F O R E R U N N E R® 4 0 5

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

➊ **time/date:** touch and hold to enter time/date mode.

➋ **GPS:** touch and hold to enter GPS mode.

➌ **menu:** touch and hold to open the menu page.

➍ **training:** touch and hold to enter training mode.

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

➏ **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.

Contacts

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

Charging clip

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 and configure the Forerunner.

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.

Antenna location

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)

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.

Tab

Heart Rate Monitor Strap

Slot

Heart Rate Monitor (Front)

Electrodes

Heart Rate Monitor (Back)

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!

TIP: Set your user profile so the Forerunner can calculate calories correctly. Touch and hold **menu** > select **Settings** > **User Profile**.

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.

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 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.

Using the Four Modes

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

Time/date Mode

Time/date mode displays the current time and date. Tap the bezel to scroll through the available pages, such as time, battery gauge, and alarm time.

GPS Mode

GPS mode allows you to view and use the GPS menu. You can view the satellites page, turn on and off GPS, save and go to locations, and route back to your starting point.

Menu Mode

Menu mode allows you to access your Forerunner's history, the training menu, and the unit settings.

Training Mode

Training mode is the mode you will use most often. Use training mode to record your activities, view training data, and compete with your Virtual Partner®.

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.

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