

Tune in to your body and mind.

FPO



HEALTH SNAPSHOT™

Log a 2-minute session to record key stats, including heart rate¹, heart rate variability, Pulse Ox², respiration and stress. Then generate a report with those stats via the Garmin Connect app on your compatible smartphone to share.



BODY BATTERY™ ENERGY MONITORING

See your body's energy levels throughout the day so you can find the best times for activity and rest.



PULSE OX SENSOR

Use the Pulse Ox sensor² to spot check your blood oxygen saturation at any point during the day, or for part of the night as you sleep, to show how well your body is absorbing oxygen.



STRESS TRACKING

Find out if you're having a calm, balanced or stressful day. Relax reminders will even prompt you to do a short breathing activity when the watch detects that you're feeling stressed.



WOMEN'S HEALTH TRACKING

Use the Garmin Connect app to track your menstrual cycle or pregnancy. Log symptoms, get exercise and nutrition education and more. Even see and log details on your wrist with the Women's Health Tracking app.



HYDRATION TRACKING

Log your daily fluid intake as a reminder to stay hydrated. You can even have an auto goal for hydration that adjusts based on how much you sweat during activities.



RESPIRATION TRACKING

See how you're breathing throughout the day, during sleep and during breathwork and yoga activities.



SLEEP SCORE AND ADVANCED SLEEP MONITORING

Get a score for your sleep's quality and insights on how you can do better. Even keep track of the different sleep stages as well as heart rate, stress, Pulse Ox² and respiration.



WRIST-BASED HEART RATE

The watch constantly samples your heart rate¹ and will alert you if it stays too high or too low while you're at rest. It also helps gauge how hard you work during activities – even while swimming.



MINDFUL BREATHING

When you want to relax or focus, you can start a breathwork activity, and this watch will track your stress and respiration to help you get a better understanding of how you're breathing.



FITNESS AGE

This feature uses chronological age, your weekly vigorous activity, resting heart rate and BMI or body fat percentage to estimate if your body is younger or older than you are. And you can get tips to lower your fitness age.

Move your body.



ANIMATED, ON-SCREEN WORKOUTS

Easy-to-follow, on-screen interval, strength, yoga, Pilates and high-intensity interval training (HIIT) workouts come preloaded on the watch, and you can download more from the Garmin Connect app.



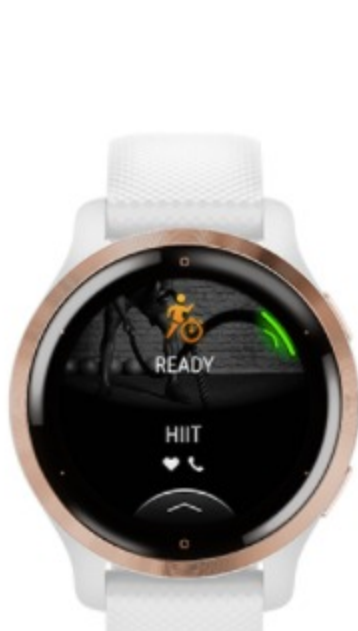
BUILT-IN SPORTS APPS

Track all the ways you move with more than 25 preloaded GPS and indoor sports apps – including walking, running, cycling, pool swimming, golf and more.



ADVANCED STRENGTH TRAINING

This detailed activity profile puts scaling and strength PRs right at your wrist plus graphics that show what muscle groups you worked.



HIIT WORKOUTS

Use this new activity profile with different timers to track your HIIT workouts, including AMRAP, EMOM, Tabata and custom. Set the number of rounds, work/rest intervals and more.



CREATE WORKOUTS

Choose from more than 1,400 exercises to build your own workouts in the Garmin Connect app on your compatible smartphone. Then download them to the watch.



GARMIN COACH

Get a personal running coach on your wrist, for free, to help you train for your next 5K, 10K or half-marathon.



INTENSITY MINUTES

We've updated our intensity minutes feature to give you a better idea of when during the day you earned them and during what activity. You can even view them as a data field during timed activities.

We're making it easy to stay connected.



SMART NOTIFICATIONS

Receive emails, texts and alerts right on your watch when paired with your compatible smartphone. You can even respond to texts if you have an Android[®] phone.



MUSIC

Download songs plus playlists from your Spotify[®], Deezer or Amazon Music accounts (subscription may be required). Use wireless headphones (sold separately) for phone-free listening.



SAFETY AND TRACKING FEATURES

When your watch and phone are paired, your live location can be sent to your contacts manually or – during select outdoor activities – automatically with built-in incident detection³.



