

FORERUNNER[®] 405CX

GPS-ENABLED SPORTS WATCH WITH WIRELESS SYNC



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

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

Step 1: Use the Touch Bezel

The silver bezel around the watch face acts as a multifunction button.

Tap: quickly press your finger on the bezel to make a selection, toggle a menu option, or change pages.

Touch and hold: hold your finger on one of the four labeled areas on the bezel to switch modes.

Double press: press two fingers on two areas on the bezel to turn on the backlight.

Touch and drag (scroll): press your

finger on the bezel and drag it around the bezel to scroll through the menu options or to increase or decrease values.



Touch Bezel Areas and Buttons



- 1 time/date:** touch and hold to enter time/date mode.
- 2 GPS:** touch and hold to enter GPS mode.
- 3 menu:** touch and hold to open the menu page.
- 4 training:** touch and hold to enter training mode.

5 start/stop/enter:

- Press to start/stop the timer in training mode.
- Press to make a selection.
- Press to exit power save mode.

6 lap/reset/quit:

- Press to create a new lap in training mode.
- Press and hold to reset the timer in training mode.
- Press to exit a menu or page.
- Press to exit power save mode.

Bezel Tips

- Touch the bezel firmly.
- Touch the bezel on the outer ring, where the words appear, not the inner ring near the watch face.
- Make each bezel selection a separate action.
- Do not rest your finger or thumb on the bezel while using it.
- Do not wear thick gloves while using the bezel.
- If bezel is wet, wipe the bezel dry before using it.

Locking the Bezel

To prevent accidental bezel taps (due to moisture or inadvertent bumping), press **enter** and **quit** simultaneously. To unlock the bezel, press **enter** and **quit** simultaneously again.

Power Save Mode

After a period of inactivity, the Forerunner switches to power save mode. The Forerunner is inactive if the timer is not running, you are not navigating to a destination and viewing the navigation page, and you have not pressed any buttons or tapped the bezel.



While in power save mode, you can view the time of day, turn on the backlight, and use the ANT+™ computer connection. To exit power save mode, press the **enter** or **quit** button.

Step 2: Charge the Battery

Your Forerunner ships with the power off to conserve the battery. Charge the Forerunner for at least three hours before using it.



NOTE: To prevent corrosion, thoroughly dry the charging contacts and surrounding area before charging.



TIP: The Forerunner will not charge when outside the temperature range of 32°F–122°F (0°C–50°C).

To charge the Forerunner:

1. Plug the USB connector on the charging clip cable into the AC adapter.
2. Plug the AC adapter into a standard wall outlet.
3. Align the charging clip posts with the contacts on the back of the Forerunner.



4. Clip the charger securely over the face of the Forerunner.



The length of time a fully charged battery will last depends upon usage. A fully charged battery can run the Forerunner with GPS on for up to 8 hours. See the owner's manual for more information.

Step 3: Configure Your Forerunner

The first time you use your Forerunner, follow the on-screen instructions to learn how to use the bezel, set your user profile, and configure the Forerunner.

Activity Class Chart

	Training Description	Training Frequency	Training Time Per Week
0	No exercise	-	-
1	Occasional, light exercise	Once every two weeks	Less than 15 minutes
2			15 to 30 minutes
3		Once a week	Approximately 30 minutes
4	Regular exercise and training	2 to 3 times per week	Approximately 45 minutes
5			45 minutes to 1 hour
6			1 to 3 hours
7		3 to 5 times per week	3 to 7 hours
8	Daily training	Almost daily	7 to 11 hours
9		Daily	11 to 15 hours
10			More than 15 hours

Activity Class Chart provided by Firstbeat Technologies Ltd., portions of which are based on Jackson et al. Prediction of functional aerobic capacity without exercise testing. *Medicine and Science in Sports & Exercise* 22:863:870, 1990.

The Forerunner uses your user profile to calculate calorie consumption. Using the table on [page 6](#), select 0-10 to set your activity class.

If you are using an ANT+ heart rate monitor, select **Yes** during the configuration to allow the heart rate monitor to pair (connect) with your Forerunner. See [Step 5](#) for more information.

Step 4: Acquire Satellite Signals

To set the correct time of day and begin using the Forerunner, you must acquire GPS satellite signals. It may take a few minutes to acquire signals.



NOTE: To turn off the GPS receiver and use the Forerunner indoors, touch and hold **GPS**. Select **Off** for **GPS**.




NOTE: You cannot acquire satellites in power save mode. To exit power save mode, press **enter** or **quit**.

1. Go outdoors to an open area. For the best reception, make sure the antenna of the Forerunner is oriented toward the sky.



