



DESIGNED FOR YOUR LIFESTYLE

The stunning 1.3" always-on AMOLED display brings your watch to life, even under bright sunlight.

TOUCHSCREEN AND BUTTONS

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

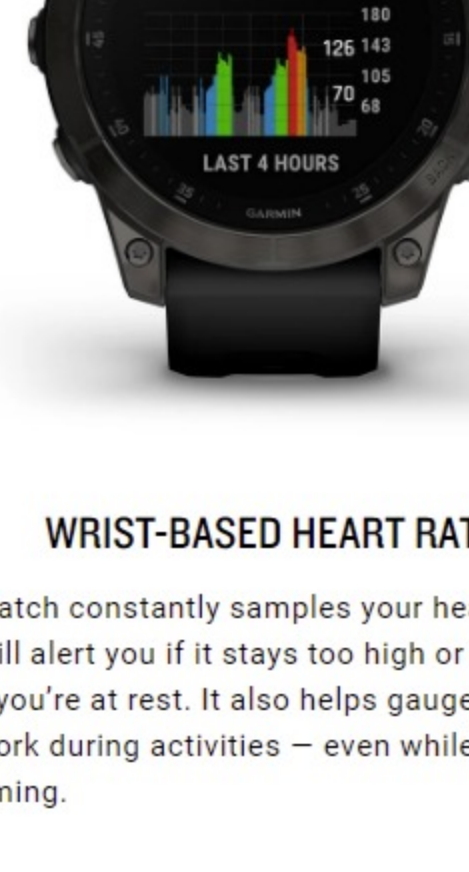
PREMIUM MATERIALS

Fit the watch's look to your lifestyle with options for a sapphire display, titanium bezel or stainless steel bezel.



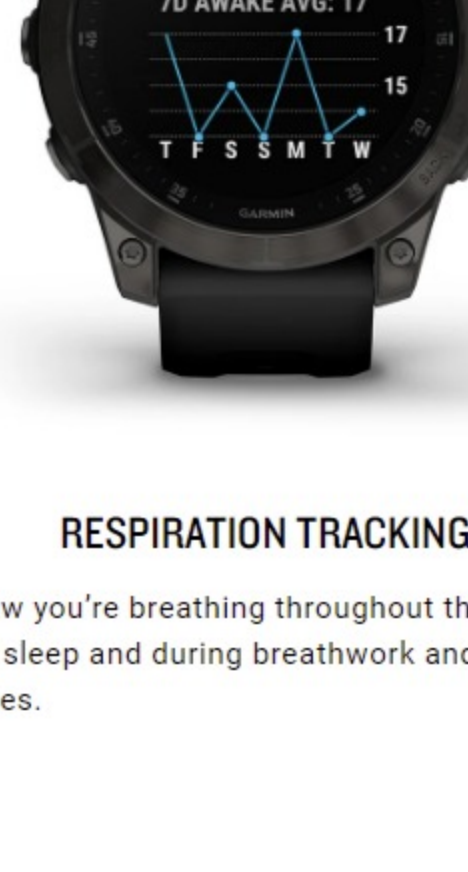
PULSE OX

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



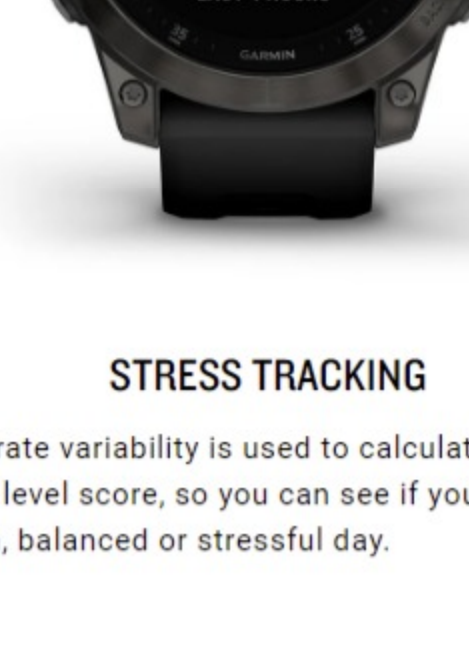
WRIST-BASED HEART RATE

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.



