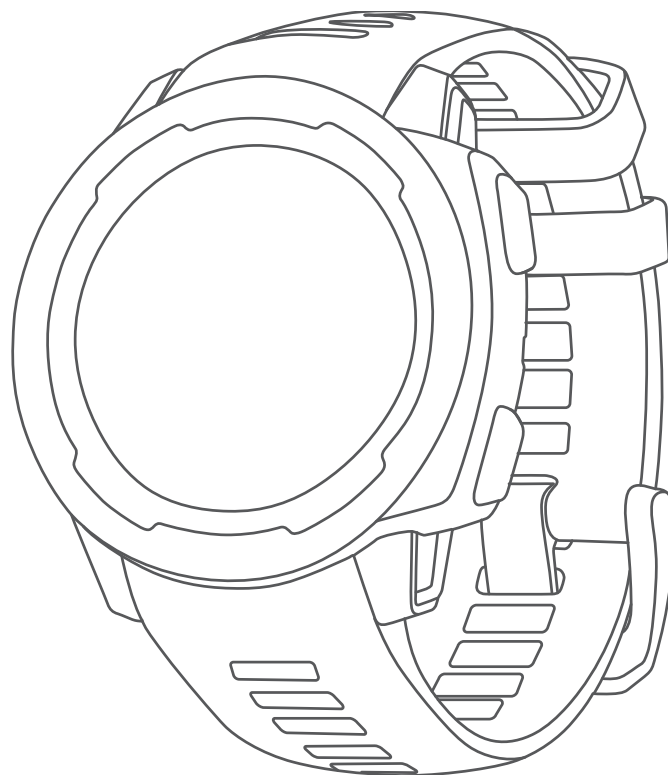


GARMIN®



# INSTINCT® 2 SERIES

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## РЪКОВОДСТВО



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# Въведение

 **ВНИМАНИЕ**

*Important Safety u Product Information*

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## Първи стъпки

1 CTRL,

2

Garmin Pay™

3

4

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## Бутони



①

LIGHT  
CTRL

②

GPS

GPS

③

BACK  
SET

④

DOWN  
ABC

(ABC).

⑤

UP  
MENU

## Използване на часовника

- CTRL,
- " " UP DOWN,
- GPS,
- MENU,

## Изчистване на потребителски данни с функцията Kill Switch

- Instinct 2 Solar - Tactical Edition. Kill Switch
- SET CTRL.
- Kill Switch 10-
- 10

## Модели от серия Instinct 2

Instinct 2 Series

Модел	Допълнителна функция
Instinct 2 Solar	• • Garmin Pay
Instinct 2 - Surf Edition	• • Surflin <sup>TM</sup>
Instinct 2 Solar - Tactical Edition	• • jumpmaster
Instinct 2 - dēzl <sup>TM</sup> Edition	• • • • • • • <sup>®</sup> Garmin d zl d zl

# Часовник

## Задаване на аларма

- 1 SET.
- 2 Alarms.
- 3
- 4 Repeat ( ).
- 5 Sound and Vibe ( ).
- 6 Backlight > On, ( ).
- 7 Label ( ).

## Стартиране на таймера за обратно отброяване

- 1 SET.
- 2 Timers.
- 3
- 4 . : UP Auto Restart > On.
- 5 . , UP Sound and Vibe.
- 6 GPS,

## Запазване на бърз таймер

- 1 SET.
- 2
- 3 . : UP
- 4 .

