

PRODUCT SPECIFICATIONS	
<b>Alarm</b>	Yes
<b>Activity/Sports</b>	Step Counter Calories Burned Floors Climbed Distance Travelled Intensity Minutes Trueup™ Move IQ™ Garmin Connect™ Challenges App Automatic Rep Counting Available Gym Activity Profiles Strength, Cardio, HIIT And Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Yoga, Pilates And Breathwork On-Screen Workout Animations On-Screen Workout Muscle Maps
<b>Battery Life</b>	Smartwatch mode: Up to 9 days Battery saver smartwatch mode: Up to 10 days GPS mode with music: Up to 8 hours GPS mode without music: Up to 24 hours
<b>Compatibility with Smart Phone</b>	iPhone®, Android™
<b>Connectivity Type</b>	Bluetooth®, ANT+®, Wi-Fi®
<b>Dimensions</b>	43.60 x 43.60 x 12.60 mm
<b>Display Detail</b>	1.30" (33 Mm) Diameter Display Resolution 416 X 416 Pixels Display Type AMOLED; Optional Always-On Mode
<b>Location Services</b>	GPS, Find my Phone, Find my Watch
<b>Materials</b>	LENS MATERIAL Corning® Gorilla® Glass 3 BEZEL MATERIAL Stainless steel CASE MATERIAL Fibre-reinforced polymer with stainless-steel rear cover QUICK RELEASE BANDS Yes (20 mm, Industry standard) STRAP MATERIAL Silicone
<b>Memory</b>	200 hours of activity data
<b>NFC Information</b>	Garmin Pay™
<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>	1.30" (33 mm) diameter
<b>Smart Features</b>	Connect IQ™ (Downloadable Watch Faces, Data Fields, Widgets And Apps) Smart Notifications Text Response/Reject Phone Call With Text (Android™ Only) Calendar Weather Battery Saver - Customisable Low Power Watch Music Storage Pairs With Garmin Golf App Bluetooth Phone Calling And Voice Assistant Support
<b>Touch Screen</b>	Yes
<b>Colour</b>	Powder Grey
<b>Watch Type</b>	Fitness Smart Watch
<b>Water Resistance</b>	Yes - Water Rating 5 ATM
<b>Weight</b>	51g
<b>Wi-Fi/ Wireless Connectivity</b>	Yes