

**GARMIN**<sup>TM</sup>

owner's manual

# EDGE<sup>®</sup> 605/705

## GPS-ENABLED BIKE COMPUTER



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## PREFACE

Thank you for purchasing the Garmin® Edge® 605/705 bike computer.

**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.

## 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.

## Contact Garmin

Contact Garmin Product Support if you have any questions while using your Edge. In the USA, go to [www.garmin.com/support](http://www.garmin.com/support), or contact Garmin USA by phone at (913) 397-8200 or (800) 800-1020.

In the UK, contact Garmin (Europe) Ltd. by phone at 0808 2380000.

In Europe, go to [www.garmin.com/support](http://www.garmin.com/support) and click **Contact Support** for in-country support information, or contact Garmin (Europe) Ltd. by phone at +44 (0) 870.8501241.

## Free Garmin Software

Go to [www.garmin.com/edge](http://www.garmin.com/edge) to download the Garmin Connect™ Web-based software or the Garmin Training Center® computer software. Use this software to store and analyze your ride data.

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# GETTING STARTED

## Buttons



### 1 power

- Press and hold to turn the Edge on/off.
- Press to turn the backlight on/off.

### 2 mode

- Press to return to the previous page.
- Press and hold to switch bike profiles.

### 3 reset/lap

- Press and hold to reset the timer.
- Press to create a new lap.

### 4 thumb stick/enter

- Move the thumb stick to scroll through menus, options, and data fields.
- Press in the thumb stick to select options and to acknowledge messages.

### 5 start/stop

Press to start/stop the timer.

### 6 menu

- Press to open the menu page.
- Press and hold to lock/unlock the Edge buttons.

### 7 in/out

Press to zoom in/out on the map page and the altimeter page.

## Resetting the Edge

If your Edge is locked up/frozen, press **mode** and **reset/lap** simultaneously to reset the Edge. This does not erase any of your data or settings.


## Clearing User Data

---




**CAUTION:** This deletes all user-entered information.

---








1. Turn off the Edge.
2. Press and hold **mode** and  until the message appears.
3. Select **Yes** to clear all user data.

## Edge Backlight

Press  to turn on the backlight. Use the thumb stick to adjust the backlight level.



## Icons

	Battery charge level
	Battery charging
	Satellite icon changes from blank to 3D when receiving satellite signals.
	Heart rate sensor active
	Cadence sensor active
	Power sensor active
	Keylock active

## Step 1: Charge the Battery

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

The Edge is powered by a built-in lithium-ion battery that you can recharge using the AC charger included in the product box. You can also charge the Edge using the USB cable and your computer. Charge the Edge for at least three hours before you begin using it.

## GETTING STARTED

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**NOTE:** To prevent corrosion, thoroughly dry the mini-USB port, weather cap, and surrounding area before charging or connecting to a computer.

---



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

---

### To charge the Edge:

1. On the back of the Edge, pull up the weather cap from the mini-USB port.
2. Plug the mini-USB end of the AC or USB cable into the mini-USB port on the back of the Edge.



3. Plug the other end into a standard wall outlet (AC) or an available USB port on your computer (USB).

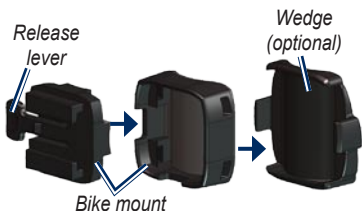
A fully charged battery can run for approximately 15 hours before it must be recharged. For more battery information, see [page 62](#).

## Step 2: Install the Edge

For the best GPS reception, position the bike mount so the front of the Edge is oriented toward the sky. You can install the bike mount on the stem or the handlebars. The stem installation (shown here) provides a more sturdy location. The optional wedge should be used under the mount for a better viewing angle.

### To install the Edge on your bike stem:

1. Place the wedge on the bike stem, and then place the bike mount on the wedge. Make sure the release lever is on the left.



**For horizontal bars:** Separate and remove the top part of the mount, turn it 90 degrees, and replace it. Continue with step 2.

**For bars with a diameter less than 1 in (25.4 mm):** Place the additional rubber pad under the bike mount to increase the diameter of the bar. The rubber pad also prevents the mount from slipping. Continue with step 2.

2. Attach the bike mount securely using two cable ties. Make sure the cable ties are threaded through both parts of the bike mount.

## GETTING STARTED

3. Align the Edge with the bike mount so that the Edge is parallel to the stem.



4. Slide the Edge to the left until it snaps into place.




### Top View of the Edge Being Mounted on a Horizontal Bar

#### To release the Edge:

Press down on the release lever, and slide the Edge to the right.

### Step 3: Turn on Your Edge

Press and hold  to turn on your Edge. Follow the on-screen configuration instructions.

## Step 4: Acquire Satellite Signals

Before you begin using the Edge, you must acquire GPS satellite signals. It may take 30–60 seconds to acquire signals.

1. Go outdoors to an open area. For the best reception, make sure the front of the Edge is oriented toward the sky.
2. Wait while the Edge searches for satellites. Stand still in an open area, and do not begin moving until the locating satellite page disappears.



---

**NOTE:** To turn off the GPS receiver and use the Edge indoors, see [page 54](#).



---

## Step 5: Save Your Home Location (Optional)

You can set a home location for the place you return to most often.

1. Press **menu** > select **Where To** > **Find Places** > **Favorites** > **Go Home**.
2. Follow the on-screen instructions.

## Step 6: Set Up Sensors (Optional)

If your Edge included a heart rate monitor or GSC™ 10 speed and cadence sensor, the ANT+Sport™ sensors are already paired with your Edge. Press **menu**. The  and  icons stop flashing when the sensors are paired. If you purchased an accessory separately, see [page 58](#).

For instructions on using the heart rate monitor, see [page 35](#). For instructions on using the GSC 10, see [page 38](#).

## Step 7: Set Your Profiles

The Edge uses information that you enter about yourself and your bike to calculate accurate ride data.

### To set your user profile:

1. Press **menu** > select **Settings** > **Profile & Zones** > **User Profile**.
2. Enter your gender, birth date, and weight.



---

**TIP:** When finished selecting options or entering values on your Edge, press **mode** to exit the field or page.

---



Use the thumb stick to change the field values.

### To set your bike profile:

1. Press **menu** > select **Settings** > **Profile & Zones** > **Bike Profile**.



2. Select a bike profile. You can set up to three profiles.
3. Enter your bike information.
4. (Edge 705 only) If you have a GSC 10 speed and cadence sensor, select the **Cadence** check box. If you have a third-party power meter, select the **Power** check box. For more accessory information, see [pages 35–42](#).
5. In the **Wheel Size** field, select **Auto** to have the GSC 10 automatically detect your tire size using GPS data, or select **Custom** to enter your wheel size. For a table of sizes and circumferences, see [page 64](#).

## Step 8: Go for a Ride!

1. Press **mode** to view the bike computer page.
2. Press **start** to start the timer.
3. After completing your ride, press **stop**.
4. Press and hold **lap/reset** to save your ride data and reset the timer.

## Step 9: Download Free Software

1. Go to [www.garmin.com/edge](http://www.garmin.com/edge).
2. Follow the on-screen instructions to download Garmin Training Center or Garmin Connect.

