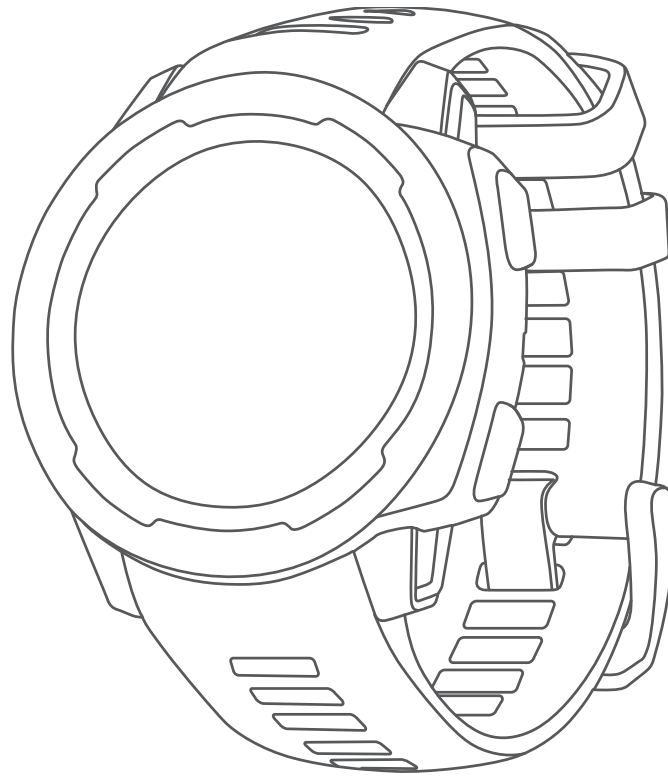


GARMIN®



INSTINCT® 2 SERIES

РЪКОВОДСТВО

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Въведение

 **ВНИМАНИЕ**

Important Safety u Product Information

Първи стъпки

1 CTRL,

2

Garmin Pay™

3

4

Бутони



①

LIGHT
CTRL

②

GPS

GPS

③

BACK
SET

④

DOWN
ABC

(ABC).

⑤

UP
MENU

Часовник

Задаване на аларма

- 1 SET.
- 2 Alarms.
- 3
- 4 Repeat ().
- 5 Sound and Vibe ().
- 6 Backlight > On, ().
- 7 Label ().

Стартиране на таймера за обратно отброяване

- 1 SET.
- 2 Timers.
- 3
- 4 . : UP Auto Restart > On.
- 5 . , UP Sound and Vibe.
- 6 GPS,

Запазване на бърз таймер

- 1 SET.
- 2
- 3 . : UP
- 4 .

Изтриване на таймер

- 1 SET.
- 2
- 3
- 4 UP.
- 5

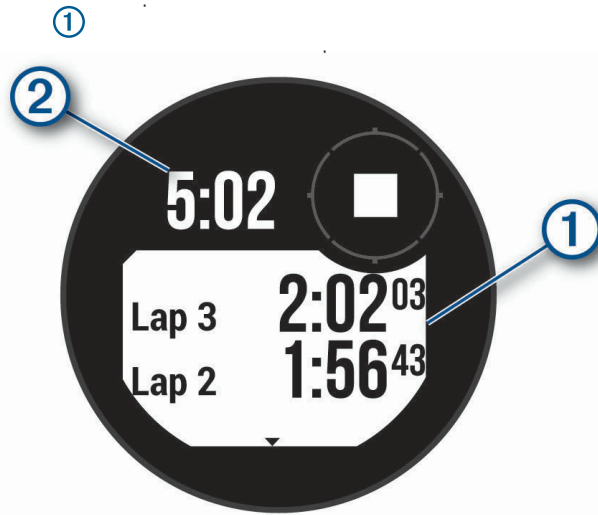
Използване на хронометъра

1 SET.

2

3 GPS,

4 SET,



②

5 GPS,

6 UP

Синхронизиране на времето с GPS

GPS,

1 SET.

2 Set Time GPS.

3

Добавяне на алтернативни часови зони

1 SET.

2

3

4

5

Настройка на сигнали

1 SET.

2

3

•

>

>

•

>

>

•

>

•

>

Камион

Първи стъпки с Вашия Instinct 2 - часовник dēzl Edition

Instinct 2 - dēzl Edition

1 dēzl

Instinct 2 - dēzl Edition.