2. Touch and hold **training** to enter training mode.
3. Stand still and do not begin moving until the locating satellites page disappears.

When you are receiving satellite signals, the  GPS icon appears in the training mode pages.

Step 5: Pair the Heart Rate Monitor (Optional)



Heart Rate Monitor Strap



Heart Rate Monitor (Front)



Heart Rate Monitor (Back)

While you are trying to pair your heart rate monitor with your Forerunner for the first time, move 10 m away from other heart rate monitors.


The heart rate monitor is on standby and ready to send data. Wear the heart rate monitor directly on your skin, just below your breastplate.

It should be snug enough to stay in place during your run.

1. Push one tab on the strap through the slot in the heart rate monitor. Press the tab down.
2. Wet both electrodes on the back of the heart rate monitor to create a strong connection between your chest and the transmitter.
3. Wrap the strap around your chest and attach it to the other side of the heart rate monitor.



NOTE: The Garmin logo should be right-side up.

4. Press **quit** or **enter** to exit power save mode.
5. Bring the Forerunner within range (3 m) of the heart rate monitor. The  heart rate icon appears on the training mode pages.

Step 6: Go for a Run!

1. Touch and hold **training**.
2. Press **start** to start the timer.
3. After completing your run, press **stop**.
4. Press and hold **reset** to save your run data and reset the timer.

Step 7: Download Free Software

ANT Agent™ allows you to use your Forerunner with Garmin Connect™, a Web-based training tool, and Garmin Training Center®, a computer-based training tool.

1. Go to www.garmin.com/forerunner405/owners.
2. Follow the on-screen instructions to download and install ANT Agent.

Step 8: Pair Your Computer and Forerunner



NOTE: Before connecting the USB ANT Stick™ to your computer, you must download software as instructed in Step 7 so that the necessary USB drivers are installed.

1. Plug the USB ANT Stick into an available USB port on your computer.



2. Bring your Forerunner within range (3 m) of your computer.

3. When the ANT Agent finds your Forerunner, ANT Agent displays the unit ID and asks you if you want to pair. Select **yes**.
4. Your Forerunner should display the same number ANT Agent displayed. If so, select **yes** on your Forerunner to complete the pairing process.

Step 9: Transfer Data to Your Computer

Bring your Forerunner within range (3 m) of your computer. ANT Agent automatically transfers data between your Forerunner and Garmin Connect or Garmin Training Center.



NOTE: If you have a lot of data, this may take a few minutes. Forerunner functions are not available during data transfer.

Use Garmin Connect or Garmin Training Center to view and analyze your data.

Resetting the Forerunner

If your Forerunner is locked up, reset your Forerunner. Press and hold **enter** and **quit** simultaneously until the screen goes blank (about 7 seconds). This does not erase any of your data or settings.

Product Registration

Help us better support you by completing our online registration today. Go to <http://my.garmin.com>. Keep the original sales receipt, or a photocopy, in a safe place.

More Information

For more information about the functions and settings of the Forerunner, refer to the owner's manual.



CAUTION: The Forerunner is not intended to be used while swimming. Swimming or prolonged water submersion can cause a short in the unit, which can in rare cases result in a minor skin burn or irritation in the area of the unit.

Garmin®, the Garmin logo, Forerunner®, Dynastream®, Garmin Training Center®, and Virtual Partner® are trademarks of Garmin Ltd. or its subsidiaries, registered in the USA and other countries. Garmin Connect™, ANT™, ANT Agent™, ANT+™, and USB ANT Stick™ are trademarks of Garmin Ltd. or its subsidiaries. These trademarks may not be used without the express permission of Garmin. Firstbeat and Analyzed by Firstbeat are registered or unregistered trademarks of Firstbeat Technologies Ltd. Other trademarks and trade names are those of their respective owners. This product was produced under the following United States patents and their foreign equivalents. EP1507474 (A1), US7460901, EP1545310 (A1), US7192401 (B2) and U20080279. WO03099114 (A1) (Pat. Pend.), EP1507474 (A1), US7460901 (B2), WO2004016173 (A1) (Pat. Pend.), EP1545310 (A1) (Pat. Pend.), U20080279 (Pat. Pend.)

For the latest product information and accessories, visit the Garmin Web site at www.garmin.com.



© 2009 Garmin Ltd. or its subsidiaries

Garmin International, Inc.
1200 East 151st Street, Olathe, Kansas 66062, USA

Garmin (Europe) Ltd.
Liberty House, Hounslow Business Park, Southampton, Hampshire, SO40 9RB UK

Garmin Corporation
No. 68, Jangshu 2nd Road, Shijr, Taipei County, Taiwan

March 2009

Part Number 190-01066-01 Rev. B

Printed in Taiwan