

GARMIN[®] Forerunner[®] 310XT



quick release instructions



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

Quick Release Kit

- Quick release bracket
- Bike mount
- Cable ties (2)
- Spring pin tool

When the bracket and mounts are properly installed, you can move your Forerunner quickly from your handlebars to your wrist.



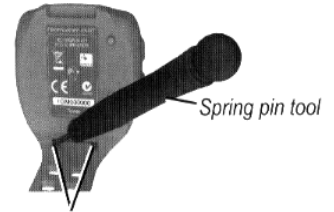
NOTE: For more information, see the *Forerunner 310XT Owner's Manual*.

Limited Warranty

Garmin's standard limited warranty applies to this accessory. For more information, see the *Important Safety and Product Information* in the Garmin product box.

Step 1: Remove the Wristband

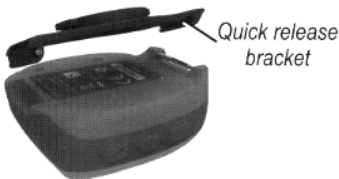
1. Insert the tip of the spring pin tool in the pin access hole.
2. Push inward towards the wristband, and then release the spring pin outward.
3. Repeat for the other spring pin. Be careful not to lose the spring pins.



Step 2: Install the Quick Release Bracket

1. Verify that the arrow on the back of the quick release bracket is pointing up and your Garmin device is facing up.
2. Use the spring pin tool to install the bottom spring pin back into the Forerunner.
3. Insert the top spring pin into the top slot of the quick release bracket.

4. Slide the open end (bottom) of the quick release bracket onto the bottom spring pin of the Forerunner.

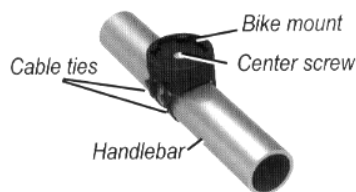


5. Using the spring pin tool, install the top spring pin of the quick release bracket into the top slot of the Forerunner. Your Forerunner and the bracket are now one movable unit.

Step 3: Install the Bike Mount

You can install the bike mount on any part of your handlebars or on the stem. Ensure that the Garmin unit is facing up for the best GPS reception.

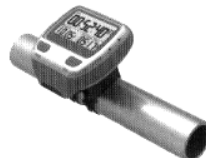
1. Place the bike mount on your handlebars or stem.
2. Attach the bike mount securely using two cable ties.



For vertical bars: remove the center screw, turn the front plate 90 degrees, and replace the center screw.

Now you can attach the Forerunner to the bike mount.

3. Align the quick release bracket with the front plate of the bike mount so that the unit is vertical.
4. Press and turn the unit clockwise until it snaps into place horizontally.



For the latest free software updates (excluding map data) throughout the life of your Garmin products, visit the Garmin Web site at www.garmin.com.

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