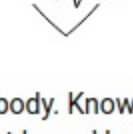


FENIX 7 SERIES



GET BETTER AT WHATEVER. SEVEN DAYS A WEEK.

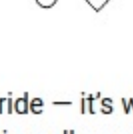
Combining the best features of our fitness and outdoor watches, the rugged fenix 7 multisport GPS watch blends cutting-edge design and performance with 7-day-a-week wearability.



It's your body. Know it better with wrist-based heart rate¹ and Pulse Ox².



Stretch battery life to the limit. Go up to 18 days between charges in smartwatch mode.



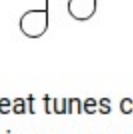
Run and ride – it's what you do. Tracking all your stats – it's what we do.



The world is yours to explore. Navigation sensors help you find your way back.



No matter where you go, text messages and alerts³ will always be able to find you.



Keep great tunes coming with music on your wrist – and no phone to weigh you down.



PERFORMANCE BY DESIGN

Updated, ultratough design features a large 1.3" display and 47 mm fiber-reinforced polymer case. The watch is tested to U.S. military standards for thermal, shock and water resistance.

TOUCHSCREEN AND BUTTONS

Traditional button controls that work in any environment are matched with a responsive new touchscreen interface for quick access to selections and functions.

BATTERY LIFE

Internal, rechargeable lithium battery provides up to 18 days of battery life in smartwatch mode, 57 hours in GPS mode and up to 57 days in battery saver mode.



BUILT-IN SPORTS APPS

Use preloaded activity profiles for trail running, swimming, running, biking, hiking, rowing, skiing, golfing, surfing, indoor climbing and more.



BACKCOUNTRY SKI

Stay informed when you're in the snow. This preloaded profile helps distinguish between skiing and climbing. It shows metrics specific to either ascent or descent.



XC SKI DYNAMICS

When paired with the HRM-Pro² chest strap (sold separately), the ski power metric helps measure the actual exercise load of your cross-country workouts.



SURF-READY FEATURES

Get ready to catch some waves. This Fenix watch works with the Surfline Sessions⁴ feature, which creates a video of every wave you ride in front of a Surfline⁵ camera⁶. So you can watch them later and see how you did with your Surfline Sessions subscription.



MTB DYNAMICS

Track the details of every ride with mountain biking metrics plus specialized Gr¹ and Flow² measurements that rate trail difficulty and how smoothly you descend, giving you a score to beat next time.



HIIT WORKOUTS

This activity profile tracks your high-intensity interval training workouts, including AMRAP, EMOM, Tabata and custom. Set the number of rounds, work/rest intervals and more.



DAILY WORKOUT SUGGESTIONS

For training guidance that takes you and your fitness level into account, get daily run and ride recommendations based on your current training load and training status.



VISUAL RACE PREDICTOR

Based on your running history and overall fitness level, this feature provides an estimate of what your pace could be for the distance you want to run. Trend data shows how your training is having an impact over time.



PACEPROTM TECHNOLOGY

A first-of-its-kind PacePro feature helps keep you on pace with grade-adjusted guidance as you run a course.



CLIMBPRO FEATURE

Use the ClimbPro ascent planner on downloaded courses to see real-time information on your current and upcoming climbs, including gradient, distance and elevation gain – as well as descents and flats.



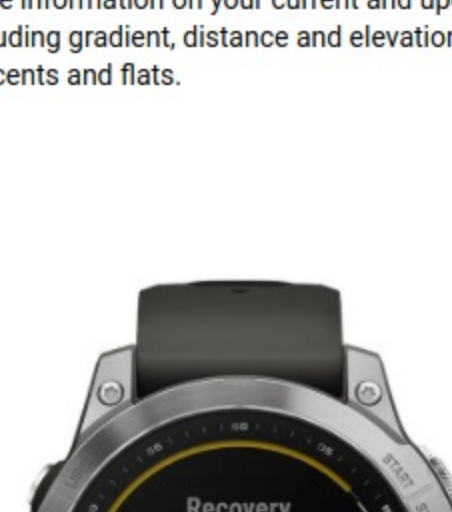
PERFORMANCE METRICS

View advanced training metrics that include running dynamics, heat- and altitude-adjusted VO2 max, trail running adjustment, recovery advisor and more.



REAL-TIME STAMINA

Use this real-time stamina data to track and manage your exertion – and help avoid overexerting at the start of your run or bike.



RECOVERY TIME ADVISOR

After each workout, recovery time lets you know when you'll be ready for another hard workout. It even accounts for training intensity and factors such as stress, daily activity and sleep.



MULTI-GNSS SUPPORT

Access multiple global navigation satellite systems (GPS, GLONASS and Galileo) to track in more challenging environments than GPS alone.



ABC SENSORS

Navigate your next trail with ABC sensors, including an altimeter for elevation data, barometer to monitor weather and 3-axis electronic compass.