## Step 10: Transfer History to Your Computer

1. Plug the small end of the USB cable into the mini-USB port on the back of the Edge (under the weather cap).
2. Connect the larger end of the USB cable to an available USB port on your computer.
3. Open Garmin Connect or Garmin Training Center. Follow the upload instructions included with the software.



## WHERE TO

Use the Where To features to navigate rides from history, rides from an external source, back to your starting point, to Favorites, and to points of interest.



---

**NOTE:** You must start the timer to save your current ride to Edge history.

---

## Follow History

You can navigate any ride saved in your Edge history.

1. Press **menu** > select **Where To** > **Follow History**.
2. Select a ride from the list. The Edge calculates the route, including directions from your current location to the starting point of the ride.

## Saved Rides

You can also navigate a ride uploaded to your Edge from an external source. For example, you found a great trail ride on the Internet or another Edge owner created a route for you.



---

**NOTE:** Track or route files must be saved with the \*.gpx extension.

---

1. Upload the \*.gpx file to the Garmin\GPX folder on your Edge memory. For more information about uploading files to your Edge, see [pages 45–47](#).
2. Press **menu** > select **Where To** > **Saved Rides**.
3. Select a ride from the list.
4. Select **Navigate**.

### Options for Saved Rides

1. Press **menu** > select **Where To** > **Saved Rides**.
2. Select a ride from the list.
3. Select an option:
  - **Navigate**—start navigating the saved ride.
  - **Map Setup**—view and edit the map settings. Select **Show on Map** to show the track on the map. Selecting more tracks to show on the map uses up more memory and may slow down some functions of your Edge.
  - **Copy to Device**—copy the saved ride to the device memory.  
OR  
**Copy to Card**—copy the saved ride to your microSD card.

- **Delete**—delete the saved ride from your device. To delete files from your microSD card, see [page 46](#).

### Back To Start



---

**NOTE:** You must start the timer in order to use the Back To Start feature.

---

After you have reached your destination or finished your ride, press **menu** > select **Where To** > **Back To Start**. The Edge navigates you back to your starting point.

### Find Places

You can search for saved waypoints (locations) and recent finds in your Favorites. With optional map data, you can also search for addresses and points of interest.

## Find Favorites

### Go Home

If you have not saved your home location yet, see [page 7](#). Press **menu** > select **Where To** > **Find Places** > **Favorites** > **Go Home**. The Edge automatically calculates your route home.

### Recent Finds

Your Edge stores the last 50 of your recent finds. The most recently viewed locations appear at the top of the list. Press **menu** > select **Where To** > **Find Places** > **Favorites** > **Recent Finds**.




---

**NOTE:** You can save, edit, and delete from Recent Finds.

---

## My Favorites

1. Press **menu** > select **Where To** > **Find Places** > **Favorites** > **My Favorites**.




---

**TIP:** Use the on-screen keyboard to narrow the search. Select **OK** to view the entire list.

---

2. Select a place from the list.
3. Select **Go To**.

## Edit My Favorites

1. Press **menu** > select **Where To** > **Find Places** > **Favorites** > **My Favorites**.
2. Select a place from the list.
3. Edit the information as needed.
4. Press **mode** to exit.




---

**NOTE:** Your changes are automatically saved when you exit this page.

---

### **Delete My Favorites**

1. Press **menu** > select **Where To** > **Find Places** > **Favorites** > **My Favorites**.
2. Select **Delete**.
3. Select **Yes** to confirm.

### **Find Addresses**

1. Press **menu** > select **Where To** > **Find Places** > **Addresses**.
2. Enter the region, city, number, and street name.
3. Select an address from the list of matches.
4. Select **Go To**.

### **Find Points of Interest**

1. Press **menu** > select **Where To** > **Find Places**.
2. Select a category and a subcategory, if necessary.
3. Select a place from the list.
4. Select **Go To**.

### **Stop Navigating**

Press **menu** > select **Where To** > **Stop Navigation**.

## TRAINING

The Edge offers several training features and optional settings. Use your Edge to set goals and alerts, train with a Virtual Partner<sup>®</sup>, program workouts, and plan courses based on existing history.

### Auto Pause<sup>®</sup>

You can set the Edge to pause the timer automatically during your ride when you stop moving or your speed drops below a specified value. This setting is helpful if your course includes stop lights or other places where you need to slow down or stop.

When you turn on Auto Pause, the Edge stores any paused time as Rest Time and any paused distance as Rest Distance. To add these data fields to a custom page, see [page 48](#).



**NOTE:** Rest time and distance for Auto Pause are not stored in history.

### Auto Lap<sup>®</sup>

You can use Auto Lap to automatically mark the lap at a specific position or after you have traveled a specific distance. This setting is helpful for comparing your performance over different parts of a ride (every 10 miles or major hill, for example).

#### To set Auto Pause/Lap:

1. Press **menu** > select **Training** > **Auto Pause/Lap**.
2. In the **Auto Timer Pause** field, select **When Stopped** or **Custom Speed** to enter a value.



- In the **Auto Lap Trigger** field, select **By Distance** to enter a value or **By Position** to choose an option:
  - Lap Press Only**—triggers the lap counter each time you press **lap** and each time you pass any of those locations again.
  - Start And Lap**—triggers the lap counter at the GPS location where you press **start** and at any locations during the ride where you pressed **lap**.

- Mark And Lap**—triggers the lap counter at a specific GPS location marked before the ride and at any locations during the ride where you pressed **lap**.




---

**NOTE:** During courses, use the **By Position** option to trigger laps at all of the lap positions marked in the course.

---

## Alerts

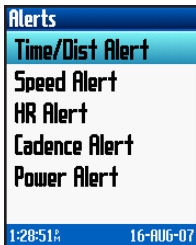
Use Edge alerts to train toward certain time, distance, speed, heart rate, cadence, and power goals.

### *Using Time and Distance Alerts*

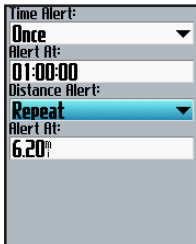
Time and distance alerts are useful for long workouts when you want to train for a certain amount of time or distance. When you reach your goal, the Edge beeps and displays a message.

#### To set a time or distance alert:

1. Press **menu** > select **Training**  
> **Alerts** > **Time/Dist Alert**.



2. In the **Time Alert** field, select **Once** or **Repeat**.
3. Enter a time in the **Alert At** field.



- In the **Distance Alert** field, select **Once** or **Repeat**.
- Enter a distance in the **Alert At** field.

### Using Speed Alerts

Speed alerts notify you if you exceed or drop below a custom speed setting during your ride.

The speed alert allows you to use speed zones stored in the Edge. For more information about speed zones, see [page 56](#).

#### To set a speed alert:

- Press **menu** > select **Training** > **Alerts** > **Speed Alert**.
- In the **Fast Speed Alert** field, select a speed zone or select **Custom** to enter your own alert value.



- Repeat for the **Slow Speed Alert** field.

### Using Heart Rate Alerts



**NOTE:** To use heart rate alerts, you must have an Edge 705 and a heart rate monitor.

The heart rate alert notifies you if your heart rate exceeds or drops below a specific number of beats per minute (bpm). Heart rate alerts can also notify you if your heart rate exceeds or drops below a certain heart rate zone—a range of beats



per minute. The five commonly accepted heart rate zones can help you determine the intensity of your workout. For more about heart rate zones, see [page 36](#).

