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Resume Time Mode. Step 3: Set Up Sensors (Optional) If Your Forerunner Included A Heart Rate Monitor And Foot Pod, The ANT+Sport™ Sensors Are Already Paired. Press Mode Until The Train Page Appears. The And Icons Appear On The Forerunner Screen When The Sensors Are Paired. If You Purchased Jan 18th, 2024

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Status Icons The Status Icons Appear When You Start An Activity. For Outdoor Activities, The Status Bar Turns Green When GPS Is Ready. A Jan 8th, 2024

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1 From The Watch Face, Select START. 2 Select An Activity. 3 Go Outside, And Wait While The Device Locates Satellites. 4 Select START To Start The Activity Timer. 5 Go For A Run. 6 After You Complete Your Run, Select STOP To Stop The Timer. 7 Select An Option: • Select Resume To Restart The Timer. • Select Save To Save The Run And Reset The ... May 5th, 2024

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