

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™ Automatic Rep Counting Available Gym Activity Profiles: Strength, Hiit, Cardio And Elliptical Training, Stair Stepping, Indoor Rowing, Treadmill, Pilates And Yoga
Battery Life	Up to 7 days in smartwatch mode
Compatibility with Smart Phone	iPhone®, Android™
Connectivity Type	Bluetooth®, ANT+®
Dimensions	Small/medium: 19.5 x 10.7 x 217 mm Fits wrists with a circumference of 122-188 mm
Display Detail	Display Size 0.41" X 0.73" (10.5 Mm X 18.5 Mm) Display Resolution 88 X 154 Pixels Display Type Oled
Location Services	GPS, Find my Phone, Find my Watch
Materials	LENS MATERIAL Acrylic CASE MATERIAL Polycarbonate STRAP MATERIAL Silicone
Memory	7 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	0.41" x 0.73" (10.5 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
Touch screen	Yes
Colour	Black
Watch Type	Fitness Smart Watch
Water Resistance	Water Rating Swim
Weight	Small/medium: 24.5 g
Wi-Fi/Wireless Connectivity	No