fēnix® 8 – 47 mm, AMOLED

GARMIN OMAN | +968 99562708 | www.garminoman.om

WHAT YOU'LL LOVE	
SLEEP SCORE AND INSIGHTS	✓
BATTERY LIFE (SMARTWATCH MODE)	UP TO 16 DAYS (7 DAYS ALWAYS-ON)
BUILT-IN MAPPING	✓
DAILY SUGGESTED WORKOUTS	✓
PULSE OX BLOOD OXYGEN	✓
GARMIN ECG APP	✓
LED FLASHLIGHT	✓
GARMIN PAY™	✓
MULTI-BAND GPS	✓
MUSIC STORAGE	✓
MAKE CALLS AND SEND TEXTS VIA VOICE	✓
TRAINING READINESS	✓
TRAINING STATUS	✓
DISPLAY TYPE	AMOLED
TOUCHSCREEN	✓
WATER RATING	10 ATM
GENERAL	
STRAP MATERIAL	SILICONE
LENS MATERIAL	CORNING® GORILLA® GLASS OR SAPPHIRE CRYSTAL
BEZEL MATERIAL	STAINLESS STEEL OR TITANIUM
CASE MATERIAL	FIBER-REINFORCED POLYMER WITH METAL REAR COVER
QUICKFIT® WATCH BAND COMPATIBLE	INCLUDED (22 MM)
PHYSICAL SIZE	47 X 47 X 13.8 MM
	FITS WRISTS WITH THE FOLLOWING CIRCUMFERENCE:
	SILICONE BAND: 125-208 MM
	ULTRAFIT BAND: 125-215 MM
	LEATHER BAND: 132-210 MM
	METAL BAND: 132-210 MM

WEIGHT	STAINLESS STEEL: 80 G (CASE ONLY: 59 G)
	TITANIUM: 73 G (CASE ONLY: 52 G)
LEAKPROOF INDUCTIVE BUTTONS	✓
BUILT-IN SPEAKER/MICROPHONE	✓
DISPLAY SIZE	1.4” (35.56 MM) DIAMETER
DISPLAY RESOLUTION	454 X 454 PIXELS
COLOR DISPLAY	✓
LARGE FONT OPTION	✓
BATTERY LIFE	SMARTWATCH: UP TO 16 DAYS (7 DAYS ALWAYS-ON)
	BATTERY SAVER WATCH MODE: UP TO 23 DAYS
	GPS ONLY: UP TO 47 HOURS (37 HOURS ALWAYS-ON)
	ALL SATELLITE SYSTEMS: UP TO 38 HOURS (30 HOURS ALWAYS-ON)
	ALL SATELLITE SYSTEMS + MULTI-BAND: UP TO 35 HOURS (28 HOURS ALWAYS-ON)*
	ALL SATELLITE SYSTEMS + MUSIC: UP TO 10 HOURS
	MAX BATTERY GPS: UP TO 81 HOURS
	EXPEDITION GPS: UP TO 17 DAYS
	*ASSUMING TYPICAL USE WITH SATIQ TECHNOLOGY
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)	✓
FITNESS AGE	✓
BODY BATTERY™ ENERGY MONITOR	✓
ALL-DAY STRESS	✓
RELAXATION BREATHING TIMER	✓
MEDITATION	✓
BREATHWORK	✓
SLEEP	YES (ADVANCED)
SLEEP COACH	✓
NAP DETECTION	✓
HYDRATION	YES (IN GARMIN CONNECT™ AND OPTIONAL CONNECT IQ™ WIDGET)
WOMEN'S HEALTH	YES (IN GARMIN CONNECT™ AND OPTIONAL CONNECT IQ™ WIDGET)
HEALTH SNAPSHOT	✓
SKIN TEMPERATURE	✓
JET LAG ADVISER	✓
SENSORS	
GPS	✓
GLONASS	✓
GALILEO	✓
QZSS	✓
BEIDOU	✓
SATIQ™ TECHNOLOGY	✓
GARMIN ELEVATE™ WRIST HEART RATE MONITOR	✓
PULSE OX BLOOD OXYGEN SATURATION MONITOR	✓
BAROMETRIC ALTIMETER	✓
COMPASS	✓
GYROSCOPE	✓
ACCELEROMETER	✓
THERMOMETER	✓
AMBIENT LIGHT SENSOR	✓
DEPTH SENSOR	YES (TO 40 M)
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)	✓
VIEW IMAGES FROM NOTIFICATIONS ON WATCH (ANDROID™ ONLY)	✓
MORNING REPORT	✓
CALENDAR	✓
WEATHER FORECASTS	✓
REALTIME SETTINGS SYNC WITH GARMIN CONNECT™ MOBILE	✓
BATTERY SAVER (CUSTOMIZABLE LOW POWER WATCH)	✓
CONTROLS SMARTPHONE MUSIC	✓
PLAYS AND CONTROLS WATCH MUSIC	✓
FIND MY PHONE	✓
FIND MY WATCH	✓
FIND MY PHONE DURING GPS ACTIVITY	✓
COMPATIBLE WITH GARMIN MESSENGER APP	✓
VIRB® REMOTE	✓
SMART TRAINER CONTROL	✓
PAIRS WITH GARMIN CONNECT™ MOBILE	✓
SMARTPHONE COMPATIBILITY	IPHONE®, ANDROID™
STOCKS	✓
BLUETOOTH PHONE CALLING AND VOICE ASSISTANT SUPPORT	✓
VOICE COMMAND	✓
RED SHIFT MODE	✓
GARMIN SHARE	✓
ACTIVITY PROFILES	
GYM	STRENGTH, HIIT, CARDIO, ELLIPTICAL TRAINING, STAIR STEPPING, FLOOR CLIMBING, INDOOR ROWING, JUMP ROPING
MULTISPORT	SWIMMING/RUNNING, TRIATHLON
WELLNESS	WALKING, INDOOR WALKING, PILATES, YOGA
INDOOR RUNNING	TREADMILL RUNNING, INDOOR TRACK RUNNING, VIRTUAL RUNNING
OUTDOOR RUNNING	RUNNING, OUTDOOR TRACK RUNNING, TRAIL

