GARMIN®

EDGE® EXPLORE 3

GPS Cycling Computer



Owner's Manual

Table of Contents

Introduction 5
- Getting Started 5
- Device Overview 5
  - Home Screen Overview 6
  - Viewing Widgets 6
  - Viewing Glances 7
  - Using the Touchscreen 7
- Acquiring Satellite Signals 7

Training 9
- Going for a Ride 9
  - Ringing the Virtual Bike Bell 10
- Training Plans 10
  - Viewing the Training Calendar 10
- Workouts 10
  - Creating a Custom Workout on Garmin Connect™ 10
  - Daily Suggested Workouts 11
  - Starting a Workout 12
  - Stopping a Workout 12
  - Deleting Workouts 12
  - Workout Execution Score 13
- Training Indoors 13
  - Pairing Your Indoor Trainer 13
  - Using an Indoor Trainer 13
- Interval Workouts 14
  - Creating an Interval Workout 14
  - Starting an Interval Workout 14
- Setting a Training Target 14
- Racing a Previous Activity 15
- Training for a Race Event 15
  - Race Calendar and Primary Event 15

Navigation 16
- Locations 16
  - Marking Your Location 16
  - Saving Locations from the Map 16
  - Navigating to a Location 16
  - Navigating Back to Start 17
  - Starting a Ride From a Shared Location 17
  - Navigating to a Shared Location During a Ride 18
  - Stopping Navigation 18
  - Editing Locations 18
  - Deleting a Location 18
  - Sharing a Location From a Map Using the Garmin Connect™ App 19
  - Reporting a Hazard 19
- Courses 20
  - Planning and Riding a Course 20
  - Creating and Riding a Round-Trip Course 21
  - Creating a Course from a Recent Ride 21
  - Reversing a Course 21
  - Following a Course From Garmin Connect™ 22
  - Tips for Riding a Course 22
  - Viewing Course Details 22
  - Course Settings 23
  - Rerouting a Course 23
  - Stopping a Course 23
  - Deleting a Course 23
- Using ClimbPro 23
  - Climb Categories 24
- Map Settings 24
  - Map Appearance Settings 24
  - Changing the Map Orientation 25
  - Managing Maps 25
- Route Settings 25
  - Selecting an Activity for Route Calculation 25

My Stats 26
- Performance Measurements 26
  - About VO2 Max. Estimates 26
  - About Training Effect 27
  - Recovery Time 28
  - Getting Your FTP Estimate 28
  - Viewing Your Power Curve 29
  - Syncing Activities and Performance Measurements 29
  - Turning Off Performance Notifications 29
- Viewing Your Fitness Age 29
- Viewing Intensity Minutes 30
- Personal Records 30
  - Viewing Your Personal Records 30
  - Reverting a Personal Record 30
  - Deleting a Personal Record 30
- Training Zones 30

Setting Your Heart Rate Zones..... 30
Setting Your Power Zones..... 31

Wireless Sensors..... 32
Pairing Your Wireless Sensors..... 32
Wireless Sensor Battery Life..... 33
Broadcasting Heart Rate Data..... 33
Data Averaging for Cadence or Power..... 33
Training with Power Meters..... 33
Calibrating Your Power Meter..... 33
Pedal-Based Power..... 33
Updating the Rally™ System Software Using the Edge® Bike Computer..... 34
Situational Awareness..... 34
Using the Varia™ Camera Controls...34
Radar Data Screen..... 35
eBike Training..... 35
Viewing eBike Sensor Details..... 35
inReach® Remote..... 36
Using the inReach® Remote..... 36

Using Voice Commands..... 37
Bike Computer Voice Commands..... 37

Connected Features..... 40
Pairing Your Phone..... 40
Bluetooth® Connected Features..... 40
Safety and Tracking Features..... 41
Listening to Music..... 48
Garmin Messenger™ App..... 48
Garmin® Share..... 50
Phone Apps and Computer Applications..... 50
Garmin Connect..... 51
Connect IQ™ Downloadable Features..... 53
Wi-Fi® Connectivity Features..... 53
Setting Up Wi-Fi® Connectivity..... 53
Wi-Fi® Settings..... 53

History..... 54
Viewing Your Ride..... 54
Viewing Your Time in Each Training Zone..... 54
Deleting a Ride..... 54
Viewing Data Totals..... 54
Deleting Data Totals..... 54
Data Recording..... 55
Data Management..... 55
Connecting the Device to Your Computer..... 55
Transferring Files to Your Device.... 55
Deleting Files..... 55

Customizing Your Device..... 56
Profiles..... 56
Biking Activity Profiles..... 56
Setting Up Your User Profile..... 56
Training Settings..... 56
Updating Your Activity Profile..... 57
Adding a Data Screen..... 57
Adding a Music Control Data Screen..... 57
Customizing the Workout Data Screen..... 58
Editing a Data Screen..... 58
Rearranging Data Screens..... 58
Using Auto Scroll..... 58
Alerts and Prompts Settings..... 58
Auto Lap®..... 60
Using Auto Sleep..... 61
Using Auto Pause..... 61
Starting the Timer Automatically.... 61
Locking and Unlocking the Bike Computer..... 61
Changing the Satellite Setting..... 61
Customizing the Glances..... 62
Customizing the Widgets..... 62
Device Settings..... 62
Display Settings..... 63
Sound Settings..... 63
Connectivity Settings..... 63
System Settings..... 64
Data Recording Settings..... 64
Changing the Units of Measure..... 65
Turning the Device Tones On and Off..... 65
Changing the Device Language..... 65
Changing the Keyboard..... 65
Time Zones..... 65

Device Information..... 66

Charging the Device..... 66
About the Battery..... 66
Installing the Standard Mount..... 66
Installing the Out-Front Mount..... 67
Releasing the Edge® Bike Computer..... 68
Installing the Mountain Bike Mount.... 68
Attaching a Tether..... 70
Product Updates..... 70
Specifications..... 70
Viewing Device Information..... 71
Viewing Regulatory and Compliance Information..... 71
Device Care..... 71
Cleaning the Device..... 71
Cleaning the USB Port..... 71

Troubleshooting..... 72

Resetting the Edge® Bike Computer.... 72
Restoring the Default Settings..... 72
Clearing User Data and Settings..... 72
Exiting Demo Mode..... 72
Viewing Tutorials..... 72
Maximizing Battery Life..... 72
Turning On Battery Saver Mode..... 72
My phone will not connect to the device..... 73
Tips for Improving GNSS Satellite Reception..... 73
My device is in the wrong language.... 73
Setting Your Elevation..... 73
Temperature Readings..... 73
Calibrating the Barometric Altimeter... 73
Replacement O-rings..... 74
Getting More Information..... 74

Appendix..... 75

Data Fields..... 75
VO2 Max. Standard Ratings..... 78
FTP Ratings..... 78
Heart Rate Zone Calculations..... 79
Wheel Size and Circumference..... 79

Introduction

⚠ WARNING

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

Always consult your physician before you begin or modify any exercise program.

Getting Started

When using your Edge® Explore 3 bike computer the first time, you should complete these tasks to set it up and learn about the basic features.

1. Charge the bike computer (*Charging the Device*, page 66).
2. Install the bike computer using the standard mount (*Installing the Standard Mount*, page 66) or the out-front mount (*Installing the Out-Front Mount*, page 67).
3. Turn on the bike computer (*Device Overview*, page 5).
4. Follow the on-screen instructions to complete the initial setup.

   During the initial setup, you can pair your phone with your bike computer to receive notifications, sync your activities, and more (*Pairing Your Phone*, page 40). If you are upgrading from a compatible bike computer, you can migrate your settings, saved courses, and more when you pair your new Edge Explore 3 bike computer with your phone.
5. Check for software updates (*System Settings*, page 64).

   For the best experience, you should keep the software on your bike computer up to date. Software updates provide changes and improvements to privacy, security, and features.
6. Locate satellites (*Acquiring Satellite Signals*, page 7).
7. Go for a ride (*Going for a Ride*, page 9).
8. Upload your ride to your Garmin Connect™ account (*Sending Your Ride to Garmin Connect™*, page 52).

Device Overview



	Press to enter sleep mode and wake the device. Hold to turn the device on and off and lock the touchscreen.
	Press to mark a new lap or advance to the next stage of a workout.
	Hold to enable the voice command feature (*Using Voice Commands*, page 37). **NOTE:** The voice command feature is available only on the Edge® Explore 3 Plus bike computer.
	Speak loudly and clearly into the microphone for voice commands (*Using Voice Commands*, page 37). **NOTE:** The voice command feature is available only on the Edge Explore 3 Plus bike computer.
	Listen to voice prompts, navigation alerts, and more. **NOTE:** Speaker sounds are available only on the Edge Explore 3 Plus bike computer.
	Press to start and stop the activity timer.

	Select or swipe up, down, left, or right to scroll through glances, features, and menus (*Using the Touchscreen*, page 7).
	Lift the weather cap to charge the bike computer or connect it to a computer. Replace the weather cap to prevent damage to the USB port (*Cleaning the USB Port*, page 71).

NOTE: Go to garmin.com to purchase optional accessories.

Home Screen Overview

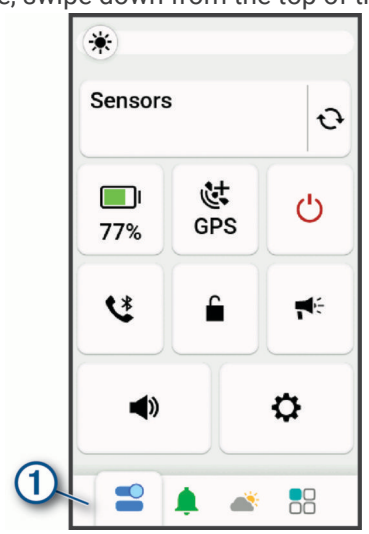
The home screen gives you quick access to all the features of the Edge® bike computer.

	Battery status
GPS	GPS status
	Wi-Fi® status **NOTE:** Wi-Fi is available only on the Edge Explore 3 Plus bike computer.
	Bluetooth® status
	Sync in progress
	Select to open the activity timer to go for a ride. Hold to update the biking profile. Swipe left or right to change the biking profile.
	Select to confirm or update your status checklist.
Dynamic Area	Appearing below the biking profile, select or swipe through your previous rides and totals, daily suggested workouts, training status updates, and recently created courses and workouts.
Training	Select to access your segments, workouts, and other training options.
Navigation	Select to browse the map, mark a location, search for locations, and create or navigate a course.
Menu	Select to access connected features, personal records, sensors, and settings. Select to access your Connect IQ™ apps, widgets, and data fields.

Viewing Widgets

Your bike computer is preloaded with several widgets, and more are available when you pair your bike computer with a phone or other compatible device.

1 From the home screen or during a ride, swipe down from the top of the screen.



The status widget appears. A flashing icon means the device is searching for a signal. A solid icon means the signal was found or the sensor is connected. You can select any icon to change the settings.

2 Swipe left or right to view more widgets.

3 From the shortcut bar, select to open the widget launcher.

You can add or remove widgets from the shortcut bar ① (*Customizing the Widgets*, page 62).

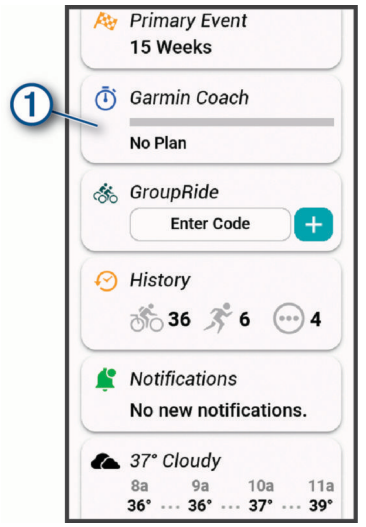
TIP: Hold ⏻ to return to the status widget.

The next time you swipe down to view the widgets, the last widget you viewed appears.

Viewing Glances

Glances provide quick access to health data, activity information, built-in sensors, and more.

- From the home screen, swipe up.



The device scrolls through the glances.

- Select a glance ① to view additional information.
- Select ✎ to customize the glances (*Customizing the Glances*, page 62).

Using the Touchscreen

- When the timer is running, tap the screen to view the timer overlay.
  The timer overlay allows you to return to the home screen during a ride.
- Select ⌂ to return to the home screen.
- Swipe or select the arrows to scroll.
- From the home screen, swipe up to view the glances.
- From the home screen or ride screen, swipe down to view the widgets.
- Select ⋮ to open a menu.
- Select ⋮ to open a secondary menu.
- Select ← to return to the previous page.
- Select ✓ to save your changes and close the page.
- Select ✕ to close the page and return to the previous page.
- Select ☑ to open the checklist menu.
- Select 🔍 to search near a location.
- Select 🗑 to delete an item.
- Select ⓘ for more information.

Locking and Unlocking the Touchscreen

You can lock the screen to prevent inadvertent screen touches.

- Hold ⏻, and select 🔓.
- During an activity, press ⏻.

You can press ⏻ to unlock the screen.

Acquiring Satellite Signals

The device may need a clear view of the sky to acquire satellite signals. The time and date are set automatically based on the GPS position.

TIP: For more information about GPS, go to garmin.com/aboutGPS.

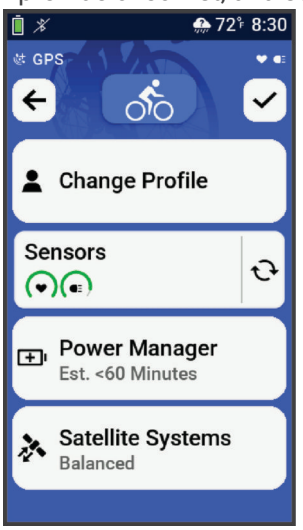
1. Go outdoors to an open area.
   The front of the device should be oriented toward the sky.
2. Wait while the device locates satellites.
   It may take 30–60 seconds to locate satellite signals.

Training

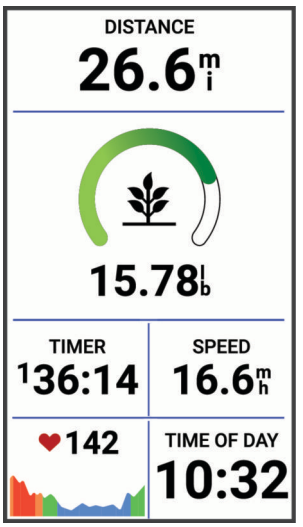
Going for a Ride

If you are using a wireless sensor or accessory, it can be paired and activated during initial setup (*Pairing Your Wireless Sensors*, page 32).

1. Hold ⏻ to turn on the device.
2. Go outside, and wait while the device locates satellites.
   GPS appears on the biking profile when the device is ready.
3. From the home screen, swipe left or right to change the biking profile (*Home Screen Overview*, page 6).
4. If necessary, select ☑ to complete your pre-ride checklist, and select ✓.



5. Press ▶ to start the activity timer.



   NOTE: History is recorded only while the activity timer is running.
6. Swipe left or right to view additional data screens (*Adding a Data Screen*, page 57).
   You can swipe down from the top of the data screens to view the widgets (*Customizing the Widgets*, page 62).
7. If necessary, hold a data field and select ✎ or ⚙ to edit the data field or data screen during the ride.
8. If necessary, tap the screen to view status overlay data (including battery life) or return to the home screen.
9. Press ▶ to stop the activity timer.
10. Select **Save**.
11. If necessary, select **Accept** to confirm your ride gear.
    TIP: You can add and delete gear in your Garmin Connect™ account.

12 Select ✓.

Ringing the Virtual Bike Bell

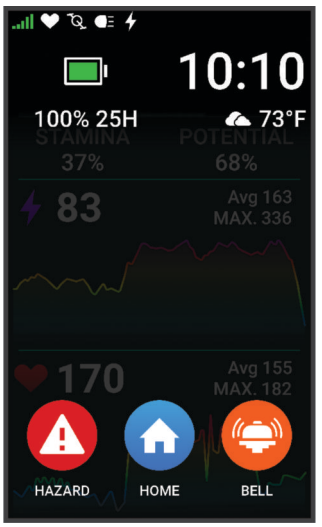
NOTICE

Some jurisdictions may regulate or prohibit the use of this feature. It is your responsibility to know and comply with any applicable laws, regulations, and ordinances concerning the use of bicycle bells where you plan to use this device.

NOTE: The bike bell feature is available only on the Edge® Explore 3 Plus bike computer.

You can alert pedestrians and other cyclists when you are approaching or passing them.

1 Go for a ride (*Going for a Ride*, page 9).
2 Select an option:
   - Double-tap any data screen.
   - Tap the screen to view the timer overlay, and select 🔔.



Training Plans

You can set up a training plan in your Garmin Connect™ account and send the training plan workouts to your device. All scheduled workouts sent to the device appear in the training calendar.

Viewing the Training Calendar

When you select a day in the training calendar, you can view or start the workout. You can also view saved rides.

1 Select **Training**.
2 Select 📅 or the days of the week.
3 Select a day to view a scheduled workout or a saved ride.

Workouts

You can create custom workouts that include goals for each workout step and for varied distances, times, and calories. You can create workouts using Garmin Connect™, and transfer them to your device.

You can schedule workouts using Garmin Connect. You can plan workouts in advance and store them on your device.

Creating a Custom Workout on Garmin Connect™

Before you can create a workout on the Garmin Connect app, you must have a Garmin Connect account (*Garmin Connect*, page 51).

1 From the Garmin Connect app, select •••.
2 Select **Training & Planning** > **Workouts** > **Create a Workout**.
3 Select an activity.
4 Create your custom workout.
5 Select **Save**.
6 Enter a name for your workout, and select **Save**.

The new workout appears in your list of workouts.

NOTE: You can send this workout to your device (*Following a Workout From Garmin Connect™*, page 11).

Following a Workout From Garmin Connect™

Before you can download a workout from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect*, page 51).

1. Select an option:
   - Open the Garmin Connect app, and select •••.
   - Go to **connect.garmin.com**.
2. Select **Training & Planning** > **Workouts**.
3. Find a workout, or create and save a new workout.
4. Select or **Send to Device**.
5. Follow the on-screen instructions.

Repeating Workout Steps

Before you can repeat a workout step, you must download a workout with at least one step from Garmin Connect™ (*Following a Workout From Garmin Connect™*, page 11).

1. Select **Training** > **Workouts**.
2. Select a workout.
3. Select > **Add New Step**.
4. Select an option:
   - Select **Repeat** to repeat a step one or more times. For example, you can repeat a 5-mile step ten times.
   - Select **Repeat Until** to repeat a step for a specific duration. For example, you can repeat a 5-mile step for 60 minutes or until your heart rate reaches 160 bpm.
5. Select **Back To Step**, and select a step to repeat.
6. Select to save the step.

Editing a Workout

Before you can edit a workout, you must download a workout from Garmin Connect™ (*Following a Workout From Garmin Connect™*, page 11).

1. Select **Training** > **Workouts**.
2. Select a workout.
3. Select .
4. Select a step.
5. Change the step attributes, and select .
6. If necessary, select > **Delete** > to delete the step.
7. Select to save the workout.

Daily Suggested Workouts

Daily suggested workouts are recommended based on your previous activities saved to your Garmin Connect™ account. When you are training for a race event, your daily suggested workouts appear in your training calendar (*Viewing the Training Calendar*, page 10) and adapt to your upcoming race (*Training for a Race Event*, page 15).

You must ride with heart rate and power for one week to get workout recommendations.

Following a Daily Suggested Workout

You must ride with heart rate and power for one week to get workout recommendations.

1. Select **Training** > **Workouts** > **Daily Suggested Workout**.
2. Select **Ride**.

Daily Suggested Workout Settings

The following options and settings allow you to customize your daily suggested workouts based on your training needs. For example, you can change your target or update your training days.

Select **Training** > **Workouts** > **Daily Suggested Workout** > .

Show on Home Screen: Enables daily suggested workout prompts on your home screen (*Turning Daily Suggested Workout Prompts On and Off*, page 12).

Pause Training: Pauses your training status and daily suggested workouts.
Training Days: Enables you to select and update your training days.
Long Ride Days: Enables you to select your preferred days for long rides.
Target Type: Enables you to select your training target for your daily suggested workouts.

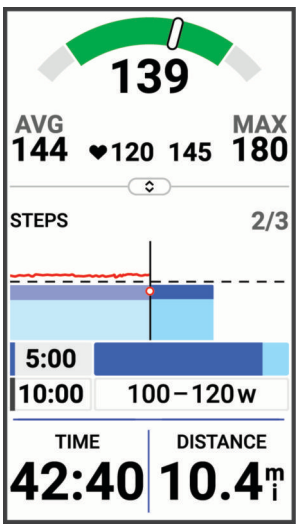
Turning Daily Suggested Workout Prompts On and Off

1 Select **Training** > **Workouts** > **Daily Suggested Workout** > ⋮.
2 Select **Show on Home Screen**.

Starting a Workout

1 Select **Training** > **Workouts**.
2 Select a workout.
3 Select **Workout Notes** (optional).
4 If necessary, select an option:
   - Select to add a course to your workout.
   - Select to check the weather.
   - Select to view your workout checklist.
5 Select **Ride**.
6 Press to start the activity timer.

After you begin a workout, the device displays each step of the workout, the target (if any), and current workout data.



An audible alarm sounds when you are about to finish a workout step. A message appears, counting down the time or distance until a new step begins.

Stopping a Workout

- At any time, press to end a workout step and begin the next step.
- From the workout screen, swipe up from the bottom of the screen, and select an option:
   - Select to pause the current workout step.
   - Select to end a workout step and repeat the previous step.
   - Select to end a workout step and begin the next step.
- At any time, press to stop the activity timer.
- At any time, tap the screen to view the timer overlay, and select **Stop Workout**.

Deleting Workouts

1 Select **Training** > **Workouts** > ⋮ > **Delete Multiple**.
2 Select one or more workouts.
3 Select ✓.

Workout Execution Score

After you complete a workout, the device displays your workout execution score based on how accurately you completed the workout. The active workout steps are prioritized the highest, measuring how closely your effort level matches the step target, and also that you completed all the steps. Warm up and recovery steps have a lower impact on your score. The cool down step does not impact your workout execution score at all.

Your workout execution score appears only for workouts with heart rate, speed, pace, or power targets.

	Good, 67 to 100%
	Average, 34 to 66%
	Low, 0 to 33%

Training Indoors

The device includes an indoor activity profile where GPS is turned off. When GPS is turned off, speed and distance are not available unless you have a compatible sensor or indoor trainer that sends speed and distance data to the device.

Pairing Your Indoor Trainer

1. Bring the Edge® bike computer within 3 m (10 ft.) of the indoor trainer.
2. Select the indoor biking profile.
3. On the indoor trainer, start pedaling or press the pairing button.

