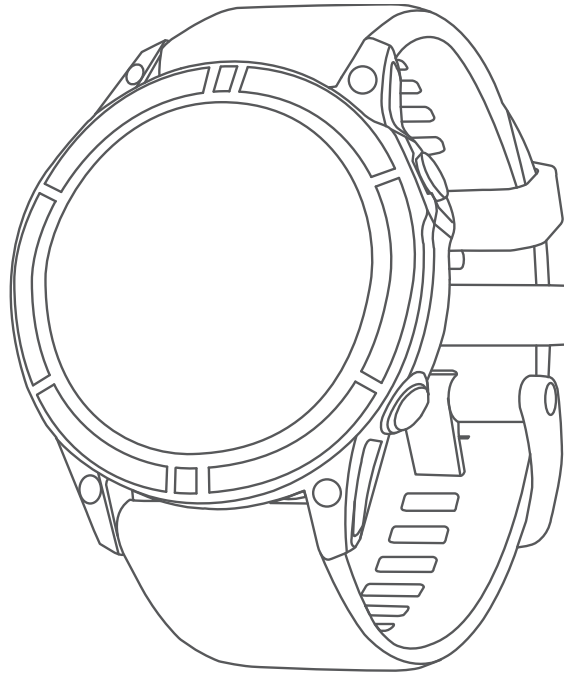


GARMIN®



QUATIX® 7/7X SOLAR

РЪКОВОДСТВО

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Въведение

 **ВНИМАНИЕ**

Important Safety u Product Information

Първи стъпки

1 **LIGHT**

2

Garmin Pay™

3

4

Преглед на устройството



① Сензорен екран

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•

② LIGHT

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③ UP-MENU

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•
•

④ DOWN

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•
•
•
•

⑤ START-STOP

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•
•

⑥ BACK-LAP

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•
•
•
•

Активиране и деактивиране на сензорния екран

- DOWN START.
- MENU, System > Touch,

Използване на часовника

- LIGHT
- UP DOWN
- START
- MENU

Часовник

Задаване на аларма

- 1 MENU.
- 2 Clocks > Alarms > Add Alarm.
- 3

Редактиране на аларма

- 1 MENU.
- 2 Clocks > Alarms > Edit.
- 3
- 4

- Status.
- Time.
- Repeat,
- Sound and Vibe.
- Backlight.
- Label.
- Delete.

Стартиране на таймера за обратно отброяване

- 1 MENU.
- 2 Clocks > Timers.
- 3 MENU, Save Timer.
- 4 MENU Add Timer Quick Timer,
- Time
- Restart > On
- Sound and Vibe,
- 5 START

Изтриване на таймер

- 1 MENU.
- 2 Clocks > Timers > Edit.
- 3
- 4 Delete.

Използване на хронометъра

- 1 MENU.
- 2 Clocks > Stopwatch.
- 3 START
- 4 LAP



- 5 STOP,
- 6 .
- . DOWN.
- . MENU, Save Activity.
- . MENU, Done.
- . MENU, Review.
- . Review
- . MENU, Go to Watchface.
- . MENU, Lap Key.

Добавяне на алтернативни часови зони

- 1 MENU.
- 2 Clocks > Alt. Time Zones > Add Alt. Time Zone.
- 3
- 4

Редактиране на алтернативна часова зона

- 1 MENU.
- 2 Clocks > Alt. Time Zones > Edit.
- 3
- 4
 - Rename Zone.
 - Change Zone.
 - Reorder Zone.
 - Delete Zone.

Морски дейности

Garmin,

Garmin.

Garmin

Морски карти

BlueChart g3[®] LakeVü g3,

quatix.

