

<b>PRODUCT SPECIFICATIONS</b>	
<b>Alarm</b>	Yes
<b>Activity/Sports</b>	Step Counter Calories Burned Floors Climbed Distance Travelled Intensity Minutes Garmin Connect™ Challenges App Automatic Rep Counting Available Gym Activity Profiles Strength, Hiit, Cardio And Elliptical Training, Stair Stepping, Floor Climbing, Indoor Climbing, Bouldering, Indoor Rowing, Pilates, Yoga On-Screen Workout Animations On-Screen Workout Muscle Maps
<b>Battery Life</b>	Smartwatch mode: Up to 15 days GPS-only mode without music: Up to 42 hours All-Systems GNSS mode plus Multi-Band with music: Up to 8.5 hours All Systems GNSS mode plus Multi-Band without music: Up to 20 hours Ultratrac mode: Up to 80 hours
<b>Compatibility with Smart Phone</b>	iPhone®, Android™
<b>Connectivity Type</b>	Bluetooth®, ANT+®, Wi-Fi®
<b>Dimensions</b>	46.5 x 46.5 x 14.4 (mm) Fits wrists with a circumference of 130-220 mm
<b>Display Detail</b>	Display Size 1.3" (33 Mm) Diameter Display Resolution 260 X 260 Pixels Display Type Sunlight-Visible, Transflective Memory-In-Pixel (Mip)
<b>Location Services</b>	GPS, Find my Phone, Find my Watch
<b>Materials</b>	LENS MATERIAL Corning® Gorilla® Glass DX BEZEL MATERIAL Fibre-reinforced polymer
<b>Memory</b>	32 GB
<b>NFC Information</b>	Garmin Pay™
<b>Safety Tracking Features</b>	Livetrack Spectator Messaging Yes (With Compatible Smartphone) Group Livetrack Live Event Sharing Android™ Only Incident Detection During Select Activities Incident Detection Alert On Phone For Wearables Assistance
<b>Sensors &amp; Health monitoring</b>	Wrist-Based Heart Rate Daily Resting Heart Rate Abnormal Heart Rate Alerts All-Day Stress Tracking Relaxation Reminders Relaxation Breathing Timer Sleep Score And Insights Hydration Yes (In Garmin Connect™ And Optional Connect IQ™ Widget) Women'S Health Yes (In Garmin Connect™ And Optional Connect IQ™ Widget) Thermometer
<b>Screen size</b>	1.3" (33 mm) diameter
<b>Smart Features</b>	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 Vib® Camera Remote Pairs With Garmin Golf App
<b>Touch Screen</b>	Yes
<b>Colour</b>	Black
<b>Watch Type</b>	Advanced multi-sports watch
<b>Water Resistance</b>	Yes - Water Rating 5 ATM
<b>Weight</b>	52g
<b>Wi-Fi/ Wireless Connectivity</b>	Yes