   For more information, see the owner's manual for your indoor trainer.
4. On the Edge bike computer, a message appears.

   If you don't see a message, select > **Sensors** > **Add Sensor**.
5. Follow the on-screen instructions.

   When the indoor trainer is paired with your Edge bike computer using ANT+® technology, the indoor trainer appears as a connected sensor. You can customize your data fields to display sensor data.

Using an Indoor Trainer

Before you can use a compatible indoor trainer, you must pair the trainer with your device using ANT+® technology (*Pairing Your Indoor Trainer*, page 13).

Not all features and settings are available for every indoor trainer. For more information, see the owner's manual for your trainer.

You can use your device with an indoor trainer to simulate resistance while following a course or activity. While using an indoor trainer, GPS is turned off automatically.

1. Select > **Training** > **Smart Trainer**.
2. If necessary, select **Pair ANT+ Bike Trainer**.
3. Select an option:
   - Select **Free Ride** to manually adjust the resistance level.
   - Select **Follow a Course** to follow a saved course (*Courses*, page 20).
   - Select **Follow an Activity** to follow a saved ride (*Going for a Ride*, page 9).
   - If available, select **Set Grade**, **Set Resistance**, or **Set Target Power** to customize your ride (*Setting Resistance*, page 13, *Setting Target Power*, page 14).

     The trainer resistance changes based on the course or ride information.

     TIP: You can also use the voice command feature to make grade, resistance, or power adjustments hands-free (*Using Voice Commands*, page 37).
4. Select a course or activity.
5. Select **Ride**.
6. Press to start the activity timer.

Setting Resistance

1. Select > **Training** > **Smart Trainer** > **Set Resistance**.
2. Select or to set the resistance force applied by the trainer.
3. Press to start the activity timer.
4. If necessary, select + or − to adjust the resistance during your activity.

Setting Target Power

1. Select ☰ > **Training** > **Smart Trainer** > **Set Target Power**.
2. Set the target power value.
3. Press ▶❙ to start the activity timer.
   The resistance force applied by the trainer is adjusted to maintain a constant power output based on your speed.
4. If necessary, select + or − to adjust the target power during your activity.

Interval Workouts

You can create interval workouts based on distance or time. The device saves your custom interval workout until you create another interval workout. You can use open intervals when you are riding a known distance. When you press ↻, the device records an interval and moves to a rest interval.

Creating an Interval Workout

Your Edge® Explore 3 bike computer comes preloaded with a default interval workout that you can customize to create your own interval workout.

1. Select **Training** > **Intervals** > **Edit** > **Intervals** > **Target Type**.
2. Select an option.
   TIP: You can create an open-ended interval by setting the type to Open.
3. If necessary, enter a high and low value for the interval.
4. Select **Duration**, enter a time interval value, and select ✓.
5. Select ←.
6. Select **Rest** > **Target Type**.
7. Select an option.
8. If necessary, enter a high and low value for the rest interval.
9. Select **Duration**, enter time value for the rest interval, and select ✓.
10. Select ←.
11. Select one or more options:
    - To edit the number of repetitions, select **Repeat**.
    - To add an open-ended warm up to your workout, select **Warm Up**.
    - To add an open-ended cool down to your workout, select **Cool Down**.

Starting an Interval Workout

1. Select **Training** > **Intervals** > **Do Workout**.
2. Press ▶❙ to start the activity timer.
3. When your interval workout has a warm up, press ↻ to begin the first interval.
4. Follow the on-screen instructions.

When you complete all of the intervals, a message appears.

Setting a Training Target

1. Select **Training** > **Set a Target**.
2. Select an option:
   - Select **Distance Only** to select a preset distance or enter a custom distance.
   - Select **Distance and Time** to select a distance and time target.
   - Select **Distance and Speed** to select a distance and speed target.

   The training target screen appears, indicating your estimated finish time. The estimated finish time is based on your current performance and the time remaining.
3. Select ✓.
4. Press ▶❙ to start the activity timer.
5. After you complete your activity, press ▶❙, and select **Save**.

Racing a Previous Activity

You can race a previously recorded activity or saved course.

1. Select ☰ > **Training** > **Race an Activity**.
2. Select an option:
   - Select **Ride History**.
   - Select **Saved Courses**.
3. Select the activity or course.
4. Select **Ride**.
5. Press ▶ to start the activity timer.

Training for a Race Event

Your Edge® bike computer can suggest daily workouts to help you train for a cycling event, if you have a VO2 max. estimate and ride with heart rate and power for one week (*About VO2 Max. Estimates*, page 26).

1. On your phone or computer, go to your Garmin Connect™ calendar.
2. Select the day of the event, and add the race event.
   You can search for an event in your area or create your own event.
3. Add details about the event, and add the course if it's available.
4. Sync your device with your Garmin Connect account.
5. On your bike computer, scroll to the primary event glance to see a countdown to your primary race event.
   NOTE: You may need to add the glance to your glances list (*Customizing the Glances*, page 62).

Race Calendar and Primary Event

When you add a race event to your Garmin Connect™ calendar, you can view the event on your Edge® bike computer by adding the primary event glance (*Customizing the Glances*, page 62). The event date must be in the next 365 days. The device displays a countdown to the event, event time and location, course details (if available), and weather information.

NOTE: Historical weather information for the location and date is available right away. Local forecast data appears approximately 14 days before the event.

From the primary event glance, swipe to view course information and weather details. Depending on the available course data for your event, you can view elevation data, the course map, course demands, and climb details.

Navigation

Navigation features and settings also apply to navigating courses (*Courses*, page 20).

- Locations and finding places (*Locations*, page 16)
- Planning a course (*Courses*, page 20)
- Route settings (*Route Settings*, page 25)
- Map settings (*Map Settings*, page 24)

Locations

You can record and store locations in the device.

Marking Your Location

Before you can mark a location, you must locate satellites (*Acquiring Satellite Signals*, page 7).

If you want to remember landmarks or return to a certain spot, you can mark a location.

1. Go for a ride (*Going for a Ride*, page 9).
2. Tap the screen to view the timer overlay.
3. Select **Home** > **Navigation** > ⋮ > **Mark Location** > ✓.
4. Enter a name for the location.
5. Select ✓.

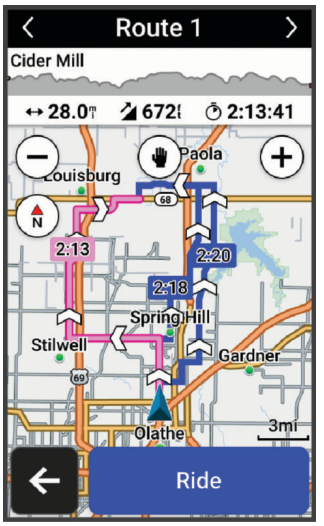
Saving Locations from the Map

1. Select **Navigation** > **Browse Map**.
2. Browse the map for the location.
3. Select the location.
   Location information appears at the top of the map.
4. Select the location information.
5. Select ⋮ > **Save Location** > ✓.

Navigating to a Location

1. Select **Navigation**.
2. Select an option:
   - Select 🔍 to enter search information.
     TIP: You can also use the **Location Search** glance to perform a quick search from the home screen. If necessary, you can add the glance to the glance list (*Customizing the Glances*, page 62).
   - Select **Browse Map** to navigate to a location on the map.
   - Select **Courses** to navigate using a saved course (*Courses*, page 20).
   - Select **Recent Finds** to navigate to one of the last 50 locations you have found.
   - Select **Categories** to navigate to a point of interest, city, address, intersection, or known coordinates.
   - Select **Saved Locations** to navigate to a saved location.
   - Select ⋮ > **Searching near:** to narrow your search area.

   You can also use the voice command feature for many of these options, such as saved locations or a point of interest category (*Using Voice Commands*, page 37).
3. Select a location.
4. Select **View Routes**.
   The bike computer calculates possible routes, which appear as colored lines on the map.



5 Select a route to view it on the map.
TIP: You can select ❮ and ❯ to view the other routes.
6 Select **Ride**.
7 Press ▮▶ to start the activity timer.
8 Follow the on-screen instructions.



Navigating Back to Start

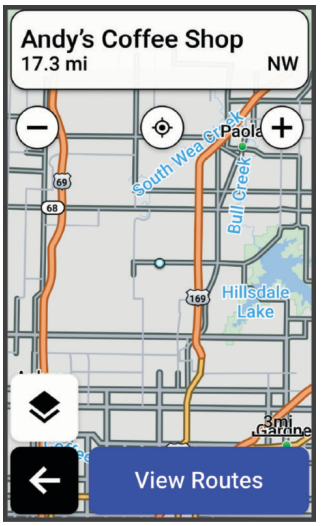
At any point during your ride, you can return to the starting point.

1 Go for a ride (*Going for a Ride*, page 9).
2 Tap the screen to view the timer overlay.
3 Select ☑☰ > **Back to Start**.
4 Select **Along Same Route** or **Most Direct Route**.
5 If necessary, select ❮ and ❯ to view and select a route.
6 Select **Ride**.
The bike computer navigates you back to the starting point of your ride.

Starting a Ride From a Shared Location

You can use the Garmin Connect™ app to share a location from Apple® Maps to your Edge® bike computer, and navigate to that location (*Sharing a Location From a Map Using the Garmin Connect™ App*, page 19).

1 Select the shared location information from the dynamic area on the home screen.
Your Edge bike computer displays a map with the shared location.



TIP: The location is saved in the **Navigation** > **Recent Finds** menu.

2. Select **View Routes**.
   The bike computer calculates possible routes, which appear as colored lines on the map.
3. Select ❮ and ❯ to view and select a route.
4. Select **Ride**.
5. Press ▶ to start the activity timer.
6. Follow the on-screen instructions.

Navigating to a Shared Location During a Ride

This feature is designed for rides using GPS. If you are riding with an Indoor activity profile where navigation is disabled, select ✓ to dismiss the notification.

TIP: The location is saved in the **Navigation** > **Recent Finds** menu.

You can receive shared locations on your Edge® bike computer and navigate to those locations (*Sharing a Location From a Map Using the Garmin Connect™ App*, page 19).

1. Start a ride (*Going for a Ride*, page 9).
   Your Edge bike computer displays a notification indicating the name of a shared location.
2. Select ✓ to navigate to the shared location.
3. Follow the on-screen instructions to proceed to your destination.

Stopping Navigation

1. Tap the screen.
2. Select **Stop Navigation** > ✓.

Editing Locations

1. Select **Navigation** > **Saved Locations**.
2. Select a location.
3. Select the information bar at the top of the screen.
4. Select ⋮.
5. Select an option.
   For example, select Change Elevation to enter a known altitude for the location.
6. Enter the new information, and select ✓.

Deleting a Location

1. Select **Navigation** > **Saved Locations**.
2. Select a location.
3. Select the location information at the top of the screen.
4. Select ⋮ > **Delete Location** > ✓.

Sharing a Location From a Map Using the Garmin Connect™ App

NOTICE

It is your responsibility to use discretion when sharing location information with others. Always ensure you are aware of and comfortable with the individual with whom you share location information.

NOTE: This feature is available only if your course-compatible Garmin® device is connected to an iPhone® device using Bluetooth® technology.

You can share location information and data from Apple® Maps to your compatible Garmin device.

1. From Apple Maps, select a location.
2. Select > .
3. If necessary, from the Garmin Connect app, select the Garmin device.

   A notification appears in the Garmin Connect app indicating that the location is now available on your device (*Starting a Ride From a Shared Location*, page 17).

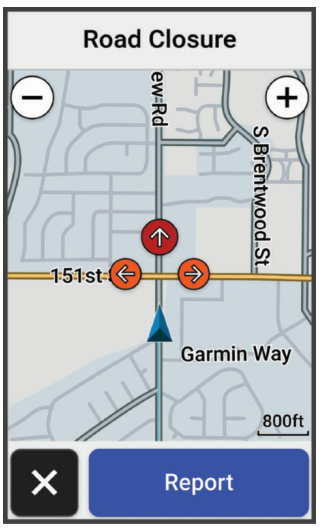
Reporting a Hazard

⚠ WARNING

This feature allows users to submit information about potential hazards on their ride. Garmin® makes no representations about the accuracy, completeness, or timeliness of information submitted by users. Remain aware of your surroundings and defer to any posted guidance available during your ride. Failure to remain aware of your surroundings could result in property damage or personal injury.

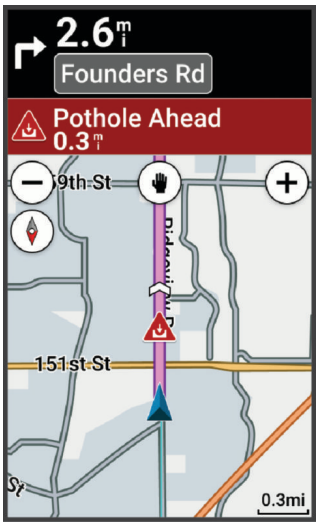
At any point during your ride, you can report a hazard that might be hazardous to cyclists, such as potholes, unleashed dogs, or fallen trees. You can also confirm a hazard on the Edge® bike computer or report that a hazard is no longer present. Hazards expire after they have not been reported for a period of time.

1. Go for a ride (*Going for a Ride*, page 9).
2. Tap the screen to view the timer overlay.
3. Select .
4. Select the type of hazard.
5. For a road closure, select an arrow to mark the road closure on the map.



6. Select **Report**.

   The hazard appears on the navigation map, and the Edge bike computer sounds an audible alert (*Alerts and Prompts Settings*, page 58).



NOTE: You can also use the voice command feature to report a hazard. For example, you can say **OK Garmin**, **Report a pothole** (*Using Voice Commands*, page 37).

Courses

⚠ WARNING

This feature allows users to download routes created by other users. Garmin® makes no representations about the safety, accuracy, reliability, completeness, or timeliness of routes created by third parties. Any use or reliance on routes created by third parties is at your own risk.

You can send a course from your Garmin Connect™ account to your device. After it is saved to your device, you can navigate the course on your device. You can also create a custom course on your device.

You can follow a saved course simply because it is a good route. For example, you can save and follow a bike friendly commute to work. You can also follow a saved course, trying to match or exceed previously set performance goals.

Planning and Riding a Course

You can create and ride a custom course. A course is a sequence of waypoints or locations that leads you to your final destination.

TIP: You can also create a custom course in the Garmin Connect™ app and send it to your device (*Following a Course From Garmin Connect™*, page 22).

1. Select **Courses** > ➕ > **Course Creator**.
2. Select an option:
   - To select your current location on the map, select **Current Location**.
   - To select a location on the map, select **Use Map**, and select a location.
   - To select a saved location, select **Saved & Recent** > **Saved Locations**, and select a location.
   - To select a location for which you recently searched, select **Saved & Recent** > **Recent Finds**, and select a location.
   - To browse for and select a point of interest, select **Points of Interest**, and select a nearby point of interest.
   - To select a city, select **Cities**, and select a nearby city.
   - To select an address, select **Search Tools** > **Addresses**, and enter the address.
   - To select an intersection, select **Search Tools** > **Intersections**, and enter the street names.
   - To use coordinates, select **Search Tools** > **Coordinates**, and enter the coordinates.
3. If prompted, select ➕ to add the location to the course.

   A map of the course appears.
4. From the map, select an option to continue adding locations:
   - Select 📍 > ➕ to add another location using the map.
   - Select ⋮ to search for another location.
   - Select ↩ to undo the previously added location.

5 Repeat steps 2 through 4 until you have selected all locations for the route.
6 If necessary, swipe up from the bottom of the screen, and select an option:
   - Hold ≡ on a location, and drag it to reorder the list.
   - Swipe left and select 🗑 to remove a location.
7 If necessary, select an option:
   - To calculate the route with the same route back to the start location, select ⋮ > **Out and Back**.
   - To calculate the route with a different route back to the start location, select ⋮ > **Loop to Start**.
8 Select **Save**.
9 Enter a name for the course.
10 Select ✓ > **Ride**.

Creating and Riding a Round-Trip Course

The device can create a round-trip course based on a specified distance, starting location, and direction of navigation.

1 Select **Courses** > ✚ > **Round-Trip Course**.
2 Select **Distance**, and enter the total distance for the course.
3 Select **Start Location**.
4 Select an option:
   - To select your current location, select **Current Location**.
   - To select a location on the map, select **Use Map**, and select a location.
   - To select a saved location, select **Saved Locations**, and select a location.
   - To select a location for which you recently searched, select **Recent Finds**, and select a location.
   - To browse for and select a point of interest, select **Points of Interest**, and select a nearby point of interest.
   - To select an address, select **Search Tools** > **Addresses**, and enter the address.
   - To select an intersection, select **Search Tools** > **Intersections**, and enter the street names.
   - To use coordinates, select **Search Tools** > **Coordinates**, and enter the coordinates.
5 Select **Start Direction**, and select a direction heading.
6 Select **Search**.

   TIP: You can select ↻ to search again.
7 Select a course to view it on the map.

   TIP: You can select ❮ and ❯ to view the other courses.
8 Select **Save**.
9 Enter a name for the course.
10 Select ✓ > ←.
11 Select **Ride**.

Creating a Course from a Recent Ride

You can create a new course from a ride you saved on this Edge® device.

1 Select **History** > **Rides**.
2 Select a ride.
3 Select ⋮ > **Save Ride as Course**.
4 Enter a name for the course, and select ✓.

Reversing a Course

Before you can reverse the direction of a course, you must create and calculate a course with at least one location (*Planning and Riding a Course*, page 20).

You can switch the start and end points of your course to navigate in reverse.

1 Select **Courses**.
2 Select a course.
3 Select ⋮ > **Copy and Reverse**.

The bike computer reverses the direction of navigation, and a map of the course appears with a new course name.

TIP: You can select ⋮ > **Rename**, and enter a new name.

Following a Course From Garmin Connect™

Before you can download a course from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect*, page 51).

1. Select an option:
   - Open the Garmin Connect app.
   - Go to **connect.garmin.com**.
2. Create and save a new course, or select an existing course.
3. Select an option:
   - On the Garmin Connect app, select .
   - On the Garmin Connect website, select **Send to Device**.
4. Select your Edge® bike computer.
5. Select an option:
   - Sync your device with the Garmin Connect app.
   - Sync your device using the Garmin Express™ application.

   On your device, the course appears on the dynamic area of the home screen.
6. Select the course.

   NOTE: If necessary, you can select **Courses** to select a different course.
7. Select **Ride**.

Tips for Riding a Course

- Use turn guidance (*Course Settings*, page 23).
- If you include a warmup, press ▶ to begin the course, and warm up as normal.
- Stay away from your course path as you warm up.

  When you are ready to begin, head toward your course. When you are on any part of the course path, a message appears.
- Scroll to the map to view the course map.

  If you stray from the course, a message appears.

Viewing Course Details

1. Select **Courses**.
2. Select a course.
3. Select an option:

   NOTE: Not all options are available for all courses.
   - Select the course to view the course on the map.

     TIP: From the map, you can select ☰ to enable map overlay information, such as course points and road hazards.
   - Select the elevation graph to view an elevation plot of the course.
   - Select **Summary** to view details about the course.
   - Select **Climbs** to view **ClimbPro** details for each climb (*Using ClimbPro*, page 23).
   - Select **Course Points** to view all the points along the course.

Displaying a Course on the Map

For each course saved to your device, you can customize how it appears on the map. For example, you can set your commute course to always display on the map in yellow. You can have an alternate course display in green. This allows you to see the courses while you are riding, but not follow or navigate a particular course.

1. Select **Courses**.
2. Select the course.
3. Select ⋮.
4. Select **Always Display** to make the course appear on the map.
5. Select **Color**, and select a color.

6 Select **Course Points** to include course points on the map.

The next time you ride near the course, it appears on the map.

Course Settings

Select **Courses** > ⋮.

Turn Guidance: Enables or disables turn prompts.

Off Course Warnings: Alerts you if you stray from the course.

Suggested Finish: Enables your bike computer to estimate the distance and time for the end of a course. This is helpful if you forget to stop your activity timer at the end of a race.

Share: Enables you to use Garmin Share to share a course with another compatible Garmin® device (*Garmin® Share*, page 50).

Delete: Allows you to delete all or multiple saved courses from the device.

TIP: You can select ← to view saved courses and search for saved courses by name in the search box. You can also sort saved courses by name, date, distance, or proximity.

Rerouting a Course

You can choose how the device recalculates the route when you go off course.

When you go off course, select an option:

- To pause navigation until you get back on course, select **Pause Navigation**.
- To choose from rerouting suggestions, select **Re-route**.

The first rerouting option is the shortest route back to the course and starts automatically after 10 seconds.

Stopping a Course

1 Tap the screen to view the timer overlay.

2 Select **Stop Course** > ✓.

TIP: If you are no longer on the course, you can select ☑☰ > **Stop Course** > ✓.

Deleting a Course

1 Select **Navigation** > **Courses**.

2 Swipe left on a course.

3 Select 🗑.

Using ClimbPro

The ClimbPro feature helps you manage your effort for upcoming climbs. You can view details about the climbs, including when they occur, average gradient, and total ascent. The climb scores, based on length and gradient, are indicated by color.

TIP: Climbs also appear in the course details (*Viewing Course Details*, page 22).

1 From the main menu, enable the ClimbPro feature for the activity profile (*Training Settings*, page 56).

2 Select **Climb Detection**.

3 Select the climb categories to include, based on difficulty (*Climb Categories*, page 24).

4 Select **Mode**.

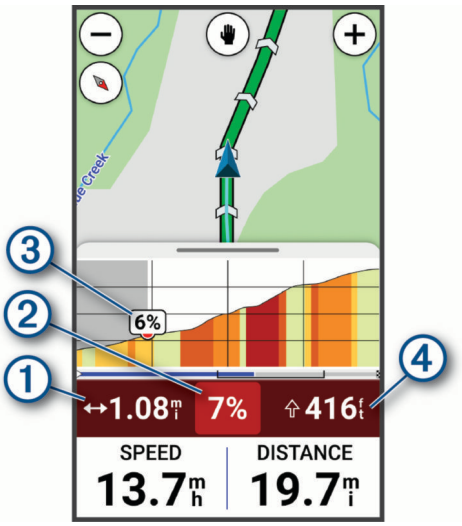
5 Select an option:

- Select **When Navigating** to use ClimbPro only when you are following a course (*Courses*, page 20) or navigating to a destination (*Navigating to a Location*, page 16).
- Select **Always** to use ClimbPro with all rides.

6 Select **Terrain Type**, and select an option.

7 Go for a ride.

At the start of a climb, the ClimbPro screen appears automatically.



①	Distance remaining in the current climb
②	Average gradient remaining in the current climb
③	Current gradient
④	Ascent remaining in the current climb

After you save the ride, you can view the climb splits in your ride history.