### To set a heart rate alert:

1. Press **menu** > select **Training** > **Alerts** > **HR Alert**.
2. In the **Max HR Alert** field, select a zone or select **Custom** to specify your own alert value. The maximum value allowed is 235 bpm.



3. Repeat for the **Min HR Alert** field. The minimum value allowed is 35 bpm.




---

**NOTE:** When entering custom heart rate values, you must set the minimum and maximum alerts at least 5 bpm apart.

---

### Using Cadence Alerts




---

**NOTE:** To use cadence alerts, you must have an Edge 705 and a GSC 10.

---

The cadence alert notifies you if your cadence exceeds or drops below a specific number of revolutions of the crank arm per minute (rpm). For more information about training with cadence, see [page 41](#).

**To set a cadence alert:**

1. Press **menu** > select **Training** > **Alerts** > **Cadence Alert**.
2. In the **Fast Cadence Alert** field, select **On**.
3. Enter a value in the **Alert Above** field. The maximum value allowed is 255.



4. Repeat for the **Slow Cadence Alert** field. There minimum value is 0.

**Using Power Alerts**

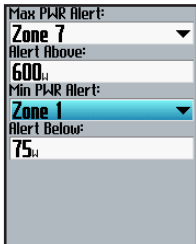


**NOTE:** To use power alerts, you must have an Edge 705 and a third-party power meter.

The power alert notifies you if your power level exceeds or drops below a specific value in watts or % FTP (functional threshold power). For more information about using third-party power meters, see [page 42](#).

### To set a power alert:

1. Press **menu** > select **Training** > **Alerts** > **Power Alert**.
2. In the **Max PWR Alert** field, select a zone or select **Custom** to specify your own alert value.



3. Repeat for the **Min PWR Alert** field.

### Virtual Partner®

Your Virtual Partner is a unique tool designed to help you meet your training goals. The Virtual Partner competes with you during simple workouts and courses.

### To see Virtual Partner data:

1. Set up a simple workout or course.
2. Press **start**.
3. Press **enter** to view Virtual Partner data.



### To turn off Virtual Partner:

Press **menu** > select **Training** > **Virtual Partner** > **Off**.

## Workouts: Simple, Interval, and Advanced

Press **menu** > select **Training** > **Workouts** to choose the type of workout right for you.

Simple and interval workouts are replaced each time you create a workout of the same type. You can save and edit advanced workouts. For information about transferring workouts to and from your Edge, see [page 10](#).

### Using Workouts

During your workout, press **mode** to see the workout data page. When you complete all steps in your workout, the “Workout Finished” message appears.

### To end a workout early:

Press **menu** > select **Training** > **Stop Workout**.

### To end an interval or advanced workout step early:

Press the **lap/reset** button.

### Simple Workouts

For simple workouts, enter your time, distance, or pace goals, and the Edge displays the Virtual Partner to help you achieve them. It is easy to set up one of the following simple workouts with your Edge:

- Distance and time
- Time and speed
- Distance and speed

**To set up a simple workout:**

1. Press **menu** > select **Training** > **Workouts** > **Simple Workouts**.
2. Select the type of simple workout.
3. Enter values in the first and second fields. The third field is calculated by the Edge.
4. Select **Done**.



5. Press **start**.

**Interval Workouts**

You can create interval workouts with your Edge based on the following criteria:

- Ride a certain distance and rest for a certain amount of time.
- Ride for a certain distance and rest for a certain distance.
- Ride for a certain amount of time and rest for a certain amount of time.
- Ride for a certain amount of time and rest for a certain distance.

**To create an interval workout:**

1. Press **menu** > select **Training** > **Workouts** > **Interval**.

2. Select the type of interval workout.
3. Enter distance or time values into the appropriate fields.
4. In the **Reps** field, enter number of times you want to repeat each interval.
5. Select **Warmup & Cooldown** (optional).
6. Select **Done**.

Distance:	10.00 <sup>m</sup>
Rest Time:	00:01:00
Reps:	6
<input checked="" type="checkbox"/> Warmup & Cooldown	
<b>Done?</b>	

7. Press **start**.

If you selected **Warmup & Cooldown**, press **lap** at the end of your warmup lap to start your first interval. At the end of your last interval, the Edge automatically starts a cooldown lap. When you are finished cooling down, press **lap** to end your workout.

As you approach the end of each lap, an alarm sounds, and a message appears, counting down the time until a new lap begins. At any time during the interval workout, you can press **lap** to end a step early.

---

## **Advanced Workouts**

Use the Edge to create and save advanced workouts that include goals for each workout step and varied distances, times, and rest laps. After you create and save a workout, you can use the Garmin Training Center or Garmin Connect to schedule the workout for a particular day. You can plan workouts in advance and store them on your Edge.

## **Creating Advanced Workouts**

Garmin recommends that you use the Garmin Training Center or Garmin Connect to create workouts and transfer them to your Edge. However, you can also create and save an advanced workout directly on your Edge. You cannot use the Edge to schedule workouts; you must use Garmin Training Center or Garmin Connect.



---

**NOTE:** If you create a workout on the Edge, be sure to transfer it to Garmin Training Center or Garmin Connect. Otherwise, the workout will be overwritten when you load workouts to the Edge.

---

## To create an advanced workout using the Edge:

1. Press **menu** > select **Training** > **Workouts** > **Advanced** > **<Create New>**.
2. Enter a descriptive workout name in the top field (for example, 40KHILLS).
3. Select **1. Open No Target** > **Edit Step**.

<b>Duration</b>	<b>Open</b>
<b>Until Lap Is Pressed</b>	
<b>Target</b>	<b>Speed</b>
	<b>Climb 4</b>
	<b>From 2.40%</b>
	<b>To 3.00%</b>
<b>Rest Lap</b>	<b>Yes</b>

4. In the **Duration** field, select how long you want the step to last. If you select **Open**, you

can end the step during your workout by pressing **lap**.

5. In the **Target** field, select your goal during the step (**Speed**, **Heart Rate**, **Cadence**, **Power**, or **None**).



**NOTE:** Heart rate, cadence, and power targets are for the Edge 705 only.

6. (Optional) Select a target zone and range. For example, if your target is heart rate, select a heart rate zone or enter a custom range.
7. If this is a rest lap, select **Yes** in the **Rest Lap** field.
8. Press **mode** to continue.
9. To enter another step, select **<Add New Step>**. Then repeat steps 4–8.



**To repeat steps:**

1. Select **<Add New Step>**.
2. In the **Duration** field, select **Repeat**.
3. In the **Back To Step** field, select the step you want to repeat.
4. In the **Number Of Reps** field, enter the number of repetitions.

<b>Duration</b>	<b>Repeat</b>
<b>Back To Step</b>	2
<b>Number Of Reps</b>	4

5. Press **mode** to continue.

**Starting Advanced Workouts**

1. Press **menu** > select **Training** > **Workouts** > **Advanced**.
2. Select the workout.
3. Select **Do Workout**.
4. Press **start**.




---

**NOTE:** Press **enter** to view more data.

---

<b>Time</b>	
00:08:00	
<b>Speed</b>	<b>Distance</b>
9.5 <sub>m</sub> <sub>h</sub>	2.0 <sub>i</sub>
<b>Bike for 30:00</b>	
00:22:00	
<b>Flat 1</b>	
1.2	

After you begin an advanced workout, the Edge displays each step of the workout, including the name of the step, the goal (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. At any time during the advanced workout, press **lap** to end a step early.

