

PRODUCT SPECIFICATIONS	
Alarm	Yes
Activity/Sports	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) Calories Burned Distance Travelled Intensity Minutes Trueup™ Move IQ™ Fitness Equipment/Gym Automatic Rep Counting Available Gym Activity Profiles
Battery Life	Smartwatch mode: Up to 5 days Watch mode: Up to 1 additional day
Compatibility with Smart Phone	iPhone®, Android™
Connectivity Type	Bluetooth® Smart and ANT+®
Dimensions	40 x 40 x 11.0 mm Fits wrists with a circumference of 125-190 mm
Display Detail	Display Size 0.34" X 0.73" (8.6 Mm X 18.5 Mm) Display Resolution 72 X 154 Pixels Display Type Oled
Location Services	GPS, Find my Phone, Find my Watch
Materials	LENS MATERIAL Chemically-strengthened glass CASE MATERIAL Fibre-reinforced polymer QUICK RELEASE BANDS Yes (20 mm, Industry standard) STRAP MATERIAL Silicone
Memory	10 timed activities; 14 days of activity tracking data
NFC Information	No
Safety Tracking Features	Livetrack Incident Detection During Select Activities Incident Detection Alert On Phone For Wearables Assistance
Sensors & Health monitoring	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
Screen size	0.34" x 0.73" (8.6 mm x 18.5 mm)
Smart Features	Smart Notifications Text Response/Reject Phone Call With Text (Android™ Only) Connected Gps Calendar Weather Controls Smartphone Music Compatible With Garmin Connect™ Mobile
Strap Colour	Black
Touch screen	Yes
Watch Type	Fitness Smart Watch
Water Resistance	Yes - Water Rating 5 ATM
Weight	Case only: 19.0 g With silicone strap: 33.8 g
Wi-Fi/Wireless Connectivity	No