

## General

LENS MATERIAL	Corning® Gorilla® Glass 3
BEZEL MATERIAL	Stainless steel
CASE MATERIAL	Fibre-reinforced polymer
QUICK RELEASE BANDS	Yes (18 mm, Industry standard)
STRAP MATERIAL	Silicone
PHYSICAL SIZE	40.40 x 40.40 x 12.10 mm Fits wrists with a circumference of 110-175 mm
TOUCHSCREEN	Yes
COLOUR DISPLAY	Yes
DISPLAY SIZE	1.10" (27.90 mm) diameter
DISPLAY RESOLUTION	360 x 360 pixels
DISPLAY TYPE	AMOLED; optional always-on mode
WEIGHT	38.20 g
BATTERY LIFE	Smartwatch mode: Up to 10 days GPS mode with music: Up to 7 hours GPS mode without music: Up to 19 hours Battery Saver Smartwatch Mode: Up to 11 days
WATER RATING	5 ATM
MEMORY/HISTORY	200 hours of activity data

## Clock features

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

## Health monitoring

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

## Sensors

GPS	Yes
GLONASS	Yes
GALILEO	Yes
GARMIN ELEVATE® WRIST HEART RATE MONITOR	Yes
BAROMETRIC ALTIMETER	Yes
COMPASS	Yes
GYROSCOPE	Yes
ACCELEROMETER	Yes
THERMOMETER	Yes
AMBIENT LIGHT SENSOR	Yes
PULSE OX BLOOD OXYGEN SATURATION MONITOR	Yes

## Daily smart features

CONNECTIVITY	Bluetooth®, ANT+®, Wi-Fi®
CONNECT IQ™ (DOWNLOADABLE WATCH FACES, DATA FIELDS, WIDGETS AND APPS)	Yes
SMART NOTIFICATIONS	Yes
TEXT RESPONSE/REJECT PHONE CALL WITH TEXT (ANDROID™ ONLY)	Yes
CALENDAR	Yes
WEATHER	Yes
CONTROLS SMARTPHONE MUSIC	Yes

PLAYS AND CONTROLS WATCH MUSIC	Yes
MUSIC STORAGE	Up to 2,000 songs
FIND MY PHONE	Yes
FIND MY WATCH	Yes
SMARTPHONE COMPATIBILITY	iPhone®, Android™
COMPATIBLE WITH GARMIN CONNECT™ MOBILE	Yes
GARMIN PAY™	Yes

## Safety and Tracking Features

LIVETRACK	Yes
INCIDENT DETECTION DURING SELECT ACTIVITIES	Yes
ASSISTANCE	Yes

## Activity tracking features

STEP COUNTER	Yes
MOVE BAR (DISPLAYS ON DEVICE AFTER A PERIOD OF INACTIVITY; WALK FOR A COUPLE OF MINUTES TO RESET IT)	Yes
AUTO GOAL (LEARNS YOUR ACTIVITY LEVEL AND ASSIGNS A DAILY STEP GOAL)	Yes
CALORIES BURNED	Yes
FLOORS CLIMBED	Yes
DISTANCE TRAVELLED	Yes
INTENSITY MINUTES	Yes
TRUEUP™	Yes
MOVE IQ™	Yes
GARMIN CONNECT™ CHALLENGES APP	Yes

## Fitness equipment/gym

AVAILABLE GYM ACTIVITY PROFILES	Strength, Cardio, HIIT and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Yoga, Pilates and Breathwork
CARDIO WORKOUTS	Yes
STRENGTH WORKOUTS	Yes
HIIT WORKOUTS	Yes
YOGA WORKOUTS	Yes
PILATES WORKOUTS	Yes
ON-SCREEN WORKOUT ANIMATIONS	Yes

