

# Garmin Instinct® 2 - Graphite

010-02626-10

## SPECIFICATIONS

### What You'll Love

<a href="#">SLEEP SCORE AND INSIGHTS</a>	Yes
BATTERY LIFE (SMARTWATCH MODE)	Up to 28 days
<a href="#">DAILY SUGGESTED WORKOUTS</a>	Yes
<a href="#">PULSE OX BLOOD OXYGEN SATURATION</a>	Yes
<a href="#">TRAINING READINESS</a>	Yes
<a href="#">TRAINING STATUS</a>	Yes
WATCH DISPLAY TYPE	Monochrome, sunlight-visible, transfective memory-in-pixel (MIP)
<a href="#">WATER RATING</a>	10 ATM

### General

STRAP MATERIAL	Silicone
LENS MATERIAL	Chemically strengthened glass
BEZEL MATERIAL	Fibre-reinforced polymer
CASE MATERIAL	Fibre-reinforced polymer
QUICKFIT™ WATCH BAND COMPATIBLE	Yes (22 mm)
PHYSICAL SIZE	45 x 45 x 14.50 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	yes
-----------	-----

GPS TIME SYNC	Yes
AUTOMATIC DAYLIGHT SAVING TIME	Yes
ALARM CLOCK	Yes
TIMER	Yes
STOPWATCH	Yes
SUNRISE/SUNSET TIMES	Yes

## Health & Wellness Monitoring

<a href="#">WRIST-BASED HEART RATE</a> (CONSTANT, EVERY SECOND)	Yes
DAILY RESTING HEART RATE	Yes
ABNORMAL HEART RATE ALERTS	Yes (high and low)
<a href="#">RESPIRATION RATE</a> (24X7)	Yes
<a href="#">FITNESS AGE</a>	Yes
<a href="#">BODY BATTERY™ ENERGY MONITOR</a>	Yes
<a href="#">ALL-DAY STRESS</a>	Yes
<a href="#">RELAXATION BREATHING TIMER</a>	Yes
BREATHWORK	Yes
<a href="#">SLEEP</a>	Yes
<a href="#">HYDRATION</a>	Yes (in Garmin Connect™)
<a href="#">WOMEN'S HEALTH</a>	Yes (in Garmin Connect™)
HEALTH SNAPSHOT	Yes

## Sensors

GPS	Yes
GLONASS	Yes
GALILEO	Yes
GARMIN ELEVATE™ WRIST HEART RATE MONITOR	Yes
PULSE OX BLOOD OXYGEN SATURATION MONITOR	Yes
BAROMETRIC ALTIMETER	Yes
COMPASS	Yes
ACCELEROMETER	Yes
THERMOMETER	Yes

## Daily Smart Features

CONNECTIVITY	Bluetooth®, ANT+®
--------------	-------------------

CONNECT IQ™ (DOWNLOADABLE WATCH FACES, DATA FIELDS, WIDGETS AND APPS)	Yes
SMART NOTIFICATIONS	Yes
TEXT RESPONSE/REJECT PHONE CALL WITH TEXT (ANDROID™ ONLY)	Yes
MORNING REPORT	Yes
CALENDAR	Yes
WEATHER FORECASTS	Yes
REALTIME SETTINGS SYNC WITH GARMIN CONNECT™ MOBILE	Yes
BATTERY SAVER (CUSTOMIZABLE LOW POWER WATCH)	Yes
CONTROLS SMARTPHONE MUSIC	Yes
FIND MY PHONE	Yes
FIND MY WATCH	Yes
VIRB® REMOTE	Yes
<a href="#">SMART TRAINER CONTROL</a>	Yes
PAIRS WITH GARMIN CONNECT™ MOBILE	Yes
SMARTPHONE COMPATIBILITY	iPhone®, Android™

## Activity Profiles

GYM	Strength, HIIT, Cardio and 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	Yes
ASSISTANCE	Yes
LIVETRACK	Yes