## Изтриване на таймер

- 1 SET.
- 2
- 3
- 4 UP.
- 5

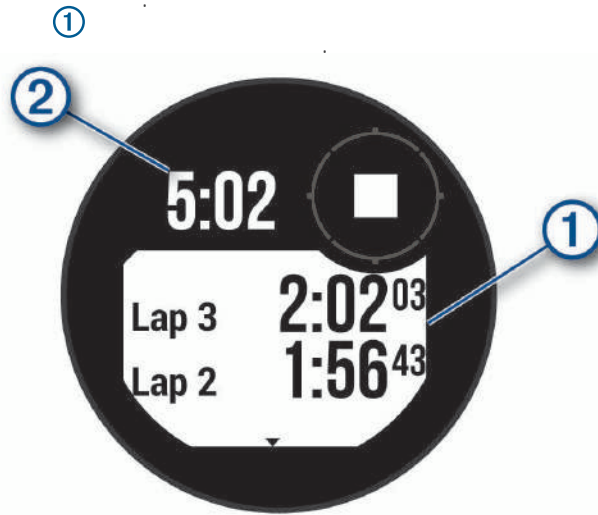
## Използване на хронометъра

1 SET.

2

3 GPS,

4 SET,



②

5 GPS,

6 UP

## Синхронизиране на времето с GPS

GPS,

1 SET.

2 Set Time GPS.

3

## Добавяне на алтернативни часови зони

1 SET.

2

3

4

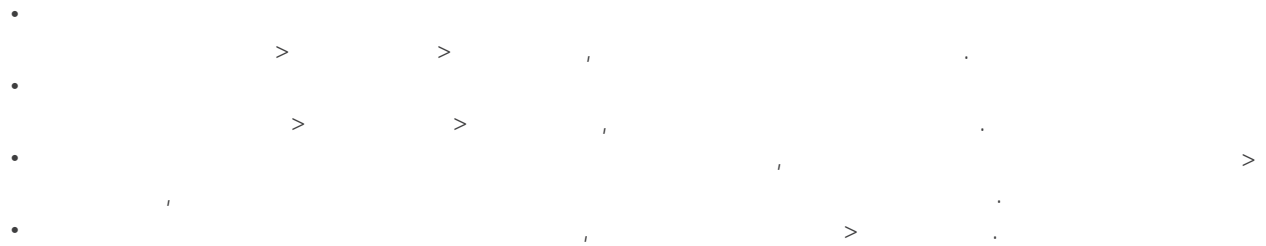
5

## Настройка на сигнали

1 SET.

2

3



## Камион

### Първи стъпки с Вашия Instinct 2 - часовник dēzl Edition

Instinct 2 - d zl Edition

1 d zl Instinct 2 - d zl Edition.

2 d zl d zl.

3 d zl

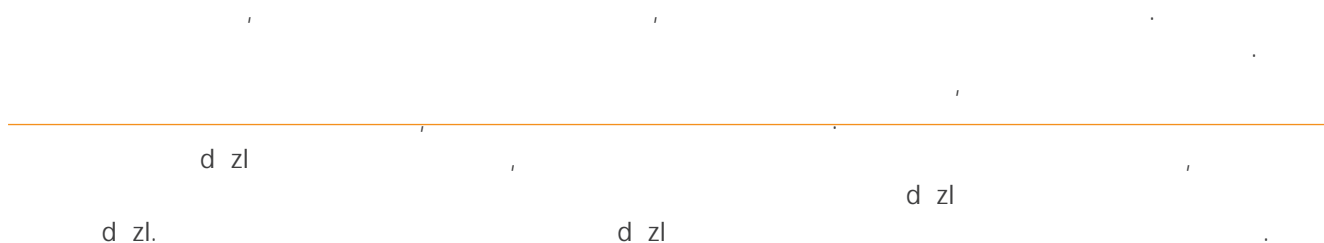
3

4 Garmin d zl,

5 Trucker Health Garmin d zl.

## Приложение dēzl

**⚠ ВНИМАНИЕ**



## PrePass

**ЗАБЕЛЕЖКА**

Garmin

: PrePass.

. PrePass

PrePass,

Instinct 2 - d zl Edition . d zl

Instinct 2 - d zl Edition.

## Започване на здравна дейност

- 1 GPS.
- 2 Trucker Health.
- 3
- 4
- 5 d zl,
- 6 GPS,

## Планиране на почивка

### ЗАБЕЛЕЖКА

(FMCSA).

