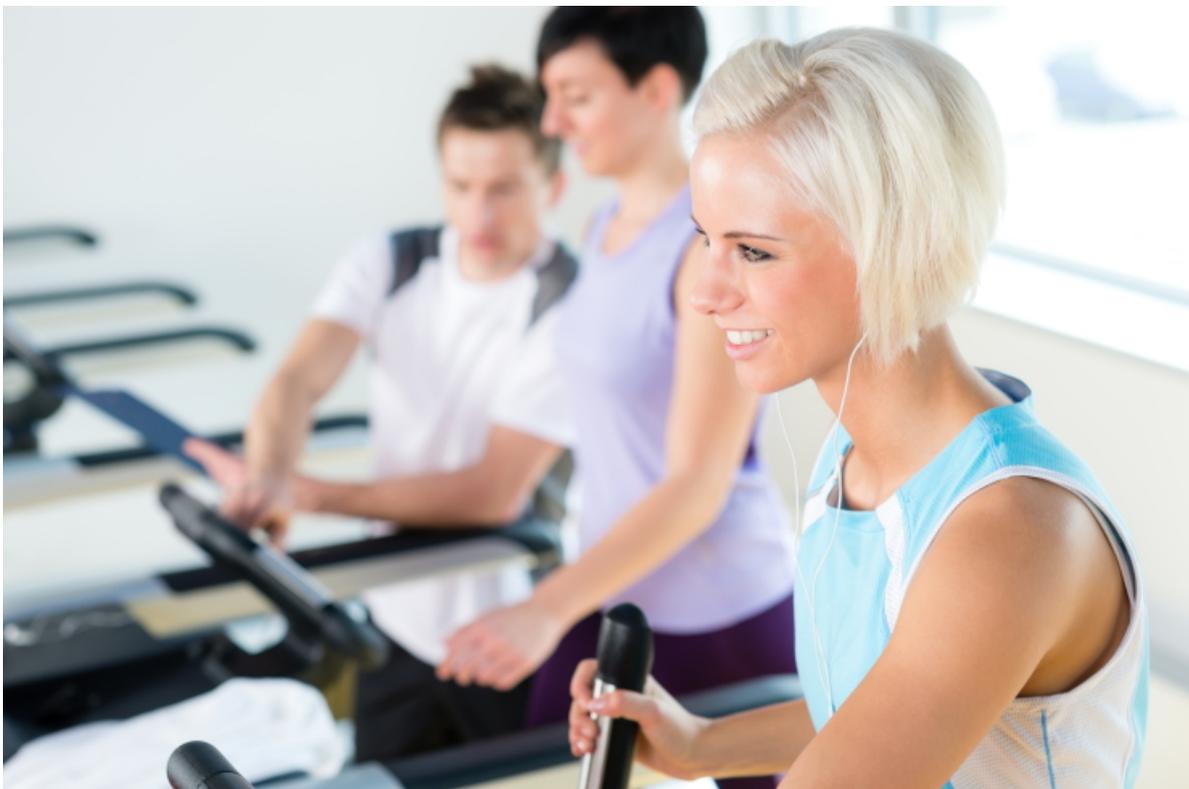


RH-SPORTS HUB

User Manual

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RH-SPORTS



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RH-SPORTS HUB The **RH-SPORTS HUB**, running on Garmin devices with Connect IQ™ 2.0 or higher, allows you to start all of our applications from one single application which can be configured as **favorite** on your device.



[Link to RH-SPORTS HUB on Garmin App Store](#)

This website provides further information regarding requirements, installation, getting started and features as well as frequently asked questions.

You can also download the documentation as compressed HTML help file (.chm) or PDF by using the links below:



[Download compressed HTML help file as ZIP](#)
[Download PDF](#)

01_Disclaimer



1 Disclaimers

1.1 Software disclaimer

Our offered applications, widgets and data fields (further on simply called software), which can be downloaded from the Garmin App Store, are provided 'as is' without warranty of any kind, either express or implied, including, but not limited to, the implied warranties of fitness for a purpose, or the warranty of non-infringement. Without limiting the foregoing, Robert Hofer (RH-SPORTS) makes no warranty that:

- the software will meet your requirements.
- the software will be uninterrupted, timely, secure or error-free.
- the results that may be obtained from the use of the software will be effective, accurate or reliable.
- the quality of the software will meet your expectations.

Software and documentation on our web site:

- could include technical or other mistakes, inaccuracies or errors.
- may be out of date where we make no commitment to update the it right away.
- we assume no responsibility for errors or omissions in the software or documentation available from our web sites.
- Robert Hofer (RH-SPORTS) has the right to change the software or documentation anytime.

In no event shall we be liable to you or any third parties for any special, punitive, incidental, indirect or consequential damages of any kind, or any damages whatsoever, including, without limitation, those resulting from loss of use, data or profits, whether or not we have been advised of the possibility of such damages, and on any theory of liability, arising out of or in connection with the use of this software.

The use of the software downloaded is done at your own discretion and risk and with agreement that you will be solely responsible for any damage to your computer system, watch or navigation device or loss of data that results from such activities. No advice or information, whether oral or written, obtained by you from us by mail or from our web sites shall create any warranty for the software.

1.2 User data protection according to DSGVO

RH-SPORTS clearly wants to state that we do not collect or save user information of any kind. If you are using our applications or data fields and save the recorded session afterwards then the data will be fully processed by Garmin Ltd. or its subsidiaries. This might include that the recorded data is sent to servers hosted or paid for by Garmin. Please read the user data protection rules from Garmin for further details.

Following applications offer map support:

- Cycling App Professional
- Hiking App Professional
- MTB App Professional
- SkiTour App Professional

These applications do not directly track personal information but makes use of a 3rd party API provided by dynamicWatch which does store personal information on every data request. You can read the detailed privacy policy of dynamicWatch [here](#).



1.3 Activity tracking and fitness metric accuracy

1.3 Activity tracking and fitness metric accuracy

Our applications and data fields use the Garmin API's to retrieve most of the information and cannot be more precise than the data delivered from there. Garmin states following about activity tracking and accuracy:

- "Garmin devices are intended to be tools to provide you with information to encourage an active and healthy lifestyle. Garmin wearables rely on sensors that track your movement and other metrics. The data and information provided by these devices is intended to be a close estimation of your activity and metrics tracked, but may not be precisely accurate. Garmin wearables are not medical devices, and the data provided by them is not intended to be utilized for medical purposes and is not intended to diagnose, treat, cure, or prevent any disease. Garmin recommends you consult your doctor before engaging in any exercise routine."

