone*, page 3).

Sync your device with the Garmin Connect app.

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

Title	Updating the Software Using Garmin Express - USB and WiFi
Identifier	GUID-B53296DF-CC85-48A0-B348-EF495665DD46
Language	EN-US
Description	
Version	3
Revision	2
Changes	Updated title. Tweaked Wi-Fi sentence.
Status	Released
Last Modified	14/08/2017 13:53:18
Author	cozmyer

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.

   NOTE: If you have already set up your device with Wi-Fi connectivity, Garmin Connect can automatically download available software updates to your device when it connects using Wi-Fi.

Title	Specifications - heading only
Identifier	GUID-CC74BB90-1C6A-42CB-A654-E97AFF5D44C2
Language	EN-US
Description	
Version	1
Revision	4
Changes	QA'd EN, FR, IT, DE, ES, PT, PT-BR, NO, SV
Status	Released
Last Modified	10/04/2015 12:45:22
Author	semrau

Specifications

Title	Specifications - Edge 1030 OM
Identifier	GUID-385D95A8-772A-4EF2-9CB5-AA016AD8AD82
Language	EN-US
Description	
Version	2
Revision	4
Changes	Fixed footnote for accessibility.
Status	Released
Last Modified	01/10/2019 15:06:36
Author	cozmyer

Edge Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to 20 hr.
Operating temperature range	From -20º to 60ºC (from -4º to 140ºF)
Charging temperature range	From 0º to 45ºC (from 32º to 113ºF)
Wireless frequencies/protocols	ANT+ 2.4 GHz @ 3 dBm nominal Bluetooth 2.4 GHz @ 3 dBm nominal Wi-Fi 2.4 GHz @ 18 dBm nominal
Water rating	IEC 60529 IPX7[1]

[1] 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.

Title	Specifications - HRM Dual
Identifier	GUID-ACE86E1D-9499-4D84-9BC2-00C4F06B0614
Language	EN-US
Description	
Version	3
Revision	3
Changes	Added product name for bundles.
Status	Released
Last Modified	16/10/2020 15:58:57
Author	cozmyer

HRM-Dual™ Specifications

Battery type	User-replaceable CR2032, 3 V
Battery life	Up to 3.5 yr. at 1 hr./day
Water resistance	1 ATM[1] **NOTE:** This product does not transmit heart rate data while swimming.
Operating temperature range	From -5° to 50°C (from 23° to 122°F)
Wireless frequency/protocol	2.4 GHz @ 2 dBm nominal

Title	Specifications - Speed Sensor and Cadence Sensor
Identifier	GUID-7D16DEB2-024C-486A-BFCA-A2237FD5A314
Language	EN-US
Description	
Version	5
Revision	3
Changes	Added product name for bundles.
Status	Released
Last Modified	16/10/2020 15:58:59
Author	cozmyer

Speed Sensor 2 and Cadence Sensor 2 Specifications

Battery type	User-replaceable CR2032, 3 V
Battery life	Approximately 12 mo. at 1 hr./day
Speed sensor storage	Up to 300 hr. of activity data
Operating temperature range	From -20º to 60ºC (from -4º to 140ºF)
Wireless frequency/protocol	2.4 GHz @ 4 dBm nominal
Water rating	IEC 60529 IPX7[2]

[1] The device withstands pressure equivalent to a depth of 10 m. For more information, go to www.garmin.com/waterrating.
[2] 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.

Title	Viewing Device Information
Identifier	GUID-5B96B8E4-1A8A-498A-B3BA-926D3A40E171
Language	EN-US
Description	
Version	5
Revision	5
Changes	Updated the conditions and split regulatory info into a new compliance topic.
Status	Released
Last Modified	08/04/2019 15:37:53
Author	cozmyer

Viewing Device Information

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

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

Title	Viewing E-Label Regulatory and Compliance Information
Identifier	GUID-2C7EEE53-8883-49C9-89C7-E6D4607F9A6C
Language	EN-US
Description	
Version	1
Revision	3
Changes	Save as from Viewing Device Information.
Status	Released
Last Modified	29/12/2021 11:30:02
Author	cozmyer

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**.

Title	Device Care - handheld
Identifier	GUID-F84C6101-1D4C-4A99-B2F0-079232A26F93
Language	EN-US
Description	
Version	7
Revision	1
Changes	No English change. Version to fix FR-FR title.
Status	Released
Last Modified	10/02/2021 13:32:38
Author	sextona

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.

