

# Garmin fēnix® 7 Pro – Sapphire Solar Edition, Carbon Gray DLC Titanium with Black Band

## SPECIFICATIONS

### What You'll Love

SLEEP SCORE AND INSIGHTS	Yes
BATTERY LIFE (SMARTWATCH MODE)	Up to 18 days/22 days with solar
BUILT-IN MAPPING	Yes
DAILY SUGGESTED WORKOUTS	Yes
PULSE OX BLOOD OXYGEN SATURATION	Yes
LED FLASHLIGHT	Yes
GARMIN PAY™	Yes
MULTI-BAND GPS	Yes
MUSIC STORAGE	Yes
TRAINING READINESS	Yes
TRAINING STATUS	Yes
WATCH DISPLAY TYPE	Sunlight-visible, transfective memory-in-pixel (MIP)
SOLAR CHARGING	Yes
TOUCHSCREEN	Yes
WATER RATING	10 ATM

### General

STRAP MATERIAL	Silicone
LENS MATERIAL	Power Sapphire™
BEZEL MATERIAL	Titanium
CASE MATERIAL	Fibre-reinforced polymer with titanium rear cover
QUICKFIT™ WATCH BAND COMPATIBLE	Included (22 mm)
PHYSICAL SIZE	47 x 47 x 14.5 mm Fits wrists with the following circumference: Silicone band: 125-208 mm Leather band: 132-210 mm Fabric band: 132-210 mm Metal band: 132-215 mm
WEIGHT	73g (case only: 50g)
DISPLAY SIZE	33.02 mm (1.3") diameter
DISPLAY RESOLUTION	260 x 260 pixels

COLOUR DISPLAY	Yes
LARGE FONT OPTION	Yes
BATTERY LIFE	<p>Smartwatch: Up to 18 days/22 days with solar*</p> <p>Battery Saver Watch Mode: Up to 57 days/173 days with solar*</p> <p>GPS Only: Up to 57 hours/73 hours with solar**</p> <p>All Satellite Systems: Up to 40 hours/48 hours with solar*</p> <p>All Satellite Systems + Multi-band: Up to 23 hours/26 hours with solar**</p> <p>All Satellite Systems Music: Up to 10 hours</p> <p>Max Battery GPS: Up to 136 hours/ 289 hours with solar**</p> <p>Expedition GPS: Up to 40 days/ 74 days with solar*</p> <p>*Solar charging, assuming all-day wear with 3 hours per day outside in 50,000 lux conditions</p> <p>**Solar charging, assuming use in 50,000 lux conditions</p>
CHARGING METHOD	Garmin proprietary plug charger
MEMORY/HISTORY	32 GB

## 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 (in app)
BODY BATTERY™ ENERGY MONITOR	Yes
ALL-DAY STRESS	Yes
RELAXATION BREATHING TIMER	Yes
BREATHWORK	Yes

<b>SLEEP</b>	Yes (Advanced)
<b>SLEEP COACH</b>	Yes
<b>NAP DETECTION</b>	Yes
<b>HYDRATION</b>	Yes (in Garmin Connect™ and optional Connect IQ™ widget)
<b>WOMEN'S HEALTH</b>	Yes (in Garmin Connect™ and optional Connect IQ™ widget)
<b>HEALTH SNAPSHOT</b>	Yes
<b>SKIN TEMPERATURE</b>	Yes
<b>JET LAG ADVISER</b>	Yes

## Sensors

<b>GPS</b>	Yes
<b>GLONASS</b>	Yes
<b>GALILEO</b>	Yes
<b>SATIQ™ TECHNOLOGY</b>	Yes
<b>GARMIN ELEVATE™ WRIST HEART RATE MONITOR</b>	Yes
<b>PULSE OX BLOOD OXYGEN SATURATION MONITOR</b>	Yes
<b>BAROMETRIC ALTIMETER</b>	Yes
<b>COMPASS</b>	Yes
<b>GYROSCOPE</b>	Yes
<b>ACCELEROMETER</b>	Yes
<b>THERMOMETER</b>	Yes
<b>AMBIENT LIGHT SENSOR</b>	Yes

## Daily Smart Features

<b>CONNECTIVITY</b>	Bluetooth®, ANT+®, Wi-Fi®
<b>CONNECT IQ™ (DOWNLOADABLE WATCH FACES, DATA FIELDS, WIDGETS AND APPS)</b>	Yes
<b>ON-DEVICE CONNECT IQ™ STORE</b>	Yes
<b>SMART NOTIFICATIONS</b>	Yes
<b>TEXT RESPONSE/REJECT PHONE CALL WITH TEXT (ANDROID™ ONLY)</b>	Yes
<b>VIEW IMAGES FROM NOTIFICATIONS ON WATCH (ANDROID™ ONLY)</b>	Yes
<b>MORNING REPORT</b>	Yes
<b>CALENDAR</b>	Yes
<b>WEATHER FORECASTS</b>	Yes

