

# Garmin quatix 6x solar Product Specifications

## Physical & Performance

GPS	Yes
Display resolution	280 x 280 pixels
Weight	82 g (54 g, case only)
Display type	sunlight-visible, transfective memory-in-pixel (MIP)
Battery life	Smartwatch: Up to 21 days plus 3 days * GPS: Up to 60 hours plus 6 hours ** GPS + Music: Up to 15 hours plus 1 hour** Max Battery GPS Mode: 120 hours plus 28 hours** Expedition GPS Activity: 46 days plus 10 days* Battery Saver Watch Mode: 80 days plus 40 days*  *Solar charging, assuming all-day wear with 3 hours per day outside in 50,000 lux conditions **Solar charging, assuming use in 50,000 lux conditions
Display size	1.4" (35.56 mm) diameter

## Maps & Navigation

Memory/History	32 GB
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## Features

Battery Saver - customizable low power watch	Yes
Cardio workouts	Yes
Time/date	yes

% HRR	Yes
<u>Water rating</u>	10 ATM
Around Me mode	No
Closed Circuit Rebreather (CCR)	No
Automatically saves dive entry and exit locations	No
Training Effect (anaerobic)	Yes
Auto Rest (Pool Swim Only)	No
TruSwing™ compatible	Yes
Customizable data pages	Yes
HR Broadcast (broadcasts HR data over ANT+™ to paired devices)	Yes
Anchor Alarm	Yes
Hazards and course targets	Yes
Drill logging (pool swim only)	Yes
Garmin AutoShot™	Yes
TracBack®	Yes
Auto scroll	Yes
Worldwide airport database(s)	No
Controls smartphone music	Yes

Stealth Mode	No
3-axis compass with HSI (horizontal situation indicator)	No
Ambient light sensor	No
Heat and altitude acclimation	Yes
Music Storage	up to 2,000 songs
Downloadable training plans	Yes
Countdown timer	Yes
HR zones	Yes
Point-to-point navigation	Yes
Finish time	Yes
Stat tracking (strokes, putts per round, greens and fairways hit)	Yes
Race an activity	Yes
Step counter	Yes
Run workouts	Yes
Nitrox support	No
Live Event Sharing	Yes
Manual lap	Yes
Distance traveled	Yes

Pairs with Garmin Connect™ Mobile	Yes
Training Status (lets you see if you're training effectively by tracking your training history and fitness level trend.)	Yes
Kill switch	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)	Automatic
Courses	Yes
Fitness Age	yes (in app)
Galileo	Yes
Manual multisport activities	Yes
Distance to destination	Yes
Smartphone compatibility	iPhone®, Android™
% HR max	Yes
Strength workouts	Yes
Audible alerts	No

Lens Material	Power Glass™
Preloaded race tracks	No
Automatic club tracking compatible (requires accessory)	Yes
Calendar	Yes
Cycle Map (routable cycling-specific street map)	Yes
Find My Phone	Yes
Text response/reject phone call with text (Android™ only)	Yes
Connected GPS	No
Compatible with Varia™ lights	Yes
Training Effect	Yes
Night vision mode	No
Barometric trend indicator with Storm Alert	Yes
Customizable activity profiles	Yes
HR calories	Yes
Preloaded ski resort maps	Yes
Performance condition (after running 6–20 minutes, compares your real-time condition to your average fitness level)	Yes
Hunt/fish calendar	yes (via Connect IQ™)

Alarm clock	Yes
LiveTrack	Yes
Dual grid coordinates	Yes
Assistance	Yes
Available cycling profiles	Biking, Indoor Biking, Mountain Biking, Triathlon
Strap material	titanium and silicone included
Auto Lap®	Yes
Auto Pause®	Yes
Dive ascent/descent rate indicator	No
PlaysLike distance	Yes
Task timers (2, 5, 10, 15, 20 and 30 minutes)	No
Compatible with Varia Vision™ (head-mounted display)	Yes
Activity history on watch	Yes
Advanced workouts	Yes
Boat Data Streaming	yes
Open-water swim metrics (distance, pace, stroke count/rate, stroke distance, swim efficiency (SWOLF), calories)	Yes
Body Battery™ Energy Monitor	Yes

Tack assist mode	Yes
Multi-gas mode	No
Training Load (your total training load for the last 7 days calculated from estimated EPOC)	Yes
Storm alert	Yes
Power meter compatible	Yes
Track timer	No
Quick Release Bands	No
Trendline™ Popularity Routing	yes (available as a wearable map theme)
Respiration rate (during exercise)	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)
XERO™ Locations	Yes
Wind speed and direction (requires connection to the golf app)	No
Yardage to F/M/B (distance to front, middle and back of green)	Yes
Case material	fiber-reinforced polymer with metal rear cover
Gyroscope	Yes

Bezel Material	titanium
Auto max HR	Yes
Analog hands	No
Training load focus	Yes
Compass	Yes
FTP (Functional Threshold Power)	yes (with compatible accessory)
Thermometer	Yes
Course guidance	Yes
Orienteering	No
Time and distance alerts	No
Depth sensor	No
Barometric altimeter	Yes
Area calculation	yes (via Connect IQ™)
GPS Time Sync	Yes
Race App	No
60-minute activity goal	No
Countdown start (pool swim only)	Yes
Bike lap and lap maximum power (with power sensor)	Yes