### Editing Advanced Workouts

You can edit workouts within Garmin Training Center, Garmin Connect, or directly in the Edge. If you edit workouts in the Edge, your changes may be temporary. Garmin Training Center or Garmin Connect serve as the “master list” of advanced workouts: if you edit a workout in the Edge, the changes

will be overwritten the next time you transfer workouts from Garmin Training Center or Garmin Connect. To make a permanent change to a workout, edit the workout in Garmin Training Center or Garmin Connect and then transfer it to your Edge.

#### To edit an advanced workout:

1. Press **menu** > select **Training** > **Workouts** > **Advanced**.
2. Select the workout.
3. Select **Edit Workout**.
4. Select the step.
5. Select **Edit Step**.
6. Make any necessary changes, and press **mode** to continue.
7. Press **mode** to exit.

### To delete an advanced workout:

1. Press **menu** > select **Training** > **Workouts** > **Advanced**.
2. Select the workout.
3. Select **Delete Workout** > **Yes**.

## Courses

Another way you can use the Edge for custom training is to create and edit courses based on a previously recorded activity. You can follow the course trying to match or exceed previously set goals. You can also race against the Virtual Partner when training with courses. To turn on Virtual Partner, see [page 21](#).

## Creating Courses

Garmin recommends that you use Garmin Training Center or Garmin Connect to create courses and course points. Then you can transfer them to your Edge.

You can also create a course (without course points) on your Edge.

### To create a course on your Edge:



---

**NOTE:** You must have history with GPS track data saved to the Edge in order to create a new course.

---

1. Press **menu** > select **Training** > **Courses** > **<Create New>**.
2. From the list of rides, select a previous ride on which to base your course.

3. Enter a descriptive course name in the top field (for example, 44KTT).
4. Press **mode** to exit.

### Adding Course Points

You can mark course points, or places on your course that you want to remember, such as water stops or distance goals. You must use Garmin Training Center or Garmin Connect to add course points to any course.

#### To start a course:

1. Press **menu** > select **Training** > **Courses**.
2. Select a course from the list.
3. Select **Do Course**.
4. Press **start**. History is recorded even if you are not on the course. The “Course Complete” message appears when you finish.

### Course Data Pages

Time	00:01:00	
Speed	10.9 <sub>m</sub> <sup>h</sup>	Distance 17 <sub>l</sub>
Dist to Crs	1.07 <sub>m</sub>	Time To Crs 3:26
Dist To Go	5.18 <sub>m</sub>	Goal Time 32:02

From the course page, press **mode** and **enter** to view additional course data including the course map, elevation graph, compass page, and Virtual Partner data.

### Off Course Options

You can include a warmup before you begin your course. Press **start** to begin the course, and then warm up as normal. Be sure to 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, the Edge displays an “On Course” message.




---

**NOTE:** As soon as you press **start**, your Virtual Partner starts the course and does not wait for you to finish a warmup.

---

If you stray away from the course, the Edge displays an “Off Course” message. Use the compass page or map page to find your way back to the course.

### To end a course manually:

Press **menu** > select **Training** > **Stop Course**.

### To edit a course name:

1. Press **menu** > select **Training** > **Courses**.
2. Select the course you want to change.
3. Select **Edit Course**.

4. Edit the course name.
5. Press **mode** to exit.

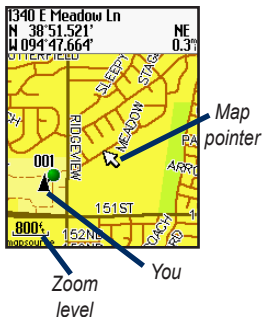
### To delete a course:

1. Press **menu** > select **Training** > **Courses**.
2. Select the course you want to delete.
3. Select **Delete Course**.
4. Select **Yes** to delete the course.
5. Press **mode** to exit.

## USING THE MAP

**WARNING:** See the *Important Safety and Product Information* guide in the product box for warnings regarding safe and proper map usage.

Press **mode** to view the map page. When you start the timer and begin to move, a tiny dotted line appears on the map, showing you exactly where you have traveled. This dotted line is called a track. Press **in/out** to zoom on the map. Move the thumb stick to view additional position data. You can also add custom data fields to the map page. See [page 48](#).



## Marking and Finding Locations

A location is a waypoint on the map that you can save as a Favorite. If you want to remember landmarks or return to a certain spot, mark the point on the map. The location appears on the map with a name and symbol. You can find, view, and return to locations at any time.

**To mark your current location:**

1. Go to a place where you want to mark a location.
2. Press **menu** > **Save Location**.
3. Select a symbol, and enter a descriptive name.
4. Make other changes as necessary, and select **OK**.

**To mark a known location using coordinates:**

1. Press **menu** > **Save Location**.
2. Use the on-screen keyboard to enter the coordinates and elevation.
3. Make other changes as necessary, and select **OK**.

**To mark a location on the map:**

1. Press **mode** to access the map page.
2. Use the thumb stick to move the map pointer to the location you want to save.
3. Press **enter**.
4. Select **Yes** to save the waypoint.
5. Select a symbol, and enter a descriptive name.



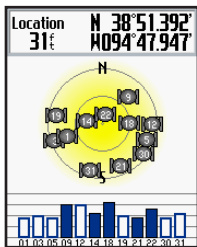
6. Press **mode** to continue.

## Additional Maps

To purchase preloaded maps on microSD cards, go to <http://buy.garmin.com> or contact your Garmin dealer. To determine the versions of the maps that are loaded on your Edge, press **menu** > select **Settings** > **Map**.

## Satellite Page

The satellite page displays information about the GPS signals the Edge is currently receiving. Press **menu** > select **Satellite**.



On the satellite page, the available satellites are flashing while the Edge searches for satellite signals. Acquired satellites and each corresponding bar below change to solid. The GPS accuracy and coordinates appear at the top of the page.

For more information about GPS, go to [www.garmin.com/aboutGPS](http://www.garmin.com/aboutGPS).



## USING ACCESSORIES

This section describes accessories that are compatible with the Edge 705:

- Heart rate monitor
- GSC 10 speed and cadence sensor
- Power meter

For information about purchasing additional accessories, go to <http://buy.garmin.com>.

## Heart Rate Monitor

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 ride.

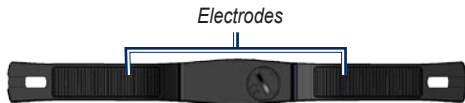
1. Push one tab on the strap through the slot in the heart rate monitor. Press the tab down.
2. Wet both electrodes on the back of the heart rate monitor



Heart Rate Monitor Strap



Heart Rate Monitor (Front)




Heart Rate Monitor (Back)

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.

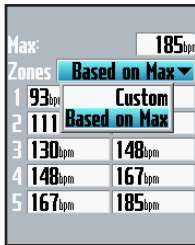


**NOTE:** The Garmin logo should be right-side up.

4. Turn on the Edge and bring it within range (3 m) of the heart rate monitor. The  heart rate icon appears on the menu page.
5. To customize data fields, see [page 48](#).
6. If heart rate data does not appear or if you have erratic heart rate data, you may have to tighten the strap on your chest or warm up for 5–10 minutes. If the problem persists, you may have to pair the sensors. See [page 58](#).

## Heart Rate Zones

Press **menu** > select **Settings** > **Profile & Zones** > **HR Zones**.



