

## Physical & Performance

Physical dimensions	Watch only: 1.19" x 2.24" x 0.45" (30.2 mm x 57.0 mm x 11.4 mm). Regular fits wrist circumferences 5.39" to 7.68" (137 mm to 195 mm); X-large fits wrist circumferences 6.38" to 8.86" (162 mm to 225 mm)
Display size, WxH	0.80" x 1.13" (20.7 mm x 28.6 mm)
Display resolution, WxH	205 x 148 pixels
Touchscreen	
Color display	
Weight	Regular bands: 47.6 g; X-large bands: 48.2 g
Battery	Rechargeable lithium battery
Battery life	Up to 8 days in smartwatch mode (with 24/7 heart rate monitoring, No-GPS), up to 13 hrs in GPS mode
<a href="#">Water rating</a>	5 ATM
GPS-enabled	
GLONASS	
High-sensitivity receiver	
Barometric altimeter	
Electronic compass	
Smart notifications (displays email, text and other alerts when paired with your compatible phone)	
Vibration alert	
Music control	
Find my phone	
VIRB® control	
Watch functions	time, date, calendar, and alarm

## Maps & Memory

Waypoints/favorites/locations Save location

## Running Features

Accelerometer (calculates distance for indoor workouts, without need for a foot pod)

Personal records

## Cycling Features

Bike speed/cadence sensor (optional)

## Performance Features

Heart rate monitor (wrist-based)

Auto Pause® (pauses and resumes timer based on speed)

Auto Lap® (automatically starts a new lap)

Auto Scroll (cycles through data pages during workout)

Pace alert (triggers alarm if you vary from preset pace)

Time/distance alert (triggers alarm when you reach goal)

Heart rate-based calorie computation

Calculates calories burned

Customizable screen(s)

Shock Resistant

### **Swimming Features**

Pool swim metrics (lengths, distance, pace, stroke count/rate, calories)

### **Golfing Features**

Measures shot distance (calculates exact yardage for shots from anywhere on course)

Yardage to F/M/B (distance to front, middle and back of green)

Yardage to layups/doglegs

Digital scorecard

### **Activity Tracking Features**

Step counter

Auto goal (learns your activity level and assigns a daily step goal)

Move bar (displays on device after a period of inactivity; walk for a couple of minutes to reset it)

Sleep monitoring (monitors total sleep and periods of movement or restful sleep)

### **Garmin Connect™**

Garmin Connect™ compatible (online community where you analyze, categorize and share data)

Automatic sync (automatically transfers data to your computer)

### **Additional**

- Pairs with your smartphone to gently vibrate and display alerts for incoming calls, texts, emails and calendar items plus notifications from social media and other mobile apps
- Connect IQ™ Support: yes (watch faces, data fields, widgets and apps)
- Calculates floors climbed: yes
- Calculates intensity minutes: yes
- Wireless Connectivity: yes (ANT+™ and Bluetooth Smart)
- Supports heart rate and heart rate zone: yes
- On-device sports apps: running, indoor running, biking, indoor biking, walking, indoor walking, rowing, indoor rowing, pool swimming, golfing, ski/board, cross country skiing, stand-up paddle boarding (SUP)

- On-device widgets/screens: My day, intensity minutes, heart rate, last sport, smart notifications, weather, VIRB® action camera/remote, Varia remote, music player controls, calendar, steps, calories, sleep, run, bike, swim and golf