

GARMIN®



INSTINCT® CROSSOVER SERIES

РЪКОВОДСТВО

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This product is ANT+® certified. Visit www.thisisant.com/directory for a list of compatible products and apps.

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

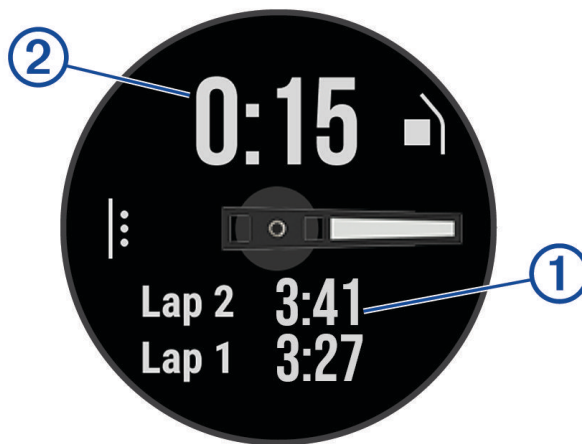
Използване на хронометъра

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

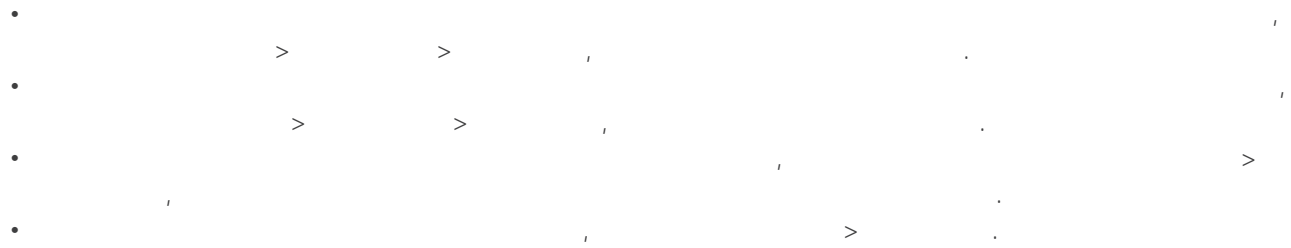
5

Настройка на сигнали

1 SET.

2

3



Дейности и приложения


Connect IQ.

Connect IQ™

Garmin Connect™.

garmin.com/ataccuracy.

Стартиране на дейност

1. , GPS ().
2. GPS.
3.  GPS ().
4. GPS, ().

Съвети за записване на дейности

-
- SET,
- UP DOWN,
- MENU

Спиране на дейност

1. GPS.
2. :
 -
 - Save > Done.
 -
 - Lap.
 -
 - > TracBack. : GPS.
 - >
 - : GPS.
 - - Recovery HR ✓ >
 - : 30

Бягане

Виртуално бягане

- 1 Instinct 2
- 2 GPS.
- 3 Virtual Run.
- 4 Zwift™
- 5 GPS,
- 6 GPS,

Калибриране на разстоянието на бягащата пътека

- 1 1,5 (1)
- 2 Instinct 2 1,5 (1).
- 3 GPS.
- 4 Save.
- 5 Calibrate & Save > ✓

Плуване

ЗАБЕЛЕЖКА

Терминология по плуване

Swolf: 30 15 45 , swolf
25 . Swolf

Видове загребване

Garmin Connect.

Free	
Back	
Breast	
Fly	Butterfly
Mixed	
Drill	drill logging

Съвети за плувни дейности

- MENU, SET,
- SET,

Почивка по време на плуване в басейн

- 1 SET,
- 2 UP DOWN , ().
- 3 SET
- 4

Auto Rest

15

SET,

Обучение с Drill Log

- 1 UP DOWN ,
- 2 SET,
- 3 SET.
- 4
- 5 :
- SET.
- UP DOWN ,

Мултиспорт

Тренировка по триатлон

- 1 GPS.
- 2
- 3 GPS,
- 4 SET
- 5 GPS Save.

Създаване на мултиспорт дейност

- 1 GPS.
- 2 >
- 3 (2).
- 4
- 5 :
-
-
- 6 ✓

Дейности на закрито

Instinct

GPS

GPS,

GPS.

GPS,

Записване на дейност за силова тренировка

1 GPS.

2

3 GPS,

4

5 SET,

6 DOWN

7 SET,

8

9 GPS,

10 Save.

Записване на HIIT дейност

(HIIT).

1 GPS.

2 HIIT.

3

• HIIT HIIT

• HIIT > AMRAP,

• HIIT > EMOM,

• HIIT > 20-

10

• HIIT > ..

4

5 GPS,

6 SET,

7 GPS,

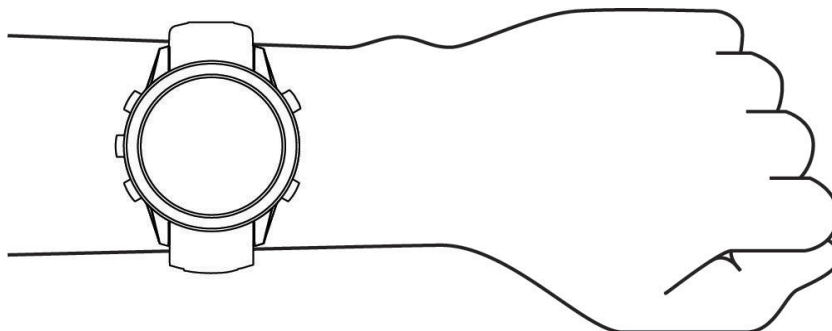
8 Save.