1.4 Accuracy of wrist-based heart rate (Elevate)

Our applications and data fields use the Garmin API's to retrieve heart rate related data cannot be more precise than the data delivered from there. Regarding wrist-based accuracy, Garmin states following:

- "The optical wrist heart rate (HR) monitor for Garmin wearables is a valuable tool that can provide an accurate estimation of the user's heart rate at any given point in time. The optical HR monitor is designed to attempt to monitor a user's heart rate 24 hours a day, 7 days a week. The frequency at which heart rate is measured varies, and may depend on the level of activity of the user. When you start an activity with your Garmin optical HR device, the optical HR monitor measures more frequently. The intent is to provide the user with a more frequent and accurate heart rate reading during a given activity." - "While our wrist HR monitor technology is state of the art, there are inherent limitations with the technology that may cause some of the heart rate readings to be inaccurate under certain circumstances. These circumstances include the user's physical characteristics, the fit of the device and the type and intensity of the activity as outlined above. The HR monitor data is not intended to be used for medical purposes, nor is it intended to diagnose, treat, cure or prevent any disease or condition." - "Wrist heart rate accuracy during swimming is very limited. Garmin does not recommend using wrist heart rate during swimming activities and on some products, wrist heart rate monitoring is disabled while swimming. Garmin recommends using HRM-Swim™ or HRM-Tri™ heart rate monitors with compatible devices to track heart rate while swimming."

1.5 White background on AMOLED displays

For devices with AMOLED display (e.g. Venu™ based devices) we strongly recommend to always select the black background to avoid damages due to burn-in effects and to save battery life time!

We take over no responsibility in case of damages due to burn-in effects.

10_Requirements

2 Requirements

2.1 Supported Garmin devices

The **RH-SPORTS HUB** data field runs on most Garmin devices but there is a difference in functionality between devices with less than 32 kB of memory and devices with more memory for 3rd party data fields.

List of devices with less than 32 kB of memory:



2.1 Supported Garmin devices

- Approach® S60
- Captain Marvel
- Darth Vader™
- D2™ Air
- Fēnix® Chronos
- Fēnix® 5 and 5s
- Fēnix® 6 and 6s
- First Avenger
- Forerunner® 55, 245, 645 and 935
- ForeAthlete® 735XTJ
- Rey™
- Venu™ and Venu™ Mercedes-Benz® Collection
- Venu™ SQ and Venu™ SQ Music
- Vivoactive™ HR
- Vivoactive® 3, Vivoactive® 3 Music, Vivoactive® 3m LTE, Vivoactive® 3 Mercedes-Benz® Collection
- Vivoactive® 4 and 4s

List of devices with more than 32 kB of memory:

- Approach® S62
- Approach® S70 42mm/47mm
- D2™ Air X10
- D2™ Charlie
- D2™ Delta, D2™ Delta PX, D2™ Delta S
- D2™ Mach 1
- Descent™ MK1, Descent™ MK2, Descent™ MK2s
- Descent™ Mk3 43mm and 51mm
- Enduro™ and Enduro™ 3
- Epix™ 2, Epix™ Pro (Gen 2) 42mm, 47mm and 51mm
- Fēnix® 5X
- Fēnix® 5 Plus, Fēnix® 5S Plus, Fēnix® 5X Plus
- Fēnix® 6 Pro and 6s Pro
- Fēnix® 6x Pro, 6x Sapphire, 6x Pro Solar and tactix® Delta Sapphire
- Fenix® 7, Fenix® 7s and Fenix® 7x
- Fenix® 7 Pro, Fenix® 7s Pro and Fenix® 7x Pro
- Fēnix® 7 Pro (no Wi-Fi) and Fēnix® 7x Pro (no Wi-Fi)



2.2 Garmin device firmware requirements

- Fenix® 8 43mm, 47mm, 51mm and Fenix® 8 Solar 47mm, 51mm
- Fenix® E
- Forerunner® 165, 165 Music, 245 Music, 255, 255 Music, 255s, 255s Music, 265 and 265s
- Forerunner® 645 Music, 735XT, 945, 945 LTE, 955 / Solar and 965
- MARQ™ Adventurer, Athlete, Aviator, Captain, Commander, Driver, Expedition and Golfer
- MARQ® (Gen 2) Athlete / Adventurer / Captain / Golfer / Aviator
- Venu™ 2, Venu™ 2 Plus, Venu™ 2s
- Venu™ SQ 2 and Venu™ SQ 2 Music
- Venu® 3 and Venu® 3s
- Vivoactive® 5

2.2 Garmin device firmware requirements

Please install the latest firmware on your Garmin device. Here the information about the minimum required Connect IQ™ version depending on your device type:

- $\geq 2.4.1$
 - Approach® S60
 - ForeAthlete® 735J
 - Forerunner® 735XT
 - Vivoactive® HR
- $\geq 3.0.0$
 - Approach® S62
 - D2® Charlie
 - D2® Delta, D2® Delta PX, D2® Delta S
 - Descent™ MK1
 - Vivoactive® 3 Mercedes-Benz® Collection
- $\geq 3.1.0$
 - Descent™ MK2
 - Fēnix® Chronos
 - Fēnix® 5, Fēnix® 5S, Fēnix® 5X and Fēnix® 5 Quatix
 - Fēnix® 5 Quatix
 - Fēnix® 5 Plus, Fēnix® 5S Plus, Fēnix® 5X Plus
 - Forerunner® 935
 - Forerunner® 645 and 645 Music
 - Vivoactive® 3
- $\geq 3.2.0$
 - Captain Marvel
 - Darth Vader™



