

Venu® 3

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General	
LENS MATERIAL	Corning® Gorilla® Glass 3
BEZEL MATERIAL	stainless steel
CASE MATERIAL	fiber-reinforced polymer
QUICK RELEASE BANDS	yes (22 mm, Industry standard)
STRAP MATERIAL	silicone
PHYSICAL SIZE	45 x 45 x 12 mm
	Fits wrists with a circumference of 135-200 mm
WEIGHT	30 g (47 g with included band)
WATER RATING	5 ATM
TOUCHSCREEN	✓
BUILT-IN SPEAKER/MICROPHONE	✓
DISPLAY TYPE	AMOLED Optional Always-On Mode
DISPLAY SIZE	1.4" (35.4 mm) diameter
DISPLAY RESOLUTION	454 x 454 pixels
COLOR DISPLAY	✓
LARGE FONT OPTION	✓
WHEELCHAIR MODE	
BATTERY LIFE	Smartwatch mode: Up to 14 days (5 days display always-on)
	Battery Saver Smartwatch mode: Up to 26 days
	GPS-Only GNSS mode: Up to 26 hours
	All-Systems GNSS mode: Up to 20 hours
	All-Systems GNSS mode with music: Up to 11 hours
	See Details
CHARGING METHOD	Garmin proprietary plug charger
MEMORY/HISTORY	8 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	yes (spot-check, and optionally all-day and in sleep)
FITNESS AGE	✓
BODY BATTERY™ ENERGY MONITOR	✓
ALL-DAY STRESS	✓
RELAXATION REMINDERS	✓
RELAXATION BREATHING TIMER	✓
MEDITATION	✓
BREATHWORK	✓
SLEEP	yes (advanced)
SLEEP SCORE AND INSIGHTS	✓
SLEEP COACH	✓
NAP DETECTION	✓
HYDRATION	✓
WOMEN'S HEALTH	✓
HEALTH SNAPSHOT	✓
JET LAG ADVISER	✓
Sensors	
GPS	✓
GLONASS	✓
GALILEO	✓
GARMIN ELEVATE™ WRIST HEART RATE MONITOR	✓
PULSE OX BLOOD OXYGEN SATURATION MONITOR	✓
BAROMETRIC ALTIMETER	✓
COMPASS	✓

GYROSCOPE	✓
ACCELEROMETER	✓
THERMOMETER	yes (tempe™ sensor required)
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)	✓
VIEW IMAGES FROM NOTIFICATIONS ON WATCH (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	✓
SMART TRAINER CONTROL	✓
PAIRS WITH GARMIN CONNECT™ MOBILE	✓
SMARTPHONE COMPATIBILITY	iPhone®, Android™
GARMIN PAY™	✓
BLUETOOTH PHONE CALLING AND VOICE ASSISTANT SUPPORT	✓
Safety and Tracking Features	
INCIDENT DETECTION DURING SELECT ACTIVITIES	✓
INCIDENT DETECTION ALERT ON PHONE FOR WEARABLES	✓
ASSISTANCE	✓
LIVETRACK	✓
Gaming Features	

GAMING ACTIVITY	✓
GAMEON™ APP COMPATIBLE	✓
Activity Tracking Features	
STEP COUNTER	✓
PUSH TRACKER	✓
MOVE ALERTS (DISPLAYS ON DEVICE AFTER A PERIOD OF INACTIVITY; WALK FOR A COUPLE OF MINUTES TO RESET IT)	✓
WEIGHT SHIFT ALERT	✓
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	
Gym & Fitness Equipment	
AVAILABLE GYM ACTIVITY PROFILES	Strength, HIIT, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Pilates, Yoga
CARDIO WORKOUTS	✓
STRENGTH WORKOUTS	✓
HIIT WORKOUTS	✓
YOGA WORKOUTS	✓
PILATES WORKOUTS	✓
WORKOUTS FOR WHEELCHAIR USERS	✓
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	✓
RECOVERY TIME	✓
HRV STATUS	✓
HR BROADCAST (BROADCASTS HR DATA OVER ANT+® TO PAIRED DEVICES)	yes (using ANT+ or BLE)
RESPIRATION RATE (DURING EXERCISE)	yoga, breathwork and meditation only
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	✓
HRM RUNNING PACE AND DISTANCE	✓
AUTO LAP®	✓
MANUAL LAP	✓
VO2 MAX (RUN)	✓
WORKOUT BENEFIT	✓
IMPROVED RECOVERY TIME	yes (limited)
AUDIO PROMPTS	✓
TOUCH AND/OR BUTTON LOCK	✓
AUTO SCROLL	✓
ACTIVITY HISTORY ON WATCH	✓
PHYSIO TRUEUP	✓
Running Features	
AVAILABLE RUN PROFILES	Running, Treadmill Running, Indoor Track Running
GPS-BASED DISTANCE, TIME AND PACE	✓
CADENCE (PROVIDES REAL-TIME NUMBER OF STEPS PER MINUTE)	✓
RUN WORKOUTS	✓
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)	automatic
DIGITAL SCORECARD	✓
STAT TRACKING (STROKES, PUTTS PER ROUND, GREENS AND FAIRWAYS HIT)	✓
GARMIN AUTOSHOT™	✓
GREEN VIEW WITH MANUAL PIN POSITION	✓
HAZARDS AND COURSE TARGETS	✓
PINPOINTER	✓
ROUND TIMER/ODOMETER	✓
AUTOMATIC CLUB TRACKING COMPATIBLE (REQUIRES ACCESSORY)	✓
PAIRS WITH GARMIN GOLF APP	✓
TOURNAMENT LEGAL	✓
Outdoor Recreation	
AVAILABLE OUTDOOR RECREATION PROFILES	Hiking, Indoor Climbing, Bouldering, Skiing, Snowboarding, XC Classic Skiing, Snowshoeing, Stand Up Paddleboarding, Rowing, Tennis, Padel, Pickleball, Disc Golf
BACK TO START	✓
TOTAL ASCENT/DESCENT	✓
AREA CALCULATION	yes (via Connect IQ™)
FISH FORECAST	yes (via Connect IQ™)
SUN AND MOON INFORMATION	yes (via Connect IQ™)
Cycling Features	
AVAILABLE CYCLING PROFILES	Biking, Indoor Biking, eBiking, Handcycling, Indoor Handcycling
ALERTS (TRIGGERS ALARM WHEN YOU REACH GOALS INCLUDING TIME, DISTANCE, HEART RATE OR CALORIES)	✓
COMPATIBLE WITH VARIA™ RADAR (REAR-FACING RADAR)	✓
COMPATIBLE WITH VARIA™ LIGHTS	✓
SPEED AND CADENCE SENSOR SUPPORT (W/SENSOR)	yes (using ANT+ or BLE)
POWER METER COMPATIBLE	✓
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)	✓
BASIC REST TIMER (UP FROM 0) (POOL SWIM ONLY)	✓
AUTO REST (POOL SWIM ONLY)	✓
TIME AND DISTANCE ALERTS	✓
UNDERWATER WRIST-BASED HEART RATE	✓
Languages	
DEVICE LANGUAGES	Arabic, Bulgarian, Croatian, Czech, Danish, Dutch, English (US), Estonian, Finnish, French, German, Greek, Hebrew, Hungarian, Indonesian, Italian, Japanese, Korean, Latvian, Lithuanian, Malay, Norwegian, Polish, Portuguese (Brazil), Portuguese (EU), Romanian, Russian, Simplified Chinese, Slovak, Slovenian, Spanish (International), Swedish, Thai, Traditional Chinese, Turkish, Ukrainian, Vietnamese