

Quarq Quick Menu Guides for Head Units



QUARQ

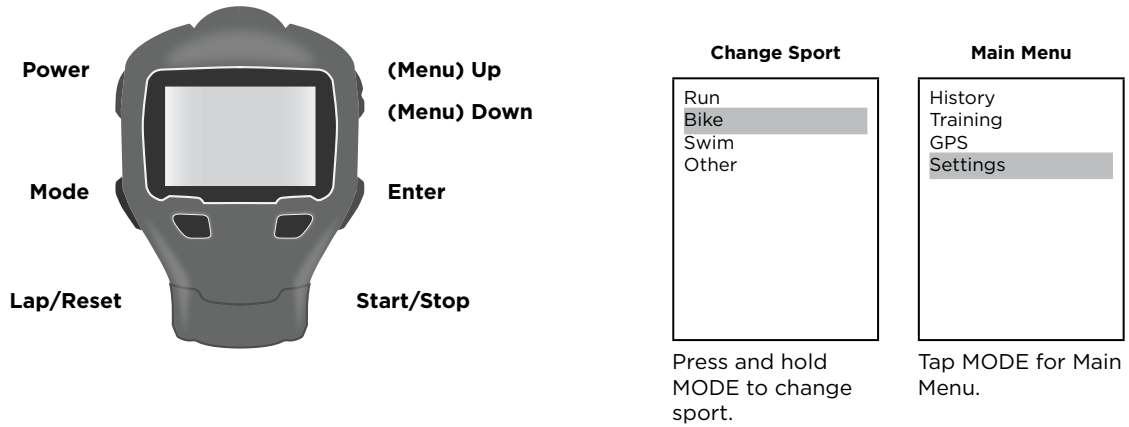
Garmin® Forerunner® 910 XT

Garmin® Edge® 500

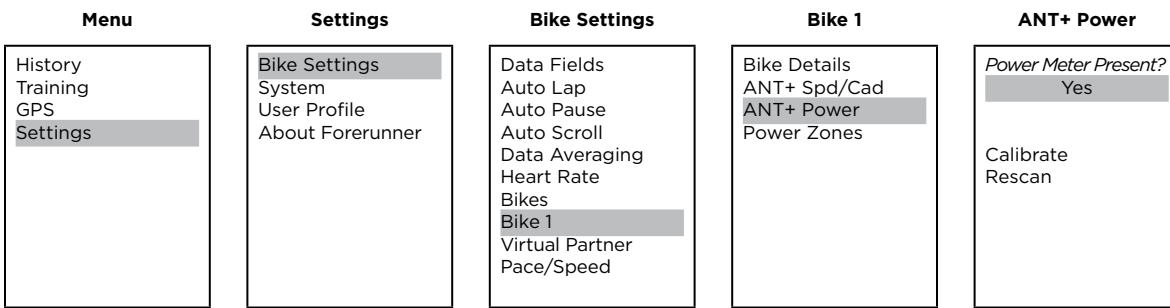
Garmin® Edge® 800

Garmin® Edge® 510/810

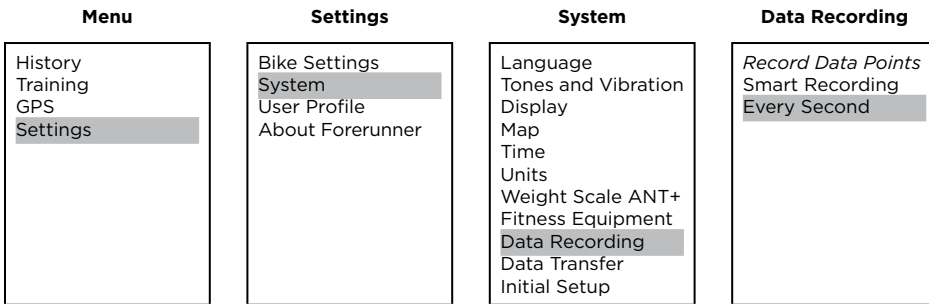
Follow these quick menu guides to find the frequently used Garmin® functions with a Quarq Power Meter.



