

GARMIN®



# MARQ® COMMANDER (GEN 2) - CARBON EDITION

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РЪКОВОДСТВО

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# Въведение

 **ВНИМАНИЕ**

*Important Safety u Product Information*

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## 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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- 
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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

# Дейности и приложения

Garmin Connect™.

Connect IQ™

Connect IQ .

[garmin.com/ataccuracy](http://garmin.com/ataccuracy).

## Стартиране на дейност

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

## 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.

## Съвети за записване на бягане на писта

- GPS
- 3
- Auto Lap 1600 4
- 1,

## Отидете на Virtual Run

- 1 START.
- 2 Virtual Run.
- 3 Zwift™
- 4
- 5 START,
- 6 STOP,

## Калибриране на Treadmill Distance

- 1
- 2 1,5 (1 ) f nix 1,5 (1 ) .
- 3 STOP.
- 4 Save.
- 5 Calibrate & Save > Yes.

## Записване на Ultra Run активност

- 1 START.
- 2 Ultra Run.
- 3 START,
- 4
- 5 LAP, Lap Key
- 6 LAP,
- 7 UP DOWN, ( ) .
- 8 STOP Save.

# Плуване

## ЗАБЕЛЕЖКА

HRM-Pro™, HRM-Swim™ HRM-Tri™.

## Терминология по плуване

Length:

Interval:

Stroke:

Swolf:

swolf

30

15

45.

, swolf

25

. Swolf

Critical swim speed (CSS):

CSS

CSS,

## Видове загребвания

Garmin Connect.

Free

Back

Breast

Fly

Mixed

Drill

drill logging

## Съвети за плувни дейности

•

MENU,

• LAP,

• LAP,



## Почивка по време на плуване в басейн

- 1 LAP,
  - 2 UP DOWN, ( ).
  - 3 LAP
  - 4
- Auto Rest**

15

LAP,

## Тренировки с Drill Log

drill log

- 1 UP DOWN
- 2 LAP,
- 3 LAP.
- 4
- 5 LAP.  
UP DOWN,

## Мултиспорт

## Тренировка по триатлон

- 1 START.
- 2 Triathlon.
- 3 START
- 4 LAP
- 5 STOP Save.

## Създаване на мултиспорт дейност

- 1 START.
- 2 Add > Multisport.
- 3 (2).
- 4
- 5 Done,
- 6 Yes,

## Дейности на закрито

- 1 f nix
- 2 GPS,
- 3 GPS,
- 4 GPS.
- 5 GPS,
- 6 GPS,

## Записване на дейност за силова тренировка

- 1 START. (reps)
- 2 Strength.
- 3
- 4 View ( ).
- 5 Do Workout.
- 6 ✓
- 7 START,
- 8
- 9 LAP,
- 10 DOWN
- 11 LAP,
- 12
- 13 START,
- 14 Save.

## Записване на HIIT дейност

(HIIT).

1 **START.**

2 **HIIT.**

3

- Free, HIIT
- HIIT Timers > AMRAP, -
- HIIT Timers > EMOM, .
- HIIT Timers > Tabata, 20- 10
- HIIT Timers > Custom , ,
- Workouts, ,

4

5 **START,**

6 LAP,

7 **STOP,**

8 Save.

## Използване на ANT+тренажор на закрито

ANT+

,GPS

1 **START.**

2 **Bike Indoor.**

3 **MENU.**

4 **Smart Trainer Options.**

5

- Free Ride,
- Follow Course,
- Follow Workout,
- **Set Power**
- **Set Grade**
- **Set Resistance**

