

General

LENS MATERIAL	Power Glass™
BEZEL MATERIAL	Fibre-reinforced polymer
CASE MATERIAL	Fibre-reinforced polymer
QUICKFIT™ WATCH BAND COMPATIBLE	Yes (22 mm)
STRAP MATERIAL	Silicone
PHYSICAL SIZE	45 x 45 x 14.50 mm Fits wrists with a circumference of 135-230 mm
WEIGHT	53 g
WATER RATING	10 ATM
DISPLAY TYPE	Monochrome, sunlight-visible, transfective memory-in-pixel (MIP)
DISPLAY SIZE	Custom, two-window design; 0.9" x 0.9" (23 x 23 mm)
DISPLAY RESOLUTION	176 x 176 pixels
BATTERY LIFE	Smartwatch: Up to 28 days/Unlimited with solar* Battery Saver Watch Mode: Up to 65 days/Unlimited with solar* GPS: Up to 30 hours/48 hours with solar** Max Battery GPS Mode: Up to 70 hours/370 hours with solar** Expedition GPS Activity: Up to 32 days/Unlimited with solar* *Solar charging, assuming all-day wear with 3 hours per day outside in 50,000 lux conditions **Solar charging, assuming use in 50,000 lux conditions
CHARGING METHOD	Garmin proprietary plug charger
MEMORY/HISTORY	32 MB

Clock features

TIME/DATE	✓
GPS TIME SYNC	✓
AUTOMATIC DAYLIGHT SAVING TIME	✓
ALARM CLOCK	✓
TIMER	✓
STOPWATCH	✓
SUNRISE/SUNSET TIMES	✓

Health monitoring

WRIST-BASED HEART RATE (CONSTANT, EVERY SECOND)	✓
DAILY RESTING HEART RATE	✓
ABNORMAL HEART RATE ALERTS	Yes (high and low)
RESPIRATION RATE (24X7)	✓
PULSE OX BLOOD OXYGEN SATURATION	✓
FITNESS AGE	✓
BODY BATTERY™ ENERGY MONITOR	✓
ALL-DAY STRESS	✓
RELAXATION BREATHING TIMER	✓
BREATHWORK	✓
SLEEP	✓
SLEEP SCORE AND INSIGHTS	✓
HYDRATION	Yes (in Garmin Connect™)
WOMEN'S HEALTH	Yes (in Garmin Connect™)
HEALTH SNAPSHOT	✓

Sensors

GPS	✓
GLONASS	✓
GALILEO	✓
GARMIN ELEVATE™ WRIST HEART RATE MONITOR	✓
PULSE OX BLOOD OXYGEN SATURATION MONITOR	✓
BAROMETRIC ALTIMETER	✓
COMPASS	✓
ACCELEROMETER	✓
THERMOMETER	✓

Daily smart features

CONNECTIVITY	Bluetooth®, ANT+®
CONNECT IQ™ (DOWNLOADABLE WATCH FACES, DATA FIELDS, WIDGETS AND APPS)	✓
SMART NOTIFICATIONS	✓
TEXT RESPONSE/REJECT PHONE CALL WITH TEXT (ANDROID™ ONLY)	✓
CALENDAR	✓
WEATHER	✓
REALTIME SETTINGS SYNC WITH GARMIN CONNECT™ MOBILE	✓
BATTERY SAVER - CUSTOMISABLE LOW POWER WATCH	✓
CONTROLS SMARTPHONE MUSIC	✓
FIND MY PHONE	✓
FIND MY WATCH	✓
VIRB® CAMERA REMOTE	✓
SMART TRAINER CONTROL	✓
COMPATIBLE WITH GARMIN CONNECT™ MOBILE	✓
SMARTPHONE COMPATIBILITY	iPhone®, Android™
GARMIN PAY™	✓

Safety and tracking features

INCIDENT DETECTION DURING SELECT ACTIVITIES	✓
ASSISTANCE	✓
LIVETRACK	✓

Tactical features

DUAL GRID COORDINATES	✓
-----------------------	---

Activity tracking features

STEP COUNTER	✓
MOVE ALERTS (DISPLAYS ON DEVICE AFTER A PERIOD OF INACTIVITY; WALK FOR A COUPLE OF MINUTES TO RESET IT)	✓
AUTO GOAL (LEARNS YOUR ACTIVITY LEVEL AND ASSIGNS A DAILY STEP GOAL)	✓
CALORIES BURNED	✓
FLOORS CLIMBED	✓
DISTANCE TRAVELLED	✓
INTENSITY MINUTES	✓
TRUEUP™	✓
MOVE IQ™	✓
GARMIN CONNECT™ CHALLENGES APP	Yes (optional Connect IQ app)

