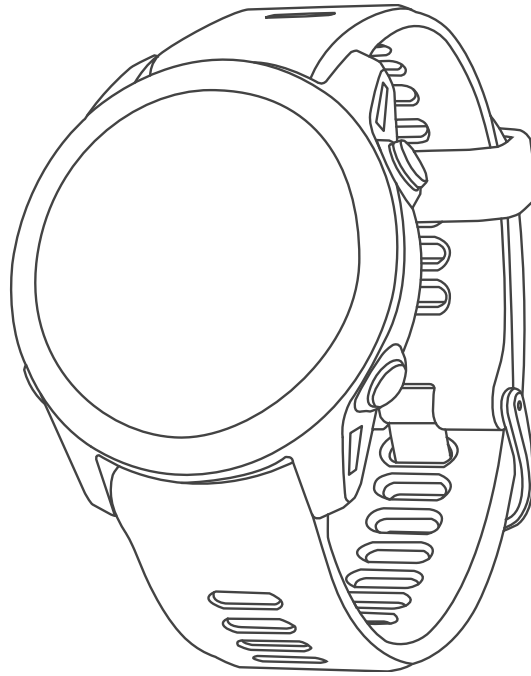


GARMIN®



FORERUNNER® 955

РЪКОВОДСТВО

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M/N: A04244

Въведение

⚠ ВНИМАНИЕ

Important Safety u Product Information

Настройка на вашия часовник

- Forerunner, Garmin Connect™.
- Wi Fi®
-
-
- Garmin Pay™.

Общ преглед



① Сензорен екран

-
-
-

② LIGHT

-
-
-

③ UP

-
-
-

④ DOWN 

⑤ START · STOP



⑥ BACK 

GPS статус и икони за състоянието

GPS

GPS	GPS
	
	
	Wi Fi
	
	Running Dynamics Pod
	
	
	
	
	
	tempe™
	VIRB®

Активиране и деактивиране на сензорния екран

:	()	
.	>	
.	> Hot Keys.	

Използване на часовника

- LIGHT
- " " UP DOWN
- START
- MENU

Часовник

Задаване на аларма

- 1 MENU.
- 2 Clocks > Alarms > Add Alarm.
- 3

Редактиране на аларма

- 1 MENU.
- 2 Clocks > Alarms > Edit.
- 3
- 4
 - Status.
 - Time.
 - Repeat,
 - Sound and Vibe.
 - Backlight.
 - Label.
 - Delete.

Стартиране на таймера за обратно отброяване

- 1 MENU.
- 2 Clocks > Timers.
- 3
 - MENU, Save Timer.
 - Add Timer
 - Quick Timer,
- 4 MENU
 - Time
 - Restart > On
 - Sound and Vibe,
- 5 START

Изтриване на таймер

- 1 MENU.
- 2 Clocks > Timers > Edit.
- 3
- 4 Delete.

Използване на хронометъра

- 1 MENU.
- 2 Clocks > Stopwatch.
- 3 START
- 4 LAP



- 5 STOP,
- 6 .
- . DOWN.
- . MENU, Save Activity.
- . MENU, Done.
- . MENU, Review.
- . Review
- . MENU, Go to Watchface.
- . MENU, Lap Key.

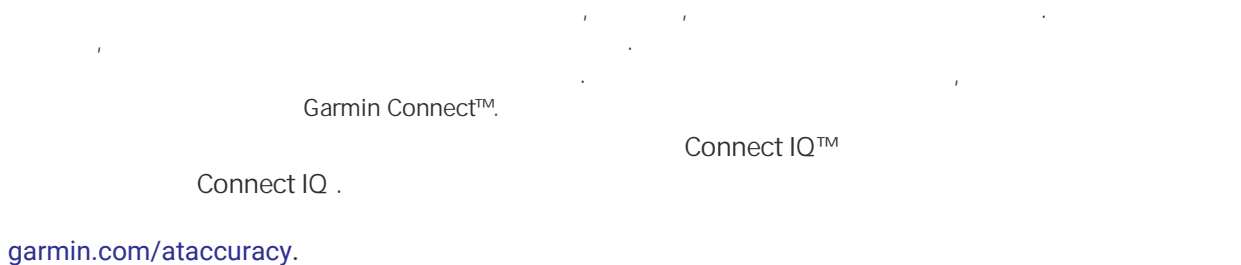
Добавяне на алтернативни часови зони

- 1 MENU.
- 2 Clocks > Alt. Time Zones > Add Alt. Time Zone.
- 3
- 4

Редактиране на алтернативна часова зона

- 1 MENU.
- 2 Clocks > Alt. Time Zones > Edit.
- 3
- 4
- Rename Zone.
- Change Zone.
- Reorder Zone.
- Delete Zone.