Garmin eLog™ (ELD),

[garmin.com/eLog](http://garmin.com/eLog)  
Instinct 2 - d zl Edition,

## Използване на планиране на почивка на часовника

- 1 UP DOWN ,
- 2 GPS,
- 3 GPS,

## Програми за лоялност


Love's Travel Stops Pilot Flying J Travel Centers™.

## Дейности и приложения

Connect IQ™ Garmin Connect™  
Connect IQ.

[garmin.com/ataccuracy](http://garmin.com/ataccuracy).

## Стартиране на дейност

1. , GPS ( ).
2. GPS.
3.  GPS ( ).
4. GPS, ( ).

## Съвети за записване на дейности

- 
- SET,
- UP DOWN,
- MENU

## Спиране на дейност

1. GPS.
2. :
  - 
  - Save > Done.
  - 
  - Lap.
  - 
  - > TracBack. : GPS.
  - >
  - : GPS.
  - - Recovery HR ✓ >
  - : 30

# Голф

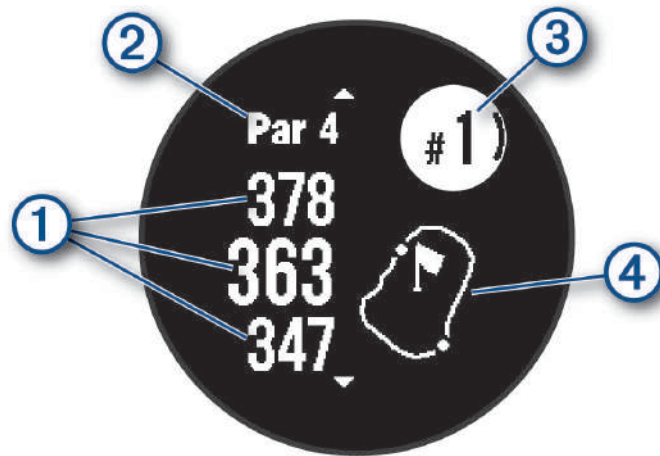
## Игра на голф

Garmin Connect.

Garmin Connect,

GPS.

- 1
- 2
- 3
- 4
- 5



①	
②	
③	
④	

7

• UP DOWN ,

layup

• GPS,

# Голф меню

GPS,

AutoShot™.

Garmin

Approach CT10

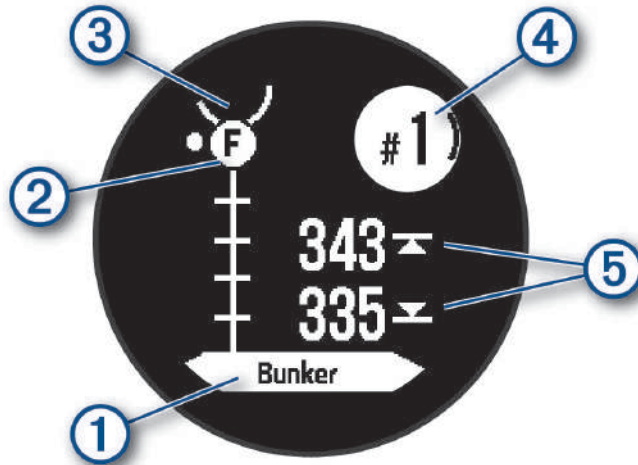
## Преглед на опасности

fairway 4 5

layup

1

UP DOWN,



①  
②

fairway-

③  
④  
⑤

2

UP DOWN,

# История

## Използване на история

- 1 MENU.
- 2 History > Activities.
- 3
- 4 START.
- 5
- .
- .
- Training Effect.
- .
- .
- All Stats.
- .
- Heart Rate.
- .
- .
- Laps.
- .
- Runs.
- .
- Sets.
- .
- Map.
- .
- Elevation Plot.
- .
- Delete.

## Мултиспорт история

## Преглед на вашето време във всяка зона на сърдечния ритъм

- 1 MENU.
- 2 History > Activities.
- 3
- 4 Heart Rate.

## Лични рекорди

## Преглед на вашите лични рекорди














- 1 MENU.
  - 2 History > Records.
  - 3
  - 4
  - 5 View Record.
-

# Контроли

LIGHT.