6 **START,**

# Информация за устройството

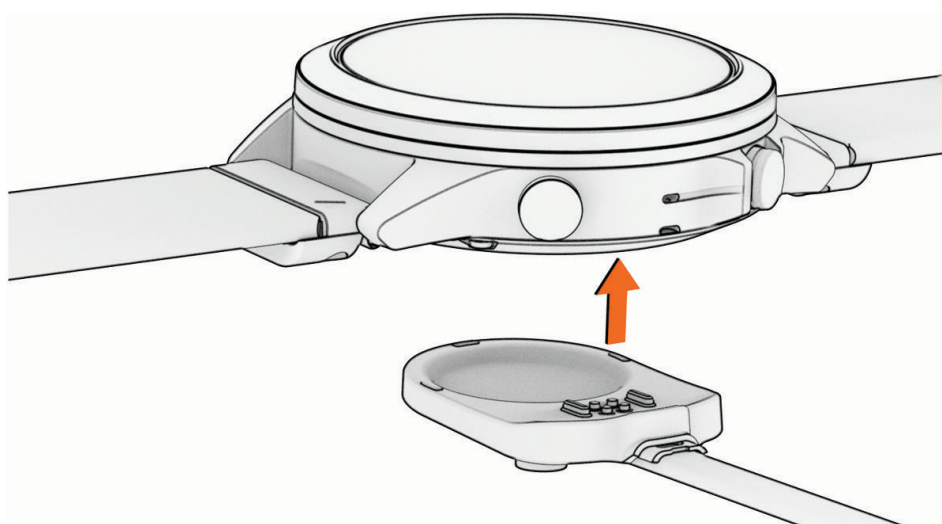
## Зареждане на часовника

### ⚠ ВНИМАНИЕ

Important Safety and Product Information

### ЗАБЕЛЕЖКА

1



2

USB

USB

## Спецификации

	10 ATM <sup>1</sup>
	-20° 45°C ( -4° 113°F)
USB	0° 45°C ( 32° 113°F)
European Union (EU) wireless frequencies (power)	2.4 GHz @ 15.78 dBm maximum
EU SAR values	0.58 W/kg torso, 0.03 W/kg limb

## Информация за батерията

Режим	Живот на батерията с Always On	Живот на батерията с жест
	Up to 6 days	Up to 16 days
	Not applicable	Up to 21 days
GPS	Up to 30 hr.	Up to 42 hr.
	Up to 24 hr.	Up to 32 hr.
multi-band	Up to 22 hr.	Up to 28 hr.
	Up to 9 hr.	Up to 10 hr.
. GPS	Not applicable	Up to 75 hr.
Expedition GPS mode	Not applicable	Up to 14 days

## Грижа за устройството

### ЗАБЕЛЕЖКА

## Почистване на часовника

### ⚠ ВНИМАНИЕ

### ЗАБЕЛЕЖКА

- 1
- 2

[www.garmin.com/fitandcare](http://www.garmin.com/fitandcare).

