

General

Lens Material	Corning® Gorilla® Glass DX
Bezel Material	fiber-reinforced polymer
Strap material	silicone
Physical size	43.8 x 43.8 x 13.3 mm
Color display	✓
Display size	1.2" (30.4 mm) diameter
Display resolution	240 x 240 pixels
Display type	sunlight-visible, transfective memory-in-pixel (MIP)
Weight	47 g
Battery life	Smartwatch mode: Up to 7 days GPS mode with music: Up to 6 hours GPS mode without music: Up to 16 hours UltraTrac mode: Up to 21 hours
Water rating	5 ATM
Memory/History	200 hours of activity data

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	✓ (high and low)
Respiration rate (24x7)	✓
Pulse Ox Blood Oxygen Saturation	✓ (spot-check, and optional all-day acclimation and in sleep)
Fitness Age	✓ (in app)
Body Battery Energy Monitor	✓
All-day Stress Tracking	✓
Relaxation breathing timer	✓
Sleep	✓
Advanced sleep monitoring (sleep score & insights)	✓
Hydration	✓ (in Garmin Connect and optional Connect IQ widget)
Menstrual Cycle	✓ (in Garmin Connect and optional Connect IQ widget)

Sensors

GPS	✓
GLONASS	✓
Galileo	✓
Garmin Elevate wrist heart rate monitor	✓
Barometric altimeter	✓
Compass	✓
Gyroscope	✓
Accelerometer	✓
Thermometer	✓
Pulse Ox Blood Oxygen Saturation Monitor	✓

Daily Smart Features

Connectivity	Bluetooth®, ANT+®, Wi-Fi®
Connect IQ (downloadable watch faces, data fields, widgets and apps)	✓
Smart notifications	✓
Text response/reject phone call with text (Android only)	✓
Calendar	✓
Weather	✓
Controls smartphone music	✓
Plays and controls watch music	✓
Music Storage	up to 500 songs
Find My Phone	✓
Find My Watch	✓
VIRB® Remote	✓
Smartphone compatibility	iPhone® & Android
Pairs with Garmin Connect Mobile	✓
Garmin Pay	✓

Safety and Tracking Features

LiveTrack	✓
Group LiveTrack	✓
Live Event Sharing	Android Only
Incident Detection during select activities	✓
Assistance	✓

Tactical Features

Dual grid coordinates	✓
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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	✓

Gym & Fitness Equipment

Available gym activity profiles	Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Pilates and Yoga
Cardio workouts	✓
Strength workouts	✓
Yoga workouts	✓
Pilates workouts	✓
Automatic rep counting	✓

Training, Planning and Analysis Features

HR zones	✓
HR alerts	✓
HR calories	✓
% HR max	✓
% HRR	✓
Recovery time	✓
Auto max HR	✓

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	✓ (with compatible accessory)
HR Broadcast (broadcasts HR data over ANT+ to paired devices)	✓
Respiration rate (during exercise)	✓ (with compatible accessory)
GPS speed and distance	✓
Customizable data pages	✓
Customizable activity profiles	✓
Auto Pause®	✓
Interval training	✓
Advanced workouts	✓
Downloadable training plans	✓
Auto Lap®	✓
Manual lap	✓
Configurable lap alerts	✓
Heat and altitude acclimation	✓
VO2 max	✓
Training Status (lets you see if you're training effectively by tracking your training history and fitness level trend.)	✓
Training Load (your total training load for the last 7 days calculated from estimated EPOC)	✓
Training load focus	✓
Training Effect	✓
Training Effect (anaerobic)	✓
Primary benefit (Training Effect labels)	✓
Custom alerts	✓
Audio prompts	✓
Finish time	✓
Virtual Partner	✓
Race an Activity	✓
Auto multisport activities	✓
Manual multisport activities	✓

Course guidance	✓
Garmin Live Segments	✓
Strava Live Segments	✓
Round-trip course creator (running/cycling)	✓
Trendline Popularity Routing	✓
Touch and/or button lock	✓
Hot keys	✓
Auto scroll	✓
Activity history on watch	✓
Physio TrueUp	✓

Running Features

Available run profiles	Running, Treadmill Running, Indoor and Outdoor Track Running, Virtual Running, Trail Running
GPS-based distance, time and pace	✓
Running dynamics	✓ (with compatible accessory)
Vertical oscillation and ratio (the degree of 'bounce' in your running motion and the cost-benefit ratio with stride length)	✓ (with compatible accessory)
Ground contact time and balance (shows how much time, in the running motion, your foot is on the ground rather than in flight and lets you check your running)	✓ (with compatible accessory)
Stride length (real time)	✓ (with compatible accessory)
Cadence (provides real-time number of steps per minute)	✓
Performance condition (after running 6–20 minutes, compares your real-time condition to your average fitness level)	✓
Lactate threshold (through analysis of your pace and heart rate, estimates the point where your muscles start to rapidly fatigue)	✓ (with compatible accessory)
PacePro Pacing Strategies	✓
Run workouts	✓
Race predictor	✓
Foot pod capable	✓

Outdoor Recreation

Available outdoor recreation profiles	Hiking, Skiing, Snowboarding, Backcountry Skiing, XC Classic and Skate Skiing, Stand up Paddleboarding, Kayaking, Rowing
Point-to-point navigation	✓
Bread crumb trail in real time	✓
Back to start	✓
TracBack®	✓
UltraTrac mode	✓
Elevation profile	✓
Distance to destination	✓
Barometric trend indicator with Storm Alert	✓
ClimbPro Ascent Planner	✓
Trail run auto climb	✓
Vertical speed	✓
Total ascent/descent	✓
Future elevation plot	✓
Preloaded topographical maps	✓
Downloadable cartography support	✓
Compatible with BaseCamp	✓
GPS coordinates	✓
Sight 'N Go	✓
Area calculation	✓ (via Connect IQ)
Hunt/fish calendar	✓ (via Connect IQ)
Projected waypoint	✓
Sun and moon information	✓ (via Connect IQ)
XERO Locations	✓

Cycling Features

Alerts (triggers alarm when you reach goals including time, distance, heart rate or calories)	✓
Courses	✓
Cycle Map (routable cycling-specific street map)	✓
Available cycling profiles	Biking, Indoor Biking, Mountain Trail Biking
Bike lap and lap maximum power (with power sensor)	✓
Race an activity	✓
FTP (Functional Threshold Power)	✓ (with compatible accessory)
Compatible with Vector (power meter)	✓
Power meter compatible	✓
Advanced Vector support	✓
Compatible with Varia Vision (head-mounted display)	✓
Compatible with Varia radar (rear-facing radar)	✓
Compatible with Varia lights	✓
Speed and cadence sensor support	✓

Swimming Features

Available swim profiles	Pool Swimming, Open Water Swimming, Swimrun
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)	✓ (with HRM-Tri, HRM-Swim and HRM-Pro)

Kid Activity Tracking Features

Toe-to-Toe Challenges	✓ (optional Connect IQ app)
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