Climb Categories

Climb categories are determined by climb score, which is calculated using the grade multiplied by the length of the climb. A climb must have a length of at least 500 meters and an average grade of at least 3 percent to be considered a climb.

Category	Climb Score	Color
Hors Category (HC)	Greater than 80,000	
Category 1	Greater than 64,000	
Category 2	Greater than 32,000	
Category 3	Greater than 16,000	
Category 4	Greater than 8,000	
Uncategorized	Greater than 1,500	

Map Settings

Select ☰ > **Activity Profiles**, select a profile, and select **Navigation** > **Map**.

Orientation: Sets how the map is shown on the page.

Auto Zoom: Automatically selects a zoom level for the map. When toggled off, you must zoom in or out manually.

Guide Text: Sets when the turn-by-turn navigation prompts are shown (requires routable maps).

Appearance: Customizes the appearance settings on the map (*Map Appearance Settings*, page 24).

Configure Maps: Enables or disables the maps currently loaded on the bike computer. You can select ⚙ to open the map manager (*Managing Maps*, page 25).

NOTE: This setting is available only with the Edge® Explore 3 Plus bike computer.

Map Information: Indicates the enabled maps currently loaded on the Edge Explore 3 bike computer.

Map Appearance Settings

Select ☰ > **Activity Profiles**, select a profile, and select **Navigation** > **Map** > **Appearance**.

Popularity Map: Highlights popular roads or trails for your ride type. The darker the road or trail, the more popular.

High Contrast: Sets the map to display data with higher contrast, for better visibility in challenging environments.

Map Detail: Sets the level of detail shown on the map.
Color Mode: Adjusts the appearance of the map for your ride type.
History Line Color: Allows you to change the line color of the path you have traveled.
Advanced: Allows you to set zoom levels and text size, and enable shaded relief and contours.
Reset Map Default: Resets the map appearance to the default settings.

Changing the Map Orientation

1 Select ☰ > **Activity Profiles**.
2 Select a profile.
3 Select **Navigation** > **Map** > **Orientation**.
4 Select an option:
- Select **North Up** to show north at the top of the page.
- Select **Track Up** to show your current direction of travel at the top of the page.

Managing Maps

Before you can manage your map data, you must connect to a Wi-Fi® network (*Setting Up Wi-Fi® Connectivity*, page 53).
NOTE: Wi-Fi connectivity and this map feature are available only with the Edge® Explore 3 Plus bike computer.
You can view, update, and delete the downloaded maps on your Edge bike computer.

1 Select ☰ > **Settings** > **System** > **Map Manager**.
2 Select an option:
- To update a map, select **Cycling Maps** or **Other Maps**, select a map, and select **Download Update**.
  TIP: When an update is available, the notification appears under the map name.
- To download a new map, select ✚, select a map, and select **Download Update**. When the download is complete, select **Install Update** > ✓
- To delete a map, select **Cycling Maps** or **Other Maps**, select a map, and select ⋮ > **Remove** > ✓.
  NOTE: Some preloaded maps cannot be deleted.

Route Settings

Select ☰ > **Activity Profiles**, select a profile, and select **Navigation** > **Routing**.
Routing Mode: Sets the transportation method to optimize your route.
Route Preference: Sets the method used to calculate your route.
Lock on Road: Locks the position icon, which represents your position on the map, onto the nearest road.
Avoidance Setup: Sets the road items to avoid while navigating.
Course Recalculation: Sets the recalculation method when you deviate from the course.
Route Recalculation: Sets the recalculation method when you deviate from the route.

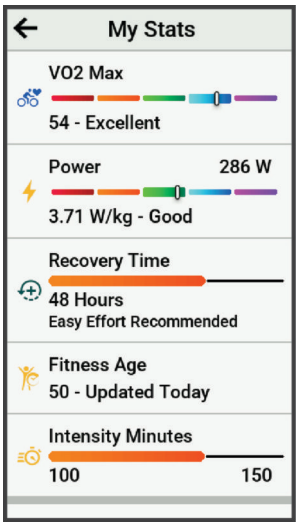
Selecting an Activity for Route Calculation

You can set the device to calculate the route based on activity type.

1 Select ☰ > **Activity Profiles**.
2 Select a profile.
3 Select **Navigation** > **Routing** > **Routing Mode**.
4 Select an option to calculate your route.
For example, you can select Road Cycling for on-road navigation or Mountain Biking for off-road navigation.

My Stats

The Edge® Explore 3 bike computer can track your personal statistics and calculate performance measurements. Performance measurements require a compatible heart rate monitor, power meter, or smart trainer.



Performance Measurements

These performance measurements are estimates that can help you track and understand your training activities and race performances. The measurements require a few activities using wrist-based heart rate or a compatible chest heart rate monitor. Cycling performance measurements require a heart rate monitor and a power meter.

These estimates are provided and supported by Garmin Human Performance Lab™. For more information, go to www.garmin.com/garmin-technology/cycling-science.

The estimates may seem inaccurate at first. The device requires you to complete a few activities to learn about your performance.

VO2 max.: VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance.

Recovery time: The recovery time displays how much time remains before you are fully recovered and ready for the next hard workout.

Functional threshold power (FTP): The device uses your user profile information from the initial setup to estimate your FTP. For a more accurate rating, you can conduct a guided test.

Power curve: The power curve displays your sustained power output over time. You can view your power curve for the previous month, three months, or twelve months.

About VO2 Max. Estimates

VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. In simple terms, VO2 max. is an indication of athletic performance and should increase as your level of fitness improves. You can use your Garmin® device paired with a compatible heart rate monitor and power meter to display your cycling VO2 max. estimate.

VO2 max. data is provided by Garmin Human Performance Lab™. VO2 max. analysis is provided with permission from The Cooper Institute®. For more information, see the appendix (*VO2 Max. Standard Ratings*, page 78), and go to www.CooperInstitute.org.

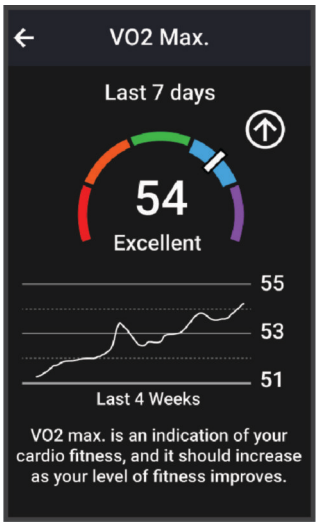
Getting Your VO2 Max. Estimate

Before you can view your VO2 max. estimate, you must put on the heart rate monitor, install the power meter, and pair them with your device (*Pairing Your Wireless Sensors*, page 32). For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile*, page 56), and set your maximum heart rate (*Setting Your Heart Rate Zones*, page 30).

NOTE: The estimate may seem inaccurate at first. The device requires a few rides to learn about your cycling performance.

1. Ride at a steady, high intensity for at least 20 minutes.
2. After your ride, select **Save**.
3. Select ☰ > **My Stats** > **VO2 Max.**.

Your VO2 max. estimate appears as a number and position on the color gauge.



Purple	Superior
Blue	Excellent
Green	Good
Orange	Fair
Red	Poor

VO2 max. data and analysis is provided with permission from The Cooper Institute®. For more information, see the appendix (*VO2 Max. Standard Ratings*, page 78), and go to www.CooperInstitute.org.

Tips for Cycling VO2 Max. Estimates

The success and accuracy of the VO2 max. calculation improves when your ride is a sustained and moderately hard effort, and where heart rate and power are not highly variable.

- Before your ride, check that your device, heart rate monitor, and power meter are functioning properly, paired, and have good battery life.
- During your 20 minute ride, maintain your heart rate at greater than 70% of your maximum heart rate.
- During your 20 minute ride, maintain a fairly constant power output.
- Avoid rolling terrain.
- Avoid riding in groups where there is a lot of drafting.

About Training Effect

Training Effect measures the impact of an activity on your aerobic and anaerobic fitness. Training Effect accumulates during the activity. As the activity progresses, the Training Effect value increases. Training Effect is determined by your user profile information and training history, and heart rate, duration, and intensity of your activity. There are seven different Training Effect labels to describe the primary benefit of your activity. Each label is color coded and corresponds to your training load focus. Each feedback phrase, for example, "Highly Impacting VO2 Max." has a corresponding description in your Garmin Connect™ activity details.

Aerobic Training Effect uses your heart rate to measure how the accumulated intensity of an exercise affects your aerobic fitness and indicates if the workout had a maintaining or improving effect on your fitness level. Your excess post-exercise oxygen consumption (EPOC) accumulated during exercise is mapped to a range of values that account for your fitness level and training habits. Steady workouts at moderate effort or workouts involving longer intervals (>180 seconds) have a positive impact on your aerobic metabolism and result in an improved aerobic Training Effect.

Anaerobic Training Effect uses heart rate and speed (or power) to determine how a workout affects your ability to perform at very high intensity. You receive a value based on the anaerobic contribution to EPOC and the type of activity. Repeated high-intensity intervals of 10 to 120 seconds have a highly beneficial impact on your anaerobic capability and result in an improved anaerobic Training Effect.

You can add Aerobic Training Effect and Anaerobic Training Effect as data fields to one of your training screens to monitor your numbers throughout the activity.

Training Effect	Aerobic Benefit	Anaerobic Benefit
From 0.0 to 0.9	No benefit.	No benefit.
From 1.0 to 1.9	Minor benefit.	Minor benefit.
From 2.0 to 2.9	Maintains your aerobic fitness.	Maintains your anaerobic fitness.
From 3.0 to 3.9	Impacts your aerobic fitness.	Impacts your anaerobic fitness.
From 4.0 to 4.9	Highly impacts your aerobic fitness.	Highly impacts your anaerobic fitness.
5.0	Overreaching and potentially harmful without enough recovery time.	Overreaching and potentially harmful without enough recovery time.

Training Effect technology is provided and supported by Garmin Human Performance Lab™. For more information, go to garmin.com/performance-data.

Recovery Time

You can use your Garmin® device with wrist-based heart rate or a compatible chest heart rate monitor to display how much time remains before you are fully recovered and ready for the next hard workout.

The recovery time recommendation uses your VO2 max. estimate and may seem inaccurate at first. The device requires you to complete a few activities to learn about your performance.

The recovery time appears immediately following an activity. The time counts down until it is optimal for you to attempt another hard workout. The device updates your recovery time throughout the day based on changes in sleep, stress, relaxation, and physical activity.

Viewing Your Recovery Time

Before you can use the recovery time feature, you must have a Garmin® device with wrist-based heart rate or a compatible chest heart rate monitor paired with your device (*Pairing Your Wireless Sensors*, page 32). If your device was packaged with a heart rate monitor, the device and sensor are already paired. For the most accurate estimate, complete the user profile setup (*Setting Up Your User Profile*, page 56), and set your maximum heart rate (*Setting Your Heart Rate Zones*, page 30).

1. Select ☰ > **My Stats** > **Recovery Time** > ⋮ > **Enable**.
2. Go for a ride.
3. After your ride, select **Save**.

   The recovery time appears. The maximum time is 4 days, and the minimum time is 6 hours.

Getting Your FTP Estimate

The device uses your user profile information from the initial setup to estimate your functional threshold power (FTP). For a more accurate FTP value, you can conduct an FTP test using a paired power meter and heart rate monitor.

Select ☰ > **My Stats** > **Power** > **FTP**.

Your FTP estimate appears as a value measured in watts per kilogram, your power output in watts, and a position on the color gauge.



Purple	Superior
Blue	Excellent
Green	Good
Orange	Fair
Red	Untrained

For more information, see the appendix (*FTP Ratings*, page 78).

Automatically Calculating FTP

Before the device can calculate your functional threshold power (FTP), you must have a paired power meter and heart rate monitor (*Pairing Your Wireless Sensors*, page 32).

The estimate may seem inaccurate at first. The device requires a few rides to learn about your cycling performance.

1. Select > **My Stats** > **Power** > **FTP** > > **Auto Detect FTP**.
2. Ride at a steady, high intensity for at least 20 minutes outdoors.
3. After your ride, select **Save**.
4. Select > **My Stats** > **Power** > **FTP**.

   Your FTP appears as a value measured in watts per kilogram, your power output in watts, and a position on the color gauge.

Viewing Your Power Curve

Before you can view your power curve, you must pair your power meter with your device (*Pairing Your Wireless Sensors*, page 32).

The power curve displays your sustained power output over time. You can view your power curve for the previous month, three months, or twelve months.

1. Select > **My Stats** > **Power**.
2. Swipe left to view your power curve.
3. Select to select a time period.
4. Select a time period.

Syncing Activities and Performance Measurements

You can sync activities and performance measurements from other Garmin® devices to your Edge® Explore 3 bike computer using your Garmin Connect™ account. This allows your device to more accurately reflect your training status and fitness. For example, you can record a run with a Forerunner® watch, and view your activity details and overall training load on your Edge Explore 3 bike computer.

Sync your Edge Explore 3 bike computer and other Garmin devices to your Garmin Connect account.

TIP: You can set a primary training device and primary wearable in the Garmin Connect app (*Unified Training Status*, page 51).

Recent activities and performance measurements from your other Garmin devices appear on your Edge Explore 3 bike computer.

Turning Off Performance Notifications

Performance notifications are turned on by default. Some performance notifications are alerts that appear upon completion of your activity. Some performance notifications appear during an activity or when you achieve a new performance measurement, such as a new VO2 max. estimate.

1. Select > **My Stats** > **Performance Notifications**.
2. Select an option.

Viewing Your Fitness Age

Before the device can calculate an accurate fitness age, you must complete the user profile setup in the Garmin Connect™ app.

Your fitness age gives you an idea of how your fitness compares with a person of the same sex. Your device uses information, such as your age, body mass index (BMI), resting heart rate data, and vigorous activity history to provide a fitness age. If you have an Index™ scale, your device uses the body fat percentage metric instead of BMI to determine your fitness age. Exercise and lifestyle changes can impact your fitness age.

Select ☰ > **My Stats** > **Fitness Age**.

Viewing Intensity Minutes

Before the device can calculate your intensity minutes, you must pair your device and go for a ride with a compatible heart rate monitor (*Pairing Your Wireless Sensors*, page 32).

To improve your health, organizations such as the World Health Organization recommend at least 150 minutes per week of moderate intensity activity or 75 minutes per week of vigorous intensity activity. The Edge® bike computer, when paired with a heart rate monitor, tracks your time spent participating in moderate to vigorous activities, your weekly intensity minutes goal, and progress toward your goal.

Select ☰ > **My Stats** > **Intensity Minutes**.

Personal Records

When you complete a ride, the device displays any new personal records you achieved during that ride. Personal records include your fastest time over a standard distance, longest ride, and most ascent gained during a ride. When paired with a compatible power meter, the device displays the maximum power reading recorded during a 20-minute period.

Viewing Your Personal Records

Select ☰ > **My Stats** > **Personal Records**.

Reverting a Personal Record

You can set each personal record back to the one previously recorded.

1. Select ☰ > **My Stats** > **Personal Records**.
2. Select a record to revert.
3. Select **Previous Record** > ✓.

NOTE: This does not delete any saved activities.

Deleting a Personal Record

1. Select ☰ > **My Stats** > **Personal Records**.
2. Select a personal record.
3. Select 🗑 > ✓.

Training Zones

- Heart rate zones (*Setting Your Heart Rate Zones*, page 30)
- Power zones (*Setting Your Power Zones*, page 31)

Setting Your Heart Rate Zones

The device uses your user profile information from the initial setup to determine your heart rate zones. You can manually adjust the heart rate zones according to your fitness goals (*Fitness Goals*, page 31). For the most accurate calorie data during your activity, you should set your maximum heart rate, resting heart rate, and heart rate zones.

1. Select ☰ > **My Stats** > **Training Zones** > **Heart Rate Zones**.
2. Enter your maximum, lactate threshold, and resting heart rate values.

   You can use the auto detect feature to automatically detect your heart rate during an activity. The zone values update automatically, but you can also edit each value manually.
3. Select **Based On:**.
4. Select an option:
   - Select **BPM** to view and edit the zones in beats per minute.
   - Select **% Max.** to view and edit the zones as a percentage of your maximum heart rate.
   - Select **% HRR** to view and edit the zones as a percentage of your heart rate reserve (maximum heart rate minus resting heart rate).
   - Select **%LTHR** to view and edit the zones as a percentage of your lactate threshold heart rate.

About Heart Rate Zones

Many athletes use heart rate zones to measure and increase their cardiovascular strength and improve their level of fitness. A heart rate zone is a set range of heartbeats per minute. The five commonly accepted

heart rate zones are numbered from 1 to 5 according to increasing intensity. Generally, heart rate zones are calculated based on percentages of your maximum heart rate.

Fitness Goals

Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles.

- Your heart rate is a good measure of exercise intensity.
- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.

If you know your maximum heart rate, you can use the table (*Heart Rate Zone Calculations*, page 79) to determine the best heart rate zone for your fitness objectives.

If you do not know your maximum heart rate, use one of the calculators available on the Internet. Some gyms and health centers can provide a test that measures maximum heart rate. The default maximum heart rate is 220 minus your age.

Setting Your Power Zones

The values for the zones are default values and may not match your personal abilities. You can manually adjust your zones on the device or using Garmin Connect™. If you know your functional threshold power (FTP) value, you can enter it and allow the software to calculate your power zones automatically.

1. Select ☰ > **My Stats** > **Training Zones** > **Power Zones**.
2. Enter your FTP value.
3. Select **Based On:**.
4. Select an option:
   - Select **watts** to view and edit the zones in watts.
   - Select **% FTP** to view and edit the zones as a percentage of your functional threshold power.
5. Select **Configuration** to edit the number of power zones.
   The zone values update automatically, but you can also edit each value manually.

Wireless Sensors

Your Edge® bike computer can be paired and used with wireless sensors using ANT+® or Bluetooth® technology (*Pairing Your Wireless Sensors*, page 32). After the devices are paired, you can customize the optional data fields (*Adding a Data Screen*, page 57).

For information about specific Garmin® sensor compatibility, purchasing, or to view the owner's manual, go to garmin.com for that sensor.

Sensor Type	Description
eBike	You can use your device with your eBike, such as the Bosch® Smart System or Shimano® eBike system, and view bike data, such as battery and shifting information, during your rides (*Viewing eBike Sensor Details*, page 35).
Edge Remote	You can control your Edge bike computer with the Edge remote, including starting the activity timer, marking laps, and scrolling through data screens.
Extended Display	You can use the Extended Display mode to display data screens from your compatible Garmin watch on a compatible Edge bike computer during a ride or triathlon (*Setting Up Extended Display Mode*, page 64).
Heart Rate	You can use an external sensor, such as the HRM 200, HRM 600, HRM-Dual™, HRM-Fit™, or HRM-Pro™ series heart rate monitor, to view heart rate data during your activities. You can also broadcast heart rate data from your Garmin compatible watch and view it on your paired Edge bike computer (*Broadcasting Heart Rate Data*, page 33).
inReach	The inReach® remote function allows you to control your inReach satellite communicator using your Edge bike computer (*Using the inReach® Remote*, page 36).
Lights	You can use Varia™ smart bike lights to improve situational awareness. With a Varia headlight camera, you can also take photos and record video during a ride (*Using the Varia™ Camera Controls*, page 34).
Power	You can use the Rally™ or Vector™ power meter bike pedals to view power data on your device. You can adjust the power zones to match your goals and abilities (*Setting Your Power Zones*, page 31), or use range alerts to be notified when you reach a specified power zone (*Setting Range Alerts*, page 59).
Radar	You can use a Varia rearview bike radar to improve situational awareness and send alerts about approaching vehicles. With a Varia radar camera tail light, you can also take photos and record video during a ride (*Using the Varia™ Camera Controls*, page 34).
Smart Trainer	You can use your bike computer with an indoor bike smart trainer to simulate resistance while following a course or ride (*Using an Indoor Trainer*, page 13).
Speed/ Cadence	You can attach speed or cadence sensors to your bike and view the data on your bike computer during your ride. If necessary, you can manually enter your wheel circumference (*Wheel Size and Circumference*, page 79).
Tempe	You can attach the tempe™ temperature sensor to a secure strap or loop where it is exposed to ambient air, so it provides a consistent source of accurate temperature data.
VIRB	The VIRB® remote function allows you to control your VIRB action camera using your bike computer.

Pairing Your Wireless Sensors

The first time you connect a wireless sensor to your device using ANT+® or Bluetooth® technology, you must pair the device and sensor. After they are paired, the Edge® bike computer connects to the sensor automatically when you start an activity and the sensor is active and within range. For more information about connection types, go to garmin.com/hrm_connection_types.

If your device was packaged with a sensor, they are already paired.

1. Put on the heart rate monitor, install the sensor, or press the button to wake up the sensor.
   NOTE: See your wireless sensor owner's manual for pairing information.
2. Bring the device within 3 m (10 ft.) of the sensor.
   Stay 10 m (33 ft.) away from other riders' sensors while pairing.
3. Select ☰ > **Sensors** > **Add Sensor**.
4. Select an option:
   - Select a sensor type.
   - Select **Search All** to search for all nearby sensors.

   A list of available sensors appears.
5. Select one or more sensors to pair with your device.

6 Select +.

When the sensor is paired with your device, the sensor status is Connected. You can customize a data field to display sensor data.

Wireless Sensor Battery Life

After you go for a ride, battery life levels for the wireless sensors that were connected during the activity appear. The list is sorted by battery level.

Broadcasting Heart Rate Data

You can broadcast your heart rate data from your Garmin® watch and view it on your Edge® bike computer. Broadcasting heart rate data decreases battery life.

TIP: You can customize the activity settings on your watch to broadcast your heart rate data automatically when you begin an activity. See the owner's manual for your watch for more information.

1 On the bike computer, select ☰ > **Sensors** > **Add Sensor** > **Heart Rate**.

NOTE: You can also swipe down from the top of the screen to open the status widget, and select **Sensors** > **Add Sensor** > **Heart Rate**.

The first time you broadcast heart rate data, you must pair the watch and bike computer, and connect both devices to Garmin Connect™. After they are paired, the Edge bike computer connects to the watch automatically and begins receiving heart rate data from the watch when both devices are active and within range.

2 On the watch, turn on **Broadcast HR**.

3 When the sensor appears on the bike computer, select +.

4 Select ✓ to pair using a secure Bluetooth® connection.

NOTE: You can select ✕ to pair using an open Bluetooth connection. For more information about connection types, go to garmin.com/hrm_connection_types.

5 Confirm that the PINs match, and select ✓ on both devices.

The watch starts broadcasting your heart rate data.

6 Select ✓ to add a custom heart rate data screen to the bike computer (optional).

Data Averaging for Cadence or Power

The non-zero data-averaging setting is available if you are training with an optional cadence sensor or power meter. The default setting excludes zero values that occur when you are not pedaling.