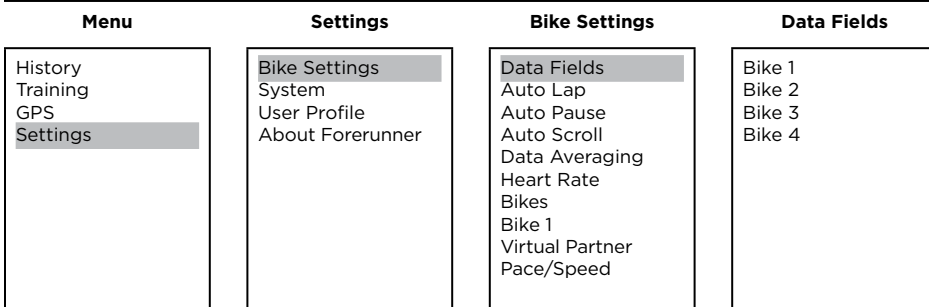
Power



Data Recordings



Data Fields



Language

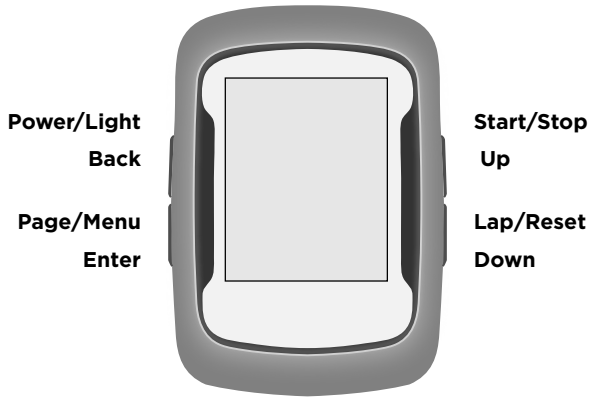
Menu	Settings	System	System Setup	Languages
History Training GPS Settings	Bike Settings System User Profile About Forerunner	Language Tones and Vibration Display Map Time Units Weight Scale ANT+ Fitness Equipment Date Recording Data Transfer Initial Setup	Select a language ^ English v ^/v to change Enter to select	English Francais Espanol Deutsch Italiano Svenska Dansk Norsk Portugues ...

Heart Rate

Menu	Settings	Bike Settings	Heart Rate	ANT+ HR
History Training GPS Settings	Bike/Run Settings System User Profile About Forerunner	Data Fields Auto Lap Auto Pause Auto Scroll Heart Rate Foot Pod Virtual Partner Pace/Speed	ANT+ HR HR Zones Display	Heart Rate Monitor Yes/No Rescan Sensor Details

Multi-Sport

Menu	Training	Multisport
History Training GPS Settings	Run Alerts Workouts Courses Virtual Racer Auto Multisport	1. Swim 2. Bike 3. Run <Add Sport> Start Multisport



Power

Menu	Settings	Bike Settings	Bike 1	ANT+ Power
History Training GPS Settings	Bike Settings System User Profile About Edge	Data Fields Bike 1 Auto Lap Auto Pause Auto Scroll Data Recording Start Notice Heart Rate Speed Zones	Bike Details ANT+ Spd/Cad ANT+ Power Power Zones	Power Meter Present? Yes Calibrate Rescan Sensor Details

Data Recordings

Menu	Settings	Bike Settings	Data Recording
History Training GPS Settings	Bike Settings System User Profile About Edge	Data Fields Bike 1 Auto Lap Auto Pause Auto Scroll Data Recording Start Notice Heart Rate Speed Zones	Cadence Non-Zero Avg. Zero Avg. Power Non-Zero Avg. Zero Avg. Data Recording Smart Recording Every Second

Data Fields

Menu	Settings	Bike Settings	Data Fields
History Training GPS Settings	Bike Settings System User Profile About Edge	Data Fields Bike 1 Auto Lap Auto Pause Auto Scroll Data Recording Start Notice Heart Rate Speed Zones	Page 1 Page 2 - On Page 3 - On Workouts

