Sync with Garmin Connect

To synchronize your data with Garmin Connect, follow these steps:

1. **Ensure Bluetooth is Enabled**:

   - Verify that Bluetooth is turned on both on your Garmin device and your smartphone.

2. **Open the Garmin Connect App**:

   - Launch the **Garmin Connect** app on your smartphone.

3. **Bring Devices Close Together**:

   - Position your Garmin device within 3 meters (10 feet) of your smartphone to ensure a stable connection.

4. **Initiate Sync**:

   - Your Garmin device automatically syncs data with the Garmin Connect app each time you open the app. Additionally, your device periodically syncs data with the app automatically. You can also manually sync your data at any time.

5. **Verify Sync Completion**:

   - Wait for the synchronization process to complete. Once finished, you can view your current data in the Garmin Connect app.

By following these steps, your activity data should successfully sync to Garmin Connect, allowing you to monitor and analyze your fitness progress.