You can change the value of this setting (*Data Recording Settings*, page 64).

Training with Power Meters

- Go to **garmin.com/intosports** for a list of power meters that are compatible with your Edge® bike computer (such as Rally™ and Vector™ systems).
- For more information, see the owner's manual for your power meter.
- Adjust your power zones to match your goals and abilities (*Setting Your Power Zones*, page 31).
- Use range alerts to be notified when you reach a specified power zone (*Setting Range Alerts*, page 59).
- Customize the power data fields (*Adding a Data Screen*, page 57).

Calibrating Your Power Meter

Before you can calibrate your power meter, you must install it, pair it with your device, and ensure the power meter is actively transmitting data.

For calibration instructions specific to your power meter, see the manufacturer's instructions.

1 Select ☰ > **Sensors**.

2 Select your power meter.

3 Select **Calibrate**.

TIP: Keep your power meter active until the message appears.

4 Follow the on-screen instructions.

Pedal-Based Power

The Rally™ system measures pedal-based power.

Rally system measures the force you apply a few hundred times every second. Rally system also measures your cadence or rotational pedaling speed. By measuring the force, the direction of force, the rotation of the crank arm, and time, the Rally system can determine power (watts).

Updating the Rally™ System Software Using the Edge® Bike Computer

Before you can update the software, you must pair your Edge bike computer with your Rally system.

1. Send your ride data to your Garmin Connect™ account (*Sending Your Ride to Garmin Connect™*, page 52).
   Garmin Connect automatically looks for software updates and sends them to your Edge bike computer.
2. Bring your Edge bike computer within range (3 m) of the power meters.
3. Rotate the crank arm a few times. The Edge bike computer prompts you to install all pending software updates.
4. Follow the on-screen instructions.

Situational Awareness

⚠ WARNING

The Varia™ line of cycling awareness products can improve situational awareness. They are not a replacement for cyclist attentiveness and good judgment. Always maintain awareness of your surroundings, and operate the bicycle in a safe manner. Failure to do so could result in serious injury or death.

Your Edge® bike computer can be used with the Varia line of cycling awareness products (*Wireless Sensors*, page 32). See the owner's manual for your accessory for more information.

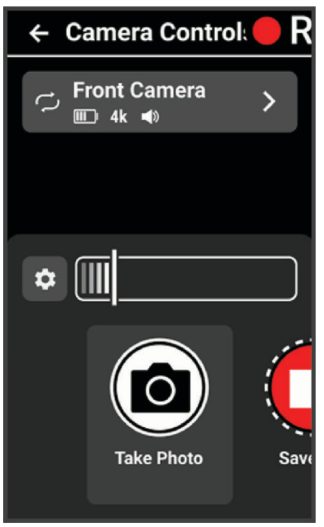
Using the Varia™ Camera Controls

NOTICE

Some jurisdictions may prohibit or regulate the recording of video, audio, or photographs, or may require that all parties have knowledge of the recording and provide consent. It is your responsibility to know and follow all laws, regulations, and any other restrictions in jurisdictions where you plan to use this device.

Before you can use the Varia camera controls, you must pair the accessory with your bike computer (*Pairing Your Wireless Sensors*, page 32).

1. Tap the screen to view the timer overlay, and select ❯.
   TIP: You can also control the camera using the quick action buttons on the timer overlay.
   The bike computer displays the camera controls, as well as the recording mode, battery status, video resolution, and audio status of all connected cameras.



2. Select an option:
   - Select **Headlight Camera** or **Radar Camera** to customize the camera settings.
   - Select ⚙ to customize the quick action buttons that appear on the timer overlay.
   - Select **Take Photo**, **Save Clip**, or **Film Ride**.

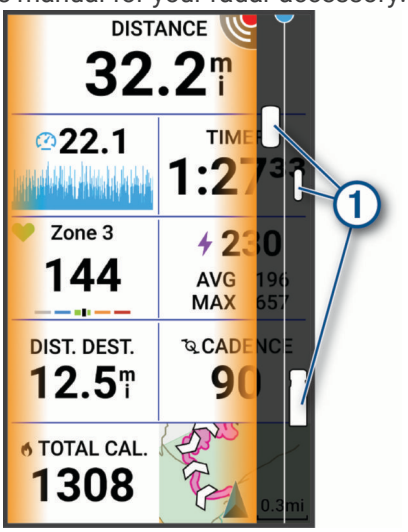
Radar Data Screen

⚠ WARNING

The device can improve situational awareness. It is not a replacement for cyclist attentiveness and good judgement. Always maintain awareness of your surroundings, and operate the bicycle in a safe manner. Failure to do so could result in property damage, serious injury, or death.

Before you can view the Varia™ radar data, you must pair the compatible accessory with your bike computer (*Pairing Your Wireless Sensors*, page 32).

You can add a radar data screen to remotely control your connected Varia RearVue radar device and view radar data. The radar data screen shows a graphical representation of the road behind you, as you are riding. Each icon ① represents an approaching vehicle. The size of the icon represents the size of the vehicle, as detected by the radar. For more information, see the manual for your radar accessory.



The vehicle icon moves up and across the screen as the vehicle approaches you, representing the vehicle's position relative to you. The radar calculates a threat level based on vehicle size, speed, and other factors. An orange glow under the vehicle icon indicates that the vehicle is a mid-level threat. A red glow under the vehicle icon with the ⚠ symbol over the vehicle icon indicate that the vehicle is a high-level threat.

TIP: You can add five data fields to this screen.

Enabling the Green Threat Level Tone

Before you can enable the green threat level tone, you must pair the device with a compatible Varia™ rearview radar device and enable tones.

You can enable a tone that plays when your radar transitions to the green threat level.

1. Select ☰ > **Sensors**.
2. Select your radar device.
3. Select **Sensor Details** > **Alert Settings**.
4. Select the **Green Threat Level Tone** toggle switch.

eBike Training

Before you can use a compatible eBike, such as a Bosch® or Shimano® eBike system, you must pair it with your Edge® device (*Pairing Your Wireless Sensors*, page 32). You can customize the optional eBike data screen and data fields (*Adding a Data Screen*, page 57).

Viewing eBike Sensor Details

1. Select ☰ > **Sensors**.
2. Select your eBike.
3. Select an option:
   - To view eBike details, such as the odometer or travel distance, select **Sensor Details** > **eBike Details**.
   - To view eBike error messages, select ⚠.

   See the eBike owner's manual for more information.

inReach® Remote

The inReach remote function allows you to control your inReach satellite communicator using your Edge® bike computer. Go to garmin.com for more information about compatible devices.

Using the inReach® Remote

1. Turn on the inReach satellite communicator.
2. On your Edge® bike computer, select ☰ > **Sensors** > **Add Sensor** > **inReach**.
3. Select your inReach satellite communicator, and select ➕.
4. From the home screen, swipe down, and swipe left or right to view the inReach remote widget.
5. Select an option:
   - To send a preset message, select iR > **Send Preset**, and select a message from the list.
   - To send a text message, select iR > **Start Conversation**, select the message contacts, and enter the message text or select a quick text option.
   - To view the timer and distance traveled during a tracking session, select ➤ > **Start Tracking**.
   - To send an SOS message, select **SOS**.
     NOTE: You should only use the SOS function in a real emergency situation.

Using Voice Commands

Voice commands allow you to interact with your device hands-free by saying supported commands. You can use the integrated microphone in your Edge® Explore 3 bike computer to say a command for the device to perform.

NOTE: This feature is not available for all device languages.

NOTE: The voice command feature is available only on the Edge Explore 3 Plus bike computer.

1 Select an option:
   - Hold .
   - Say **OK Garmin**.
2 Listen for the voice command confirmation tone.
3 Say a voice command for the bike computer to perform (*Bike Computer Voice Commands*, page 37).

Bike Computer Voice Commands

NOTE: Voice command performance may vary based on riding conditions, such as speed, wind, and heavy traffic.

The voice command system is designed to detect natural speech. This is a list of commonly used voice commands, but the bike computer does not require these exact phrases (other than *OK Garmin*). You can try saying variations of these commands in a way that is natural to you. For voice command tips and troubleshooting information, go to garmin.com/support/faq/edgevoicecommands.

Wake Word and Help

Voice Command	Function
OK Garmin	Wakes up the bike computer to listen for voice commands
What can I say?	Shows a list of common voice commands

Activity Functions

Voice Command	Function
Show activity profiles	Opens a list of activity profiles on the bike computer.
Switch to the road activity	Changes the current activity profile.
Start ride	Starts the timer for the bike activity.
Mark lap	Marks a lap during the bike activity.
Launch the weather widget	Opens the weather widget.
Stop ride	Stops the timer for the bike activity.

NOTE: The activity profiles and widgets listed are examples, but you can control all of the default profiles and widgets with voice commands.

Data Field and Data Screen Functions

Voice Command	Function
What's my heart rate?	Requests data from a specific data field, for example heart rate.
Average cadence	Requests average cadence data.
Total descent	Requests total descent data.
Max power	Requests maximum power data.
Last lap speed	Requests last lap speed data.
Secondary target	Requests a workout's secondary target data.
Open ClimbPro screen	Opens the specific data screen during an activity, for example ClimbPro.
Status	Shows the status widget.
GroupRide	Shows the GroupRide data screen.
Previous screen	Shows the previous screen in the data screen loop.
Next screen	Shows the next screen in the data screen loop.

NOTE: The data fields and data screens listed are examples. You can use voice commands to control all default data screens and most data fields commonly used during a cycling activity.

Device and System Functions

Voice Command	Function
Home screen	Opens the home screen.
Pan left	Reveals more content from the left side of the screen. This voice command can also be used with right, up, and down.
Zoom in	Increases screen zoom.
Zoom out	Decreases screen zoom.
Recenter screen	Returns the screen to the default size.
Increase brightness	Raises the brightness level.
Decrease brightness	Lowers the brightness level.
Set brightness to 80	Sets the brightness level to a specified percent. Available numbers are 0-100%.
Screenshot	Captures the screen in an image.

Media Functions

Voice Command	Function
Change volume to 50 percent	Adjusts the volume to the specified percentage level. Available numbers are 0-100%.
Increase volume	Raises the audio volume.
Decrease volume	Lowers the audio volume.
Play music	Plays the currently selected media.
Next song	Plays the next media track.
Previous song	Plays the previous media track.
Pause music	Pauses the currently playing media.
Mute	Silences all music and voice prompt audio.
Unmute	Unsilences all music and voice prompt audio.

Messaging Functions

Voice Command	Function
Message Joe Smith	Sends a voice message to a contact in your contact list.
Record a voice message	Sends a voice message.
Read my messages	Starts reading the visible unread messages on the device through text or voice.
Reply	Opens a reply to the currently selected message.

NOTE: To use the messaging functions, your Edge® bike computer must be connected to the Garmin Messenger™ app on your compatible phone using Bluetooth® technology (*Garmin Messenger™ App*, page 48).

Navigation and Search Functions

Voice Command	Function
Take me to 1 Main Street, Chicago	Navigates to or searches for an address in a city.
Navigate to Chicago	Navigates to or searches for a city.
Find a coffee shop on my route	Navigates to or searches for a point of interest by name or category along the active route.
Show course list	Opens a list of courses on the device.
Take me to the start	Navigates to the start of the route.
Are there hazards on the road?	Searches for any approaching hazards on the road.
There's an obstruction on the road	Reports a hazard on the road.
What is the next course point?	Requests information about the next point in the course.
How far is the next course point?	Requests distance to the next point in the course.
When will I get to the next course point?	Requests the estimated time of arrival at the next point in the course.

Voice Command	Function
How long until the next course point?	Requests the amount of time until arrival at the next point in the course.
Stop navigation	Stops active route guidance.

Sensor Functions

Voice Command	Function
Show sensor list	Opens a list of paired sensors on the device.
Find sensors	Starts the pairing process for unpaired sensors.
Increase trainer power	Controls the resistance of a paired smart trainer by a preset amount or to a specific value. This voice command can also be used with grade and resistance.
Calibrate power meter	Starts the calibration process for the power meter.
Take a picture	Takes a picture with your Varia™ headlight or tail light radar camera.
Save video	Saves a video with your Varia headlight or tail light radar camera.

Workout Functions

Voice Command	Function
Show workouts	Opens a list of workouts on the device.
Start the base workout	Starts the specified workout.
Stop workout	Stops the active workout.
Pause workout	Pauses the active workout.
Resume workout	Resumes the current step in the workout.
Next workout step	Begins the next step in the workout.
Previous step	Goes back to the previous step in the workout.
Restart workout step	Restarts the current step in the workout.

Connected Features

⚠ WARNING

While cycling, do not interact with the display to enter information or to read or reply to messages, because doing so can cause a distraction that could lead to an accident causing serious personal injury or death.

Connected features are available for your Edge® bike computer when you connect the bike computer to a Wi-Fi® network or to a compatible phone using Bluetooth® technology.

NOTE: Wi-Fi connectivity and features are available only with the Edge Explore 3 Plus bike computer.

Pairing Your Phone

To use the connected features of the Edge® bike computer, it must be paired directly through the Garmin Connect™ app, instead of from the Bluetooth® settings on your phone.

NOTE: You can go to garmin.com/ble for information about Bluetooth phone compatibility information.

1. Hold ⏻ to turn on the device.
2. If this is the first time you have turned on the device, select a device language.

   The next screen prompts you to pair with your phone.
3. Scan the QR code with your phone, and follow the on-screen instructions to complete the pairing and setup process.

   NOTE: Based on your Garmin Connect account and accessories, your device may suggest activity profiles and data fields during setup. If you have sensors paired with your previous device, you can transfer them during setup.

   Setting up Wi-Fi® and sleep mode usage on your Edge Explore 3 Plus device enables the device to sync with all your data such as training stats, course downloads, and software updates.
4. If necessary, to manually enter pairing mode, swipe down from the home screen to view the status widget, and select ᛒ > **Phone** > **Pair Smartphone** (*Viewing Widgets*, page 6). This option only appears when your bike computer is not currently connected to a paired phone.

   If you are pairing a new phone, select the name of the previously paired phone, and select ✔ to forget the phone. **Pair Smartphone** appears after you forget the previously paired phone.

After you pair successfully, a message appears, and your bike computer syncs automatically with your phone.

Bluetooth® Connected Features

Connected features are available for your Edge® bike computer when you connect it to a compatible phone using Bluetooth technology and install the Garmin Connect™ and Connect IQ™ apps on the connected phone. Go to garmin.com/apps for more information.

NOTE: Some connected features are available only on the Edge Explore 3 Plus bike computer.

Activity uploads to Garmin Connect: Automatically sends your activity to Garmin Connect as soon as you finish recording the activity.

Voice prompts: Allows the Garmin Connect app to play status announcements on your phone during a ride (*Playing Voice Prompts During an Activity*, page 47).

Bike alarm: Allows you to enable an alarm that sounds on the bike computer and sends an alert to your phone when the bike computer detects motion (*Setting the Bike Alarm*, page 47).

Connect IQ downloadable features: Allows you to download Connect IQ features from the Connect IQ app (*Connect IQ™ Downloadable Features*, page 53).

Course and workout downloads from Garmin Connect: Allows you to search for courses and workouts on Garmin Connect using your phone and send them to your device (*Garmin Connect*, page 51).

Device to device transfers: Allows you to wirelessly transfer files to another compatible Garmin® device (*Garmin® Share*, page 50).

Find my Edge: Locates your lost Edge bike computer that is turned on, paired with your phone, and currently within range (*Locating a Lost Device*, page 52).

Garmin Messenger™ app: Allows you to message other Garmin Messenger users including friends and family without Garmin devices (*Garmin Messenger™ App*, page 48).

Messages: Allows you to reply to an incoming call or text message with a preset text message. This feature is available with compatible Android™ phones.

Music controls: Allows you to use your device to control music playback on your phone (*Listening to Music*, page 48).

Notifications: Displays phone notifications and messages on your device (*Customizing the Widgets*, page 62).

Safety and tracking features: Allows you to use real-time features to keep you safe and your friends and family informed during your activities (*Safety and Tracking Features*, page 41) .

Social media interactions: Allows you to post an update to your favorite social media website when you upload an activity to Garmin Connect (*Garmin Connect*, page 51).

Weather updates: Sends real-time weather conditions and alerts to your device (*Customizing the Widgets*, page 62).

Safety and Tracking Features

⚠ CAUTION

The safety and tracking features are supplemental features and should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect™ app does not contact emergency services on your behalf.

NOTICE

To use these features, the Edge® Explore 3 device must have GPS enabled and be connected to the Garmin Connect app using Bluetooth® technology. You can enter assistance contacts in your Garmin Connect account.

The Edge Explore 3 device has safety and tracking features that must be set up with the Garmin Connect app.

For more information about safety and tracking features, go to garmin.com/safety.

Assistance: Allows you to send a message with your name, LiveTrack link, and GPS location (if available) to your assistance contacts.

Incident detection: When the Edge Explore 3 device detects an incident during certain outdoor activities, the device sends an automated message, LiveTrack link, and GPS location (if available) to your assistance contacts.

LiveTrack: Allows friends and family to follow your races and training activities in real time. You can invite followers using email or social media, allowing them to view your live data on a web page.

GroupRide: Allows you to create and access shared courses, group messaging, and live location data with other riders.

GroupTrack: Allows you to keep track of your connections using LiveTrack directly on screen and in real time.

Incident Detection

⚠ CAUTION

Incident detection is a supplemental feature available only for certain outdoor activities. Incident detection should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect™ app does not contact emergency services on your behalf.

NOTICE

Before you can enable incident detection on your device, you must set up assistance contact information in the Garmin Connect app. Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your assistance contacts must be able to receive text messages (standard text messaging rates may apply).

When an incident is detected by your Edge® bike computer with GPS enabled, the Garmin Connect app can send an automated text message and email with your name and GPS location, if available, to your assistance contacts.

A message appears on your bike computer and paired phone indicating your contacts will be informed after 30 seconds have elapsed. If assistance is not needed, you can cancel the automated message.

Turning Incident Detection On and Off

NOTE: Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available.

1. Select ☰ > **Settings** > **Safety & Tracking** > **Incident Detection**.
2. Select the activity profile to enable incident detection.

   NOTE: Incident detection is enabled by default for certain activity profiles. Depending on the terrain and your riding style, false positives can occur.

Canceling an Automated Message

When an incident is detected by your device, you can cancel the automated message on your device or your paired phone before it is sent to your assistance contacts.

Before the end of the 30-second countdown, hold **Press and hold to cancel**.

Sending a Status Update After an Incident

Before you can send a status update to your assistance contacts, your bike computer must detect an incident and send an automated message to your assistance contacts.

You can send a status update to your assistance contacts informing them you are not in need of assistance.

1. Swipe down from the top of the screen, and swipe left or right to view the status widget.
2. Select **Incident Detected** > **I'm Okay**.

   A message is sent to all assistance contacts.

Assistance

⚠ CAUTION

Assistance is a supplemental feature and should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect™ app does not contact emergency services on your behalf.

NOTICE

Before you can enable the assistance feature on your device, you must set up assistance contact information in the Garmin Connect app. Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your assistance contacts must be able to receive text messages (standard text messaging rates may apply).

When your Edge® bike computer with GPS enabled is connected to the Garmin Connect app, you can send an automated text message with your name and GPS location, if available, to your assistance contacts.

A message appears on your bike computer indicating your contacts will be informed after a countdown has elapsed. If assistance is not needed, you can cancel the message.

Requesting Assistance

NOTICE

Before you can request assistance, you must enable GPS on your Edge® bike computer and set up assistance contact information in the Garmin Connect™ app. Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. Your assistance contacts must be able to receive emails or text messages (standard text messaging rates may apply).

1. Hold ⏻ for five seconds to activate the assistance feature.

   The device beeps and sends the message after the five-second countdown is complete.

   TIP: You can select ← before the countdown is complete to cancel the message.
2. If necessary, select **Send** to send the message immediately.

Adding Assistance Contacts

Assistance contact phone numbers are used for the safety and tracking features.

1. From the Garmin Connect™ app, select •••.
2. Select **Safety & Tracking** > **Safety Features** > **Assistance Contacts** > **Add Assistance Contact**.
3. Follow the on-screen instructions.

Your assistance contacts receive a notification when you add them as an assistance contact, and can accept or decline your request. If a contact declines, you must choose another assistance contact.

Viewing Your Assistance Contacts

Before you can view your assistance contacts on your bike computer, you must set up your rider information and assistance contacts in the Garmin Connect™ app (*Adding Assistance Contacts*, page 42).

Select ☰ > **Settings** > **Safety & Tracking** > **Emergency Contacts**.

Your assistance contacts' names and phone numbers appear.

LiveTrack

NOTICE

It is your responsibility to use discretion when sharing location information with others. Always ensure you are aware of and comfortable with the rider with whom you share your location information.

The LiveTrack feature lets you share your cycling activities with contacts from your phone and your social media accounts. While you are sharing, viewers can track your current location and view your live data on a web page in real time.

To use this feature, the Edge® Explore 3 device must have GPS enabled and be connected to the Garmin Connect™ app using Bluetooth® technology.

Turning On LiveTrack

Before you can start your first LiveTrack session, you must set up contacts in the Garmin Connect™ app.

1. Select ☰ > **Settings** > **Safety & Tracking** > **LiveTrack**.
2. Select an option:
   - Select **Auto Start** to start a LiveTrack session each time you start this type of activity.
   - Select **LiveTrack Name** to update the name of your LiveTrack session. The current date is the default name.
   - Select **Recipients** to view recipients and enable **GroupTrack** connections.
   - Select **Course Sharing** if you want your recipients to see your course.
   - Select **Spectator Messaging** if you want to allow your recipients to send you text messages during your cycling activity (*Spectator Messaging*, page 47).
   - Select **Extend LiveTrack** to extend viewing of the LiveTrack session for 24 hours.
   - Select **GroupTrack** to view connections on a map, enable message notifications, and select your activity type.
3. Select **Start LiveTrack**.

Recipients can view your live data on a Garmin Connect tracking page.

Starting a GroupTrack Session

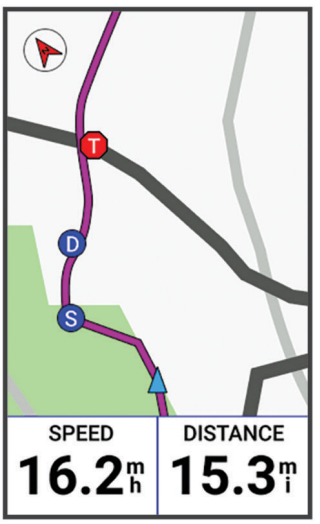
Before you can start a GroupTrack session, you must have a phone with the Garmin Connect™ app paired to your device (*Pairing Your Phone*, page 40).

