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Forerunner 405CX Quick Start Manual Step 1: Use the Touch Bezel The silver bezel around the watch face acts as a multifunction button. Tap: quickly press your finger on the bezel to make a selection, toggle a

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Forerunner 405CX Owner's Manual note: While performing a workout, tap the bezel to view more data pages. Page 22: Heart Rate Workouts > select 5 bpm apart. > Heart 3. Select the workout. 4. Enter the 5. Select 6. Press start. Forerunner 405CX Owner's Manual Zone you want to use. page 35 Custom to set your own Type of heart rate Duration value.

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Garmin Forerunner 405cx Owner Manual

The Forerunner 405CX is the evolution of GPS-enabled training. This sleek sport watch tracks your distance, pace and heart rate, then wirelessly sends the data to your PC for later analysis. The 405CX features heart rate-based calorie computation and comes with a second wrist band option suitable for smaller wrists. Watch Results

Forerunner® 405CX | Garmin

Forerunner 405CX software version 2.40 . as of July 28, 2011. Use Garmin Express to install this file. View system requirements. Notes: WARNING: If this software is uploaded to a device other than that for which it is designed, you will not be able to operate that device.

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Garmin forerunner 405 instructions

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