2.2 Garmin device firmware requirements

- D2™ Air
- Descent™ MK2s
- Enduro™
- Fēnix® 6/6 Pro
- Fēnix® 6s/6s Pro
- Fēnix® 6x Pro/6x Sapphire/6x Pro Solar/tactix® Delta Sapphire
- First Avenger
- Forerunner® 55, 245, 245 Music, 745 and 945
- MARQ™ Adventurer, Athlete, Aviator, Captain, Commander, Driver, Expedition and Golfer
- Rey™
- Venu™ SQ and Venu™ SQ Music
- Venu™ and Venu™ Mercedes-Benz® Collection
- Vivoactive® 3 Music, Vivoactive® 3 Music LTE
- Vivoactive® 4s/4
- $\geq 3.3.0$
 - Forerunner® 945 LTE
- $\geq 4.0.0$
 - D2™ Air X10
 - D2™ Mach 1
 - Venu™ 2, Venu™ 2 Plus, Venu™ 2s
- $\geq 4.1.0$
 - Fenix® 7, Fenix® 7s and Fenix® 7x
 - Forerunner® 255, 255 Music, 255s and 255s Music
 - Forerunner® 955 / Solar
 - MARQ® (Gen 2) Athlete / Adventurer / Captain / Golfer / Aviator
 - Venu™ SQ 2 and Venu™ SQ 2 Music
- $\geq 4.2.0$
 - Approach® S70 42mm and 47mm
 - Descent™ Mk3 43 and 51mm
 - Epix™ 2
 - Epix™ Pro (Gen 2) 42mm, 47mm and 51mm
 - Fenix® 7 Pro, Fenix® 7s Pro and Fenix® 7x Pro
 - Fēnix® 7 Pro (no Wi-Fi) and Fēnix® 7x Pro (no Wi-Fi)
 - Forerunner® 165 and 165m
 - Forerunner® 265 and 265s
 - Forerunner® 965
 - Venu® 3 and Venu® 3s
 - Vivoactive® 5
- $\geq 5.0.0$
 - Fenix® 8 43mm
 - Fenix® 8 47 / 51mm
 - Fenix® 8 Solar 47mm
 - Fenix® 8 Solar 51mm
 - Fenix® E
 - Enduro™ 3



2.3 Garmin software requirements

2.3 Garmin software requirements

- Please install the latest Garmin Connect App if you use the mobile phone for installation and configuration.
- Please install the latest Garmin Express Version if you use the PC/MAC for installation and configuration.

20_GettingStarted

3 Getting started

This section describes everything you need to know to get **RH-SPORTS HUB** up and running on your Garmin device.

Topics:

- [Install Application](#)
- [Change user settings](#)
- [Start Application](#)
- [User setting overview](#)

3.1 Install application

Please install the **RH-SPORTS HUB** application by downloading it from the Garmin App Store via the Garmin Express Software on PC/MAC or via the Garmin Mobile app on your mobile phone.

[Link to RH-SPORTS HUB on Garmin App Store](#)

Here a YouTube video describing the installation process:



[Click here to watch the video](#)

3.2 How to change the user settings

The **RH-SPORTS HUB** in the PREMIUM version offers a huge amount of [configuration options](#) which can be changed on your PC/MAC your or on your mobile phone:

- [Change User Settings on PC/MAC](#)
- [Change User Settings on Mobile Phone](#)



3.2 How to change the user settings

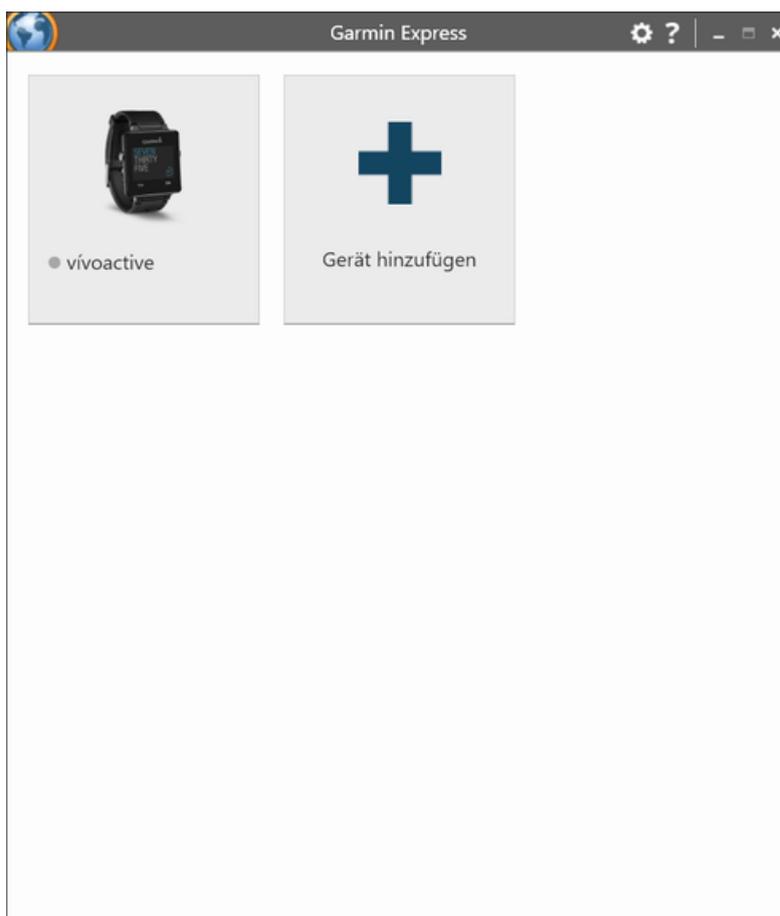
3.2.1 Change user settings on PC or MAC

All configurations can be changed on your PC or MAC by using the Garmin Express Software. Before changing configurations, please make sure that you have installed the latest software version. The software can be downloaded from the official Garmin web site.

Step 1: Start Garmin Express Software Look for the symbol as shown below and double-click it to start the Garmin Express software.



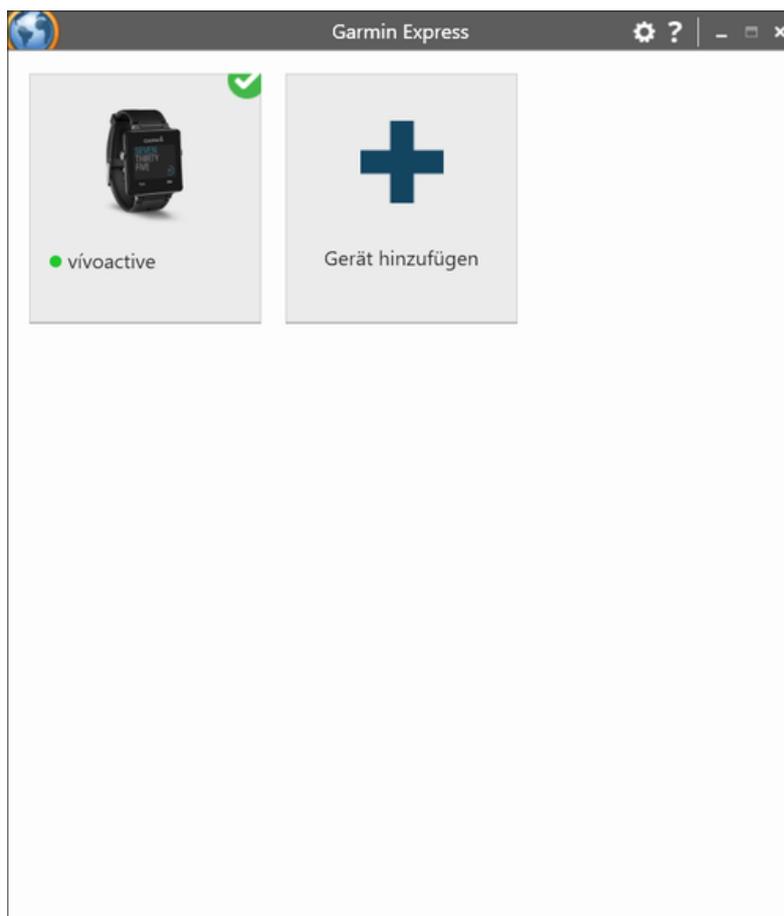
After that you should be able to see your Garmin device as shown in the picture below. If not, please add your device first. For details refer to the documentation provided by Garmin.