2 dēzl

dēzl.

3 dēzl

3

4 Garmin dēzl,

5 Trucker Health

Garmin dēzl.

Приложение dēzl

⚠ ВНИМАНИЕ

dēzl

dēzl

dēzl.

dēzl

PrePass

ЗАБЕЛЕЖКА

Garmin

PreP

:

PrePass.

. PrePass

Instinct 2 - dēzl Edition . dēzl

PrePass,

Instinct 2 - dēzl Edition.

:

Започване на здравна дейност

- 1 GPS.
- 2 Trucker Health.
- 3
- 4
- 5 d zl,
- 6 GPS,

Планиране на почивка

ЗАБЕЛЕЖКА

(FMCSA).

Garmin eLog™ (ELD),

garmin.com/eLog
Instinct 2 - d zl Edition,

Използване на планиране на почивка на часовника

- 1 UP DOWN ,
- 2 GPS,
- 3 GPS,

Програми за лоялност

Love's Travel Stops Pilot Flying J Travel Centers™.

Дейности и приложения

Connect IQ™ Garmin Connect™
Connect IQ.

garmin.com/ataccuracy.

Стартиране на дейност

1. Натиснете **GPS** ().
2. Натиснете **GPS**.
3. Натиснете **GPS** ().
4. Натиснете **GPS** ().

Съвети за записване на дейности

- Натиснете **SET**,
- Натиснете **UP** **DOWN**,
- Натиснете **MENU**

Спиране на дейност

1. Натиснете **GPS**.
2. Натиснете **Save > Done**.
- Натиснете **Lap**.
- Натиснете **> TracBack** ().
- Натиснете **GPS**.
- Натиснете **Recovery HR** ().
- Натиснете **>** ().
- Натиснете **30**.

Голф

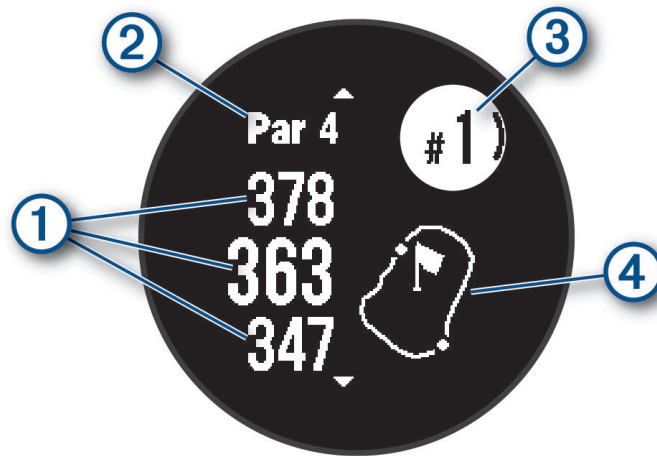
Игра на голф

Garmin Connect.

Garmin Connect,

GPS.

- 1
- 2
- 3
- 4
- 5



①	
②	
③	
④	

7

• UP DOWN ,

layup

• GPS,

Голф меню

GPS,

AutoShot™.

