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Garmin Fr60

Manual

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FR60 Owner's Manual

Contact Garmin

Contact Garmin

Product Support if you
have any questions

while using your FR60.

In the USA, go to

.garmin.com/support,

or contact Garmin USA

by phone at (913)

397-8200 or (800)

800-1020.

GARMIN FR60 OWNER'S MANUAL

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AM... Page 20: Heart

Rate Zones A heart

rate Cadence is your

rate of pedaling or

zone is a set range of

heartbeats per

“spinning,” measured

by the number minute.

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8 FR60 Owner's Manual
Getting Started nOTE:

The Garmin logo
should be right-side up.

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

5. Press MODE to
access training mode.

The heart rate icon
appears on the training
page. 6. If or heart rate

data does not appear

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

FITNESS WATCH WITH WIRELESS SYNC - Garmin

FR60 Owner's Manual
Getting Started 1. Plug the USB ANT Stick into an available USB port on your computer. 2. Bring your FR60 within range (5 m) of your computer. nOTE: If Power Save Transfer is activated, your FR60

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must be in regular time mode to transfer data to your computer. See page 24. 3. Follow the on-screen instructions. Using the Heart Rate

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Manual del usuario del
FR60 1 Introducción
Introducción Gracias
por comprar el reloj de
control deportivo
Garmin® FR60.

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Consulta la guía Información importante sobre el producto y su seguridad que se incluye en la caja del producto y en la que encontrarás advertencias e información importante sobre el producto. Advertencia: consulta siempre

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FR60 continuously tracks heart beats per minute and displays

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your heart rate zone, so you can monitor and improve your fitness level. Cross-Train When paired with an optional speed/cadence sensor, FR60 tracks the speed and distance of your cycling workouts.

FR60 | Garmin

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

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products.

Garmin Support

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| Home

When bundled with the wireless foot pod, FR60 also tracks speed and distance, indoors or out. Then, FR60 wirelessly sends your workout data to your computer for later analysis. Train Indoors or Out. In the gym or on the road, FR60 tracks all your workout data, including time, heart rate, calories burned, lap times and averages and more.

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FR60 software version 2.70 . as of January 6, 2011. Use Garmin Express to install this file. (80 KB) View system requirements. Notes: WARNING: If this software is uploaded to a device other than that for which it is designed, you will not be able to operate that device. If attempts to upload software fail, you may

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need to return the device to Garmin® for service.

Garmin: FR60 Updates & Downloads

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31 Appendix Replacing
the FR60 Battery All of
your settings are
preserved, except the
time of day. nOTE:
Before replacing the
battery, save all of
your data to your
computer or to history

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Garmin Fr60 W User Manual

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FR60. This download area offers free firmware upgrades for select Garmin® units. These upgrades are specific to the specific GPS units and software versions listed.

Warning. This software should only be uploaded to the unit for which it is intended.

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Garmin: FR60 Updates & Downloads

In the gym or on the road, FR60 tracks all your workout data, including time, heart rate, calories burned, lap times and averages, and more. FR60 boasts advanced training tools, such as training alarms and Virtual Partner, which lets you race against a virtual training partner to improve your

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Amazon.com: Garmin FR60 Black Fitness Watch Bundle ...

New Listing Unisex
Garmin FR60 W Fitness
Watch Heart-Rate
Monitor Capabilities
New Battery . \$22.50.
Brand: Garmin. \$5.00
shipping. Watch.
Garmin Forerunner
FR60 M Watch Digital
Heart Rate Monitor.
\$19.99. Brand: Garmin.

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FAST 'N FREE. Watch.
Very Rare Pattern
Garmin Fitness Watch
FR60 W Water
Resistant Heart Rate
Monitor. \$19.99.

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Bundle includes FR60,
heart rate monitor,
footpod, USB ANT
Stick, quick start
manual Comes with
FR60, heart rate
monitor, USB ANT

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stick, quick start manual Water resistant to 50 meters Can be used for running, cycling and other fitness activities

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Fitness Watch with**

...

Make sure you have paired your FR60 with the Garmin ANT Agent™ before attempting this

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software update. Make sure you have your USB ANT Stick™ plugged in and the Garmin ANT Agent running. Be sure to select your FR60 device. If you see another Garmin device and attempt to update the software, you could harm that connected device.

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- In Depth | DC
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SYNCHRONISATION

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