Step 2: Establish Connection between PC/MAC and the Garmin Device Connect your device via USB to your PC/MAC. Your device should be automatically detected and the Garmin Express software starts a synchronization process. When everything is ok, it is signaled via green lights as shown in the figure below. In case problems occur, please refer to the documentation provided by Garmin.



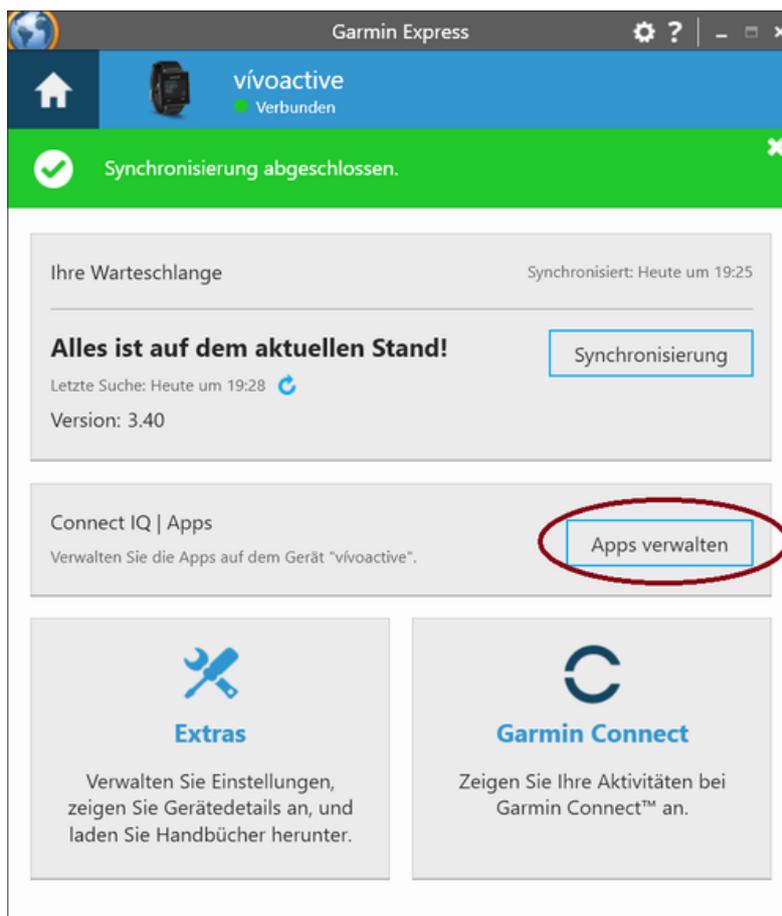
3.2 How to change the user settings



Step 3: Select Device Please click on the icon which shows your device. Following picture should appear:



3.2 How to change the user settings



Step 4: Find our Apps Please click the marked button in the picture above. A list of all installed applications on your device should appear. Please scroll up/down until you find the application you would like to configure as shown in the figure below:



