General

LENS MATERIAL	Corning® Gorilla® Glass 3
BEZEL MATERIAL	fiber-reinforced polymer
QUICK RELEASE BANDS	yes (22 mm, Industry standard)
STRAP MATERIAL	silicone
PHYSICAL SIZE	46.1 x 46.1 x 12.9 (mm) Fits wrists with a circumference of 135-205 mm
TOUCHSCREEN	✓
COLOR DISPLAY	✓
DISPLAY SIZE	1.3" (32.5 mm) diameter
DISPLAY RESOLUTION	416 x 416 pixels
DISPLAY TYPE	AMOLED Optional Always-On Mode
WEIGHT	47 g
WATER RATING	5 ATM
BATTERY LIFE	Smartwatch mode: Up to 13 days GPS-Only GNSS mode: Up to 20 hours SatIQ (AutoSelect) GNSS mode: Up to 16 hours All-Systems GNSS mode + Multi-Band: Up to 14 hours GPS-Only GNSS mode with music: Up to 7 hours SatIQ (AutoSelect) GNSS mode with music: Up to 6.5 hours All-Systems GNSS mode + Multi-Band with music: Up to 6 hours
CHARGING METHOD	Garmin proprietary plug charger
MEMORY/HISTORY	8 GB

Clock Features

TIME/DATE	✓
GPS TIME SYNC	✓
AUTOMATIC DAYLIGHT SAVING TIME	✓
ALARM CLOCK	✓
TIMER	✓
STOPWATCH	✓
SUNRISE/SUNSET TIMES	✓

Health Monitoring

WRIST-BASED HEART RATE (CONSTANT, EVERY SECOND)	✔
DAILY RESTING HEART RATE	✔
ABNORMAL HEART RATE ALERTS	yes (high and low)
RESPIRATION RATE (24X7)	✔
PULSE OX BLOOD OXYGEN SATURATION	yes (spot-check, and optional all-day acclimation and in sleep)
FITNESS AGE	✔
BODY BATTERY™ ENERGY MONITOR	✔
ALL-DAY STRESS	✔
RELAXATION REMINDERS	✔
RELAXATION BREATHING TIMER	✔
SLEEP	yes (advanced)
SLEEP SCORE AND INSIGHTS	✔
HYDRATION	yes (in Garmin Connect™ and optional Connect IQ™ widget)
WOMEN'S HEALTH	yes (in Garmin Connect™ and optional Connect IQ™ widget)
HEALTH SNAPSHOT	✔

Sensors

GPS	✔
GLONASS	✔
GALILEO	✔
MULTI-FREQUENCY POSITIONING	✔
SATIQ™ TECHNOLOGY	✔
GARMIN ELEVATE™ WRIST HEART RATE MONITOR	✔
BAROMETRIC ALTIMETER	✔
COMPASS	✔
GYROSCOPE	✔
ACCELEROMETER	✔
THERMOMETER	✔
AMBIENT LIGHT SENSOR	✔
PULSE OX BLOOD OXYGEN SATURATION MONITOR	✔

Daily Smart Features

Daily Smart Features

CONNECTIVITY	Bluetooth®, ANT+®, Wi-Fi®
CONNECT IQ™ (DOWNLOADABLE WATCH FACES, DATA FIELDS, WIDGETS AND APPS)	✓
ON-DEVICE CONNECT IQ™ STORE	✓
SMART NOTIFICATIONS	✓
TEXT RESPONSE/REJECT PHONE CALL WITH TEXT (ANDROID™ ONLY)	✓
CALENDAR	✓
WEATHER	✓
REALTIME SETTINGS SYNC WITH GARMIN CONNECT™ MOBILE	✓
BATTERY SAVER (CUSTOMIZABLE LOW POWER WATCH)	✓
CONTROLS SMARTPHONE MUSIC	✓
PLAYS AND CONTROLS WATCH MUSIC	✓
MUSIC STORAGE	✓
FIND MY PHONE	✓
FIND MY WATCH	✓
VIRB® REMOTE	✓
SMARTPHONE COMPATIBILITY	iPhone® and Android™
PAIRS WITH GARMIN CONNECT™ MOBILE	✓
STOCKS	yes (optional Connect IQ app)
GARMIN PAY™	✓