Дейности и приложения



Стартиране на дейност

- 1 GPS () START.
- 2 Done.
- 3
- 4 GPS ()
- 5 START, ()

Съвети за записване на дейности

-
- LAP,
- UP DOWN,
-
- MENU, Power Mode

Спиране на дейност

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12

STOP.

Resume.

Save,

START,

Resume Later.

Lap.

Back to

Start > TracBack.

GPS.

Back to Start > Rout

GPS.

Recovery HR,
Discard.

30

Оценяване на дейност

f nix

Save (*Stopping an Activity, page 6*).



Garmin Connect.

Бягане

Бягане на пистата

400

START > Track Run.

MENU.

Lane Number.

BACK

START.

3

STOP > Save.

Съвети за записване на бягане на писта

- **GPS** (GPS)
- **3** (3)
- **Auto Lap** (Auto Lap) **1600** (1600) **4** (4)
- **1,** (1,)

Отидете на Virtual Run

- 1 **START.** (START.)
- 2 **Virtual Run.** (Virtual Run.)
- 3 **Zwift™** (Zwift™)
- 4
- 5 **START,** (START,)
- 6 **STOP,** (STOP,)

Калибриране на Treadmill Distance

- **1,5 (1)** (1,5 (1))
- 1
- 2 **f nix** (f nix) **1,5 (1)** (1,5 (1))
- 3 **STOP.** (STOP.)
- 4 **Save.** (Save.)
- **Calibrate & Save > Yes.** (Calibrate & Save > Yes.)
- 5

Записване на Ultra Run активност

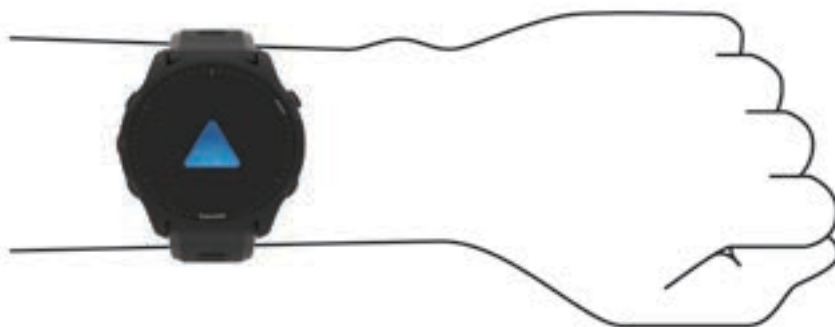
- 1 **START.** (START.)
- 2 **Ultra Run.** (Ultra Run.)
- 3 **START,** (START,)
- 4
- 5 **LAP,** (LAP,) **Lap Key** (Lap Key)
- 6 **LAP,** (LAP,)
- 7 **UP DOWN,** (UP DOWN,) **()** (())
- 8 **STOP** (STOP) **Save.** (Save.)

Вграден пулсомер

Носене на часовника

⚠ ВНИМАНИЕ

garmin.com/fitandcare.



garmin.com/ataccuracy.

www.garmin.com/fitandcare.

Съвети за нередовни данни за сърдечния ритъм

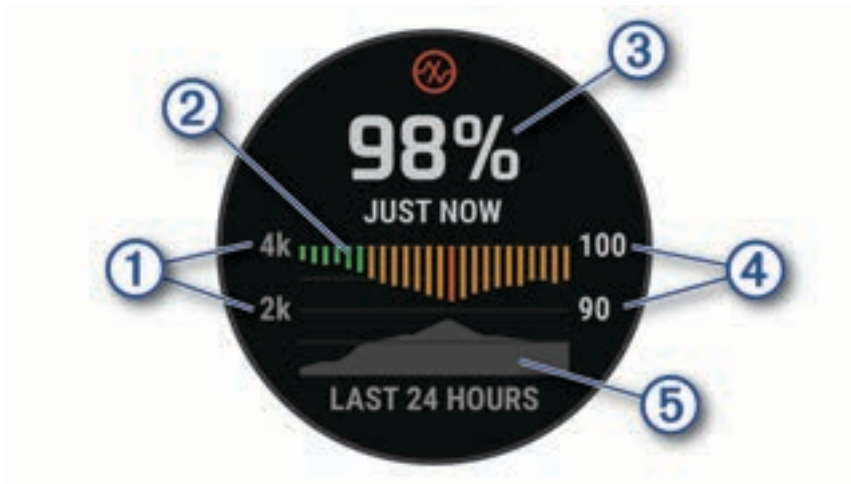


5 10

Пулсов оксиметър

Garmin Connect

garmin.com/ataccuracy



①	
②	24
③	
④	
⑤	24

Информация за устройството

Зареждане на часовника

⚠ ВНИМАНИЕ

Important Safety and Product Information

ЗАБЕЛЕЖКА

1 USB



2 USB USB

3

Зареждане със слънчева енергия

Съвети за слънчево зареждане

-
-

Грижа за устройството

ЗАБЕЛЕЖКА

Почистване на часовника

ВНИМАНИЕ

ЗАБЕЛЕЖКА

- 1
- 2

www.garmin.com/fitandcare.

