

PRODUCT SPECIFICATIONS	
Alarm	Yes
Activity/Sports	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	Smartwatch: Up to 21 days/51 days with solar* Battery Saver Watch Mode: Up to 50 days/Unlimited with solar* GPS: Up to 22 hours/28 hours with solar** Max Battery GPS Mode: Up to 54 hours/114 hours with solar** Expedition GPS Activity: Up to 25 days/105 with solar* *Solar charging, assuming all-day wear with 3 hours per day outside in 50,000 lux conditions **Solar charging, assuming use in 50,000 lux conditions
Compatibility with Smart Phone	iPhone®, Android™
Connectivity Type	Bluetooth®, ANT+®, Wi-Fi®
Dimensions	40 x 40 x 13.3 mm
Display Detail	Display Size Custom, Two-Window Design; 0.79" X 0.79" (20 X 20 Mm) Display Resolution 156 X 156 Pixels (Active Area) Display Type Monochrome, Sunlight-Visible, Transflective Memory-In-Pixel (MIP)
Location Services	GPS, Find my Phone, Find my Watch
Materials	LENS MATERIAL Power Glass™ BEZEL MATERIAL Fibre-reinforced polymer CASE MATERIAL Fibre-reinforced polymer QUICKFIT™ WATCH BAND COMPATIBLE Yes (20 mm) STRAP MATERIAL Silicone
Memory	32MB
NFC Information	Garmin Pay™
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
Safety Tracking Features	Livetrack Incident Detection During Select Activities Assistance
Screen size	Custom, two-window design; 0.79" x 0.79" (20 x 20 mm)
Smart Features	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 10 ATM
Weight	43g
Wi-Fi/Wireless Connectivity	Yes