3.2 How to change the user settings

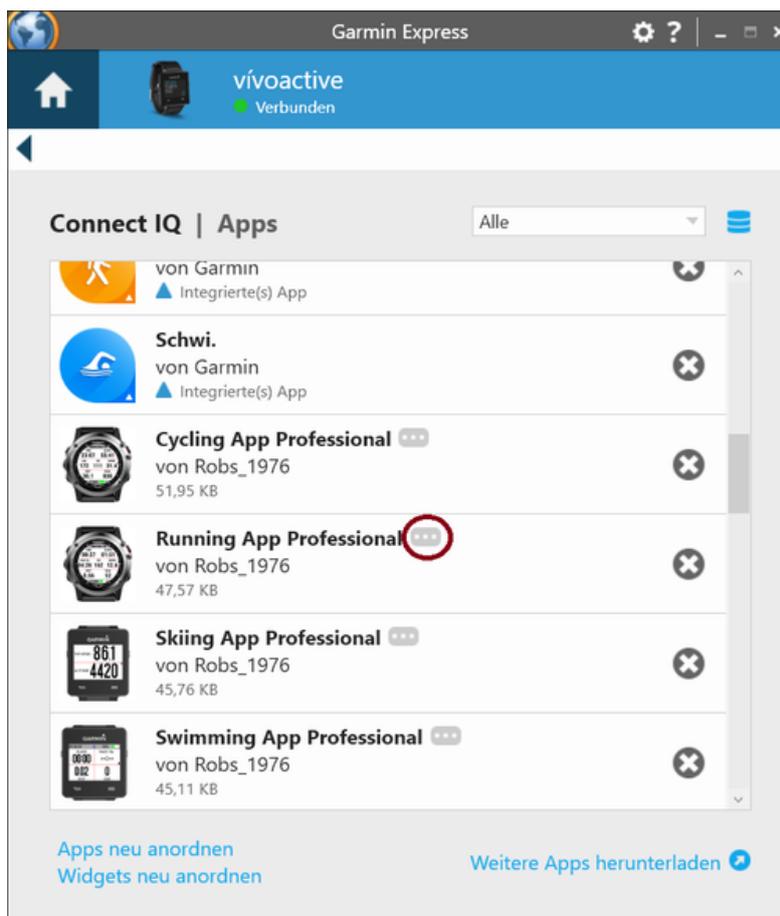


Figure 1 Default Garmin Express Software Version



3.2 How to change the user settings

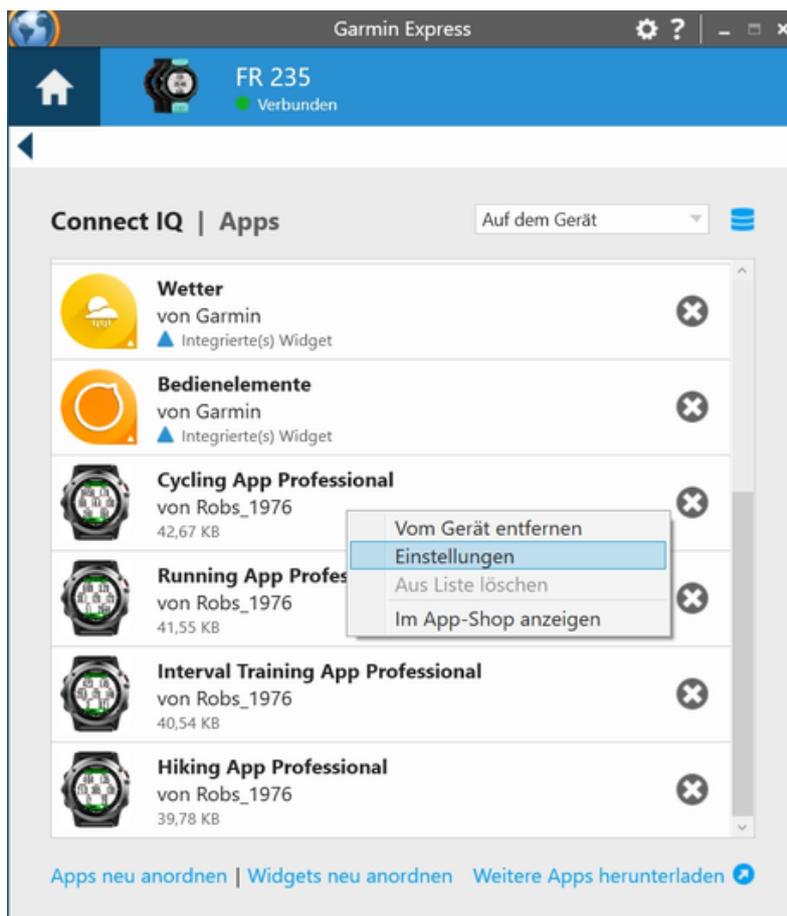


Figure 2 Some Garmin Express Software Versions

Step 5: Select App for Configuration Please select the application you would like to configure by clicking with the left mouse button to the three dots as marked in the left picture above to the app of your choice as shown in the right picture above. A context menu will be shown where you have to select "Settings"

Following screen should appear:



3.2 How to change the user settings

Garmin Express x

 **Cardio App Professional Einstellungen**

**Registration Key for PREMIUM Version where ALL configurations apply.
Get the registration key as EARLY BIRD by donating at www.rh-sports.at**

Activity Type

Heart Rate Profile

Heart Rate Zone 1 (User-Defined Profile)

Heart Rate Zone 2 (User-Defined Profile)

Step 6: Change Configuration Please note that configuration changes ONLY apply on your Garmin device if you have entered the proper PREMIUM key in the field marked in the picture below. The key consists of two times four characters separated by a space in between. If the proper key is entered, please make the configurations according to your needs and press the "Save" button at the end. The Garmin Express Software will update the configurations on your device. In case of errors, please refer to the documentation provided by Garmin.



3.2 How to change the user settings

Step 7: Disconnect Device After the configuration changes were saved, disconnect your device from the PC/MAC.

Step 8: Start Application on Device Please start your application on your Garmin device. If you have the PREMIUM Version (key was correct), then your configuration changes should have been applied. If not, please refer to our Frequently Asked Questions.

3.2.2 Change user settings on mobile phone

All configurations can be changed on your mobile phone by using the Garmin Connect(TM) Mobile app which is available for Android-, iOS- and Windows-compatible devices. Before changing configurations, please make sure that you have installed the latest app version. The app can be downloaded from the appropriate App Store (e.g. Google Play, Apple Store, etc.)

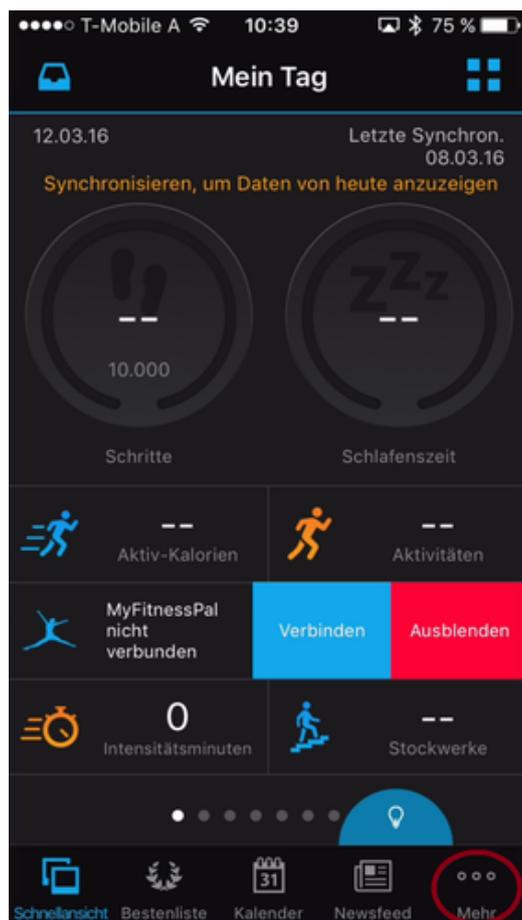
Step 1: Start Garmin Connect Mobile App Look on your mobile phone for the app with the symbol shown on the left side and click it to start the Garmin Connect™ Mobile app.



A similar window as shown below should appear.



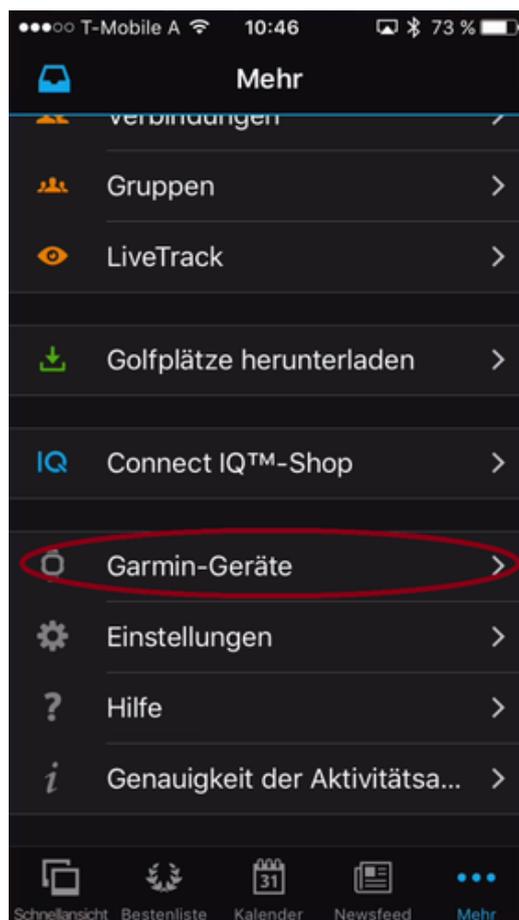
3.2 How to change the user settings



Step 2: Look for Garmin Devices List After pressing the button with the dots on the lower right side (as marked above) a new window appears. Please scroll down until you find the entry "Garmin Devices".



