

PRODUCT SPECIFICATIONS	
Alarm	Yes
Activity/Sports	<ul style="list-style-type: none"> Step Counter Calories Burned Distance Travelled Intensity Minutes Trueup™ Move Iq™ Available Gym Activity Profiles Cardio And Elliptical Training, Stair Stepping, Hiit, Pilates, Yoga Training, Planning And Analysis Features Gps Speed And Distance Customisable Screen(S) Downloadable Training Plans Audio Prompts Activity History On Watch
Battery Life	<ul style="list-style-type: none"> Smartwatch mode: Up to 2 weeks GPS mode: Up to 20 hours
Compatibility with Smart Phone	iPhone®, Android™
Connectivity Type	Bluetooth® Smart and ANT+®
Dimensions	<ul style="list-style-type: none"> 42 x 42 x 11.6 mm Fits wrists with a circumference of 126-203 mm
Display Detail	<ul style="list-style-type: none"> Display Size 1.04" (26.3 Mm) Diameter Display Resolution 208 X 208 Pixels Display Type Sunlight-Visible, Transflective Memory-In-Pixel (Mip)
Location Services	GPS, Find my Phone, Find my Watch
Materials	<ul style="list-style-type: none"> LENS MATERIAL Chemically strengthened glass QUICK RELEASE BANDS Yes (20 mm, Industry standard) STRAP MATERIAL Silicone
Memory	200 hours of activity data
NFC Information	No
Safety Tracking Features	<ul style="list-style-type: none"> Livetrack Live Event Sharing Android™ Only Incident Detection During Select Activities Incident Detection Alert On Phone For Wearables Assistance
Sensors & Health monitoring	<ul style="list-style-type: none"> 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	1.04" (26.3 mm) diameter
Smart Features	<ul style="list-style-type: none"> Connectivity Bluetooth®, Ant+® Connect Iq™ (Downloadable Watch Faces, Data Fields, Widgets And Apps) Smart Notifications Calendar Weather Controls Smartphone Music Find My Phone Find My Watch Smartphone Compatibility Iphone®, Android™ Compatible With Garmin Connect™ Mobile
Strap Colour	Black
Touch screen	Yes

Watch Type	Fitness Smart Watch
Water Resistance	Yes - Water Rating 5 ATM
Weight	37g
Wi-Fi/Wireless Connectivity	No