

Physical & Performance

Physical dimensions	1.9" x 1.9" x 0.6" (47.0 x 47.0 x 15.5 mm)
Display size, WxH	1.2" (30.5 mm) diameter
Display resolution, WxH	240 x 240 pixels; sunlight-visible, always-on, low power, colorful display
Color display	Yes
Negative mode display	Yes
Weight	With silicone band: 3.0 oz (85.0 g); Sapphire version: 3.1 oz (87.0 g)
Battery	Rechargeable lithium-ion
Battery life	Up to 14 days in smartwatch mode (depending on settings); up to 21 hours in GPS mode; and up to 44 hours (WHR on) in UltraTrac battery saver mode
Water rating	10 ATM
GPS-enabled	Yes
GLONASS	Yes
High-sensitivity receiver	Yes
Barometric altimeter	Yes
Electronic compass	Yes
Smart notifications (displays email, text and other alerts when paired with your compatible phone)	Yes
Vibration alert	Yes
Music control	Yes
Find my phone	Yes
VIRB® control	Yes
Watch functions	Time of day (12/24h), calendar (day/date), daily alarm, stop watch, timer, sunrise/sunset alerts
Maps & Memory	Yes
Built-in memory	64 MB; available 37 MB
Custom POIs (ability to add additional points of interest)	Yes
Waypoints/favorites/locations	1,000
Routes	30
Track log	200 hours
Running Features	

Virtual Pacer™ (compares current pace to target)	Yes
V02 max estimate	Yes
Recovery advisor	Yes
Race predictor	Yes
Running dynamics	Yes
Accelerometer (calculates distance for indoor workouts, without need for a foot pod)	Yes
Personal records	Yes
Cycling Features	
Compatible with Vector™	Yes
Multiple bike profiles	Yes
Bike speed/cadence sensor	Yes
Performance Features	
Heart rate monitor	(wrist-based)
Virtual Partner® (train against a digital person)	Yes
Virtual Racer™/Race an Activity (compete against other activities)	Yes
Courses	Yes
Auto Pause® (pauses and resumes timer based on speed)	Yes
Auto Lap® (automatically starts a new lap)	Yes
Auto Scroll (cycles through data pages during workout)	Yes
Multi-sport (changes sport mode with a press of a button and/or with activity still in progress)	Yes
Auto multisport (switch sport modes with 1 button press)	Yes
Advanced workouts (create custom workouts)	Yes
Pace alert (triggers alarm if you vary from preset pace)	Yes
Time/distance alert (triggers alarm when you reach goal)	Yes
Interval training (set up exercise and rest intervals)	Yes
Heart rate-based calorie computation	Yes
Calculates calories burned	Yes

Training Effect (measures impact of an activity on your aerobic fitness)	Yes
Customizable screen(s)	Yes
Power meter compatible (displays power data from compatible 3rd party ANT+™-enabled power meters)	Yes
Swimming Features	
Pool swim metrics (lengths, distance, pace, stroke count/rate, calories)	Yes
Stroke type identification (e.g. freestyle)	Yes
Open water swim metrics (distance, pace, stroke count/rate, calories)	Yes
Swim workouts	Yes
Golfing Features	
Measures shot distance (calculates exact yardage for shots from anywhere on course)	Yes
Yardage to F/M/B (distance to front, middle and back of green)	Yes
Yardage to layups/doglegs	Yes
Digital scorecard	Yes
Outdoor Features	
Hunt/fish calendar	Yes
Sun and moon information	Yes
Area calculation	Yes
Activity Tracking Features	
Step counter	Yes
Auto goal (learns your activity level and assigns a daily step goal)	Yes
Move bar (displays on device after a period of inactivity; walk for a couple of minutes to reset it)	Yes
Sleep monitoring (monitors total sleep and periods of movement or restful sleep)	Yes

Garmin Connect™	
Garmin Connect™ compatible (online community where you analyze, categorize and share data)	Yes
Automatic sync (automatically transfers data to Garmin Connect)	Yes
Additional	
Additional	Connect IQ™ app support: Yes (watch faces, data fields, widgets and apps)
	EXO™ antenna (GPS/GLONASS): Yes
	ANT+®: Yes (all versions)
	Bluetooth®: Low Energy (all versions)
	Training Effect (measures impact of an activity on your aerobic & anaerobic fitness): Yes
	Training Load: Yes
	Training Status: Yes
	Lactate Threshold: Yes
	Weather Alerts: Yes
	UltraTrac: Yes
	tempe™ sensor support: Yes
	TracBack: Yes
	Ski features: Yes
	Physiological measurements: Yes
SUP/Rowing: Yes	
Foot pod: yes (optional)	