REALTIME SETTINGS SYNC WITH GARMIN CONNECT™ MOBILE	Yes
BATTERY SAVER (CUSTOMIZABLE LOW POWER WATCH)	Yes
CONTROLS SMARTPHONE MUSIC	Yes
PLAYS AND CONTROLS WATCH 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™
STOCKS	Yes

## Activity Profiles

GYM	Strength, HIIT, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor rowing, Jump Roping
MULTISPORT	Triathlon, Swimming/Running
WELLNESS	Walking, Pilates, Yoga
INDOOR RUNNING	Treadmill Running, Indoor Track Running
OUTDOOR RUNNING	Running, Outdoor Track Running, Trail Running, Ultra Running, Obstacle Course
OUTDOOR RECREATION	Hiking, Indoor Climbing, Bouldering, Climbing, 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, Surfing, Kiteboarding, Windsurfing, Fishing, Boating, Sailing, Sail Racing, Water Skiing, Wakeboarding, Wakesurfing, Tubing, Sailing Expedition, Whitewater, Snorkeling
MOTOR SPORTS	Motorcycling, Overlanding, Motorcrossing, ATVing, Snowmobile
RACKET SPORTS	Tennis, Pickleball, Badminton, Squash, Table Tennis, Padel, Platform Tennis, Racquetball
SNOW & WINTER	Skiing, Snowboarding, Backcountry Snowboarding, XC Classic Skiing, Backcountry Skiing, Ice Skating, Snowshoeing, XC Skate Skiing

<b>SPORT PROFILES</b>	Basketball, Volleyball, Field Hockey, Ice Hockey, Soccer, Football, Lacrosse, Rugby, Ultimate Disc, Cricket, Softball, Baseball
<b>IN THE RING</b>	Boxing, Mixed martial arts
<b>OTHER ACTIVITY PROFILES</b>	Jumpmaster, Tactical, Inline Skating

## Safety And Tracking Features

<b>INCIDENT DETECTION DURING SELECT ACTIVITIES</b>	Yes
<b>INCIDENT DETECTION ALERT ON PHONE FOR WEARABLES</b>	Yes
<b>ASSISTANCE</b>	Yes
<b>LIVETRACK</b>	Yes
<b>GROUP LIVETRACK</b>	Yes
<b>LIVE EVENT SHARING</b>	Yes

## Tactical Features

<b>DUAL GRID COORDINATES</b>	Yes
<b>XERO™ LOCATIONS</b>	Yes

## Gaming Features

<b>GAMING ACTIVITY</b>	Yes
<b>GAMEON™ APP COMPATIBLE</b>	Yes

## Boating Features

<b>WEARABLE TROLLING MOTOR REMOTE</b>	Yes
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## Activity Tracking Features

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

## Gym & Fitness Equipment

<b>CARDIO WORKOUTS</b>	Yes
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STRENGTH WORKOUTS	Yes
HIIT WORKOUTS	Yes
YOGA WORKOUTS	Yes
PILATES WORKOUTS	Yes
ON-SCREEN WORKOUT ANIMATIONS	Yes
ON-SCREEN WORKOUT MUSCLE MAP	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
RACE GLANCE/WIDGET	Yes
HRV STATUS	Yes
HRV STRESS TEST (MEASURES YOUR HEART RATE VARIABILITY WHILE STANDING STILL, FOR 3 MINUTES, TO PROVIDE YOU WITH AN ESTIMATED STRESS LEVEL; THE SCALE OF THIS IS 1 TO 100; LOW SCORES INDICATE LOWER STRESS LEVELS)	Yes (with compatible accessory)
HR BROADCAST (BROADCASTS HR DATA OVER ANT+™ TO PAIRED DEVICES)	Yes
RESPIRATION RATE (DURING EXERCISE)	Yes (with compatible accessory)
GPS SPEED AND DISTANCE	Yes
CUSTOMIZABLE ACTIVITY PROFILES	Yes
AUTO PAUSE®	Yes
INTERVAL TRAINING	Yes
IMPROVED INTERVAL (INCLUDES OPEN REPEATS, INTERVALS DATA PAGE, REST SCREEN AND AUTO DETECTION)	Yes
ADVANCED WORKOUTS	Yes
POWER MODES - CUSTOMIZABLE IN-ACTIVITY BATTERY SETTINGS	Yes

