Product Specifications for Garmin fenix 6 Pro Solar

| General | |
|---|--|
| LENS MATERIAL | Power Glass™ |
| BEZEL MATERIAL | stainless steel or Diamond-Like Carbon (DLC) coated titanium |
| CASE MATERIAL | fiber-reinforced polymer with metal rear cover |
| OAGE WATERIAL | Institutional polymon with motal roal cover |
| QUICKFIT™ WATCH BAND COMPATIBLE | included (22 mm) |
| STRAP MATERIAL | silicone or titanium |
| | 47 x 47 x 15.1 mm |
| | Fits wrists with the following circumference: |
| PHYSICAL SIZE | Silicone band: 125-208 mm |
| THI GIONE GIZE | Leather band: 132-210 mm |
| | Fabric band: 132-210 mm |
| | Metal band: 132-215 mm |
| COLOR DISPLAY | ✓ |
| 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: 85 g (case only: 62 g) |
| WEIGHT | Titanium: 72 g (case only: 48 g) |
| | Smartwatch: Up to 14 days/16 days with solar* |
| | Battery Saver Watch Mode: Up to 48 days/80 days with solar* |
| | GPS: Up to 36 hours/40 hours with solar** |
| DATTEDYLIE | GPS + Music: Up to 10 hours |
| BATTERY LIFE | Max Battery GPS Mode: Up to 72 hours/93 hours with solar** |
| | Expedition GPS Activity: Up to 28 days/36 days with solar* |
| | *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 |
| WATER RATING | 10 ATM |
| MEMORY/HISTORY | 32 GB |
| Clock Features | |
| TIME/DATE | ✓ |
| GPS TIME SYNC | <i>,</i> |
| GPS TIME STING | |
| 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) |
| | yes (riigir and low) |
| RESPIRATION RATE (24X7) | ' |
| PULSE OX BLOOD OXYGEN SATURATION | yes (spot-check, and optional all-day acclimation and in sleep) |

| FITNESS AGE | yes (in app) |
|-----------------------------------|--|
| BODY BATTERY™ ENERGY MONITOR | ✓ |
| ALL-DAY STRESS TRACKING | ✓ |
| RELAXATION REMINDERS | ✓ |
| RELAXATION BREATHING TIMER | ✓ |
| SLEEP | √ |
| ADVANCED SLEEP MONITORING (SLEEP | |
| SCORE & INSIGHTS) | ✓ |
| HYDRATION | yes (in Garmin Connect™ and optional Connect IQ™ widget) |
| MENSTRUAL CYCLE | yes (in Garmin Connect™ and optional Connect IQ™ widget) |
| Sensors | |
| GPS | ✓ |
| GLONASS | ✓ |
| GALILEO | ✓ |
| GARMIN ELEVATE™ WRIST HEART RATE | |
| MONITOR | ✓ |
| BAROMETRIC ALTIMETER | ✓ |
| COMPASS | ✓ |
| GYROSCOPE | ✓ |
| ACCELEROMETER | ✓ |
| THERMOMETER | ✓ |
| PULSE OX BLOOD OXYGEN SATURATION | |
| MONITOR | yes (with Acclimation) |
| Daily Smart Features | |
| 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 | ✓ |
| BATTERY SAVER - CUSTOMIZABLE LOW | ✓ |
| POWER WATCH | Y |
| CONTROLS SMARTPHONE MUSIC | ✓ |
| PLAYS AND CONTROLS WATCH MUSIC | ✓ |
| MUSIC STORAGE | Up to 2,000 songs |
| FIND MY PHONE | ✓ · |
| FIND MY WATCH | ✓ |
| VIRB® REMOTE | ✓ |
| SMARTPHONE COMPATIBILITY | iPhone®, Android™ |
| PAIRS WITH GARMIN CONNECT™ MOBILE | ✓ |
| GARMIN PAY™ | ✓ |
| | |
| Safety and Tracking Features | |

