



Owner's Manual

All rights reserved. Under the copyright laws, this manual may not be copied, in whole or in part, without the written consent of Garmin. Garmin reserves the right to change or improve its products and to make changes in the content of this manual without obligation to notify any person or organization of such changes or improvements. Go to www.garmin.com for current updates and supplemental information concerning the use of this product.

Garmin[®], the Garmin logo, and Approach[®] are trademarks of Garmin Ltd. or its subsidiaries, registered in the USA and other countries. Garmin Connect[™] and Garmin Express[™] are trademarks of Garmin Ltd. or its subsidiaries. These trademarks may not be used without the express permission of Garmin.

The Bluetooth[®] word mark and logos are owned by Bluetooth SIG, Inc. and any use of such marks by Garmin is under license. Other trademarks and trade names are those of their respective owners.

Table of Contents

Getting Started	1
Keys	1
Turning On the Device	
Status Icons	1
Charging the Device	
Playing Golf	
Hole View	
Moving the Pin	
Measuring a Shot Viewing Hazards	
Viewing Layup and Dogleg Distances	
Using the Odometer	
Keeping Score	
Garmin Connect	2
Automatic Shot Detection	
Automatic Course Updates	
Pairing Your Smartphone	3
Phone Notifications	
Enabling or Disabling Notifications	
Viewing Notifications	
Activity Tracking	
Enabling or Disabling Activity Tracking	
Viewing Step Totals	
Using the Move Alert	
Hiding the Step Goal	
TruSwing™	
Viewing TruSwing Metrics on Your Device Changing Clubs	
Changing Handedness	
Disconnecting Your TruSwing Device	
Customizing Your Device	
Setting an Alarm	3
System Settings	
Appendix	4
Device Care	
Cleaning the Device	4
Specifications	4
Index	5

Getting Started

🛆 WARNING

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

Keys



Ē				
① 凸 Hold to turn the device on and off.		() UP	Hold to turn the device on and off.	
		ŪΡ	Select to scroll through menus, holes, and settings.	
	2	DOWN	Select to scroll through menus, holes, and settings.	
		Select to choose menu options and acknowledge		
		- <u>ċ</u> :-	messages. During play, select to access in-game features.	
			Hold to turn on the back light.	
	4	BACK	Select to return to the previous menu.	

Turning On the Device

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

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

Status Icons

*	Bluetooth [®] wireless signal status
D	Battery status
6	Calories burned
A	Distance traveled
52	Steps taken
	Sunrise
<u>.</u>	Sunset

Charging the Device

<u> WARNING</u>

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

NOTICE

To prevent corrosion, thoroughly clean and dry the contacts and the surrounding area before charging or connecting to a computer. Refer to the cleaning instructions in the appendix.

1 Plug the USB cable into a USB port on your computer.

2 Align the charger posts with the contacts on the back of the device, and connect the charging clip ① securely to the device.



- 3 Charge the device completely.
- 4 Press 2 to remove the charger.

Playing Golf

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

- 1 Select OK.
- 2 Select Start Round.
 - The device locates satellites and calculates your location.
- 3 Select a course from the list.
- **4** Follow the on-screen instructions to complete the setup and start a round.

Hole View

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

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



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

Moving the Pin

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

- 1 While playing golf, select OK.
- 2 Select Move Flag.
- 3 Select UP or DOWN to move the pin position.

4 Select OK.

Measuring a Shot

- 1 While playing golf, select OK.
- 2 Select Measure Shot.
- 3 Walk to your ball.

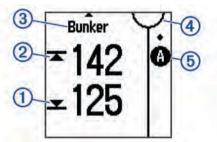
The distance automatically resets when you take another shot.

TIP: You can select DOWN to view previous shots.

Viewing Hazards

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

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

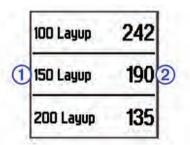


- The distances to the front ① and back ② of the nearest hazard appear on the screen.
- The hazard type (3) is listed at the top of the page.
- The green is represented as a half circle ④ at the top of the screen. The line below the green represents the center of the fairway.
- Hazards (5) are shown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

Viewing Layup and Dogleg Distances

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

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



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

Using the Odometer

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

From the main menu, select **Odometer**.

Resetting the Odometer

1 From the main menu, select Odometer.

- 2 Select OK.
- 3 Select Reset.

Turning Off the Odometer

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

Keeping Score

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

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

Recording Statistics

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

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

Your statistics are recorded on your scorecard. You can view your scorecard using Garmin Connect[™].

Garmin Connect

Garmin Connect is your online statistics tracker where you can analyze and share all your rounds. You can connect with your friends on the Garmin Connect site or mobile app. Garmin Connect gives you the tools to track, analyze, share, and encourage each other. To sign up for a free account, go to www.garminconnect.com/golf.

- **Store your rounds**: After you complete and save a round with your device, you can upload that round to Garmin Connect and keep it as long as you want.
- Analyze your data: You can view more detailed information about your round, including scorecards, statistics, course information, and customizable reports.
- **Share your activities**: You can connect with friends to follow each other's activities or post links to your activities on your favorite social networking sites.

Automatic Shot Detection

Your Approach device features automatic shot detection and recording. Each time you take a shot, your location is recorded so it can be viewed later on Garmin Connect.

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

Automatic Course Updates

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

Pairing Your Smartphone

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

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

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

Phone Notifications

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

Enabling or Disabling Notifications

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

Viewing Notifications

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

Activity Tracking

Enabling or Disabling Activity Tracking

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

You can enable or disable activity tracking at any time.

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

Viewing Step Totals

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

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

Using the Move Alert

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

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

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

Hiding the Step Goal

You can hide the step goal from the screen.

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

TruSwing[™]

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

Viewing TruSwing Metrics on Your Device

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

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

Swing measurements display on your Approach device after each swing.

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

Changing Clubs

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

Changing Handedness

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

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

Disconnecting Your TruSwing Device

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

Customizing Your Device

Setting an Alarm

1 From the main menu, select Alarm.

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

System Settings

From the main menu, select Settings.

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

Scoring: Enables scoring.

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

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

Units: Sets the unit of measure for distance.

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

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

Setting the Color Theme

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

Setting Up Your User Profile

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

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

Setting the Device Tones

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

Appendix

Device Care

NOTICE

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

Do not use a sharp object to clean the device.

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

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

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

Cleaning the Device

NOTICE

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

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

After cleaning, allow the device to dry completely.

Specifications

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

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

Index

Α

activity tracking 3 alarms 3 applications, smartphone 3

В

battery 4 charging 1 Bluetooth technology 1, 3

С

charging 1 cleaning the device 4 Connect IQ 3 course playing 1 selecting 1 customizing the device 4

D

data storing 2 transferring 2 dogleg 2

G

Garmin Connect **2**, **3** green view, pin location **1**

Н

hazards 2 history, sending to computer 2

l icons 1

loon

K

keys 1,4

L layup 2

ayup

M

measurements 3 measuring a shot 2

Ν

notifications 3

0

odometer 2

Ρ

pairing, smartphone 3

S

scorecard 2 screen, settings 4 settings 1 smartphone, pairing 3 specifications 4 statistics 2 storing data 2 swing analysis 3 system settings 4

Т

tones 4

U

user profile 1, 4

W

water rating 4

www.garmin.com/support





zum Ortstarif - Mobilfunk kann abweichen