	RUNNING, ULTRA RUNNING, OBSTACLE RACING
OUTDOOR RECREATION	HIKING, INDOOR CLIMBING, BOULDERING, CLIMBING, HUNTING, HORSEBACK RIDING, GOLFING, DISC GOLF, ARCHERY
CYCLING	BIKING, ROAD BIKING, MOUNTAIN BIKING, GRAVEL BIKING, BIKE COMMUTING, BIKE TOURING, EBIKING, EMOUNTAIN BIKING, INDOOR BIKING, CYCLOCROSS, BMX
SWIM	POOL SWIMMING, OPEN WATER SWIMMING
ON THE WATER	STAND UP PADDLEBOARDING, ROWING, KAYAKING, SURFING, KITEBOARDING, WINDSURFING, FISHING, BOATING, SAILING, WATER SKIING, WAKEBOARDING, WAKESURFING, TUBING, SNORKELING, WHITEWATER
MOTOR SPORTS	MOTORCYCLING, OVERLANDING, MOTOCROSSING, ATVING, SNOWMOBILING
RACKET SPORTS	TENNIS, PICKLEBALL, BADMINTON, SQUASH, TABLE TENNIS, PADEL, PLATFORM TENNIS, RACQUETBALL
SNOW & WINTER	SKIING, SNOWBOARDING, BACKCOUNTRY SNOWBOARDING, XC CLASSIC SKIING, XC SKATE SKIING, BACKCOUNTRY SKIING, ICE SKATING, SNOWSHOEING
TEAM SPORTS	BASKETBALL, VOLLEYBALL, FIELD HOCKEY, ICE HOCKEY, FOOTBALL/SOCCER, AMERICAN FOOTBALL, LACROSSE, RUGBY, ULTIMATE DISC, CRICKET, SOFTBALL, BASEBALL
IN THE RING	BOXING, MIXED MARTIAL ARTS
DIVE	SCUBA DIVING (SINGLE GAS), APNEA DIVING, DEPTH APP
OTHER ACTIVITY PROFILES	INLINE SKATING
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	✓
DIVING FEATURES	
DIVE ACTIVITY MAXIMUM OPERATING DEPTH	40 METERS

