

Forerunner 405

Standard configuration includes:

- Forerunner 405 unit • USB ANT stick
- Heart rate monitor (-21 & -23 only)
- AC adapter • charging clip
- Owner's manual & quick reference guide



Part Number	UPC	Description
010-00658-11	753759075316	Forerunner 405 w/ ANT Stick (BLACK)
010-00658-13	753759075330	Forerunner 405 w/ ANT Stick (GREEN)
010-00658-21	753759075354	Forerunner 405 w/ HRM and ANT Stick (BLACK)
010-00658-23	753759075378	Forerunner 405 w/ HRM and ANT Stick (GREEN)

Languages

Croatian, Czech, Danish, Dutch, English, Finnish, French, German, EL, Hungarian, Italian, Norwegian, Polish, Portuguese, Slovakian, Slovenian, Spanish & Swedish

Product Description

During a run, this slim, sleek watch accurately tracks distance, pace, heart rate (when paired with heart rate monitor) and calories, and displays it all on the easy-to-read screen. Tap or slide a finger around the innovative touch bezel to change information without fumbling for a button. The optional foot pod can also be used to gather speed and distance information indoors. ANT+Sport™ wireless technology automatically transfers workout data to and from your computer when your device is within range. No cables, no hookups, the data's just there. Users can upload data to Garmin Connect, a new web-based application that lets them analyze, share and store workouts. The Forerunner 405 is offered in two different colors: green and black. Both colors have the same feature set.

Accessories

010-10644-00	753759050030	GSC10 speed/cadence sensor
010-10998-00	753759074814	Foot Pod, provides speed, distance and pace
010-11029-00	753759075583	Bike Mount
010-10999-00	753759074227	USB ANT Stick
010-10997-00	753759074852	Heart Rate Monitor
010-11029-01	753759077785	Charging Clip