Изтегляне на морски карти

- 1 maps.garmin.com/marine,
- 2 Garmin Express™.
- 3

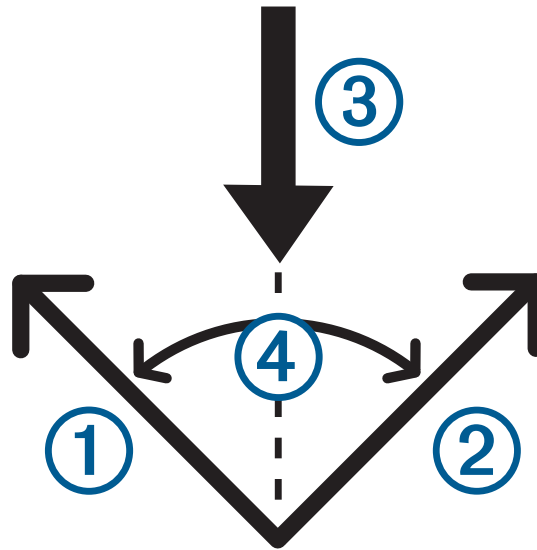
Плаване

Tack Assist

(COG)
angle.

, tack assist
tack assist,
COG,

tack



tack assist

tack assist,
tack angle
GPS

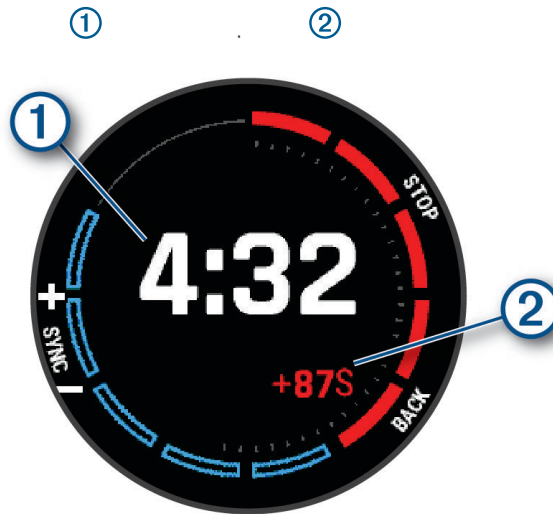
COG,
tack assist,

Калибриране на Tack Assist

- 1 START.
- 2 Sail Race Sail.
- 3 tack assist.
tack assist
- 4
- 5
• starboard side,
• port side,
- 6 tack assist.

Стартиране на състезание

- 1 START.
- 2 Sail Race.
- 3



- 4 MENU
-
- 24 GPS
- 5
- 6

- 7 START,

Настройка на ветроходните единици

- 1 START > Sail Race.
- 2 MENU.
- 3
- 4 Nautical Units.
- 5
-
- Use Sys.

Автопилот

⚠ ВНИМАНИЕ

Сдвояване с автопилот

1 > >
2 quatix 3 (10)
3 Garmin

MENU >

Управление на автопилота

1 >
2 :
• MENU,
• MENU, Pattern Steering
•
•

Данни за лодката

Поточно предаване на данни за лодката

quatix.

1 >
2 quatix 3 (10)
2 quatix 3 (10)
4 quatix START,

MENU

Маркиране на пътна точка на вашия картограф

quatix

1 >
2 START > Mark Plotter Wpt.

Дейности и приложения



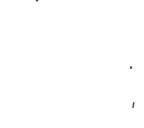
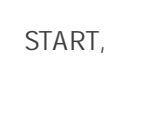

Garmin Connect™.

Connect IQ™




Connect IQ .

garmin.com/ataccuracy.

Стартиране на дейност

1.  , GPS ().
2.  **START.**
3.  **Done.**
4.  GPS ().
5.  **START,** GPS ().

Съвети за записване на дейности

-  LAP,
-  UP DOWN,
-  MENU, Power Mode

Спиране на дейност

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12

STOP.

Resume.

Save,

START,

Resume Later.

Lap.

Back to

Start > TracBack.

GPS.

Back to Start > Route

GPS.

Recovery HR,
Discard.

30

Оценяване на дейност

finish

Save ([Stopping an Activity, page 6](#)).



Garmin Connect.

Бягане

Бягане на пистата

400

START > Track Run.

MENU.

Lane Number.

BACK

START.

