



# Owner's Manual

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# **Getting Started**

#### 🛆 WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

# Keys



① ර UP	Hold to turn the device on and off. Select to scroll through menus, holes, and settings.
2 DOWN	Select to scroll through menus, holes, and settings.
3 OK ☆	Select to choose menu options and acknowledge messages. During play, select to access in-game features. Hold to turn on the backlight.
(4) BACK	Select to return to the previous menu.

# **Turning On the Device**

The first time you turn on the device, you are prompted to configure system settings.

- 1 Hold ().
- 2 Follow the on-screen instructions.

## **Status Icons**

*	Bluetooth <sup>®</sup> wireless signal status	
D	Battery status	
6	Calories burned	
A	Distance traveled	
32	Steps taken	
Ä	Sunrise	
*	Sunset	

# **Charging the Device**

#### 

This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

#### NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions in the appendix. 1 Align the charger posts with the contacts on the back of the device, and connect the charging clip ① securely to the device.



- 2 Plug the USB cable into a USB charging port.
- **3** Charge the device completely.
- 4 Press 2 to remove the charger.

# **Playing Golf**

Before you can play golf, you must wait until the device acquires satellite signals, which may take 30 to 60 seconds.

- 1 Select OK.
- 2 Select Start Round.

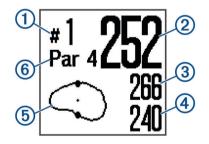
The device locates satellites and calculates your location.

- 3 Select a course from the list.
- **4** Follow the on-screen instructions to complete the setup and start a round.

## **Hole View**

The device shows the current hole you are playing, and automatically transitions when you move to a new hole.

**NOTE:** By default, the device calculates the distance to the front, middle, and back of the green. If you know the location of the pin, you can set it more precisely (*Moving the Pin*, page 1).



- (1) Current hole number.
- ② Distance to the pin location.
- ③ Distance to the back of the green.
- (4) Distance to the front of the green.
- (5) Approximate view of the green. The pin position is indicated with +.
- 6 Par for the hole.

## **Moving the Pin**

You can take a closer look at the green and move the pin location.

1 While playing golf, select OK.

- 2 Select Move Flag.
- **3** Select **UP** or **DOWN** to move the pin position.
- 4 Select OK.

## **Viewing Measured Shots**

Before the device can automatically detect and measure shots, you must enable scoring.

Your device features automatic shot detection and recording. Each time you take a shot along the fairway, the device records your shot distance so you can view it later.

**TIP:** Automatic shot detection works best when you wear the device on your leading wrist and make good contact with the ball. Putts are not detected.

- 1 While playing golf, select OK.
- 2 Select Measure Shot.

Your last shot distance appears.

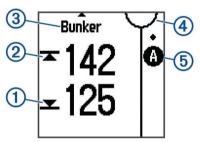
**NOTE:** The distance automatically resets when you hit the ball again, putt on the green, or move to the next hole.

3 Select DOWN to view all recorded shot distances.

## **Viewing Hazards**

You can view distances to hazards along the fairway for par 4 and 5 holes. Hazards that affect shot selection are displayed individually or in groups to help you determine the distance to layup or carry.

- 1 While playing golf, select OK.
- 2 Select Hazards.

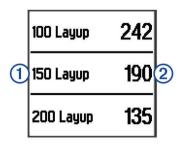


- The distances to the front ① and back ② of the nearest hazard appear on the screen.
- The hazard type ③ is listed at the top of the page.
- The green is represented as a half circle ④ at the top of the screen. The line below the green represents the center of the fairway.
- Hazards (5) are shown below the green in approximate locations relative to the fairway.
- **3** Select **UP** or **DOWN** to view other hazards for the current hole.

# Viewing Layup and Dogleg Distances

You can view a list of layup and dogleg distances for par 4 and 5 holes.

- 1 While playing golf, select OK.
- 2 Select Layups.



Layup and dogleg distances (1) and the distance to reach each layup (2) appear on the screen.

# **Using the Odometer**

You can use the odometer to record the time and distance traveled.

Select an option:

- If you are not currently playing a game, select **Odometer** from the main menu.
- If you are playing a game, select OK > Odometer.

#### **Resetting the Odometer**

- 1 From the main menu, select Odometer.
- 2 Select OK.
- 3 Select Reset.
- Turning Off the Odometer
- 1 From the main menu, select Odometer.
- 2 Select OK.
- 3 Select Turn Off.

#### **Keeping Score**

When scoring is enabled, you are prompted to enter your score when you are on the green. You can adjust the score manually at any time during a game.

