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## Garmin watch manual sync

nothing ive tried sync efforts with my 920XT. To keep the device in sync, it must be initiated from the device. Go to the Bluetooth menu on the watch and if plugged in there will be a sync option. If Bluetooth isn't connected, you need to connect first, get out of the Bluetooth menu and go back before you see the option. Record GPS activity with the Strava app for iOS or Android Download Strava for iPhone or Android. Synchronization from Strava Supported Smart Watch and Wearable iPhone: Android: Apple Watch Android Wear Motorola 360 Samsung Gear What does it mean to be compatible with Strava? If your device can export or record actions in GPX, TCX, or FIT format, and these files contain actual workout data, your device is compatible with Strava. Some devices have a simpler download process in Strava than others. Strava has a public API that hundreds of external developers use to integrate with Strava data. You can find your device listed here if such direct integration exists. In addition, if the device can export or record actions in GPX, TCX or FIT format, and these files contain actual training data, you can download the files here. Synchronization with the device's software Most popular services can download data to Strava using a synchronization software built by the manufacturer. For information on your device, please select from the list below. Manual export and download What if my device is not on a compatible list? If your device is not listed above, it is likely that it is not recorded or exported in one of the supported file formats. Don't be afraid! It is possible that you may be able to convert these files using third party software. Please look for our knowledge base for your device to find helpful tips that other athletes share about these devices. Download or sync with other fitness sites in Strava If your fitness site is not listed below, check here to see if direct integration exists. Endomondo Garmin Connect MapMyRun MapMyRide Runkeeper Download file from your computer You can use the file loader if you have a trip on your computer that is no longer on your device or you have a trip to Garmin Connect or another site that you would like to export and download to Strava. You can download the files directly to Strava through our uploader file found here: . You can download the following types of files as long as the file is 25MB or smaller, and contains workout data: Download the Garmin file If you have a Garmin Edge or watch that does not support music, you that device is installed on your computer like a hard drive. All you have to do to get your trip uploaded to Strava is: Choose the files from this page on the Strava website. Go to /Garmin/garmin/activities or /Garmin/Activity Select the file (it will end at .fit or .tcx). Press Open. If you have a Garmin Garmin watch supports music that will connect to your computer in MTP mode (Media Transfer Protocol). You will need to use a utility such as to get files from your watch. If you have Garmin Express installed, make sure to close it before you start: Open Android File Transfer. Go to /Garmin/Activity Drag file (it will end at .fit or .tcx) somewhere on your computer. Select Select Files from this page on the Strava website. Go to where you pulled the file from Android File Transfer. Select a file (it will end at .fit or .tcx). Click Open Add Action manuallyLy If you want to record the action on Strava without a GPS device, you can create a manual download. Just in the first place all the data manually, such as distance, time, type of activity, etc. To do this: Enter Strava Click on the Upload button in the top right corner of the page Click on the Guide, how to learn on the left side of Select activity type, enter other necessary fields, and click Create Accessibility Resource Center Go to the main content of The Garmin sports watch are some of the simplest wearable devices to customize and pair Whether it's The Forerunner, Phoenix, Vivoactive or quatix, you can't go wrong. Before you know it, you'd have conquered all the hurdles the first hour throws at you and be up and running - literally. Here's how to set up a Garmin watch, including tips for pairing them with an iOS or Android device, downloading Garmin Connect and Connect I's apps, connecting to Wi-Fi, and using Garmin Pay. Start pairing and connecting your GarminCharge watch to the clock, although the Garmin watches arrive with a certain level of charge, you want your new watch to completely juice before entering the setting. Connect it so it's ready to roll as soon as you're paired. Download the Garmin Connect app where you're on iOS or Android, you need the Garmin Connect app to connect the clock and send all that training data back to your phone. It will also allow you to receive messages and other smartphone notifications if you want. Turn on Bluetooth on your smartphoneIt may seem obvious, but Bluetooth needs a couple of hours and then sync the data after that. You can't mate directly through Bluetooth settings, you have to go through the app. Setting up GarminWhen you put Garmin Watch on charging, it