

<b>PRODUCT SPECIFICATIONS</b>	
<b>Alarm</b>	Yes
<b>Activity/Sports</b>	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
<b>Battery Life</b>	Smartwatch mode: Up to 5 days Watch mode: Up to 1 additional day
<b>Compatibility with Smart Phone</b>	iPhone®, Android™
<b>Connectivity Type</b>	Bluetooth® Smart and ANT+®
<b>Dimensions</b>	40 x 40 x 11.0 mm Fits wrists with a circumference of 125-190 mm
<b>Display Detail</b>	Display Size 0.34" X 0.73" (8.6 Mm X 18.5 Mm) Display Resolution 72 X 154 Pixels Display Type Oled
<b>Location Services</b>	GPS, Find my Phone, Find my Watch
<b>Materials</b>	LENS MATERIAL Chemically-strengthened glass CASE MATERIAL Fibre-reinforced polymer QUICK RELEASE BANDS Yes (20 mm, Industry standard) STRAP MATERIAL Silicone
<b>Memory</b>	10 timed activities; 14 days of activity tracking data
<b>NFC Information</b>	No
<b>Safety Tracking Features</b>	Livetrack 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 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
<b>Screen size</b>	0.34" x 0.73" (8.6 mm x 18.5 mm)
<b>Smart Features</b>	SmartNotifications Text Response/Reject Phone Call With Text (Android™ Only) ConnectedGps Calendar Weather Controls Smartphone Music Compatible With Garmin Connect™ Mobile
<b>Strap Colour</b>	Cocoa
<b>Touch screen</b>	Yes
<b>Watch Type</b>	Fitness Smart Watch
<b>Water Resistance</b>	Yes - Water Rating 5 ATM
<b>Weight</b>	Caseonly:19.0g With silicone strap: 33.8 g
<b>Wi-Fi/Wireless Connectivity</b>	No

