

Specifications

General	
Lens material	Corning® Gorilla® Glass 3
Bezel material	Stainless steel
Quick Release Bands	yes (20 mm, Industry standard)
Strap material	Silicone
Physical size	42.5 x 42.5 x 13.5 mm
Weight	42.2 g
Water rating	5 ATM
Display type	Sunlight-visible, transflective memory-in-pixel (MIP)
Display size	1.2" (30.4 mm) diameter
Display resolution	240 x 240 pixels
Colour display	
Battery life	Smartwatch Mode: Up to 7 days GPS mode: Up to 14 hours
Memory/History	200 hours of activity data

Features:

Clock features

- Time/date
- GPS time sync
- Automatic daylight saving time
- Alarm clock
- Timer
- Stopwatch
- Sunrise/sunset times

Sensors

- GPS
- GLONASS

Garmin Elevate™ wrist heart rate monitor
Barometric altimeter
Compass
Gyroscope
Accelerometer
Thermometer

Daily smart features

Connectivity Bluetooth®, ANT+®, Wi-Fi®
Connect IQ™ (downloadable watch faces, data fields, widgets and apps)
Smart notifications
Text response/reject phone call with text (Android™ only)
Calendar
Weather
Controls smartphone music
Find my phone
Find my watch
VIRB® camera remote
Smartphone compatibility iPhone® and Android™
Compatible with Garmin Connect™ Mobile
Garmin Pay™

Activity tracking features

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)
Sleep monitoring (monitors total sleep and periods of movement or restful sleep)
Calories burned
Floors climbed
Distance travelled
Intensity minutes
TrueUp™
Move IQ™
Fitness age yes (in app)
All-day stress tracking

Fitness equipment/gym

Available gym activity profiles Strength Training, Cardio Training, Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing and Yoga
Cardio workouts
Strength workouts
Automatic rep counting

Training, planning and analysis features

GPS speed and distance
Customisable screen(s)
Customisable activity profiles
Auto Pause®
Interval training
Advanced workouts
Downloadable training plans
Auto Lap®
Manual lap
Configurable lap alerts
VO2 max
Training status (lets you see if you're training effectively by tracking your training history and fitness level trend)
Training load (your total training load for the last 7 days calculated from estimated EPOC)
Training effect (aerobic)
Training effect (anaerobic)
Customisable alerts
Audio prompts
Finish time
Virtual partner
Race an activity
Course guidance
Segments (Live, Garmin)
Strava features (Beacon, live segments)
LiveTrack
Touch and/or button lock
Auto scroll
Activity history on watch

Heart rate features

HR zones
HR alerts
HR calories
% HR max
% HRR
Recovery time
Auto max HR
HR broadcast (broadcasts HR data over ANT+™ to paired devices)

Running features

Available run profiles yes (Running, Treadmill Running, Indoor Track)
GPS-based distance, time and pace
Running dynamics
Cadence (provides real-time number of steps per minute)

Performance condition (after running 6–20 minutes, compares your real-time condition to your average fitness level)

Run workouts

Race predictor

Foot pod capable

Outdoor recreation features

Available outdoor recreation profiles Skiing, Snowboarding, XC Skiing, Stand up

Paddleboarding, Rowing

Point-to-point navigation

Bread crumb trail in real time

Back to start

TracBack®

UltraTrac mode

Elevation profile

Distance to destination

Vertical speed

Total ascent/descent

GPS coordinates

Cycling features

Available cycling profiles Biking, Indoor Biking

Courses

Race an activity

Time/distance alerts (triggers alarm when you reach goal)

Compatible with Varia Vision™ (head-mounted display)

Compatible with Varia™ radar (rear-facing radar)

Compatible with Varia™ lights

Speed and cadence sensor support (with sensor) yes (ANT+® and Bluetooth® Smart)

Swimming features

Available swim profiles Pool Swimming

Pool swim metrics (lengths, distance, pace, stroke count/rate, calories)

Stroke type detection (freestyle, backstroke, breaststroke, butterfly)

Swim efficiency (SWOLF)

Drill logging

Pool swim workouts