

Forerunner® 570

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

What You'll Love	
Sleep score and insights	✓
Battery life (smartwatch mode)	Up to 11 days
Pulse Ox blood oxygen	yes (spot-check, and optional all-day acclimation and in sleep)
Garmin Pay™	✓
Multi-band GPS	✓
Music storage	✓
Make calls and send texts via voice	yes (with paired compatible smartphone)
Training readiness	✓
Training status	yes (improved)
Display type	AMOLED (optional always-on mode)
Touchscreen	✓
Water rating	5 ATM
General	
Strap material	silicone
Lens Material	Corning® Gorilla® Glass 3
Bezel Material	aluminum
Quick Release bands	yes (22 mm, Industry standard)
Physical size	47 x 47 x 12.9 (mm)
	Fits wrists with a circumference of 135-205 mm
Weight	50 g
Built-in speaker/microphone	✓
Display Size	1.4" (35.3 mm) diameter
Display resolution	454 x 454 pixels
Color display	✓
Large font option	✓
Battery type	Lithium ion
Battery life	Smartwatch mode: Up to 11 days
	GPS-Only GNSS mode: Up to 18 hours

	SatIQ (AutoSelect) GNSS mode: Up to 16 hours
	All-Systems GNSS mode + Multi-Band: Up to 14 hours
	GPS-Only GNSS mode with music: Up to 9 hours
	SatIQ (AutoSelect) GNSS mode with music: Up to 8 hours
	All-Systems GNSS mode + Multi-Band with music: Up to 8 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	✓
Smart wake alarm	✓
Timer	✓
Stopwatch	✓
Sunrise/sunset times	✓
Health & Wellness Monitoring	
Wrist-based heart rate (constant, every second)	✓
Resting heart rate	✓
Abnormal heart rate alerts	yes (high and low)
Respiration rate	✓
Fitness age	✓
Body Battery™ energy monitor	✓
All-day stress	✓
Relaxation reminders	✓
Relaxation breathing timer	✓
Meditation	✓
Breathwork	✓
Sleep	yes (advanced)
Sleep coach	✓
Breathing variations	✓

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	✓
Health status	✓
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	✓
Daily Smart Features	
Connectivity	Bluetooth®, ANT+®, Wi-Fi®
Connect IQ™ (downloadable watch faces, data fields 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	✓
Evening 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	✓
Smart trainer control	✓
Pairs with Garmin Connect™ Mobile	✓
Smartphone compatibility	iPhone®, Android™
Stocks	yes (optional Connect IQ app)
Bluetooth phone calling and voice assistant support	✓
Voice command	✓
Red shift mode	✓
Garmin Share	✓
Passcode	✓
Calculator	✓
Workout and Training Plans	
Daily Suggested Workout - Running (Pace and Heart Rate Based)	✓
Daily Suggested Workout - Cycling (Pace and Heart Rate Based)	✓
Garmin Running Coach	✓
Garmin Running Coach Experts	✓
Garmin Cycling Coach	✓
Garmin Coach - Prebuilt Cycling Plans	✓
Garmin Coach - Strength	✓
Garmin Triathlon Coach	✓
Multisport workouts	✓
Cardio workouts	✓
Strength workouts	✓
HIIT workouts	✓
Yoga workouts	✓

Pilates workouts	✓
On-screen workout animations	✓
On-screen workout muscle maps	✓
Activity Profiles	
Gym	Strength, HIIT, Cardio, Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Jump Roping
Multisport	Triathlon, Duathlon, Brick, Pool Triathlon, Swimming/Running
Wellness	Walking, Pilates, Yoga, Indoor Walking, Mobility
Indoor running	Treadmill Running, Indoor Track Running, Virtual Running
Outdoor running	Running, Outdoor Track Running, Trail Running, Ultra Running, Obstacle Racing
Outdoor recreation	Hiking, Rucking, Mountaineering, Indoor Climbing, Bouldering, 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, Fishing, Boating
Racket sports	Tennis, Pickleball, Badminton, Squash, Table Tennis, Padel, Platform Tennis, Racquetball
Snow & winter	Skiing, Snowboarding, XC Classic Skiing, XC Skate 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
Other activity profiles	Inline skating
Safety and Tracking Features	
Incident Detection during select activities	✓
Incident detection alert on phone for wearables	✓
Assistance	✓
Live Event Sharing	Android™ Only
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)
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	✓
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® automatic timer halt	✓
Interval training	✓
Improved interval (includes open repeats, intervals data page, rest screen and auto detection)	✓
Advanced workouts	✓
HRM running pace and distance	✓
Auto Lap® interval tracking feature	✓
Manual lap	✓
Rest timer	✓

Configurable lap alerts	✓
Heat and altitude acclimation	✓
VO2 Max (Run)	✓
VO2 Max (Trail Run)	✓
Load ratio	✓
Training load	✓
Training load focus	✓
Training effect	✓
Training effect (anaerobic)	✓
Primary benefit (Training Effect labels)	✓
Improved recovery time	✓
Custom alerts	✓
Voice alerts	✓
Multisport auto transition	✓
Finish time	✓
Virtual Partner	✓
Race an Activity	✓
Manual multisport activities	✓
Touch and/or button lock	✓
Shortcuts	✓
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	✓
PacePro™ Pacing Strategies	✓
Run workouts	✓
Trail run auto climb	✓
Race predictor	✓
Course- and weather-specific race predictor	✓
Projected race time and pace	✓
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™	✓
Auto CourseView updates	✓
Green View with manual pin position	✓
Hazards and course targets	✓
PinPointer	✓
Handicap scoring	✓
Round timer/odometer	✓
CT10 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	✓
Up Ahead	✓

Elevation profile	✓
Distance to destination	✓
Barometric trend indicator with Storm Alert	✓
Vertical speed	✓
Total ascent/descent	✓
Rest Timer (Ultra Run only)	✓
Auto rest	✓
Future elevation plot	✓
Sun and moon information	✓
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)	✓
Power curve and % FTP workouts	✓
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	✓
Compatible with Varia headlight camera	✓
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	✓

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-Swim, HRM-Pro, HRM-Pro Plus or HRM 600)