Garmin

Approach CT10

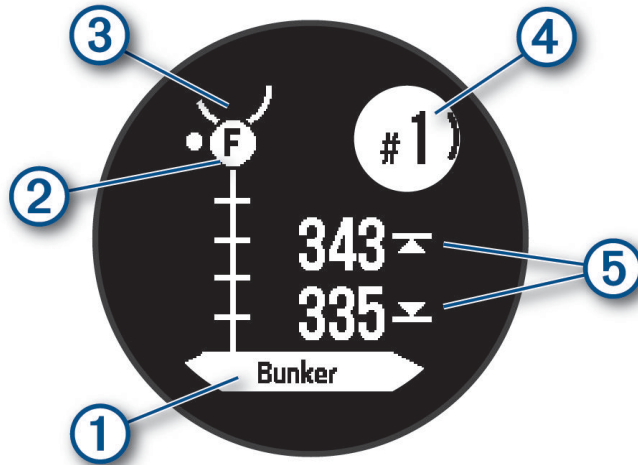
Преглед на опасности

fairway 4 5

layup

1

UP DOWN,



①

②

fairway-

③

④

⑤

2

UP DOWN,

История

Използване на история

- 1 MENU.
- 2 History > Activities.
- 3
- 4 START.
- 5
- .
- .
- Training Effect.
- .
- .
- All Stats.
- .
- Heart Rate.
- .
- .
- Laps.
- .
- Runs.
- .
- Sets.
- .
- Map.
- .
- Elevation Plot.
- .
- Delete.

Мултиспорт история

Преглед на вашето време във всяка зона на сърдечния ритъм

- 1 MENU.
- 2 History > Activities.
- 3
- 4 Heart Rate.

Лични рекорди

Преглед на вашите лични рекорди














- 1 MENU.
 - 2 History > Records.
 - 3
 - 4
 - 5 View Record.
-

Контроли

LIGHT.



Икона	Име	Описание
	Battery Saver	
	Do Not Disturb	
	Find My Phone	Bluetooth.

Icon	Name	Description
		
		
		
		. Bluetooth
		
		
		
		
		
		
		
	Touch	
		Garmin Pay

Персонализиране на менюто за управление

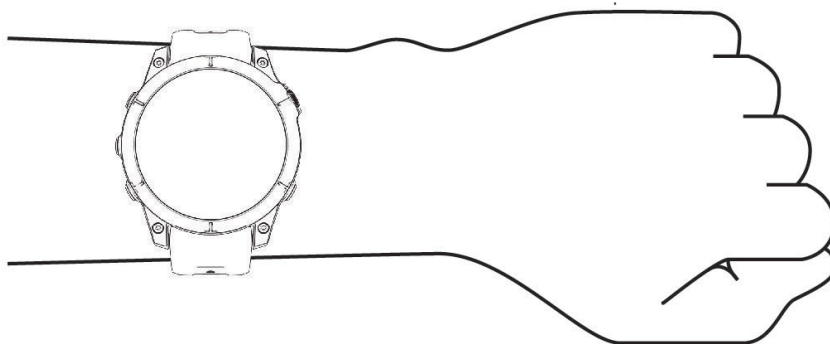
- 1 **MENU.**
- 2 **Controls.**
- 3
- 4
 - Reorder,
 - Remove,
- 5 Add New,

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,

Garmin Connect

Garmin Connect. Garmin Connect

(garmin.com/connectapp)

connect.garmin.com.

Garmin Connect



Garmin Connect.

зползване на приложението Garmin Connect

Garmin Connect,

Garmin Connect.

1 Garmin Connect

2 10 (30)

Garmin Connect

Garmin Connect.

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

-
-

Спецификации

	10 ATM ¹
	From -20° to 60°C (from -4° to 140°F)
USB	From 0° to 45°C (from 32° to 113°F)
	From 0° to 60°C (from 32° to 140°F)
	2.4 GHz @ 4 dBm maximum

Информация за живота на батерията

, GPS,

Режим	Instinct 2 живот на батерията	Instinct 2S живот на батерията
24/7	28 / ²	21 /51 ²
GPS	30 /48 ³	22 /28 ³
. GPS	70 /370 ₃	54 /114 ₃
Expedition GPS	32 / ²	25 /105 ²
	65 / ²	50 / ²

Грижа за устройството

ЗАБЕЛЕЖКА

¹
²
³ 3 / 50 000 lux

100 m.
50 000 lux

Почистване на часовника

 **ВНИМАНИЕ**

ЗАБЕЛЕЖКА

1

2

www.garmin.com/fitandcare.