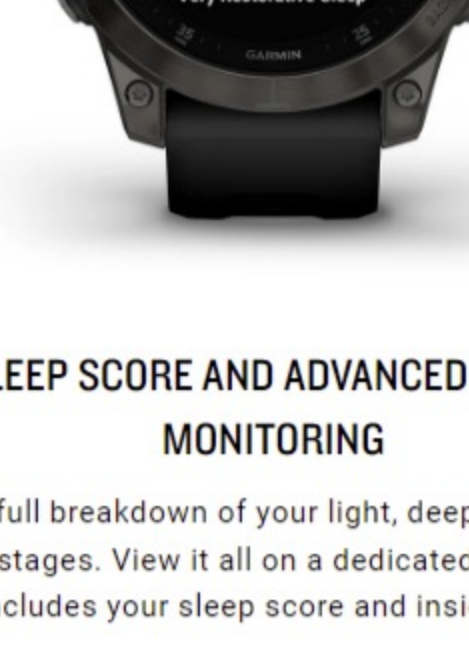
RESPIRATION TRACKING

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



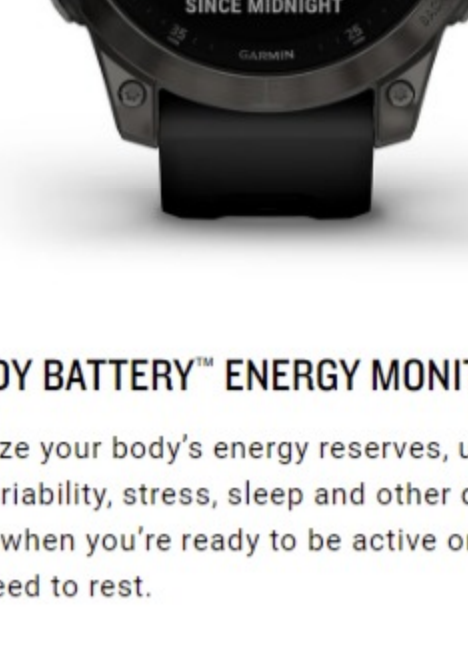
STRESS TRACKING

Heart rate variability is used to calculate your stress level score, so you can see if you're having a calm, balanced or stressful day.



SLEEP SCORE AND ADVANCED SLEEP MONITORING

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



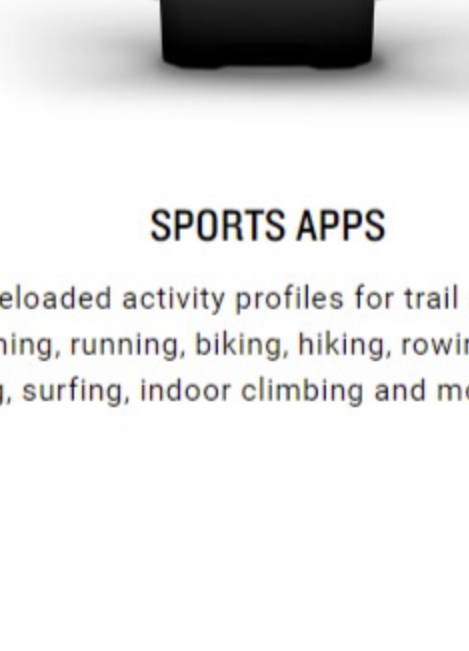
BODY BATTERY™ ENERGY MONITORING

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.



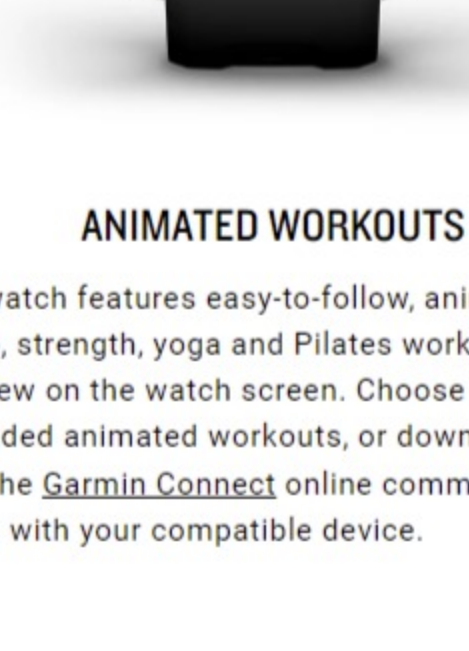
HYDRATION TRACKING

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.



