

# Garmin Venu Sq Specifications

General	
LENS MATERIAL	Corning® Gorilla® Glass 3
BEZEL MATERIAL	anodized aluminum
CASE MATERIAL	fiber-reinforced polymer
QUICK RELEASE BANDS	yes (20 mm, Industry standard)
STRAP MATERIAL	silicone
PHYSICAL SIZE	40.6 x 37.0 x 11.5 mm
	Fits wrists with a circumference of 125-190 mm
TOUCHSCREEN	✓
COLOR DISPLAY	✓
DISPLAY SIZE	1.3" (33.1 mm) diagonal
DISPLAY RESOLUTION	240 x 240 pixels
DISPLAY TYPE	liquid crystal
	optional always-on mode
WEIGHT	37.6 g
BATTERY LIFE	Smartwatch mode: Up to 6 days
	GPS mode with music: Up to 6 hours
	GPS mode without music: Up to 14 hours
<a href="#">WATER RATING</a>	5 ATM
MEMORY/HISTORY	200 hours of activity data
Clock Features	
TIME/DATE	✓
GPS TIME SYNC	✓
AUTOMATIC DAYLIGHT SAVING TIME	✓
ALARM CLOCK	✓
TIMER	✓
STOPWATCH	✓
SUNRISE/SUNSET TIMES	✓
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 all-day and in sleep)
FITNESS AGE	yes (in app)
BODY BATTERY™ ENERGY MONITOR	✓
ALL-DAY STRESS TRACKING	✓

RELAXATION REMINDERS	✓
RELAXATION BREATHING TIMER	✓
SLEEP	✓
HYDRATION	✓
MENSTRUAL CYCLE	✓
<b>Sensors</b>	
GPS	✓
GLONASS	✓
GALILEO	✓
GARMIN ELEVATE™ WRIST HEART RATE MONITOR	✓
COMPASS	✓
ACCELEROMETER	✓
THERMOMETER	yes (with a separately sold accessory)
AMBIENT LIGHT SENSOR	✓
PULSE OX BLOOD OXYGEN SATURATION MONITOR	✓
<b>Daily Smart Features</b>	
CONNECTIVITY	Bluetooth®, ANT+®, Wi-Fi®
CONNECT IQ™ (DOWNLOADABLE WATCH FACES, DATA FIELDS, WIDGETS AND APPS)	✓
SMART NOTIFICATIONS	✓
TEXT RESPONSE/REJECT PHONE CALL WITH TEXT (ANDROID™ ONLY)	✓
CALENDAR	✓
WEATHER	✓
CONTROLS SMARTPHONE MUSIC	✓
PLAYS AND CONTROLS WATCH MUSIC (on select devices)	✓
MUSIC STORAGE (on select devices)	up to 500 songs
FIND MY PHONE	✓
FIND MY WATCH	✓
SMARTPHONE COMPATIBILITY	iPhone®, Android™
PAIRS WITH GARMIN CONNECT™ MOBILE	✓
GARMIN PAY™	✓
<b>Safety and Tracking Features</b>	
LIVETRACK	✓
INCIDENT DETECTION DURING SELECT ACTIVITIES	✓
ASSISTANCE	✓
<b>Activity Tracking Features</b>	
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, Cardio and Elliptical Training, Stair Stepping, Indoor Rowing, Yoga, Pilates and Breathwork
CARDIO WORKOUTS	✓
STRENGTH WORKOUTS	✓
YOGA WORKOUTS	✓
PILATES WORKOUTS	✓
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 and breathwork only
GPS SPEED AND DISTANCE	✓
CUSTOMIZABLE DATA PAGES	✓
CUSTOMIZABLE ACTIVITY PROFILES	✓
AUTO PAUSE®	✓
ADVANCED WORKOUTS	✓
DOWNLOADABLE TRAINING PLANS	✓
AUTO LAP®	✓
MANUAL LAP	✓
VO2 MAX	✓
TOUCH AND/OR BUTTON LOCK	✓
AUTO SCROLL	✓
ACTIVITY HISTORY ON WATCH	✓
<a href="#">PHYSIO TRUEUP</a>	✓

## Running Features

AVAILABLE RUN PROFILES	Running, Indoor Track Running, Treadmill Running
GPS-BASED DISTANCE, TIME AND PACE	✓

CADENCE (PROVIDES REAL-TIME NUMBER OF STEPS PER MINUTE)	✓
RUN WORKOUTS	✓
FOOT POD CAPABLE	✓

## 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™	✓
GREEN VIEW WITH MANUAL PIN POSITION	✓
HAZARDS AND COURSE TARGETS	✓
PINPOINTER	✓
ROUND TIMER/ODOMETER	✓
AUTOMATIC CLUB TRACKING COMPATIBLE (REQUIRES ACCESSORY)	✓

## Outdoor Recreation

AVAILABLE OUTDOOR RECREATION PROFILES	Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing
BACK TO START	✓

## Cycling Features

ALERTS (TRIGGERS ALARM WHEN YOU REACH GOALS INCLUDING TIME, DISTANCE, HEART RATE OR CALORIES)	✓
AVAILABLE CYCLING PROFILES	Biking, Indoor Biking
COMPATIBLE WITH VARIA™ RADAR (REAR-FACING RADAR)	✓
COMPATIBLE WITH VARIA™ LIGHTS	✓
SPEED AND CADENCE SENSOR SUPPORT	yes (ANT+ and BLUETOOTH)

## Swimming Features

AVAILABLE SWIM PROFILES	Pool Swimming
POOL SWIM METRICS (LENGTHS, DISTANCE, PACE, STROKE COUNT, SWIM EFFICIENCY (SWOLF), CALORIES)	✓
STROKE TYPE DETECTION (FREESTYLE, BACKSTROKE, BREASTSTROKE, BUTTERFLY) (POOL SWIM ONLY)	✓

<b>BASIC REST TIMER (UP FROM 0) (POOL SWIM ONLY)</b>	✓
<b>TIME AND DISTANCE ALERTS</b>	✓
<b>UNDERWATER WRIST-BASED HEART RATE</b>	✓
<b>Kid Activity Tracking Features</b>	
<b>TOE-TO-TOE™ CHALLENGES</b>	yes (optional Connect IQ app)