

GARMIN	ACTIVE	RUNNING			RUNNING + MULTISPORT			
	 VIVOACTIVE <sup>®</sup> 3/3 MUSIC \$249.99 / \$279.99	 FORERUNNER <sup>®</sup> 45S / 45 \$199.99	 FORERUNNER <sup>®</sup> 245 / 245 MUSIC \$299.99 / \$349.99	 FORERUNNER <sup>®</sup> 645/645 MUSIC \$399.99 / \$449.99	 FORERUNNER <sup>®</sup> 735XT \$349.99	 FORERUNNER <sup>®</sup> 935 \$499.99	 FORERUNNER <sup>®</sup> 945 \$599.99	 FÈNIX <sup>®</sup> 5S / 5 / 5X PLUS from \$649.99
HARDWARE								
<b>GPS: how far, how fast, where</b>	+ GLONASS, Galileo	+ GLONASS, Galileo	+ GLONASS, Galileo	+ GLONASS, Galileo	+ GLONASS	+ GLONASS, Galileo	+ GLONASS, Galileo	+ GLONASS, Galileo
<b>Weight</b>	43g / 39g	32g / 36g	42g	42g	44g	49g	50g	65g / 86g / 96g
<b>Battery</b>	7 days watch mode 13 hours in GPS 5 hours GPS + music (music version only)	9 days watch mode 13 hours in GPS	7 days watch mode 24 hours in GPS 10 hours GPS + music (music version only)	7 days watch mode 14 hours GPS 5 hours GPS + music (music version only)	11 days watch mode 14 hours in GPS 24 hours in UltraTrac™	15 days watch mode 24 hours in GPS 60 hours UltraTrac™	2 weeks watch mode 36 hours in GPS 10 hours GPS + Music 60 hours UltraTrac™	12 days watch mode 18 hours in GPS 8 hours GPS + music 42 hours UltraTrac™ (depending on model)
<b>Color sunlight-readable screen</b>	+ touchscreen	YES	YES	YES	YES	YES	YES	YES
<b>TOPO maps with popularity routing</b>							YES	YES
<b>Health monitoring: steps, calories, distance, sleep, intensity minutes</b>	+ floors climbed, all-day stress	+ all-day stress, body battery	+ all-day stress, body battery	+ floors climbed, all-day stress	YES	+ floors climbed, all-day stress	+ floors climbed, all-day stress, body battery	+ floors climbed, all-day stress
<b>Elevate™ 24/7 wrist heart rate<sup>1</sup></b>	YES	YES	YES	YES	YES	YES	YES	YES
<b>Barometer</b>	YES			YES		YES	YES	YES
CONNECTED FEATURES								
<b>Full smart notifications, weather, calendar, music control<sup>2</sup></b>	YES	YES	YES	YES	YES	YES	YES	YES
<b>Connect IQ™ store</b>	YES	Watch faces only	YES	YES	YES	YES	YES	YES
<b>Garmin Pay™<sup>3</sup></b>	YES			YES			YES	YES
<b>Music storage and playback, Spotify and Deezer support</b>	Up to 500 songs (music version only)		Up to 500 songs (music version only)	Up to 500 songs (music version only)			Up to 1,000 songs	Up to 1,000 songs
<b>Safety and awareness features<sup>4</sup></b>	Live Track, Incident Detection, Assistance (music version only)	Live Track, Incident Detection, Assistance	Live Track, Incident Detection, Assistance	Live Track, Incident Detection, Assistance	Live Track	Live Track, Group Track, Incident Detection, Assistance	Live Track, Group Track, Incident Detection, Assistance	Live Track, Group Track, Incident Detection, Assistance
PERFORMANCE FEATURES								
<b>Preloaded sport functions: run, bike, treadmill, walk</b>	+ cardio, strength training, stair-stepper, yoga, pool swimming, elliptical, rowing, golf, ski/cross-country and more	+ cardio, stair-stepper and more available via app	+ cardio, strength training, yoga, pool swimming and more	+ cardio, strength training, stair-stepper, yoga, pool swimming, ski/cross-country, and more	+ pool swimming, open water swimming, and more	+ cardio, strength training, yoga, pool swim, open water swim, rowing, track and more	+ cardio, strength training, yoga, pool swim, open water swim, rowing, track and more	+ cardio, strength training, yoga, pool swim, open water swim, rowing, track and more
<b>Training features: alerts, auto pause, auto lap, customizable screen, personal records</b>	+ interval training	+ interval training	+ interval training, training effect, training status, training load and performance condition	+ interval training, training effect, training status, training load	+ workouts, interval training, training plans, training effect	+ workouts, interval training, training plans, training effect, training status, training load	+ workouts, interval training, training plans, training effect, training status, training load, training load focus	+ workouts, interval training, training plans, training effect, training status, training load
<b>Garmin Coach + workout and training plan compatible</b>	YES	YES	YES	YES	YES	YES	YES	YES
<b>Heart rate analysis: shows heart rate zone, VO2 max</b>	YES	YES	+ recovery time	+ recovery time, HRV stress test, lactate threshold, performance condition	+ recovery time, HRV stress test, lactate threshold, performance condition	+ recovery time, HRV stress test, lactate threshold, performance condition	+ recovery time, HRV stress test, lactate threshold, performance condition	recovery time, HRV stress test, lactate threshold, performance condition
<b>Triathlon race mode</b>					YES	YES	YES	YES
<b>Advanced dynamics<sup>5</sup></b>			run	run	swim, bike, run	swim, bike, run	swim, bike, run	swim, bike, run
<b>Sensor compatibility: foot pod, HRM</b>	+ bike speed/cadence, Varia™	+ bike speed/cadence	+ bike speed/cadence, Varia™	+ bike speed/cadence, Varia™, Running Dynamics pod	+ bike speed/cadence, bike power, Varia™, Running Dynamics pod	+ bike speed/cadence, bike power, Varia™, Running Dynamics pod	+ bike speed/cadence, bike power, Varia™, Running Dynamics pod	+ bike speed/cadence, bike power, Varia™, Running Dynamics pod
<b>Navigational features</b>	back to start		+ courses, back to start	+ follow courses, compass, back to start	+ save locations, follow courses, where am I, compass, back to start	+ save locations, follow courses, where am I, compass, custom POIs, follow tracks and routes, back to start	+ save locations, follow courses, where am I, compass, custom POIs, follow tracks and routes, back to start	+ save locations, follow courses, where am I, compass, custom POIs, follow tracks and routes, back to start