Икона	Име	Описание
	Battery Saver	
	Do Not Disturb	
	Find My Phone	Bluetooth.

Icon	Name	Description
		
		
		
		. Bluetooth
		
		
		
		
		
		
		
	Touch	
		Garmin Pay

## Персонализиране на менюто за управление

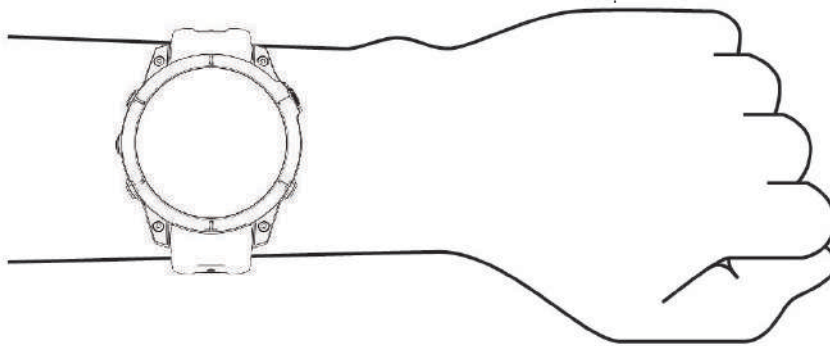
- 1 **MENU.**
- 2 **Controls.**
- 3
- 4
  - Reorder,
  - Remove,
- 5 Add New,

## Вграден пулсомер

### Носене на часовника

**⚠ ВНИМАНИЕ**

[garmin.com/fitandcare](http://garmin.com/fitandcare).



[garmin.com/ataccuracy](http://garmin.com/ataccuracy).

[www.garmin.com/fitandcare](http://www.garmin.com/fitandcare).

### Съвети за нередовни данни за сърдечния ритъм



5 10

## Настройки на вградения пулсомер

MENU,

Sensors & Accessories > Wrist Heart Rate.

Status:

Auto,

While Swimming:

Abnormal Heart Rate Alerts:

Broadcast Heart Rate:

### Задаване на предупреждение за необичаен сърдечен ритъм

 **ВНИМАНИЕ**

1 MENU.

2 Sensors & Accessories > Wrist Heart Rate > Abnormal Heart Rate Alerts.

3 High Alert Low Alert.

4

### Излъчване на данни за сърдечния ритъм

Edge,

1

MENU,

Sensors & Accessories > Wrist Heart Rate > Broadcast Heart Rate.

LIGHT



2 START.

3

Garmin

4 STOP,

# Garmin Connect

Garmin Connect. Garmin Connect

(garmin.com/connectapp)

connect.garmin.com.

Garmin Connect



Garmin Connect.

## зползване на приложението Garmin Connect

Garmin Connect,

Garmin Connect.

1 Garmin Connect

2 10 (30 )

Garmin Connect

Garmin Connect.

# 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

- 
-

## Спецификации

	10 ATM <sup>1</sup>
	From -20° to 60°C (from -4° to 140°F)
USB	From 0° to 45°C (from 32° to 113°F)
	From 0° to 60°C (from 32° to 140°F)
	2.4 GHz @ 4 dBm maximum

## Информация за живота на батерията

, GPS,

Режим	Instinct 2 живот на батерията	Instinct 2S живот на батерията
24/7	28 / 2	21 /51 2
GPS	30 /48 3	22 /28 3
. GPS	70 /370 3	54 /114 3
Expedition GPS	32 / 2	25 /105 2
	65 / 2	50 / 2

## Грижа за устройството

### ЗАБЕЛЕЖКА

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<sup>1</sup>  
<sup>2</sup>  
<sup>3</sup> 3 / 50 000 lux

100 m.  
50 000 lux

[www.garmin.com/waterrating](http://www.garmin.com/waterrating).

## Почистване на часовника

 **ВНИМАНИЕ**

**ЗАБЕЛЕЖКА**

1

2

[www.garmin.com/fitandcare](http://www.garmin.com/fitandcare).

