Garmin Forerunner 35 Battery Charging Guide

My Fitness Device Will No Longer Turn On or Respond

If your Garmin fitness device is not turning on, there are some basic troubleshooting steps that you can perform to get you back on the road.

- Is the battery on the device fully charged?
  - Plug the device into a power source using the power/data cable.

- Is the charging cable in working condition?
  - Confirm that the cable is not damaged which would prevent the device from charging. Check the charging pins to ensure they are free of debris and not damaged. Replace the cable if necessary.

- Are the charging contact points on the device OK?
  - Check the charging contact points on the device for dirt or debris. Use a pencil eraser or a cotton swab dipped in rubbing alcohol to clean them.

- Is the device locked up or frozen?
  - In some instances, a device can lock up and not respond to any input including pressing a key, swiping the screen (touchscreen devices), or plugging the device into external power. In this case you can attempt to recover the device by performing the following steps:
    
    **NOTE:** Following these steps may result in a loss of some data such as recent steps taken (Activity trackers) or a loss of current time. To correct the time, sync the device with a smartphone using the Garmin Connect App or a personal computer using Garmin Express. For GPS devices go outside and acquire a GPS signal.

    1. Plug the device into an external power source using the power/data cable
    2. Press and hold the power key for about 15-20 seconds

What Can I Use to Charge My Garmin Fitness Device?

When you need to charge the battery on your Garmin device, we recommend using an available USB port on a personal computer or a USB wall charger. We suggest that you avoid using inexpensive off-brand chargers.
Can I use the wall charger from my phone?

Yes.

What about a wall outlet that has USB charging ports?

That is OK as well.

What should I look for in a wall charger to use with my Garmin device?

A wall charger from a reputable brand name should be fine. Ensure the wall charger features the registered UL marks indicating that the item was manufactured in compliance with UL's safety requirements and LPS (Limited Power Source marks).

NOTE: Damage to a product that has been connected to AC adapters and/or cables that are not certified by UL (Underwriters Laboratories) and are not labelled as Limited Power Source (LPS) will not be covered under warranty.

**Tips to Extend the Battery Charge on a Garmin Fitness Watch**

The advertised maximum battery life of a fitness watch is based on minimal use of some features. There are several factors that affect the battery life on your watch. As with all Garmin products for the active lifestyle this includes:

- How much GPS is used for outdoor recorded activities
- Wrist heart rate
- Backlight usage
- A smartphone connection
- 4G LTE Connection (for compatible products)

What can I do to achieve the longest battery life in between charges?

There are some settings that can be adjusted to maximize the battery life on your device.

NOTE: Not all features listed below will be applicable to your watch. Refer to the Owner's Manual for your device for feature setting compatibility and location.

**Examples of System settings that can be adjusted:**

- Lower the backlight intensity and set the timeout to the lowest option
- Disable Alert and Key Tones
- Disable or lower intensity of Vibration Alerts
• Disable or limit the use of ANT or Bluetooth sensors
• Disable Wi-Fi
• Disable Bluetooth or Phone connection
• Enable Smart Data Recording
• Disable LTE feature in device Controls Menu

Examples of Activity specific settings that can be adjusted:

• Turning Alerts off
• Disabling Auto Scroll and Auto Lap
• Enabling UltraTrac (if your device has the feature)
• Disable GLONASS from the GPS settings

Some other general recommendations for getting the most out the device battery would be:

• Charge the device fully prior to starting an activity
• Limiting the use of animated Connect IQ watch faces
• Limiting factors where satellite signal could be degraded, such as putting the device in a pocket or backpack while performing an activity

Understanding these various factors that can shorten battery life will help set proper expectations when using your device.

NOTE: If using a device with 4G LTE connectivity, ensure the LTE feature is turned on prior to starting any activity where you intend to use LiveTrack or Safety features without being paired with your phone.

Life Expectancy of a Lithium-Ion Battery in a Rechargeable Fitness Device

Rechargeable Lithium-ion (Li-ion) batteries will naturally lose some capacity over time due to charge/discharge cycling. All batteries in devices made by Garmin utilizing Li-ion batteries will share this characteristic. Under normal operating conditions, the batteries in Forerunner and Edge devices should have approximately 80% of their original capacity after a few years of frequent charge/discharge cycles.

There are several factors that can accelerate the normal degradation of battery capacity including:

• Exposure to high temperatures
• Leaving the battery completely charged or discharged for long periods of time (anything longer than two weeks.)

When storing the device long-term, it is recommended to partially charge the device (approximately 30 to 50%) and keep it in a cool, dry place. Some devices may require a full charge and discharge cycle before an accurate measure of battery capacity can be made.