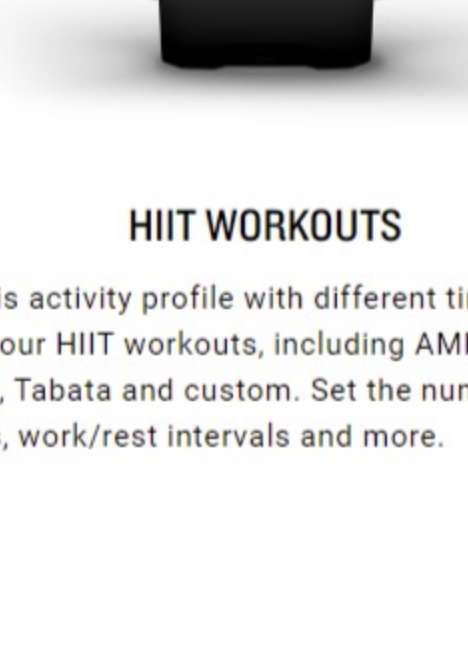
SPORTS APPS

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



ANIMATED WORKOUTS

This watch features easy-to-follow, animated cardio, strength, yoga and Pilates workouts you can view on the watch screen. Choose from preloaded animated workouts, or download more from the [Garmin Connect](#) online community when paired with your compatible device.



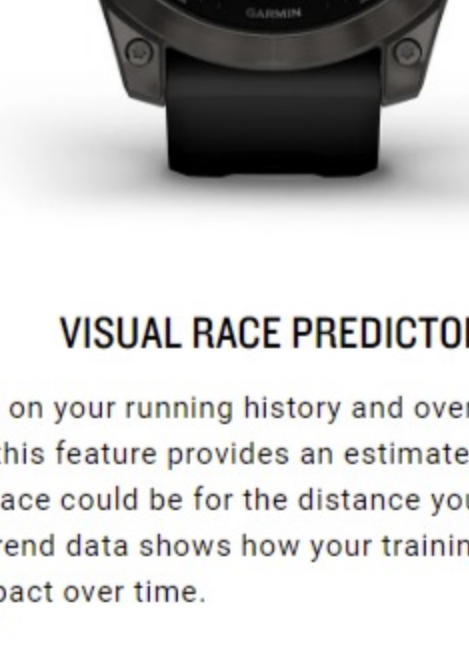
HIIT WORKOUTS

Use this 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.



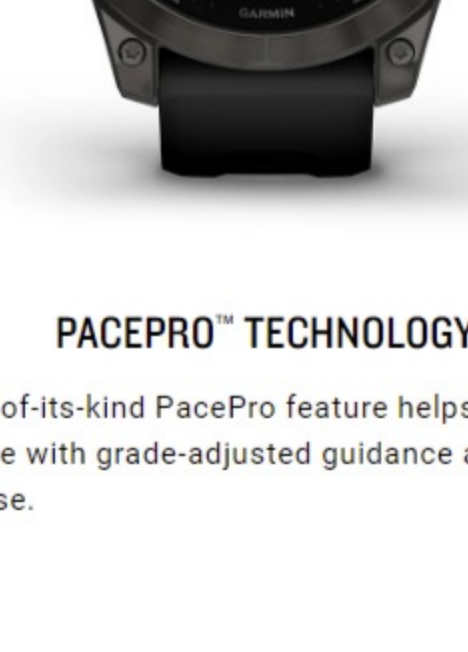
GARMIN COACH

These free adaptive training plans feature guidance from expert coaches and adapt to you and your goals. Workouts sync right to your watch from [Garmin Connect](#).



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.



