GARMIN

Running Dynamics Pod

Owner's Manual

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This product is ANT+® certified. Visit www.thisisant.com/directory for a list of compatible products and apps.

M/N: RDP

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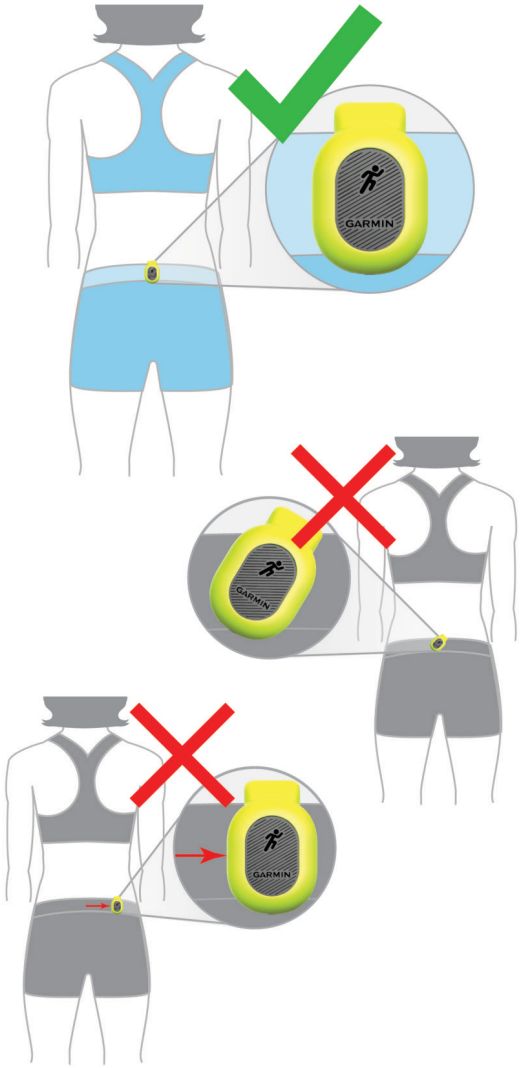
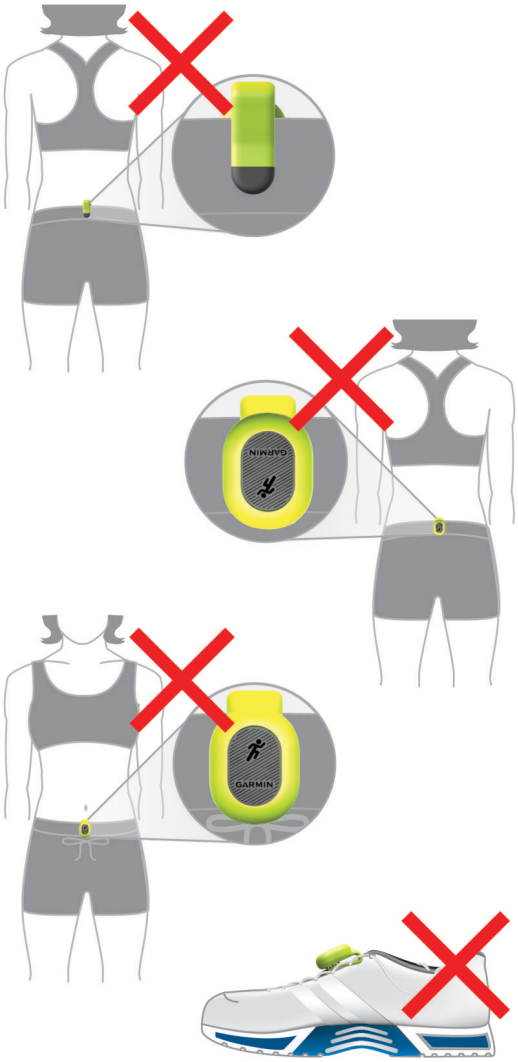