3

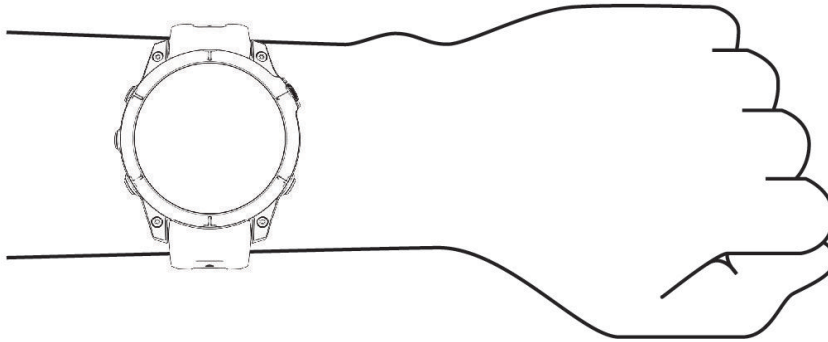
STOP > Save.

Вграден пулсомер

Носене на часовника

⚠ ВНИМАНИЕ

garmin.com/fitandcare.



garmin.com/ataccuracy.

www.garmin.com/fitandcare.

Съвети за нередовни данни за сърдечния ритъм



5 10

Настройки на вградения пулсомер

MENU, Sensors & Accessories > Wrist Heart Rate.

Status:

Auto,

While Swimming:

Abnormal Heart Rate Alerts:

Broadcast Heart Rate:


Задаване на предупреждение за необичаен сърдечен ритъм

 **ВНИМАНИЕ**

- 1 MENU.
- 2 Sensors & Accessories > Wrist Heart Rate > Abnormal Heart Rate Alerts.
- 3 High Alert Low Alert.
- 4

Излъчване на данни за сърдечния ритъм

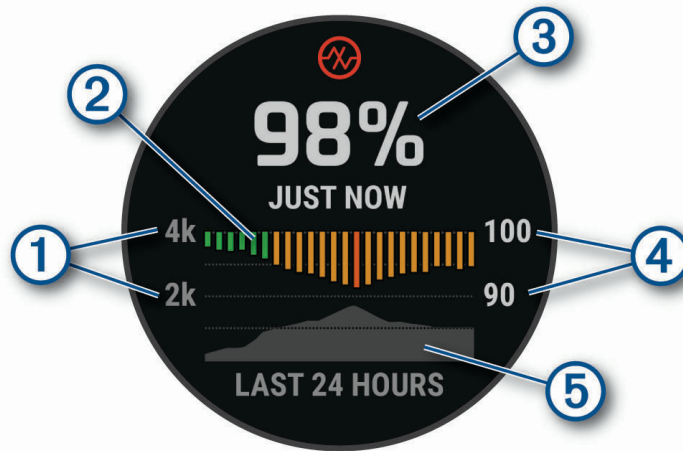
Edge,

- 1 MENU, Sensors & Accessories > Wrist Heart Rate > Broadcast Heart Rate.
LIGHT 
- 2 START.
- 3 Garmin
- 4 STOP,

Пулсов оксиметър

Garmin Connect

garmin.com/ataccuracy



①	
②	24
③	
④	
⑤	24

Функции за безопасност и проследяване

⚠ ВНИМАНИЕ

Garmin Connect

Garmin Connect.

ЗАБЕЛЕЖКА

Garmin Connect

Garmin Connect.

garmin.com/safety.

LiveTrack GPS

()

LiveTrack GPS ()

LiveTrack:

Android.

GroupTrack:

LiveTrack

Добавяне на контакти за спешни случаи

1 Garmin Connect



2 **Safety & Tracking > Safety Features > Emergency Contacts > Add Emergency Contacts.**

3

Добавяне на контакти

50

LiveTrack.

Garmin Connect.

1 Garmin Connect



2 **Contacts.**

3

f nix

Включване и изключване на откриването на инциденти

1 MENU.

2 **Safety & Tracking > Incident Detection.**

3 GPS

Garmin Connect

GPS

15

Информация за устройството

Зареждане на часовника

⚠ ВНИМАНИЕ

Important Safety and Product Information

ЗАБЕЛЕЖКА

1

USB



2

USB

USB

3

Зареждане със слънчева енергия

Съвети за слънчево зареждане

-
-