CONNECT IQ STORE

Download custom watch faces, add data fields, and get apps and widgets from the Connect IQ Store.



SYNC WITH GARMIN CONNECT

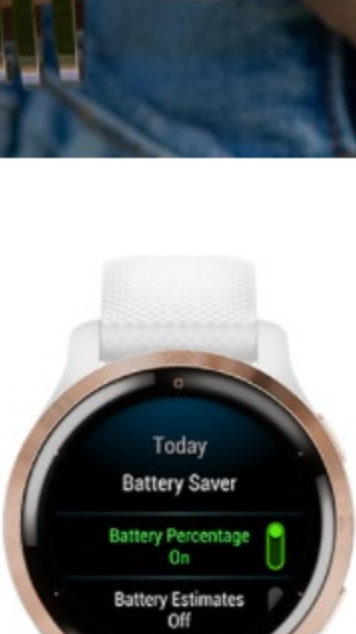
See your health and fitness information all in one place. The Garmin Connect app is a thriving online community where people on the go can connect, compete and share.

Wear it all day and anywhere.



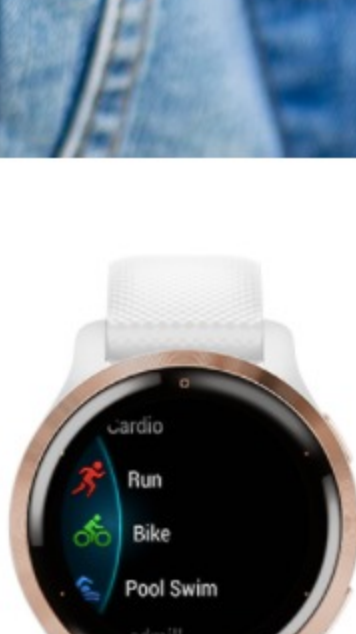
BATTERY LIFE WITH RAPID RECHARGING

Get an uninterrupted picture of your health with up to 10 days in smartwatch mode, up to 19 hours in GPS mode and up to 7 hours in GPS mode with music. 10 minutes of charging adds up to 1 day of smartwatch mode battery life or 1 hour of GPS with music battery life.



BATTERY SAVER MODE

Get even more juice from your smartwatch by adjusting the settings that impact battery life the most.



WATER RATING

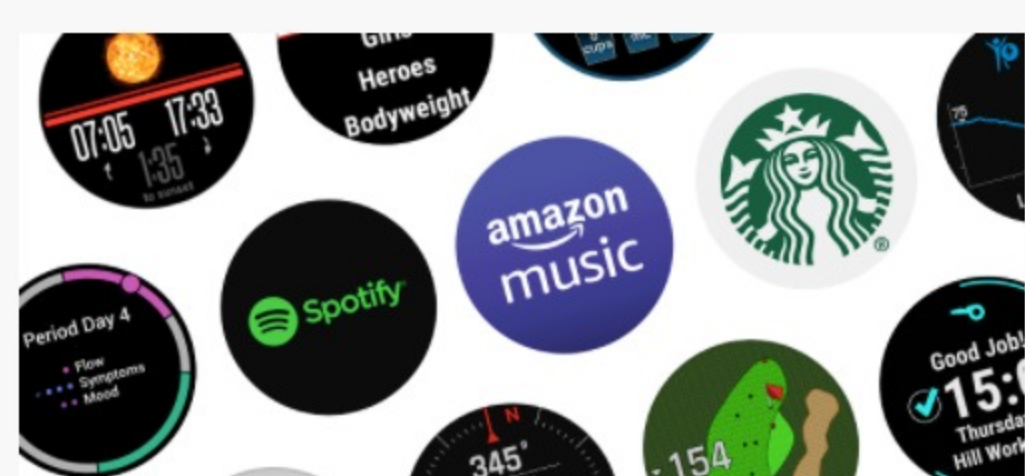
This watch is water-rated to 5 ATM, making it perfect for a swim, shower or spa day.

Switch up your style with a variety of accessory bands



See your stats, and track your goals in the Garmin Connect app

[LEARN MORE](#)



Customize your Garmin device using the Connect IQ Store

[LEARN MORE](#)

¹ Activity tracking accuracy. ² This is not a medical device and is not intended for use in the diagnosis or monitoring of any medical condition; see garmin.com/my/ataccuracy. Pulse Ox not available in all countries. ³ When paired with a compatible smartphone. For safety and tracking features requirements and limitations, see garmin.com/my/safety.

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