Title	Cleaning the Watch
Identifier	GUID-36E172FA-C2ED-4EBC-A57D-7C0963ABA3C6
Language	EN-US
Description	
Version	5
Revision	6
Changes	Adding conditions for wearables, exposed contacts. Adding link to fit and care url.
Status	Released
Last Modified	20/12/2021 11:43:55
Author	gerson

Cleaning the Device

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.

Title	Caring for the Heart Rate Monitor (HRM-Run)
Identifier	GUID-8DD459F4-848B-48E7-9AA8-A9791D211310
Language	EN-US
Description	
Version	3
Revision	3
Changes	Correcting lexicon terms.
Status	Released
Last Modified	22/04/2017 20:18:39
Author	gerson

Caring for the Heart Rate Monitor

NOTICE

You must unsnap and remove the module before washing the strap.

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

- Go to www.garmin.com/HRMcare for detailed washing instructions.
- Rinse the strap after every use.
- Machine wash the strap after every seven uses.
- Do not put the strap in a dryer.
- When drying the strap, hang it up or lay it flat.
- To prolong the life of your heart rate monitor, unsnap the module when not in use.

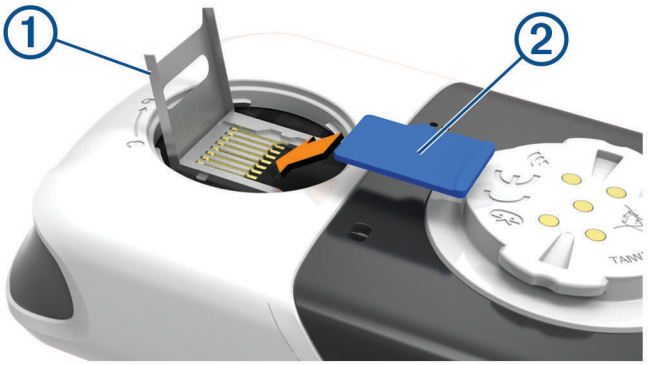
Title	Installing a Memory Card
Identifier	GUID-0DFB038F-8249-4E7C-9A38-55CAFFCB8B85
Language	EN-US
Description	
Version	2
Revision	3
Changes	Updated max. card size based on emails from Product Support and SMEs. The JIRA ticket was deleted or closed.
Status	Released
Last Modified	01/10/2019 15:13:55
Author	cozmyer

Installing a Memory Card

You can install a memory card for additional storage or to install pre-loaded maps. The device supports microSD or microSDHC memory cards up to 32 GB, formatted to FAT32.

1. Locate the circular memory card cover on the back of the device.
2. Use a coin to twist the cover counter-clockwise until it is loose enough to remove.

3. Remove the cover.
4. Slide the card holder ①, and lift up.



5. Place the memory card ② into the card holder, with the gold contacts facing down.
6. Close the card holder, and slide to lock it.
7. Replace the cover, making sure the indicator points to 🔓.
8. Use a coin to twist the cover clockwise back into place, making sure the indicator points to 🔒.

Title	User Replaceable Batteries
Identifier	GUID-5D44C3FC-E19E-446D-8FCD-B4AD51FA954C
Language	EN-US
Description	
Version	3
Revision	3
Changes	Because the ISPI has all battery warnings, this topic looks incomplete and has caused issues with the safety lab. Reference to ISPI only.
Status	Released
Last Modified	14/08/2017 13:53:20
Author	wiederan

User Replaceable Batteries

⚠ WARNING

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

Title	Replacing the Heart Rate Monitor Battery
Identifier	GUID-2C6A3710-FAD1-4F5A-9FAF-A8C9DD7B8685
Language	EN-US
Description	
Version	5
Revision	6
Changes	Torx T5 screws instead. Ask before using this version. HRM variable too for HRM-Dual bundles.
Status	Released
Last Modified	11/09/2020 15:32:54
Author	wiederan

Replacing the HRM-Dual Battery

1. Use the included screwdriver (Torx T5) to remove the four screws on the back of the module.
   NOTE: HRM-Dual accessories produced before September 2020 use Phillips #00 screws.
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.
   NOTE: Do not overtighten.