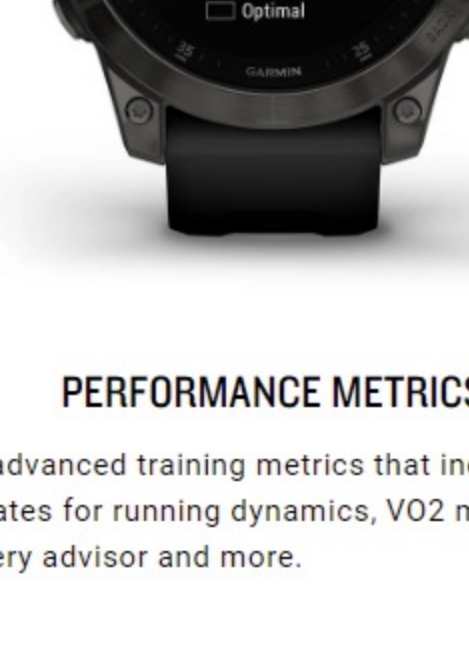
PACEPRO™ TECHNOLOGY

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



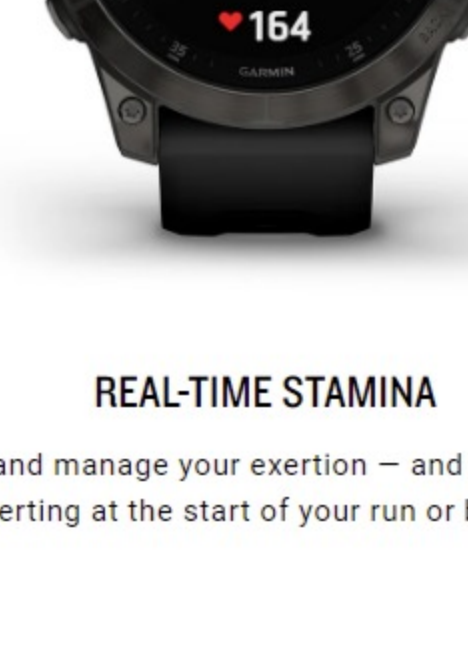
VO2 MAX

Train smarter with VO2 max, an indicator of how you can expect to perform. It adjusts for trail running and accounts for changes in performance that could be caused by heat or altitude.



PERFORMANCE METRICS

View advanced training metrics that include estimates for running dynamics, VO2 max, recovery advisor and more.



REAL-TIME STAMINA

Track and manage your exertion – and help avoid overexerting at the start of your run or bike.



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.



RECOVERY TIME

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.



MTB DYNAMICS

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



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-Pro chest strap (sold separately), the ski power metric helps measure the actual exercise load of your cross-country workouts.



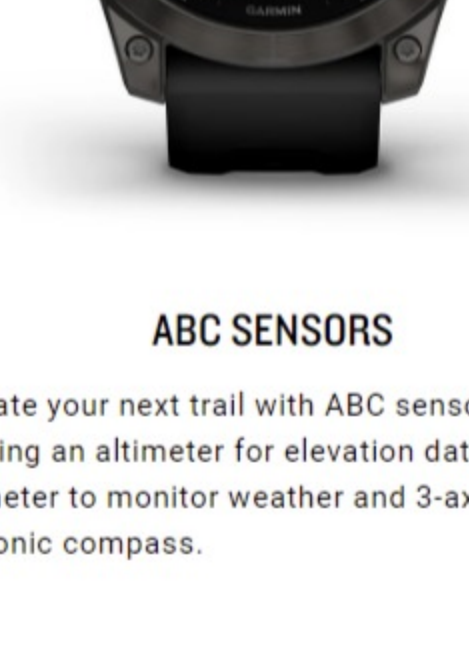
SURF-READY FEATURES

This watch works with the Surfline widget to give you tides, wave height, wind and surf rating for the five nearest locations and also works with the Surfline Sessions app to create videos of every wave you ride in front of a Surfline camera.



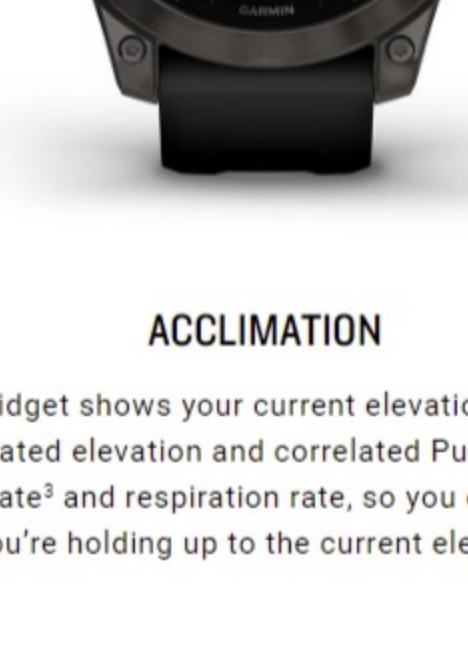
MULTI-BAND GNSS SUPPORT

Access multiple global navigation satellite systems (GPS, GLONASS, GALILEO). With the Sapphire Solar editions, get superior accuracy using technology previously only available to the military. Access multiple frequencies sent by navigation satellites for improved position accuracy in areas where GNSS signals are reflected, weak or typically don't penetrate.



