

## How do I set up the Garmin Venue 3S watch and the Fitrockr Sync App?

Before you begin the setup:

1. Are you currently using a Garmin watch?
  - a. No: You can proceed directly to Step 1
  - b. Yes: Please continue to Question 2.
2. Have you already installed the Garmin Connect app on your phone?
  - a. Yes: Please **delete** the app from your phone before starting the setup. Unfortunately, both apps (Gamin Connect and the Fitrockr Syn app) do not work together on the phone.
  - b. No: You can proceed directly to Step 2.



### Step 1: Setting up the Garmin Venue 3S Watch

- Fully charge the watch before you begin setup.
- Follow the on-screen instructions step by step.



1. Tap the display.



2. Select your preferred language.



3. Tap «no»  
➔ This will be set up at the end.



4. Here you can set your own passcode.



5. Select «female».



6. Select «Metric»  
7. Now answer all questions about your age, date of birth, height, weight, sleep times, and which wrist you wear the watch on.



8. You can activate DND mode if you don't want to be disturbed during sleep at night.



9. Set the time via GPS: This can take a while. It's best to go near a window or step onto a balcony and give the watch some time to set itself.
10. After that, you can answer the remaining questions. Once the setup is complete, the only thing left is connecting to your phone.



11. Connect your phone to the watch:
- Press and hold the button on the bottom right side.
  - Select «Settings (Einstellungen)»



12. Select «System»



13. Select «Connectivity»



14. Select «Phone»



15. Activate the status:

- The watch will now connect to your phone.  
Allow access via Bluetooth.
- On your phone, under Bluetooth devices, you should now see that the Venue 3S is connected.

## Step 2: How to set up Fitrockr Sync app

The Fitrockr Sync app connects your smartwatch to the Fitrockr platform, enabling automatic data synchronization.

### 1. Install the Fitrockr Sync App



Fitrockr Sync

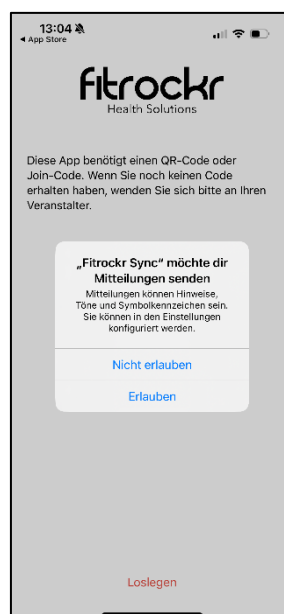
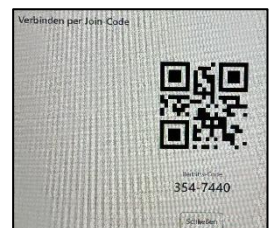


Nicht installieren

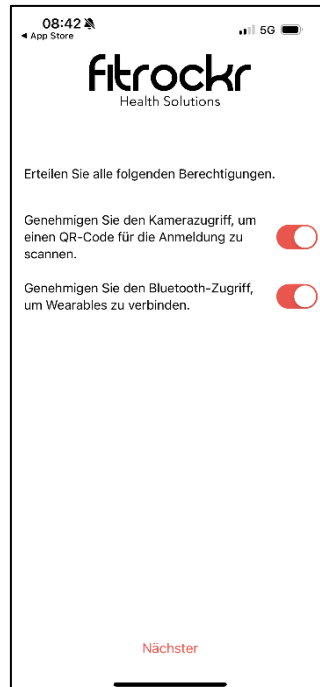
- a. Open the App Store (iPhone) or Google Play Store (Android) on your phone, search for "Fitrockr Sync" and download it. Make sure it is exactly the app shown in the picture.
- b. Keep the provided QR-code (Join-Code) ready.

### 2. Connect the Fitrockr Sync App using the provided Join-Code

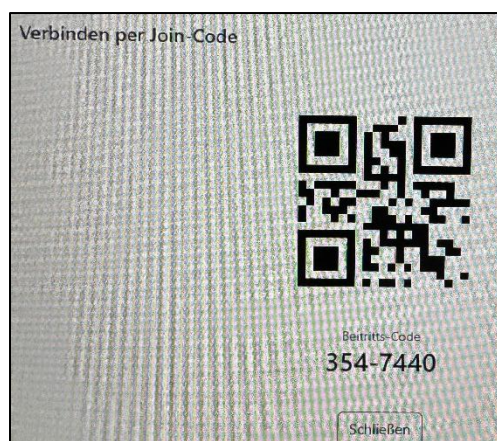
- a. Open "Fitrockr Sync" and tap "Get started"



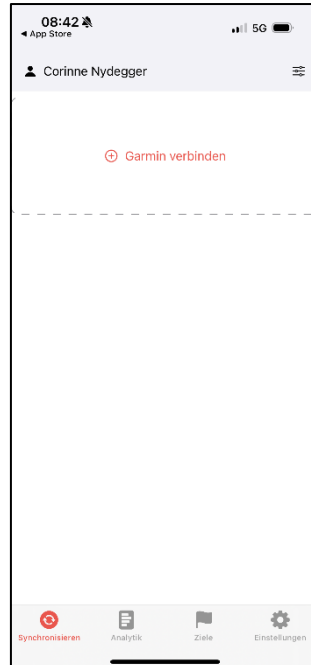
- b. Allow access to the camera and Bluetooth. To sign in, tap «Allow» when prompted.