| ASSISTANCE Tactical Features DUAL GRID COORDINATES 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 FLOORS CLIMBED JOISTANCE TRAVELED INTENSITY MINUTES GYM & Fitness Equipment AVAILABLE GYM ACTIVITY PROFILES CARDIO WORKOUTS STRENGTH WORKOUTS YOGA WORKOUTS PILATES WORKOUTS PILATES WORKOUTS PILATES WORKOUTS AUTOMATIC REP COUNTING Training, Planning and Analysis Features HR ZONES HR ALERTS HR ALERTS HR MAX HRR HR MAX HRR FECOVERY TIME | | |
|--|--|----------|
| LIVE EVENT SHARING INCIDENT DETRECTION DURING SELECT ACTIVITIES ASSISTANCE Tactical Features DUAL GRID COORDINATES 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 FLOORS CLIMBED UINTENSITY MINUTES GY GYM & Fitness Equipment AVAILABLE GYM ACTIVITY PROFILES CARDIO WORKOUTS STERNGTH WORKOUTS TREEUP' AVAILABLE GYM ACTIVITY PROFILES CARDIO WORKOUTS STERNGTH WORKOUTS ON-SCREEN WORKOUT ANIMATIONS AUTOMATIC REP COUNTING Training, Planning and Analysis Features HR ZONES HR RALETS HR CALORIES HR MAX HRR HRALERY H | | |
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| DISTANCE TRAVELED INTENSITY MINUTES ITRUEUP™ MOVE IQ™ W Gym & Fitness Equipment AVAILABLE GYM ACTIVITY PROFILES CARDIO WORKOUTS STRENGTH WORKOUTS YOGA WORKOUTS PILATES WORKOUTS ON-SCREEN WORKOUT ANIMATIONS AUTOMATIC REP COUNTING Training, Planning and Analysis Features HR ZONES HR ALERTS HR CALORIES % HR MAX % HRR RECOVERY TIME | | |
| INTENSITY MINUTES TRUEUP™ MOVE IQ™ Cy Gym & Fitness Equipment AVAILABLE GYM ACTIVITY PROFILES CARDIO WORKOUTS STRENGTH WORKOUTS YOGA WORKOUTS YOGA WORKOUTS PILATES WORKOUTS ON-SCREEN WORKOUT ANIMATIONS AUTOMATIC REP COUNTING Training, Planning and Analysis Features HR ZONES HR ALERTS HR CALORIES % HR MAX % HRR RECOVERY TIME | FLOORS CLIMBED | |
| TRUEUP™ | DISTANCE TRAVELED | ✓ |
| MOVE IQ™ Gym & Fitness Equipment AVAILABLE GYM ACTIVITY PROFILES Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Pilates and Yoga CARDIO WORKOUTS ✓ STRENGTH WORKOUTS ✓ YOGA WORKOUTS ✓ PILATES WORKOUTS ✓ ON-SCREEN WORKOUT ANIMATIONS ✓ AUTOMATIC REP COUNTING ✓ Training, Planning and Analysis Features HR ZONES ✓ HR ALERTS ✓ HR CALORIES ✓ % HR MAX ✓ % HRR RECOVERY TIME ✓ | INTENSITY MINUTES | ✓ |
| Gym & Fitness Equipment AVAILABLE GYM ACTIVITY PROFILES CARDIO WORKOUTS STRENGTH WORKOUTS YOGA WORKOUTS PILATES WORKOUTS ON-SCREEN WORKOUT ANIMATIONS AUTOMATIC REP COUNTING Training, Planning and Analysis Features HR ZONES HR ALERTS HR CALORIES % HR MAX % HRR RECOVERY TIME | TRUEUP™ | |
| AVAILABLE GYM ACTIVITY PROFILES Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Pilates and Yoga CARDIO WORKOUTS STRENGTH WORKOUTS YOGA WORKOUTS YOGA WORKOUTS YOUR WORKOUTS YOUR WORKOUTS YOUR WORKOUTS YOUR WORKOUT ANIMATIONS AUTOMATIC REP COUNTING Training, Planning and Analysis Features HR ZONES HR ALERTS HR CALORIES HR MAX HR MAX HRR RECOVERY TIME | MOVE IQ™ | ✓ |
| Rowing, Pilates and Yoga CARDIO WORKOUTS STRENGTH WORKOUTS YOGA WORKOUTS YOGA WORKOUTS PILATES WORKOUTS ON-SCREEN WORKOUT ANIMATIONS AUTOMATIC REP COUNTING Training, Planning and Analysis Features HR ZONES HR ALERTS HR CALORIES % HR MAX % HRR RECOVERY TIME | Gym & Fitness Equipment | |
| STRENGTH WORKOUTS YOGA WORKOUTS PILATES WORKOUTS ON-SCREEN WORKOUT ANIMATIONS AUTOMATIC REP COUNTING Training, Planning and Analysis Features HR ZONES HR ALERTS HR CALORIES HR MAX HR MAX HR MAX HR MAX RECOVERY TIME | AVAILABLE GYM ACTIVITY PROFILES | |
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| PILATES WORKOUTS ON-SCREEN WORKOUT ANIMATIONS AUTOMATIC REP COUNTING Training, Planning and Analysis Features HR ZONES HR ALERTS HR CALORIES HR MAX HR MAX HR MAX RECOVERY TIME | STRENGTH WORKOUTS | ✓ |
| ON-SCREEN WORKOUT ANIMATIONS AUTOMATIC REP COUNTING Training, Planning and Analysis Features HR ZONES HR ALERTS HR CALORIES HR MAX HR MAX HR MAX KHRR KECOVERY TIME V V V V V V V V V V V V V | YOGA WORKOUTS | ✓ |
| AUTOMATIC REP COUNTING Training, Planning and Analysis Features HR ZONES HR ALERTS HR CALORIES % HR MAX % HRR RECOVERY TIME | PILATES WORKOUTS | ✓ |
| Training, Planning and Analysis Features HR ZONES HR ALERTS HR CALORIES HR MAX HR MAX HR MAX KECOVERY TIME ** ** ** ** ** ** ** ** ** | ON-SCREEN WORKOUT ANIMATIONS | ✓ |
| HR ZONES HR ALERTS HR CALORIES HR MAX HR MAX HR MAX KECOVERY TIME | AUTOMATIC REP COUNTING | ✓ |
| HR ALERTS HR CALORIES HR MAX HR MAX HRR RECOVERY TIME | Training, Planning and Analysis Features | |
| HR CALORIES % HR MAX % HRR RECOVERY TIME ✓ | HR ZONES | ✓ |
| % HR MAX % HRR COVERY TIME ✓ | HR ALERTS | ✓ |
| % HRR RECOVERY TIME ✓ | HR CALORIES | ✓ |
| RECOVERY TIME ✓ | % HR MAX | ✓ |
| NEO VERT TIME | % HRR | ✓ |
| AUTO MAX HR ✓ | RECOVERY TIME | ✓ |
| | AUTO MAX HR | ✓ |

