

fēnix® 7 Pro – Solar

GARMIN OMAN | +968 99562708 | +968 24712551 | www.garminoman.co

General	
LENS MATERIAL	Power Glass™
BEZEL MATERIAL	stainless steel
CASE MATERIAL	fiber-reinforced polymer with steel rear cover
QUICKFIT™ WATCH BAND COMPATIBLE	included (22 mm)
STRAP MATERIAL	silicone
PHYSICAL SIZE	47 x 47 x 14.5 mm
	Fits wrists with the following circumference:
	Silicone band: 125-208 mm
	Leather Band: 132-210 mm
	Fabric Band: 132-210 mm
Metal Band: 132-215 mm	
WEIGHT	79 g (case only: 56 g)
WATER RATING	10 ATM
TOUCHSCREEN	✓
DISPLAY TYPE	sunlight-visible, transfective memory-in-pixel (MIP)
DISPLAY SIZE	1.3" (33.02 mm) diameter
DISPLAY RESOLUTION	260 x 260 pixels
COLOR DISPLAY	✓
LED FLASHLIGHT	✓
BATTERY LIFE	Smartwatch: Up to 18 days/22 days with solar*
	Battery Saver Watch Mode: Up to 57 days/173 days with solar*
	GPS Only: Up to 57 hours/73 hours with solar**
	All Satellite Systems: Up to 40 hours/48 hours with solar*
	All Satellite Systems + Multi-band: Up to 23 hours/26 hours with solar**
	All Satellite Systems + Music: Up to 10 hours
	Max Battery GPS: Up to 136 hours/289 hours with solar**
	Expedition GPS: Up to 40 days/74 days 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 GB
Clock Features	
TIME/DATE	✓
GPS TIME SYNC	✓
AUTOMATIC DAYLIGHT SAVING TIME	✓
ALARM CLOCK	✓
TIMER	✓
STOPWATCH	✓
SUNRISE/SUNSET TIMES	✓
Health & Wellness 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	yes (in app)
BODY BATTERY™ ENERGY MONITOR	✓
ALL-DAY STRESS	✓
RELAXATION BREATHING TIMER	✓
BREATHWORK	✓
SLEEP	yes (advanced)
SLEEP SCORE AND INSIGHTS	
HYDRATION	yes (in Garmin Connect™ and optional Connect IQ™ widget)
WOMEN'S HEALTH	yes (in Garmin Connect™ and optional Connect IQ™ widget)
HEALTH SNAPSHOT	✓
JET LAG ADVISER	✓
Sensors	
GPS	✓
GLONASS	✓
GALILEO	✓

MULTI-FREQUENCY POSITIONING	✓
SATIQ™ TECHNOLOGY	✓
GARMIN ELEVATE™ WRIST HEART RATE MONITOR	✓
PULSE OX BLOOD OXYGEN SATURATION MONITOR	✓
BAROMETRIC ALTIMETER	✓
COMPASS	✓
GYROSCOPE	✓
ACCELEROMETER	✓
THERMOMETER	✓
AMBIENT LIGHT SENSOR	✓
Daily Smart Features	
CONNECTIVITY	Bluetooth®, ANT+®, Wi-Fi®
CONNECT IQ™ (DOWNLOADABLE WATCH FACES, DATA FIELDS, WIDGETS AND APPS)	✓
ON-DEVICE CONNECT IQ™ STORE	✓
SMART NOTIFICATIONS	✓
TEXT RESPONSE/REJECT PHONE CALL WITH TEXT (ANDROID™ ONLY)	✓
MORNING REPORT	✓
CALENDAR	✓
WEATHER	✓
REALTIME SETTINGS SYNC WITH GARMIN CONNECT™ MOBILE	✓
BATTERY SAVER (CUSTOMIZABLE LOW POWER WATCH)	✓
CONTROLS SMARTPHONE MUSIC	✓
PLAYS AND CONTROLS WATCH MUSIC	✓
MUSIC STORAGE	✓
FIND MY PHONE	✓
FIND MY WATCH	✓
VIRB® REMOTE	✓
SMART TRAINER CONTROL	✓
PAIRS WITH GARMIN CONNECT™ MOBILE	✓
SMARTPHONE COMPATIBILITY	iPhone®, Android™
STOCKS	✓
GARMIN PAY™	✓
Safety and Tracking Features	

INCIDENT DETECTION DURING SELECT ACTIVITIES	✓
INCIDENT DETECTION ALERT ON PHONE FOR WEARABLES	✓
ASSISTANCE	✓
LIVETRACK	✓
GROUP LIVETRACK	✓
LIVE EVENT SHARING	✓
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 TRAVELED	✓
INTENSITY MINUTES	✓
TRUEUP™	✓
MOVE IQ™	✓
GARMIN CONNECT™ CHALLENGES APP	yes (optional Connect IQ app)
Gym & Fitness Equipment	
AVAILABLE GYM ACTIVITY PROFILES	Strength, HIIT, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Boxing, Mixed Martial Arts, Pilates, Yoga
CARDIO WORKOUTS	✓
STRENGTH WORKOUTS	✓
HIIT WORKOUTS	✓
YOGA WORKOUTS	✓
PILATES WORKOUTS	✓
ON-SCREEN WORKOUT ANIMATIONS	✓
ON-SCREEN WORKOUT MUSCLE MAPS	✓
AUTOMATIC REP COUNTING	✓

