

<b>PRODUCT SPECIFICATIONS</b>	
<b>Activity/Sports</b>	<p>Step Counter</p> <p>Move Bar (Displays On Device After A Period Of Inactivity; Walk For A Couple Of Minutes To Reset It)</p> <p>Auto Goal (Learns Your Activity Level And Assigns A Daily Step Goal)</p> <p>Calories Burned</p> <p>Distance Travelled</p> <p>Intensity Minutes</p> <p>Trueup™</p> <p>Move IQ™</p> <p>Automatic Rep Counting</p> <p>Available Gym Activity Profiles: Strength, Hiit, Cardio And Elliptical Training, Stair Stepping, Indoor Rowing, Treadmill, Pilates And Yoga</p>
<b>Battery Life</b>	Up to 7 days in smartwatch mode
<b>Compatibility with Smart Phone</b>	iPhone®, Android™
<b>Connectivity Type</b>	Bluetooth®, ANT+®
<b>Dimensions</b>	<p>Large: 19.5 x 10.7 x 25.5 mm</p> <p>Fits wrists with a circumference of 148-228 mm</p>
<b>Display Detail</b>	<p>Display Size 0.41" X 0.73" (10.5 Mm X 18.5 Mm)</p> <p>Display Resolution 88 X 154 Pixels</p> <p>Display Type Oled</p>
<b>Location Services</b>	GPS, Find my Phone, Find my Watch
<b>Materials</b>	<p>LENS MATERIAL Acrylic</p> <p>CASE MATERIAL Polycarbonate</p> <p>STRAP MATERIAL Silicone</p>
<b>Memory</b>	7 timed activities, 14 days of activity tracking data
<b>NFC Information</b>	No
<b>Safety Tracking Features</b>	<p>Livetrack</p> <p>Incident Detection During Select Activities</p> <p>Incident Detection Alert On Phone For Wearables Assistance</p>
<b>Sensors &amp; Health monitoring</b>	<p>Wrist-Based Heart Rate</p> <p>Daily Resting Heart Rate</p> <p>Abnormal Heart Rate Alerts</p> <p>Garmin Ecg App</p> <p>Body Battery™ Energy Monitor</p> <p>All-Day Stress Tracking</p> <p>Relaxation Reminders</p> <p>Relaxation Breathing Timer</p> <p>Sleep Score And Insights</p> <p>Hydration</p> <p>Women'S Health</p> <p>Health Snapshot</p>
<b>Screen size</b>	0.41" x 0.73" (10.5 mm x 18.5 mm)
<b>Smart Features</b>	<p>Smart Notifications</p> <p>Text Response/Reject Phone Call With Text (Android™ Only)</p> <p>Connected Gps</p> <p>Calendar</p> <p>Weather</p> <p>Controls Smartphone Music</p> <p>Compatible With Garmin Connect™ Mobile</p>
<b>Touch screen</b>	Yes
<b>Colour</b>	Black
<b>Watch Type</b>	Fitness Smart Watch
<b>Water Resistance</b>	Water Rating Swim
<b>Weight</b>	Large: 26.5 g
<b>Wi-Fi/Wireless Connectivity</b>	No
<b>Alarm</b>	Yes