Вграден пулсомер

Носене на часовника

⚠ ВНИМАНИЕ

garmin.com/fitandcare.



garmin.com/ataccuracy.

www.garmin.com/fitandcare.

Съвети за нередовни данни за сърдечния ритъм



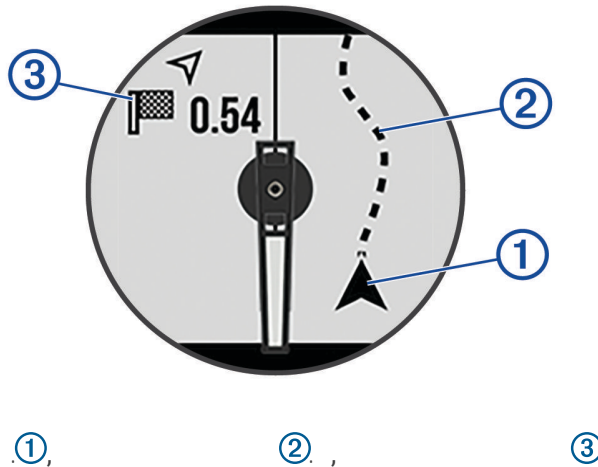
5 10

Навигация до началната точка на запазена дейност

- 1 START. GPS.
- 2
- 3 MENU.
- 4 Navigation > Activities.
- 5
- 6 Back to Start, TracBack.
-
- Route,
- Route ,
- 7 DOWN , ().

Навигация до вашата начална точка по време на дейност

- 1 STOP. GPS.
- 2 Back to Start TracBack.
-



Системни настройки

MENU System.

Language:

Time:

Backlight:

Sound and Vibe:

Hot Keys:

Auto Lock:

Physio TrueUp:

Garmin.

Perf. Condition:

USB

Garmin Express.

Настройки на времето

MENU, System > Time.

Time Format:

12- , 24-

Date Format:

Set Time: GPS

Auto

Time:

Set Time

Manual.

Alerts:

Time Sync:

Промяна на настройките на подсветката

- 1 MENU.2
System > Backlight.
- 3 Night Vision,
- 4
• **During Activity.**
- **General Use.**
- **During Sleep.**
- 5
• **Keys**
- **Alerts**
- **Gesture**
- **Timeout**
- **Brightness**

Персонализиране на Hot Keys

- 1 MENU.
- 2 System > Hot Keys.

3

4

Промяна на мерните единици

- 1 MENU.
- 2 System > Format > Units.

3

4

Синхронизиране на активности и измервания на производителността

f nix, Garmin Connect, Garmin
Edge f nix.

- 1 MENU.
- 2 System > Physio TrueUp.

Garmin f nix.

Преглед на информация за устройството

unit ID,

- 1 MENU.
- 2 System > About.

1 MENU.

2 About.

Информация за устройството

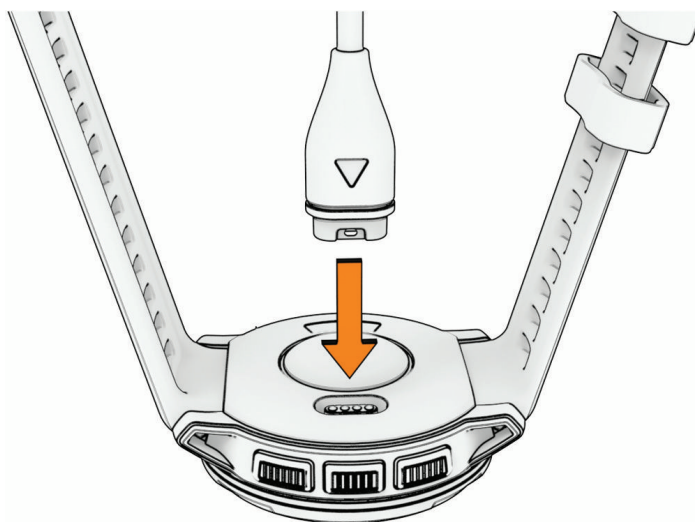
Зареждане на часовника

⚠ 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 @ -1.6 dBm maximum, 13.56 MHz @ -40 dBm maximum

Информация за живота на батерията

, GPS,

Режим	Живот на батерията	
24/7	28 /70	
GPS	25 /31	
. GPS	111 /553	
Expedition GPS	40 /227	
	71 /	

Грижа за устройството

ЗАБЕЛЕЖКА

¹
²
³ 3 / 50 000 lux

50 000 lux 100 m.

www.garmin.com/waterrating.

Почистване на часовника

 **ВНИМАНИЕ**

ЗАБЕЛЕЖКА

1

2

: www.garmin.com/fitandcare.