After you replace the heart rate monitor battery, you may need to pair it with the device again.

Title	Replacing the Speed Sensor Battery
Identifier	GUID-2A1551EB-30B7-44A0-AABC-37A8CFEAD52B
Language	EN-US
Description	
Version	2
Revision	3
Changes	Added battery type.
Status	Released
Last Modified	05/03/2019 15:24:44
Author	cozmyer

Replacing the Speed Sensor Battery

The device uses one CR2032 battery. The LED flashes red to indicate a low battery level after two revolutions.

1 Locate the circular battery cover ① on the front of the sensor.

2 Twist the cover counter-clockwise until the cover is loose enough to remove.

3 Remove the cover and the battery ②.

4 Wait 30 seconds.

5 Insert the new battery into the cover, observing polarity.

NOTE: Do not damage or lose the O-ring gasket.

6 Twist the cover clockwise so that the marker on the cover aligns with the marker on the case.

NOTE: The LED flashes red and green for a few seconds after battery replacement. When the LED flashes green and then stops flashing, the device is active and ready to send data.

Title	Replacing the Cadence Sensor Battery
Identifier	GUID-716D268E-17F3-41BD-A93C-C5E6555584FD
Language	EN-US
Description	
Version	5
Revision	1
Changes	No English change. Version to fix DA-DK. Space after glyph.
Status	Released
Last Modified	20/05/2019 09:01:28
Author	pullins

Replacing the Cadence Sensor Battery

The device uses one CR2032 battery. The LED flashes red to indicate a low battery level after two revolutions.

1 Locate the circular battery cover ① on the back of the sensor.

2 Twist the cover counter-clockwise until the marker points to unlocked and the cover is loose enough to remove.

3 Remove the cover and the battery ②.

4 Wait 30 seconds.

5 Insert the new battery into the cover, observing polarity.

NOTE: Do not damage or lose the O-ring gasket.

6 Twist the cover clockwise until the marker points to locked.

NOTE: The LED flashes red and green for a few seconds after battery replacement. When the LED flashes green and then stops flashing, the device is active and ready to send data.

Title	Troubleshooting
Identifier	GUID-3DAE3305-3896-4A74-911B-6D30C789AE72
Language	EN-US
Description	
Version	1
Revision	2
Changes	
Status	Released
Last Modified	22/04/2017 23:05:12
Author	wiederan

Troubleshooting

Title	Resetting the Device
Identifier	GUID-46A06A7C-1F46-4DBA-B010-DAD7BA6BE59E
Language	EN-US
Description	
Version	2
Revision	5
Changes	Updated the icon to a variable
Status	Released
Last Modified	10/04/2018 10:29:20
Author	mcdanielm

Resetting the Device

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

Hold for 10 seconds.

The device resets and turns on.

Title	Restoring the Default Settings
Identifier	GUID-34861F59-6CF2-40AE-8DA4-A484AD8655E8
Language	EN-US
Description	
Version	2
Revision	3
Changes	Updated menu path conditions
Status	Released
Last Modified	08/04/2019 15:40:59
Author	cozmyer

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, workouts, and courses.

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

Title	Clearing User Data and Settings
Identifier	GUID-AF7BFED5-CD5E-4547-94AC-71DD8413E2F1
Language	EN-US
Description	
Version	2
Revision	3
Changes	Updated menu path conditions
Status	Released
Last Modified	08/04/2019 15:41:13
Author	cozmyer

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, workouts, 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** > .

Title	Maximizing Battery Life
Identifier	GUID-83CA3524-0C2B-435C-BC4D-5FAC6E378659
Language	EN-US
Description	
Version	2
Revision	3
Changes	Added bullet for removing a sensor
Status	Released
Last Modified	14/08/2017 13:43:18
Author	cozmyer

Maximizing Battery Life

- Turn on **Battery Save Mode** (*Turning On Battery Save Mode*, page 124).
- Decrease the backlight brightness or shorten the backlight timeout (*Display Settings*, page 106).
- Select the **Smart** recording interval (*Data Recording Settings*, page 108).
- Turn on the **Auto Sleep** feature (*Using Auto Sleep*, page 103).
- Turn off the **Phone** wireless feature (*Phone Settings*, page 105).
- Select the **GPS** setting (*Changing the Satellite Setting*, page 105).
- Remove wireless sensors that you no longer use.