This feature is required for group rides with the Edge® 1030, 830, 530, and earlier bike computers.

For Edge 1040, 840, 540 and later bike computers, use the GroupRide feature (*Starting a GroupRide Session*, page 44).

During a ride, you can see the riders in your GroupTrack session on the map.

1. On the Edge bike computer, select ☰ > **Settings** > **Safety & Tracking** > **LiveTrack** > **GroupTrack** to enable viewing connections on the map screen and message notifications.
2. From the Garmin Connect app, select ••• > **Safety & Tracking** > **LiveTrack** > **Sharing Settings** > **GroupTrack**.
3. Select with whom you want to share your location information.
4. Select ❮.
5. Select **Start LiveTrack**.
6. On the Edge bike computer, press ▶, and go for a ride.
7. Scroll to the map to view your connections.



   You can tap an icon on the map to view location and heading information for other riders in the GroupTrack session.
8. Scroll to the GroupTrack list.

   You can select a rider from the list, and that rider appears centered on the map.

Tips for GroupTrack Sessions

The GroupTrack feature allows you to keep track of other riders in your group using LiveTrack directly on the screen. All riders in the group must be your connections in your Garmin Connect™ account.

- Ride outside using GPS.
- Pair your Edge® Explore 3 bike computer with your phone using Bluetooth® technology.
- From the Garmin Connect app, select ••• > **Friends**, and select to update the list of riders for your GroupTrack session.
- Make sure all of your connections pair to their phones and start a LiveTrack session in the Garmin Connect app.
- Make sure all your connections are in range (40 km or 25 mi.).
- During a GroupTrack session, scroll to the map to view your connections.
- Stop riding before you attempt to view location and heading information for other riders in the GroupTrack session.

GroupRide

⚠ WARNING

While cycling, always maintain awareness of your surroundings, and operate the bicycle in a safe manner. Failure to do so could result in serious injury or death.

NOTICE

It is your responsibility to use discretion when sharing information with other riders. Always ensure you are aware of and comfortable with the riders with whom you share your location information and ride data, including heart rate.

With the GroupRide feature on your Edge® bike computer, you can create and access shared courses, group messaging, and live location and ride data with other riders with compatible devices.

Starting a GroupRide Session

Before you can start a GroupRide session, you must have a phone with the Garmin Connect™ app paired to your device (*Pairing Your Phone*, page 40). When prompted, you must also agree to share your live location with other riders.

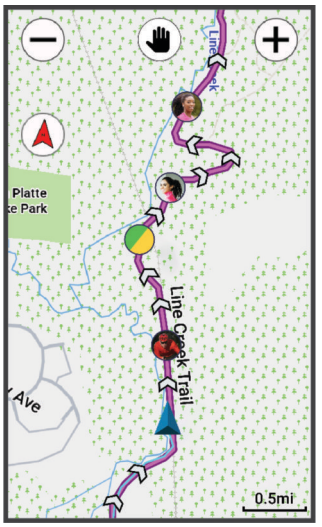
NOTE: If you have enabled the **Suggest Creating Rides** setting, your bike computer may receive a prompt to create a GroupRide session when other compatible Edge® bike computers are nearby (*GroupRide Settings*, page 47).

1. Select an option:
   - Scroll to the **GroupRide** glance, and select ✚.
     TIP: You can add the **GroupRide** glance to the glance list (*Customizing the Glances*, page 62).
   - Select ☰ > **GroupRide** > ✚
   - Select ✓ when prompted to create a **GroupRide** session when other compatible Edge bike computers are nearby.
     NOTE: To receive a prompt, make sure the **Suggest Creating Rides** setting is enabled (*GroupRide Settings*, page 47).
2. Select **Name**, **Date**, or **Start Time** to edit the information.
3. Select **Add Course** to share a course with other riders.
   You can select from your saved courses, or you can select ✚ to create a new course (*Courses*, page 20).
4. Select **Competitions** to compete with other riders for rankings and awards.
5. Select **Auto-Share Code** to automatically share your code to other Edge bike computers in close range.
6. Select **Generate Code**.
   Your Edge bike computer generates a code that you can send to other riders.
7. To share the code with riders who are not nearby, select **Share Code to Phone** > ✓.
   NOTE: If you enabled the Auto-Share Code setting, you can skip steps 7-9.
8. Open the Garmin Connect app, and select **View Code**..
9. On the app, select the method for sharing the code with other riders:
   - Select **Send to Device** to send the code to a compatible Garmin® device connected to the Garmin Connect app.
   - Select **Share** to text or email the code to one or more contacts.

10 On the Edge bike computer, select **Start Location Sharing**.

11 Press ▮▶, and go for a ride.
The GroupRide data screen is added to the data screens for the active profile.

12 Select a rider from the **GroupRide** data screen to view their position on the map, or scroll to the map to view all riders (*GroupRide Map Status*, page 46).



You can tap an icon on the map to view location, heading, and status information for other riders during the GroupRide session.

Joining a GroupRide Session from a Nearby Device

You must enable the **Suggest Creating Rides** setting to receive a prompt to join a GroupRide session when other compatible Edge® bike computers are nearby (*GroupRide Settings*, page 47).

You can join a GroupRide session on your Edge bike computer when other compatible Edge bike computers are nearby.

1 Bring the bike computer within 3 m (10 ft.) of another Edge bike computer.
A message appears on the bike computer asking if you want to join a GroupRide session.

2 Select ✓.

3 Select **Start Location Sharing**.

4 Press ▮▶, and go for a ride.

Joining a GroupRide Session Using a Code

You can join a GroupRide session by entering a 6-digit GroupRide code prior to the start of the ride (*Starting a GroupRide Session*, page 44).

1 On the Edge® bike computer, scroll to the **GroupRide** glance.
TIP: You can add the GroupRide glance to the glance loop (*Customizing the Glances*, page 62).

2 Select **Enter Code**.

3 Enter the 6-digit code, and select ✓.
Your Edge bike computer automatically downloads the course.

4 Select **Start Location Sharing**.

5 Press ▮▶, and go for a ride.

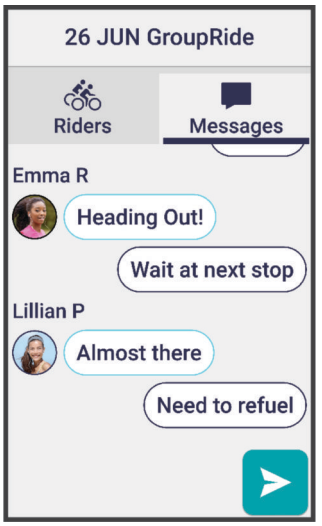
Sending a GroupRide Message

You can send a message to other riders during a GroupRide session.

1 From the **GroupRide** data screen on your Edge® bike computer, select 💬 > ➤.

2 Select an option:
- Select a message from the list of preset text responses.
- Select **Type Message** to send a customized message.

You can customize the preset text responses in the device settings in the Garmin Connect™ app. After customizing settings, you must sync your data to apply the changes to your Edge bike computer.



You can scroll up to the top of the message screen to view older messages, including any messages sent before you joined the GroupRide session (*Joining a GroupRide Session Using a Code*, page 45).

GroupRide Map Status

During a ride, you can see the riders in your GroupRide session on the map.

TIP: The letters inside the map icons correspond to the initials of the rider's first name.

Icon	Shape	Color	Moving	Connected on the Garmin Connect™ App
W	Circle	White	Yes	No
A	Circle	Blue	Yes	Yes
P	Square	White	No	No
T	Square	Red	No	Yes
G	Circle	Gray	Unknown	Unknown

To customize the map settings, from the GroupRide page select ⋮.

Leaving a GroupRide Session

In order for your Edge® bike computer to remove you from the other riders' maps and lists, you must have an active internet connection.

You can leave a GroupRide session anytime.

Select an option:

- During the ride, swipe down to view the controls widget, and select **Leave GroupRide**.
- From the **GroupRide** page, select **Leave GroupRide**.
- Press ▮▶ > **Save** to stop the activity time and complete your activity.

TIP: The Edge bike computer automatically removes the GroupRide session when it expires (*Tips for GroupRide Sessions*, page 46).

Tips for GroupRide Sessions

- Ride outside using GPS.
- Pair your compatible Edge® bike computer with your phone using Bluetooth® technology.
- Group riders can add a GroupRide session to their device at any time, and then join the session on the day of the ride.

  NOTE: Sessions expire 24 hours after the start time.
- To share the GroupRide code during the ride, select ⬆ from the **GroupRide** data screen on the Edge bike computer.
- When you receive a GroupRide message, you can select 🔇 to mute all message prompts for that GroupRide session.
- To view additional riders outside the 40 km (25 mi) radius, select **Show More**.

NOTE: The rider list refreshes every 15 seconds and shows details for the 25 closest riders within 40 km (25 mi).

- During the ride, swipe down to view the widgets for more options (*Viewing Widgets*, page 6).
- Stop riding before you attempt to view location and heading information for other riders in the GroupRide session (*GroupRide Map Status*, page 46).
- To stop sharing your live location and ride data, leave the GroupRide from your bike computer. To stop sharing ride results and awards, remove yourself from the GroupRide in the Garmin Connect™ app (*Garmin Connect*, page 51).
- After the GroupRide session is complete, you can select the ride from the dynamic area to view challenge results and awards (*Home Screen Overview*, page 6).

GroupRide Settings

Select ☰ > **GroupRide** > ⋮.

TIP: You can also open the GroupRide glance from the home screen, and select ⋮.

Competitions: Enable to compete with other members of the GroupRide session for climbs and post-ride awards.

Suggest Creating Rides: Enable to receive prompts to create a GroupRide session when compatible Edge® bike computers are in close range.

When enabled, your Edge bike computer is visible to others.

Discover Nearby Rides: Enable to receive notifications of nearby, active GroupRide sessions, with prompts to join.

Show Group on Map: Enable to view the locations of other members of the GroupRide session on the map.

Privacy Info: Select to view GroupRide privacy details.

Spectator Messaging

NOTE: Your paired phone must be equipped with a data plan and be in an area of network coverage where data is available.

Spectator messaging is a feature that allows your LiveTrack followers to send you text messages during your cycling activity. You can set up this feature in the LiveTrack settings of the Garmin Connect™ app.

Blocking Spectator Messages

If you want to block spectator messages, Garmin® recommends turning them off before you start the activity.

Select ☰ > **Safety & Tracking** > **LiveTrack** > **Spectator Messaging**.

Setting the Bike Alarm

You can turn on the bike alarm when you are away from your bike, such as on a stop during a long ride. You can control the bike alarm from your bike computer or the device settings in the Garmin Connect™ app.

1. On the Edge® bike computer, select an option:
   - Select ☰ > **Settings** > **Safety & Tracking** > **Bike Alarm**.
   - Swipe down from the top of the screen, and select 📣 from the status widget.
2. Select **Set Passcode**.

   NOTE: You must set a passcode to enable the bike alarm.
3. Enter the 4-digit passcode, and select ✓ twice.
4. To set the bike alarm, swipe down from the top of the screen, and on the status widget, select 📣.

   If the device detects motion, it sounds an alarm and sends an alert to your connected phone.

To turn off the bike alarm from your Edge bike computer, you are prompted to enter the passcode.

Disabling the Bike Alarm

Select ☰ > **Settings** > **Safety & Tracking** > **Bike Alarm** > **Clear Passcode** > ✓.

Playing Voice Prompts During an Activity

Before you can play voice prompts on your phone, you must have a phone with the Garmin Connect™ app paired to your Edge® bike computer. During a voice prompt, the phone mutes the primary audio to play the announcement.

NOTE: Voice prompts are available only with the Edge Explore 3 Plus bike computer.

You can enable the Edge bike computer to play motivational status announcements during a ride or other activity. Voice prompts can play on your device or phone, and include the lap number and lap time, navigation, power, pace or speed, and heart rate data. You can also customize the volume level.

1. Select ☰ > **Settings** > **Sounds**.
2. Use the **Voice Prompts** slider bar to adjust the volume.
3. Select **Voice Prompts**.
4. Select an option:
   - To choose where to play the voice prompts, select **Audio Output**.
   - To change the language or the dialect of the voice prompts, select **Dialect**.

     If you set voice prompts to play on your phone, you must update the dialect through your phone's settings.
   - To hear alerts to help you navigate to your destination, select **Navigation Alerts**.
   - To hear prompts when you start and stop the timer, including the Auto Pause® feature, select **Timer Events**.
   - To hear a prompt for each lap, select **Lap Alert**.
   - To hear workout alerts play as a voice prompt, select **Workout Alerts**.
   - To hear activity alerts play as a voice prompt, select **Activity Alerts**.
   - To hear map hazards, road conditions, and connected Varia™ radar alerts play as a voice prompt, select **Safety Alerts**.
   - To hear responses to **OK Garmin** voice commands, select **OK Garmin Responses**.
   - To customize prompts with power data, select **Power Alert**.
   - To customize prompts with your pace and speed information, select **Pace/Speed Alert**.
   - To customize prompts with your heart rate information, select **Heart Rate Alert**.

Listening to Music

⚠ WARNING

Do not listen to music while cycling on public roadways, as this can cause distraction leading to an accident resulting in personal injury or death. It is the user's responsibility to know and understand local laws and regulations relating to headphone usage while cycling.

You can control music playback on your phone from your Edge® bike computer.

1. On your phone, start playing a song or playlist.
2. Select an option:
   - Swipe down from the top of the Edge bike computer to view the widgets, and then swipe left or right to view the music controls widget.

     NOTE: You can add options to the widget list (*Customizing the Widgets*, page 62).
   - Swipe left or right during an activity to view the music controls data screen (*Adding a Music Control Data Screen*, page 57).
3. Start listening to music from your paired phone.

Garmin Messenger™ App

⚠ WARNING

The inReach® features of the Garmin Messenger app on your phone, including SOS, tracking, and InReach Weather, are not available without a connected inReach device and an active inReach service plan. Always test the app outdoors before using it on a trip.

⚠ CAUTION

The non-satellite messaging features of the Garmin Messenger app on your phone should not be solely relied upon as a primary method to obtain emergency assistance.

NOTICE

The app works over both the internet (using a wireless connection or cellular data on your phone) and the satellite network (using an inReach device). If you are using cellular data, your paired phone must be equipped with a data plan and be in an area of network coverage where data is available. If you are in an area without network coverage, you must have an active inReach service plan for your device to use the satellite network.

You can use the app to message other Garmin Messenger app users, including friends and family without Garmin® devices. Anyone can download the app and connect their phone, allowing them to communicate with other app users over the internet (no login is required). App users can also create group messaging threads with other SMS phone numbers. New members added to the group message can download the app to see what others are saying.

Messages sent using a wireless connection or cellular data on your phone do not incur data charges or additional charges on your inReach service plan. Messages received may incur charges if message delivery is attempted over both the satellite network and the internet. Standard text messaging rates for your cellular data plan apply.

You can download the Garmin Messenger app from the app store on your phone (garmin.com/messengerapp).

Using the Messenger Feature

⚠ CAUTION

The non-satellite messaging features of the Garmin Messenger™ app alone should not be relied on as a primary method to obtain emergency assistance.

NOTICE

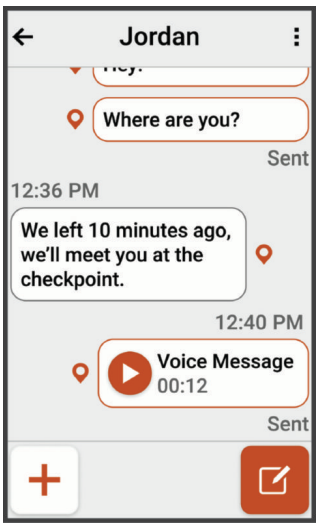
To use the Messenger feature, your Edge® bike computer must be connected to the Garmin Messenger app on your compatible phone using Bluetooth® technology.

The Messenger feature on your Edge Explore 3 bike computer allows you to view, compose, and reply to messages from the Garmin Messenger phone app.

NOTE: This feature is not available in all areas.

1. Select an option:
   - Swipe down from the top of the screen to view the widgets, and then swipe left or right to view the **Messenger** widget (*Viewing Widgets*, page 6).
   - From the home screen, swipe up, and select the **Messenger** glance (*Viewing Glances*, page 7).

     NOTE: You may need to add the glance to your home screen (*Customizing the Glances*, page 62).
2. If this is your first time using the **Messenger** feature, scan the QR code with your phone, and follow the on-screen instructions to complete the pairing and setup process.
3. On your bike computer, select an option:
   - To compose a new message, select **Message**, add a contact if necessary, select a recipient, and either select a pre-defined message or compose your own.
   - To view a conversation, scroll down, and select a conversation.



   - To reply to a message with a text message, select a conversation, select ✎, and either select 💬 to choose a pre-defined message or compose your own.
   - To reply to a message with a voice recording, select a conversation, select ➕ > **Voice Recording** > ⏺, begin speaking, and select ⏹ to end the recording.

NOTE: You can also use the voice command feature on the Edge Explore 3 Plus bike computer to read, send, and reply to messages. For example, you can say **OK Garmin**, **Record a voice message** (*Using Voice Commands*, page 37).

Deleting Messages in the Garmin Messenger App

1. From the home screen, swipe up.
2. Select the **Messenger** glance.

TIP: The Messenger feature is also available as a widget on your bike computer (*Customizing the Widgets*, page 62).

3 Select an option:
- To delete an individual message, select a conversation, select a message, and select **Delete Message**.
- To delete an entire message thread, select a conversation, and select ⋮ > **Delete Messages** > ✓.
- To delete all messages, select ☰ > **Settings** > **System** > **Device Reset** > **Delete All Messages** > ✓.

Garmin® Share

NOTICE

It is your responsibility to use discretion when sharing information with others. Always ensure you are aware of and comfortable with the individual with whom you share information.

The Garmin Share feature allows you to use Bluetooth® technology to wirelessly share your data with other compatible Garmin devices. With Garmin Share enabled and compatible Garmin devices in range of each other, you can select saved locations, courses, and workouts to transfer to another device through a direct, secured device-to-device connection, without the need for a phone or Wi-Fi® connectivity.

Sharing Data with Garmin Share

Before you can use this feature, you must have Bluetooth® technology enabled on both compatible devices, and they must be within 3 m (10 ft.) of each other. When prompted, you must also consent to share your data with other Garmin® devices using Garmin Share.

Your Edge® device can send and receive data when connected to another compatible Garmin device (*Receiving Data with Garmin Share*, page 50). You can also transfer your data between different devices. For example, you can share a favorite course from your Edge bike computer to your compatible Garmin watch.

1 Select ☰ > **Garmin Share** > **Share**.
2 Select a category, and select one or more items.
3 Select **Share Items**.
4 Wait while the device locates compatible devices.
5 Select a device.
6 Confirm the six-digit PIN matches on both devices, and select ✓.
7 Wait while the devices transfer the data.
8 Select **Share Again** to share the same items with another user (optional).
9 Select **Done**.

Receiving Data with Garmin Share

Before you can use this feature, you must have Bluetooth® technology enabled on both compatible devices, and they must be within 3 m (10 ft.) of each other. When prompted, you must also consent to share your data with other Garmin® devices using Garmin Share.

1 Select ☰ > **Garmin Share**.
2 Wait while the device locates compatible devices in range.
3 Select **Accept**.
4 Confirm the six-digit PIN matches on both devices, and select ✓.
5 Wait while the devices transfer the data.
6 Select **Done**.

You can view the received data in the Training or Navigation menus. The home screen displays the last item received.

Garmin Share Settings

Select ☰ > **Garmin Share** > ⋮.

Status: Enables the Edge® bike computer to receive items through Garmin Share.

Forget Devices: Removes devices the bike computer previously shared items with.

Phone Apps and Computer Applications

You can connect your bike computer to multiple Garmin® phone apps and computer applications using the same Garmin account.

Garmin Connect

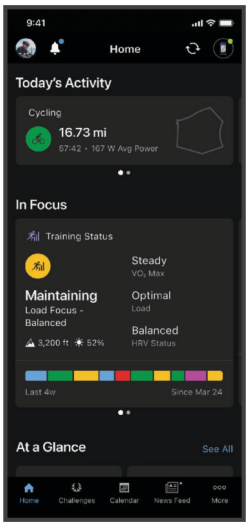
You can connect with your friends on Garmin Connect™. Garmin Connect gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including rides, runs, walks, swims, hikes, triathlons, and more.

You can create your free Garmin Connect account when you pair your device with your phone using the Garmin Connect app, or you can go to connect.garmin.com.

Store your activities: After you complete and save an activity with your device, you can upload that activity to Garmin Connect and keep it as long as you want.

Analyze your data: You can view more detailed information about your activity, including time, distance, elevation, heart rate, calories burned, cadence, an overhead map view, pace and speed charts, and customizable reports.

NOTE: Some data requires an optional accessory such as a heart rate monitor.



Share your activities: You can connect with friends to follow each other's activities or share links to your activities.

Manage your settings: You can customize your bike computer and user settings on your Garmin Connect account.

Using the Garmin Connect™ App

After you pair your bike computer with your phone, you can use the Garmin Connect app to upload all of your activity data to your Garmin Connect account (*Pairing Your Phone*, page 40).

You can customize your bike computer settings, activity profiles, data fields, and user settings on your Garmin Connect account, using either the Garmin Connect app or the Garmin Connect website.

1. Verify the Garmin Connect app is open or running in the background.
2. Bring your bike computer within 10 m (30 ft.) of your phone.

   Your bike computer automatically syncs your data with the Garmin Connect app and your Garmin Connect account.

Updating the Software Using the Garmin Connect™ App

Before you can update your device software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the device with a compatible phone (*Pairing Your Phone*, page 40).

Sync your device with the Garmin Connect app.

When new software is available, the Garmin Connect app automatically sends the update to your device.

Unified Training Status

When you use more than one Garmin® device with your Garmin Connect™ account, you can choose which device is the primary data source for everyday use and for training purposes.

From the Garmin Connect app, select ••• > **Settings**.

Primary Training Device: Sets the priority data source for training metrics like your training status and load focus.

Primary Wearable: Sets the priority data source for daily health metrics like steps and sleep. This should be the watch you wear most often.

TIP: For the most accurate results, Garmin recommends that you sync often with your Garmin Connect account.

Sending Your Ride to Garmin Connect™

- Sync your Edge® bike computer with the Garmin Connect app on your phone.
- Use the USB cable that came with your Edge bike computer to send ride data to your Garmin Connect account on your computer.

