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Forerunner 35 - Forerunner%2035%20OM Owner's Manual - Garmin

• Select Intervals to create an interval workout based on distance or time (Interval Workouts, page 2). 4 Go for a run. Training Indoors You can turn off GPS when you are training indoors or to save

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Forerunner 405 Quick Start Manual 3. Wrap the strap around your chest and attach it to the other side of the heart rate monitor. noTE: The Garmin logo should be right-side up. 4. Press quit or enter to exit power save mode. 5. Bring the Forerunner within range (3 m) of the heart rate monitor. The heart rate icon appears on the training mode pages.

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