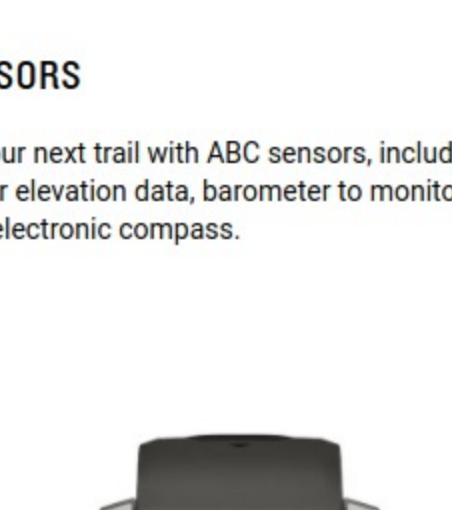
GOLF COURSE MAPS

Access full-color CourseView maps for more than 42,000 golf courses around the world, and get button targeting and the PlayLike Distance feature.



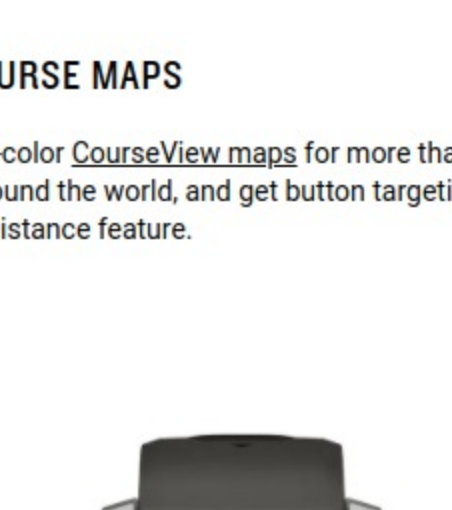
SKIVIEWTM MAPS

Take on the slopes with preloaded SkiView maps, and view run names and difficulty ratings for more than 2,000 ski resorts worldwide.



MULTICONTINENT TOPO MAPS

Download TopoActive maps from around the world to keep your explorations on track. Use built-in Wi-Fi⁷ connectivity to easily load and update maps and software without using a computer.



UP AHEAD

Get at-a-glance awareness for selected POI checkpoints ahead. View performance metrics, split times and distance/elevation – plus a summary of key trail points coming up.



POWER MANAGER

View how various settings and sensors impact your watch's battery life, so you can make battery-extending changes on the fly.



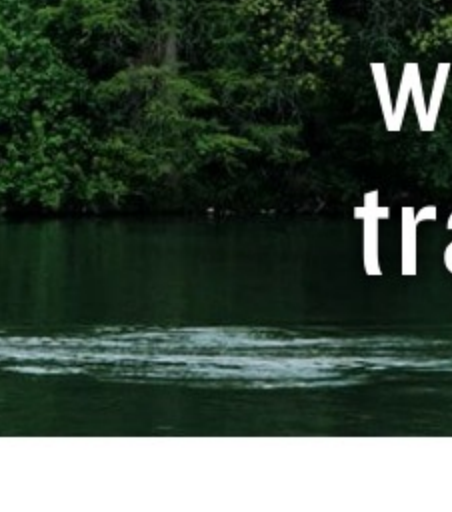
WRIST-BASED HEART RATE

Optical heart rate technology gauges activity intensity as well as heart rate variability to calculate your stress level. It also tracks underwater without a heart rate strap.



PULSE OX SENSOR

For altitude acclimation or sleep monitoring, a Pulse Ox sensor² uses light beams at your wrist to gauge how well your body is absorbing oxygen.



SLEEP SCORE AND ADVANCED SLEEP MONITORING

Get a full breakdown of your light, deep and REM sleep stages. View all on a dedicated widget that includes your sleep score and insights.



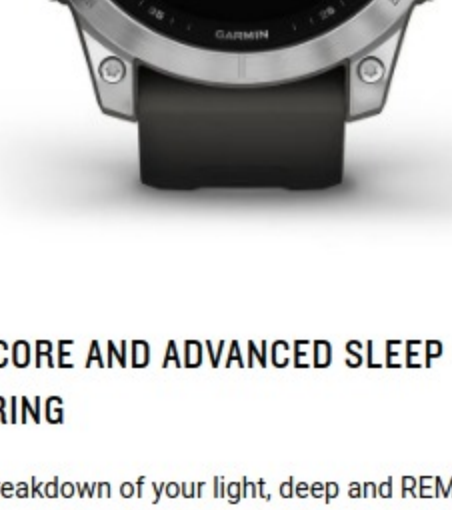
BODY BATTERYTM ENERGY MONITORING

Optimize your body's energy reserves, using heart rate variability, stress, sleep and other data to gauge when you're ready to be active or when you may need to rest.



RESPIRATION TRACKING

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



HEALTH SNAPSHOTTM FEATURE

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 to share via the Garmin Connect⁸ app on your compatible smartphone.



HYDRATION TRACKING

Log daily fluid intake as a reminder to stay hydrated. When auto goal is enabled, you'll even see estimated sweat loss after an activity, and your goal will adjust accordingly.