Garmin® Coach Training Plans

Your Garmin Connect™ account has a Garmin coach adaptive training plan to fit your training goals. For example, you can answer a few questions and find a plan to help you achieve a racing milestone or improve your fitness. The plan adjusts to your current level of fitness, schedule preferences, and race date, if applicable. When you start a plan, you can view it on the Garmin coach glance in your glances list on your Edge® bike computer (*Customizing the Glances*, page 62).

Using Garmin Connect™ Training Plans

Before you can download and use a training plan, you must have a Garmin Connect account, and you must pair your Garmin® watch or bike computer with a compatible phone (*Garmin Connect*, page 51).

1. From the Garmin Connect app, select •••.
2. Select **Training & Planning** > **Garmin Coach Plans**.
3. Select and schedule a training plan.
4. Follow the on-screen instructions.
5. Review the training plan in your calendar.

Locating a Lost Device

You can use this feature to help locate a lost Garmin® device that is within range of a paired phone.

1. From the Garmin Connect™ app, select ••• > **Garmin Devices**.
2. Select your device.
3. Select **Find My Edge**.

   The phone begins searching for the paired Edge® Explore 3 bike computer. The bike computer beeps until you press a button.
4. From the Garmin Connect app, select **OK**.

Using Garmin Connect™ on Your Computer

The Garmin Express™ application connects your device to your Garmin Connect account using a computer. You can use the Garmin Express application to upload your activity data to your Garmin Connect account and to send data, such as workouts or training plans, from the Garmin Connect website to your device. You can also install device software updates and manage your Connect IQ™ apps.

1. Connect the device to your computer using the USB cable.
2. Go to **garmin.com/express**.
3. Download and install the Garmin Express application.
4. Open the Garmin Express application, and select **Add Device**.
5. Follow the on-screen instructions.

Updating the Software Using Garmin Express™

Before you can update your device software, you must have a Garmin Connect™ account, and you must download the Garmin Express application.

1. Connect the device to your computer using the USB cable.

   When new software is available, Garmin Express sends it to your device.
2. Follow the on-screen instructions.
3. Do not disconnect your device from the computer during the update process.

   If you have already set up your Edge® Explore 3 Plus device with Wi-Fi® connectivity, Garmin Connect can automatically download available software updates to your device when it connects using Wi-Fi.

Garmin Connect+™ Subscription

You can enhance the data, connections, and training available on your Garmin Connect account with a Garmin Connect+ subscription. To sign up, you can download the Garmin Connect app from the app store on your phone, or go to connect.garmin.com.

Active Intelligence (AI): Receive AI insights about your data and activities, including nutrition.

LiveTrack+: Send LiveTrack text messages, receive a personalized profile page, and view previous LiveTrack sessions.

Performance dashboard: View your training data your way with customized charts and graphs, including nutrition metrics.

Social features: Gain access to exclusive badges, badge challenges, and double points for challenges. You can update your profile avatar with customizable frames.

Connect IQ™ Downloadable Features

You can add Connect IQ features to your device from Garmin® and other providers using the Connect IQ app.

Data Fields: Allow you to download new data fields that present sensor, activity, and history data in new ways. You can add Connect IQ data fields to built-in features and pages.

Apps: Add interactive features to your device, such as new outdoor and fitness activity types.

Downloading Connect IQ™ Features

Before you can download features from the Connect IQ app, you must pair your Garmin® watch or bike computer with your phone (*Pairing Your Phone*, page 40).

1. From the app store on your phone, install and open the Connect IQ app.
2. If necessary, select your watch or bike computer.
3. Select a Connect IQ feature.
4. Follow the on-screen instructions.

Downloading Connect IQ™ Features Using Your Computer

1. Connect the device to your computer using a USB cable.
2. Go to **apps.garmin.com**, and sign in.
3. Select a Connect IQ feature, and download it.
4. Follow the on-screen instructions.

Wi-Fi® Connectivity Features

NOTE: Wi-Fi connectivity features are available only with the Edge® Explore 3 Plus bike computer.

Activity uploads to your Garmin Connect™ account: Automatically sends your activity to your Garmin Connect account as soon as you finish recording the activity.

Software updates: You can download and install the latest software.

Workouts and training plans: You can browse for and select workouts and training plans on the Garmin Connect website. The next time your device has a Wi-Fi connection, the files are sent to your device.

Map updates: You can update the maps on your Edge bike computer. Keeping maps up to date helps your device find recently added locations and calculate more accurate routes (*Managing Maps*, page 25).

Setting Up Wi-Fi® Connectivity

You must connect your device to the Garmin Connect™ app on your phone or to the Garmin Express™ application on your computer before you can connect to a Wi-Fi network.

1. Select an option:
   - Download the Garmin Connect app, and pair your phone (*Pairing Your Phone*, page 40).
   - Go to **garmin.com/express**, and download the Garmin Express application.
2. Follow the on-screen instructions to set up Wi-Fi connectivity.

Wi-Fi® Settings

Select ☰ > **Settings** > **Connectivity** > **Wi-Fi**.

Enable: Enables Wi-Fi wireless technology.

Other Wi-Fi settings appear only when Wi-Fi is enabled.

Auto Upload: Allows you to upload activities automatically over a known wireless network.

Wi-Fi Sync: Select to manually sync Wi-Fi.

Add Network: Connects your device to a wireless network.

History

The history glance on your Edge® Explore 3 bike computer includes time, distance, calories, speed, lap data, elevation, and optional information about sensors using ANT+® technology.

NOTE: History is not recorded while the activity timer is stopped or paused.

When the device memory is full, a message appears. The device does not automatically delete or overwrite your history. Upload your history to your Garmin Connect™ account periodically to keep track of all your ride data.

Viewing Your Ride

1. From the home screen, swipe up to view the history glance.
   NOTE: You may need to add the glance to your home screen (*Customizing the Glances*, page 62).
2. Select the history glance.
3. Select **Rides**.
4. Select a ride.
5. Select an option.

Viewing Your Time in Each Training Zone

Before you can view your time in each training zone, you must pair your device with a compatible heart rate monitor or power meter, complete an activity, and save the activity.

Viewing your time in each heart rate and power zone can help you adjust your training intensity. You can adjust your power zones (*Setting Your Power Zones*, page 31) and your heart rate zones (*Setting Your Heart Rate Zones*, page 30) to match your goals and abilities. You can customize a data field to display your time in training zones during your ride (*Adding a Data Screen*, page 57).

1. From the home screen, swipe up to view the history glance.
   NOTE: You may need to add the glance to your home screen (*Customizing the Glances*, page 62).
2. Select the history glance.
3. Select **Rides**.
4. Select a ride.
5. Select **Summary**.
6. Select an option:
   - Select **HR Zones**.
   - Select **Power Zones**.

Deleting a Ride

1. From the home screen, swipe up to view the history glance.
   NOTE: You may need to add the glance to your home screen (*Customizing the Glances*, page 62).
2. Select the history glance.
3. Select **Rides**.
4. Select a ride.
5. Select ⋮ > **Delete** > ✓.
   TIP: You can also swipe a ride to the left, and select 🗑.

Viewing Data Totals

You can view the accumulated data you have saved to the device, including the number of rides, time, distance, and calories.

1. From the home screen, swipe up to view the history glance.
   NOTE: You may need to add the glance to your home screen (*Customizing the Glances*, page 62).
2. Select the history glance.
3. Select **Totals**.

Deleting Data Totals

1. From the home screen, swipe up to view the history glance.
   NOTE: You may need to add the glance to your home screen (*Customizing the Glances*, page 62).
2. Select the history glance.

3 Select **Totals**.
4 Select an option:
   - Select 🗑 to delete all data totals from the history.
   - Select an activity profile to delete accumulated data totals for a single profile.

   NOTE: This does not delete any saved activities.
5 Select ✓.

Data Recording

The device records points every second. Recording points every second provides an extremely detailed track and uses more of the available memory.

For information about data averaging for cadence and power, see *Data Averaging for Cadence or Power*, page 33.

Data Management

Connecting the Device to Your Computer

NOTICE

To prevent corrosion, thoroughly dry the USB port, the weather cap, and the surrounding area before charging or connecting to a computer.

1 Pull up the weather cap from the USB port.
2 Plug one end of the cable into the USB port on the device.
3 Plug the other end of the cable into a computer USB port.

   Your device appears as a removable drive in This PC on Windows® computers. Because Mac® operating systems provide limited support for MTP (media transfer protocol) file transfer mode, you should use the Garmin Express™ application to view your device on a Mac computer.

Transferring Files to Your Device

1 Connect the device to your computer.

   Depending on your computer operating system, the device appears as either a portable device, a removable drive, or a removable volume.

   NOTE: Mac® operating systems do not detect the device by default. You must use Garmin Express™ software to interact with files on your device.
2 On your computer, open the file browser.
3 Select a file.
4 Select **Edit** > **Copy**.
5 Open the portable device, drive, or volume for the device.
6 Browse to a folder.

   NOTE: Most file types have a named folder within the Garmin® folder.
7 Select **Edit** > **Paste**.

   The file appears in the list of files in the device memory.

Deleting Files

NOTICE

If you do not know the purpose of a file, do not delete it. Your device memory contains important system files that should not be deleted.

1 Open the **Garmin** drive or volume.
2 If necessary, open a folder or volume.
3 Select a file.
4 Press the **Delete** key on your keyboard.

   NOTE: Mac® operating systems provide limited support for MTP file transfer mode. You must open the Garmin drive on a Windows® operating system. You should use the Garmin Express™ application to remove music files from your device.

Customizing Your Device

Profiles

The Edge® bike computer has several ways for you to customize the device, including profiles. Profiles are a collection of settings that optimize your device based on how you are using it. For example, you can create different settings and views for training and mountain biking.

When you are using a profile and you change settings such as data fields or units of measurement, the changes are saved automatically as part of the profile.

Activity Profiles: You can create activity profiles for each type of biking. For example, you can create a separate activity profile for training, for racing, and for mountain biking. The activity profile includes customized data pages, activity totals, alerts, training zones (such as heart rate and speed), training settings (such as Auto Pause® and Auto Lap® features), and navigation settings.

TIP: When you sync, activity profiles are saved in your Garmin Connect™ account and can be sent to your device at any time.

User Profile: You can update your sex, age, weight, and height settings. The device uses this information to calculate accurate ride data.

Biking Activity Profiles

Each time you ride with the Edge® biking computer, you are prompted to select an activity profile. Each activity profile stores training settings, routing options, and display preferences optimized for the activity. You should select the activity profile based on the type of ride or road surface (*Updating Your Activity Profile*, page 57).

Tour: This activity profile is ideal for navigating to specific destinations on mixed terrain surfaces. For example, if you create a route that includes trails mixed with roadside attractions or campgrounds.

Indoor: The bike computer includes an indoor activity profile where GPS is turned off. Select this profile if you are training indoors or want to save battery life. When GPS is turned off, speed and distance are not available unless you have a compatible sensor or indoor trainer that sends speed and distance data to the device (*Wireless Sensors*, page 32).

Setting Up Your User Profile

You can update your gender, age, weight, and height settings. The device uses this information to calculate accurate ride data.

1. Select ☰ > **My Stats** > **User Profile**.
2. Select an option.

Gender Settings

When you first set up the device, you must choose a sex. Most fitness and training algorithms are binary. For the most accurate results, Garmin® recommends selecting your sex assigned at birth. After the initial setup, you can customize the profile settings in your Garmin Connect™ account.

Profile & Privacy: Enables you to customize the data on your public profile.

User Settings: Sets your sex. If you select Not Specified, the algorithms that require a binary input will use the sex you specified when you first set up the device.

Training Settings

The following options and settings allow you to customize your device based on your training needs. These settings are saved to an activity profile. For example, you can set time alerts for your road profile, and you can set an Auto Lap® position trigger for your mountain biking profile.

TIP: You can also customize the activity profiles from the device settings in the Garmin Connect™ app.

Select ☰ > **Activity Profiles**, and select a profile.

Alerts and Prompts: Sets how laps are triggered, and customizes the training or navigation alerts for the activity (*Alerts and Prompts Settings*, page 58).

Auto Lock: Enables the device to automatically lock the device buttons and the touchscreen during a ride (*Locking and Unlocking the Bike Computer*, page 61).

Auto Sleep: Enables the device to automatically enter sleep mode after five minutes of inactivity (*Using Auto Sleep*, page 61).

Climbs: Enables the ClimbPro feature and sets terrain type and which types of climbs the device detects (*Using ClimbPro*, page 23).

Data Screens: Enables you to customize data screens and add new data screens for the activity (*Adding a Data Screen*, page 57).

Gear Selection: Enables you to select the gear or equipment for the activity after you complete and save an activity. You can add and delete gear in your Garmin Connect account.

Navigation: Sets navigation messages, and customizes the map and routing settings (*Map Settings*, page 24) (*Route Settings*, page 25).

Ride Type: Sets the type of ride that is typical for this activity profile, such as commuting.

After a ride that is not typical, you can manually update the ride type. Accurate ride type data is important for creating bike friendly courses.

Satellite Systems: Allows you to turn off GPS (*Training Indoors*, page 13), or set the satellite system to use for the activity (*Changing the Satellite Setting*, page 61).

Timer: Sets timer preferences. The **Auto Pause** option allows you to set when the activity timer automatically pauses (*Using Auto Pause*, page 61). The **Timer Start Mode** option enables you to set how the device detects the start of a ride and automatically starts the activity timer (*Starting the Timer Automatically*, page 61).

Updating Your Activity Profile

You can customize your activity profiles. You can customize your settings and data fields for a particular activity or trip (*Training Settings*, page 56).

TIP: You can also customize the activity profiles from the device settings in the Garmin Connect™ app.

1. Select ☰ > **Activity Profiles**.
2. Select an option:
   - Select a profile.
   - Select **Create New** to create a new profile by copying an existing profile or using a template.
3. If necessary, select ⋮ to edit the name or color of the profile, or to remove the profile.

Adding a Data Screen

1. Select ☰ > **Activity Profiles**.
2. Select a profile.
3. Select **Data Screens** > **Add** > **Data Screen**.
4. Select a category, and select one or more data fields.

   TIP: For a list of all the available data fields, go to (*Data Fields*, page 75).
5. Select ←.
6. Select an option:
   - Select another category to select more data fields.
   - Select ✓.
7. Select ✚ or ━ to change the layout.
8. Select ✓.
9. Select an option:
   - Tap a data field, then tap another data field to rearrange them.
   - Select and hold a data field to change it.
10. Select ✓.

The added data screen appears in the list of data screens for the profile (*Rearranging Data Screens*, page 58).

Adding a Music Control Data Screen

You can customize a data screen to display music controls and real-time data, such as your lap time or total ascent (*Listening to Music*, page 48).

1. Select ☰ > **Activity Profiles**.
2. Select a profile.
3. Select **Data Screens** > **Add** > **Music Controls**.
4. Select an option:
   - Tap a data field, then tap another data field to rearrange them.
   - Double-tap a data field to change it.
5. Select ✓.

The added music data screen appears in the list of data screens for the profile (*Rearranging Data Screens*, page 58).

Customizing the Workout Data Screen

You can customize the workout data screen to display real-time workout data, such as your primary target information, duration countdown, and more (*Workouts*, page 10).

1. Select ☰ > **Activity Profiles**.
2. Select a profile.
3. Select **Data Screens**.
4. Swipe left or right in the data screen loop to view the workout data screen.
5. Select ⚙.
6. Select an option:
   - Select **Show Screen** to view or hide the data screen during your ride.
   - Select **Edit Data Fields**, and select ➕ or ➖ to change the layout.
   - Select **Select Alternate Data**, and select a data field to update.
7. Select ✔ if necessary.

The updated workout data screen appears in the list of data screens for the profile (*Rearranging Data Screens*, page 58).

You can also select **Data Screens** > **Add** > **Data Screen** > **Workouts**, and select data fields to add a new workout data screen to the activity profile (*Adding a Data Screen*, page 57).

Editing a Data Screen

1. Select ☰ > **Activity Profiles**.
2. Select a profile.
3. Select **Data Screens**.
4. Swipe left or right to view a data screen.
5. Select an option:
   - Select ⚙ > **Edit Data Fields**, and select ➕ or ➖ to change the layout.
     TIP: You can also tap a field to swap it with another field, or hold a field to edit it.
   - Select ⚙ > **Show Screen** to view or hide the data screen during your ride.
   - Select and hold the data screen, and drag it to 🗑 to delete the data screen.
6. Select ←.

Rearranging Data Screens

1. Select ☰ > **Activity Profiles**.
2. Select a profile.
3. Select **Data Screens**.
4. Swipe left or right to select a data screen.
5. Hold the data screen, and drag it to a new location.
6. Select ←.

Using Auto Scroll

You can use the Auto Scroll feature to automatically cycle through all of the training data screens while the timer is running.

1. Select ☰ > **Activity Profiles**.
2. Select a profile.
3. Select **Data Screens** > ⋮ > **Auto Scroll**.
4. Select a display speed.

Alerts and Prompts Settings

You can use alerts to train toward specific time, distance, calorie, heart rate, cadence, and power goals. You can also set up navigation alerts. Alert settings are saved with your activity profile (*Training Settings*, page 56).

Select ☰ > **Activity Profiles**, select a profile, and select **Alerts and Prompts**.

Sharp Bend Warnings: Enables alerts for difficult turns.

High Traffic Road Warnings: Enables alerts for high traffic areas.

Road Hazard Warnings: Enables alerts for road hazards, such as potholes or obstructions (*Reporting a Hazard*, page 19).

Unpaved Road Warnings: Enables alerts for unpaved roads, such as those with dirt or gravel.

Railroad Crossing Warnings: Enables alerts for railroad crossings.

Lap: Sets how laps are triggered (*Marking Laps by Position*, page 60).

Time Alert: Sets an alert for a specified time (*Setting Recurring Alerts*, page 59).

Distance Alert: Sets an alert for a specified distance (*Setting Recurring Alerts*, page 59).

Calorie Alert: Sets an alert when you have burned a specified number of calories.

Heart Rate Alert: Sets the device to alert you when your heart rate is above or below a target zone (*Setting Range Alerts*, page 59).

Cadence Alert: Sets the device to alert you when your cadence is above or below a custom range of reps per minute (*Setting Range Alerts*, page 59).

Power Alert: Sets the device to alert you when your power threshold is above or below a target zone (*Setting Range Alerts*, page 59).

Turn Around Alert: Sets an alert to indicate when you should turn around during your ride.

Eat Alert: Sets an alert to notify you to eat at a specified time, distance, or strategic interval during your ride (*Setting Eat and Drink Alerts*, page 59).

Drink Alert: Sets an alert to notify you to drink at a specified time, distance, or strategic interval during your ride (*Setting Eat and Drink Alerts*, page 59).

Connect IQ Alerts: Enables alerts that have been set up in Connect IQ™ apps.

Setting Range Alerts

If you have an optional heart rate monitor, cadence sensor, or power meter, you can set up range alerts. A range alert notifies you when the device measurement is above or below a specified range of values. For example, you can set the device to alert you when your cadence is below 40 RPM and over 90 RPM. You can also use a training zone for the range alert (*Training Zones*, page 30).

1. Select ☰ > **Activity Profiles**.
2. Select a profile.
3. Select **Alerts and Prompts**.
4. Select **Heart Rate Alert**, **Cadence Alert**, or **Power Alert**.
5. Select the minimum and maximum values, or select zones.

Each time you exceed or drop below the specified range, a message appears. The device also beeps if audible tones are turned on (*Turning the Device Tones On and Off*, page 65).

Setting Recurring Alerts

A recurring alert notifies you each time the device records a specified value or interval. For example, you can set the device to alert you every 30 minutes.

1. Select ☰ > **Activity Profiles**.
2. Select a profile.
3. Select **Alerts and Prompts**.
4. Select an alert type.
5. Turn on the alert.
6. Enter a value.
7. Select ✓.

Each time you reach the alert value, a message appears. The device also beeps if audible tones are turned on (*Turning the Device Tones On and Off*, page 65).

Setting Eat and Drink Alerts

You can set an alert to eat or drink at timed intervals.

1. Select ☰ > **Activity Profiles**.
2. Select a profile.
3. Select **Alerts and Prompts**.

4 Select **Eat Alert** or **Drink Alert**.
5 Turn on the alert.
6 Select **Type**, and select an option.
7 Select **Alert at**, and enter a value.
8 Select ✓

Each time you reach the estimated alert value, a message appears. The device also beeps if audible tones are turned on (*Turning the Device Tones On and Off*, page 65).

Auto Lap®

Marking Laps by Position

You can use the Auto Lap® feature to mark the lap at a specific position automatically. This feature is helpful for comparing your performance over different parts of a ride (for example, a long climb or training sprints). During courses, you can use the By Position option to trigger laps at all of the lap positions saved in the course.

1 Select ☰ > **Activity Profiles**.
2 Select a profile.
3 Select **Alerts and Prompts** > **Lap**.
4 Turn on the **Auto Lap** alert.
5 Select **Auto Lap Trigger** > **By Position**.
6 Select **Lap At**.
7 Select an option:
   - Select **Lap Press Only** to trigger the lap counter each time you press ↻ and each time you pass any of those locations again.
   - Select **Start and Lap** to trigger the lap counter at the GPS location where you press ▶ and at any location during the ride where you press ↻.
   - Select **Mark and Lap** to trigger the lap counter at a specific GPS location marked before the ride and at any location during the ride where you press ↻.
8 If necessary, customize the lap data fields (*Adding a Data Screen*, page 57).

Marking Laps by Distance

You can use the Auto Lap® feature to mark the lap at a specific distance automatically. This feature is helpful for comparing your performance over different parts of a ride (for example, every 10 miles or 40 kilometers).

1 Select ☰ > **Activity Profiles**.
2 Select a profile.
3 Select **Alerts and Prompts** > **Lap**.
4 Turn on the **Auto Lap** alert.
5 Select **Auto Lap Trigger** > **By Distance**.
6 Select **Lap At**.
7 Enter a value.
8 Select ✓.
9 If necessary, customize the lap data fields (*Adding a Data Screen*, page 57).

Marking Laps by Time

You can use the Auto Lap® feature to mark the lap at a specific time automatically. This feature is helpful for comparing your performance over different parts of a ride (for example, every 20 minutes).

1 Select ☰ > **Activity Profiles**.
2 Select a profile.
3 Select **Alerts and Prompts** > **Lap**.
4 Turn on the **Auto Lap** alert.
5 Select **Auto Lap Trigger** > **By Time**.
6 Select **Lap At**.
7 Select the hours, minutes, or seconds value.
8 Select ▲ or ▼ to enter a value.

9 Select ✓.

10 If necessary, customize the lap data fields (*Adding a Data Screen*, page 57).

Customizing the Lap Banner

You can customize the data fields that appear in the lap banner.

