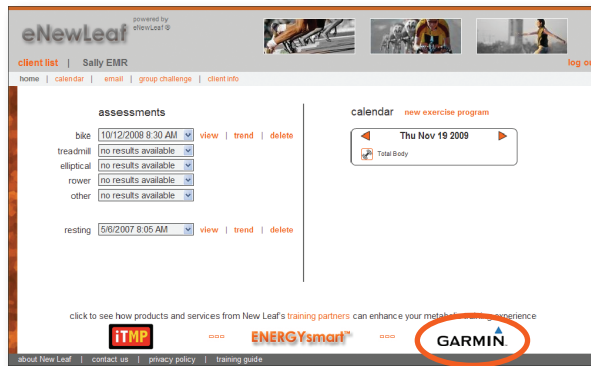


TRANSFERRING YOUR WORKOUT INFORMATION from your Garmin® device to eNewLeaf.com

With your Garmin device, you are able to upload heart rate, caloric information and more

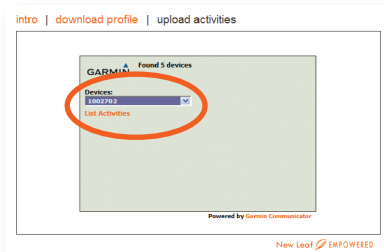
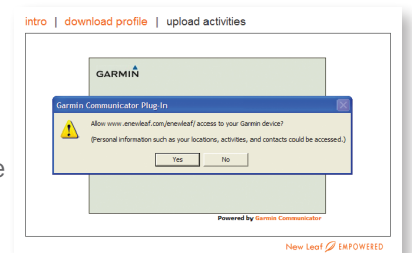
1. Install the Garmin ANT+ Agent
http://www8.garmin.com/support/download_details.jsp?id=3741
2. Install the Garmin Communicator Plugin
<http://www8.garmin.com/products/communicator/>
3. Pair your USB ANT™ stick with your computer
4. Upload your workout data through eNewLeaf.com

GARMIN PARTNER PAGE to transfer workout information

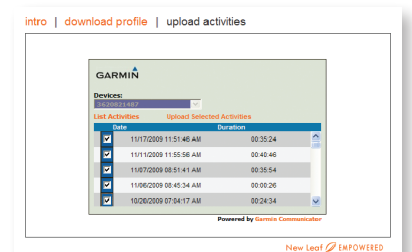


- login into eNewLeaf.com and select the **Garmin logo** at the bottom of your home page

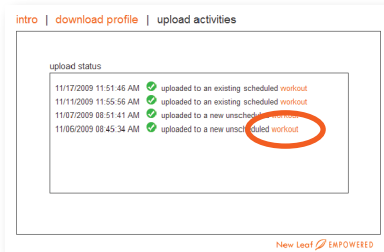
- confirm your Garmin device is paired with your computer and select **upload activities**
- select **Yes** to allow eNewLeaf access to your Garmin device



- eNewLeaf will begin looking for connected devices
- once found, choose your device and select **List Activities**



- check the workouts to upload to your eNewLeaf calendar, and select **Upload Selected Activities**



- your workouts have successfully been uploaded
- select a workout to view your workout log

New Leaf
350 Oak Grove Parkway
St. Paul, MN 55127-8599
USA
Tel: 888.826.2751
+651.484.4874
Fax: +651.484.8941

www.newleaffitness.com

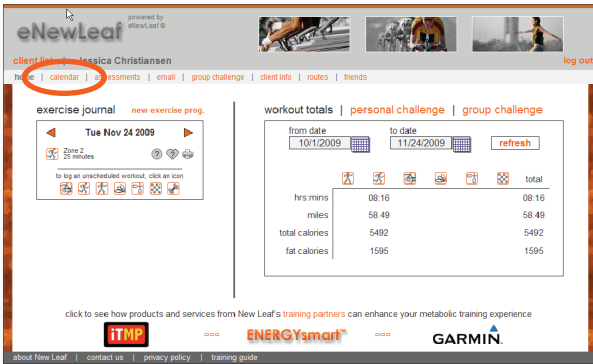
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Product specifications subject to change without notice.

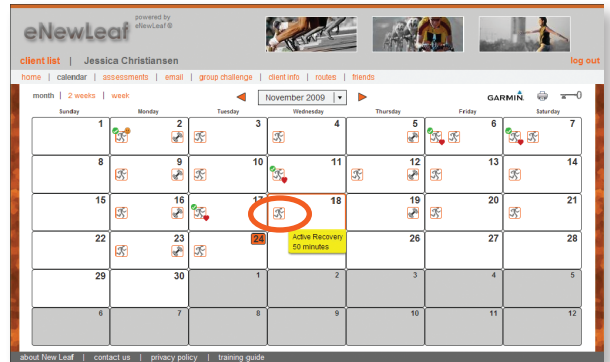
NL09-1055 Rev.A

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

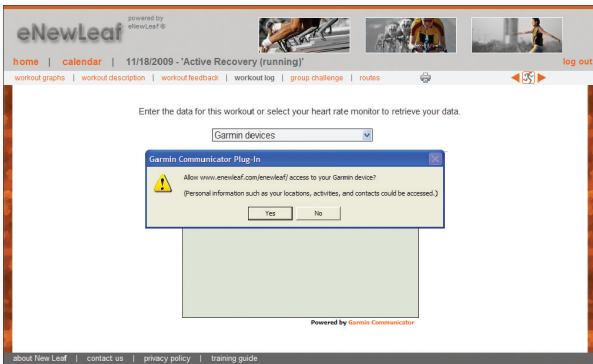
CALENDAR to transfer workout information



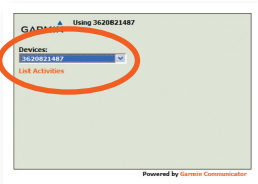
- login into eNewLeaf and select calendar



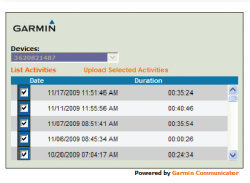
- click on the workout you want to log



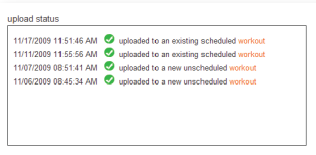
- select workout log, using the pull-down menu choose your Garmin device
- select Yes to allow eNewLeaf access to your Garmin device



- once found, choose your device and select List Activities



- check the workouts to upload and select Upload Selected Activities (note: the workout will be uploaded to the day it was recorded)



- your workouts have successfully been uploaded

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