SINGLE-GAS MODE	✓
APNEA MODE	✓
DECOMPRESSION MODEL	BÜHLMANN ZHL-16C WITH GRADIENT FACTORS
NITROX SUPPORT	✓
GAS MIXES	AIR, NITROX (21-40% OXYGEN)
PO2	UP TO 1.6 WITH CUSTOMIZABLE DECO SETTINGS
AUTO START/END DIVE	✓
CUSTOM END-DIVE TIMEOUT	YES (20 SEC TO 10 MIN)
SAFETY STOP	YES (CUSTOMIZABLE OFF/3MIN/5MIN)
DEEP STOPS	YES (USING CUSTOM GRADIENT FACTORS)
CUSTOMIZABLE CONSERVATISM	YES (LOW/MEDIUM/HIGH OR CUSTOM USING GRADIENT FACTORS)
DIVE ASCENT/DESCENT RATE INDICATOR	✓
AUTOMATIC ALTITUDE ADJUSTMENT	✓
NO FLY TIME	✓
DIVE PLANNER	YES (BASIC NDL & GAS PLANNER)
TIDES	✓
BACKLIGHT	YES (CONFIGURABLE INTENSITY; ALWAYS ON)
AUTOMATICALLY SAVES DIVE ENTRY AND EXIT LOCATIONS	✓
SYNC DIVE LOG TO GARMIN DIVE™ MOBILE APP	✓
ALERTS & ALARMS	YES (VIBRATION ONLY)
3-AXIS DIVE COMPASS	YES WITH ADJUSTABLE HEADING, QUICK CHANGE TO 90R, 90L, AND RECIPROCAL. INDICATES DEGREES AND DIRECTION BACK TO SET HEADING.
MISSED DECO LOCKOUT	YES (CAN BE DISABLED PRIOR TO DIVE WITH USER ACKNOWLEDGEMENT)
SURFACE DIVER STATUS WIDGET	YES (SURFACE INTERVAL, NO FLY TIME, N2 LOADING, CNS, OTU, AND TISSUE COMPARTMENT STATUS)
BOATING FEATURES	
WEARABLE TROLLING MOTOR REMOTE	✓
ACTIVITY TRACKING FEATURES	
STEP COUNTER	✓
MOVE ALERTS (DISPLAYS ON DEVICE AFTER A PERIOD OF INACTIVITY)	✓
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	
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	
CUSTOMIZABLE DATA PAGES	✓
DOWNLOADABLE TRAINING PLANS	✓
COURSE GUIDANCE	✓
HR ZONES	✓
HR ALERTS	✓
HR CALORIES	✓
% HR MAX	✓
% HRR	✓
RECOVERY TIME	✓
AUTO MAX HR	✓
RACE GLANCE/WIDGET	✓
HRV STATUS	✓
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 ACTIVITY PROFILES	✓
AUTO PAUSE®	✓
INTERVAL TRAINING	✓
IMPROVED INTERVAL (INCLUDES OPEN REPEATS, INTERVALS DATA PAGE, REST SCREEN AND AUTO DETECTION)	✓
ADVANCED WORKOUTS	✓
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 LOAD	✓
TRAINING LOAD FOCUS	✓
TRAINING EFFECT	✓
TRAINING EFFECT (ANAEROBIC)	✓
PRIMARY BENEFIT (TRAINING EFFECT LABELS)	✓
WORKOUT BENEFIT	✓
CUSTOM ALERTS	✓
AUDIO PROMPTS	✓
MULTISPORT AUTO TRANSITION	✓
FINISH TIME	✓
VIRTUAL PARTNER	✓
RACE AN ACTIVITY	✓
AUTO MULTISPORT ACTIVITIES	✓
MANUAL MULTISPORT ACTIVITIES	✓

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	
GPS-BASED DISTANCE, TIME AND PACE	✓
RUNNING DYNAMICS	✓
VERTICAL OSCILLATION AND RATIO	✓
GROUND CONTACT TIME AND BALANCE	YES (GCT BALANCE WITH ACCESSORY)
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	✓
COURSE- AND WEATHER-SPECIFIC 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	✓
SWING TEMPO	✓
TEMPO TRAINING	✓
ROUND TIMER/ODOMETER	✓
CT10 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	
POINT-TO-POINT NAVIGATION	✓
BREAD CRUMB TRAIL IN REAL TIME	✓
BACK TO START	✓
TRACBACK®	✓

ULTRATRAC MODE	✓
AROUND ME MODE	✓
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 ROAD AND TRAIL MAPS	YES (SAPPHIRE EDITIONS ONLY)
PRELOADED SKI RESORT MAPS	✓
DOWNLOADABLE CARTOGRAPHY SUPPORT	✓
GPS COORDINATES	✓
SIGHT 'N GO	✓
AREA CALCULATION	YES (VIA CONNECT IQ™)
FISH FORECAST	✓
PROJECTED WAYPOINT	✓
SUN AND MOON INFORMATION	✓
EXPEDITION GPS ACTIVITY	✓
TIDES	✓
TIDE GLANCE	✓
CYCLING FEATURES	
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	
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)