

Garmin Instinct® 2 - dēzl Edition

SPECIFICATIONS

What You'll Love

SLEEP SCORE AND INSIGHTS	Yes
BATTERY LIFE (SMARTWATCH MODE)	Up to 28 days
DAILY SUGGESTED WORKOUTS	Yes
PULSE OX BLOOD OXYGEN SATURATION	Yes
GARMIN PAY™	Yes
TRAINING READINESS	Yes
TRAINING STATUS	Yes
WATCH DISPLAY TYPE	Monochrome, sunlight-visible, transfective memory-in-pixel (MIP)
WATER RATING	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

WRIST-BASED HEART RATE (CONSTANT, EVERY SECOND)	Yes
DAILY RESTING HEART RATE	Yes
ABNORMAL HEART RATE ALERTS	Yes (high and low)
RESPIRATION RATE (24X7)	Yes
FITNESS AGE	Yes
BODY BATTERY™ ENERGY MONITOR	Yes
ALL-DAY STRESS	Yes
RELAXATION BREATHING TIMER	Yes
BREATHWORK	Yes
SLEEP	Yes
HYDRATION	Yes (in Garmin Connect™)
WOMEN'S HEALTH	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
SMART TRAINER CONTROL	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	
GAMING ACTIVITY	Yes
GAMEON™ APP COMPATIBLE	Yes
Trucking Smartwatch Features	
TRUCK DRIVER WORKOUTS	Yes
WORKOUT TUTORIALS	yes (via the Garmin dēzl™ app)
EASY BREAK PLANNING	Yes
TRUCK PLAZA LOYALTY PROGRAMS	Yes
COMPATIBLE WITH DÉZL™ OTR TRUCK NAVIGATORS	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
CALORIES BURNED	Yes
FLOORS CLIMBED	Yes
DISTANCE TRAVELED	Yes
INTENSITY MINUTES	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
HR ZONES	Yes
HR ALERTS	Yes
HR CALORIES	Yes
% HR MAX	Yes
% HRR	Yes
RECOVERY TIME	Yes
AUTO MAX HR	Yes
HRV STATUS	Yes
HR BROADCAST (BROADCASTS HR DATA OVER ANT+™ TO PAIRED DEVICES)	Yes (using ANT+)
RESPIRATION RATE (DURING EXERCISE)	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
HEAT AND ALTITUDE ACCLIMATION	Yes
VO2 MAX (RUN)	Yes
VO2 MAX (TRAIL RUN)	Yes
TRAINING LOAD	Yes
TRAINING EFFECT	Yes
TRAINING EFFECT (ANAEROBIC)	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
PHYSIO TRUEUP	Yes
UNIFIED TRAINING STATUS	Yes

Running Features

GPS-BASED DISTANCE, TIME AND PACE	Yes
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)	Yes
RUNNING POWER	Yes
PERFORMANCE CONDITION	Yes
LACTATE THRESHOLD	Yes (with compatible accessory)
RUN WORKOUTS	Yes
TRAIL RUN AUTO CLIMB	Yes
RACE PREDICTOR	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
DIGITAL SCORECARD	yes
STAT TRACKING (STROKES, PUTTS PER ROUND, GREENS AND FAIRWAYS HIT)	Yes
GARMIN AUTOSHOT™	Yes
AUTO COURSEVIEW UPDATES	Yes
GREEN VIEW WITH MANUAL PIN POSITION	Yes
HAZARDS AND COURSE TARGETS	Yes
ROUND TIMER/ODOMETER	Yes
AUTOMATIC CLUB TRACKING COMPATIBLE (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
MTB GRIT & FLOW	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)
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Semi Truck Features

PREPASS WEIGH STATION NOTIFICATIONS AND BYPASS DECISIONS	yes (via the Garmin dēzl™ app)
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