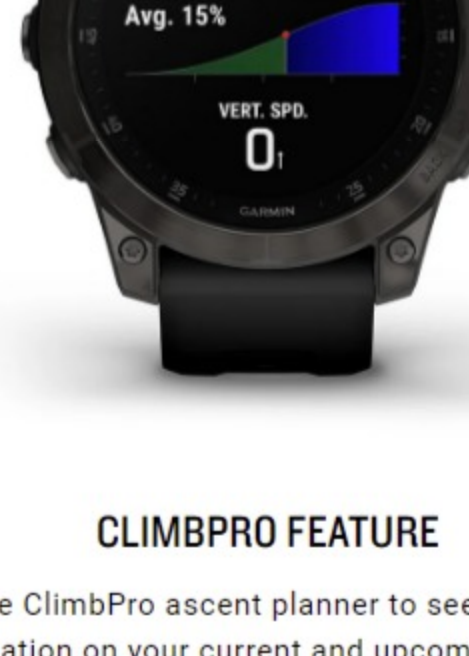
ABC SENSORS

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



ACCLIMATION

This widget shows your current elevation, acclimated elevation and correlated Pulse Ox², heart rate¹ and respiration rate, so you can see how you're holding up to the current elevation.



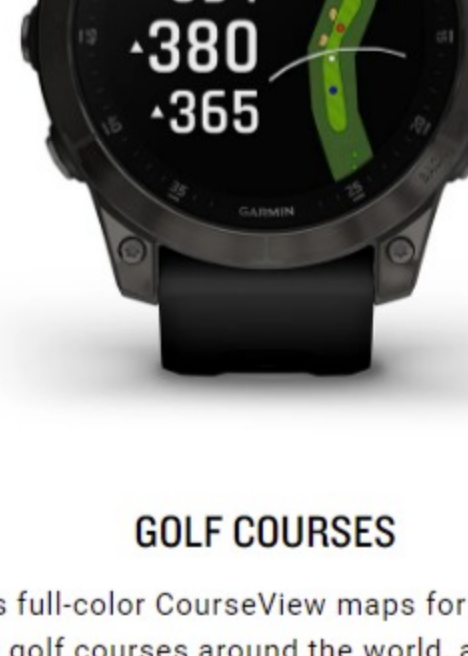
CLIMBPRO FEATURE

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



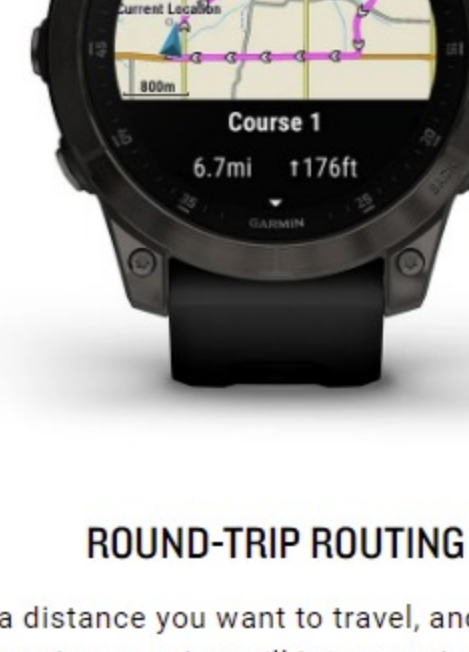
SKI MAPS

Hit the slopes with preloaded topographical maps and use SkiView maps to view run names and difficulty ratings for more than 2,000 ski resorts worldwide.



