

PRODUCT SPECIFICATIONS	
<b>Alarm</b>	Yes
<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>Floors Climbed</p> <p>Distance Travelled</p> <p>Intensity Minutes</p> <p>Trueup™</p> <p>Move IQ™</p> <p>Garmin Connect™ Challenges App</p> <p>Fitness Equipment/Gym</p> <p>Automatic Rep Counting</p> <p>Cardio Workouts</p> <p>Available Gym Activity Profiles Strength, Cardio, Hiit And Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Yoga, Pilates And Breathwork</p> <p>Strength Workouts</p> <p>Hiit Workouts</p> <p>Yoga Workouts</p> <p>Pilates Workouts</p> <p>On-Screen Workout Animations</p> <p>On-Screen Workout Muscle Maps</p>
<b>Battery Life</b>	<p>Smartwatch mode: Up to 10 days</p> <p>GPS mode with music: Up to 7 hours</p> <p>GPS mode without music: Up to 19 hours</p> <p>Battery Saver Smartwatch Mode: Up to 11 days</p>
<b>Compatibility with Smart Phone</b>	iPhone®, Android™
<b>Connectivity Type</b>	Bluetooth®, ANT+®, Wi-Fi®
<b>Dimensions</b>	40.40 x 40.40 x 12.10 mm
<b>Display Detail</b>	<p>Display Size 1.10" (27.90 Mm) Diameter</p> <p>Display Resolution 360 X 360 Pixels</p> <p>Display Type Amoled; Optional Always-On Mode</p>
<b>Location Services</b>	GPS, Find my Phone, Find my Watch
<b>Materials</b>	<p>LENS MATERIAL Corning® Gorilla® Glass 3</p> <p>BEZEL MATERIAL Stainless steel</p> <p>CASE MATERIAL Fibre-reinforced polymer</p> <p>QUICK RELEASE BANDS Yes (18 mm, Industry standard)</p> <p>STRAP MATERIAL Silicone and/or leather</p> <p>See in the box</p>
<b>Memory</b>	200 hours of activity data
<b>NFC Information</b>	Garmin Pay™
<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>Safety Tracking Features</b>	<p>Livetrack</p> <p>Incident Detection During Select Activities</p>

	Incident Detection Alert On Phone For Wearables Assistance
<b>Screen size</b>	1.10" (27.90 mm) diameter
<b>Smart Features</b>	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
<b>Strap Colour</b>	Black
<b>Touch screen</b>	Yes
<b>Watch Type</b>	Fitness Smart Watch
<b>Water Resistance</b>	Yes - Water Rating 5 ATM
<b>Weight</b>	38.20 g
<b>Wi-Fi/Wireless Connectivity</b>	Yes