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By Tina Reichman

Garmin, GPS units have touch screens that simplify their use. If your screen doesn't respond correctly to touch or doesn't respond at all, the problem is relatively simple to fix. Garmin offers troubleshooting options on your site to repair the screen of your GPS unit. Disconnect your Garmin GPS from your external power and turn it off completely. The external power source may have originated from your car plug or wall charger. If your unit has one, flip Garmin GPS antenna. Some Garmin devices have antennas that are up for easy storage. Press the reset button on the back of the unit. If it has an antenna, the reset button is most likely below the area where the antenna is chinad. Reconnect your GPS unit to any external power source such as your car plug, computer, or wall charger. Your Garmin GPS should be automatically turned on and operated properly. Call Garmin support over the internet or phone if the reset button is not fixed. Garmin Line Nuvi produces portable GPS systems for cars and pedestrian use, some of which are features of automatic speech recognition, also known as voice control or voice activation. On older devices and at the bottom end of Garmin, ASR devices are small external devices that enable you to interact with your GPS device without a hand. The new models have built-in audio capabilities. Keeping both hands on the wheel improves travel safety. Garmin Nuvi's premium portable navigation devices feature voice recognition systems with extensive and robust vocabulary built-in intelligence, enabling you to cycle through device menus without touching the screen. Using voice commands is clearly a safety advantage over the potential distraction of using a touchscreen while driving. You can search for interest points without hands by category such as airports, petrol stations and restaurants, intelligence leverage based on your current location, and then can be redirected to a specific destination in turn. To use voice commands on older or lower Garmin devices, press a button on the remote microphone before speaking. The GPS screen displays a green hentaï balloon when it's ready to accept the sound input and red balloon when you need to listen. You can also opt to touch the screen at any time and then switch to sound. Speaking clearly and slowly is important. Newer Garmin models have advanced software that helps voice recognition learn your cadence and sound patterns with constant use. The Garmin Nuvi 3700 series is composed of ultra-slim handheld or installable devices that detect optional sound made in. An easy way to enable speech commands is to personalize your device by giving it a nickname. Whenever you want to enable voice recognition, just say the name of your device to wake it up and the feature will be automatically enabled. Or, you can recognize the sound with Enable tools And tap the voice command icon on the multi-touch screen. Some portable Garmin navigators offer Bluetooth connectivity for full hands-free operation with compatible mobile phones while you drive. As of January 2013, this feature is available for Android devices. Bluetooth integration enables you to sync favorite locations, book addresses, call history and text support between your mobile device and a portable navigation device while your mobile phone uses Garmin GPS to allow you to dial, respond and speak. By Richard Osmos

Garmin produces universal positioning system receivers for a wide range of applications. But they can be divided into two basic categories: those designed for outdoor use, most of which are waterproof; and those designed for use inside a vehicle, most of which are not. Most waterproof models carry the IPX7 International Standard Score, which means they can be immersed in water for 30 minutes at a depth of one meter without suffering damage. Garmin produces several GPS receivers specifically designed for sports such as skiing, golf, running and cycling. Models carrying the IPX7 rating include models in the Approach, Forerunner and Edge series, along with a Garmin swim that can be submerged up to 50 metres. GPS models come in three series listed in handheld models and wrist mounts. Garmin waterproof models that carry IPX7 ratings for trail use such as hiking and climbing include the Montana, Oregon, Dakota, GPS Maps, eTrex, Foretrex and Rhino series. The rugged rhino series can withstand more physical abuse than others, and additional alpha and astro models include a collar with additional software to track a dog. The other series listed come in handheld or wrist-mounted versions. Garmin designs four special waterproof models with an IPX7 rating for use on motorbikes. The nuvi 220 has a 3.5-inch friendly glove touchscreen. The nuvi 660LM has a 4.3-inch screen and adds advanced Bluetooth features. Nuvi 350LM offers faster stopping paths and map screens and the top of the nuvi 665 line adds a satellite radio system. The types of hardware installation and cabling features vary slightly between models. Garmin GPS receivers designed for marine use have larger screens and higher capability to include sophisticated navigation software. All models designed for marine use carry the