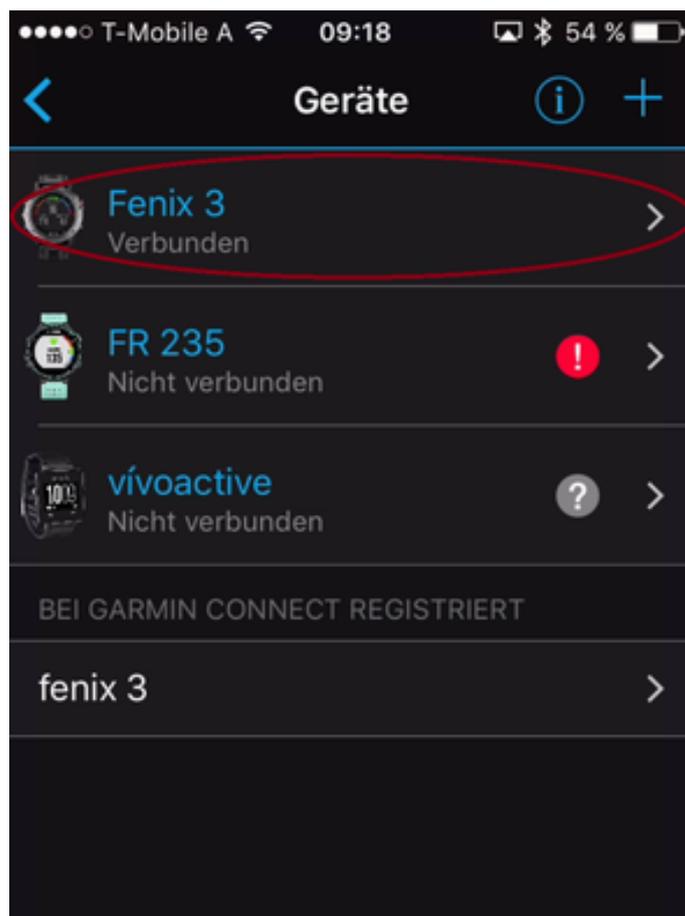
3.2 How to change the user settings



Step 3: Select your Garmin Devices After pressing the button marked above, a window with all your registered Garmin devices appears (see picture below). If you cannot find your device, please add it before by clicking on the upper right "+" sign. For further details, please refer to the documentation offered by Garmin. Then select one of your connected device.



3.2 How to change the user settings



Step 4: Select Activities and Apps Please click the marked button in the picture below following by clicking to applications.

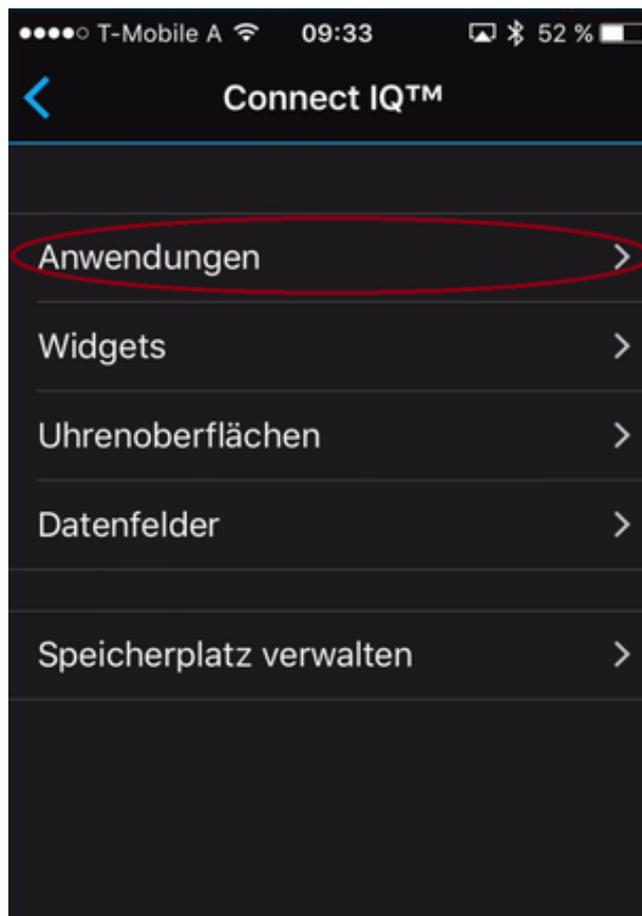


3.2 How to change the user settings





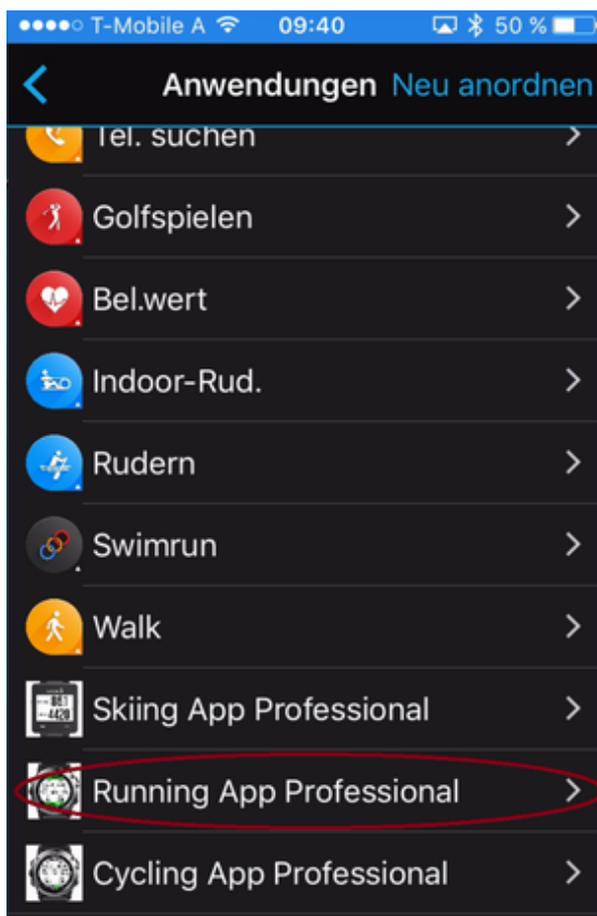
3.2 How to change the user settings



Step 5: Select an Application for Configuration A list of all applications appear. Please scroll up/down until you find the application you would like to configure as shown in the figure below:



