

quatix® 7

Product specifications

Physical & Performance

Display Size	1.3" (33.02 mm) diameter
Battery life	Smartwatch Mode: Up to 18 days Battery Saver Watch Mode: Up to 57 days GPS Mode: Up to 57 hours All Satellite Systems: Up to 40 hours All Satellite Systems + Music: Up to 10 hours Max Battery GPS Mode: Up to 136 hours Expedition GPS Mode: Up to 40 days
Display Resolution	260 x 260 pixels
GPS	Yes
Weight	79 g (55 g, case only)

Maps & Navigation

Memory/history	16 GB
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Features

STR3AMUP! PC tool for streaming biometrics	No
Wheelchair mode	No
3-axis compass with HSI (horizontal situation indicator)	No
Touch and/or button lock	Yes
Preloaded ski resort maps	Yes
Wind speed and direction (requires connection to the golf app)	No
Live Event Sharing	Yes
<u>Sleep</u>	Yes (Advanced)
Battery Saver - customisable low power watch	Yes
Swing Tempo	No
Plays and controls watch music	Yes
APNOEA mode	No
<u>Ground contact time and balance</u>	Yes (with compatible accessory)
Density altitude calculator	No
Critical swim speed	Yes
Training load focus	Yes
Compatible with Varia Vision™ (head-mounted display)	Yes

<u>HR Alerts</u>	Yes
<u>Training Effect (Anaerobic)</u>	Yes
<u>Abnormal Heart Rate Alerts</u>	Yes (high and low)
Easy break planning	No
Vertical speed	Yes
<u>Lactate threshold</u>	Yes (with compatible accessory)
Workout tutorials	No
Number of transmitters supported	No
<u>MTB Grit & Flow</u>	Yes
Customisable screen(s)	Yes
Configurable lap alerts	Yes
Incident Detection during select activities	Yes
<u>Physio TrueUp</u>	Yes
Customisable alerts	Yes
NEXRAD on moving map	No
Back to start	Yes
Available boating profiles	Boating, Sailing, Sail Racing
<u>Vertical oscillation and ratio</u>	Yes (with compatible accessory)
Altimeter with adjustable baro setting	No

Physical size	47 x 47 x 14.5 mm Fits wrists with the following circumference: Silicone band: 125-208 mm Leather and fabric band: 132-210 mm Metal band: 132-215 mm
Move alerts (displays on device after a period of inactivity; walk for a couple of minutes to reset it)	Yes
Live Delta Time	No
Automatic altitude adjustment	No
Bezel material	Stainless steel
Hazards and course targets	Yes
Truck driver workouts	No
TruSwing™ compatible	No
UltraTrac mode	Yes
<u>VO2 Max (Trail Run)</u>	Yes
Up Ahead	Yes
Preloaded race tracks	No
Pulse Ox Blood Oxygen Saturation Monitor	Yes
<u>Relaxation Breathing Timer</u>	Yes
<u>% HR Max</u>	Yes
In Case of Emergency (I.C.E.)	No
Gas time remaining	No

Case material	Fibre-reinforced polymer with titanium rear cover
Sport profiles	Basketball, Volleyball, Field Hockey, Ice Hockey, Football/Soccer, American Football, Lacrosse, Rugby, Ultimate Disc, Cricket, Softball, Baseball
Subwave™ Support	No
Audible alerts	No
Colour display	Yes
Multiple bike profiles	No
Rest timer	Yes
<u>Wrist-based heart rate</u> (constant, every second)	Yes
Find my phone	Yes
PrePass weigh station notifications and bypass decisions	No
<u>Stride length (real time)</u>	Yes (with compatible accessory)
Bike lap and lap maximum power (with power sensor)	Yes
Open-water swim metrics (distance, pace, stroke count/rate, stroke distance, swim efficiency (SWOLF), calories)	Yes

<u>Training Effect</u>	Yes
Outdoor running	Running, Outdoor Track Running, Trail Running, Ultra Running
Spectator messaging	No
Advanced workouts	Yes
Charging method	Garmin proprietary plug charger
<u>Trendline™ Popularity Routing</u>	Yes
Strava Live Segments	Yes
Boundary enter/exit	No
<u>Training Readiness</u>	Yes
Timer	Yes
Courses	Yes
<u>Respiration Rate (During Exercise)</u>	Yes (with compatible accessory)
Wirelessly receive flight plans from Garmin Pilot™	No
<u>Intensity minutes</u>	Yes
Interval training	Yes
MOS & Meteogram	No
Alerts (triggers alarm when you reach goals including time, distance, heart rate or calories)	Yes
Compatible with Garmin Connect™ Mobile	Yes