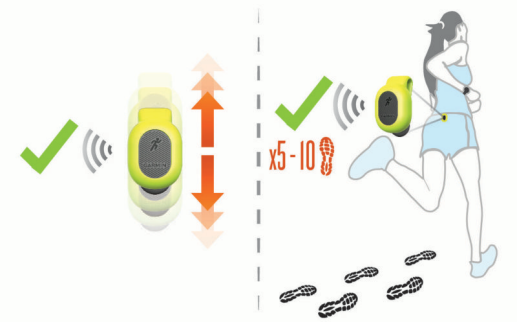
Introduction

⚠ WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Waking Up the Pod

Wake up the pod by shaking it vertically or running a few steps.



Pairing the Pod with Your Compatible Device

Pairing is the connecting of ANT+® wireless sensors with a compatible device. This procedure contains instructions for the Forerunner® 735XT. If you have another compatible device, see your owner's manual.

1 Wake up the pod.

2 From the Forerunner device, select ▶, and select a run profile.

3 Bring the devices close to each other.

4 Wait while the device connects to the pod.

If necessary, you can select **Menu** > **Settings** > **Sensors and Accessories** > **Add New** > **Search All** to pair and manage ANT+ wireless sensors.

A message appears. In run mode, indicates that the pod is connected.

After the initial pairing, the device automatically connects to the pod when you go for a run and the pod is active and within range.

Running Dynamics

You can use the pod with your compatible device to provide real-time feedback about your running form. The pod has an accelerometer that measures torso movement in order to calculate six running metrics.

NOTE: The running dynamics features are available on only some Garmin® devices.

Cadence: Cadence is the number of steps per minute. It displays the total steps (right and left combined).

Vertical oscillation: Vertical oscillation is your bounce while running. It displays the vertical motion of your torso, measured in centimeters for each step.

Ground contact time: Ground contact time is the amount of time in each step that you spend on the ground while running. It is measured in milliseconds.

NOTE: Ground contact time and balance are not available while walking.

Ground contact time balance: Ground contact time balance displays the left/right balance of your ground contact time while running. It displays a percentage. For example, 53.2 with an arrow pointing left or right.

Stride length: Stride length is the length of your stride from one footfall to the next. It is measured in meters.

Vertical ratio: Vertical ratio is the ratio of vertical oscillation to stride length. It displays a percentage. A lower number typically indicates better running form.

Specifications

Battery type	User-replaceable CR1632
Battery life	1 yr. (approximately 1 hr./day)
Operating temperature range	From -10° to 50°C (from 14° to 122°F)
Radio frequency/protocol	2.4 GHz ANT+ wireless communications protocol
Water rating	1 ATM[1]

Replacing the Battery

1 Remove the pod from the flexible silicone clip by stretching the material around the pod.

2 On the back of the pod, twist the cover ① counter-clockwise to unlock it.

3 Remove the cover and the battery ②.

TIP: You can use a magnet to remove the battery from the cover.

NOTE: You may find some lubricant residue on the factory-installed battery. Do not apply any gels or lubricants to the new battery.

4 Wait 30 seconds.

5 Insert the new battery into the cover, observing polarity.

NOTE: Do not damage or lose the O-ring gasket.

6 Replace the cover, and rotate clockwise to lock it.

NOTE: Do not pinch the O-ring gasket. The O-ring gasket should not be visible when the cover is locked.

7 Insert the pod into the flexible silicone clip by stretching the material around the pod.

The running icon on the pod must be aligned with the running icon inside the clip.

[1] The device withstands pressure equivalent to a depth of 10 m. For more information, go to www.garmin.com/waterrating.

Device Care

NOTICE

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Avoid washing the pod in the washing machine. The pod should withstand infrequent, accidental machine washing at a medium or cool temperature. Frequent machine washing, hot washing temperatures, or the dryer may damage the pod.

Cleaning the Device

1. Wipe the device using a cloth dampened with a mild detergent solution.
2. Wipe it dry.

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