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Garmin Forerunner 10 User Manual - GPS Nation

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Garmin | Danmark | Forerunner 10

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Garmin Support Center is where you will find answers to frequently asked questions and resources to help with all of your Garmin products.

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Forerunner 410 Owner's Manual 7 Getting Started and the heart rate icon appears in training mode. TIP: Set your maximum heart rate and resting heart rate in Settings > User Profile. Use Garmin Connect or Garmin Training Center to customize your heart rate zones. For instructions on using accessories, see page 31. Go for a Run!

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