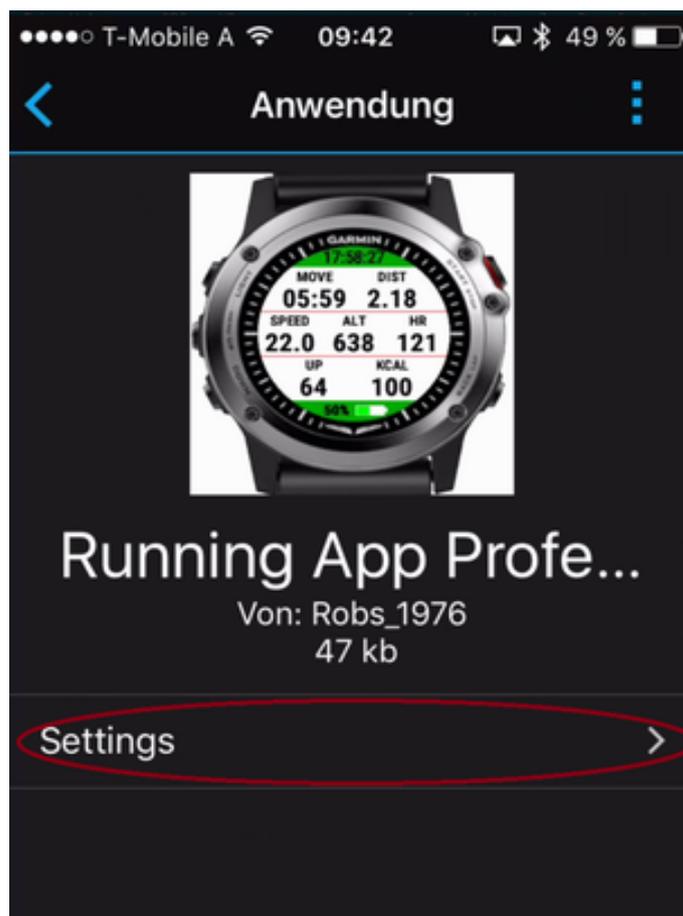
3.2 How to change the user settings



Step 6: Select Settings Please click on Settings as marked below.



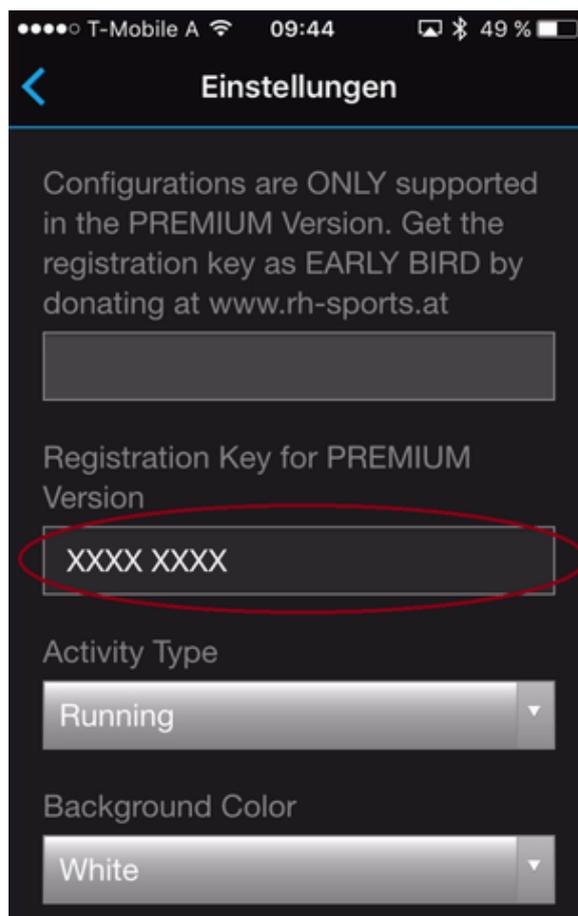
3.2 How to change the user settings



Step 7: Change Configuration Please note that configuration changes ONLY apply on your device if you have entered the proper PREMIUM key in the field marked in the picture below. The key consists of two times four characters separated by a space in between. If the proper key is entered, please make the configurations according to your needs.



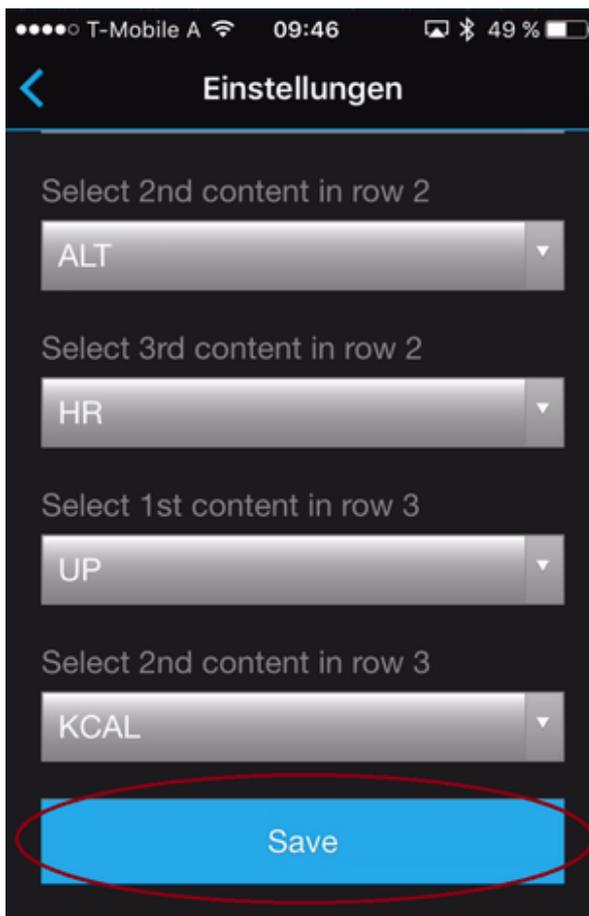
3.2 How to change the user settings



Step 8: Save Configurations Finally scroll down and press the "Save" button. The Garmin Mobile App will update your configurations on your device. In case of communication errors, please refer to the documentation provided by Garmin.