<sup>1</sup>See [Garmin.com/ataaccuracy](http://Garmin.com/ataaccuracy) • <sup>2</sup>When paired with a compatible smartphone; see [Garmin.com/ble](http://Garmin.com/ble) • <sup>3</sup>View current supported country, payment network and issuing bank information at [Garmin.com/GarminPay/banks](http://Garmin.com/GarminPay/banks) • <sup>4</sup>When paired with a compatible smartphone; see [Garmin.com/ble](http://Garmin.com/ble). For safety and tracking features requirements and limitations, see [Garmin.com/safety](http://Garmin.com/safety) • <sup>5</sup>When used with HRM-Run™ or HRM-Tri™; included with some models, sold separately on others

# GARMIN® Get the best out of your Garmin wearable – whatever active lifestyle you lead.

## ADVANCED DYNAMICS

### ADVANCED RUNNING DYNAMICS

Gain all the intelligence you need to improve your running technique with these six metrics: stride length, cadence, ground contact time (how much time your foot is on the ground during a run), ground contact balance (time spent on left and right foot), vertical oscillation (how much bounce in your run), and the ratio of this and your stride length with vertical ratio. A chest-worn HRM-Run or Tri is needed to get these measurements.

### CYCLING DYNAMICS

Make the most of your rides with bike power, FTP (except Forerunner 935) and power zone information, provided when connected to the Vector™ and HRM. Platform center offset, power phase and time seated/standing data is also available to enhance training.

### SWIMMING DYNAMICS

Get more from your swim workouts with both pool swim and open water metrics, personal records, customized workouts and stroke identification. Pair with HRM-Swim or HRM-Tri to accurately measure your heart rate. This can be viewed out of the water between laps or after your workout.

## ACTIVITY TRACKING

### ACTIVITY TRACKING

Track your steps, distance, calories burned and sleep for 24/7 monitoring. Set personalized daily step goals to make your target achievable. Advanced sleep monitoring allows you monitor your light, deep and REM stages of sleep, along with movement throughout the night.

### INTENSITY MINUTES<sup>1</sup>

Monitors your progress against aerobic activity goals suggested by the World Health Organization.

### ELEVATE™ WRIST-BASED HEART RATE

Measures heart rate at the wrist 24/7, giving you the freedom to work out without a heart rate strap. A chest strap is required for some advanced heart rate metrics.

### ALL-DAY STRESS AND RELAX TIMER

During periods of low activity, the wrist heart rate sensor will monitor heart rate and heart rate variability (HRV) to enable users to see periods of elevated stress or restful recovery. Compatible devices also feature a breathing exercise that users can access from the device to encourage relaxation and help lower your stress level.

### BODY BATTERY™ ENERGY MONITOR AND PULSE OX<sup>2</sup>

Body Battery is a feature that uses a combination of heart rate variability, stress, and activity to estimate your energy reserves throughout the day. The Pulse Ox sensor estimates your body's blood oxygen saturation level.

## SMART NOTIFICATIONS & FEATURES

### SMART NOTIFICATIONS

Stay on top of things during your run with smart notifications. When paired with a compatible device, you can receive text, emails, call and calendar alerts, and more, directly to your wrist.