Title	Turning On Battery Save Mode
Identifier	GUID-3DE9F05B-B141-4A8F-A485-A3CF355DFB86
Language	EN-US
Description	
Version	3
Revision	6
Changes	Added conditions and a postreq.
Status	Released
Last Modified	08/04/2019 16:14:50
Author	cozmyer

Turning On Battery Save Mode

Battery save mode adjusts the settings automatically to extend the battery life for longer rides. During an activity, the screen turns off. You can enable automatic alerts and tap the screen to wake it up. Battery save mode records GPS track points and sensor data less frequently. Speed, distance, and track data accuracy are reduced.

NOTE: History is recorded in battery save mode when the timer is running.

1 Select ☰ > **Battery Save Mode** > **Enable**.

2 Select the alerts that wake up the screen during an activity.

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

Title	My phone will not connect to the device
Identifier	GUID-4442F808-670B-4EF3-AC60-32666F173DFD
Language	EN-US
Description	
Version	6
Revision	3
Changes	Versioned to use primary app variable (for golf or dive products). Your primary app can be Garmin Connect, Garmin Golf, or Garmin Dive.
Status	Released
Last Modified	20/12/2021 11:51:52
Author	gerson

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 smartphone and your device, and turn them back on again.
- Enable Bluetooth technology on your smartphone.
- Update the Garmin Connect app to the latest version.
- Remove your device from the Garmin Connect app and the Bluetooth settings on your smartphone to retry the pairing process.
- If you bought a new smartphone, remove your device from the Garmin Connect app on the smartphone you intend to stop using.
- Bring your smartphone within 10 m (33 ft.) of the device.
- On your smartphone, open the Garmin Connect app, select ☰ or •••, and select **Garmin Devices** > **Add Device** to enter pairing mode.
- Select ☰ > **Connected Features** > **Phone** > **Pair Smartphone**.

Title	Improving GPS Satellite Reception
Identifier	GUID-8F933BDD-AE3F-447F-9A06-64C4A3257DA5
Language	EN-US
Description	
Version	5
Revision	4
Changes	Versioned to use primary app variable. Can be Garmin Connect, Garmin Golf, or Garmin Dive depending on the product.
Status	Released
Last Modified	20/12/2021 11:50:19
Author	gerson

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 smartphone.
  - Connect your device to your Garmin account using a Wi-Fi wireless network.

  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.

Title	Setting Your Elevation
Identifier	GUID-1833C7CC-667E-48C7-B7D2-7A6041470478
Language	EN-US
Description	
Version	3
Revision	3
Changes	remove condition on Navigation/Where To?
Status	Released
Last Modified	22/04/2017 20:26:18
Author	wiederan

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 ✓.

Title	Edge Temperature Readings
Identifier	GUID-0FBC73F5-6726-4886-95CD-4BD4E152178F
Language	EN-US
Description	
Version	1
Revision	3
Changes	
Status	Released
Last Modified	22/04/2017 20:23:18
Author	wiederan

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.

Title	My device is in the wrong language
Identifier	GUID-71AF3E52-C71C-4F57-91EC-29B80D2D74E1
Language	EN-US
Description	
Version	1.1.1
Revision	3
Changes	Branched for 1030. Language is sixth item in list.
Status	Released
Last Modified	04/08/2021 13:27:52
Author	burzinskititu

My device is in the wrong language

1. Select .
2. Scroll down to the last item in the list, and select it.
3. Scroll down to the sixth item in the list, and select it.
4. Select your language.

Title	Replacement O-rings
Identifier	GUID-42141C89-EEA2-4AE8-94BE-CBAC92FA82CF
Language	EN-US
Description	
Version	2
Revision	3
Changes	took out sizes, since there are now multiple rings and mounts. The best thing to do is have them buy parts at Garmin.com
Status	Released
Last Modified	22/04/2017 20:25:45
Author	wiederan

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.

Title	Getting More Information
Identifier	GUID-E4202D66-B73A-472E-8EB1-0718BCD443F3
Language	EN-US
Description	
Version	8
Revision	4
Changes	removed intosports and learning center (just redirects to support.com)
Status	Released
Last Modified	14/02/2019 11:14:24
Author	wiederan

Getting More Information

- Go to support.garmin.com for additional manuals, articles, and software updates.
- Go to buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.