HRM RUNNING PACE AND DISTANCE	Yes
AUTO LAP®	Yes
MANUAL LAP	Yes
REST TIMER	Yes
CONFIGURABLE LAP ALERTS	Yes
HEAT AND ALTITUDE ACCLIMATION	Yes
VO2 MAX (RUN)	Yes
VO2 MAX (TRAIL RUN)	Yes
REALTIME STAMINA	Yes
ENDURANCE SCORE	Yes
LOAD RATIO	Yes
TRAINING LOAD	Yes
TRAINING LOAD FOCUS	Yes
TRAINING EFFECT	Yes
TRAINING EFFECT (ANAEROBIC)	Yes
PRIMARY BENEFIT (TRAINING EFFECT LABELS)	Yes
CUSTOM ALERTS	Yes
AUDIO PROMPTS	Yes
MULTISPORT AUTO TRANSITION	Yes
FINISH TIME	Yes
VIRTUAL PARTNER	Yes
RACE AN ACTIVITY	Yes
AUTO MULTISPORT ACTIVITIES	Yes
MANUAL MULTISPORT ACTIVITIES	Yes
GARMIN LIVE SEGMENTS	Yes
STRAVA LIVE SEGMENTS	Yes
ROUND-TRIP COURSE CREATOR (RUNNING/CYCLING)	Yes
TRENDLINE™ POPULARITY ROUTING	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
VERTICAL OSCILLATION AND RATIO	Yes
GROUND CONTACT TIME AND BALANCE	Yes (GCT balance with accessory)
STRIDE LENGTH (REAL TIME)	Yes
CADENCE (PROVIDES REAL-TIME NUMBER OF STEPS PER MINUTE)	Yes
RUNNING POWER	Yes
GRADE-ADJUSTED PACE	Yes
PERFORMANCE CONDITION	Yes
LACTATE THRESHOLD	Yes (with compatible accessory)
PACEPRO™ PACING STRATEGIES	Yes
RUN WORKOUTS	Yes
HILL SCORE	Yes
TRAIL RUN AUTO CLIMB	Yes
RACE PREDICTOR	Yes
FOOT POD CAPABLE	Yes
RUN/WALK/STAND DETECTION	Yes

## Golfing Features

PRELOADED WITH 43,000 COURSES WORLDWIDE	Yes
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)	Automatic
DIGITAL SCORECARD	Yes
CUSTOM TARGETS	Yes
STAT TRACKING (STROKES, PUTTS PER ROUND, GREENS AND FAIRWAYS HIT)	Yes
GARMIN AUTOSHOT™	Yes
FULL VECTOR MAP	Yes
AUTO COURSEVIEW UPDATES	Yes
GREEN VIEW WITH MANUAL PIN POSITION	Yes

HAZARDS AND COURSE TARGETS	Yes
<b>PINPOINTER</b>	Yes
PLAYSLIKE DISTANCE	Yes
TOUCH-TARGETING (TOUCH TARGET ON DISPLAY TO SEE THE DISTANCE TO ANY POINT)	Yes
HANDICAP SCORING	Yes
SWING TEMPO	Yes
TEMPO TRAINING	Yes
ROUND TIMER/ODOMETER	Yes
<b>AUTOMATIC CLUB TRACKING COMPATIBLE (REQUIRES ACCESSORY)</b>	Yes
WIND SPEED AND DIRECTION (REQUIRES CONNECTION TO GARMIN GOLF APP)	Yes
VIRTUAL CADDIE	Yes
PAIRS WITH GARMIN GOLF APP	Yes
TOURNAMENT LEGAL	Yes
<b>GREEN CONTOURS (WITH GARMIN GOLF MEMBERSHIP)</b>	Yes

## Outdoor Recreation

POINT-TO-POINT NAVIGATION	Yes
BREAD CRUMB TRAIL IN REAL TIME	Yes
BACK TO START	Yes
TRACBACK®	Yes
ULTRATRAC MODE	Yes
AROUND ME MODE	Yes
REFERENCE POINT	Yes
UP AHEAD	Yes
NEXTFORK™ NAVIGATION	Yes
ELEVATION PROFILE	Yes
DISTANCE TO DESTINATION	Yes
BAROMETRIC TREND INDICATOR WITH STORM ALERT	Yes
<b>CLIMBPRO™ ASCENT PLANNER</b>	Yes
VERTICAL SPEED	Yes
TOTAL ASCENT/DESCENT	Yes
REST TIMER (ULTRA RUN ONLY)	Yes
AUTO REST	Yes

FUTURE ELEVATION PLOT	Yes
PRELOADED ROAD AND TRAIL MAPS	Yes
PRELOADED SKI RESORT MAPS	Yes
DOWNLOADABLE CARTOGRAPHY SUPPORT	Yes
GPS COORDINATES	Yes
SIGHT 'N GO	Yes
AREA CALCULATION	Yes (via Connect IQ™)
FISH FORECAST	Yes
PROJECTED WAYPOINT	Yes
SUN AND MOON INFORMATION	Yes
EXPEDITION GPS ACTIVITY	Yes
TIDES	Yes (via Connect IQ™)
TIDES GLANCE	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 (with compatible accessory)
POWER CURVE AND % FTP WORKOUTS	Yes
CYCLE MAP (ROUTABLE CYCLING-SPECIFIC STREET MAP)	Yes
<b>MTB GRIT &amp; FLOW</b>	Yes
ADVANCED CYCLING DYNAMICS	Yes
COMPATIBLE WITH VECTOR™ AND RALLY™ (POWER METERS)	Yes
COMPATIBLE WITH VARIA VISION™ (HEAD-MOUNTED DISPLAY)	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
POWER GUIDE	Yes

## Swimming Features

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

## Kid Activity Tracking Features

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