Physical & Performance

Physical dimensions	1.77" x 1.77" x 0.46" (45 x 45 x 11.7 mm)
Display size, WxH	1.23" (31.1 mm) diameter
Display resolution, WxH	215 x 180 pixels
Color display	✓
Weight	1.4 oz (41 g)
Battery	Rechargeable lithium-ion
Battery life	16 Hours training, 5 weeks watch + AT + Notifications
Water rating	5 ATM
GPS-enabled	✓
GLONASS	✓
High-sensitivity receiver	✓
Smart notifications (displays email, text and other alerts when paired with your compatible phone)	✓
Vibration alert	✓
Music control	✓
Find my phone	✓
VIRB® control	✓
Watch functions	Includes date and alarm

Maps & Memory

History	200 hours of activity data

Running Features

V02 max estimate	✓
Recovery advisor	✓
Race predictor	✓
Accelerometer (calculates distance for indoor workouts, without need for a foot pod)	✓
Personal records	✓

Cycling Features

Bike speed/cadence sensor	Yes (optional)

Performance Features

Heart rate monitor	Yes (Some versions)
Foot pod	Yes (optional)
Auto Pause® (pauses and resumes timer based on speed)	✓
Auto Lap® (automatically starts a new lap)	✓
Auto Scroll (cycles through data pages during workout)	✓
Advanced workouts (create custom, goal-oriented workouts)	✓
Pace alert (triggers alarm if you vary from preset pace)	✓
Time/distance alert (triggers alarm when you reach goal)	✓
Interval training (set up exercise and rest intervals)	✓
Heart rate-based calorie computation	✓
Calculates calories burned	✓
Training Effect (measures impact of an activity on your aerobic fitness)	✓
Customizable screen(s)	✓
Shock Resistant	✓

Activity Tracking Features

Step counter	✓
Auto goal (learns your activity level and assigns a daily step goal)	✓
Move bar (displays on device after a period of inactivity; walk for a couple of minutes to reset it)	✓
Sleep monitoring (monitors total sleep and periods of movement or restful sleep)	✓

Garmin Connect™

Garmin Connect™ compatible (online community where you analyze, categorize and share data)	✓
Automatic sync (automatically transfers data to your computer)	✓

Additional

Additional	• Connect IQ™ app support: Yes