Title	Appendix (title only Shared)
Identifier	GUID-E1A8D420-7F46-470B-B85D-0429910CA109
Language	EN-US
Description	
Version	2
Revision	1
Changes	No English change. Version to fix RO.
Status	Released
Last Modified	24/10/2019 13:56:00
Author	pullins

Appendix

Title	Data Fields
Identifier	GUID-53FC7978-187F-4E53-AA33-04853F86B05F
Language	EN-US
Description	
Version	4
Revision	3
Changes	Removed duplicate Respiration Rate field.
Status	Released
Last Modified	16/10/2020 15:55:54
Author	cozmyer

Data Fields

Some data fields require optional accessories to display data.

%FTP: The current power output as a percentage of functional threshold power.

%Heart Rate Reserve: The percentage of heart rate reserve (maximum heart rate minus resting heart rate).

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

10s Balance: The 10-second moving average of the left/right power balance.

10s Power: The 10-second moving average of power output.

10s Watts/kg: The 10-second moving average of power output in watts per kilogram.

30s Balance: The 30-second moving average of the left/right power balance.

30s Power: The 30-second moving average of power output.

30s VAM: The 30-second moving average of the average ascent velocity.

30s Watts/kg: The 30-second moving average of power output in watts per kilogram.

3s Balance: The three-second moving average of the left/right power balance.

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

3s Watts/kg: The 3-second moving average of power output in watts per kilogram.

60s Flow: The 60-second moving average of the flow score.

60s Grit: The 60-second moving average of the grit score.

Aerobic Training Effect: The impact of the current activity on your aerobic fitness level.

Anaerobic Training Effect: The impact of the current activity on your anaerobic fitness level.

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

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

Assist Mode: The current eBike assistance mode.

Avg %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current activity.

Avg %Max Heart Rate: The average percentage of maximum heart rate for the current activity.

Avg Balance: The average left/right power balance for the current activity.

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

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

Avg L. Peak Pwr Phase: The average power phase peak angle for the left leg for the current activity.

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

Avg Left Pwr Phase: The average power phase angle for the left leg for the current activity.

Avg PCO: The average platform center offset for the current activity.

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

Avg R. Peak Pwr Phase: The average power phase peak angle for the right leg for the current activity.

Avg Right Pwr Phase: The average power phase angle for the right leg for the current activity.

Avg Speed: The average speed for the current activity.

Avg VAM: The average ascent velocity for the current activity.

Avg Watts/kg: The average power output in watts per kilogram.

Balance: The current left/right power balance.

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 Bars: A bar graph showing your current, average, and maximum cycling cadence values for the current activity.

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

Calories: The amount of total calories burned.

Calories to Go: During a workout, the remaining calories when you are using a calorie target.

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

Destination Location: The last point on the route or course.

Di2 Battery Level: The remaining battery power of a Di2 sensor.

Di2 Shift Mode: The current shift mode of a Di2 sensor.

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

Distance Ahead: The distance ahead or behind the Virtual Partner.

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

Distance to Go: During a workout or course, the remaining distance when you are using a distance target.

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

Duration: The time remaining for the current workout step.

eBike Battery: The remaining battery power of an eBike.

Elapsed Time: The total time recorded. For example, if you start the timer and run for 10 minutes, then stop the timer for 5 minutes, then start the timer and run 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.

EPOC: The amount of excess post-exercise oxygen consumption (EPOC) for the current activity. EPOC indicates the strenuousness of your workout.

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.

Flow: The measurement of how consistently you maintain speed and smoothness through turns in the current activity.

Front Gear: The front bike gear from a gear position sensor.

Gear Battery: The battery status of a gear position sensor.

Gear Combo: The current gear combination from a gear position sensor.

Gear Ratio: The number of teeth on the front and rear bike gears, as detected by a gear position sensor.

Gears: The front and rear bike gears from a gear position sensor.

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%.

Grit: The measurement of difficulty for the current activity based on elevation, gradient, and rapid changes in direction.

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 Bars: A bar graph showing your current, average, and maximum heart rate values for the current activity.

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

Heart Rate to Go: During a workout, the amount you are above or below the heart rate target.

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).

HR Zone Graph: A line graph showing your current heart rate zone (1 to 5).

Intensity Factor: The Intensity Factor™ for the current activity.