- 1 While playing golf, select OK.
- 2 Select Scorecard.
- 3 Select UP or DOWN to select a hole, and select OK.
- 4 Select UP or DOWN to set the score, and select OK.

#### **Recording Statistics**

Before you can record statistics, you must enable statistics tracking (*System Settings*, page 4).

- **1** While playing golf, select **OK**.
- 2 Select Scorecard.
- 3 Set the number of strokes taken, and select OK.
- 4 Set the number of putts taken, and select OK.
- 5 Select an option:
  - If your shot from the tee hit the fairway, select In Fairway.
  - If your shot from the tee missed the fairway, select Missed Left or Missed Right.

Your statistics are recorded on your scorecard. You can view your scorecard using the Garmin Connect<sup>™</sup> Mobile app and the Garmin Golf<sup>™</sup> app.

# Garmin Golf App

The Garmin Golf app allows golfers to compete with each other at different courses. More than 41,000 courses have a weekly leaderboard that anyone can join. You can set up a tournament event and invite players to compete. You can upload scorecards from your compatible Garmin<sup>®</sup> device to view detailed statistics and shot analyses.

The Garmin Golf app syncs your data with your Garmin Connect account. You can download the Garmin Golf app from the app store on your smartphone.

#### **Automatic Shot Detection**

Your Approach device features automatic shot detection and recording. Each time you take a shot along the fairway, the device records your location so it can be viewed later on the Garmin Connect Mobile app and the Garmin Golf app.

You must enable scoring to allow automatic shot detection (*System Settings*, page 4).

**TIP:** Automatic shot detection works best when you make good contact with the ball. Putts are not detected.

## **Automatic Course Updates**

Your Approach device features automatic course updates with Garmin Connect Mobile. When you connect your device to your smartphone, the golf courses you use most frequently are updated automatically.

# **Pairing Your Smartphone**

To get the most out of your Approach device, you should pair it with your smartphone and complete the setup using the Garmin Connect Mobile app.

**NOTE:** Unlike other Bluetooth devices that are paired from the Bluetooth settings on your mobile device, your Approach device must be paired directly through the Garmin Connect Mobile app.

- 1 On your compatible smartphone, download and install the latest version of the Garmin Connect Mobile app.
- 2 Open the Garmin Connect Mobile app.
- 3 Select an option to add your device to your Garmin Connect Mobile account:
  - If this is the first device you are pairing with the Garmin Connect Mobile app, follow the on-screen instructions.
  - If you have already paired another device using the Garmin Connect Mobile app, from the ••• or menu, select Garmin Devices > Add Device, and follow the onscreen instructions.
- 4 On your Approach device, select OK.
- 5 On your Approach device, select Settings > Bluetooth > Pair Smartphone.

#### **Phone Notifications**

Phone notifications require a compatible smartphone to be in range and paired with the device. When your phone receives messages, it sends notifications to your device.

# **Enabling or Disabling Notifications**

- 1 From the main menu, select Settings > Bluetooth > Notifications.
- 2 Select an option:
  - To enable notifications, select Turn On.
  - To disable notifications, select Turn Off.

#### **Viewing Notifications**

- 1 From the main menu, select Notifications.
- **2** Select a notification.
- 3 Select UP or DOWN to scroll through the contents of the notification.

# **Activity Tracking**

## **Enabling or Disabling Activity Tracking**

The activity tracking feature records your daily step count, step goal, distance traveled, and calories burned for each recorded day. Your calories burned includes your base metabolism plus activity calories.

You can enable or disable activity tracking at any time.

- 1 From the main menu, select Activity Tracking.
- 2 Select an option:
  - To enable activity tracking features, select Turn On.
  - To disable activity tracking features, select Turn Off.

## **Viewing Step Totals**

Before you can view step totals, you must turn on activity tracking (*Enabling or Disabling Activity Tracking*, page 3).

From the watch screen, select **UP** or **DOWN** to view the accumulated step count, step goal, distance traveled, and calories burned.

## **Using the Move Alert**

Before you can use the move alert, you must turn on activity tracking and the move alert (*Enabling or Disabling Activity Tracking*, page 3).

Sitting for prolonged periods of time can trigger undesirable metabolic state changes. The move alert reminds you to keep moving. After one hour of inactivity, Move! and the move bar appear. The device also beeps if audible tones are turned on (*Setting the Device Tones*, page 4).

Go for a short walk (at least a couple of minutes) to reset the move alert.

#### **Hiding the Step Goal**

You can hide the step goal from the screen.

From the main menu, select **Activity Tracking > Goal > Hide**.

# TruSwing<sup>™</sup>

The TruSwing feature allows you to view swing metrics recorded from your TruSwing device. Go to www.garmin.com/golf to purchase a TruSwing device.

