

General

Lens Material	chemically strengthened glass
Bezel Material	stainless steel
Case material	fiber-reinforced polymer and stainless steel
Quick Release Bands	yes (20 mm, Industry standard)
Strap material	silicone
Physical size	43.4 x 43.4 x 11.7 mm Fits wrists with a circumference of 127-204 mm
Weight	43.0 g
Water rating	Swim, 5 ATM
Touchscreen	✔
Display type	sunlight-visible, transfective memory-in-pixel (MIP)
Display size	1.2" (30.4mm) diameter
Display resolution	240 x 240 pixels
Color display	✔
Battery life	GPS mode: Up to 13 hours Smartwatch mode: Up to 7 days
Memory/History	7 timed activities, 14 days of activity tracking data

Clock Features

Time/date	✔
GPS Time Sync	✔
Automatic daylight saving time	✔

Alarm clock	✓
Timer	✓
Stopwatch	✓
Face It™ watch face creator	✓

Sensors

GPS	✓
GLONASS	✓
Garmin Elevate™ wrist heart rate monitor	✓
Barometric altimeter	✓
Compass	✓
Accelerometer	✓
Thermometer	✓

Daily Smart Features

Connectivity	Bluetooth® Smart and ANT+®
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	✓
Find My Phone	✓
Find My Watch	✓
VIRB® remote	✓

Smartphone compatibility	iPhone®, Android™
Compatible with Garmin Connect™ Mobile	✓
Garmin Pay™	✓

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)	✓
Sleep monitoring (monitors total sleep and periods of movement or restful sleep)	✓
Calories burned	✓
Floors climbed	✓
Distance traveled	✓
Intensity minutes	✓
TrueUp™	✓
Move IQ™	✓
Fitness Age	yes (in app)

Fitness Equipment/Gym

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

Training, Planning and Analysis Features

GPS speed and distance	✓
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Customizable data pages	✓
Customizable activity profiles	✓
Auto Pause®	✓
Advanced workouts	✓
Downloadable training plans	✓
Auto Lap®	✓
Configurable lap alerts	✓
V02 max	✓
Customizable alerts	✓
LiveTrack	✓
Touch and/or button lock	✓
Auto scroll	✓
Activity history on watch	✓

Heart Rate Features

HR zones	✓
HR alerts	✓
HR calories	✓
% HR max	✓
HR Broadcast (broadcasts HR data over ANT+™ to paired devices)	✓

Running Features

Preloaded run profiles	Running, Indoor Track Running, Treadmill Running
GPS-based distance, time and pace	✓
Run workouts	✓
Foot pod capable	✓

Golfing Features

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™	✓
Green View with manual pin position	✓
Hazards and course targets	✓
PinPointer	✓
Round timer/odometer	✓

Outdoor Recreation Features

Preloaded outdoor recreation profiles	Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing
Back to start	✓
Total ascent/descent	✓

Cycling Features

Preloaded cycling profiles	Biking, Indoor Biking
Time/distance alerts (triggers alarm when you reach goal)	✓
Compatible with Varia Vision™ (head-mounted display)	✓
Compatible with Varia™ radar (rear-facing radar)	✓
Compatible with Varia™ lights	✓

Speed and cadence sensor support (with sensor)	yes
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Swimming Features

Preloaded swim profiles	Pool Swimming
Pool swim metrics (lengths, distance, pace, stroke count/rate, calories)	✓
Stroke type detection (freestyle, backstroke, breaststroke, butterfly)	✓
Swim efficiency (SWOLF)	✓