Safety and Tracking Features

LIVETRACK	✓
SPECTATOR MESSAGING	yes (with compatible smartphone)
LIVE EVENT SHARING	Android™ Only
INCIDENT DETECTION DURING SELECT ACTIVITIES	✓
INCIDENT DETECTION ALERT ON PHONE FOR WEARABLES	✓
ASSISTANCE	✓

Activity Tracking Features

STEP COUNTER	✓
MOVE BAR (DISPLAYS ON DEVICE AFTER A PERIOD OF INACTIVITY; WALK FOR A COUPLE OF MINUTES TO RESET IT)	✓
AUTO GOAL (LEARNS YOUR ACTIVITY LEVEL AND ASSIGNS A DAILY STEP GOAL)	✓

CALORIES BURNED	✓
FLOORS CLIMBED	✓
DISTANCE TRAVELED	✓
INTENSITY MINUTES	✓
TRUEUP™	✓
MOVE IQ™	✓
GARMIN CONNECT™ CHALLENGES APP	yes (optional Connect IQ app)

Gym & Fitness Equipment

AUTOMATIC REP COUNTING	✓
CARDIO WORKOUTS	✓
STRENGTH WORKOUTS	✓
HIIT WORKOUTS	✓
YOGA WORKOUTS	✓
PILATES WORKOUTS	✓
ON-SCREEN WORKOUT ANIMATIONS	✓
ON-SCREEN WORKOUT MUSCLE MAPS	✓

Training, Planning and Analysis Features

HR ZONES	✓
HR ALERTS	✓
HR CALORIES	✓
% HR MAX	✓
% HRR	✓
RECOVERY TIME	✓
AUTO MAX HR	✓
MORNING REPORT	✓
RACE GLANCE/WIDGET	✓
HRV STATUS	✓
TRAINING READINESS	✓
HR BROADCAST (BROADCASTS HR DATA OVER ANT+™ TO PAIRED DEVICES)	✓
RESPIRATION RATE (DURING EXERCISE)	yes (with compatible accessory)
GPS SPEED AND DISTANCE	✓

CUSTOMIZABLE DATA PAGES	✓
CUSTOMIZABLE ACTIVITY PROFILES	✓
AUTO PAUSE®	✓
INTERVAL TRAINING	✓
IMPROVED INTERVAL (INCLUDES OPEN REPEATS, INTERVALS DATA PAGE, REST SCREEN AND AUTO DETECTION)	✓
ADVANCED WORKOUTS	✓
DOWNLOADABLE TRAINING PLANS	✓
HRM RUNNING PACE AND DISTANCE	✓
AUTO LAP®	✓
MANUAL LAP	✓
REST TIMER	✓
CONFIGURABLE LAP ALERTS	✓
VO2 MAX (RUN)	✓
VO2 MAX (TRAIL RUN)	✓
TRAINING STATUS	yes (improved)
TRAINING LOAD	✓
TRAINING LOAD FOCUS	✓
TRAINING EFFECT	✓
TRAINING EFFECT (ANAEROBIC)	✓
PRIMARY BENEFIT (TRAINING EFFECT LABELS)	✓
IMPROVED RECOVERY TIME	✓
DAILY SUGGESTED WORKOUTS	yes (7 days)
CUSTOM ALERTS	✓
AUDIO PROMPTS	✓
FINISH TIME	✓
VIRTUAL PARTNER	✓
RACE AN ACTIVITY	✓
AUTO MULTISPORT ACTIVITIES	✓
MANUAL MULTISPORT ACTIVITIES	✓
COURSE GUIDANCE	✓
TOUCH AND/OR BUTTON LOCK	✓
HOT KEYS	✓
AUTO SCROLL	✓
ACTIVITY HISTORY ON WATCH	✓