Max:	185 bpm	
Zones	Based on Max ▾	
1	93 bpm	Custom
2	111	Based on Max
3	130 bpm	148 bpm
4	148 bpm	167 bpm
5	167 bpm	185 bpm



**CAUTION:** Consult your physician to specify heart rate zones/targets that are appropriate for your fitness level and health condition.

Many athletes are using heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per

Zone	% of Max. 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

minute. The five commonly accepted heart rate zones are numbered from 1–5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

### **How Do Heart Rate Zones Affect Your Fitness Goals?**

Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles:

## USING ACCESSORIES

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- Your heart rate is a good measure of exercise intensity.
- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.
- Knowing your heart rate zones can prevent you from overtraining and decrease your risk of injury.

If you know your maximum heart rate, you can enter it and allow the Edge to calculate your heart rate zones based on the percentages shown in the table on [page 37](#). If you do not know your maximum heart rate, use one of the calculators available on the Internet.

### **Heart Rate Monitor Battery**

For battery information, see [page 60](#).

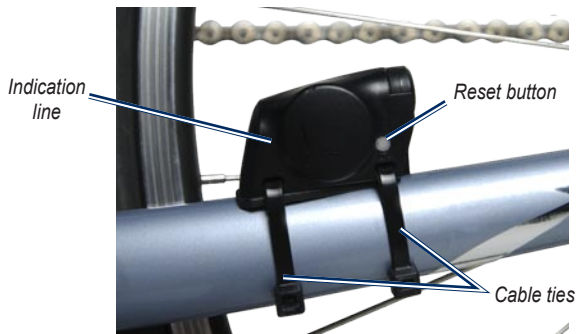
## **GSC 10**

Your Edge 705 is compatible with the GSC 10 speed and cadence sensor for bikes. Cadence data from the GSC 10 is always recorded. If there is no GSC 10 paired, GPS data is used to calculate the speed and distance.

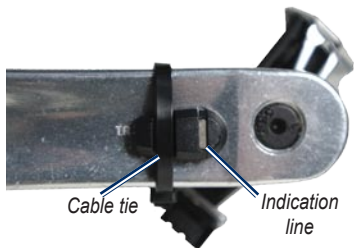
Both magnets must be aligned with their respective indication lines for the Edge to receive data.

### **To install the GSC 10:**

1. Place the GSC 10 on the rear chain stay (on the side opposite the drive train). Loosely attach the GSC 10 using two cable ties.
2. Attach the pedal magnet to the crank arm using the adhesive mount and a cable tie. The pedal magnet must be within 5 mm of the GSC 10, and the indication line on the



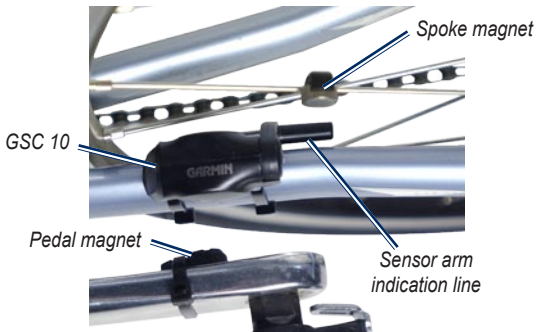
**GSC 10 on Rear Chain Stay**



**Pedal Magnet on Crank Arm**

## USING ACCESSORIES

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### GSC 10 and Magnet Alignment

- pedal magnet must line up with the indication line on the GSC 10.
3. Unscrew the spoke magnet from the plastic piece. Place the spoke in the groove of the plastic piece and tighten slightly. The magnet can face away from the GSC 10 if there is not enough room between the sensor arm and the spoke.
  4. Loosen the screw on the sensor arm and move it to within 5 mm of the spoke magnet. You can also tilt the GSC 10 closer to either magnet for improved alignment.

5. Press the **Reset** button on the GSC 10. The LED turns red, then green. Pedal to test the sensor alignment. The red LED blinks each time the crank arm passes the sensor, and the green LED blinks each time the wheel magnet passes the sensor arm.



---

**NOTE:** The LED blinks for the first 60 passes after a reset. Press **Reset** again if you require additional passes.

---

6. When everything is aligned and working correctly, tighten the cable ties, sensor arm, and spoke magnet.

## ***Training with Cadence***

Cadence is your rate of pedaling or “spinning” measured by the number of revolutions of the crank arm per minute (rpm). There are two sensors on the GSC 10: one for cadence and one for speed.

For information about cadence alerts, see [page 19](#).

For information about speed zones, see [page 56](#).

## ***GSC 10 Battery***

For GSC 10 battery information, see [page 61](#).

## Power Meter

For a list of third-party power meters that are compatible with the Edge 705, go to [www.garmin.com/edge](http://www.garmin.com/edge).

### Power Calibration

Press **menu** > select **Settings** > **ANT+Sport** > **Accessories** > **Calibrate Power**.

For calibration instructions specific to your power meter, refer to the manufacturer's instructions and [www.garmin.com/edge](http://www.garmin.com/edge).

### Power Zones

Press **menu** > select **Settings** > **Profile & Zones** > **Power Zones**.

FTP:		300.
Zones	Based on FTP ▾	
1	75.	Custom
2	168	Based on FTP
3	228.	270.
4	273.	315.
5	318.	360.
6	363.	450.
7	453.	600.

You can set seven custom power zones (1=lowest, 7=highest). If you know your FTP (functional threshold power) value, you can enter it, and allow the Edge to calculate your power zones automatically. You can also enter your power zones manually.

To change your power units, see [page 57](#).



## HISTORY

Your Edge automatically saves history when the timer is started. The Edge has approximately 500 MB of available space. When the Edge memory is full, your oldest history is overwritten. Upload your history to Garmin Training Center or Garmin Connect periodically to keep track of all of your bike data. For information about Edge data recording, see [page 57](#).

History includes time, distance, calories, average speed, maximum speed, altitude, detailed lap information, and a map view. Edge 705 history can also include heart rate, cadence, and power.



**NOTE:** History is not recorded while the timer is stopped.



**NOTE:** Edge memory does not include the separate microSD™ card drive. See Data Management on [page 45](#).

## Viewing History

After you have finished a ride, you can view the history data on your Edge by day, week, or totals.

Rides		
AUG29	11:54 <sup>h</sup>	9
AUG28	5:01 <sup>h</sup>	7
AUG28	4:51 <sup>h</sup>	14
AUG25	9:24 <sup>h</sup>	21
378-cal	Total	00:30:57
	Avg	5.82 <sup>h</sup>
	Max	13.17 <sup>h</sup>

### To view history by day:

1. Press **menu** > select **History** > **By Day**.

2. Use the thumb stick to scroll through the list. As you scroll, summary information appears below the list.
3. Select an entry to view details of the entire ride or each lap.
4. Select **View Map** to see your ride on the map.
5. Press **in/out** to zoom on the map. When you are finished viewing the lap, select **Next** to view the next lap.
6. Press **mode** to exit.

## Transferring History to Your Computer

For information about transferring workouts to and from your Edge, see [page 10](#).

## Deleting History

After you have transferred your workouts to Garmin Training Center or Garmin Connect, you may want to delete the history from your Edge.

### To delete history:

1. Press **menu** > select **History** > **Delete**.
2. Select **Keep 1 Month, Keep 3 Months**, or **Delete All**.
3. Select **Yes** to confirm.

