

PRODUCT SPECIFICATIONS	
Alarm	Yes
Activity/Sports	<p>Step Counter</p> <p>Calories Burned</p> <p>Floors Climbed</p> <p>Distance Travelled</p> <p>Intensity Minutes</p> <p>Trueup™</p> <p>Move Iq™</p> <p>Garmin Connect™ Challenges App</p> <p>Automatic Rep Counting</p> <p>Available Gym Activity Profiles Strength, Cardio, Hiit And Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Yoga, Pilates And Breathwork</p> <p>On-Screen Workout Animations</p> <p>On-Screen Workout Muscle Maps</p>
Battery Life	<p>Smartwatch mode: up to 14 days</p> <p>GPS-Only GNSS mode: Up to 30 hours</p> <p>All-Systems GNSS mode: Up to 25 hours</p> <p>All-Systems GNSS mode plus Multi-Band: Up to 16 hours</p>
Compatibility with Smart Phone	iPhone®, Android™
Connectivity Type	Bluetooth®, ANT+®
Dimensions	45.6 x 45.6 x 12.9 (mm)
Display Detail	<p>Display Size 1.3" (33 Mm) Diameter</p> <p>Display Resolution 260 X 260 Pixels</p> <p>Display Type Sunlight-Visible, Transflective Memory-In-Pixel (Mip)</p>
Location Services	GPS, Find my Phone, Find my Watch
Materials	<p>LENS MATERIAL Corning® Gorilla® Glass 3</p> <p>BEZEL MATERIAL Fibre-reinforced polymer</p> <p>QUICK RELEASE BANDS Yes (22 mm, Industry standard)</p> <p>STRAP MATERIAL Silicone</p>
Memory	4GB
NFC Information	Garmin Pay™
Sensors & Health monitoring	<p>Wrist-Based Heart Rate</p> <p>Daily Resting Heart Rate</p> <p>Abnormal Heart Rate Alerts</p> <p>Garmin Ecg App</p> <p>Body Battery™ Energy Monitor</p> <p>All-Day Stress Tracking</p> <p>Relaxation Reminders</p> <p>Relaxation Breathing Timer</p> <p>Sleep Score And Insights</p> <p>Hydration</p> <p>Women'S Health</p> <p>Health Snapshot</p>
Safety Tracking Features	<p>Livetrack</p> <p>Live Event Sharing Android™ Only</p> <p>Incident Detection During Select Activities</p> <p>Incident Detection Alert On Phone For Wearables Assistance</p>
Screen size	1.3" (33 mm) diameter
Smart Features	<p>Connect Iq™ (Downloadable Watch Faces, Data Fields, Widgets And Apps)</p> <p>On-Device Connect Iq™ Store</p> <p>Smart Notifications</p> <p>Text Response/Reject Phone Call With Text (Android™ Only)</p> <p>Calendar</p> <p>Weather</p> <p>Realtime Settings Sync With Garmin Connect™ Mobile</p> <p>Battery Saver - Customisable Low Power Watch</p> <p>Music Storage</p>

	Virb® Camera Remote Pairs With Garmin Golf App
Strap Colour	Tidal Blue
Touch screen	Yes
Watch Type	Fitness Smart Watch
Water Resistance	Yes - Water Rating 5 ATM
Weight	49g
Wi-Fi/Wireless Connectivity	No