

PRODUCT SPECIFICATIONS	
Alarm	Yes
Activity/Sports	<ul style="list-style-type: none"> Step Counter Calories Burned Floors Climbed Distance Travelled Intensity Minutes Trueup™ Move IQ™ Garmin Connect™ Challenges App Automatic Rep Counting Available Gym Activity Profiles Strength, Cardio, Hiit And Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Yoga, Pilates And Breathwork On-Screen Workout Animations On-Screen Workout Muscle Maps
Battery Life	<ul style="list-style-type: none"> Smartwatch mode: Up to 11 days Battery Saver Smartwatch mode: Up to 12 days GPS-only GNSS mode: Up to 26 hours All-Systems GNSS mode with music: Up to 7 hours All-Systems GNSS mode: Up to 20 hours
Compatibility with Smart Phone	iPhone®, Android™
Connectivity Type	Bluetooth®, ANT+®, Wi-Fi®
Dimensions	40.6 x 37.0 x 11.1 mm
Display Detail	<ul style="list-style-type: none"> Display Size 1.41" (35.9 Mm) Diagonal Display Resolution 320 X 360 Pixels Display Type Amoled; Optional Always-On Mode
Location Services	GPS, Find my Phone, Find my Watch
Materials	<ul style="list-style-type: none"> LENS MATERIAL Corning® Gorilla® Glass 3 BEZEL MATERIAL Anodized aluminium CASE MATERIAL Fibre-reinforced polymer QUICK RELEASE BANDS Yes (20 mm, Industry standard) STRAP MATERIAL Silicone
Memory	4GB
NFC Information	Garmin Pay™
Sensors & Health monitoring	<ul style="list-style-type: none"> Wrist-Based Heart Rate Daily Resting Heart Rate Abnormal Heart Rate Alerts Garmin Ecg App Body Battery™ Energy Monitor All-Day Stress Tracking Relaxation Reminders Relaxation Breathing Timer Sleep Score And Insights Hydration Women'S Health Health Snapshot
Safety Tracking Features	<ul style="list-style-type: none"> Livetrack Incident Detection During Select Activities Incident Detection Alert On Phone For Wearables Assistance
Screen size	1.41" (35.9 mm) diagonal
Smart Features	<ul style="list-style-type: none"> Connect IQ™ (Downloadable Watch Faces, Data Fields, Widgets And Apps) On-Device Connect IQ™ Store Smart Notifications Text Response/Reject Phone Call With Text (Android™ Only) Calendar Weather Realtime Settings Sync With Garmin Connect™ Mobile Battery Saver - Customisable Low Power Watch Music Storage Virb® Camera Remote Pairs With Garmin Golf App

Strap Colour	Black
Touch screen	Yes
Watch Type	Fitness Smart Watch
Water Resistance	Yes - Water Rating 5 ATM
Weight	38.0g
Wi-Fi/Wireless Connectivity	Yes