

Instinct® 2X Solar

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

What You'll Love	
BATTERY LIFE (SMARTWATCH MODE)	Up to 28 days
DISPLAY TYPE	Monochrome, sunlight-visible, transfective memory-in-pixel (MIP)
WATER RATING	10 ATM
SLEEP SCORE AND INSIGHTS	✓
TRAINING READINESS	✓
TRAINING STATUS	✓
DAILY SUGGESTED WORKOUTS	✓
General	
LENS MATERIAL	chemically strengthened glass
BEZEL MATERIAL	fiber-reinforced polymer
CASE MATERIAL	fiber-reinforced polymer
QUICKFIT™ WATCH BAND COMPATIBLE	yes (22 mm)
STRAP MATERIAL	silicone
PHYSICAL SIZE	45 x 45 x 14.5 mm
	Fits wrists with a circumference of 135-230 mm
WEIGHT	52 g
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
	Battery Saver Watch Mode: Up to 65 days
	GPS: Up to 30 hours
	Max Battery GPS Mode: Up to 70 hours
	Expedition GPS Activity: Up to 32 days
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 & 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	✓
BODY BATTERY™ ENERGY MONITOR	✓
ALL-DAY STRESS	✓
RELAXATION BREATHING TIMER	✓
BREATHWORK	✓
SLEEP	✓
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)	✓
MORNING REPORT	✓
CALENDAR	✓
WEATHER FORECASTS	✓
REALTIME SETTINGS SYNC WITH GARMIN CONNECT™ MOBILE	✓
BATTERY SAVER (CUSTOMIZABLE LOW POWER WATCH)	✓
CONTROLS SMARTPHONE MUSIC	✓
FIND MY PHONE	✓
FIND MY WATCH	✓
VIRB® REMOTE	✓
SMART TRAINER CONTROL	✓
PAIRS WITH GARMIN CONNECT™ MOBILE	✓
SMARTPHONE COMPATIBILITY	iPhone®, Android™
Activity Profiles	
GYM	Strength, HIIT, Cardio, Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing
MULTISPORT	Triathlon
WELLNESS	Walking, Pilates, Yoga
INDOOR RUNNING	Treadmill Running, Indoor Track Running
OUTDOOR RUNNING	Running, Outdoor Track Running, Trail Running
OUTDOOR RECREATION	Hiking, Indoor Climbing, Bouldering, Climbing, Hunting, Horseback Riding
CYCLING	Biking, Road Biking, Mountain Biking, Gravel Biking, Bike Commuting, Bike Touring, eBiking, eMountain Biking, Indoor Biking, Cyclocross
SWIM	Pool Swimming, Open Water Swimming
ON THE WATER	Stand Up Paddleboarding, Rowing, Kayaking, Surfing, Kiteboarding, Windsurfing, Fishing
RACKET SPORTS	Tennis
SNOW & WINTER	Skiing, Snowboarding, Backcountry Snowboarding, XC Classic Skiing, Backcountry Skiing, Snowshoeing
OTHER ACTIVITY PROFILES	Tactical, Obstacle Course
Safety and Tracking Features	
INCIDENT DETECTION DURING SELECT ACTIVITIES	✓

ASSISTANCE	✓
LIVETRACK	✓
Tactical Features	
DUAL GRID COORDINATES	✓
XERO™ LOCATIONS	✓
Gaming Features	
GAMING ACTIVITY	✓
GAMEON™ APP COMPATIBLE	✓
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	✓
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	✓
HRV STATUS	✓
HR BROADCAST (BROADCASTS HR DATA OVER ANT+® TO PAIRED DEVICES)	yes (using ANT+)
RESPIRATION RATE (DURING EXERCISE)	✓
GPS SPEED AND DISTANCE	✓
CUSTOMIZABLE ACTIVITY PROFILES	✓
AUTO PAUSE®	✓
INTERVAL TRAINING	✓
ADVANCED WORKOUTS	✓
POWER MODES - CUSTOMIZABLE IN-ACTIVITY BATTERY SETTINGS	✓
HRM RUNNING PACE AND DISTANCE	✓
AUTO LAP®	✓
MANUAL LAP	✓
CONFIGURABLE LAP ALERTS	✓
HEAT AND ALTITUDE ACCLIMATION	✓
VO2 MAX (RUN)	✓
VO2 MAX (TRAIL RUN)	✓
TRAINING LOAD	✓
TRAINING EFFECT	✓
TRAINING EFFECT (ANAEROBIC)	✓
PRIMARY BENEFIT (TRAINING EFFECT LABELS)	✓
CUSTOM ALERTS	✓
AUDIO PROMPTS	✓
FINISH TIME	✓
VIRTUAL PARTNER	✓
RACE AN ACTIVITY	✓
AUTO MULTISPORT ACTIVITIES	✓
MANUAL MULTISPORT ACTIVITIES	✓
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	
POINT-TO-POINT NAVIGATION	✓
BREAD CRUMB TRAIL IN REAL TIME	✓
BACK TO START	✓
TRACBACK®	✓
ULTRATRAC MODE	✓
REFERENCE POINT	✓
ELEVATION PROFILE	✓
DISTANCE TO DESTINATION	✓
BAROMETRIC TREND INDICATOR WITH STORM ALERT	✓
VERTICAL SPEED	✓
TOTAL ASCENT/DESCENT	✓
FUTURE ELEVATION PLOT	✓
GPS COORDINATES	✓
SIGHT 'N GO	✓
AREA CALCULATION	✓
PROJECTED WAYPOINT	✓
SUN AND MOON INFORMATION	✓
EXPEDITION GPS ACTIVITY	✓
TIDES	✓
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)	✓
MTB GRIT & FLOW	✓
COMPATIBLE WITH VECTOR™ AND RALLY™ (POWER METERS)	✓
COMPATIBLE WITH VARIA™ RADAR (REAR-FACING	✓

RADAR)	
COMPATIBLE WITH VARIA™ LIGHTS	✓
SPEED AND CADENCE SENSOR SUPPORT (W/SENSOR)	✓
POWER METER COMPATIBLE	✓
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	✓
COUNTDOWN START (POOL SWIM ONLY)	✓
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)