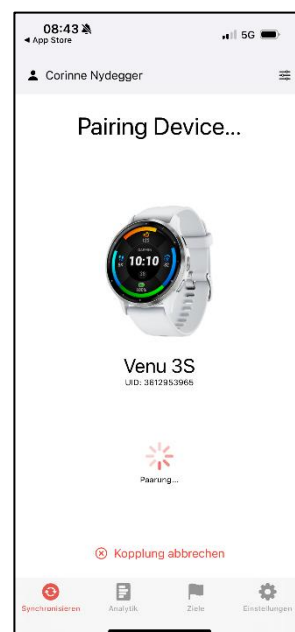
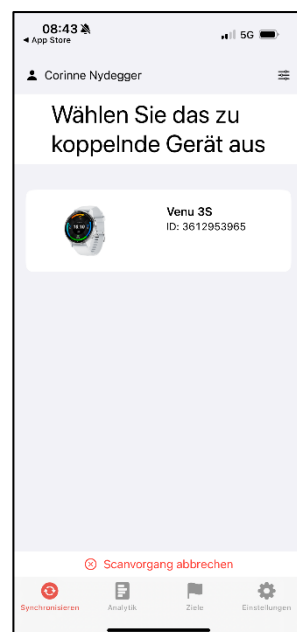
- c. The camera view will open now. Please scan the provided Join-Code (QR-code)



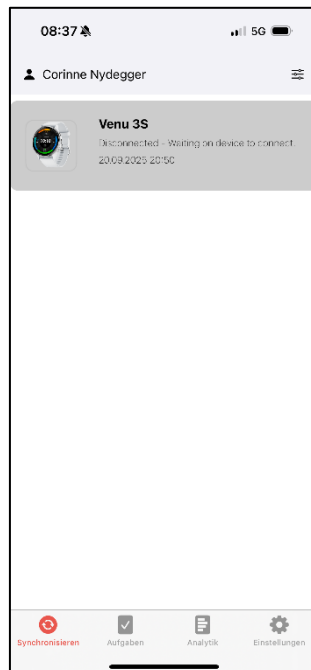
- d. Now connect your Garmin watch to the app. To do this, tap «+ connect Garmin»



- e. The app will search for a nearby Garmin watch. Once it finds the correct watch, select it, and synchronization will begin.



- f. When everything is correctly synced, it will show «connected»



- g. The Fitrockr Sync App is now successfully connected to your account and watch. Make sure to sync regularly according to the instructions.

### Step 3: Software update and Synchronization of the Garmin Venue 3S watch

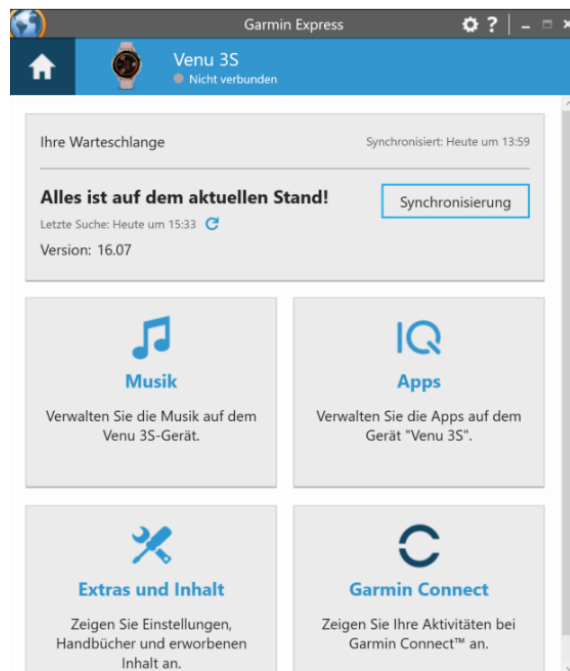
To ensure that the watch is running the latest software and is synchronized to the correct time zone, it is recommended to synchronize the watch with the Garmin Express app during the initial setup.

- For this, you will need your computer, the watch's charging cable, and the watch itself.
- Download the free program "Garmin Express" onto your computer.
- Here you can find the link for [Garmin Express](#).
- Connect the watch to the computer using the charging cable. Open the program and select "Add device".





- e. The watch will be added. You can now update the watch through the program by clicking “Synchronization”. The watch will then be updated to the latest version. It is recommended to perform this from time to time.



- f. In “Tools and content”, you can log in with your Garmin account and adjust additional settings directly in the program. However, these settings can also be made directly on the watch.