3.3 Start application



Step 9: Start Application on Device Please start your application on your device. If you have the PREMIUM Version (key was correct), then your configuration changes should have been applied. If not, please refer to our *Frequently Asked Questions*.

3.3 Start application

After installation the downloaded **RH-SPORTS HUB** application can be found on the Garmin Watch by pressing the “Start” Button. Search for following icon and select it to start the application:



3.4 User settings

3.4.1 Master key for enabling the PREMIUM version

After successful donation for the complete application and data field package from RH-SPORTS you receive a mail with a PDF which also contains the master key. Please copy this key exactly in the given format (XX-XXXXXX-XXXXX) into this text field. The registration key evaluation is case sensitive and no spaces are allowed at the beginning or end.

This master key allows you to start all applications in the PREMIUM version from the RH-SPORTS HUB. 40_Features



4.3 Unit settings

4 Features

This section describes the most important features of the **RH-SPORTS HUB** in more detail. Here a short summary:

- [Start applications](#)
- [Sensor information](#)
- [Unit settings](#)
- [HR profiles](#)

4.1 Start applications

This application is a so-called HUB which allows you to start all of our Garmin Connect IQ™ applications from one app which can be configured on your Garmin device as a **favorite**.

4.2 Sensor information

When selecting *Sensors* via the menu, information is shown about the current GPS status, the Bluetooth connection status to the mobile phone as well as the available ANT+ sensors. Following ANT+ sensors are supported:

Sensor	Description
HR	ANT+ heart rate sensor found
SPEED	ANT+ speed sensor found
CAD	ANT+ cadence sensor found
PWR	ANT+ power sensor found
TEMP	ANT+ temperature sensor found

Following picture shows an example on a MARQ™ wearable:



4.3 Unit settings

When selecting *Units* via the menu, information is shown about the watch unit settings which are used in all our applications.



4.4 HR profile info

Following picture shows an example on a MARQ™ wearable:



4.4 HR profile info

When selecting *HR Profile* via the menu, information about the user configured heart rate zone settings for following activities is shown:

- Cycling
- Running
- Swimming

For all activity types the heart rate range in bpm is shown for zone 1 up to 5. 60_FAQ

5 Frequently asked questions

5.1 What is the purpose of this application?

We already offer a huge amount of applications which makes it sometimes difficult to find the needed application on your Garmin device. This application is a so-called HUB which allows you to start all of our applications from one app which can be configured on your Garmin device as a **favorite**.

5.2 Why apps cannot be started on Vivoactive 3

Currently there is a bug in the Garmin firmware for the Vivoactive 3 and Vivoactive 3 Music where `<App is="" not="" installed>=""` is returned when trying to start an app from the RH-SPORTS HUB.

We already made a bug report month ago. Please refer to here:

<https://forums.garmin.com/developer/connect-iq/i/bug-reports/other-app-cannot-be-started->

We hope Garmin fixes this soon.



5.3 What to do if the application does not work?

5.3 What to do if the application does not work?

We do our best to test the application as good as possible. As we do not have all physical available devices with all combinations of Garmin firmware versions, we have to do most of the tests on the simulator provided by Garmin. If you detect problems with our application on your Garmin device, please provide us detailed feedback via the official bug report form in order we are able to understand and reproduce your problem. This gives us a fair chance to provide a fix as soon as possible.

Please [press here](#) to get the bug report dialog.

THANK YOU VERY MUCH for YOUR SUPPORT!!!! 98_Backlog

6 Backlog

This section shows the backlog with potential features planned for upcoming releases:

- Power sensor calibration
- Show more detailed information about ANT+ sensors (e.g. battery status)

Note

Please note that there is no guarantee if and when the feature will be implemented!

99_ChangeHistory

7 Version history

This section lists the version history of the latest already released versions.

Table 2 Version history

Version	Date	Change description
2.3.0	17.10.2024	Support for Fenix® 8 43mm added Support for Fenix® 8 47 / 51mm added Support for Fenix® 8 Solar 47mm added Support for Fenix® 8 Solar 51mm added Support for Fenix® E added Support for Enduro™ 3 added
2.2.1	04.05.2024	Hotfix for app crash upon startup
2.2.0	03.05.2024	Hotfix for app setting problems on newer devices Build with latest SDK 7.1.1
2.1.5	28.03.2024	Support for Forerunner® 165 and 165 Music added
2.1.0	21.03.2024	Show heart rate profile data for running, cycling and swimming in menu
2.0.1	22.12.2023	Support for Descent™ Mk3 43mm added



7 Version history

Version	Date	Change description
2.0.0	02.12.2023	Support for Venu® 3 added Support for Descent™ Mk3 51mm added Support for Fēnix® 7 Pro (no Wi-Fi) added Support for Fēnix® 7x Pro (no Wi-Fi) added
1.9.5	09.11.2023	Support for Venu® 3s added Support for Vivoactive® 5 added
1.9.0	24.10.2023	Support for Approach® S70 47mm added Support for Epix™ Pro (Gen 2) 51mm added
1.8.5	29.09.2023	Support for Forerunner® 265 and 265s Support for Forerunner® 965
1.8.0	28.07.2023	Support for Approach® S70 42mm added Support for Epix™ Pro (Gen 2) 42mm and 47mm added Support for MARQ® (Gen 2) Athlete / Adventurer / Captain / Golfer / Aviator added
1.7.6	13.07.2023	Support for Fenix® 7 Pro, Fenix® 7s Pro and Fenix® 7x Pro added
1.7.5	14.10.2022	Support for Venu™ SQ 2 and Venu™ SQ 2 Music added
1.7.0	24.06.2022	Support for Forerunner® 255, 255 Music, 255s and 255s Music added Support for Forerunner® 955 / Solar added
1.6.9	31.05.2022	Several GUI and stability improvements
1.6.8	24.04.2022	Try alternative solutions to start apps
1.6.7	23.04.2022	Support for D2™ Mach 1 added Several GUI and stability improvements
1.6.6	17.02.2022	Support for D2™ Air X10 added GUI improvements
1.6.5	29.01.2022	Support for Epix™ 2 added Support for Fenix® 7, Fenix® 7s and Fenix® 7x added

Note

The version history for older releases is available on request only!

