

Garmin 405cx Owner Manual

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Garmin 405cx Owner Manual

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FORERUNNER - Garmin

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Forerunner 405CX Quick Start Manual Step 3: Configure Your Forerunner The first time you use your Forerunner, follow the on-screen instructions to learn how to use the bezel, set your user profile, and configure the Forerunner. Training Description Training Frequency Training Time Per Week 0 No exercise - - 1 Occasional, light exercise

FORERUNNER - Garmin

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