Training, Planning and Analysis Features

HR ZONES	✓
HR ALERTS	✓
HR CALORIES	✓
% HR MAX	✓
% HRR	✓
RECOVERY TIME	✓
AUTO MAX HR	✓
RACE GLANCE/WIDGET	✓
HRV STATUS	✓
TRAINING READINESS	✓
HRV STRESS TEST (MEASURES YOUR HEART RATE VARIABILITY WHILE STANDING STILL, FOR 3 MINUTES, TO PROVIDE YOU WITH AN ESTIMATED STRESS LEVEL; THE SCALE OF THIS IS 1 TO 100; LOW SCORES INDICATE LOWER STRESS LEVELS)	yes (with compatible accessory)
HR BROADCAST (BROADCASTS HR DATA OVER ANT+® TO PAIRED DEVICES)	✓
RESPIRATION RATE (DURING EXERCISE)	yes (with compatible accessory)
GPS SPEED AND DISTANCE	✓
CUSTOMIZABLE DATA PAGES	✓
CUSTOMIZABLE ACTIVITY PROFILES	✓
AUTO PAUSE®	✓
INTERVAL TRAINING	✓
IMPROVED INTERVAL (INCLUDES OPEN REPEATS, INTERVALS DATA PAGE, REST SCREEN AND AUTO DETECTION)	✓
ADVANCED WORKOUTS	✓
DOWNLOADABLE TRAINING PLANS	✓
POWER MODES - CUSTOMIZABLE IN-ACTIVITY BATTERY SETTINGS	✓
HRM RUNNING PACE AND DISTANCE	✓
AUTO LAP®	✓
MANUAL LAP	✓
REST TIMER	✓
CONFIGURABLE LAP ALERTS	✓
HEAT AND ALTITUDE ACCLIMATION	✓
VO2 MAX (RUN)	✓
VO2 MAX (TRAIL RUN)	✓

REALTIME STAMINA	✓
ENDURANCE SCORE	✓
LOAD RATIO	✓
TRAINING STATUS	yes (improved)
TRAINING LOAD	✓
TRAINING LOAD FOCUS	✓
TRAINING EFFECT	✓
TRAINING EFFECT (ANAEROBIC)	✓
PRIMARY BENEFIT (TRAINING EFFECT LABELS)	✓
IMPROVED RECOVERY TIME	✓
DAILY SUGGESTED WORKOUTS	yes (improved)
CUSTOM ALERTS	✓
AUDIO PROMPTS	✓
FINISH TIME	✓
VIRTUAL PARTNER	✓
RACE AN ACTIVITY	✓
AUTO MULTISPORT ACTIVITIES	✓
MANUAL MULTISPORT ACTIVITIES	✓
COURSE GUIDANCE	✓
GARMIN LIVE SEGMENTS	✓
STRAVA LIVE SEGMENTS	✓
ROUND-TRIP COURSE CREATOR (RUNNING/CYCLING)	✓
TRENDLINE™ POPULARITY ROUTING	✓
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, Virtual Running, Ultra Running
GPS-BASED DISTANCE, TIME AND PACE	✓
RUNNING DYNAMICS	✓

VERTICAL OSCILLATION AND RATIO	✓
GROUND CONTACT TIME AND BALANCE	✓
STRIDE LENGTH (REAL TIME)	✓
CADENCE (PROVIDES REAL-TIME NUMBER OF STEPS PER MINUTE)	✓
RUNNING POWER	✓
GRADE-ADJUSTED PACE	✓
PERFORMANCE CONDITION	✓
LACTATE THRESHOLD	yes (with compatible accessory)
PACEPRO™ PACING STRATEGIES	✓
RUN WORKOUTS	✓
HILL SCORE	✓
TRAIL RUN AUTO CLIMB	✓
RACE PREDICTOR	✓
FOOT POD CAPABLE	✓
RUN/WALK/STAND DETECTION	✓
Golfing Features	
PRELOADED WITH 43,000 COURSES WORLDWIDE	✓
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)	automatic
DIGITAL SCORECARD	✓
CUSTOM TARGETS	✓
STAT TRACKING (STROKES, PUTTS PER ROUND, GREENS AND FAIRWAYS HIT)	✓
GARMIN AUTOSHOT™	✓
FULL VECTOR MAP	✓
AUTO COURSEVIEW UPDATES	✓
GREEN VIEW WITH MANUAL PIN POSITION	✓
HAZARDS AND COURSE TARGETS	✓
PINPOINTER	✓
PLAYSLIKE DISTANCE	✓
TOUCH-TARGETING (TOUCH TARGET ON DISPLAY TO SEE THE DISTANCE TO ANY POINT)	✓
HANDICAP SCORING	✓
TEMPO TRAINING	✓