Fitness equipment/gym

AVAILABLE GYM ACTIVITY PROFILES	Strength, Cardio and Elliptical Training, HIIT, Stair Stepping, Floor Climbing, Indoor Rowing, and Yoga
CARDIO WORKOUTS	✓
STRENGTH WORKOUTS	✓
HIIT WORKOUTS	✓
YOGA WORKOUTS	✓
PILATES WORKOUTS	✓
AUTOMATIC REP COUNTING	✓

Training, planning and analysis features

HR ZONES	✓
HR ALERTS	✓
HR CALORIES	✓
HR MAX	✓
HRR	✓
RECOVERY TIME	✓
AUTO MAX HR	✓
HRV STATUS	✓
HR BROADCAST (BROADCASTS HR DATA OVER ANT+™ TO PAIRED DEVICES)	Yes (using ANT+)
RESPIRATION RATE (DURING EXERCISE)	✓
GPS SPEED AND DISTANCE	✓
CUSTOMISABLE SCREEN(S)	✓
CUSTOMISABLE ACTIVITY PROFILES	✓
AUTO PAUSE®	✓
INTERVAL TRAINING	✓
ADVANCED WORKOUTS	✓
DOWNLOADABLE TRAINING PLANS	✓
POWER MODES - CUSTOMISABLE IN-ACTIVITY BATTERY SETTINGS	✓

Garmin Instinct® 2 Solar

PART NUMBER: 010-02627

Specifications

HRM RUNNING PACE AND DISTANCE	✓
AUTO LAP®	✓
MANUAL LAP	✓
CONFIGURABLE LAP ALERTS	✓
HEAT AND ALTITUDE ACCLIMATION	✓
VO2 MAX (RUN)	✓
VO2 MAX (TRAIL RUN)	✓
TRAINING STATUS	✓
TRAINING LOAD	✓
TRAINING EFFECT	✓
TRAINING EFFECT (ANAEROBIC)	✓
PRIMARY BENEFIT (TRAINING EFFECT LABELS)	✓
IMPROVED RECOVERY TIME	✓
DAILY SUGGESTED WORKOUTS	✓
CUSTOMISABLE ALERTS	✓
AUDIO PROMPTS	✓
FINISH TIME	✓
VIRTUAL PARTNER	✓
RACE AN ACTIVITY	✓

Garmin Instinct® 2 Solar

PART NUMBER: 010-02627

Specifications

AUTO MULTISPORT ACTIVITIES	✓
MULTI-SPORT	✓
COURSE GUIDANCE	✓
TOUCH AND/OR BUTTON LOCK	✓
HOT KEYS	✓
AUTO SCROLL	✓
ACTIVITY HISTORY ON WATCH	✓
PHYSIO TRUEUP	✓
UNIFIED TRAINING STATUS	✓

Running features

AVAILABLE RUN PROFILES	Running, Outdoor Track Running, Treadmill Running, Indoor Track Running, Trail Running
GPS-BASED DISTANCE, TIME AND PACE	✓
RUNNING DYNAMICS	Yes (with compatible accessory)
VERTICAL OSCILLATION AND RATIO	Yes (with compatible accessory)
GROUND CONTACT TIME AND BALANCE	Yes (with compatible accessory)
STRIDE LENGTH (REAL TIME)	Yes (with compatible accessory)
CADENCE (PROVIDES REAL-TIME NUMBER OF STEPS PER MINUTE)	✓
RUNNING POWER	✓
PERFORMANCE CONDITION	✓
LACTATE THRESHOLD	Yes (with compatible accessory)
RUN WORKOUTS	✓
TRAIL RUN AUTO CLIMB	✓
RACE PREDICTOR	✓
FOOT POD CAPABLE	✓
RUN/WALK/STAND DETECTION	✓

Golfing features

YARDAGE TO F/M/B (DISTANCE TO FRONT, MIDDLE AND BACK OF GREEN)	✓
YARDAGE TO LAYUPS/DOGLEGS	✓
MEASURES SHOT DISTANCE (CALCULATES EXACT YARDAGE FOR SHOTS FROM ANYWHERE ON COURSE)	Manual
DIGITAL SCORECARD	✓
STAT TRACKING (STROKES, PUTTS PER ROUND, GREENS AND FAIRWAYS HIT)	✓
GARMIN AUTOSHOT™	✓
AUTO COURSEVIEW UPDATES	✓
GREEN VIEW WITH MANUAL PIN POSITION	✓
HAZARDS AND COURSE TARGETS	✓
ROUND TIMER/ODOMETER	✓
AUTOMATIC CLUB TRACKING COMPATIBLE (REQUIRES ACCESSORY)	✓
PAIRS WITH GARMIN GOLF APP	✓
TOURNAMENT LEGAL	✓

