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Garmin 405cx User Guide

Forerunner 405CX Owner's Manual
Introduction Introduction Thank you for

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purchasing the Garmin ® Forerunner 405CX GPS-enabled sports watch.

Warning: Always consult your physician before you begin or modify any exercise program. See the Important Safety and Product Information guide in the product box for product warnings and

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Forerunner 405CX Quick Start Manual
Step 1: Use the Touch Bezel The silver bezel around the watch face acts as a multifunction button. Tap: quickly press your finger on the bezel to make a selection, toggle a

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Forerunner 405CX Owner's Manual note:
While performing a workout, tap the bezel to view more data pages. Page 22: Heart Rate Workouts > select 5 bpm apart. > Heart 3. Select the workout. 4. Enter the 5. Select 6. Press start.
Forerunner 405CX Owner's Manual Zone

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you want to use. page 35 Custom to set your own Type of heart rate Duration value.

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The Forerunner 405CX is the evolution of

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GPS-enabled training. This sleek sport watch tracks your distance, pace and heart rate, then wirelessly sends the data to your PC for later analysis. The 405CX features heart rate-based calorie computation and comes with a second wrist band option suitable for smaller wrists. Watch Results

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Forerunner 405CX software version 2.40 . as of July 28, 2011. Use Garmin Express to install this file. View system requirements. Notes: WARNING: If this software is uploaded to a device other than that for which it is designed, you will not be able to operate that device.

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