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

Lap %HRR: The average percentage of heart rate reserve (maximum heart rate minus resting heart rate) for the current lap.

Lap %Max Heart Rate: The average percentage of maximum heart rate for the current lap.

Lap Balance: The average left/right power balance for the current lap.

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

Lap Distance: The distance traveled for the current lap.

Lap Flow: The overall flow score for the current lap.

Lap Grit: The overall grit score for the current lap.

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

Lap L. Peak Pwr Phase: The average power phase peak angle for the left leg for the current lap.

Lap Left Pwr Phase: The average power phase angle for the left leg for the current lap.

Lap NP: The average Normalized Power for the current lap.

Lap PCO: The average platform center offset for the current lap.

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

Lap R. Peak Pwr Phase: The average power phase peak angle for the right leg for the current lap.

Lap Right Pwr Phase: The average power phase angle for the right leg 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.

Lap Time Seated: The time spent seated while pedaling for the current lap.

Lap Time Standing: The time spent standing while pedaling for the current lap.

Lap VAM: The average ascent velocity for the current lap.

Lap Watts/kg: The average power output in watts per kilogram for the current lap.

Last Lap Distance: The distance traveled for the last completed lap.

Last Lap Heart Rate: The average heart rate for the last completed lap.

Last Lap NP: The average Normalized Power for the last completed lap.

Last Lap Power: The average power output for the last completed lap.

Last Lap Speed: The average speed for the last completed lap.

Last Lap Time: The stopwatch time for the last completed lap.

Left Peak Pwr Phase: The current power phase peak angle for the left leg. Power phase peak is the angle range over which the rider produces the peak portion of the driving force.

Left Power Phase: The current power phase angle for the left leg. Power phase is the pedal stroke region where positive power is produced.

Light Mode: The light network configuration mode.

Lights Connected: The number of connected lights.

Max Lap Power: The top power output for the current lap.

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

Max Speed: The top speed for the current activity.

Next Point Location: The next point on the route or course.

Normalized Power: The Normalized Power™ for the current activity.

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

Pedal Smoothness: The measurement of how evenly a rider is applying force to the pedals throughout each pedal stroke.

Performance Condition: The performance condition score is a real-time assessment of your ability to perform.

Platform Center Offset: The platform center offset. Platform center offset is the location on the pedal platform where force is applied.

Power: The current power output in watts. Your device must be connected to a compatible power meter.

Power Bars: A bar graph showing your current, average, and maximum power output values for the current activity.

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.

Rear Gear: The rear bike gear from a gear position sensor.

Reps to Go: During a workout, the remaining repetitions.

Right Peak Pwr Phase: The current power phase peak angle for the right leg. Power phase peak is the angle range over which the rider produces the peak portion of the driving force.

Right Power Phase: The current power phase angle for the right leg. Power phase is the pedal stroke region where positive power is produced.

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

Speed: The current rate of travel.

Speed Bars: A bar graph showing your current, average, and maximum speed values for the current activity.

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

Step Time: The time elapsed for the current workout step.

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

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

Target: During a workout, the target for the workout step.

Target Power: The target power output during an activity.

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

Time Ahead: The time ahead or behind the Virtual Partner.

Time in Zone: The time elapsed in each heart rate or power zone.

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 Seated: The time spent seated while pedaling for the current activity.

Time Standing: The time spent standing while pedaling 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 Go: During a workout or course, the remaining time when you are using a time target.

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.

Torque Effectiveness: The measurement of how efficiently a rider is pedaling.

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

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

Trainer Resistance: 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.

TSS: The Training Stress Score™ for the current activity.

VAM: The average ascent velocity for the current activity.

Watts/kg: The amount of power output in watts per kilogram.

Workout Comparison: A graph comparing your current effort to the workout target.

Workout Step: During a workout, the current step out of the total number of steps.

Title	VO2 Max. Standard Ratings
Identifier	GUID-1FBCCD9E-19E1-4E4C-BD60-1793B5B97EB3
Language	EN-US
Description	
Version	1
Revision	8
Changes	
Status	Released
Last Modified	22/04/2017 23:06:07
Author	wiederan

VO2 Max. Standard Ratings

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

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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Title	FTP Ratings
Identifier	GUID-1F58FA8E-09FF-4E51-B9B4-C4B83ED1D6CE
Language	EN-US
Description	
Version	1
Revision	12
Changes	
Status	Released
Last Modified	22/04/2017 20:23:56
Author	gerson

FTP Ratings

These tables include classifications for functional threshold power (FTP) estimates by gender.