ROUND TIMER/ODOMETER	✓
AUTOMATIC CLUB TRACKING COMPATIBLE (REQUIRES ACCESSORY)	✓
WIND SPEED AND DIRECTION (REQUIRES CONNECTION TO GARMIN GOLF APP)	✓
VIRTUAL CADDIE	✓
PAIRS WITH GARMIN GOLF APP	✓
TOURNAMENT LEGAL	✓
GREEN CONTOURS (WITH GARMIN GOLF MEMBERSHIP)	✓
Outdoor Recreation	
AVAILABLE OUTDOOR RECREATION PROFILES	Hiking, Indoor Climbing, Bouldering, Climbing, Mountain Biking, Skiing, Snowboarding, Backcountry Snowboarding, XC Classic Skiing, Backcountry Skiing, Ice Skating, Stand Up Paddleboarding, Rowing, Kayaking, Surfing, Hunting, Kiteboarding, Windsurfing, Snowshoeing, Fishing, Horseback Riding, Boating, Sailing, Sail Racing, Water Skiing, Wakeboarding, Wakesurfing, Tubing, Motorcycling, Overlanding, Motocrossing, ATVing, Padeling, Sailing Expedition, Jumpmaster, Tennis, Pickleball, Badminton, Squash, Table Tennis, Archery, Whitewater, Tactical, Disc Golf, Obstacle Course
POINT-TO-POINT NAVIGATION	✓
BREAD CRUMB TRAIL IN REAL TIME	✓
BACK TO START	✓
TRACBACK®	✓
ULTRATRAC MODE	✓
AROUND ME MODE	✓
REFERENCE POINT	✓
UP AHEAD	✓
NEXTFORK™ NAVIGATION	✓
ELEVATION PROFILE	✓
DISTANCE TO DESTINATION	✓
BAROMETRIC TREND INDICATOR WITH STORM ALERT	✓
CLIMBPRO™ ASCENT PLANNER	✓
VERTICAL SPEED	✓
TOTAL ASCENT/DESCENT	✓
REST TIMER (ULTRA RUN ONLY)	✓
AUTO REST	✓

FUTURE ELEVATION PLOT	✓
PRELOADED TOPOGRAPHICAL MAPS	✓
PRELOADED ROAD AND TRAIL MAPS	✓
PRELOADED SKI RESORT MAPS	✓
DOWNLOADABLE CARTOGRAPHY SUPPORT	✓
GPS COORDINATES	✓
SIGHT 'N GO	✓
AREA CALCULATION	yes (via Connect IQ™)
FISH FORECAST	yes (via Connect IQ™)
PROJECTED WAYPOINT	✓
SUN AND MOON INFORMATION	✓
XERO™ LOCATIONS	✓
EXPEDITION GPS ACTIVITY	✓
TIDES	yes (via Connect IQ™)
TIDE GLANCE	✓
Cycling Features	
AVAILABLE CYCLING PROFILES	Biking, Road Biking, Mountain Biking, Gravel Biking, Bike Commuting, Bike Touring, eBiking, eMountain Biking, Indoor Biking, Cyclocross, Triathlon, BMX
COURSES	✓
BIKE LAP AND LAP MAXIMUM POWER (WITH POWER SENSOR)	✓
RACE AN ACTIVITY	✓
ALERTS (TRIGGERS ALARM WHEN YOU REACH GOALS INCLUDING TIME, DISTANCE, HEART RATE OR CALORIES)	✓
FTP (FUNCTIONAL THRESHOLD POWER)	yes (with compatible accessory)
POWER CURVE AND % FTP WORKOUTS	✓
CYCLE MAP (ROUTABLE CYCLING-SPECIFIC STREET MAP)	✓
MTB GRIT & FLOW	✓
ADVANCED CYCLING DYNAMICS	✓
COMPATIBLE WITH VECTOR™ AND RALLY™ (POWER METERS)	✓
COMPATIBLE WITH VARIA VISION™ (HEAD-MOUNTED DISPLAY)	✓
COMPATIBLE WITH VARIA™ RADAR (REAR-FACING RADAR)	✓
COMPATIBLE WITH VARIA™ LIGHTS	✓
SPEED AND CADENCE SENSOR SUPPORT (W/SENSOR)	✓

POWER METER COMPATIBLE	✓
POWER GUIDE	✓
Swimming Features	
AVAILABLE SWIM PROFILES	Pool Swimming, Open Water Swimming, Swimming/Running
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	✓
PACING ALERTS (POOL SWIM ONLY)	✓
COUNTDOWN START (POOL SWIM ONLY)	✓
POOL SWIM WORKOUTS	✓
CRITICAL SWIM SPEED	✓
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)	yes (with HRM-Tri, HRM-Swim, HRM-Pro or HRM-Pro Plus)
Kid Activity Tracking Features	
TOE-TO-TOE™ CHALLENGES APP	yes (optional Connect IQ Toe-to-Toe™ Challenges app)