

Forerunner® 55

GARMIN OMAN | +968 99562708 | +968 24712551 | www.garminmuscat.com

General

LENS MATERIAL	Chemically strengthened glass
QUICK RELEASE BANDS	Yes (20 mm, Industry standard)
STRAP MATERIAL	Silicone
PHYSICAL SIZE	42 x 42 x 11.6 mm Fits wrists with a circumference of 126-203 mm
COLOUR DISPLAY	✓
DISPLAY SIZE	1.04" (26.3 mm) diameter
DISPLAY RESOLUTION	208 x 208 pixels
DISPLAY TYPE	Sunlight-visible, transflective memory-in-pixel (MIP)
WEIGHT	37 g
BATTERY LIFE	Smartwatch mode: Up to 2 weeks GPS mode: Up to 20 hours See details
WATER RATING	5 ATM
MEMORY/HISTORY	200 hours of activity data

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)	✓
FITNESS AGE	✓
BODY BATTERY™ ENERGY MONITOR	✓
ALL-DAY STRESS TRACKING	✓
RELAXATION REMINDERS	✓
RELAXATION BREATHING TIMER	✓
SLEEP	Yes (Advanced)
HYDRATION	Yes (in Garmin Connect™ and optional Connect IQ™ widget)
WOMEN'S HEALTH	✓

Sensors

GPS	✓
GLONASS	✓
GALILEO	✓
GARMIN ELEVATE™ WRIST HEART RATE MONITOR	✓
ACCELEROMETER	✓

Daily smart features

CONNECTIVITY	Bluetooth®, ANT+®
CONNECT IQ™ (DOWNLOADABLE WATCH FACES, DATA FIELDS, WIDGETS AND APPS)	✓
SMART NOTIFICATIONS	✓
CALENDAR	✓
WEATHER	✓
CONTROLS SMARTPHONE MUSIC	✓

FIND MY PHONE	✓
FIND MY WATCH	✓
SMARTPHONE COMPATIBILITY	iPhone®, Android™
COMPATIBLE WITH GARMIN CONNECT™ MOBILE	✓

Safety and Tracking Features

LIVETRACK	✓
LIVE EVENT SHARING	Android™ Only
INCIDENT DETECTION DURING SELECT ACTIVITIES	✓
ASSISTANCE	✓

Activity tracking features

STEP COUNTER	✓
MOVE BAR (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	✓
DISTANCE TRAVELLED	✓
INTENSITY MINUTES	✓
TRUEUP™	✓
MOVE IQ™	✓

Fitness equipment/gym

AVAILABLE GYM ACTIVITY PROFILES	Cardio and Elliptical Training, Stair Stepping, HIIT, Pilates, Yoga
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Training, planning and analysis features

HR ZONES	✓
HR ALERTS	✓
HR CALORIES	✓

RECOVERY TIME	✓
AUTO MAX HR	✓
HR BROADCAST (BROADCASTS HR DATA OVER ANT+™ TO PAIRED DEVICES)	✓
RESPIRATION RATE (DURING EXERCISE)	Yoga and breathwork only
GPS SPEED AND DISTANCE	✓
CUSTOMISABLE SCREEN(S)	✓
CUSTOMISABLE ACTIVITY PROFILES	✓
AUTO PAUSE®	✓
INTERVAL TRAINING	✓
ADVANCED WORKOUTS	✓
DOWNLOADABLE TRAINING PLANS	✓
AUTO LAP®	✓
MANUAL LAP	✓
CONFIGURABLE LAP ALERTS	✓
VO2 MAX (RUN)	✓
IMPROVED RECOVERY TIME	Yes (limited)
DAILY SUGGESTED WORKOUTS	Yes (limited)
AUDIO PROMPTS	✓
FINISH TIME	✓
TOUCH AND/OR BUTTON LOCK	✓
ACTIVITY HISTORY ON WATCH	✓
PHYSIO TRUEUP	✓

Running features

AVAILABLE RUN PROFILES	Running, Treadmill Running, Track Running, Indoor Track Running, Virtual Running
GPS-BASED DISTANCE, TIME AND PACE	✓

CADENCE (PROVIDES REAL-TIME NUMBER OF STEPS PER MINUTE)	✓
PACEPRO™ PACING STRATEGIES	✓
RUN WORKOUTS	✓
RACE PREDICTOR	✓
FOOT POD CAPABLE	✓

Outdoor recreation

AREA CALCULATION	Yes (via Connect IQ™)
HUNT/FISH CALENDAR	Yes (via Connect IQ™)
SUN AND MOON INFORMATION	Yes (via Connect IQ™)

Cycling features

ALERTS (TRIGGERS ALARM WHEN YOU REACH GOALS INCLUDING TIME, DISTANCE, HEART RATE OR CALORIES)	✓
AVAILABLE CYCLING PROFILES	Biking, Indoor Biking
SPEED AND CADENCE SENSOR SUPPORT (W/SENSOR)	✓

Swimming Features

AVAILABLE SWIM PROFILES	Pool Swimming
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	✓
UNDERWATER WRIST-BASED HEART RATE	✓
Kid activity tracking features	
TOE-TO-TOE™ CHALLENGES APP	Yes (optional Connect IQ app)