### To delete laps or entire rides from history:

1. Press **menu** > select **History** > **By Day**.
2. Select a lap or ride.
3. Select **Delete**.
4. Select **Yes** to confirm.

## DATA MANAGEMENT

You can use the Edge as a USB mass storage device, and you can purchase a separate microSD card for additional external memory.



**NOTE:** The Edge is not compatible with Windows® 95, 98, Me, or NT. It is also not compatible with Mac® OS 10.3 and earlier. This is a common limitation of most USB mass storage devices.

### Loading Files

#### **Step 1: Insert a MicroSD Card (Optional)**

1. Remove the microSD card door on the back of the Edge.



2. To insert the card, press it in until it clicks.



#### **Step 2: Connect the USB Cable**

1. Plug the small end of the USB cable into the mini-USB port on the back of the Edge (under the weather cap).



2. Connect the larger end of the USB cable to an available USB port on your computer. The Edge is now in USB mass storage mode.

Your Edge and microSD card appear as removable drives in My Computer on Windows computers and as mounted volumes on Mac computers.

### **Step 3: Transfer Files to Your Computer**

1. Browse your computer for the file you want to copy.
2. Highlight the file, and select **Edit > Copy**.
3. Open the “Garmin” or microSD card drive/volume.
4. Select **Edit > Paste**.

### **Step 4: Eject and Unplug the USB Cable**

When you are finished transferring files, click the Eject  icon in your system tray, or drag the volume icon to the Trash  on Mac computers. Unplug your Edge from your computer.

### **Deleting Files**

Open the Garmin or SD card drive/volume. Highlight the file, and press the **Delete** key on your computer’s keyboard.

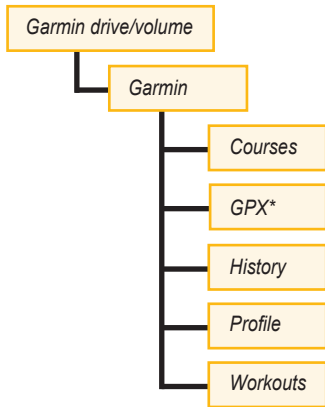


---

**CAUTION:** If you are not sure about a file’s purpose, do not delete it. Your Edge memory contains important system files that should not be deleted.

---

## Garmin Folders



\* The GPX folder contains waypoints and saved rides.

## Transferring Files to Another Edge (705 Only)

You can wirelessly transfer files from one Edge to another using ANT+Sport wireless technology.

1. Turn on both Edge units, and bring them within range (3 m) of each other.
2. Press **menu** > select **Settings** > **ANT+Sport**.
3. Select **Receive Data** on the Edge that is receiving files.
4. Select **Transfer Data** on the Edge that is sending files. Follow the on-screen instructions.

## SETTINGS

You can customize data fields, map settings, routing, bike and user profiles, training zones, display, units, time, data recording, and wireless setup. Press **menu** > select **Settings**.



**NOTE:** When finished selecting options or entering values, press **mode** to exit.

### Custom Data Fields

You can set up custom data fields for the following Edge pages:

- Bike Computer 1
- Bike Computer 2
- Map
- Workouts
- Courses

For a list of available data fields, see pages 49–53.

#### To set data fields:

1. Press **menu** > select **Settings** > **Data Fields**.
2. Select one of the pages listed.
3. Select the number of data fields you want to see on this page.



4. Use the thumb stick to change the data fields. Press **mode** when done.
5. Repeat for each page you wish to customize.

## Edge Data Fields

The following table lists all of the Edge data fields and descriptions.

\* Denotes a field showing statute or metric units.

Data Field	Description	Edge 605	Edge 705
Accuracy Of GPS *	Margin of error for your exact location. For example, your GPS location is accurate to within +/- 19 ft.	•	•
Ascent - Total *	Total elevation gain for the current ride.		•
Bearing	Direction of your destination.	•	•
Cadence	Revolutions of the crank arm per minute.		•
Cadence – Avg	Average cadence for the duration of your current ride.		•
Cadence – Lap	Average cadence for the current lap.		•
Calories	Amount of calories burned.	•	•
Descent - Total *	Total elevation lost for the current ride.		•
Dist – Lap *	Distance traveled in the current lap.	•	•

## SETTINGS

<b>Data Field</b>	<b>Description</b>	<b>Edge 605</b>	<b>Edge 705</b>
Dist – Last Lap *	Distance of the last completed lap.	•	•
Dist – Paused *	Distance covered while the timer was in Auto Pause.	•	•
Distance *	Distance traveled on the current ride.	•	•
Distance To Dest	Distance until you reach your destination.	•	•
Distance To Next	Distance until you reach the next turn.	•	•
ETAAt Destination	Estimated arrival time at your destination.	•	•
ETAAt Next	Estimated arrival time at the next turn.	•	•
Elevation *	Distance above/below sea level.	•	•
Grade	Calculation of rise over run. For example, if for every 10 feet you climb (elevation) you travel 200 feet (distance), your grade is 5%.	•	•
Heading	Current direction you are traveling.	•	•
Heart Rate	Heart beats per minute (bpm).		•



<b>Data Field</b>	<b>Description</b>	<b>Edge 605</b>	<b>Edge 705</b>
Heart Rate – Avg	Average heart rate for the ride.		●
Heart Rate – Lap	Average heart rate in the current lap.		●
Heart Rate Zone	Current range of heart rate (1–5). The default zones are based on your maximum heart rate and user profile.		●
Laps	Amount of laps completed.	●	●
Power	Current power output in watts or % FTP.		●
Power – Avg	Average power output for the duration of your current ride.		●
Power – KiloJoules	Total (cumulative) amount of power output in kilojoules.		●
Power – Lap	Average power output in the current lap.		●
Power – Max	Top power achieved during the current ride.		●
Power Zone	Current range of power output (1–7) based on your FTP or custom settings.		●

## SETTINGS

<b>Data Field</b>	<b>Description</b>	<b>Edge 605</b>	<b>Edge 705</b>
Pwr – Last Lap Max	Top power achieved during the last full lap.		•
Speed *	Current speed.	•	•
Speed – Avg *	Average speed for the ride.	•	•
Speed – Lap *	Average speed in the current lap.	•	•
Speed – Last Lap *	Average speed during the last full lap.	•	•
Speed – Maximum *	Top speed achieved during the current ride.	•	•
Speed Zone	Current range of speed based on default or custom settings: Climb 1–4, Flat 1–3, Descent, Sprint, and Max Speed.	•	•
Sunrise	Time of sunrise based on your GPS position.	•	•
Sunset	Time of sunset based on your GPS position.	•	•
Time	Stopwatch time.	•	•
Time – Avg Lap	Average time to complete the laps so far.	•	•
Time – Lap	Amount of time in the current lap.	•	•

<b>Data Field</b>	<b>Description</b>	<b>Edge 605</b>	<b>Edge 705</b>
Time – Last Lap	Amount of time to complete the last full lap.	•	•
Time – Paused	Time elapsed while the timer was in Auto Pause.	•	•
Time To Destination	Estimated amount of time until you reach your destination.	•	•
Time To Next	Estimated amount of time until you reach the next turn.	•	•
Time of Day	Current time of day based on your time settings (format, time zone, and daylight saving time).	•	•
Waypoint At Dest	Name of the final waypoint in the route.	•	•
Waypoint At Next	Name of the next waypoint in the route.	•	•

## System

Press **menu** > select **Settings** > **System**.