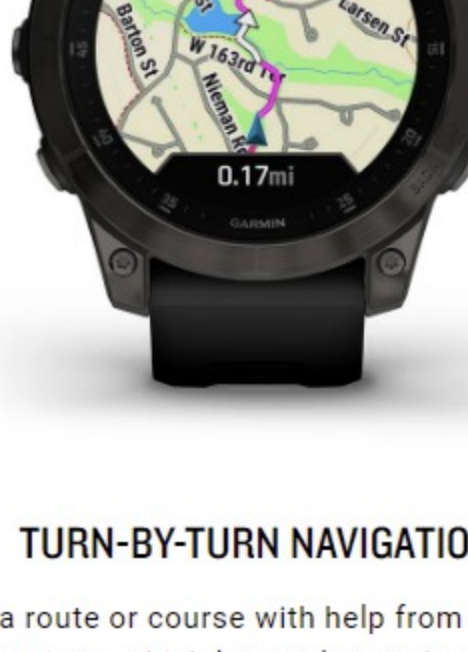
GOLF COURSES

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



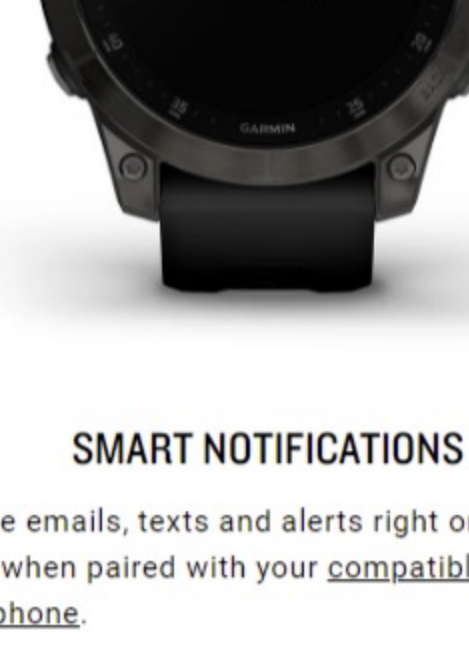
ROUND-TRIP ROUTING

Enter a distance you want to travel, and get suggested routes that will bring you back to your starting point. Trendline popularity routing helps you find the best local paths.



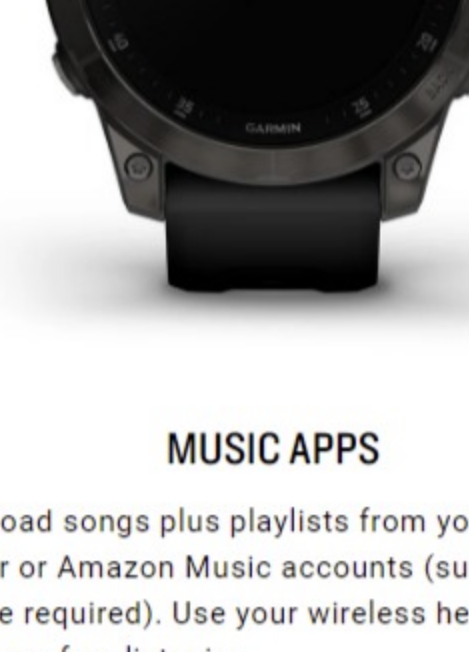
TURN-BY-TURN NAVIGATION

Follow a route or course with help from turn-by-turn directions, which let you know ahead of time when the next turn is coming.



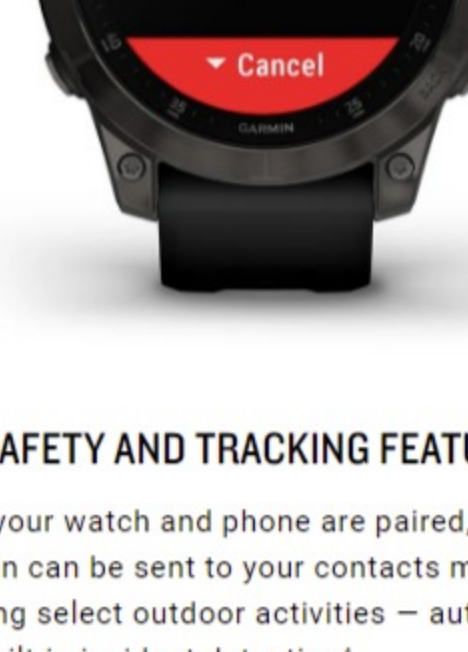
SMART NOTIFICATIONS

Receive emails, texts and alerts right on your watch when paired with your [compatible smartphone](#).



MUSIC APPS

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



SAFETY AND 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 detection¹.



CONNECT IQ STORE

Download custom watch faces, add data fields, and get apps and widgets from the [Connect IQ Store](#) when paired with your compatible device.



POWER MANAGER

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



BATTERY LIFE

Get up to 16 days of battery life in smartwatch mode and 42 hours in GPS mode.