Virtual starting line	Yes
Sun and moon information	Yes (via Connect IQ™)
Automatically saves dive entry and exit locations	No
HRV stress test (measures your heart rate variability while standing still, for 3 minutes, to provide you with an estimated stress level; the scale of this is 1 to 100; low scores indicate lower stress levels)	Yes (with compatible accessory)
Sight 'N Go	Yes
Location tracking	No
<u>Pulse Ox Blood Oxygen Saturation</u>	Yes (spot-check, and optional all-day acclimation and in sleep)
Projected waypoint	Yes
HILL SCORE	Yes
Breadcrumb trail in real time	Yes
Built-in mapping	No
Customisable activity profiles	Yes
Auto start/end dive	No
Connect IQ™ (downloadable watch faces, data fields, widgets and apps)	Yes
<u>Cadence</u> (provides real-time number of steps per minute)	Yes
Controls smartphone music	Yes
Power meter compatible	Yes

Snow & Winter	Skiing, Snowboarding, Backcountry Snowboarding, XC Classic Skiing, Backcountry Skiing, Ice Skating, Snowshoeing
LED flashlight	No
APNOEA hunt mode	No
60-minute activity goal	No
Multi-sport	Yes
Chores	No
Moving Map with aviation airports, nav aids, roads, bodies of water and more	No
Point-to-point navigation	Yes
Anchor Alarm	Yes
Gauge mode	No
<u>PacePro™ Pacing Strategies</u>	Yes
Yardage to layups/doglegs	Yes
TAF (Terminal Aerodrome Forecast)	No
Other activity profiles	Jumpmaster, Tactical
Auto Pause®	Yes
Running dynamics	Yes (with compatible accessory)
Battery life (smartwatch mode)	Up to 18 days
<u>Gaming activity</u>	Yes
Full vector map	Yes
<u>Body Battery™ Energy Monitor</u>	Yes

BLUETOOTH phone calling and voice assistant support	No
Accelerometer	Yes
<u>Recovery Time</u>	Yes
On the water	Stand Up Paddleboarding, Rowing, Kayaking, Surfing, Kiteboarding, Windsurfing, Fishing, Boating, Sailing, Sail Racing, Water Skiing, Wakeboarding, Wakesurfing, Tubing, Snorkeling, Sailing Expedition, Whitewater
Custom dive data screens	No
<u>GameOn™ app compatible</u>	Yes
Drill logging (pool swim only)	Yes
<u>Preloaded with 43,000 courses worldwide</u>	Yes
Track timer	No
Multisport	Swimming/Running, Triathlon
Strap material	Silicone
<u>JET LAG ADVISER</u>	Yes
Wearable trolling motor remote	Yes
Race App	No
Round timer/odometer	Yes
<u>Smart trainer control</u>	Yes
<u>Heat and Altitude Acclimation</u>	Yes
Make calls and send texts via voice	No

Connected GPS	No
<u>Performance condition</u>	Yes
Galileo	Yes
Distance travelled	Yes
Manual lap	Yes
GPS-based distance, time and pace	Yes
Text messaging	No
<u>Realtime Stamina</u>	Yes
Running power	Yes
Nitrox support	No
Assistance	Yes
<u>Race predictor</u>	Yes
Stealth mode	No
Pairs with Garmin Golf app	Yes
Auto lap splits	No
"Repeat on" rest timer (pool swim only)	Yes
Pilates workouts	Yes
GPS coordinates	Yes
Lap Time Repeatability Score (LTR)	No
Air integration	No
Audio prompts	Yes

