



## FR60

**Part Number: 010-00743-10**

Log every mile and every minute with FR60, a sleek fitness watch plus workout tool that tracks your time, heart rate and calories burned. When bundled with the wireless foot pod, FR60 also tracks speed and distance, indoors or out. Use FR60's training tools to get the most out of your workout. Then, FR60 wirelessly sends your workout data to your computer for later analysis.

### Train Indoors or Out

In the gym or on the road, FR60 tracks all your workout data, including time, heart rate, calories burned, lap times and averages, and more. FR60 boasts advanced training tools, such as training alarms and Virtual Partner™, which lets you race against a virtual training partner to improve your performance.

At the heart of its success is FR60's wireless ANT+™ technology, which allows it to connect to other ANT+ compatible devices, like the included heart rate monitor, optional foot pod, or even ANT+ compatible fitness equipment.

### Go for Distance

With the ANT+ seamless wireless link, FR60 connects to the optional wireless foot pod, which tracks your distance and speed effortlessly, both indoors and out. Using advanced accelerometer technology, the foot pod collects and sends precise data about your movements, gathering distance and speed data that is 98 percent accurate, right out of the box.

### Listen to Your Heart

FR60 also connects wirelessly to a lightweight, flexible digital heart rate monitor, providing instant feedback about how hard you're working. FR60 continuously tracks heart beats per minute and displays your heart rate zone, so you can monitor and improve your fitness level.

### Cross-Train

When paired with an optional speed/cadence sensor, FR60 tracks the speed and distance of your cycling workouts. The wireless speed/cadence sensor attaches securely to your bike and measures your pedaling cadence and wheel speed as you ride. You can even use it to train indoors because the sensor attaches to your rear wheel.

### Sync and Share

Once you've logged the miles, FR60 automatically transfers data to your PC or Mac, wirelessly when in range. No cables, no hookups. The data's just there, ready for you to analyze, categorize and share through our online community, Garmin Connect.

### Notice:

This device has not been authorized as required by the rules of the Federal Communications Commission. This device is not, and may not be, offered for sale or lease, or sold or leased, until authorization is obtained

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## Physical & Performance:

Unit dimensions, WxHxD: men's: 2.2" x 1.5" x 0.5" (5.6 x 3.8 x 1.3 cm); women's: 2.0" x 0.5" x 0.6" (5.2 x 3.8 x 1.4 cm)

Display size, WxH: 0.8" x 1.1" (2.0 x 2.8 cm)

Display resolution, WxH: 56 x 31 pixels

Weight: men's: 1.6 oz (44 g); women's: 1.4 oz (41 g)

Battery: coin cell battery (CR2032)

Battery life: 1 year

Water resistant: yes (50m)

GPS-enabled: no

High-sensitivity receiver: no

RoHS version available: yes

## Maps & Memory:

Basemap: no

Ability to add maps: no

Accepts data cards: no

Lap history: 100 laps or up to 20 hours of data

Waypoints/favorites/locations: 0 (sport watch is not GPS-enabled)

Routes: 0 (sport watch is not GPS-enabled)

## Features:

Heart rate monitor: yes

Bike speed/cadence sensor: yes (optional)

Foot pod: yes (some versions)

Automatic sync (automatically transfers data to your computer): yes

Garmin Connect™ compatible (online community where you analyze, categorize and share data): yes

Garmin Training Center® software compatible: yes

Virtual Partner® (train against a digital person): yes

Courses (compete against previous workouts): no

Auto Pause® (pauses and resumes timer based on speed): yes

Auto Lap® (automatically starts a new lap): yes

Auto Scroll (cycles through data pages during workout): yes

Multi-sport (changes sport mode with a press of a button): no

Advanced workouts (create custom, goal-oriented workouts): no

Simple workouts (input time, distance and calorie goals): no

Pace alert (triggers alarm if you vary from preset pace): yes

Time/distance alert (triggers alarm when you reach goal): yes

Interval training (set up exercise and rest intervals): yes

Heart rate-based calorie computation: no

Customizable screen(s): yes

Barometric altimeter: no

Unit-to-unit transfer (shares data wirelessly with similar units): no

Power meter compatible (displays power data from compatible 3rd party ANT+™-enabled power meters): no

Sport watch: yes