### CONNECTED FEATURES

Control music (playing on a connected device) or control your VIRB® action camera (sold separately) from your watch. You can also receive weather alerts directly to your device.

### CONNECT IQ™

Choose from thousands of apps on the Connect IQ store to personalize your compatible Garmin wearable with customized watch faces, widgets and data fields.

### MUSIC STORAGE (VÍVOACTIVE 3 MUSIC, FORERUNNER 245 MUSIC, 645 MUSIC, 945 AND FENIX 5, 5S, 5X PLUS)

Transfer up to 500 songs from your computer to your watch for easy listening through BLUETOOTH® headphones.

### MUSIC STREAMING (VÍVOACTIVE 3 MUSIC, FORERUNNER 245 MUSIC, 645 MUSIC, 945 AND FENIX 5, 5S, 5X PLUS)

Sync your playlists from select music streaming services, like Deezer, Spotify and more, to your watch for more ad-free listening.

### SAFETY AND TRACKING FEATURES

Share your real-time location with chosen emergency contacts – manually with the assistance feature or automatically with incident detection during an activity.

### LIVETRACK

Let friends and family track your activities in real time for peace of mind while you're training or to let them cheer you on on race day. A connected mobile phone must be within range.

### GROUPTRACK

Keep tabs on your riding buddies on your device.

## GPS

### RELIABLE ACCURATE DATA

With GPS technology, track your vital stats at the press of a button. For improved coverage, consider a device with GPS and GLONASS . To track how high (elevation), take a look at the devices with a barometer.

## TRAINING FEATURES

### PERSONAL RECORDS

Stay motivated with alerts that highlight when you've achieved a personal record – from one mile to a marathon.

### AUTO PAUSE

With the auto pause feature on, your watch automatically pauses tracking when you pause your run, and starts again when you're running.

### AUTO LAP™

Set up Auto Lap to automatically begin a new lap after you have traveled a specified distance.

### CUSTOMIZABLE SCREENS

Customize your activity data screens with the information that matters to you.

### INTERVALS

Edit an interval training session and follow the step-by-step guide on your device.

### CUSTOM WORKOUTS AND TRAINING PLANS

Design your workouts or get a free training plan on Garmin Connect™, then upload it to your watch for real-time coaching on pace, time and distance.

### GARMIN COACH

Train for your first 5K, 10K or half marathon race with expert coaching and a dynamic training plan that syncs to your watch and adapts based on your goals and performance.

### VIRTUAL PARTNER™/RACER™

Race against a set pace with virtual partner or race against one of your previous activities with Virtual Racer.

### TRAINING EFFECT

Track and review the aerobic and anaerobic (v2.0 only) benefit of a training session in an easy to understand five-point scale.

### TRAINING STATUS

Analyzes your training history and fitness level history to give you insight into how your body is responding to effort. Helps identify if you need rest or you're peaking and ready to race.

### TRAINING LOAD FOCUS

Performance monitoring features include training load, a metric that measures your exercise volume from the last seven days and compares it to the optimal range for your fitness and recent training history.

## HEART RATE ANALYSIS

### VO2 MAX

VO2 max estimates the maximum volume of oxygen you can consume per minute per pound of body weight at max performance. It's a great way to monitor your fitness level.

### RECOVERY TIME

Estimates your state of recovery following an activity and operates a countdown mode until you're back to near 100% and ready for a hard workout.

### PERFORMANCE CONDITION

A real-time assessment of pace and heart rate variability. A score of +10 means you're ready to take on your challenge and you can expect your run to feel good.

### LACTATE THRESHOLD (CHEST-WORN HRM NEEDED)

Take away the guesswork and discover how fast you should be running. Understand exactly when your fatigue is likely to start increasing at a quicker rate (for well-trained runners, this threshold often occurs at roughly 90% of their maximum heart rate).

### HRV STRESS TEST (CHEST-WORN HRM NEEDED)

Determine if an increase in fatigue is occurring or imminent as you move through or prepare for your run. Take the three-minute test daily under relatively similar conditions for the most accurate score.

### RACE TIME PREDICTOR

Compete with the edge of knowing your predicted race time.

## GARMIN CONNECT™

### GARMIN CONNECT: YOUR ONLINE TRAINING TOOL

Available on your desktop or compatible smartphone, join the community of users who run, bike, swim and hike. Garmin Connect works seamlessly with your Garmin device and supports all your fitness goals.

### ANALYZE your daily activities, sleep data and training

**VIEW** activities on a variety of maps with metrics

**PLAN**, explore, download and follow new activities

**SHARE** and compete with your achievements and friends

<sup>1</sup>Intensity minutes assumes a moderate activity level • <sup>2</sup>This is not a medical device and is not intended for use in the diagnosis or monitoring of any medical condition; see [Garmin.com/ataccuracy](https://www.garmin.com/ataccuracy). Pulse Ox not available in all countries.