

Product Specifications Instinct Tactical

Physical & Performance

GPS	Yes
Display resolution	128 x 128 pixels
Weight	52 g
Display type	monochrome, sunlight-visible, transfective memory-in-pixel (MIP)
Battery life	Smartwatch mode: Up to 14 days GPS mode: Up to 16 hours UltraTrac™ mode: Up to 40 hours
Display size	custom, two-window design; 0.9" x 0.9" (23 x 23 mm)

Maps & Navigation

Memory/History 16 MB

Features

Cardio workouts	Yes
Time/date	yes
% HRR	Yes
Water rating	10 ATM
Around Me mode	No
Automatically saves dive entry and exit locations	No
Training Effect (anaerobic)	No
TruSwing™ compatible	No
Customizable data pages	Yes
HR Broadcast (broadcasts HR data over ANT+™ to paired devices)	Yes
Anchor Alarm	No
Hazards and course targets	No
Drill logging (pool swim only)	Yes
Garmin AutoShot™	No
TracBack®	Yes
Auto scroll	Yes
Worldwide airport database(s)	No
Controls smartphone music	Yes
Stealth Mode	Yes
3-axis compass with HSI (horizontal situation	No

indicator)	
Ambient light sensor	No
Downloadable training plans	Yes
Countdown timer	No
HR zones	Yes
Point-to-point navigation	Yes
Finish time	Yes
Stat tracking (strokes, putts per round, greens and fairways hit)	No
Race an activity	Yes
Step counter	Yes
Run workouts	Yes
Nitrox support	No
Manual lap	Yes
Distance traveled	Yes
Compatible with Garmin Connect™ Mobile	Yes
Training Status (lets you see if you're training effectively by tracking your training history and fitness level trend.)	No
Wirelessly receive flight plans from Garmin Pilot™	No
Future elevation plot	Yes
Gauge mode	No
Auto start/end dive	No
Measures shot distance (calculates exact yardage for shots from anywhere on course)	No
Courses	Yes
Fitness Age	No
Galileo	Yes
Manual multisport activities	No
Distance to destination	Yes
Smartphone compatibility	iPhone®, Android™
% HR max	Yes
Strength workouts	Yes
Audible alerts	No
Lens Material	chemically strengthened glass
Calendar	Yes
Cycle Map (routable cycling-specific street map)	No
Find My Phone	Yes
Text response/reject phone call with text (Android™)	Yes

only)

Compatible with Varia™ lights	No
Training Effect	No
Night vision mode	Yes
Barometric trend indicator with Storm Alert	Yes
Customizable activity profiles	Yes
HR calories	Yes
Performance condition (after running 6–20 minutes, compares your real-time condition to your average fitness level)	No
Hunt/fish calendar	No
Alarm clock	Yes
LiveTrack	Yes
Dual grid coordinates	Yes
Available cycling profiles	Biking, Indoor Biking, Mountain Biking
Strap material	silicone
Auto Lap®	Yes
Auto Pause®	Yes
Dive ascent/descent rate indicator	No
Task timers (2, 5, 10, 15, 20 and 30 minutes)	No
PlaysLike distance	No
Compatible with Varia Vision™ (head-mounted display)	No
Activity history on watch	Yes
Advanced workouts	Yes
Boat Data Streaming	no
Open-water swim metrics (distance, pace, stroke count/rate, stroke distance, swim efficiency (SWOLF), calories)	Yes
Body Battery™ Energy Monitor	No
Tack assist mode	No
Multi-gas mode	No
Training Load (your total training load for the last 7 days calculated from estimated EPOC)	No
Storm alert	Yes
Power meter compatible	No
Quick Release Bands	No
Trendline™ Popularity Routing	No
Ground contact time and balance (shows how much	No

time, in the running motion, your foot is on the ground rather than in flight and lets you check your running symmetry)

XERO™ Locations	Yes
Yardage to F/M/B (distance to front, middle and back of green)	No
Case material	fiber-reinforced polymer
Gyroscope	No
Bezel Material	fiber-reinforced polymer
Auto max HR	Yes
Analog hands	No
Compass	Yes
FTP (Functional Threshold Power)	No
Thermometer	Yes
Course guidance	Yes
Depth sensor	No
Barometric altimeter	Yes
Area calculation	Yes
GPS Time Sync	Yes
60-minute activity goal	No
Countdown start (pool swim only)	No
Bike lap and lap maximum power (with power sensor)	No
Automatic rep counting	Yes
Physical size	45 x 45 x 15.3 mm Fits wrists with a circumference of 132-224 mm
APNEA hunt mode	No
Full vector map	No
VIRB® Remote	Yes
Round timer/odometer	No
Stroke type detection (freestyle, backstroke, breaststroke, butterfly) (pool swim only)	Yes
Pulse Ox	No
Reminder alerts	No
GLONASS	Yes
Projected waypoint	Yes
ClimbPro™ Ascent Planner	No
Sunrise/sunset times	Yes
Find My Watch	Yes