Почистване на кожената каишка

- 1
- 2

Управление на данни

Windows 95, 98, Me, Windows NT , Mac OS 10.3 -

Изтриване на файлове

ЗАБЕЛЕЖКА

1 Garmin

2

3

4 Delete

Mac

MTP

Garmin

Windows.

Garmin Express,

Отстраняване на проблеми

Актуализации на продукта

Express (www.garmin.com/express).

Bluetooth Wi Fi. Garmin
Garmin Connect.

-
-
-
-
-
-

Garmin Connect

Получаване на повече информация

Garmin.

- support.garmin.com
- buy.garmin.com
- www.garmin.com/ataccuracy

Garmin

Устройството ми е на грешен език

1 MENU.

2 START.



3 START.

4

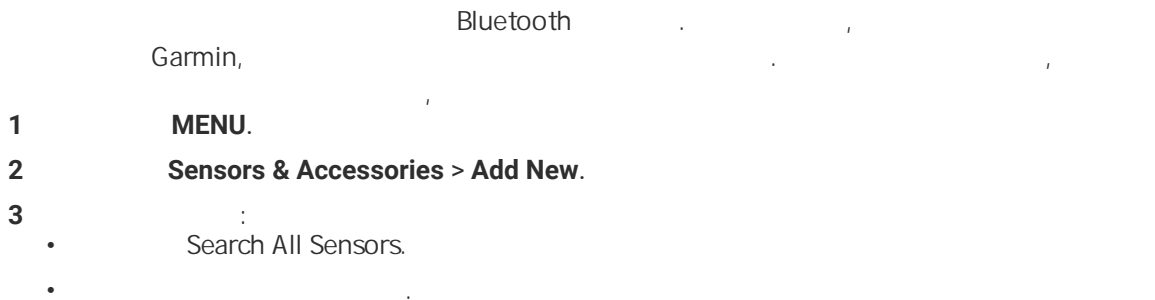
Моят телефон съвместим ли е с моя часовник?

www.garmin.com/ble Bluetooth Bluetooth

Телефонът ми не се свързва с часовника

-
- Bluetooth
- Garmin Connect
- Garmin Connect Bluetooth
- Garmin Connect
-
- 10 (33)
- Garmin Connect,   **Garmin Devices > Add Device**
- MENU **Phone > Pair Phone.**

Мога ли да използвам своя Bluetooth сензор с моя часовник?



Слушалките ми не се свързват с часовника



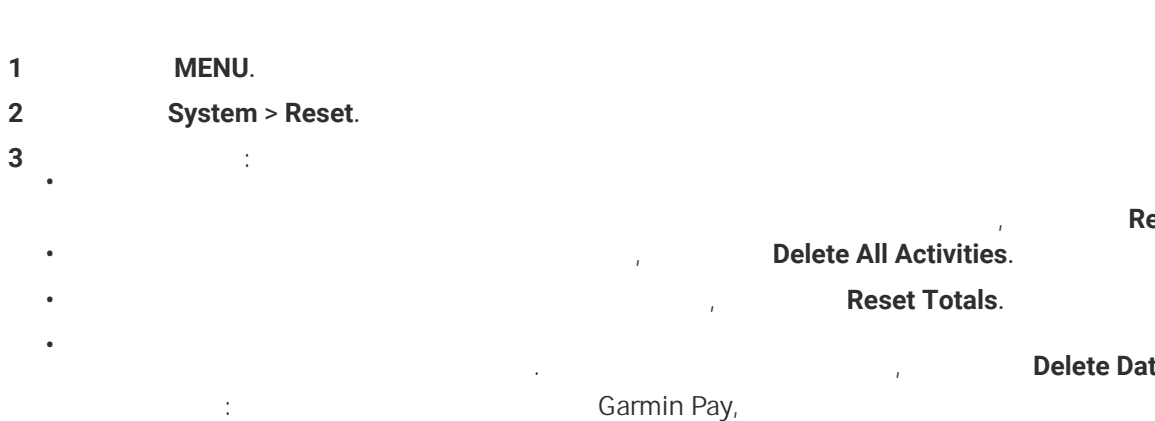
Музиката ми спира или слушалките ми не остават свързани



Рестартиране на вашето устройство



Нулиране на всички настройки по подразбиране



Моят дневен брой стъпки не се показва

Моят брой стъпки не изглежда точен

-
-
-

Броя крачки на моето устройство и моя акаунт в Garmin Connect не съвпадат

Garmin Connect

1

•

Garmin Express.

•

Garmin Connect .

2

Garmin Connect

Garmin Express

Количеството изкачени етажи не изглежда точно

3 m (10 ft).

-
-

