

General

LENS MATERIAL	Corning® Gorilla® Glass 3 DX
BEZEL MATERIAL	titanium
QUICKFIT™ WATCH BAND COMPATIBLE	yes (22 mm compatible)
STRAP MATERIAL	silicone
PHYSICAL SIZE	47.2 x 47.2 x 13.2 (mm) Fits wrists with a circumference of 135-205 mm
TOUCHSCREEN	
COLOR DISPLAY	
DISPLAY SIZE	1.4" (35.4 mm) diameter
DISPLAY RESOLUTION	454 x 454 pixels
DISPLAY TYPE	AMOLED Optional Always-On Mode
WEIGHT	53 g
WATER RATING	5 ATM
BATTERY LIFE	Smartwatch mode: Up to 23 days
	GPS-only mode without music: Up to 31 hours
	SatIQ (AutoSelect) GNSS mode: Up to 22 hours
	All-Systems GNSS mode + Multi-Band: Up to 19 hours
	GPS-Only GNSS mode with music: Up to 10.5 hours
	SatIQ (AutoSelect) GNSS mode with music: Up to 9.5 hours
	All-Systems GNSS mode + Multi-Band with music: Up to 8.5 hours
CHARGING METHOD	Garmin proprietary plug charger
MEMORY/HISTORY	32 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

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®, 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)
GROUP LIVETRACK	✓
LIVE EVENT SHARING	Android™ Only
INCIDENT DETECTION DURING SELECT ACTIVITIES	✓
INCIDENT DETECTION ALERT ON PHONE FOR WEARABLES	✓
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™	✓
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	✓
HEAT AND ALTITUDE ACCLIMATION	✓
VO2 MAX (RUN)	✓
VO2 MAX (TRAIL RUN)	✓
REALTIME STAMINA	✓
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	✓
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	✓
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	✓

Golfing Features

PRELOADED WITH 43,000 COURSES WORLDWIDE	✓
YARDAGE TO F/M/B (DISTANCE TO FRONT, MIDDLE AND BACK OF GREEN)	✓
YARDAGE TO LAYUPS/DOGLEGS	✓
MEASURES SHOT DISTANCE (CALCULATES EXACT YARDAGE FOR SHOTS FROM ANYWHERE ON COURSE)	automatic
DIGITAL SCORECARD	✓
STAT TRACKING (STROKES, PUTTS PER ROUND, GREENS AND FAIRWAYS HIT)	✓
GARMIN AUTOSHOT™	✓
AUTO COURSEVIEW UPDATES	✓
GREEN VIEW WITH MANUAL PIN POSITION	✓
HAZARDS AND COURSE TARGETS	✓
PINPOINTER	✓
HANDICAP SCORING	✓
ROUND TIMER/ODOMETER	✓
PAIRS WITH GARMIN GOLF APP	✓
TOURNAMENT LEGAL	✓

Outdoor Recreation

AVAILABLE OUTDOOR RECREATION PROFILES	Hiking, Climbing, Skiing, Snowboarding, Backcountry Skiing, Backcountry Snowboarding, XC Classic Skiing, XC Skate Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Snowshoeing, Mapping, Navigating, Tennis, Pickleball, Padel, Track Me, Project Waypoint, Disc Golf
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POINT-TO-POINT NAVIGATION	✓
BREAD CRUMB TRAIL IN REAL TIME	✓
BACK TO START	✓
TRACBACK®	✓
ULTRATRAC MODE	✓
AROUND ME MODE	✓
UP AHEAD	✓
NEXTFORK™ NAVIGATION	✓
ELEVATION PROFILE	✓
DISTANCE TO DESTINATION	✓
BAROMETRIC TREND INDICATOR WITH STORM ALERT	✓
CLIMBPRO™ ASCENT PLANNER	✓
VERTICAL SPEED	✓
TOTAL ASCENT/DESCENT	✓
REST TIMER (ULTRA RUN ONLY)	✓
AUTO REST	✓
FUTURE ELEVATION PLOT	✓
PRELOADED TOPOGRAPHICAL MAPS	✓
PRELOADED ROAD AND TRAIL MAPS	✓
DOWNLOADABLE CARTOGRAPHY SUPPORT	✓
GPS COORDINATES	✓
SIGHT 'N GO	✓
AREA CALCULATION	yes (via Connect IQ™)
HUNT/FISH CALENDAR	yes (via Connect IQ™)
PROJECTED WAYPOINT	✓
SUN AND MOON INFORMATION	✓
XERO™ LOCATIONS	✓

Cycling Features

CYCLE MAP (ROUTABLE CYCLING-SPECIFIC STREET MAP)	
AVAILABLE CYCLING PROFILES	Biking, Road Biking, Mountain Biking, Gravel Biking, Bike Commuting, Bike Touring, eBiking, eMountain Biking, Indoor Biking, Cyclocross
ALERTS (TRIGGERS ALARM WHEN YOU REACH GOALS INCLUDING TIME, DISTANCE, HEART RATE OR CALORIES)	✓
COURSES	✓
POWER GUIDE	✓
MTB GRIT & FLOW	✓
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	✓
ADVANCED CYCLING DYNAMICS	✓
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, Swimming/Running
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)
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Connectivity

SMART TRAINER CONTROL	✓
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