Automatic rep counting	Yes
Physical size	51 x 51 x 14.9 mm Fits wrists with the following circumference: Silicone band: 127-210 mm Metal band: 135-225 mm
APNEA hunt mode	No
Full vector map	Yes
VIRB® Remote	Yes
Round timer/odometer	Yes
Stroke type detection (freestyle, backstroke, breaststroke, butterfly) (pool swim only)	Yes
Pulse Ox	yes (with Acclimation)
Respiration rate (all-day and in sleep)	Yes
GLONASS	Yes
Records heart rate while swimming	yes (with HRM-Tri™ and HRM-Swim™)
Reminder alerts	No
Projected waypoint	Yes
ClimbPro™ Ascent Planner	Yes
Sunrise/sunset times	Yes
Find My Watch	Yes

PacePro™ Pacing Strategies	Yes
Speed and cadence sensor support (with sensor)	yes (ANT+® and Bluetooth® Smart sensors)
Preloaded topographical maps	Yes
Vertical oscillation and ratio (the degree of 'bounce' in your running motion and the cost-benefit ratio with stride length)	yes (with compatible accessory)
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, Pilates and Yoga
All-day Stress Tracking	Yes
Critical swim speed	No
Unit-to-unit route/location sharing	No
Incident Detection during select activities	Yes
Autopilot Control	yes
Foot pod capable	Yes
Move IQ™	Yes
Sun and moon information	yes (via Connect IQ™)

Live Delta Time	No
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™)
Pool swim workouts	Yes
Available Boating Profiles	Boating, Sailing, Sail Racing
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, Swim Running
Green View with manual pin position	Yes
Underwater wrist-based heart rate	Yes
Round-trip course creator (running/cycling)	Yes
Chronograph	No
Yoga workouts	Yes
Weather	Yes
Pool swim metrics (lengths, distance, pace, stroke count, swim efficiency (SWOLF), calories)	Yes

Tides	yes (via Connect IQ™)
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	Yes
Race predictor	Yes
Trimix support	No
Connectivity	Bluetooth®, ANT+®, Wi-Fi®
Recovery time	Yes
Preloaded with 41,000 courses worldwide	Yes
Sync dive log to Garmin Dive™ Mobile app	No
Color display	Yes
Garmin Pay™	Yes
On-screen workout animations	Yes
Compatible with BaseCamp™	Yes
Rewards (coins)	No
Virtual starting line	Yes

Built-in barometer and tide tables	yes (downloadable tides)
Altimeter with adjustable baro setting	No
Connex avionics connectivity	No
Auto CourseView updates	Yes
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	Yes
Stride length (real time)	yes (with compatible accessory)
Stopwatch	Yes
Sleep monitoring (monitors total sleep and periods of movement or restful sleep)	Yes
Running dynamics	yes (with compatible accessory)
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)

Basic rest timer (up from 0) (pool swim only)	Yes
Downloadable cartography support	Yes
VO2 max	Yes
Expedition GPS Activity	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)
GPS coordinates	Yes
<u>Physio TrueUp</u>	Yes
Last race summary	No
Compatible with Vector™ (power meter)	Yes
Garmin Live Segments	Yes
Unlock new step icons	No
HR alerts	Yes
Hot keys	Yes
Power Modes - customizable in-activity battery settings	Yes
"Repeat on" rest timer (pool swim only)	No
Phone-free text messaging	No
Accelerometer	Yes

Yardage to layups/doglegs	Yes
Handicap scoring	Yes
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
Configurable lap alerts	Yes
Audio prompts	Yes
Timer	Yes
NEXRAD on moving map	No
TrueUp™	Yes
Connect IQ™ (downloadable watch faces, data fields, widgets and apps)	Yes
UltraTrac mode	Yes
Vertical speed	Yes
Available run profiles	Running, Indoor Treadmill and Track Running, Trail Running
Touchscreen	No

Floors climbed	Yes
Bread crumb trail in real time	Yes
Elevation profile	Yes
Digital scorecard	yes
Move bar (displays on device after a period of inactivity; walk for a couple of minutes to reset it)	Yes
Custom targets	Yes
PinPointer	Yes
Plays and controls watch music	Yes
QuickFit™ watch band compatible	included (26 mm)
Sight 'N Go	Yes
Tempo Training	No
Tides	No
Garmin Elevate™ wrist heart rate monitor	Yes
APNEA mode	No
Pilates workouts	Yes
Waypoint information page	No
SwingTempo	No
Group LiveTrack	Yes



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
Virtual caddie	No
In-flight Pulse Ox	No
Compatible with Varia™ radar (rear-facing radar)	Yes
Race an Activity	Yes
Primary benefit (Training Effect labels)	Yes
Custom alerts	Yes
Auto lap splits	No
Multiple bike profiles	No
Total ascent/descent	Yes