

## ***Garmin Forerunner 610 Owners Manual***

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Page 39 Forerunner 610 Owner's Manual Data Field Description Pace Zone Current range of pace. Zones can be set in Garmin Training Center or Garmin Connect. Reps to Go During a workout, the remaining repetitions. Speed \* Current speed.

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4 Forerunner 610 Quick Start Manual Configuring the Forerunner The first time you use the Forerunner, you are prompted to choose your system settings and enter user profile information. • Follow the on-screen instructions. • Swipe up or down on the touchscreen to view choices and change the default selection. For more touchscreen tips, see

### **FORERUNNER 610 - Garmin**

Garmin Connect is Mac® and Windows® compatible. Monitor Your Health. You also can track weight, body fat, body water and 6 other measurements when using the Forerunner 610 with the Tanita BC-1000 body composition scale. The readings are stored on Forerunner 610, then automatically sent to Garmin Connect when in range of your computer.

### **Forerunner 610 | Garmin**

• Select Intervals to create an interval workout based on distance or time (Interval Workouts, page 2 ). 4 Go for a run. Training Indoors You can turn off GPS when you are training indoors or to save

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