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Manual del usuario de la unidad Forerunner 405CX i Introducción
Introducción Gracias por comprar el reloj deportivo con GPS Garmin ® Forerunner 405CX. Advertencia: consulte siempre a su médico antes de empezar o modificar cualquier programa de ejercicios. Consulte la guía Información importante sobre el producto y su

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Forerunner 405CX

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

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the Important Safety
and Product
Information guide in
the product box for
product warnings and

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Introducción Gracias
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consulte siempre a su

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médico antes de
empezar o

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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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Cómo empezar; Alertas
y funciones que hacen
que el conductor tome
conciencia del riesgo;
Cómo navegar hacia el
destino; Buscar y
guardar ubicaciones;
Cómo utilizar el mapa;
Datos de tráfico; Uso
de aplicaciones;

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Personalización del dispositivo;

Garmin Drive 40/50/60 - Garmin Drive 40/50/60

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

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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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The Forerunner 405CX
is the evolution of GPS-
enabled training. This
sleek sport watch
tracks your distance,

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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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”Package reviewed: Garmin Forerunner 405 with Heart Rate Monitor and USB ANT stick (Black)” The Global Positioning System has become an essential ingredient of navigation by land or sea.

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Leonardo Nista é editor

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do Corro por Correr .

Garmin Forerunner 405 Manual Portugues

Garmin Forerunner 405
Factory Reset
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

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screen will go blank.

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really offers what
everybody wants. The
choices of the words,
dictions, and how the
author conveys the
message and lesson to
the readers are very
easy to understand.
So, when you feel bad,
you may not think so
hard about this ...

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givelocalsjc.org**

Introduction. Thank you for purchasing the Garmin ® Forerunner ® 405CX GPSEnabled 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

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product warnings and other important information.. Contact Garmin. Contact Garmin Product Support if you have any questions while ...

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