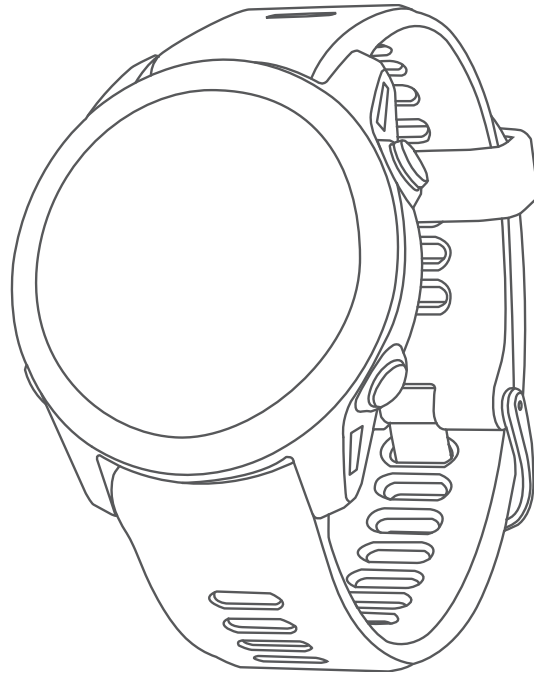


GARMIN®



FORERUNNER® 955

РЪКОВОДСТВО

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M/N: A04244

Въведение

⚠ ВНИМАНИЕ

Important Safety u Product Information

Настройка на вашия часовник

Forerunner,

Garmin Connect™.

• Forerunner

• 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.

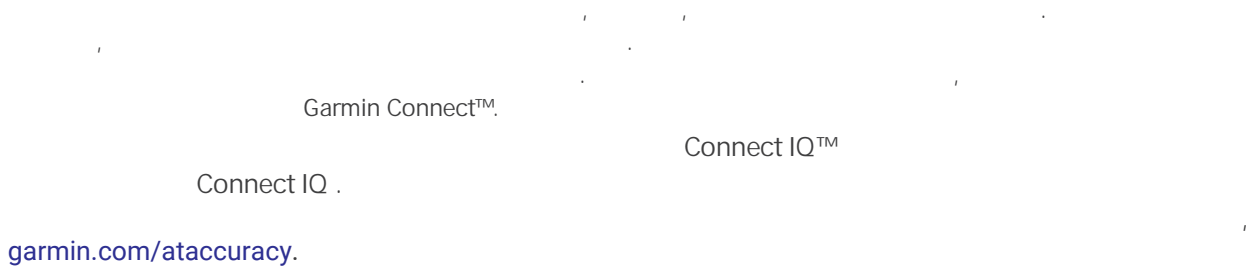
Добавяне на алтернативни часови зони

- 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



garmin.com/ataccuracy.

Стартиране на дейност

- 1 GPS ()
- 2 START.
- 3 Done.
- 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 > Route

GPS.

Recovery HR,
Discard.

30

Оценяване на дейност

finish

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

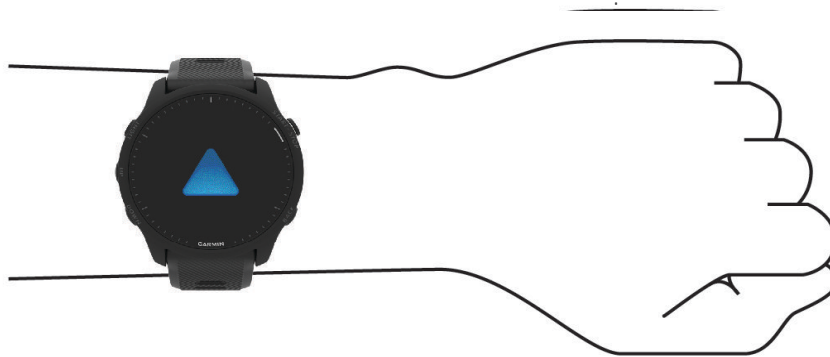
- 1 **START.** (START.)
- 2 **Ultra Run.** (Ultra Run.)
- 3 **START,** (START,)
- 4
- 5 **LAP,** (LAP,) **Lap Key** (Lap Key)
- 6 **LAP,** (LAP,)
- 7 **UP DOWN,** (UP DOWN,) **()** (())
- 8 **STOP** (STOP) **Save.** (Save.)

Вграден пулсомер

Носене на часовника

⚠ ВНИМАНИЕ

garmin.com/fitandcare.



garmin.com/ataccuracy.

www.garmin.com/fitandcare.

Съвети за нередовни данни за сърдечния ритъм

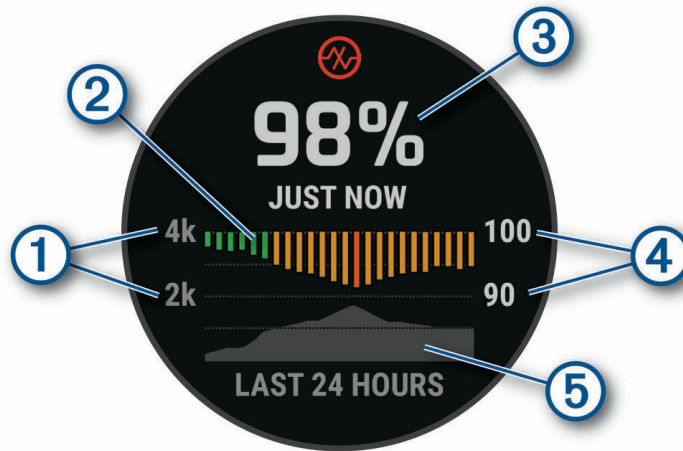


5 10

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

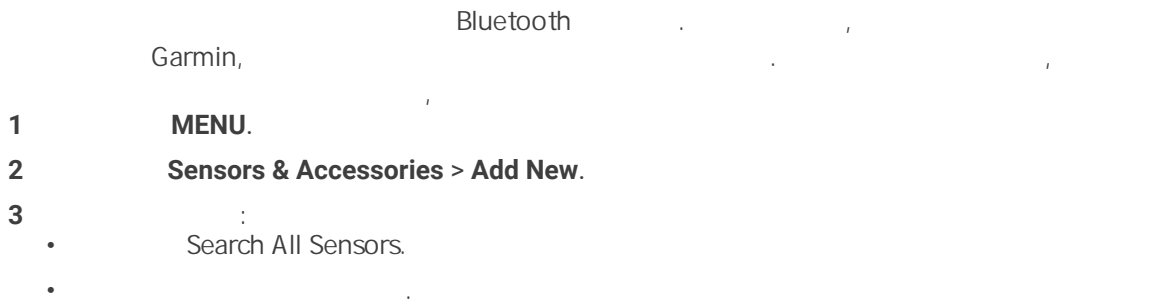
Windows 95, 98, Me, Windows NT , Mac OS 10.3 -

Изтриване на файлове

ЗАБЕЛЕЖКА

- 1 Garmin
- 2
- 3
- 4 Delete Mac
MTP Garmin
Windows. Garmin Express,

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



Съвети за увеличаване на живота на батерията

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-

Bluetooth UltraTrac Resume Later

Придобиване на сателитни сигнали

1 GPS, www.garmin.com/aboutGPS

2 30-60

Подобряване на приемането на GPS сателит

- Garmin USB Garmin Express
 - Garmin Connect, Wi Fi
 - Garmin
- -

Отчитането на температурата не е точно

20 30

Проследяване на активността

garmin.com/ataccuracy

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).

-
-

