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This manual provides instructions for using the following products: • Oregon 450 and 450t • Oregon 550 and 550t Tips and Shortcuts • Touch or to scroll and see more choices. • Touch to return to the previous screen. • Touch to return to the Main menu. • Touch or on the Map page to zoom in or zoom out. Manual Conventions

450, 450t, 550, 550t owner ' s manual - Garmin
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Calibrating your foot pod is optional and can improve accuracy. There are three ways to adjust the calibration: distance, GPS, and manual. Forerunner 405 Owner ' s Manual Distance Calibration For best results, the foot pod should be calibrated using the inside lane of a regulation track. Page 44: Gsc 10 1.

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You're a runner, so train like one. The Forerunner 45 running watch monitors heart rate at the wrist and uses GPS to track your pace, distance and more. It works with free Garmin Coach adaptive training plans that bring personal coaching to your wrist.

Garmin Forerunner® 45 | Running Watches
User information, such as history, locations, and tracks, is retained indefinitely in the memory of the unit without the need for external power. Back up important user data by transferring it to Garmin Connect or Garmin Training Center. See page 9.

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