## Tactical Features

DUAL GRID COORDINATES	Yes
XERO™ LOCATIONS	Yes

## Gaming Features

<a href="#">GAMING ACTIVITY</a>	Yes
<a href="#">GAMEON™ APP COMPATIBLE</a>	Yes

## Boating Features

AUTOPILOT CONTROL	no
BOAT DATA STREAMING	no

## Activity Tracking Features

STEP COUNTER	Yes
MOVE ALERTS (DISPLAYS ON DEVICE AFTER A PERIOD OF INACTIVITY; WALK FOR A COUPLE OF MINUTES TO RESET IT)	Yes
AUTO GOAL (LEARNS YOUR ACTIVITY LEVEL AND ASSIGNS A DAILY STEP GOAL)	Yes
<a href="#">CALORIES BURNED</a>	Yes
FLOORS CLIMBED	Yes
DISTANCE TRAVELED	Yes
<a href="#">INTENSITY MINUTES</a>	Yes
TRUEUP™	Yes
MOVE IQ™	Yes
GARMIN CONNECT™ CHALLENGES APP	Yes (optional Connect IQ app)

## Gym & Fitness Equipment

CARDIO WORKOUTS	Yes
STRENGTH WORKOUTS	Yes
HIIT WORKOUTS	Yes
YOGA WORKOUTS	Yes
PILATES WORKOUTS	Yes
AUTOMATIC REP COUNTING	Yes

## Training, Planning And Analysis Features

CUSTOMIZABLE DATA PAGES	Yes
DOWNLOADABLE TRAINING PLANS	Yes
COURSE GUIDANCE	Yes
<a href="#">HR ZONES</a>	Yes
<a href="#">HR ALERTS</a>	Yes
<a href="#">HR CALORIES</a>	Yes
<a href="#">% HR MAX</a>	Yes
<a href="#">% HRR</a>	Yes
<a href="#">RECOVERY TIME</a>	Yes
<a href="#">AUTO MAX HR</a>	Yes
<a href="#">HRV STATUS</a>	Yes
<a href="#">HR BROADCAST</a> (BROADCASTS HR DATA OVER ANT+™ TO PAIRED DEVICES)	Yes (using ANT+)
<a href="#">RESPIRATION RATE (DURING EXERCISE)</a>	Yes
GPS SPEED AND DISTANCE	Yes
CUSTOMIZABLE ACTIVITY PROFILES	Yes
AUTO PAUSE®	Yes
INTERVAL TRAINING	Yes
ADVANCED WORKOUTS	Yes
POWER MODES - CUSTOMIZABLE IN-ACTIVITY BATTERY SETTINGS	Yes
HRM RUNNING PACE AND DISTANCE	Yes
AUTO LAP®	Yes
MANUAL LAP	Yes
CONFIGURABLE LAP ALERTS	Yes
<a href="#">HEAT AND ALTITUDE ACCLIMATION</a>	Yes
<a href="#">VO2 MAX (RUN)</a>	Yes
<a href="#">VO2 MAX (TRAIL RUN)</a>	Yes
<a href="#">TRAINING LOAD</a>	Yes
<a href="#">TRAINING EFFECT</a>	Yes
<a href="#">TRAINING EFFECT (ANAEROBIC)</a>	Yes
PRIMARY BENEFIT (TRAINING EFFECT LABELS)	Yes
CUSTOM ALERTS	Yes
AUDIO PROMPTS	Yes

FINISH TIME	Yes
VIRTUAL PARTNER	Yes
RACE AN ACTIVITY	Yes
AUTO MULTISPORT ACTIVITIES	Yes
MANUAL MULTISPORT ACTIVITIES	Yes
TOUCH AND/OR BUTTON LOCK	Yes
HOT KEYS	Yes
AUTO SCROLL	Yes
ACTIVITY HISTORY ON WATCH	Yes
<a href="#">PHYSIO TRUEUP</a>	Yes
UNIFIED TRAINING STATUS	Yes

## Running Features

GPS-BASED DISTANCE, TIME AND PACE	Yes
RUNNING DYNAMICS	Yes (with compatible accessory)
<a href="#">VERTICAL OSCILLATION AND RATIO</a>	Yes (with compatible accessory)
<a href="#">GROUND CONTACT TIME AND BALANCE</a>	Yes (with compatible accessory)
<a href="#">STRIDE LENGTH (REAL TIME)</a>	Yes (with compatible accessory)
<a href="#">CADENCE</a> (PROVIDES REAL-TIME NUMBER OF STEPS PER MINUTE)	Yes
<a href="#">RUNNING POWER</a>	Yes
<a href="#">PERFORMANCE CONDITION</a>	Yes
<a href="#">LACTATE THRESHOLD</a>	Yes (with compatible accessory)
RUN WORKOUTS	Yes
TRAIL RUN AUTO CLIMB	Yes
<a href="#">RACE PREDICTOR</a>	Yes
FOOT POD CAPABLE	Yes
RUN/WALK/STAND DETECTION	Yes