Outdoor recreation

<p>AVAILABLE OUTDOOR RECREATION PROFILES</p>	<p>Hiking, Indoor Climbing, Bouldering, Climbing, Skiing, Snowboarding, Backcountry Snowboarding, XC Classic Skiing, Backcountry Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Surfing, Hunting, Kiteboarding, Windsurfing, Snowshoeing, Fishing, Horseback Riding, Tennis, Tactical, Obstacle Course</p>
<p>POINT-TO-POINT NAVIGATION</p>	<p>✓</p>
<p>BREADCRUMB TRAIL IN REAL TIME</p>	<p>✓</p>
<p>BACK TO START</p>	<p>✓</p>
<p>TRACBACK®</p>	<p>✓</p>
<p>ULTRATRAC MODE</p>	<p>✓</p>
<p>REFERENCE POINT</p>	<p>✓</p>
<p>ELEVATION PROFILE</p>	<p>✓</p>
<p>DISTANCE TO DESTINATION</p>	<p>✓</p>
<p>BAROMETRIC TREND INDICATOR WITH STORM ALERT</p>	<p>✓</p>
<p>VERTICAL SPEED</p>	<p>✓</p>
<p>TOTAL ASCENT/DESCENT</p>	<p>✓</p>
<p>FUTURE ELEVATION PLOT</p>	<p>✓</p>
<p>GPS COORDINATES</p>	<p>✓</p>
<p>SIGHT 'N GO</p>	<p>✓</p>
<p>AREA CALCULATION</p>	<p>✓</p>

Garmin Instinct® 2 Solar

PART NUMBER: 010-02627

Specifications

AREA CALCULATION	✓
PROJECTED WAYPOINT	✓
SUN AND MOON INFORMATION	✓
XERO™ LOCATIONS	✓
EXPEDITION GPS ACTIVITY	✓
TIDES	✓

Cycling features

<p>AVAILABLE CYCLING PROFILES</p>	<p>Bike, Road Bike, MTB, Gravel Bike, Cyclocross, Bike Commute, Bike Tour, eBike, eMTB, Bike Indoor, Triathlon</p>
<p>COURSES</p>	<p>✓</p>
<p>BIKE LAP AND LAP MAXIMUM POWER (WITH POWER SENSOR)</p>	<p>✓</p>
<p>RACE AN ACTIVITY</p>	<p>✓</p>
<p>ALERTS (TRIGGERS ALARM WHEN YOU REACH GOALS INCLUDING TIME, DISTANCE, HEART RATE OR CALORIES)</p>	<p>✓</p>
<p>FTP (FUNCTIONAL THRESHOLD POWER)</p>	<p>✓</p>
<p>MTB GRIT & FLOW</p>	<p>✓</p>
<p>COMPATIBLE WITH VECTOR™ AND RALLY™ (POWER METERS)</p>	<p>✓</p>
<p>COMPATIBLE WITH VARIA™ RADAR (REAR-FACING RADAR)</p>	<p>✓</p>
<p>COMPATIBLE WITH VARIA™ LIGHTS</p>	<p>✓</p>
<p>SPEED AND CADENCE SENSOR SUPPORT (W/SENSOR)</p>	<p>✓</p>
<p>POWER METER COMPATIBLE</p>	<p>✓</p>

Swimming features

AVAILABLE SWIM PROFILES	Pool swimming, open water swimming
OPEN-WATER SWIM METRICS (DISTANCE, PACE, STROKE COUNT/RATE, STROKE DISTANCE, SWIM EFFICIENCY (SWOLF), CALORIES)	✓
POOL SWIM METRICS (LENGTHS, DISTANCE, PACE, STROKE COUNT, SWIM EFFICIENCY (SWOLF), CALORIES)	✓
STROKE TYPE DETECTION (FREESTYLE, BACKSTROKE, BREASTSTROKE, BUTTERFLY) (POOL SWIM ONLY)	✓
DRILL LOGGING (POOL SWIM ONLY)	✓
BASIC REST TIMER (UP FROM 0) (POOL SWIM ONLY)	✓
"REPEAT ON" REST TIMER (POOL SWIM ONLY)	✓
AUTO REST (POOL SWIM ONLY)	✓
TIME AND DISTANCE ALERTS	✓
COUNTDOWN START	✓
POOL SWIM WORKOUTS	✓
UNDERWATER WRIST-BASED HEART RATE	✓
HEART RATE FROM EXTERNAL HRM (REAL-TIME DURING RESTS, INTERVAL AND SESSION STATS DURING RESTS, AND AUTOMATIC HEART RATE DOWNLOAD POST-SWIM)	✓

Kid activity tracking features

TOE-TO-TOE™ CHALLENGES APP	Yes (optional Connect IQ Toe-to-Toe™ Challenges app)
----------------------------	--