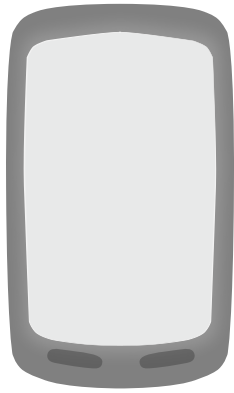
Language

Menu	Settings	System	System Setup	Languages
History Training GPS Settings	Bike Settings System User Profile About Edge	Tones Display Auto Power Down System Setup Initial Setup	Select a language ^ English v /v to change Enter to select	<i>English</i> <i>Français</i> <i>Espanol</i> <i>Deutsch</i> <i>Italiano</i> <i>Svenska</i> <i>Dansk</i> <i>Norsk</i> <i>Portugues</i> ...

Heart Rate

Menu	Settings	Bike Settings	Heart Rate	ANT+ HR
History Training GPS Settings	Bike Settings System User Profile About Edge	Data Fields Bike 1 Auto Lap Auto Pause Auto Scroll Data Recording Start Notice Heart Rate Speed Zones	ANT+ HR HR Zones	<i>Heart Rate Monitor</i> Yes/No Rescan Sensor Details





Power
Press and hold Power
for Status Page



Lap/Reset


Start/Stop

Frequently Used Icons

-  Set up menu
-  Heart monitor
-  Speed cadence
-  Power

Power

Status Page



Bike 1

X
Lock

Power


Power Meter
Yes

Calibrate
Rescan
Sensor Detail

Data Recordings

Touch Menu

Where	Training
History	Courses

X


Menu

Bike Settings
System
User Profile
Weight Scale
About Edge

System

GPS
Display
Map
Routing
Data Recording
Units
System Setup
Initial Setup

Data Recording

Record To
Internal Storage

Recording Interval
1 Sec

Data Averaging

Data Averaging


Cadence
Do Not Include Zeros

Power
Include Zeros

Data Fields

Touch Menu

Where	Training
History	Courses

X


Menu

Bike Settings
System
User Profile
Weight Scale
About Edge

Bike Settings

Training Pages
Bike Profiles
Auto Lap
Auto Pause
Auto Scroll
Start Notice
Heart Rate

Training Pages

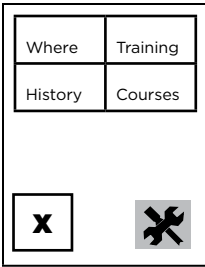
Timer Pages
Virtual Partner
Elevation
Weight Scales
Lap Summary

