



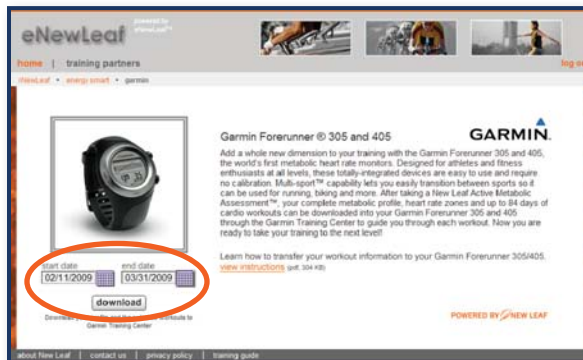
TRANSFERRING WORKOUT INFORMATION to your Garmin® Forerunner® 305/405

Transferring your assessment and workout information to your Garmin Forerunner 305/405 in 3 easy steps:

1. create a .nlf file
2. upload your .nlf file to the Garmin Training Center™
3. send workouts to your Garmin Forerunner 305/405

■ CREATE A .NLF FILE ○○○○○○○○○○○○>>

- log into eNewLeaf.com and select the **Garmin logo** at the bottom of your home page

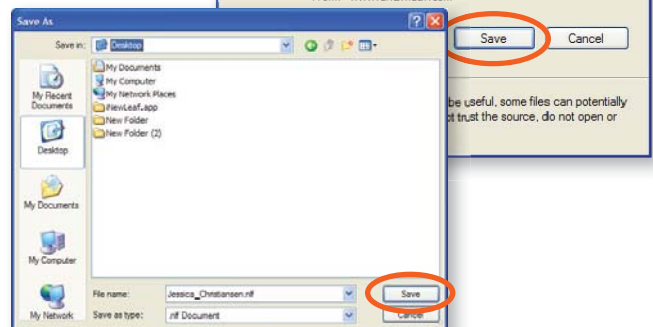


- enter **start date** and **end date** of workout to transfer (note: if no workout has been created only the assessment heart rate zones and caloric information will be transferred)
- click **download**

- click **Save** in the File Download prompt



- click **Save** to your Desktop



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Product specifications subject to change without notice.

NL09-1049 Rev.A

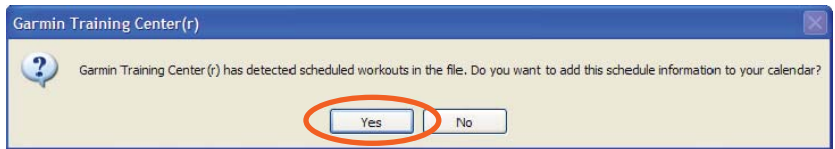
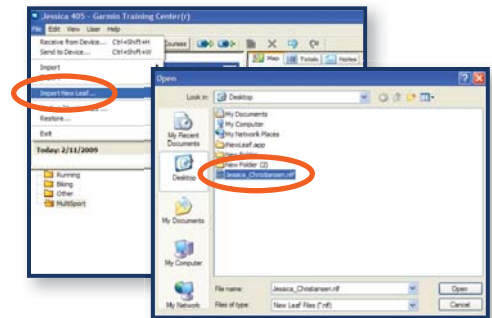
For more information visit our web site at www.newleaffitness.com

■ **UPLOAD YOUR .NLF FILE TO THE GARMIN TRAINING CENTER** ○○○○○○○○○○>>



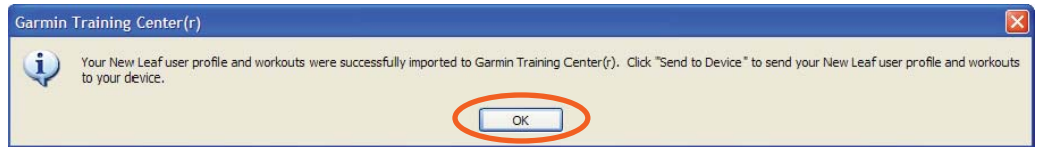
- download the latest version of **Garmin ANT Agent with Training Center** at <http://www8.garmin.com/support/collection.jsp?product=999-99999-04>

- open Garmin Training Center™, select **File > Import New Leaf**
- locate and select your .nlf file and click **Open**



- click **Yes** to add this schedule information to your calendar

- click **OK**



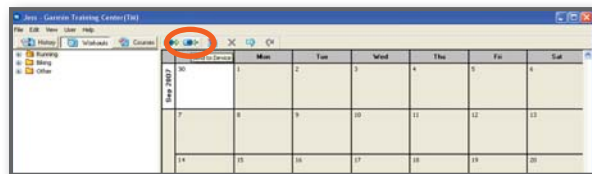
■ **SEND WORKOUTS TO YOUR GARMIN FORERUNNER 305/405** ○○○○○○○○○○>>

Garmin Forerunner 305

- attach the watch to your computer via a USB connector cord

Garmin Forerunner 405

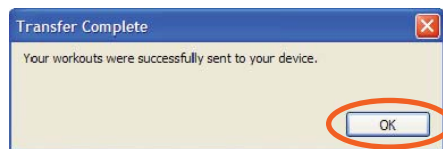
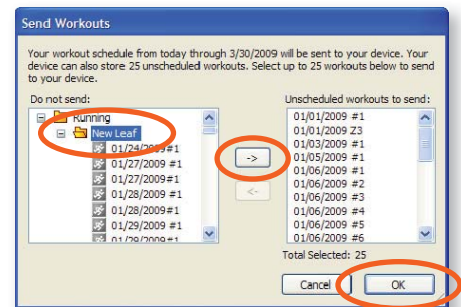
- insert the Garmin dongle into the USB port



send workouts

- in Garmin Training Center™, click the **Send to Device** icon

- select the entire New Leaf folder or a specific workout
- click the arrow pointing to the **Unscheduled workouts to send** window
- click **OK**



- click **OK** in the Transfer Complete prompt