

Product Specifications for Fenix 6 Series

General

Lens Material	Corning® Gorilla® Glass 3 or Sapphire Crystal
Bezel Material	stainless steel or Diamond-like Carbon (DLC) coated steel
Case material	stainless steel, titanium or Diamond-like Carbon (DLC) coated steel
QuickFit™ watch band compatible included (22 mm)	
Strap material	silicone, leather, titanium or nylon 47 x 47 x 14.7 mm

Physical size	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
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Display size	1.3" (33.02 mm) diameter
Display resolution	260 x 260 pixels
Display type	sunlight-visible, transflective memory-in-pixel (MIP)
Weight	Steel: 83 g (case only: 60 g) Titanium: 72 g (case only: 49 g) Smartwatch: Up to 14 days

Battery life	GPS: Up to 36 hours GPS and Music: Up to 10 hours Max Battery GPS Mode: 72 hours Expedition GPS Activity: 28 days Battery Saver Watch Mode: 48 days
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[Water rating](#) 10 ATM

Color display	yes
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

Sensors

GPS	yes
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GLONASS	yes
Galileo	yes
Garmin Elevate™ wrist heart rate monitor	yes
Barometric altimeter	yes
Compass	yes
Gyroscope	yes
Accelerometer	yes
Thermometer	yes
Pulse Ox	yes (with Acclimation)

Daily Smart Features

Connect IQ™ (downloadable watch faces, data fields, widgets and apps)	yes
Smart notifications	yes
Text response/reject phone call with text (Android™ only)	yes
Connectivity	Bluetooth®, ANT+®, Wi-Fi®
Calendar	yes
Weather	yes
Battery Saver - customizable low power watch	yes
Controls smartphone music	yes
Plays and controls watch music	yes
Music Storage	up to 2,000 songs
Find My Phone	yes
Find My Watch	yes
VIRB® Camera Remote	yes
Smartphone compatibility	iPhone®, Android™
Compatible with Garmin Connect™ Mobile	yes
Garmin Pay™	yes

Safety and Tracking Features

Incident Detection during select activities	yes
Assistance	yes
LiveTrack	yes
Group LiveTrack	yes
Live Event Sharing	yes

Tactical Features

Dual grid coordinates yes

Activity Tracking Features

Step counter yes

Move bar (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

Sleep monitoring (monitors total sleep and periods of movement or restful sleep) yes

Calories burned yes

Floors climbed yes

Distance traveled yes

Intensity minutes yes

TrueUp™ yes

Move IQ™ yes

Fitness Age yes (in app)

Body Battery™ Energy Monitor yes

All-day Stress Tracking yes

Gym & Fitness Equipment

Available gym activity profiles Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing and Yoga

Cardio workouts yes

Strength workouts yes

Automatic rep counting yes

Training, Planning and Analysis Features

GPS speed and distance yes

Customizable data pages yes

Customizable activity profiles yes

Auto Pause® yes

Interval training yes

Advanced workouts yes

Downloadable training plans yes

Power Modes - customizable in-activity battery settings yes

Auto Lap® yes

Manual lap	yes
Configurable lap alerts	yes
Heat and altitude acclimation	yes
VO2 max	yes
Training Status (lets you see if you're training effectively by tracking your training history and fitness level trend.)	yes
Training Load (your total training load for the last 7 days calculated from estimated EPOC)	yes
Training load focus	yes
Training Effect (aerobic)	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
Course guidance	yes
Garmin Live Segments	yes
Strava Live Segments	yes
Round-trip course creator (running/cycling)	yes
Trendline™ Popularity Routing	yes (available as a wearable map theme)
Touch and/or button lock	yes
Hot keys	yes
Auto scroll	yes
Activity history on watch	yes
Physio TrueUp	yes

Heart Rate Features

HR zones	yes
HR alerts	yes
HR calories	yes
% HR max	yes

% HRR	yes
Recovery time	yes
Auto max HR	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

Running Features

Available run profiles	Running, Treadmill Running, Indoor Track Running, Trail Running
GPS-based distance, time and pace	
Running dynamics	yes (with compatible accessory)
Vertical oscillation and ratio (the degree of 'bounce' in your running motion and the cost-benefit ratio with stride length)	yes (with compatible accessory)
Ground contact time and balance (shows how much time, in the running motion, your foot is on the ground rather than in flight and lets you check your running symmetry)	yes (with compatible accessory)
Stride length (real time)	yes (with compatible accessory)
Cadence (provides real-time number of steps per minute)	yes
Performance condition (after running 6–20 minutes, compares your real-time condition to your average fitness level)	yes
Lactate threshold (through analysis of your pace and heart rate, estimates the point where your muscles start to rapidly fatigue)	yes (with compatible accessory)
PacePro™ Pacing Strategies	yes
Run workouts	yes
Race predictor	yes
Foot pod capable	yes

Golfing Features

Preloaded with 41,000 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
PinPointer	yes
PlaysLike distance	yes
Handicap scoring	yes
TruSwing™ compatible	yes
Round timer/odometer	yes
Automatic club tracking compatible (requires accessory)	yes

Outdoor Recreation Features

Available outdoor recreation profiles	Hiking, Climbing, Mountain Biking, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Jumpmaster, Tactical
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
Elevation profile	yes
Distance to destination	yes
Barometric trend indicator with Storm Alert	yes
ClimbPro™ Ascent Planner	yes
Trail run auto climb	yes
Vertical speed	yes
Total ascent/descent	yes
Future elevation plot	yes
Preloaded topographical maps	yes
Preloaded ski resort maps	yes
Downloadable cartography support	yes
Compatible with BaseCamp™	yes
GPS coordinates	yes

Projected waypoint	yes
Sight 'N Go	yes
Area calculation	yes (via Connect IQ™)
Hunt/fish calendar	yes (via Connect IQ™)
Sun and moon information	yes (via Connect IQ™)
XERO™ Locations	yes
Expedition GPS Activity	yes

Cycling Features

Available cycling profiles	Biking, Indoor Biking, Mountain Biking, Triathlon
Courses	yes
Bike lap and lap maximum power (with power sensor)	yes
Race an activity	yes
Time/distance alerts (triggers alarm when you reach goal)	yes
FTP (Functional Threshold Power)	yes (with compatible accessory)
Cycle Map (routable cycling-specific street map)	yes
Compatible with Vector™ (power meter)	yes
Power meter compatible (displays power data from compatible third-party ANT+™-enabled 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 (with sensor)	yes (ANT+® and Bluetooth® Smart sensors)

Swimming Features

Available swim profiles	Pool Swimming, Open Water Swimming, Swimming/Running
Open-water swim metrics (distance, pace, stroke count/rate, stroke distance, swim efficiency (SWOLF), calories)	yes
Pool swim metrics (lengths, distance, pace, stroke count/rate, 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)	yes
Countdown start	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 (with HRM-Tri™ and HRM-Swim™)

Connectivity

Smartphone compatibility

iPhone®, Android™