

Garmin vivomove Sport Specifications

General

LENS MATERIAL	chemically strengthened glass
CASE MATERIAL	fiber-reinforced polymer
QUICK RELEASE BANDS	yes (20 mm, Industry standard)
STRAP MATERIAL	silicone
PHYSICAL SIZE	40 x 40 x 11.0 mm
	Fits wrists with a circumference of 125-190 mm
TOUCHSCREEN	✓
DISPLAY SIZE	0.34" x 0.73" (8.6 mm x 18.5 mm)
DISPLAY RESOLUTION	72 x 154 pixels
DISPLAY TYPE	OLED
WEIGHT	Case only: 19.0 g
	With silicone strap: 33.8 g
BATTERY LIFE	Smartwatch mode: up to 5 days
	Watch mode: up to 1 additional day
WATER RATING	5 ATM
MEMORY/HISTORY	10 timed activities; 14 days of activity tracking data

Clock Features

TIME/DATE	✓
AUTOMATIC DAYLIGHT SAVING TIME	✓
ALARM CLOCK	✓
TIMER	✓
STOPWATCH	✓
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	yes (in app)
BODY BATTERY™ ENERGY MONITOR	✓
ALL-DAY STRESS	✓
RELAXATION REMINDERS	✓
RELAXATION BREATHING TIMER	✓
SLEEP	yes (advanced)
HYDRATION	✓
WOMEN'S HEALTH	✓

Sensors

GARMIN ELEVATE™ WRIST HEART RATE MONITOR	✓
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	✓
CONTROLS SMARTPHONE MUSIC	✓
FIND MY PHONE	✓
FIND MY WATCH	✓
SMARTPHONE COMPATIBILITY	iPhone®, Android™
PAIRS WITH GARMIN CONNECT™ MOBILE	✓

Safety and Tracking Features

LIVETRACK	✓
INCIDENT DETECTION DURING SELECT ACTIVITIES	✓
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	✓
DISTANCE TRAVELED	✓
INTENSITY MINUTES	✓
TRUEUP™	✓
MOVE IQ™	✓

Gym & Fitness Equipment

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

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 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	
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ALERTS (TRIGGERS ALARM WHEN YOU REACH GOALS INCLUDING TIME, DISTANCE, HEART RATE OR CALORIES)	✓
AVAILABLE CYCLING PROFILES	Biking

Swimming Features	
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AVAILABLE SWIM PROFILES	Pool Swimming (Basic)
UNDERWATER WRIST-BASED HEART RATE	✓

Kid Activity Tracking Features	
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TOE-TO-TOE™ CHALLENGES APP	✓
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