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Forerunner 405CX Owner's Manual Introduction Introduction

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before you begin or modify any exercise program. See the Important Safety and Product Information guide in the product box for product warnings and

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Forerunner 405CX Quick Start Manual Step 1: Use the Touch Bezel The silver bezel around the watch face acts as a multifunction button. Tap: quickly press your finger on the bezel to make a selection, toggle a

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The Forerunner 405CX is the evolution of GPS-enabled training. This sleek sport watch tracks your distance, pace and heart rate, then wirelessly sends the data to your PC for later analysis. The 405CX features heart rate-based calorie computation and comes with a second wrist band option suitable for smaller wrists.
Watch Results

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The Forerunner 405CX is the evolution of GPS-enabled training. This sleek sportswatch tracks your time, distance, pace and heart rate, then wirelessly sends the data to your PC for later analysis. The 405CX features heart rate-based calorie

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Forerunner 405CX Owner's Manual note: While performing a workout, tap the bezel to view more data pages. Page 22: Heart Rate Workouts > select 5 bpm apart. > Heart 3. Select the

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workout. 4. Enter the 5. Select 6. Press start. Forerunner 405CX Owner's Manual Zone you want to use. page 35 Custom to set your own Type of heart rate Duration value.

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