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Owner's Manual

Introduction

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

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Finding the Owner's

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Instructions. Press and
Hold down BOTH the
Start/Stop and
Lap/Reset Buttons
(these are the two
silver buttons on the
right hand side). Keep
these two buttons
pressed in for 6
seconds and the
screen will go blank.

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