PHYSIO TRUEUP	✓
UNIFIED TRAINING STATUS	✓

Running Features

AVAILABLE RUN PROFILES	Running, Outdoor Track Running, Treadmill Running, Indoor Track Running, Trail Running, Virtual Running, Ultra Running
GPS-BASED DISTANCE, TIME AND PACE	✓
RUNNING DYNAMICS	✓
VERTICAL OSCILLATION AND RATIO	✓
GROUND CONTACT TIME AND BALANCE	yes (with compatible accessory)
STRIDE LENGTH (REAL TIME)	✓
CADENCE (PROVIDES REAL-TIME NUMBER OF STEPS PER MINUTE)	✓
RUNNING POWER	✓
GRADE-ADJUSTED PACE	✓
PERFORMANCE CONDITION	✓
LACTATE THRESHOLD	yes (with compatible accessory)
PACEPRO™ PACING STRATEGIES	✓
RUN WORKOUTS	✓
TRAIL RUN AUTO CLIMB	✓
RACE PREDICTOR	✓
COURSE- AND WEATHER-SPECIFIC RACE PREDICTOR	✓
FOOT POD CAPABLE	✓
RUN/WALK/STAND DETECTION	✓

Outdoor Recreation

AVAILABLE OUTDOOR RECREATION PROFILES	Hiking, Skiing, Snowboarding, XC Classic Skiing, Stand Up Paddleboarding, Rowing
POINT-TO-POINT NAVIGATION	✓
BREAD CRUMB TRAIL IN REAL TIME	✓
BACK TO START	✓
TRACBACK®	✓
ULTRATRAC MODE	✓
UP AHEAD	✓
ELEVATION PROFILE	✓

DISTANCE TO DESTINATION	✓
BAROMETRIC TREND INDICATOR WITH STORM ALERT	✓
VERTICAL SPEED	✓
TOTAL ASCENT/DESCENT	✓
FUTURE ELEVATION PLOT	✓
PROJECTED WAYPOINT	✓
SUN AND MOON INFORMATION	✓

Cycling Features

AVAILABLE CYCLING PROFILES	Biking, Indoor Biking, Mountain Biking, eBiking, eMountain Biking
ALERTS (TRIGGERS ALARM WHEN YOU REACH GOALS INCLUDING TIME, DISTANCE, HEART RATE OR CALORIES)	✓
COURSES	✓
BIKE LAP AND LAP MAXIMUM POWER (WITH POWER SENSOR)	✓
RACE AN ACTIVITY	✓
FTP (FUNCTIONAL THRESHOLD POWER)	yes (with compatible accessory)
POWER CURVE AND % FTP WORKOUTS	✓
COMPATIBLE WITH VECTOR™ AND RALLY™ (POWER METERS)	✓
POWER METER COMPATIBLE	✓
COMPATIBLE WITH VARIA VISION™ (HEAD-MOUNTED DISPLAY)	✓
COMPATIBLE WITH VARIA™ RADAR (REAR-FACING RADAR)	✓
COMPATIBLE WITH VARIA™ LIGHTS	✓
SPEED AND CADENCE SENSOR SUPPORT (W/SENSOR)	✓

Swimming Features

AVAILABLE SWIM PROFILES	Pool Swimming, Open Water Swimming
OPEN-WATER SWIM METRICS (DISTANCE, PACE, STROKE COUNT/RATE, STROKE DISTANCE, SWIM EFFICIENCY (SWOLF), CALORIES)	✓
POOL SWIM METRICS (LENGTHS, DISTANCE, PACE, STROKE COUNT, SWIM EFFICIENCY (SWOLF), CALORIES)	✓
STROKE TYPE DETECTION (FREESTYLE, BACKSTROKE, BREASTSTROKE, BUTTERFLY) (POOL SWIM ONLY)	✓
DRILL LOGGING (POOL SWIM ONLY)	✓
BASIC REST TIMER (UP FROM 0) (POOL SWIM ONLY)	✓
"REPEAT ON" REST TIMER (POOL SWIM ONLY)	✓
AUTO REST (POOL SWIM ONLY)	✓

TIME AND DISTANCE ALERTS	✓
PACING ALERTS (POOL SWIM ONLY)	✓
COUNTDOWN START (POOL SWIM ONLY)	✓
POOL SWIM WORKOUTS	✓
CRITICAL SWIM SPEED	✓
UNDERWATER WRIST-BASED HEART RATE	✓
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-Swim, HRM-Pro or HRM-Pro Plus)

Kid Activity Tracking Features

TOE-TO-TOE™ CHALLENGES APP	yes (optional Connect IQ Toe-to-Toe™ Challenges app)

Connectivity

SMART TRAINER CONTROL	✓