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Touch and hold training. 2. Press start to start the timer. 3. After completing your run, press stop. 4. Press and ... FORERUNNER - Garmin The Forerunner 405CX is the evolution of GPS-enabled training. This sleek sportswatch tracks your time, distance, pace and heart rate, then wirelessly sends the data to your PC for later analysis. The 405CX features heart rate-based calorie computation and comes with a fabric wrist band option suitable for smaller or larger wrists. With a high ... Forerunner® 405CX | Garmin Introduction. Thank you for purchasing the Garmin ® Forerunner ® 405CX GPSenabled sports watch.. Warning: Always consult your physician before you begin or modify any exercise program. See the Important Safety and Product

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