

# vívomove® Trend

GARMIN OMAN | +968 99562708 | +968 24712551 | [www.garminmuscat.com](http://www.garminmuscat.com)

## General

LENS MATERIAL	chemically strengthened glass
BEZEL MATERIAL	stainless steel
CASE MATERIAL	fiber-reinforced polymer
QUICK RELEASE BANDS	yes (20 mm, Industry standard)
STRAP MATERIAL	silicone
PHYSICAL SIZE	40.4 x 40.4 x 11.9 mm Fits wrists with a circumference of 125-190 mm
TOUCHSCREEN	✓
DISPLAY SIZE	1.01" x 0.74" (25.6 mm x 18.8 mm)
DISPLAY RESOLUTION	254 x 346 pixels
DISPLAY TYPE	liquid crystal
WEIGHT	Case only: 28.3 g With silicone strap: 43.3 g
WATER RATING	5 ATM
BATTERY LIFE	Smartwatch mode: up to 5 days Watch mode: up to 1 additional day
CHARGING METHOD	Garmin proprietary clip charger and compatible with most Qi-certified wireless charging pads
MEMORY/HISTORY	10 timed activities; 14 days of activity tracking data

## Clock Features

TIME/DATE	✓
AUTOMATIC DAYLIGHT SAVING TIME	✓
ALARM CLOCK	✓
TIMER	

STOPWATCH	✓
CHRONOGRAPH	✓
ANALOG HANDS	✓

## Health 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 in sleep)
FITNESS AGE	✓
BODY BATTERY™ ENERGY MONITOR	✓
ALL-DAY STRESS	✓
RELAXATION REMINDERS	✓
RELAXATION BREATHING TIMER	✓
SLEEP	yes (advanced)
SLEEP SCORE AND INSIGHTS	✓
HYDRATION	✓
WOMEN'S HEALTH	✓

## Sensors

GARMIN ELEVATE™ WRIST HEART RATE MONITOR	✓
BAROMETRIC ALTIMETER	✓
ACCELEROMETER	✓
AMBIENT LIGHT SENSOR	✓
PULSE OX BLOOD OXYGEN SATURATION MONITOR	✓

## Daily Smart Features

CONNECTIVITY	Bluetooth® Smart and ANT+®
SMART NOTIFICATIONS	✓
TEXT RESPONSE/REJECT PHONE CALL WITH TEXT (ANDROID™ ONLY)	✓
CONNECTED GPS	✓
CALENDAR	✓
WEATHER	✓
REALTIME SETTINGS SYNC WITH GARMIN CONNECT™ MOBILE	✓
CONTROLS SMARTPHONE MUSIC	✓
FIND MY PHONE	✓
FIND MY WATCH	✓
SMARTPHONE COMPATIBILITY	iPhone®, Android™
PAIRS WITH GARMIN CONNECT™ MOBILE	✓
GARMIN PAY™	✓

## Safety and Tracking Features

LIVETRACK	✓
INCIDENT DETECTION DURING SELECT ACTIVITIES	✓
INCIDENT DETECTION ALERT ON PHONE FOR WEARABLES	✓
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	✓

FLOORS CLIMBED	✓
DISTANCE TRAVELED	✓
INTENSITY MINUTES	✓
TRUEUP™	✓
MOVE IQ™	✓

## Gym & Fitness Equipment

AUTOMATIC REP COUNTING	✓
AVAILABLE GYM ACTIVITY PROFILES	Strength, Cardio and Elliptical Training, Stair Stepping, Breathwork, Pilates, Yoga

## Training, Planning and Analysis Features

HR ZONES	✓
HR ALERTS	✓
HR CALORIES	✓
% HR MAX	✓
HR BROADCAST (BROADCASTS HR DATA OVER ANT+™ TO PAIRED DEVICES)	✓
RESPIRATION RATE (DURING EXERCISE)	Yoga and Breathwork only
GPS SPEED AND DISTANCE	yes (Connected GPS only)
CUSTOMIZABLE DATA PAGES	✓
CUSTOMIZABLE ACTIVITY PROFILES	✓
AUTO LAP®	✓
VO2 MAX (RUN)	✓
PHYSIO TRUEUP	✓

## Running Features

AVAILABLE RUN PROFILES	Running, Treadmill Running
GPS-BASED DISTANCE, TIME AND PACE	yes (Connected GPS only)

## Cycling Features

AVAILABLE CYCLING PROFILES	Biking
----------------------------	--------

ALERTS (TRIGGERS ALARM WHEN YOU REACH GOALS INCLUDING TIME, DISTANCE, HEART RATE OR CALORIES)	✓
<b>Swimming Features</b>	
AVAILABLE SWIM PROFILES	Pool Swimming (Basic)
UNDERWATER WRIST-BASED HEART RATE	✓
<b>Kid Activity Tracking Features</b>	
TOE-TO-TOE™ CHALLENGES APP	✓