ON-SCREEN WORKOUT MUSCLE MAPS	Yes
AUTOMATIC REP COUNTING	Yes

## Training, planning and analysis features

HR ZONES	Yes
HR ALERTS	Yes
HR CALORIES	Yes
% HR MAX	Yes
HR BROADCAST (BROADCASTS HR DATA OVER ANT+™ TO PAIRED DEVICES)	Yes
RESPIRATION RATE (DURING EXERCISE)	Yoga and breathwork only
GPS SPEED AND DISTANCE	Yes
CUSTOMISABLE SCREEN(S)	Yes
CUSTOMISABLE ACTIVITY PROFILES	Yes
AUTO PAUSE®	Yes
ADVANCED WORKOUTS	Yes
DOWNLOADABLE TRAINING PLANS	Yes
AUTO LAP®	Yes
MANUAL LAP	Yes
VO2 MAX (RUN)	Yes
TOUCH AND/OR BUTTON LOCK	Yes
AUTO SCROLL	Yes
ACTIVITY HISTORY ON WATCH	Yes
PHYSIO TRUEUP	Yes

## Running features

AVAILABLE RUN PROFILES	Running, Indoor Track Running, Treadmill Running
GPS-BASED DISTANCE, TIME AND PACE	Yes
CADENCE (PROVIDES REAL-TIME NUMBER OF STEPS PER MINUTE)	Yes
RUN WORKOUTS	Yes
FOOT POD CAPABLE	Yes

## Golfing features

YARDAGE TO F/M/B (DISTANCE TO FRONT, MIDDLE AND BACK OF GREEN)	Yes
YARDAGE TO LAYUPS/DOGLEGS	Yes
MEASURES SHOT DISTANCE (CALCULATES EXACT YARDAGE FOR SHOTS FROM ANYWHERE ON COURSE)	Automatic

DIGITAL SCORECARD	Yes
STAT TRACKING (STROKES, PUTTS PER ROUND, GREENS AND FAIRWAYS HIT)	Yes
GARMIN AUTOSHOT™	Yes
GREEN VIEW WITH MANUAL PIN POSITION	Yes
HAZARDS AND COURSE TARGETS	Yes
PINPOINTER	Yes
ROUND TIMER/ODOMETER	Yes
AUTOMATIC CLUB TRACKING COMPATIBLE (REQUIRES ACCESSORY)	Yes

## Outdoor recreation

AVAILABLE OUTDOOR RECREATION PROFILES	Hiking, Indoor Climbing, Bouldering, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing
BACK TO START	Yes
TOTAL ASCENT/DESCENT	Yes
AREA CALCULATION	Yes (via Connect IQ™)
HUNT/FISH CALENDAR	Yes (via Connect IQ™)
SUN AND MOON INFORMATION	Yes (via Connect IQ™)

## Cycling features

ALERTS (TRIGGERS ALARM WHEN YOU REACH GOALS INCLUDING TIME, DISTANCE, HEART RATE OR CALORIES)	Yes
AVAILABLE CYCLING PROFILES	Biking, Indoor Biking
COMPATIBLE WITH VARIA™ RADAR (REAR-FACING RADAR)	Yes
COMPATIBLE WITH VARIA™ LIGHTS	Yes
SPEED AND CADENCE SENSOR SUPPORT (W/SENSOR)	Yes

## Swimming Features

AVAILABLE SWIM PROFILES	Pool Swimming
POOL SWIM METRICS (LENGTHS, DISTANCE, PACE, STROKE COUNT, SWIM EFFICIENCY (SWOLF), CALORIES)	Yes
STROKE TYPE DETECTION (FREESTYLE, BACKSTROKE, BREASTSTROKE, BUTTERFLY) (POOL SWIM ONLY)	Yes
BASIC REST TIMER (UP FROM 0) (POOL SWIM ONLY)	Yes
TIME AND DISTANCE ALERTS	Yes
UNDERWATER WRIST-BASED HEART RATE	Yes

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## Kid activity tracking features

TOE-TO-TOE™ CHALLENGES APP	Yes (optional Connect IQ app)
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