**GPS mode**—Normal, GPS Off (for indoor use), or Demo Mode (for route simulation).



---

**NOTE:** When GPS is off, speed and distance data are not available, unless you are using the Edge 705 with the GSC 10. The next time you turn on the Edge, it will search for satellite signals again.

---

**Text Language**—change the on-screen text language. Changing the text language does not change the language of the map or user-entered data.

**Tones**—set audible tones to Key and Message, Message Only, or Off.

**Page Mode Options**—turn on to display the map in the cycle of pages shown when **mode** is pressed.

**About Edge**—view your software version, GPS version, and unit ID.

## Map

Press **menu** > select **Settings** > **Map**.

**Detail**—adjust the amount of detail shown on the map. The map redraws more slowly when detail is added.

**Orientation**—change the perspective of the map.

- **North Up**—display the map with North at the top of the page.
- **Track Up**—display the map with your direction of travel at the top of the page.

**Auto Zoom**—turn on automatic zooming on the map for optimal viewing.

**Lock On Road**—turn on to lock the map pointer on the nearest road, compensating for variances in map position accuracy.

**Map Name**—select which loaded maps you want to use.

## Routing

Press **menu** > select **Settings** > **Routing**.

**Calculate Routes for**—select **Car/Motorcycle**, **Bicycle**, or **Pedestrian** to optimize routes.

**Recalculate**—set your off-route recalculation preference to **Prompted**, **Automatic**, or **Off**.

## Car/Motorcycle Settings

**Follow Road Method**—set your routing preference to **Prompted**, **Faster Time**, or **Shorter Distance**.

**Avoid**—select to avoid unpaved roads, highways, toll roads, and u-turns in your routes.

## Bicycle and Pedestrian Settings

**Guidance Method**—set your routing preference to **Prompted**, **Follow Road**, or **Off Road**.

**Avoid**—select to avoid unpaved roads.

## Profile and Zones

Press **menu** > select **Settings** > **Profile & Zones**.

## User and Bike Profiles

See [page 8](#).

## Speed Zones

Press **menu** > select **Settings** > **Profile & Zones** > **Speed Zones**.

Your Edge contains several different speed zones, ranging from very slow (Climb 4) to very fast (Max Speed). The values for these speed zones are entered by default and may not match your personal abilities. After you enter appropriate speed zones, you can use these zones to set your speed alerts or use them as targets in advanced workouts. For more about alerts, see [pages 17–21](#). For more about advanced workouts, see [pages 25–29](#).

## Heart Rate and Power Zones (Edge 705)

See [pages 35-42](#) (Using Accessories).

## Display

Press **menu** > select **Settings** > **Display**.

**Backlight Timeout**—select the amount of time the backlight stays on.



---

**TIP:** Use a short backlight timeout setting to conserve battery power.

---

**Backlight Level**—use the thumb stick to adjust the brightness of the backlight.

**Display Mode**—select **Daytime** for a bright background. Select **Nighttime** for a black background. Select **Auto** to automatically switch between the two based on the time of day.

**Trim Color**—select a color scheme for the Edge pages.

## Units

Press **menu** > select **Settings** > **Units**.

**Position Format**—select the type of coordinates. Because different maps and charts use different position formats, the Edge allows you to select the correct coordinate format for the type of map you are using.

**Distance and Elevation**—select **Statute** or **Metric**.

**Heart Rate**—select **Beats per Minute** or **% Max HR** for your heart rate data. For more information on heart rate data, see [pages 35–38](#).

**Power**—select **Watts** or **% FTP**. For more information on power meters, see [page 42](#).

## Time

Press **menu** > select **Settings** > **Time**.

**Time Format**—select 12- or 24-hour time format.

**Time Zone**—select your time zone or a nearby city.

**Daylight Saving Time**—select **Yes**, **No**, or **Auto**. The Auto setting automatically adjusts the time for daylight saving based on your time zone.

## Data Recording

Data recording controls how the Edge records detailed data for your rides. Press **menu** > select **Settings** > **Data Recording**.

## SETTINGS

---

**Smart Recording**—records key points where you change direction, speed, or heart rate.



---

**TIP:** For long rides, reset your timer every 12 hours to avoid overwriting history data.

---

**Every Second**—records points every second. It creates the most accurate record possible of your ride. However, with Every Second recording, the Edge can only record up to 4.5 hours of history data.



---

**TIP:** For long rides, reset your timer every 4 hours to avoid overwriting history data.

---

## ANT+Sport

Press **menu** > select **Settings** > **ANT+Sport**.

## Accessories

If you purchased a sensor (with ANT+Sport wireless technology) separately, you need to pair it with your Edge.

## What Is Pairing?

Pairing is the connecting of sensors, such as your heart rate monitor with your Edge. After you pair the first time, your Edge automatically recognizes your sensor each time it is activated. This process occurs automatically when you turn on the Edge and only takes a few seconds when the sensors are activated and functioning correctly. When paired, your Edge only receives data from your sensor, and you can go near other sensors.



---

### To pair accessories:

1. Move away (10 m) from other sensors while the Edge is trying to pair with your sensor for the first time. Bring your sensor within range (3 m) of the Edge.
2. Press **menu** > select **Settings** > **ANT+Sport**.
3. For each accessory you have, select **Yes** > **Restart Scan**.



---

**NOTE:** For information about using accessories, zones, and calibration, see [pages 35-42](#).

---

### ***Receive and Transfer Data***

See Data Management on [page 45](#).

## APPENDIX

### Optional Accessories

For more information about optional accessories including preloaded maps on microSD cards, go to <http://buy.garmin.com> or contact your Garmin dealer

### Battery Information



**NOTE:** Contact your local waste disposal department to properly dispose of batteries.

#### Heart Rate Monitor Battery

The heart rate monitor contains a user-replaceable CR2032 battery.

#### To replace the battery:

1. Locate the circular battery cover on the back of the heart rate monitor.



2. Use a coin to twist the cover counter-clockwise so the arrow on the cover points to **OPEN**.
3. Remove the cover and replace the battery with the positive side facing up.



**NOTE:** Be careful not to damage or lose the O-ring gasket on the cover.

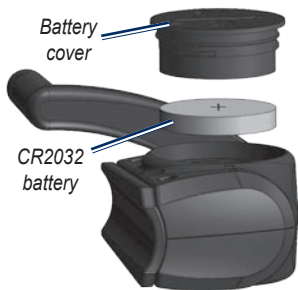
4. Use a coin to twist the cover clockwise so the arrow on the cover points to **CLOSE**.

## GSC 10 Battery

The GSC 10 contains a user-replaceable CR2032 battery.

### To replace the battery:

1. Locate the circular battery cover on the side of the GSC 10.



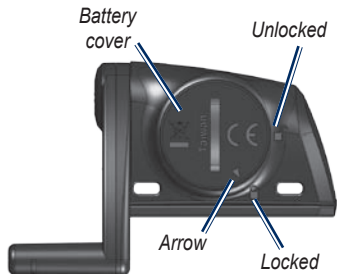
2. Use a coin to twist the cover counter-clockwise until it is loose enough to remove (arrow points to unlocked).