IPX7 rating to protect against incidental immersion. Several marine models are included in the GPSMAP series, with specific models such as the lowest cost of GPSMAP 421, with a 4-inch screen, up to 7215 GPSMAP, with a 15-inch screen. Most include hardware to mount them on the control panel of a boat. Garmin's vivosmart 3 fitness tracker tried some interesting things, but it didn't follow through well at all of them. This year, the company not only needs makeup for vivosmart 3 faults, it also creates something to go head-to-head with Fitbit charging coming 3. That's where Garmin Vivosmart 4 comes into the game, this is our full Garmin vivosmart 4 review. Garmin vivosmart 4 review notes: I've been using Vivosmart Garmin 4 as my main fitness tracker for almost two weeks. The Google Pixel 2 XL has been accompanying my smartphone of choice for the duration of this review. DesignMany people who prefer fitness groups (rather than fitness hours) like them because of their size. If you're one of those people, Vivosmart 4 will be right up your alley. Size actually reminds me a lot of the original Xiaomi group. It weighs just 20.4 grams and is incredibly thin. This is a very important thing to consider with a fitness tracker. The lighter and less obscure it is, the more you wear it, and the more metrics it will track. No want to sleep every night with something bulky on his wrist thin design and lightweight vivosmart 4 makes it incredibly easy to wear all the time. However, the display of this small design, while much improved from its predecessor, is very slim. There is nothing wrong moving around the interface, but choosing different options can be difficult and text is often interrupted, which can be annoying. I don't really know how to fix this - it's not a problem with Garmin software or the screen itself - it's just descending into having a small, narrow screen. The screen quality is much improved this time around. It's still monochrome, but now a much brighter OLED touchscreen rather than a slightly matte, pale screen on vivosmart 3. To make up for interchangeable silicone bands, Garmin added more color options to the mix. I review the black model, but it also comes in three other colors: berries with gold bezels, powder gray with rose gold bezels, or lapuure blue with silver bezels. Overall, the design of vivosmart 4 is a big step. It looks more like a top-notch fitness tracker than something that tries to disguise itself as a piece of jewelry, and I don't think that's a bad thing. Anyway most Garmin wearers are also fitness and health trackingGarmin vivosport (left) and vivosmart 4 (right) before we run out of features, you need to know where vivosmart 4 fits Garmin's composition. It's definitely at the bottom end of the vivo series, with only 4 vivoFit underneath it. One step up is vivosport, which comes with some higher-end features such as built-in GPS. Live 3 and Live 3 music sits at the top of the line, featuring advanced hardware such as GPS, Garmin payment support, and full-fledged smartwatch features. Okay, you got it? Lets move on . The most notable removal here is the lack of GPS or phone tether option. But did we expect Garmin to include this? vivosmart 4 tracks all the standard metrics you'd like Steps are taken, climbing floors, intensity minutes, calories burned, stress, sleep, and heart rate. However you will notice a few omissions from that list. Due to the lack of built-in GPS or phone tether options, vivosmart 4 cannot track distance or metric speed. Even Charge 3, the biggest competitor vivosmart 4, comes with the GPS feature attaching Fitbit to tether to your phone. It would have been really nice to see here, but Garmin also sells vivosport (now our favorite fitness tracker), which is built-in GPS. If you are looking for a new fitness tracker from Garmin, your need for GPS will dictate whether you should look at vivosport or vivosmart 4. vivosmart 4 can also track a variety of sports profiles such as running, walking, strength training, cardio, elliptical, swimming pool, stairs, and yoga, as well as getting all other specifications. It also supports the Toe-to-Toe Garmin app. READ ALSO: What is Garmin's best watch? The tracker supports automatic activity detection with Garmin Move IQ. IQ transmission only automatically records familiar activities such as cycling, running, and using elliptical. These activities only show up on your workout calendar on Garmin Connect, not in your news feed or activity list. It's really there to record that you did an activity, and not necessarily all the metric activities might involve. Motion IQ recorded elliptical activity when I was actually playing drums, and it only took me time to start and finish - without fitness data. I mainly tested walking, running, and cardiac profiles during my time with the device, as well as comparing those metrics with a variety of other devices. In the images below, you can see a run I took with vivosmart 4, Fenix 5, Fitbit Versa, and my polar H10 chest strap. Let's start with heart rate data. All four devices actually came out with similar recordings of maximum heart rate, and even more similar to the average heart rate reading:Polar H10:175 Maximum heart rate, 161 moderateGarmin