## Golfing Features

YARDAGE TO F/M/B (DISTANCE TO FRONT, MIDDLE AND BACK OF GREEN)	Yes
YARDAGE TO LAYUPS/DOGLEGS	Yes
MEASURES SHOT DISTANCE (CALCULATES EXACT YARDAGE FOR SHOTS FROM ANYWHERE ON COURSE)	Manual
<a href="#">DIGITAL SCORECARD</a>	yes
STAT TRACKING (STROKES, PUTTS PER ROUND, GREENS AND FAIRWAYS HIT)	Yes

<a href="#">GARMIN AUTOSHOT™</a>	Yes
AUTO COURSEVIEW UPDATES	Yes
<a href="#">GREEN VIEW WITH MANUAL PIN POSITION</a>	Yes
HAZARDS AND COURSE TARGETS	Yes
ROUND TIMER/ODOMETER	Yes
<a href="#">AUTOMATIC CLUB TRACKING COMPATIBLE</a> (REQUIRES ACCESSORY)	Yes
PAIRS WITH GARMIN GOLF APP	Yes
TOURNAMENT LEGAL	Yes

## Outdoor Recreation

POINT-TO-POINT NAVIGATION	Yes
BREAD CRUMB TRAIL IN REAL TIME	Yes
BACK TO START	Yes
TRACBACK®	Yes
ULTRATRAC MODE	Yes
REFERENCE POINT	Yes
ELEVATION PROFILE	Yes
DISTANCE TO DESTINATION	Yes
BAROMETRIC TREND INDICATOR WITH STORM ALERT	Yes
VERTICAL SPEED	Yes
TOTAL ASCENT/DESCENT	Yes
FUTURE ELEVATION PLOT	Yes
GPS COORDINATES	Yes
SIGHT 'N GO	Yes
AREA CALCULATION	Yes
PROJECTED WAYPOINT	Yes
SUN AND MOON INFORMATION	Yes
EXPEDITION GPS ACTIVITY	Yes
TIDES	Yes

## Cycling Features

COURSES	Yes
BIKE LAP AND LAP MAXIMUM POWER (WITH POWER SENSOR)	Yes
RACE AN ACTIVITY	Yes

ALERTS (TRIGGERS ALARM WHEN YOU REACH GOALS INCLUDING TIME, DISTANCE, HEART RATE OR CALORIES)	Yes
FTP (FUNCTIONAL THRESHOLD POWER)	Yes
<a href="#">MTB GRIT &amp; FLOW</a>	Yes
COMPATIBLE WITH VECTOR™ AND RALLY™ (POWER METERS)	Yes
COMPATIBLE WITH VARIA™ RADAR (REAR-FACING RADAR)	Yes
COMPATIBLE WITH VARIA™ LIGHTS	Yes
SPEED AND CADENCE SENSOR SUPPORT (W/SENSOR)	Yes
POWER METER COMPATIBLE	Yes

## Swimming Features

OPEN-WATER SWIM METRICS (DISTANCE, PACE, STROKE COUNT/RATE, STROKE DISTANCE, SWIM EFFICIENCY (SWOLF), CALORIES)	Yes
POOL SWIM METRICS (LENGTHS, DISTANCE, PACE, STROKE COUNT, SWIM EFFICIENCY (SWOLF), CALORIES)	Yes
STROKE TYPE DETECTION (FREESTYLE, BACKSTROKE, BREASTSTROKE, BUTTERFLY) (POOL SWIM ONLY)	Yes
DRILL LOGGING (POOL SWIM ONLY)	Yes
BASIC REST TIMER (UP FROM 0) (POOL SWIM ONLY)	Yes
"REPEAT ON" REST TIMER (POOL SWIM ONLY)	Yes
AUTO REST (POOL SWIM ONLY)	Yes
TIME AND DISTANCE ALERTS	Yes
TIME AND DISTANCE ALERTS	Yes
COUNTDOWN START (POOL SWIM ONLY)	Yes
POOL SWIM WORKOUTS	Yes
UNDERWATER WRIST-BASED HEART RATE	Yes
HEART RATE FROM EXTERNAL HRM (REAL-TIME DURING RESTS, INTERVAL AND SESSION STATS DURING RESTS, AND AUTOMATIC HEART RATE DOWNLOAD POST-SWIM)	Yes

## Kid Activity Tracking Features

TOE-TO-TOE™ CHALLENGES APP	Yes (optional Connect IQ Toe-to-Toe™ Challenges app)
----------------------------	--