Preloaded topographical maps	No
Speed and cadence sensor support (with sensor)	yes (ANT+® and Bluetooth® Smart sensors)
Vertical oscillation and ratio (the degree of 'bounce' in your running motion and the cost-benefit ratio with stride length)	No
Cadence (provides real-time number of steps per minute)	Yes
GPS speed and distance	Yes
Chores	No
Available gym activity profiles	Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing and Yoga
All-day Stress Tracking	Yes
Unit-to-unit route/location sharing	No
Autopilot Control	no
Foot pod capable	Yes
Move IQ™	Yes
Sun and moon information	Yes
Pool swim workouts	Yes
Heart rate from external HRM (real-time during rests, interval and session stats during rests, and automatic heart rate download post-swim)	No
Toe-to-Toe™ Challenges	No
Back to start	Yes
Automatic daylight saving time	Yes
Virtual Partner	Yes
Smart notifications	Yes
Available swim profiles	Pool Swimming, Open Water Swimming
Green View with manual pin position	No
Round-trip course creator (running/cycling)	No
Chronograph	No
Weather	Yes
Pool swim metrics (lengths, distance, pace, stroke count, swim efficiency (SWOLF), calories)	Yes
Interval training	Yes
Multiple time zones with Zulu/UTC	No
Touch-targeting (touch target on display to see the distance to any point)	No
Single-gas mode	No

Strava Live Segments	No
Race predictor	No
Trimix support	No
Connectivity	Bluetooth®, ANT+®
Recovery time	No
Sync dive log to Garmin Connect™ and Garmin Connect™ Mobile	No
Color display	No
Garmin Pay™	No
Compatible with BaseCamp™	Yes
Rewards (coins)	No
Virtual starting line	No
Built-in barometer and tide tables	No
Altimeter with adjustable baro setting	No
Connex avionics connectivity	No
Auto CourseView updates	No
Available outdoor recreation profiles	Hiking, Climbing, Mountain Biking, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Jumpmaster, Tactical
Automatic sync (automatically transfers data to Garmin Connect)	No
Intensity minutes	Yes
Auto goal (learns your activity level and assigns a daily step goal)	Yes
Auto multisport activities	No
Stride length (real time)	No
Stopwatch	Yes
Sleep monitoring (monitors total sleep and periods of movement or restful sleep)	Yes
Running dynamics	No
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)	No
Basic rest timer (up from 0) (pool swim only)	Yes
Downloadable cartography support	No
V02 max	No
Lactate threshold (through analysis of your pace and heart rate, estimates the point where your muscles start	No

to rapidly fatigue)	
GPS coordinates	Yes
Physio TrueUp	Yes
Compatible with Vector™ (power meter)	No
Garmin Live Segments	No
Unlock new step icons	No
HR alerts	Yes
Hot keys	Yes
"Repeat on" rest timer (pool swim only)	Yes
Accelerometer	Yes
Yardage to layups/doglegs	No
Handicap scoring	No
GPS-based distance, time and pace	Yes
Worldwide NAVAID and Intersection database(s)	No
Calories burned	Yes
Touch and/or button lock	Yes
Advanced Vector support	No
Trail run auto climb	Yes
Audio prompts	Yes
Configurable lap alerts	Yes
Timer	Yes
NEXRAD on moving map	No
TrueUp™	Yes
Connect IQ™ (downloadable watch faces, data fields, widgets and apps)	No
UltraTrac mode	Yes
Vertical speed	Yes
Available run profiles	Running, Treadmill Running, Indoor Track Running, Trail Running
Touchscreen	No
Floors climbed	Yes
Bread crumb trail in real time	Yes
Elevation profile	Yes
Move bar (displays on device after a period of inactivity; walk for a couple of minutes to reset it)	Yes
Custom targets	No
PinPointer	No
Plays and controls watch music	No
QuickFit™ watch band compatible	yes (22 mm)

Sight 'N Go	Yes
Tempo Training	No
Garmin Elevate™ wrist heart rate monitor	Yes
APNEA mode	No
Waypoint information page	No
SwingTempo	No
Group LiveTrack	No
Alerts (triggers alarm when you reach goals including time, distance, heart rate or calories)	Yes
Moving Map with aviation airports, nav aids, roads, bodies of water and more	No
Automatic altitude adjustment	No
In-flight Pulse Ox	No
Compatible with Varia™ radar (rear-facing radar)	No
Race an Activity	Yes
Custom alerts	Yes
Multiple bike profiles	No
Total ascent/descent	Yes