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Forerunner 410 Owner's Manual Touch and drag (scroll): finger on the bezel and drag it around the bezel to scroll through the menu options or to increase or decrease values. Page 8: Bezel Tips • Press to exit a menu or page. • Press to exit power save mode. Bezel Tips • Touch the bezel firmly.

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Key Features. The Garmin Forerunner 410 is the flagship in the company's watch range, and is an updated version of the Forerunner 405, itself a major evolution in the development of sport watches in that it looks like an actual watch and not a small thermostat. While the 410 is still a little on the large side at 4.8 x 7.1 x 1.6cm,...

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FORERUNNER 405 - Garmin

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