Auto CourseView updates	Yes
Downloadable training plans	Yes
Stocks	Yes
Measures shot distance (calculates exact yardage for shots from anywhere on course)	Automatic
Run/Walk/Stand detection	Yes
Closed Circuit Rebreather (CCR)	No
Heart rate from external HRM (real-time during rests, interval and session stats during rests, and automatic heart rate download post-swim)	Yes (with HRM-Tri, HRM-Swim, HRM-Pro or HRM-Pro Plus)
Compatible with Varia™ radar (rear-facing radar)	Yes
Task timers (2, 5, 10, 15, 20 and 30 minutes)	No
Pool swim workouts	Yes
Assistance Plus	No
Multi-gas mode	No
Music storage	Yes
Race an activity	Yes
KILL SWITCH	No
Hot keys	Yes
Single-gas mode	No
Activity history on watch	Yes

On-screen workout animations	Yes
<u>Auto Max HR</u>	Yes
<u>Daily Suggested Workouts</u>	Yes
Solar charging	No
Foot pod capable	Yes
Compatible with Vector™ and Rally™ (power meters)	Yes
Phone-free text messaging	No
Tournament legal	Yes
Watch display type	Sunlight-visible, transfective memory-in-pixel (MIP)
Race an activity	Yes
Finish time	Yes
Elevation profile	Yes
PlaysLike distance	Yes
Aviation Alerts	No
Virtual partner	Yes
<u>VO2 Max (Run)</u>	Yes
Relaxation reminders	Yes
Reminder alerts	No
Wind meter compatible	No
Racket sports	Tennis, Pickleball, Badminton, Squash, Table Tennis, Padel, Platform Tennis, Racquetball

Race glance/widget	Yes
<u>Training Load</u>	Yes
ENDURANCE SCORE	Yes
Touchscreen	Yes
Chronograph	No
Gym	Strength, HIIT, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Pilates and Yoga
Motor sports	Motorcycling, Overlanding, Motocrossing, ATVing, Snowmobiling
Ambient light sensor	No
Touch-targeting (touch target on display to see the distance to any point)	Yes
Stroke type detection (freestyle, backstroke, breaststroke, butterfly) (pool swim only)	Yes
Garmin ECG App	No
In-flight Pulse Ox	No
Yardage to F/M/B (distance to front, middle and back of green)	Yes
Calendar	Yes
Barometric altimeter	Yes
Unlock new step icons	No
On-device Connect IQ™ Store	Yes
Weather forecasts	Yes

Auto Lap®	Yes
Sunrise/sunset times	Yes
Pacing alerts (pool swim only)	Yes
Floors climbed	Yes
<u>Respiration Rate</u> (24x7)	Yes
Gas consumption rate	No
<u>% HRR</u>	Yes
Ballistics solver	No
On-Screen Workout Muscle Map	No
Auto Rest	No
Basic rest timer (up from 0) (pool swim only)	Yes
Outdoor recreation	Hiking, Indoor Climbing, Bouldering, Climbing, Mountain Biking, Skiing, Snowboarding, Backcountry Snowboarding, XC Classic Skiing, Backcountry Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Surfing, Hunting, Kiteboarding, Windsurfing, Snowshoeing, Fishing, Horseback Riding, Water Skiing, Wakeboarding, Wakesurfing, Tubing, Sailing Expedition, Jumpmaster, Tennis, Pickleball, Tactical, Disc Golf
TracBack®	Yes
Advanced cycling dynamics	Yes
Handicap scoring	Yes
Autopilot control	yes
Primary benefit (Training Effect labels)	Yes
Multi-band GPS	No

<u>HR Zones</u>	Yes
Auto rest (pool swim only)	Yes
Stat tracking (strokes, putts per round, greens and fairways hit)	Yes
Connectivity	Bluetooth®, ANT+®, Wi-Fi®
Improved interval (includes open repeats, intervals data page, rest screen and auto detection)	No
<u>Sleep Score and Insights</u>	Yes
Custom targets	Yes
Downloadable cartography support	Yes
Available run profiles	Running, Track Running, Treadmill Running, Indoor Track Running, Trail Running, Virtual Running, Ultra Running
Run workouts	Yes
Stopwatch	Yes
Worldwide airport database(s)	No
Waypoint information page	No
INDOOR RUNNING	Treadmill Running, Indoor Track Running, Virtual Running
GPS speed and distance	Yes
Round-trip course creator (running/cycling)	Yes
Area calculation	Yes (via Connect IQ™)
Find my watch	Yes

