

Garmin Forerunner 10 User Guide

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Forerunner 10 is a GPS running watch that tracks your distance, speed, pace and calories. It also identifies your personal records and provides motivation along the way. Forerunner 10 is so easy to use, you can start your run with the press of 1 button.

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Garmin Forerunner 10 is so easy to use, you can start your run with the press of one button. Simply acquire satellites and then as you run, you can see your time and distance clearly displayed on one screen and calories and pace on another. You can also customise the settings to show pace and distance on the same screen.

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