

HOW TO RETRIEVE A FIT FILE.

The easiest way is once the garmin unit is plugged into the PC via the USB cable, it will show as a device.

Double click the device.
Double click the folder 'Garmin'
Double click 'Activities'

You should then see a list of .fit files, just copy the desired .fit files.

That is the easiest way, if the files have already been downloaded off the unit and the device cleared, copies of the .fit files should be on the PC – the Garmin support pages detail the procedure to find these in various operating systems.

<https://support.garmin.com/support/searchSupport/case.faces?caseId=%7B6e1aa610-6d25-11dc-6782-000000000000%7D>