<u>Automatic club tracking compatible</u> (requires accessory)	Yes
Connex avionics connectivity	No
Preloaded road and trail maps	No
Unified Training Status	Yes
VIRB® camera remote	Yes
Smartphone compatibility	iPhone®, Android™
Dual grid coordinates	Yes
Expedition GPS Activity	Yes
TrueUp™	Yes
Morning report	No
Multiple time zones with Zulu/UTC	No
Trimix support	No
In the ring	Boxing, Mixed Martial Arts
Compatible with Varia™ lights	Yes
Two-way voice calls	No
Thermometer	Yes
Red shift mode	No
<u>Hydration</u>	Yes (in Garmin Connect™ and optional Connect IQ™ widget)
Alarm clock	Yes

Group LiveTrack	Yes
Gyroscope	Yes
Underwater wrist-based heart rate	Yes
Countdown start	Yes
Health Snapshot	Yes
<u>ClimbPro™ Ascent Planner</u>	Yes
Truck plaza loyalty programs	No
Night vision mode	No
Swim	Pool Swimming, Open Water Swimming, Swimming/Running
Tempo Training	No
Power Modes - customisable in-activity battery settings	Yes
Move IQ™	Yes
Speed and cadence sensor support (w/sensor)	Yes
Do not disturb/School mode	No
Garmin Elevate™ wrist heart rate monitor	Yes
Tides	No
GLONASS	Yes

Boat data streaming	yes
Smart Notifications	Yes
Garmin Pay™	Yes
<u>HRV Status</u>	Yes
Automatic daylight saving time	Yes
Yoga workouts	Yes
Depth sensor	No
Time/date	yes
Sync dive log to Garmin Dive™ Mobile app	No
Rewards (coins)	No
VIRTUAL CADDIE	No
<u>Calories Burned</u>	Yes
Toe-to-Toe™ Challenges app	Yes (optional Connect IQ Toe-to-Toe™ Challenges app)
Garmin Live Segments	Yes
<u>HR Broadcast</u> (broadcasts HR data over ANT+™ to paired devices)	Yes
Fly activity emergency mode	No
Total ascent/descent	Yes
Auto multisport activities	Yes

Last race summary	No
Garmin cycle map (routable cycling-specific street map)	Yes
<u>PinPointer</u>	Yes
Step counter	Yes
METAR (Meteorological Aerodrome Report)	No
Quick release bands	No
Trail run auto climb	Yes
Barometric trend indicator with storm alert	Yes
Automatic rep counting	Yes
LiveTrack	Yes
<u>HR Calories</u>	Yes
Tides	Yes (via Connect IQ™)
<u>Watch water rating</u>	10 ATM
Time and distance alerts	Yes
Garmin Connect™ Challenges app	Yes (optional Connect IQ app)
XERO™ Locations	Yes
<u>All-day Stress</u>	Yes
Tack assist mode	Yes
Compatible with dēzl™ OTR truck navigators	No

Worldwide NAVAID and Intersection database(s)	No
Cycling	Biking, Indoor Biking, Mountain Biking, Triathlon
HIIT workouts	Yes
Future elevation plot	Yes
QuickFit™ watch band compatible	Included (22 mm)
Games	No
Orienteering	No
Text response/reject phone call with text (Android™ only)	Yes
Around Me mode	Yes
Realtime settings sync with Garmin Connect™ mobile	Yes
Fish forecast	Yes
Course guidance	Yes
GPS time sync	Yes
Countdown timer	Yes
Auto scroll	Yes
Analogue hands	No
Compass	Yes
<u>Digital scorecard</u>	yes
Lens material	Corning® Gorilla® Glass

<u>Green View with manual pin position</u>	Yes
Strength workouts	Yes
Distance to destination	Yes
Voice messaging	No
<u>Women's Health</u>	Yes (in Garmin Connect™ and optional Connect IQ™ widget)
<u>Training Status</u>	Yes
Pool swim metrics (lengths, distance, pace, stroke count, swim efficiency (SWOLF), calories)	Yes
<u>Daily Resting Heart Rate</u>	Yes
Auto goal (learns your activity level and assigns a daily step goal)	Yes
<u>Garmin AutoShot™</u>	Yes
<u>Fitness Age</u>	Yes (in app)
FTP (Functional threshold power)	Yes (with compatible accessory)
Dive ascent/descent rate indicator	No
Built-in barometer and tide tables	Yes (downloadable tides)
WELLNESS	Walking, Pilates, Yoga