## Viewing TruSwing Metrics on Your Device

Before you can use the TruSwing feature on your Approach device, you must confirm your TruSwing device is securely mounted to your club. See the owner's manual for your TruSwing device for more information.

- 1 Turn on your TruSwing device.
- **2** On your Approach device, select TruSwing from the main menu.
- 3 Select a club.
- 4 Hit a shot.

Swing measurements display on your Approach device after each swing.

5 Select UP or DOWN to move through the recorded swing metrics.

#### **Changing Clubs**

- 1 From the TruSwing menu on your Approach device, select **OK**.
- 2 Select Change Club.
- 3 Select a club.

## **Changing Handedness**

The TruSwing device uses your handedness to calculate the correct swing analysis data. You can use your Approach device to change your handedness at any time.

- 1 From the TruSwing menu on your Approach device, select **OK**.
- 2 Select Golf Swing.
- 3 Select your handedness.

## **Disconnecting Your TruSwing Device**

- 1 From the TruSwing menu on your Approach device, select **OK**.
- 2 Select End TruSwing.

# **Customizing Your Device**

#### Setting an Alarm

- 1 From the main menu, select Alarm.
- 2 Select an option:
  - To set a new alarm, select **Turn On**, and follow the onscreen instructions.
  - To edit an existing alarm, select **Edit Alarm**, and follow the on-screen instructions.
  - To turn off the alarm, select Turn Off.

## **System Settings**

From the main menu, select Settings.

- **Color Theme**: Sets the color theme for the screen (*Setting the Color Theme*, page 4).
- **User Profile**: Sets the user profile for gender, birth year, height, and weight (*Setting Up Your User Profile*, page 4).
- **Bluetooth**: Enables Bluetooth technology and displays settings for notifications.
- **Tones**: Turns audible tones on or off (*Setting the Device Tones*, page 4).
- Stat. Tracking: Enables detailed statistics tracking while playing golf.
- **Club Tracking**: Enables you to track the clubs used and set the driver distance.

Scoring: Enables scoring.

- Time: Sets the time.
- Language: Sets the device language.

**NOTE:** Changing the text language does not change the language of user-entered data or map data.

Units: Sets the unit of measure for distance.

**Software Update**: Updates the device software when updates are available.

**NOTE:** You must connect to Garmin Connect Mobile to receive software updates.

#### Setting the Color Theme

- 1 From the main menu, select **Settings** > **Color Theme**.
- 2 Select an option:
  - To show a dark background with light text, select Dark.
  - To show a light background with dark text, select Light.

#### Setting Up Your User Profile

You can update your gender, birth year, height, and weight settings. The device uses this information to calculate accurate activity tracking settings.

- 1 From the main menu, select Settings > User Profile.
- 2 Select an option to adjust your profile settings.

#### **Setting the Device Tones**

- 1 From the main menu, select Settings > Tones.
- 2 Select an option:
  - To enable or disable tones when pressing keys, select **Key Tones**.
  - To enable or disable tones for alerts, select Alert Tones.

# Device Care

#### NOTICE

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Avoid pressing the keys under water.

Do not use a sharp object to clean the device.

Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

# **Cleaning the Device**

#### NOTICE

Even small amounts of sweat or moisture can cause corrosion of the electrical contacts when connected to a charger. Corrosion can prevent charging and data transfer.

- 1 Wipe the device using a cloth dampened with a mild detergent solution.
- 2 Wipe it dry.

After cleaning, allow the device to dry completely.

TIP: For more information, go to www.garmin.com/fitandcare.

## **Specifications**

Battery type	Rechargeable lithium-ion
Battery life	Watch only: up to 8 wk. Playing golf: up to 15 hr.
	<b>NOTE:</b> The actual battery life of a fully charged battery depends on how much time you use GPS, the backlight, and power save mode. Exposure to extremely cold temperatures also reduces battery life.
Operating temperature range	From -20° to 60°C (from -4° to 140°F)
Charging temperature range	From 5° to 40°C (from 40° to 104°F)
Water rating	5 ATM <sup>1</sup>
Wireless frequency/ protocol	2.4 GHz @ 0.7 dBm nominal

# Viewing E-label Regulatory and Compliance Information

The label for this device is provided electronically. The e-label may provide regulatory information, such as identification numbers provided by the FCC or regional compliance markings, as well as applicable product and licensing information.

- 1 Select **OK** to view the main menu.
- 2 Select About.

<sup>1</sup>\*The device withstands pressure equivalent to a depth of 50 m. For more information, go to www.garmin.com/waterrating.

# Appendix

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