vivosmart 4:179 maximum heart rate, 157 Average Phenic grams 5:170 Maximum heart rate, 155 Average Fitbit Versa: 181 maximum heart rate, 156 average two Garmin trackers and chest strap only six beats per minute off with an average heart rate, for which Comparisons between chest straps and wrist-based heart rate sensors are very good. It will never be point-to-point; chest straps are almost always smarter than wrist-based sensors. The Polar H10 Garmin vivosmart 4 Garmin Fenix 5 Fitbit VersaThe Polar H10 and Fenix 5 in the first seven minutes of the run were very similar - they both reached 150bpm at about the same time, while vivosmart 4 lags behind. Fenix 5 and H10 also recorded more minute increases and drops in heart rate readings compared to vivosmart 4. Versa stats are a little harder to say, but there is a very big plunge in the first escape . I'm not sure where it came from elsewhere, the Vivosmart 4 was able to track distance data more accurately than Versa, despite the lack of GPS. On my 4.19-mile run (registered with Fenix 5), my vivosmart 4 recorded a 4.59-mile run, while Versa recorded only 3.42 miles. You can manually change these metrics in Garmin Connect and Fitbit apps after the fact, but it's good to know Garmin's new device doesn't go too far if you want to run. Vivosmart 4 also handles step tracking - the most basic metric activity - much smarter for me than rival devices than Fitbit. I'll never sit down and take random steps just because I'm moving my arms, the updated high heart rate sensor on vivosmart 4 is now warning you if it feels like you have abnormal heartbeat. I haven't been able to test this because, well, I haven't experienced anything unnatural during my two weeks of testing. It also keeps track of your daily stress and offers a more relaxed team if you need help calming down. VO2 Max estimates are here again, as well as Garmin's unique age metric fitness. According to Garmin, my fitness age is the age of a great 20-year-old. im blushing . Body BatteryNew to the vivosmart 4 this year is something called Body Battery, and it's exactly what it sounds like. Using information about stress, heart rate changing, sleep, and activity, Garmin dedics a number to your body's estimated energy reserves. Your number will increase and fall throughout the day depending on how active or relaxed you are, as well as a variety of other factors. The idea behind this is great, but sometimes the numbers are a little off. I mean, you can't expect your fitness tracker to know how tired/energetic you are all the time. I've noticed after a good, consistent night's sleep, I usually want the day to start with 75 body battery scores, increasing throughout the day (when I'm at my desk) to anywhere between 80 and 95. After I get out of work at about 5.30pm or so, my score starts slowly declining for the remainder of the afternoon - even more so if I run right after work. I also usually see a bump-up in my score between lunchtime p.m.It around 5 p.m. may be accurate all the time, but the body battery is actually really useful. This has helped me a little over the last few weeks. I was really tired after a long day of work, and the tracker said my body's battery score was about 50 (moderately low). Because I was so tired I knew I didn't have a good quality performance that day, so I given up on it and rested at home instead. I kind of feel that way anyway without looking at the score, but at least it's a good reminder to pay attention to what your body tells you. It's also worth noting that in more than a few cases, my body's battery will continue to drop during sleep until I Deep sleep or REM at around 4 a.m. body battery takes a few days to learn your habits, so don't expect it to be quite accurate right off the bat. The new Also advanced sleep pulse sensor and metric in the 4th vivosmart this year built-in pulse bull sensor. This will estimate your body's saturation and oxygen levels (how much oxygen is in your blood) based on a few different factors including your overall health and fitness levels. Sub-average levels of oxygen in your blood can cause short breath and even show early signs of hypoxemia. You can adjust the tracker to measure your blood oxygen levels when you're sleeping, or you can do it manually at any time. The inclusion of a bull pulse sensor is good, but not perfect. I found a few problems with the Pulse X sensor most nights, tracking my blood oxygen levels for a few hours, but not all night. I also can't find any correlation between when it's tracked and what stage of sleep I'm in or how much I'm moving around. Sounds like a coincidence. Also, I can get two SpO2 readings back and the results will be a few percentage points off of each other. Even with its dissonances, it's good to see Garmin include a bull pulse sensor here, especially because the tracker is so small. This has come especially useful for those who already carry around dedicated bull pulse sensors. Also, with dedicated PulseX sensors costing about \$10, this feature usually falls into high wearables. Currently, the only other Garmin watch with this feature is the Fenix 5 Plus, which costs boatloads of money. Alternatively, Fitbit Uni, Versa, and Charge 3 are all