



vivosmart® Owner's Manual

Introduction

⚠ WARNING

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

Always consult your physician before you begin or modify any exercise program.

Getting Started

Before you can use the vivosmart device, you must set up the device on your compatible mobile device or computer.

Select an option:

- Set up the device on your mobile device ([Mobile Setup](#)).
- Set up the device on your computer ([Computer Setup](#)).

Mobile Setup

Before you can pair your vivosmart device with your mobile device, your mobile device must support Bluetooth® Smart wireless technology. Go to www.Garmin.com/BLE for compatibility information.

You can use the Garmin Connect™ Mobile app to pair your vivosmart device and complete the setup process. This allows you to share and analyze data and download software updates from your mobile device.

NOTE: Unlike other Bluetooth devices that are paired from the Bluetooth settings on your mobile device, your vivosmart device must be paired directly through the Garmin Connect Mobile app.

- 1 Connect the charging clip securely to the device ([Charging the Device](#)).
- 2 Plug the USB cable into a power source.
The device turns on and appears.
- 3 Go to www.GarminConnect.com/vivosmart on your mobile browser.
- 4 Install and open the Garmin Connect Mobile app.
- 5 Follow the instructions on your mobile device to pair your vivosmart device and complete the setup process.

NOTE: You can pair your vivosmart device with a different mobile device after completing the initial setup ([Pairing Your Mobile Device with Your vivosmart Device](#)).

Computer Setup

- 1 Connect the charging clip securely to the device ([Charging the Device](#)).
- 2 Plug the USB cable into a USB port on your computer.
The device turns on and appears.
- 3 Hold on the touchscreen until you see .
- 4 Go to www.GarminConnect.com/vivosmart.
- 5 Download and install the Garmin Express™ setup software:
 - If you are using a Windows® operating system, select **Download for Windows**.
 - If you are using a Mac® operating system, select **Download for Mac**.
- 6 Follow the instructions on your computer to pair your vivosmart device and complete the setup process.

Charging the Device

⚠ WARNING

This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

NOTICE

To prevent corrosion, thoroughly dry the contacts and the surrounding area before charging or connecting to a computer.

- 1 Plug the USB cable into a USB port on your computer.
- 2 Align the charger posts with the contacts on the back of the device, and connect the charging clip securely to the device.



- 3 Charge the device completely.
- 4 Press to remove the charger.

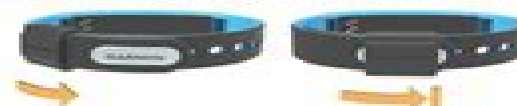
Using the Touchscreen

- Double tap the touchscreen to wake the device.
NOTE: The screen turns off when not in use. When the screen is off, the device is still active and recording data.
- Hold the touchscreen to view the menu.
- Swipe left or right to scroll through the device features and menu options.
- Tap the touchscreen to make a selection.
- Select to dismiss a notification or return to the previous screen.
- Make each touchscreen selection a separate action.

Wearing the Device

The device can be worn on your left or right wrist. By default, the screen is oriented for your left wrist with the clasp toward the inside of your wrist. You can customize the screen and band orientation on your Garmin Connect account ([Device Settings](#)).

- 1 Make sure the pegs on the clasp are fully inserted into the band.
When both pegs are fully inserted, the device fits securely against your wrist.
- 2 Slide the keeper over the clasp (optional).
The keeper is a small loop designed to fit over both ends of the band and the clasp. It provides additional security and helps keep the band attached during rugged use.



- 3 Wear the device all day ([Using Sleep Tracking](#)).

Owners Manual Garmin 450c Gps

Rachel S Tattersall



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web 1 packer brisket 12 to 14 pounds 3 cups jerk seasoning homemade or your favorite commercial brand 5 pimento leaves or bay leaves 2 tablespoons allspice berries preferably jamaican buttered toasted brioche rolls or jamaican jerk rub bbq grilling with derrick riches - May 01 2023

web sep 6 2017 this rub will add tons of flavor to beef or pork ribs chops roasts chicken vegetables and meat substitutes while this is meant to be a spicy rub you can adjust the cayenne to suit your tastes if you re new to jerk seasoning i recommend starting with chicken breasts or thighs 5 from 1 vote

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web i have to admit i make this marinade in batches it is fresh and fragrant at the same time every time grill i seem to acquire new friends jerk is originated in jamaica but most other caribbean islands have their own marinades using the spices and herbs in the quantities preferable to their specific taste

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web dec 19 2021 ingredients 1 medium onion finely chopped 1 2 cup scallions finely chopped 1 hot pepper finely chopped 3 tablespoons soy sauce 1 tablespoon oil 1 tablespoon cider vinegar or white vinegar 2 teaspoons fresh thyme leaves 2 teaspoons granulated sugar 1 teaspoon salt kosher salt or sea salt is

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web step 1 make the jerk seasoning place the chiles scallions garlic ginger cilantro thyme sugar salt allspice cinnamon pepper and salt in food processor and grind to a coarse paste work in the oil rum and soy sauce to obtain a thick but spreadable paste

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web recipe tips place the food in a glass baking dish and spread the jerk seasoning over it turning to ensure an even coating marinate large pieces of meat overnight medium size pieces for 4 to 6 hours and small pieces for 1 to 2 hours covered in the refrigerator barbecue or indirect grill the meat using moderate heat and plenty of wood smoke

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web jan 14 2011 1 3 cup soy sauce 2 tablespoon vegetable oil 1 4 cup vinegar 1 onion 1 2 cup orange juice 2 cloves garlic 1 teaspoon grated ginger notes if you re using dried thyme use about 1 2 table spoon this makes about 3 cups of marinade and it can be stored in the fridge for about 1 month

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web in the process it s lost a lot of its fire spice and salt here s how they make it in the birthplace of jerk a town called boston beach on the north coast of jamaica count yourself lucky to have a blender in boston beach they grind the seasonings in a hand cranked spice mill

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