1 Select ☰ > **Activity Profiles**.

2 Select a profile.

3 Select **Alerts and Prompts** > **Lap**.

4 Turn on the **Auto Lap** alert.

5 Select **Custom Lap Banner**.

6 Select a data field to change it.

Using Auto Sleep

You can use the Auto Sleep feature to automatically enter sleep mode after 5 minutes of inactivity. During sleep mode, the screen is turned off and the sensors, Bluetooth® technology, and GPS are disabled.

While the Edge® Explore 3 Plus device is asleep, Wi-Fi® connectivity continues to run in the background.

1 Select ☰ > **Activity Profiles**.

2 Select a profile.

3 Select **Auto Sleep**.

Using Auto Pause

You can use the Auto Pause® feature to pause the timer automatically when you stop moving or when your speed drops below a specified value. This feature is helpful if your ride includes stop lights or other places where you need to slow down or stop.

NOTE: History is not recorded while the activity timer is stopped or paused.

1 Select ☰ > **Activity Profiles**.

2 Select a profile.

3 Select **Timer** > **Auto Pause**.

4 Select an option:

- Select **When Stopped** to pause the timer automatically when you stop moving.
- Select **Custom** to pause the timer automatically when your speed drops below a specified value.

5 If necessary, customize optional time data fields (*Adding a Data Screen*, page 57).

Starting the Timer Automatically

This feature automatically detects when your device has acquired satellites and is moving. It starts the activity timer or reminds you to start the activity timer so you can record your ride data.

1 Select ☰ > **Activity Profiles**.

2 Select a profile.

3 Select **Timer** > **Timer Start Mode**.

4 Select an option:

- Select **Manual**, and select ▶ to start the activity timer.
- Select **Prompted** to display a visual reminder when you reach the start notice speed.
- Select **Auto** to start the activity timer automatically when you reach the start speed.

Locking and Unlocking the Bike Computer

You can enable the Auto Lock setting to automatically lock the bike computer to prevent accidental button presses during a ride. This setting also locks the touchscreen during a ride.

1 Select ☰ > **Activity Profiles**.

2 Select a profile.

3 Select **Auto Lock**.

During a ride, hold any button to unlock the device.

Changing the Satellite Setting

For increased performance in challenging environments and faster GPS position location, you can enable Multi-GNSS. Using GPS and another satellite together reduces battery life more quickly than using only GPS.

1 Select ☰ > **Activity Profiles**.
2 Select a profile.
3 Select **Satellite Systems**.
4 Select an option.

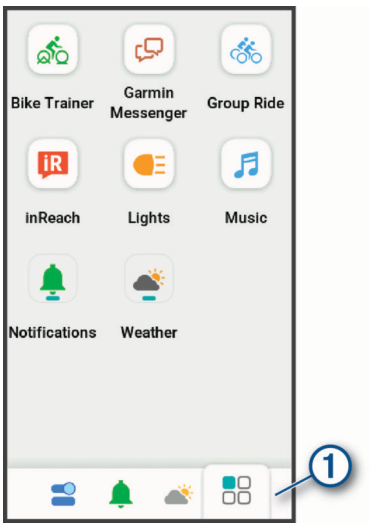
Customizing the Glances

1 Scroll to the bottom of the home screen.
2 Select ✎.
3 Select an option:
- Select ✚ to add a glance to the glance list.
- Select ⇳ to drag the glance up or down to change the location of the glance in the glance list.
- Swipe left on a glance, and select 🗑 to remove the glance from the glance list.

Customizing the Widgets

You can add new widgets, remove widgets, and change the order of widgets in the widget shortcut bar.

1 From the top of the home screen or ride screen, swipe down.
2 Swipe left or right on the widget shortcut bar ①, and select ▣.
The widget launcher screen appears with available widgets in alphabetical order.



3 Select an option:
- Select a widget to add it to the shortcut bar.
TIP: The widget appears in the shortcut bar. A green underscore appears on the widget icon to indicate the widget is active.
- Swipe down on a widget, and select ✖ to remove the widget from the widget shortcut bar.
- Hold and drag the widget icon left or right to change its location in the widget shortcut bar.

Device Settings

Select ☰ > **Settings**.

- Display Settings (*Display Settings*, page 63)
- Sound Settings (*Sound Settings*, page 63)
NOTE: Sound settings are available only on the Edge® Explore 3 Plus bike computer.
- Connectivity Settings (*Connectivity Settings*, page 63)
- OK Garmin Settings (*Using Voice Commands*, page 37)
NOTE: Voice command settings are available only on the Edge Explore 3 Plus bike computer.
- Safety and Tracking Settings (*Safety and Tracking Features*, page 41)
- Power Manager Settings (*Turning On Battery Saver Mode*, page 72)
- System Settings (*System Settings*, page 64)

Display Settings

Select ☰ > **Settings** > **Display**.

Auto Brightness: Automatically adjusts the backlight brightness based on the ambient light.

Brightness: Sets the backlight brightness.

Backlight Timeout: Sets the length of time before the backlight turns off.

Color Mode: Sets the device to display dark or light colors. You can select the Auto option to allow the device to set dark or light colors automatically based on the time of day.

Screen Capture: Allows you to save the image on the device screen when you press ⏻.

Using the Backlight

You can select any key to turn on the backlight.

You can adjust the backlight timeout (*Display Settings*, page 63).

1. Select ☰ > **Settings** > **Display**.
2. Select an option:
   - To allow the device to automatically adjust the brightness based on the ambient light, enable **Auto Brightness**.
   - To manually adjust the brightness, disable **Auto Brightness**, select **Brightness**, select ⌃ or ⌄, and select ✓.

Sound Settings

NOTE: Sound settings are available only on the Edge® Explore 3 Plus bike computer.

Select ☰ > **System** > **Sounds**, and set the volume.

Tones: Turns the system and messaging tones on, off, or on only during an activity (*Turning the Speaker Tones On and Off*, page 63).

Voice Prompts: Sets the audio prompt options (*Playing Voice Prompts During an Activity*, page 47).

Turning the Speaker Tones On and Off

NOTE: Speaker tones are available only on the Edge® Explore 3 Plus bike computer.

1. Select ☰ > **Settings** > **Sounds**.
2. Select an option:
   - Use the slider bar to adjust the volume.
   - Select 🔊 to mute all sounds.
   - Select **Tones** to change the settings for **Messaging**, **System**, and **Activity** tones.

     TIP: You can also turn off button press tones in the system settings (*Turning the Device Tones On and Off*, page 65).

Connectivity Settings

Select ☰ > **Settings** > **Connectivity**.

Phone: Enables phone and Bluetooth® connectivity, syncing your bike computer, and notifications (*Phone Settings*, page 63).

Wi-Fi: Connects to wireless networks and customizes the Wi-Fi settings (*Wi-Fi® Settings*, page 53).

NOTE: This setting is available only on the Edge® Explore 3 Plus bike computer.

Extended Display: Connects your bike computer to a compatible Garmin® multisport watch to view watch data screens on your bike computer (*Setting Up Extended Display Mode*, page 64).

Phone Settings

Select ☰ > **Settings** > **Connectivity** > **Phone**.

Enable: Enables Bluetooth® technology.

NOTE: Other Bluetooth settings appear only when you enable Bluetooth technology.

Friendly Name: Allows you to enter a friendly name that identifies your devices with Bluetooth.

Pair Smartphone: Connects your device with a compatible Bluetooth enabled phone. This setting allows you to use Bluetooth connected features, including LiveTrack and activity uploads to Garmin Connect™.

NOTE: When your bike computer is paired with a compatible phone, this setting name appears as **Smartphone**.

Sync Now: Allows you to sync your device with your compatible phone.

Smart Notifications: Allows you to enable text, phone, and app notifications from your compatible phone.

Missed Notifications: Displays missed phone notifications from your compatible phone. You can select **Mute All** to turn off notifications.

Text Reply Signature: Enables signatures in your text message replies. This feature is available with compatible Android™ phones.

Setting Up Extended Display Mode

You can use your Edge® Explore 3 bike computer as an extended display to view data screens from a compatible Garmin® multisport watch. For example, you can pair a compatible Forerunner® watch to display its data screens on your Edge bike computer during a triathlon.

NOTE: Extended display uses an open connection. For more information about connection types, go to garmin.com/hrm_connection_types.

1. From your Edge bike computer, select ☰ > **Settings** > **Connectivity** > **Extended Display** > **Connect New Watch**.
2. From your compatible Garmin watch, select **Settings** > **Connectivity** > **Sensors & Accessories** > **Add New** > **Extended Display**.
3. Follow the on-screen instructions on your Edge bike computer and Garmin watch to complete the pairing process.

   The data screens from your watch appear on the Edge bike computer when the devices are paired.

   NOTE: Normal Edge functions are disabled while using extended display mode.

After pairing your compatible Garmin watch with your Edge bike computer, they connect automatically the next time you use Extended Display mode.

Exiting Extended Display Mode

While the device is in Extended Display mode, tap the screen, and select **Exit Extended Display** > ✓.

System Settings

Select ☰ > **Settings** > **System**.

Data Recording: Sets how the bike computer records data (*Data Recording Settings*, page 64).

Map Manager: Indicates the current downloaded maps and enables updates (*Managing Maps*, page 25).

NOTE: This setting is available only on the Edge® Explore 3 Plus bike computer.

Units: Sets the units of measure used on the device (*Changing the Units of Measure*, page 65).

Altimeter: Manually calibrates the internal barometric altimeter and customizes the settings (*Calibrating the Barometric Altimeter*, page 73).

Tones: Turns audible tones on or off for button presses (*Turning the Device Tones On and Off*, page 65).

NOTE: This setting is available only on the Edge Explore 3 bike computer.

Start of Week: Sets the first day of the week for your weekly history totals (*History*, page 54).

Language: Sets the language displayed on the device (*Changing the Device Language*, page 65).

Voice Control Dialect: Sets the language dialect for OK Garmin voice controls (*Using Voice Commands*, page 37).

NOTE: This setting is available only on the Edge Explore 3 Plus bike computer.

Keyboard: Sets the language and layout for your keyboard. You can select **Auto Correct** to automatically fix spelling or formatting errors as you type (*Changing the Keyboard*, page 65).

Device Reset: Allows you to reset the system settings or delete all user data (*Resetting the Edge® Bike Computer*, page 72).

About: Displays the software version and unit ID, and allows you to check for software updates (*Updating the Software Using the Garmin Connect™ App*, page 51).

Tutorials: Allows you to learn more about your bike computer, including pro tips.

Regulatory Info: Displays regulatory and compliance information (*Viewing Regulatory and Compliance Information*, page 71).

Data Recording Settings

Select ☰ > **Settings** > **System** > **Data Recording**.

Cadence Averaging: Controls whether the device includes zero values for cadence data that occur when you are not pedaling (*Data Averaging for Cadence or Power*, page 33).

Power Averaging: Controls whether the device includes zero values for power data that occur when you are not pedaling (*Data Averaging for Cadence or Power*, page 33).

Log HRV: Sets the device to record your heart rate variability during an activity.

Changing the Units of Measure

You can customize units of measure for distance and speed, elevation, and more.

1. Select ☰ > **Settings** > **System** > **Units**.
2. Select a measurement type.
3. Select a unit of measure for the setting.

Turning the Device Tones On and Off

You can enable the bike computer to play a tone when you press a device button. This setting also turns on and off tones when pressing on-screen buttons.

NOTE: This device tone setting is available only on the Edge® Explore 3 bike computer. You can turn off device tones on the Edge Explore 3 Plus bike computer in the sound settings (*Sound Settings*, page 63).

Select ☰ > **Settings** > **System** > **Tones**.

Changing the Device Language

1. Select ☰ > **Settings** > **System** > **Language**.
2. Select a language.

Changing the Keyboard

Before you can change the keyboard language or layout, you must enable a keyboard language or layout in the system settings.

1. Select ☰ > **Settings** > **System** > **Keyboard** > **Edit Language** > ➕.
2. Select a language or layout.
3. Select ←.
4. Select an option:
   - Select ⇕ to drag the language up or down to change the location of the language in the list.
   - Swipe left on a language, and select 🗑 to remove the language from the list.

Time Zones

Each time you turn on the device and acquire satellites or sync with your phone, the device automatically detects your time zone and the current time of day.

Device Information

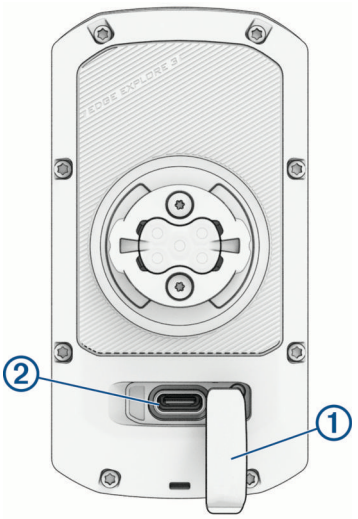
Charging the Device

NOTICE

To prevent corrosion, thoroughly dry the USB port, the weather cap, and the surrounding area before charging or connecting to a computer.

NOTE: The device will not charge when outside the approved temperature range (*Specifications*, page 70).

1 Pull up the weather cap ① from the USB port ②.



2 Plug the cable into the charging port on the device.

3 Plug the other end of the cable into a USB charging port.

When you connect the device to a power source, the device turns on.

4 Charge the device completely.

After you charge the device, close the weather cap.

About the Battery

⚠ WARNING

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.

Installing the Standard Mount

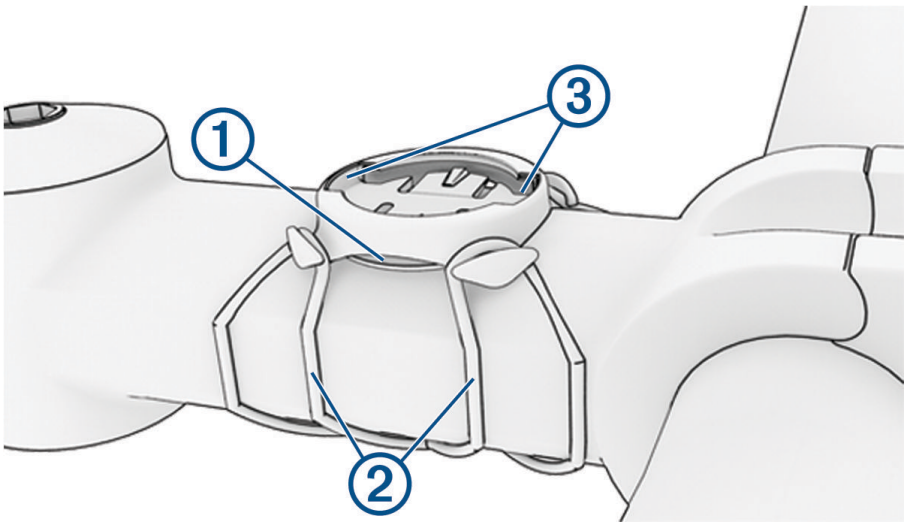
For the best GPS reception and screen visibility, position the bike mount so the device is horizontal to the ground and the front of the device is oriented toward the sky. You can install the bike mount on the stem or the handlebar.

NOTE: If you do not have this mount, you can skip this task.

1 Select a secure location to mount the device where it does not interfere with the safe operation of your bike.

2 Place the rubber disk ① on the back of the bike mount.

Two rubber disks are included, and you can select the disk that best fits your bike. The rubber tabs align with the back of the bike mount so it stays in place.

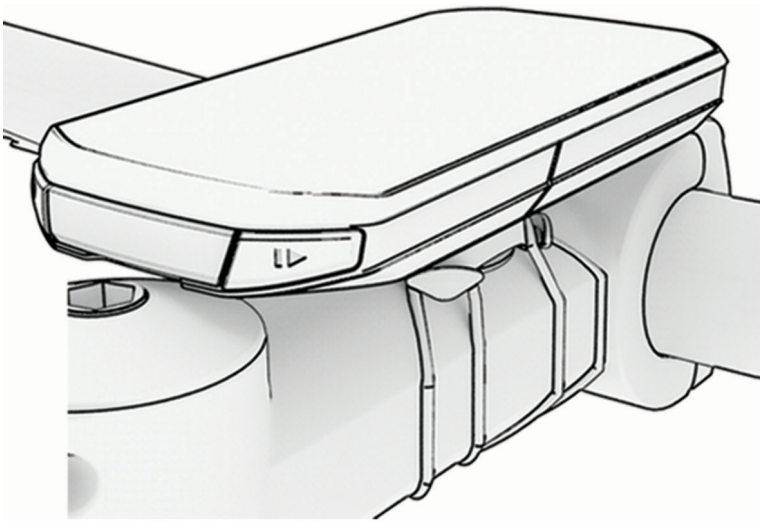


3 Place the bike mount on the bike stem.

4 Attach the bike mount securely using the two bands ②.

5 Align the tabs on the back of the device with the bike mount notches ③.

6 Press down slightly and turn the device clockwise until it locks into place.

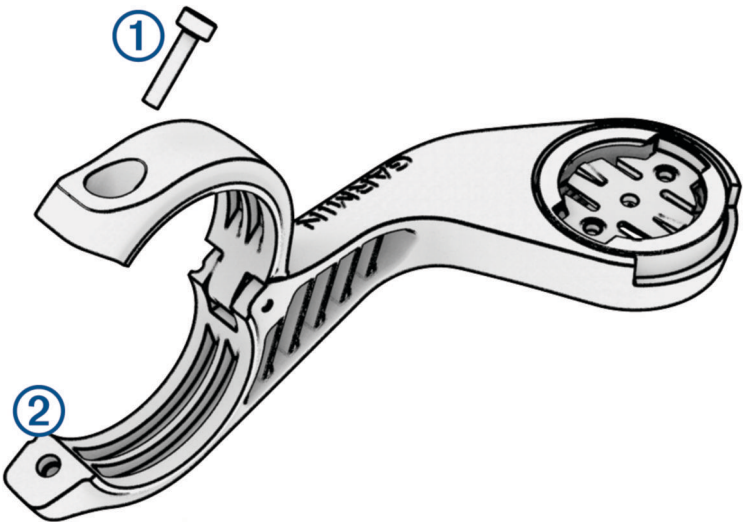


Installing the Out-Front Mount

NOTE: If you do not have this mount, you can skip this task.

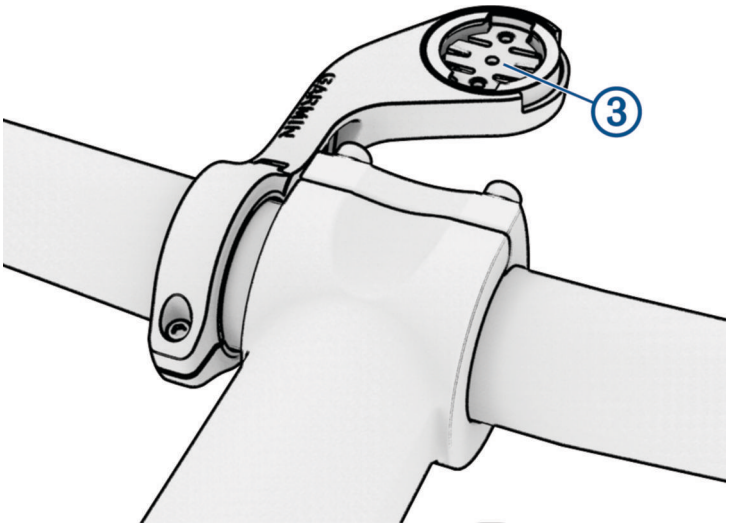
1 Select a secure location to mount the Edge® bike computer where it does not interfere with the safe operation of your bike.

2 Use the hex key to remove the screw ① from the handlebar connector ②.



3 Place the rubber pad around the handlebar:
   - If the handlebar diameter is 25.4 mm or 26 mm, use the thicker pad.
   - If the handlebar diameter is 31.8 mm, use the thinner pad.
   - If the handlebar diameter is 35 mm, do not use a rubber pad.
4 Place the handlebar connector around the rubber pad.
5 Replace and tighten the screw.

   NOTE: Garmin® recommends tightening the screw so the mount is secure, with a maximum torque specification of 7 lbf-in. (0.8 N-m). You should check the tightness of the screw periodically.
6 Align the tabs on the back of the Edge bike computer with the bike mount notches ③.



7 Press down slightly and turn the Edge bike computer clockwise until it locks into place.

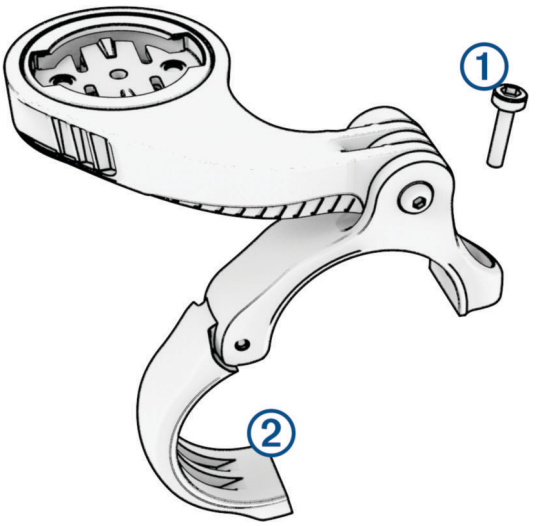
Releasing the Edge® Bike Computer

1 Turn the Edge bike computer clockwise to unlock it.
2 Lift the bike computer off the mount.

Installing the Mountain Bike Mount

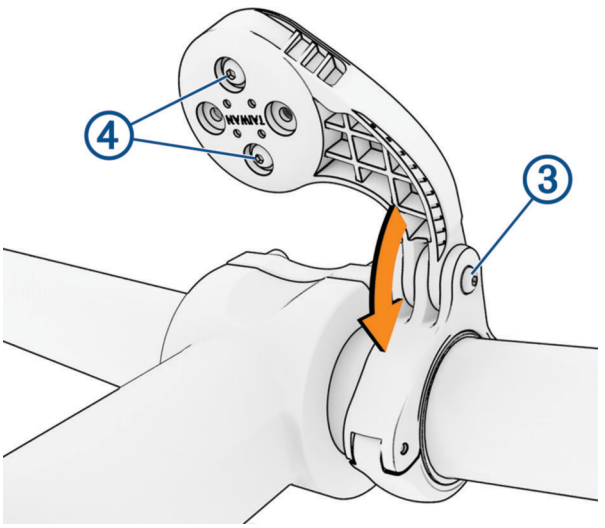
NOTE: If you do not have this mount, you can skip this task.

1 Select a secure location to mount the Edge® device where it does not interfere with the safe operation of your bike.
2 Use the 3 mm hex key to remove the screw ① from the handlebar connector ②.