Males	Watts per Kilogram (W/kg)
Superior	5.05 and greater
Excellent	From 3.93 to 5.04
Good	From 2.79 to 3.92
Fair	From 2.23 to 2.78
Untrained	Less than 2.23

Females	Watts per Kilogram (W/kg)
Superior	4.30 and greater
Excellent	From 3.33 to 4.29
Good	From 2.36 to 3.32
Fair	From 1.90 to 2.35
Untrained	Less than 1.90

FTP ratings are based on research by Hunter Allen and Andrew Coggan, PhD, *Training and Racing with a Power Meter* (Boulder, CO: VeloPress, 2010).

Title	Heart Rate Zone Calculations
Identifier	GUID-A8716C0B-B267-4C42-B45F-B9C7928BCA19
Language	EN-US
Description	
Version	1
Revision	3
Changes	
Status	Released
Last Modified	22/04/2017 23:00:15
Author	wiederan

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

Title	Wheel Size and Circumference
Identifier	GUID-DB0BC20A-DADF-41EB-A61C-14BEC158B43C
Language	EN-US
Description	
Version	3
Revision	5
Changes	Fixed 700x30C value. Updated intro sentence and table (removed child sizes, added more standard sizes). More comparable with competitor tables.
Status	Released
Last Modified	10/04/2018 10:33:33
Author	cozmyer

Wheel Size and Circumference

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 is marked on both sides of the tire. This is not a comprehensive list. You can also measure the circumference of your wheel or use one of the calculators available on the internet.

Tire Size	Wheel Circumference (mm)
20 × 1.75	1515
20 × 1-3/8	1615
22 × 1-3/8	1770
22 × 1-1/2	1785
24 × 1	1753
24 × 3/4 Tubular	1785
24 × 1-1/8	1795
24 × 1.75	1890
24 × 1-1/4	1905
24 × 2.00	1925
24 × 2.125	1965
26 × 7/8	1920
26 × 1-1.0	1913
26 × 1	1952
26 × 1.25	1953
26 × 1-1/8	1970
26 × 1.40	2005
26 × 1.50	2010
26 × 1.75	2023
26 × 1.95	2050
26 × 2.00	2055

Tire Size	Wheel Circumference (mm)
26 × 1-3/8	2068
26 × 2.10	2068
26 × 2.125	2070
26 × 2.35	2083
26 × 1-1/2	2100
26 × 3.00	2170
27 × 1	2145
27 × 1-1/8	2155
27 × 1-1/4	2161
27 × 1-3/8	2169
29 x 2.1	2288
29 x 2.2	2298
29 x 2.3	2326
650 x 20C	1938
650 x 23C	1944
650 × 35A	2090
650 × 38B	2105
650 × 38A	2125
700 × 18C	2070
700 × 19C	2080
700 × 20C	2086
700 × 23C	2096
700 × 25C	2105
700C Tubular	2130
700 × 28C	2136
700 × 30C	2146
700 × 32C	2155
700 × 35C	2168
700 × 38C	2180
700 × 40C	2200
700 × 44C	2235
700 × 45C	2242

Tire Size	Wheel Circumference (mm)
700 × 47C	2268

Title	Radio Frequency Exposure (SARS)
Identifier	GUID-8ECD5451-BC66-442D-BF8C-3D057DC88258
Language	EN-US
Description	SARS statement from an ISPI for inclusion in a document, when needed.
Version	1
Revision	3
Changes	
Status	Released
Last Modified	08/08/2016 15:49:43
Author	semrau

Radio Frequency Exposure

This device is a mobile transmitter and receiver that uses its antenna to send and receive low levels of radio frequency (RF) energy for voice and data communications. The device emits RF energy below the published limits when operating in its maximum output power mode and when used with Garmin authorized accessories. To comply with FCC RF exposure compliance requirements, the device should be used in a compatible mount or as mounted per the installation instructions only. The device should not be used in other configurations.

This device must not be co-located or operated in conjunction with any other transmitter or antenna.

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January 2022

GUID-49IA67EB-D2DE-4740-887D-83I70BF80560 v7