

PRODUCT SPECIFICATIONS	
Alarm	Yes
Activity	Gym Wellness Indoor running Outdoor running Cycling Swimming
Battery Life	Smartwatch mode: Up to 2 weeks GPS mode: Up to 20 hours
Compatibility with Garmin Devices	Yes
Compatibility with Smart Phone	iPhone®, Android™
Connectivity Type	Bluetooth®, ANT+®
Dimensions	13.7 x 6.8 x 6.7cm
Display Details	1.04" (26.3 mm)
Materials	Silicone
Memory	32MB
Model	Forerunner® 55 Monterra Grey
Safety Tracking Features	Incident detection during select activities Incident detection alert on phone for wearables Assistance Livetrack Live event sharing Android™ only
Screen Size	1.04" (26.3 mm)
Sensors & Health Monitoring	GPS GLONASS GALLIEO Garmin Elevate™ Wrist heart rate monitor Accelerometer Wrist-based heart rate Daily resting heart rate Abnormal heart rate alerts Respiration rate Fitness age Body Battery™ energy monitor All-day stress Relaxation reminders Relaxation breathing timer Sleep Hydration Womens health
Smart Features	Controls smartphone music Find my phone Find my watch Compatible with Garmin Connect™ mobile
Strap Colour	Monterra Grey
Touch Screen	Yes
Water Resistance	5 ATM
Weight	37 g
Wireless Connectivity	Yes