Pages

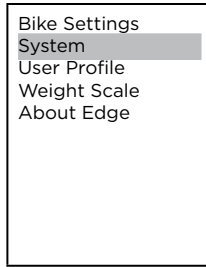
User Defined
Course Timer
Workout Timer

Language

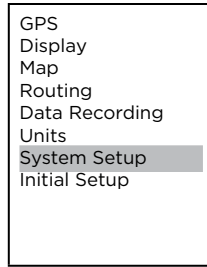
Touch Menu



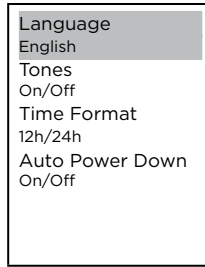
Menu



System



System Setup

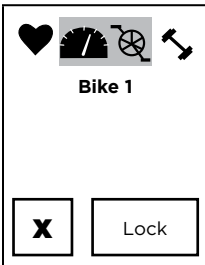


Languages

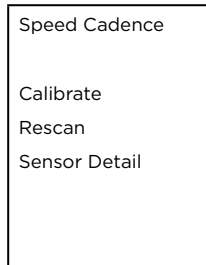


Speed / Cadence

Ride

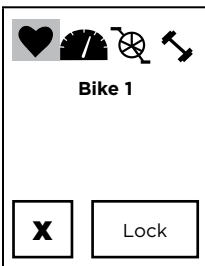


Speed Cadence

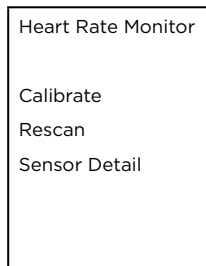


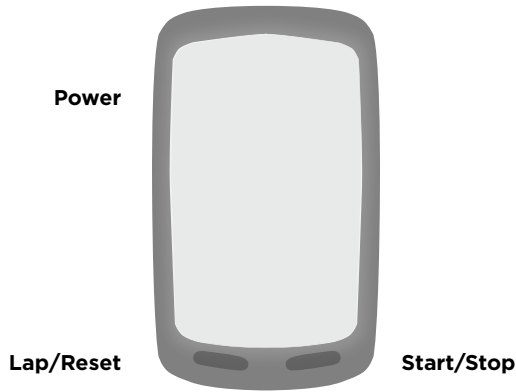
Heart Rate

Ride









Heart Rate























Frequently Used Icons

-  Connections Page
-  Location
-  Set up menu
-  Heart monitor
-  Speed cadence
-  Power







Power

Touch Menu	Connections	Power
Power -- w      	Satellites Acquired  ANT+ Sensors     Phone Connections	Enabled <input checked="" type="checkbox"/> Search  Calibrate Sensor Detail

Data Recordings

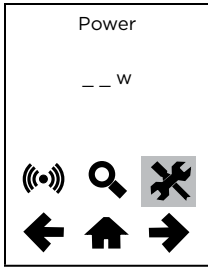
Touch Menu	Menu	System	Data Recording	Data Averaging
Power -- w      	Activity Profiles Bike Profiles Bluetooth System Heart Rate User Profile Training Zones Weight Scale	GPS Display Data Recording Units Device Reset Language Tones AutoPower Down About	Record To Internal Storage Recording Interval* 1 Sec Data Averaging	Cadence* Do Not Include Zeros Power* Include Zeros

Data Fields

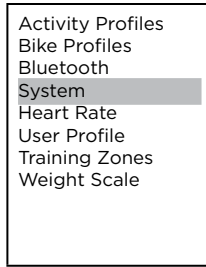
Touch Menu	Menu	Activity Profiles	Any Profile	Training Pages
Power -- w      	Activity Profiles Bike Profiles Bluetooth System Heart Rate User Profile Training Zones Weight Scale	Race Train	Name Train/Race/Any Color Training Pages Alerts	Page 1-5 On/Off 1-8 Course On/Off Workout On/Off Map On/Off Elevation On/Off Virtual Partner On/Off

Language

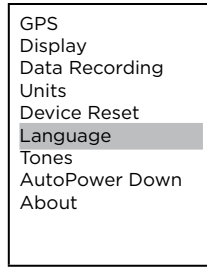
Touch Menu



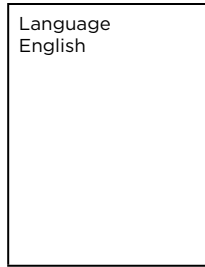
Menu



System



Language

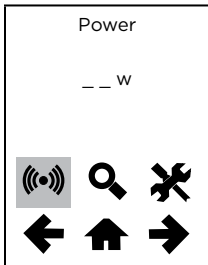


Languages

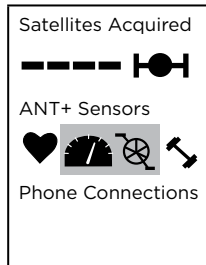


Speed / Cadence

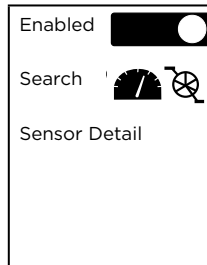
Touch Menu



Connections

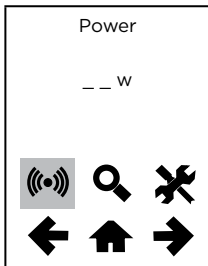


Power

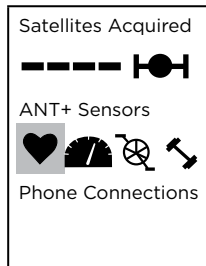


Heart Rate

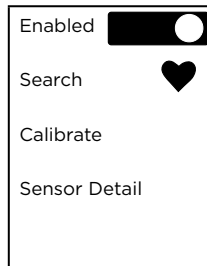
Touch Menu



Connections



Heart Rate



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