3. Remove the cover and replace the battery with the positive side facing up.



**NOTE:** Be careful not to damage or lose the O-ring gasket on the cover.

4. Use a coin to twist the cover back into place (arrow points to locked).



## Specifications

### Edge

- **Physical size:** 2.0 in. × 4.3 in. × 1 in. (51.3 mm × 109.2 mm × 25.4 mm)
- **Weight:** 3.7 oz. (105 g)
- **Display:** 2.2 in. (55.9 mm) color display, with backlight
- **Water Resistance:** IPX7
- **Data storage:** approximately 500 MB available space on Edge (~500 hours of workout history at 1 MB per hour). 100 user waypoints. 16,383 track points.
- **Computer interface:** USB
- **Battery type:** 1200 mAh rechargeable, built-in, lithium-ion battery
- **Battery life:** 15 hours, depending on usage
- **Operating temperature range:** 5°F–122°F (-15°C–50°C)
- **Radio frequency/protocol:** 2.4 GHz/Dynastream ANT+Sport wireless communications protocol
- **Antenna:** internal patch
- **Receiver:** high-sensitivity integrated GPS receiver by SiRF



### Bike Mount

- **Physical size:** 1.1 in. × 1.1 in. × 0.6 in. (28.5 mm × 28.5 mm × 15.6 mm)
- **Weight:** 0.3 oz. (8 g)

## Heart Rate Monitor

- **Physical size:** 13.7 in. × 1.3 in. × 0.4 in. (34.7 cm × 3.4 cm × 1.1 cm)
- **Weight:** 1.6 oz. (44 g)
- **Water Resistance:** 32.9 ft. (10 m)
- **Transmission range:** approximately 9.8 ft. (3 m)
- **Battery:** user-replaceable CR2032 (3 volts)
- **Battery Life:** approximately 3 years (1 hour per day)
- **Operating temperature:** 14°F–122°F (-10°C–50°C)



---

**NOTE:** In cold conditions, wear appropriate clothing to keep the heart rate monitor near your body temperature.

---

- **Radio frequency/protocol:** 2.4 GHz/Dynastream ANT+Sport wireless communications protocol

Accuracy may be degraded by poor sensor contact, electrical interference, and receiver distance from transmitter.

## GSC 10

- **Physical size:** 2.0 in × 1.2 in × 0.9 in (5.1 cm × 3.0 cm × 2.3 cm)
- **Weight:** 0.9 oz. (25 g)
- **Water Resistance:** IPX7
- **Transmission range:** approximately 9.8 ft. (3 m)
- **Battery:** user-replaceable CR2032 (3 volts)
- **Battery life:** approximately 1.4 years (1 hour per day)

- **Operating temperature range:** 5°F–158°F (-15°C–70°C)
- **Radio frequency/protocol:** 2.4 GHz/Dynastream ANT+Sport wireless communications protocol

Accuracy may be degraded by electrical interference, receiver distance from transmitter, and extreme temperatures.

For a complete list of specifications, see [www.garmin.com/edge](http://www.garmin.com/edge).

## Barometric Altimeter

The Edge 705 contains a barometric altimeter for extremely accurate elevation change and vertical profile data.

After you start the timer and begin to move, press **mode** to view the altimeter page. Elevation is plotted in green on the grid. If you are using Virtual Partner, your current position

is shown with a black dot, and the Virtual Partner is shown with a grey dot. To change the zoom level, press the **in** and **out** buttons. At the top of the altimeter page, your elevation and total ascent data appears.

## Tire Size and Circumference

The tire size is marked on both sides of the tire. To modify your bike profile, see [page 9](#).

Tire Size	L (mm)
12 × 1.75	935
14 × 1.5	1020
14 × 1.75	1055
16 × 1.5	1185
16 × 1.75	1195
18 × 1.5	1340
18 × 1.75	1350

Tire Size	L (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 × 1-1/4	1905
24 × 1.75	1890
24 × 2.00	1925
24 × 2.125	1965
26 × 7/8	1920
26 × 1(59)	1913
26 × 1(65)	1952
26 × 1.25	1953
26 × 1-1/8	1970
26 × 1-3/8	2068
26 × 1-1/2	2100

Tire Size	L (mm)
26 × 1.40	2005
26 × 1.50	2010
26 × 1.75	2023
26 × 1.95	2050
26 × 2.00	2055
26 × 2.10	2068
26 × 2.125	2070
26 × 2.35	2083
26 × 3.00	2170
27 × 1	2145
27 × 1-1/8	2155
27 × 1-1/4	2161
27 × 1-3/8	2169
650 × 35A	2090
650 × 38A	2125
650 × 38B	2105
700 × 18C	2070
700 × 19C	2080

Tire Size	L (mm)
700 × 20C	2086
700 × 23C	2096
700 × 25C	2105
700 × 28C	2136
700 × 30C	2170
700 × 32C	2155
700C Tubular	2130
700 × 35C	2168
700 × 38C	2180
700 × 40C	2200

## Declaration of Conformity

Hereby, Garmin declares that this Edge product is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

To view the full Declaration of Conformity, see the Garmin Web site for your Garmin product:  
[www.garmin.com/edge](http://www.garmin.com/edge).



## Troubleshooting

Problem	Solution/Answer
The buttons don't respond. How do I reset the Edge?	Press <b>mode</b> and <b>lap/reset</b> simultaneously to reset the Edge software. This does not erase any of your data or settings.
My Edge never gets satellite signals.	Take your Edge out of parking garages and away from tall buildings and trees. Remain stationary for several minutes.
The battery gauge does not seem accurate.	Allow the Edge to fully discharge, and then fully charge it (without interrupting the charge cycle).
The heart rate monitor, GSC 10, or power meter will not pair with the Edge.	<ul style="list-style-type: none"> <li>• Stay 10 m away from other ANT sensors while pairing.</li> <li>• Bring the Edge within range (3 m) of the heart rate monitor while pairing.</li> <li>• If the problem persists, replace the battery.</li> </ul>
The heart rate monitor strap is too big.	A smaller elastic strap is sold separately. Go to <a href="http://buy.garmin.com">http://buy.garmin.com</a> .
How do I know my Edge is in USB mass storage mode?	When your Edge is in USB mass storage mode, a picture of an Edge connected to a computer is shown. Also, you should see two new removable disk drives in My Computer on Windows computers and mounted volumes on Mac computers.
I cannot see any new removable drives in my list of drives.	If you have several network drives mapped on your computer, Windows may have trouble assigning drive letters to your Garmin drives. See the Help file for your operating system to learn how to map/assign drive letters.

## APPENDIX

Problem	Solution/Answer
The heart rate data is inaccurate or erratic.	<ul style="list-style-type: none"><li>• Make sure the heart rate monitor is snug against your body.</li><li>• Warm up for 5–10 minutes. If the problem persists, continue with the following suggestions:</li><li>• Reapply moisture to the electrodes. Use water, saliva, or electrode gel. Clean the electrodes. Dirt and sweat residue on the electrodes can interfere with heart rate signals.</li><li>• Synthetic fabrics that rub or flap against the heart rate monitor can create static electricity that interferes with heart rate signals. Wear a cotton shirt or wet your shirt if suitable for your activity.</li><li>• Position the heart rate monitor on your back instead of your chest.</li><li>• Strong electromagnetic fields and some 2.4 GHz wireless sensors can interfere with your heart rate monitor. Sources of interference may include very high voltage power lines, electric motors, microwave ovens, 2.4 GHz cordless phones, and wireless LAN access points. After you move away from the source of interference, your heart rate data should return to normal.</li></ul>

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