

## SPECS

## General

Lens Material	chemically strengthened glass
Bezel Material	fiber-reinforced polymer
Case material	fiber-reinforced polymer
QuickFit™ watch band compatible	yes (22 mm)
Strap material	silicone
Physical size	47 x 47 x 13.9 mm
Weight	49 g
Water rating	5 ATM
Display type	sunlight-visible, transfective memory-in-pixel (MIP)
Display size	1.2" (30.4 mm) diameter
Display resolution	240 x 240 pixels
Color display	
Battery life	Smartwatch Mode: Up to 2 weeks GPS/HR mode: Up to 24 hours UltraTrac™ mode: Up to 60 hours without wrist heart rate
Memory/History	64 MB

## Clock Features

Time/date	
GPS Time Sync	
Automatic daylight saving time	
Alarm clock	

Timer

Stopwatch

Sunrise/sunset times

Face It™ watch face creator

## Sensors

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

## Daily Smart Features

Connectivity	Bluetooth® Smart, ANT+®, Wi-Fi®
Connect IQ™ (downloadable watch faces, data fields, widgets and apps)	
Smart notifications	
Calendar	
Weather	
Controls smartphone music	
Find My Phone	
Find My Watch	
VIRB® Camera Remote	
Smartphone compatibility	iPhone®, Android™, Windows®
Compatible with Garmin Connect™ Mobile	

## 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	Indoor Rowing, Strength Training and Cardio Training
Cardio workouts	
Strength workouts	
Automatic rep counting	

## Training, Planning and Analysis Features

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

V02 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 Effect (aerobic)

Training Effect (anaerobic)

Customizable alerts

Audio prompts

Finish time

Virtual Partner

Race an Activity

Auto multisport activities

Manual multisport activities

Course guidance

Segments (Live, Garmin)

Strava features (Beacon, live segments)

LiveTrack

Group LiveTrack

Touch and/or button lock

Hot keys

Auto scroll

Activity history on watch

## Heart Rate 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 100; low scores indicate lower stress levels)	yes (with compatible accessory)
Records heart rate while swimming	yes (with HRM-Tri™ and HRM-Swim™)
HR Broadcast (broadcasts HR data over ANT+™ to paired devices)	

## Running Features

Preloaded run profiles	Running, Indoor Running, Trail Running
GPS-based distance, time and pace	
Running dynamics	yes (with compatible accessory)
Vertical oscillation and ratio (the degree of 'bounce' in your running motion and the cost-benefit ratio with stride length)	yes (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 symmetry)	yes (with compatible accessory)
Stride length (real time)	yes (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)

yes (with compatible accessory)

Run workouts

Race predictor

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	
TruSwing™ compatible	
Round timer/odometer	

## Outdoor Recreation Features

Preloaded outdoor recreation profiles	Hiking, Climbing, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Jumpmaster, Tactical
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

Trail run auto climb

Vertical speed

Total ascent/descent

Compatible with BaseCamp™

GPS coordinates

Projected waypoint

Sight 'N Go

Area calculation yes (via Connect IQ™)

Hunt/fish calendar yes (via Connect IQ™)

Sun and moon information yes (via Connect IQ™)

Dual grid coordinates

## Cycling Features

Preloaded cycling profiles	Biking, Indoor Biking, Mountain Biking
Courses	
Bike lap and lap maximum power (with power sensor)	
Race an activity	
Time/distance alerts (triggers alarm when you reach goal)	
FTP (Functional Threshold Power)	yes (with compatible accessory)
Compatible with Vector™ (power meter)	
Power meter compatible (displays power data from compatible third-party ANT+™-enabled power meters)	
Compatible with Varia Vision™ (head-mounted display)	
Compatible with Varia™ radar (rear-facing radar)	