will automatically power when there is enough juice to get you up and running. This process may vary slightly, depending on which watch you use, but you may be asked to complete several tasks before pairing. Set up and down buttons to scroll through available languages (English is a value by in the U.S. and UK) and select Start/Stop Pair with phoneOption and you'll be asked to choose Or no. Got that Garmin app ready? Prepare it. Pair with the Garmin Connect app To download the Garmin Connect mobile app and choose to create an account or login. If you've used the Garmin device before, you'll be able to use existing login data. Otherwise, it takes a few minutes to set up your account. Then, in the Garmin app, head to the more Garmin Devices add Garmin Device. The app will look for any device wanting a pair that can save you time, so make sure your Garmin is nearby. If it doesn't pick it up, you can select it from the list and then the app will restart. If your Garmin has become unpaired and you reset it, you can go to the settings menu on the watch of the pair and put your sports watch in a state of pairing. When paired, the watch will show a 6-digit code that can be entered into a pop-up alert on your phone. We'll start setting it up. Once the initial connection is established, you'll go through some accounts with more account settings: You'll choose an avatar for the app, whether you want to share your profile or activity with others, as well as some questions about vital states. This will mean entering information about gender, weight, height and date of birth. If you have previous workout data, you can sync that watch too, in order to give the watch a head start at fitness levels. How to manually set up Garmin We wouldn't advise this, but if you don't decide to pair with your smartphone immediately, you'll still be able to set many device preferences without delving into the app. This offers hours of enough information to inform workout data, but you still want to be paired with your phone at some point. If you choose No from the original pair of pair with a phone option on your watch, you will be asked to choose the following: Miles or miles12-24 hours of GenderBirth time format of the year (use the up-and-down key to choose 19/20 and then choose to go to years) Height (same thing; it's foot zgt; select qgt; inches qgt; select qgt; to confirm) Weight (in pounds, though it may be confused for stones). Set the time with GPS or manually. Here you can also choose which wrist you wear with a Garmin watch and adjust your heart rate areas. If you didn't mate with the app initially, you can use the watch to pair up. Select Menus of the Pair Phone (on some earlier hours, track menus of the Bluetooth mobile device). Then open the Garmin app and follow instructions similar to those listed in the previous section. Holding the power button (usually called Light) to access the main menu and choose The phone from the carousel will also lead you there. Set up Wi-Fi on GarminIf you have a Garmin watch compatible with Wi-Fi, the next step in the setup process is to create a creation The connection to provide all activity data, settings and, if compatible, music is automatically synchronized when both are connected to Wi-Fi. From the Wi-Fi Settings option in the app (it appears at the end of the setting, or it can be found in the device's menu under the General's Wi-Fi networks). The watch has its own Wi-Fi radio, but the connection comes through the app. First, the watch searches for available networks, and the app asks you to select a network ID and enter a password. From there, you're all set. Connecting to Garmin Connect I's storeA is a big part of setting up the watch and making the most of its functionality to connect to Garmin's own mini-app store, called Connect I q - not to be confused with the usual Connect app. It exists as a standalone app and must be downloaded from the App Store or Google Play. Go to the Garmin Devices section and select Actions, Apps and more of the Action and Apps of the zgt; Get more Applications.This will encourage you to download the Connect I's Store app. Download the app as usual. agree to the terms and you will automatically be connected to your watch. Here you will see third-party additions from a number of providers that can be added to your watch. There's music, navigation apps, watch faces, training tools and much, much more. If you're looking for something special, use search functionality. Choose an app of your choice to add it to your watch. Not all devices are compatible with all apps, so each app list has a Compatible Devices option to check. For example, Sply only works on a few D2, Fenix, Forerunner, MAR and Vivoactive watches. Garmin PaySome's new Garmin devices allow you to make contactless payments with your wrist watch. They are: Precursor: 645, 645 Music, 945.Fenix: 6/5 Vivoactive: 4/3MAR: Athlete, Aviator, Captain, Driver, Expedition.DS:Delta, Delta S, Delta PXIf you have a compatible watch head Garmin Connect app and choose the device screen and choose Garmin Pay. Here's our guide to how to set up Garmin Pay. Pay.

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