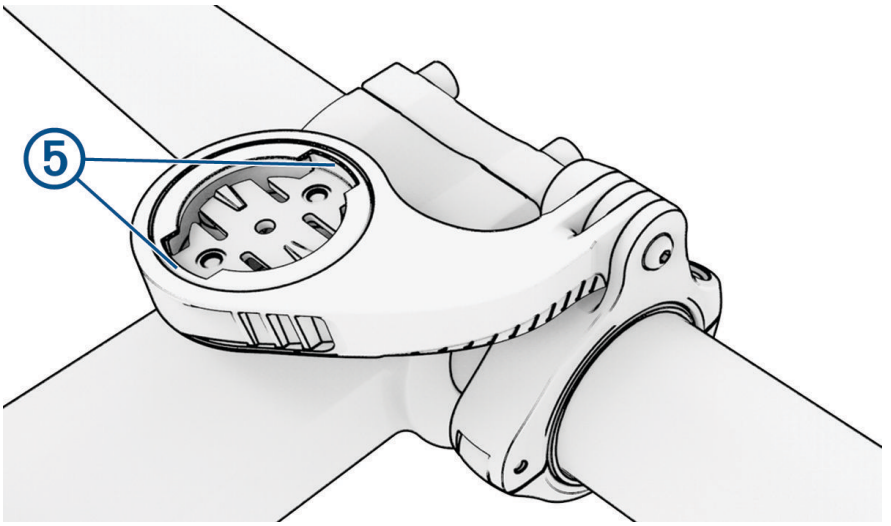
3 Select an option:
   - If the handlebar diameter is 25.4 mm or 26 mm, place the thicker pad around the handlebar.
   - If the handlebar diameter is 31.8 mm, place the thinner pad around the handlebar.
   - If the handlebar diameter is 35 mm, do not use a rubber pad.
4 Place the handlebar connector around the handlebar, so that the mount arm is above the bike stem.
5 Use the 3 mm hex key to loosen the screw ③ on the mount arm, position the mount arm, and tighten the screw.

   NOTE: Garmin® recommends tightening the screw so the mount arm is secure, with a maximum torque specification of 20 lbf-in. (2.26 N-m). You should check the tightness of the screw periodically.



6 If necessary, use the 2 mm hex key to remove the two screws on the back side of the mount ④, remove and rotate the connector, and replace the screws to change the orientation of the mount.
7 Replace and tighten the screw on the handlebar connector.

   NOTE: Garmin recommends tightening the screw so the mount is secure, with a maximum torque specification of 7 lbf-in. (0.8 N-m). You should check the tightness of the screw periodically.
8 Align the tabs on the back of the Edge device with the bike mount notches ⑤.

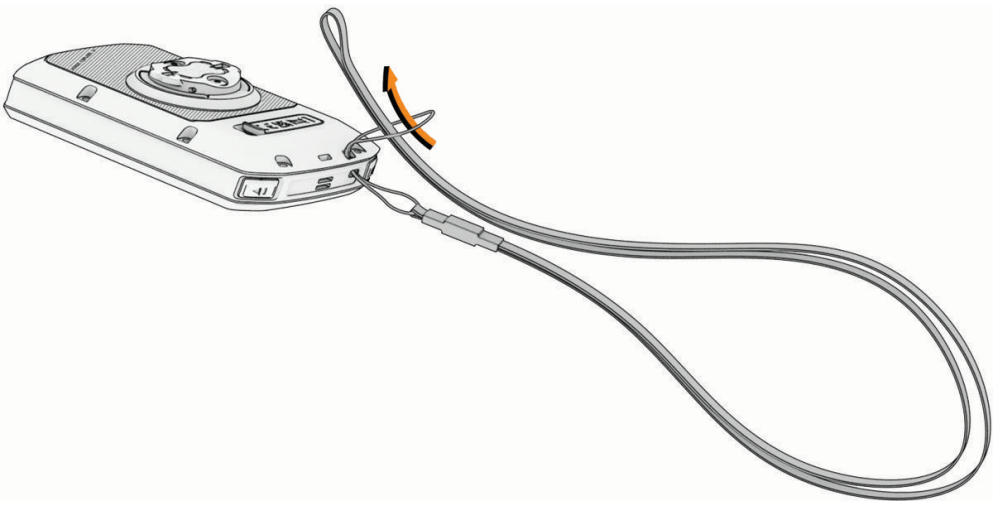


9 Press down slightly and turn the Edge device clockwise until it locks into place.

Attaching a Tether

You can use the optional tether strap to secure the Edge® bike computer to your handlebar.

1 Starting from the back of the device, insert the loop of the tether through the slot in the device.



2 Thread the other end of the tether through the loop, and pull it tight.

Product Updates

Your device automatically checks for updates when paired with a phone using Bluetooth® technology or when connected to Wi-Fi®. You can manually check for updates from the system settings (*System Settings*, page 64). On your computer, install Garmin Express™ (**garmin.com/express**). On your phone, install the Garmin Connect™ app.

Wi-Fi technology is not available with all models.

This provides easy access to these services for Garmin® devices:

- Software updates
- Map updates

  NOTE: Map updates are available through Garmin Express.
- Data uploads to the Garmin Connect app on your phone
- Product registration

Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Operating temperature range	From -20º to 60ºC (from -4º to 140ºF)

Charging temperature range	From 0º to 45ºC (from 32º to 113ºF)
Edge® Explore 3 battery life	Up to 16 hr. Up to 48 hr. in battery saver mode
Edge Explore 3 Plus battery life	Up to 14 hr. Up to 48 hr. in battery saver mode
Edge Explore 3 wireless frequencies and transmit power	2400 - 2483,5 MHz: < 20 dBm
Edge Explore 3 Plus wireless frequencies and transmit power	2400 - 2483,5 MHz: < 20 dBm 13,56 MHz: < 42 dBaA/m @ 10 m
EU SAR, Edge Explore 3	Not applicable
EU SAR, Edge Explore 3 Plus	0,518 w/kg torso
Water rating	IEC 60529 IPX7[1]

Viewing Device Information

You can view device information, such as the unit ID, software version, and license agreement.

Select ☰ > **Settings** > **System** > **About** > **Copyright Info**.

Viewing 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 ☰.
2. Select **Settings** > **System** > **Regulatory Info**.

Device Care

NOTICE

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

Never use a hard or sharp object to operate the touchscreen, or damage may result.

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

Secure the weather cap tightly to prevent damage to the USB port.

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

Cleaning the Device

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.

Cleaning the USB Port

1. Turn off the device and disconnect the device from power.
2. Clean the USB port using a soft, clean, lint-free cloth or cotton swab.

   NOTE: If necessary, you can lightly dampen the cloth or cotton swab with isopropyl alcohol.
3. Allow the device to dry completely before you connect it to power.

[1] The device withstands incidental exposure to water of up to 1 m for up to 30 min. For more information, go to www.garmin.com/waterrating.

Troubleshooting

Resetting the Edge® Bike Computer

If the bike computer stops responding, you may need to reset it. This does not erase any of your data or settings.

Hold ⏻ for 12 seconds.

The bike computer resets and turns on.

Restoring the Default Settings

You can restore the default configuration settings and activity profiles. This will not remove your history or activity data, such as rides and courses.

Select ☰ > **Settings** > **System** > **Device Reset** > **Reset Default Settings** > ✓.

Clearing User Data and Settings

You can clear all user data and restore the device to its initial setup. This removes your history and data, such as rides and courses, and resets the device settings and activity profiles. This will not remove any files you added to the device from your computer.

Select ☰ > **Settings** > **System** > **Device Reset** > **Delete Data and Reset Settings** > ✓.

Exiting Demo Mode

Demo mode shows a preview of features on your Edge® bike computer.

1. Press ⏻ eight times.
2. Select ✓.

Viewing Tutorials

To help you learn more about your bike computer, you can view tutorials on how to navigate the home screen, device customization, and more.

1. Select ☰ > **Settings** > **System** > **Tutorials**.
2. Select a tutorial.

   TIP: You can watch the tutorial or swipe to view the next screen.
3. Tap the screen to exit the tutorial.

Maximizing Battery Life

- Turn on the battery saver feature (*Turning On Battery Saver Mode*, page 72).
- Decrease the backlight brightness or enable the **Auto Brightness** setting (*Display Settings*, page 63).
- Shorten the backlight timeout (*Display Settings*, page 63).
- Turn on the **Auto Sleep** feature in your activity profile (*Using Auto Sleep*, page 61).
- Turn off the **Phone** wireless feature (*Phone Settings*, page 63).
- Use a GNSS satellite mode that prioritizes battery life during your activity, such as the **GPS** setting (*Changing the Satellite Setting*, page 61).
- Turn off voice command wake word recognition (*Turning On Battery Saver Mode*, page 72).

  NOTE: You can still enable the voice command feature by holding the ↩ button (*Using Voice Commands*, page 37).
- Turn off Wi-Fi® technology when you are not using connected features (*Wi-Fi® Connectivity Features*, page 53).

  NOTE: Wi-Fi connectivity and features are available only with the Edge® Explore 3 Plus bike computer.
- Remove wireless sensors that you no longer use (*Wireless Sensors*, page 32).
- Stop broadcasting heart rate data from your paired devices (*Broadcasting Heart Rate Data*, page 33).

Turning On Battery Saver Mode

Battery saver mode allows you to adjust the settings to extend the battery life for longer rides.

1. Select ☰ > **Settings** > **Power Manager** > **Battery Saver**.
2. Select an option:
   - Select **Reduce Backlight** to reduce the backlight brightness.
   - Select **Backlight Timeout** to set how long the screen backlight stays on after a period of inactivity.
   - Select **Hide Map** to hide the map screen.

NOTE: When this option is enabled, navigation turn prompts still appear.

- Select **Display Timeout** to have the device enter sleep mode during an activity.
  When this option is enabled, data is still recorded.
- Select **Stop Listening for "OK Garmin"** to disable the **"OK Garmin"** wake word (*Using Voice Commands*, page 37).
  NOTE: The voice command feature is available only on the Edge® Explore 3 Plus bike computer.
- Select **Satellite Systems** to change the satellite setting.

The estimated battery life remaining appears at the top of the screen.

After your ride, you should charge your device and disable battery saver mode to use all the device features.

My phone will not connect to the device

If your phone will not connect to the device, you can try these tips.

- Turn off your phone and your device, and turn them back on again.
- Enable Bluetooth® technology on your phone.
- Update the Garmin Connect™ app to the latest version.
- Remove your device from the Garmin Connect app and the Bluetooth settings on your phone to retry the pairing process.
- If you bought a new phone, remove your device from the Garmin Connect app on the phone you intend to stop using.
- Bring your phone within 10 m (33 ft.) of the device.
- On your phone, open the Garmin Connect app, and select ••• > **Garmin Devices** > **Add Device** to enter pairing mode.
- Select ☰ > **Settings** > **Connectivity** > **Phone** > **Pair Smartphone**.

Tips for Improving GNSS Satellite Reception

- Frequently sync the device to your Garmin® account:
  - Connect your device to a computer using the USB cable and the Garmin Express™ application.
  - Sync your device to the Garmin Connect™ app using your Bluetooth® enabled phone.
  - Connect your device to your Garmin account using a Wi-Fi® wireless network.
    Wi-Fi technology is not available with all models.

  While connected to your Garmin account, the device downloads several days of satellite data, allowing it to quickly locate satellite signals.
- Take your device outside to an open area away from tall buildings and trees.
- Remain stationary for a few minutes.

My device is in the wrong language

1. Select ☰ > ⚙.
2. Scroll down to the last item in the list, and select it.
3. Scroll down to the sixth item in the list, and select it.
4. Select your language.

Setting Your Elevation

If you have accurate elevation data for your present location, you can manually calibrate the altimeter on your device.

1. Select **Navigation** > ⋮ > **Set Elevation**.
2. Enter the elevation, and select ✓.

Temperature Readings

The device may display temperature readings that are higher than the actual air temperature if the device is placed in direct sunlight, held in your hand, or is charging with an external battery pack. Also, the device will take some time to adjust to significant changes in temperature.

Calibrating the Barometric Altimeter

Your device was already calibrated at the factory, and the device uses automatic calibration at your GPS starting point by default. You can manually calibrate the barometric altimeter if you know the correct elevation.

1 Select ☰ > **Settings** > **System** > **Altimeter**.
2 Select an option:
   - To calibrate automatically from your GPS starting point, select **Auto Cal.**.
   - To enter the current elevation manually, select **Calibrate** > **Enter Manually**.
   - To enter the current elevation from the digital elevation model (DEM), select **Calibrate** > **Use DEM**.
   - To enter the current elevation from your GPS starting point, select **Calibrate** > **Use GPS**.

Replacement O-rings

Replacement bands (O-rings) are available for the mounts.

NOTE: Use Ethylene Propylene Diene Monomer (EPDM) replacement bands only. Go to http://buy.garmin.com, or contact your Garmin® dealer.

Getting More Information

- Go to **support.garmin.com** for the owner's manual, articles, and software updates.
- Go to **garmin.com**, or contact your Garmin® dealer for information about optional accessories and replacement parts.

Appendix

Data Fields

NOTE: Not all data fields are available for all activity types. Some data fields require compatible accessories to display data. Some data fields appear in more than one category on the device. Some data fields are groups of related data, such as cadence or power.

TIP: You can also customize the data fields from the device settings in the Garmin Connect™ app.

Cadence Fields

Name	Description
Avg Cadence	Cycling. The average cadence for the current activity.
Cadence	Cycling. The number of revolutions of the crank arm. Your device must be connected to a cadence accessory for this data to appear.
Lap Cadence	Cycling. The average cadence for the current lap.

Distance Fields

Name	Description
Distance	The distance traveled for the current track or activity.
Lap Distance	The distance traveled for the current lap.
Odometer	A running tally of distance traveled for all trips. This total does not clear when resetting the trip data.

eBike

Name	Description
Assist Mode	The current eBike assistance mode.
eBike Battery	The remaining battery power of an eBike.
Shifting Advice	The recommendation to shift up or down based on your current effort. Your eBike must be in manual shifting mode.
Travel Range	The estimated distance you can travel based on the current eBike settings and remaining battery power.
Smart Travel Range	The estimated remaining distance the eBike will provide assistance, taking into account the local terrain.

Elevation Fields

Name	Description
Ascent to Next	The remaining ascent to the next waypoint on the route. You must be navigating for this data to appear.
Ascent Remaining	During a workout or course, the remaining ascent when you are using an elevation target.
Elevation	The altitude of your current location above or below sea level.
Grade	The calculation of rise (elevation) over run (distance). For example, if for every 3 m (10 ft.) you climb you travel 60 m (200 ft.), the grade is 5%.
Lap Ascent	The vertical distance of ascent for the current lap.
Lap Descent	The vertical distance of descent for the current lap.
Total Ascent	The total elevation distance ascended since the last reset.
Total Descent	The total elevation distance descended since the last reset.

Graphical

Name	Description
Cadence Bar	A bar graph showing your current, average, and maximum cycling cadence values for the current activity.
Cadence Graph	A line graph showing your cycling cadence values for the current activity.
CO2e Bar	A bar graph showing the amount of carbon dioxide (CO_2) saved by cycling instead of driving.
Compass	A visual representation of the direction in which the device is pointing.

Name	Description
Elevation Graph	A line graph showing your current elevation, total ascent, and total descent for the current activity.
Heart Rate Bar	A bar graph showing your current, average, and maximum heart rate values for the current activity.
Heart Rate Graph	A line graph showing your current, average, and maximum heart rate values for the current activity.
HR Zone Bar	A bar graph showing your current heart rate zone (1 to 5).
Map	A visual representation of the surrounding physical features and direction in which the device is traveling.
3s Power Bar	A bar graph showing your 3-second average power output value for the current activity.
3s Power Graph	A line graph showing your 3-second average power output value for the current activity.
Pwr. Zone Bar	A bar graph showing your current power zone (1 to 9).
Speed Bar	A bar graph showing your current, average, and maximum speed values for the current activity.
Speed Graph	A line graph showing your speed for the current activity.
Training Effect	The impact of the current activity on your aerobic and anaerobic fitness levels.

Heart Rate Fields

Name	Description
%Max Heart Rate	The percentage of maximum heart rate.
Avg Heart Rate	The average heart rate for the current activity.
Heart Rate	Your heart rate in beats per minute (bpm). Your device must be connected to a compatible heart rate monitor or another device that has wrist-based heart rate.
Heart Rate Zone	The current range of your heart rate (1 to 5). The default zones are based on your user profile and maximum heart rate (220 minus your age).
Lap Heart Rate	The average heart rate for the current lap.

Lights

Name	Description
Battery Status	The remaining battery power of a bike light accessory.
Beam Angle Status	The headlight beam mode.
Light Mode	The light network configuration mode.
Lights Connected	The number of connected lights.

Navigation Fields

Name	Description
Ascent Remaining	During a workout or course, the remaining ascent when you are using an elevation target.
Ascent to Next	The remaining ascent to the next point on the course.
Course Pt. Distance	The remaining distance to the next point on the course.
Destination Location	The position of your final destination.
Dist. to Point	The remaining distance to the next point.
Distance to Destination	The remaining distance to the final destination. You must be navigating for this data to appear.
Distance to Next	The remaining distance to the next waypoint on the route. You must be navigating for this data to appear.
ETA at Destination	The estimated time of day when you will reach the final destination (adjusted to the local time of the destination). You must be navigating for this data to appear.
ETA at Next	The estimated time of day when you will reach the next waypoint on the route (adjusted to the local time of the waypoint). You must be navigating for this data to appear.
Heading	The direction you are moving.
Location	The current position using the selected position format setting.
Next Waypoint	The next point on the route. You must be navigating for this data to appear.

Name	Description
Time to Destination	The estimated time remaining before you reach the destination. You must be navigating for this data to appear.
Time to Next	The estimated time remaining before you reach the next waypoint in the route. You must be navigating for this data to appear.
Time to Point	The remaining time to the next point.

Other Fields

Name	Description
Battery Level	The remaining battery power.
Calories	The amount of total calories burned.
Carbon Savings	The amount of carbon dioxide (CO_2) saved by cycling instead of driving.
GPS Signal Strength	The strength of the GPS satellite signal.
Laps	The number of laps completed for the current activity.
Sunrise	The time of sunrise based on your GPS position.
Sunset	The time of sunset based on your GPS position.
Temperature	The temperature of the air. Your body temperature affects the temperature sensor.
Time of Day	The time of day based on your current location and time settings (format, time zone, daylight saving time).
24-Hour Minimum Temperature	The minimum temperature recorded in the last 24 hours from a compatible temperature sensor.
24-Hour Maximum Temperature	The maximum temperature recorded in the last 24 hours from a compatible temperature sensor.

Power Fields

Name	Description
3s Power	The 3-second moving average of power output.
Avg Power	The average power output for the current activity.
Kilojoules	The accumulated work performed (power output) in kilojoules.
Lap Power	The average power output for the current lap.
Max. Power	The top power output for the current activity.
Power	Cycling. The current power output in watts.
Power Zone	The current range of power output (1 to 9) based on your FTP or custom settings.

Smart Trainer

Name	Description
Trainer Controls	During a workout, the resistance force applied by an indoor trainer.

Speed Fields

Name	Description
Avg Speed	The average speed for the current activity.
Lap Speed	The average speed for the current lap.
Max. Speed	The top speed for the current activity.
Speed	The current rate of travel.

Timer Fields

Name	Description
Avg Lap Time	The average lap time for the current activity.
Elapsed Time	The total time recorded. For example, if you start the activity timer and bike for 10 minutes, then stop the timer for 5 minutes, then start the timer and bike for 20 minutes, your elapsed time is 35 minutes.

Name	Description
Lap Time	The stopwatch time for the current lap.
Timer	The current time of the activity timer.

Workouts

Name	Description
Calories to Go	During a workout, the remaining calories when you are using a calorie target.
Distance to Go	During a workout or course, the remaining distance when you are using a distance target.
Duration	The time remaining for the current workout step.
Heart Rate to Go	During a workout, the amount you are above or below the heart rate target.
Primary Target	During a workout, the target for the primary workout step.
Reps to Go	During a workout, the remaining repetitions.
Secondary Target	During a workout, the target for a secondary workout step.
Step Distance	During a workout, the distance for the current step.
Step Time	The time elapsed for the current workout step.
Time to Go	During a workout or course, the remaining time when you are using a time target.
Workout Comparison	A graph comparing your current effort to the workout target.
Workout Step	During a workout, the current step out of the total number of steps.

VO2 Max. Standard Ratings

These tables include standardized classifications for VO2 max. estimates by age and sex.

Males	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	55.4	54	52.5	48.9	45.7	42.1
Excellent	80	51.1	48.3	46.4	43.4	39.5	36.7
Good	60	45.4	44	42.4	39.2	35.5	32.3
Fair	40	41.7	40.5	38.5	35.6	32.3	29.4
Poor	0–40	<41.7	<40.5	<38.5	<35.6	<32.3	<29.4

Females	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	49.6	47.4	45.3	41.1	37.8	36.7
Excellent	80	43.9	42.4	39.7	36.7	33	30.9
Good	60	39.5	37.8	36.3	33	30	28.1
Fair	40	36.1	34.4	33	30.1	27.5	25.9
Poor	0–40	<36.1	<34.4	<33	<30.1	<27.5	<25.9

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FTP Ratings

These tables include classifications for functional threshold power (FTP) estimates by sex.

Males	Watts per Kilogram (W/kg)
Superior	5.05 and greater
Excellent	From 3.93 to 5.04
Good	From 2.79 to 3.92
Fair	From 2.23 to 2.78
Untrained	Less than 2.23

Females	Watts per Kilogram (W/kg)
Superior	4.30 and greater
Excellent	From 3.33 to 4.29
Good	From 2.36 to 3.32
Fair	From 1.90 to 2.35
Untrained	Less than 1.90

FTP ratings are based on research by Hunter Allen and Andrew Coggan, PhD, *Training and Racing with a Power Meter* (Boulder, CO: VeloPress, 2010).

Heart Rate Zone Calculations

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
1	50–60%	Relaxed, easy pace, rhythmic breathing	Beginning-level aerobic training, reduces stress
2	60–70%	Comfortable pace, slightly deeper breathing, conversation possible	Basic cardiovascular training, good recovery pace
3	70–80%	Moderate pace, more difficult to hold conversation	Improved aerobic capacity, optimal cardiovascular training
4	80–90%	Fast pace and a bit uncomfortable, breathing forceful	Improved anaerobic capacity and threshold, improved speed
5	90–100%	Sprinting pace, unsustainable for long period of time, labored breathing	Anaerobic and muscular endurance, increased power

Wheel Size and Circumference

When used for cycling, your speed sensor automatically detects your wheel size. If necessary, you can manually enter your wheel circumference in the speed sensor settings.

The tire size for cycling is marked on both sides of the tire. You can measure the circumference of your wheel or use one of the calculators available on the internet.

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