## Управление на данни

Windows 95, 98, Me, Windows NT<sup>®</sup>, Mac OS 10.3

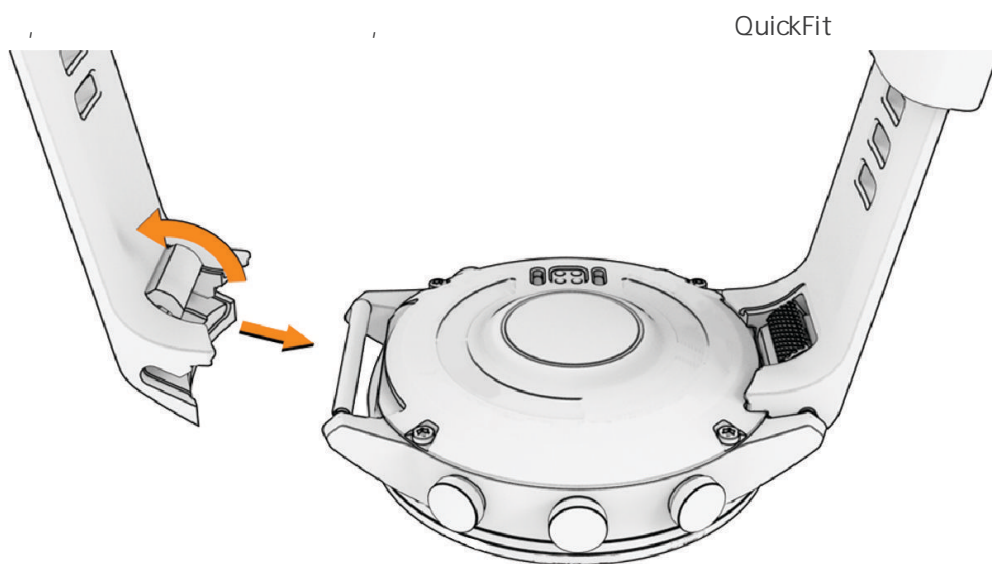
## Изтриване на файлове

### ЗАБЕЛЕЖКА

- 1 Garmin
- 2
- 3
- 4 Delete Mac  
MTP Windows. Garmin Express, Garmin

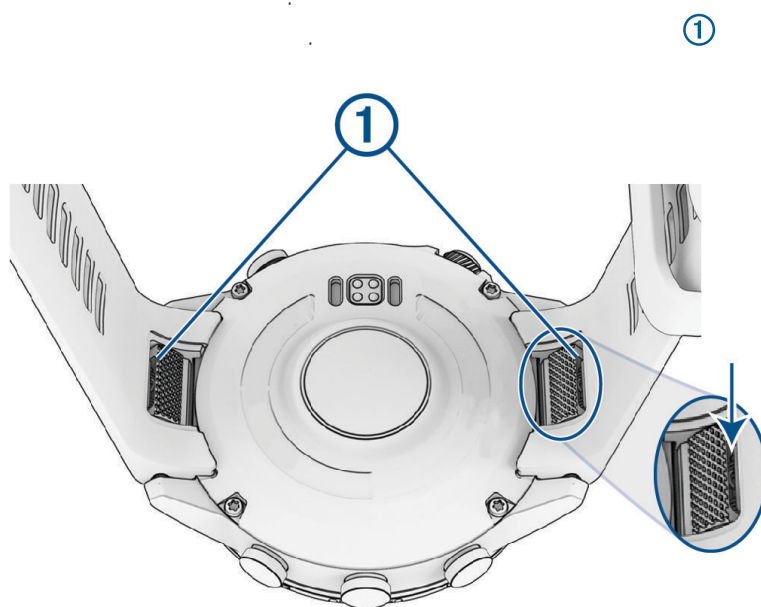
## Смяна на QuickFit каишка

1



2

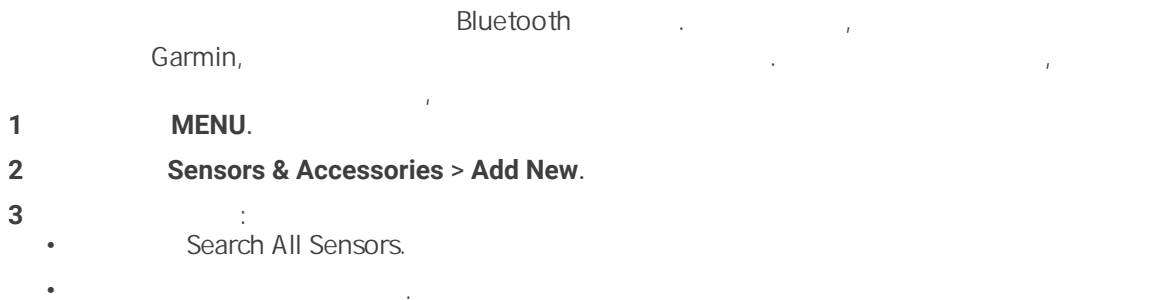
3







## Мога ли да използвам своя Bluetooth сензор с моя часовник?



## Слушалките ми не се свързват с часовника



## Музиката ми спира или слушалките ми не остават свързани



## Рестартиране на вашето устройство



## Нулиране на всички настройки по подразбиране





**Моят дневен брой стъпки не се показва**

**Моят брой стъпки не изглежда точен**

- 
- 
- 

**Броя крачки на моето устройство и моя акаунт в Garmin Connect не съвпадат**

Garmin Connect

**1**

•

Garmin Express.

•

Garmin Connect.

**2**

Garmin Connect

Garmin Express

**Количеството изкачени етажи не изглежда точно**

3 m (10 ft).

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