these sensors built-in. I'm sure we can expect to see Garmin include a pulse bull at most, if not all fitness trackers going forward. Fitbit has been lying aside Garmin in sleep tracking for some time, but it's no longer the case. With the introduction of advanced sleep metrics, vivosmart 4 can now show you how deep, light, and REM sleep you're getting, as well as how much you moved through the night. Pair that with the bull pulse sensor and you find yourself a slightly powerful sleep tracker. Garmin says vivosmart 4 can last seven days with one charge, and I'd say that's the point in. Even with the heart rate sensor at all times, it was very easy to get to a week without charging. You'll only get about four or five days in charge if the bull pulse sensor is turned on to track sleep. Five days is about the maximum battery life for vivosmart 3, so it's an improvement both way. Garmin vivosmart 4Material:Lens: polycarbonate Bezel: aluminum Strap: siliconeDisplay:Touchscreen OLED 6.6 x 17.7mm 48 x 128 resolutionBattery:7 days (excluding pulse ox sleep tracking)Memory:7 timed activities, 14 days of activity tracking dataSensors:Garmin Elevate wrist heart rate monitor Barometric Accelerator Ambient Light Sensor Pulse OxConnectivity:Bluetooth Smart and ANT+IP rating:5ATMSmart Features: Intelligent Notifications Text Response/Reject phone calls with text (Android only) Weather music control Smartphone Find My Phone / Find My Virb Watch Remote Camera Feature Android, iOSDimensions and weight:Small/Medium: 15 x 10.0 5 x 5 197mm wrist fit with 122-188mm 20.4g large round: 15 x 10.5 x 223mm wrist fit with 148-215mm round 21.5g Smartwatch StandardIt features for fitness tracker to provide bevy of smart features, And vivosmart 4 is no different. You can check the weather, control your music, and use find my phone's right feature from your wrist. It's handy in a pinch, but

remember that you do it on a very small screen. Also, all notifications from your smartphone — texts, calls, social media, you name it. If you are an Android user, you can even reply to pre-started messages from your wrist too (sorry iPhone users). I know we've already touched the size of the show, but I want to repeat it here when notifications arrive at vivosmart 4, moving them through like an LED ticker screen, which is very hard to read. I think it's better than not to notice that Garmin's Appl has talked a lot about the Garmin app lately, and you can find everything you need to know in comparing our Fitbit vs. Garmin. If you don't want all the nitty-gritty details, here's the TL;DR.Garmin Connection has a lot going for it, but it's still far from the most user-friendly fitness app out there. That has a lot to do with how many features are packed into the app, though. Your default home page is called My Day and gives you a health metric and activity about the current day, yesterday, or last week. Viewing a very powerful calendar connection also allows you to look at each day and track everything on your device. I use this feature almost daily. However, Connect has also missed a few things. It doesn't have as thriving a social community as the Fitbit app. I really hope that Garmin is working on this in the background, because that's what I missed when I switched to a Garmin device from fitbit tracker. That's not hitting against vivosmart 4 at all - just a view about the ecosystem. The Garmin app also doesn't come with much third-party app support. You can link MyFitnessPal, Strava, and Office 365 to connect if you don't want to ditch those apps entirely for Garmin, but the list stops there. I really want to see more third-party apps like Endomondo, MayMyRun, and RunKeeper in the future. Gallery, maybe buy it? Garmin vivosmart 4 is an incredibly little fitness tracker. It excels in almost all regions except two. Its lack of GPS or phone tether option is significant, though I don't think we should Not necessarily expecting Garmin to include them here. Vivosmart 3 didn't have it, and the company now sells vivosport. The size of the screen is just another thing I can think of that will take users away. It's small and sometimes makes it difficult to listen in the right area or view notifications. If you can get past those two aspects, vivosmart 4 is definitely a fitness tracker worth checking out. \$130 is really a lot of money to ask for a fitness tracker with these many features. Garmin vivosmart 4 is not a great fitness tracker for people who don't need advanced features. However, the big question is if you should buy vivosmart 4 over fitbit charge 3. Everything comes down to a few simple questions. If you need a GPS tether option with your fitness tracker, buy a Fitbit 3 charge (or vivosport, which is gps built-in). If you need a feature fitness tracker packed with everything but GPS, vivosmart 4 is one of the best options out there. If you want to work towards fitness or health purpose, or just want to keep tabs on your daily activities, I have no problem recommending this fitness tracker. That's it for our Garmin vivosmart 4 review. Thoughts? Do you want to buy one or are you waiting for a Fit byte-3 charge? Let us know in comments. Comments.

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