| 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) | ✓ |
| RESPIRATION RATE (DURING EXERCISE) | yes (with compatible accessory) |
| GPS SPEED AND DISTANCE | ✓ |
| CUSTOMIZABLE DATA PAGES | ✓ |
| CUSTOMIZABLE ACTIVITY PROFILES | ✓ |
| AUTO PAUSE® | ✓ |
| INTERVAL TRAINING | ✓ |
| ADVANCED WORKOUTS | ✓ |
| DOWNLOADABLE TRAINING PLANS | ✓ |
| POWER MODES - CUSTOMIZABLE IN- | ✓ |
| ACTIVITY BATTERY SETTINGS | v |
| AUTO LAP® | ✓ |
| MANUAL LAP | ✓ |
| CONFIGURABLE LAP ALERTS | ✓ |
| HEAT AND ALTITUDE ACCLIMATION | ✓ |
| VO2 MAX | ✓ |
| TRAINING STATUS (LETS YOU SEE IF YOU'RE TRAINING EFFECTIVELY BY TRACKING YOUR TRAINING HISTORY AND FITNESS LEVEL TREND.) | ✓ |
| TRAINING LOAD (YOUR TOTAL TRAINING LOAD FOR THE LAST 7 DAYS CALCULATED FROM ESTIMATED EPOC) | ✓ |
| TRAINING LOAD FOCUS | ✓ |
| TRAINING EFFECT | ✓ |
| TRAINING EFFECT (ANAEROBIC) | ✓ |
| PRIMARY BENEFIT (TRAINING EFFECT LABELS) | ✓ |
| CUSTOM ALERTS | ✓ |
| AUDIO PROMPTS | ✓ |
| FINISH TIME | ✓ |
| VIRTUAL PARTNER | ✓ |
| RACE AN ACTIVITY | ✓ |
| AUTO MULTISPORT ACTIVITIES | ✓ |
| MANUAL MULTISPORT ACTIVITIES | ✓ |
| COURSE GUIDANCE | ✓ |
| GARMIN LIVE SEGMENTS | ✓ |
| STRAVA LIVE SEGMENTS | ✓ |
| | |

| DOLINID TRID COLUDES OFFITOR | |
|---|--|
| ROUND-TRIP COURSE CREATOR | ✓ |
| (RUNNING/CYCLING) | ✓ |
| TRENDLINE™ POPULARITY ROUTING | ✓ ✓ |
| TOUCH AND/OR BUTTON LOCK HOT KEYS | ∨ |
| AUTO SCROLL | ✓ |
| ACTIVITY HISTORY ON WATCH | v √ |
| PHYSIO TRUEUP | ▼ |
| | <u>'</u> |
| Running Features | |
| AVAILABLE RUN PROFILES | Running, Treadmill Running, Indoor Track Running, Trail Running, Virtual 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) | V |
| PERFORMANCE CONDITION (AFTER RUNNING 6-20 MINUTES, COMPARES YOUR REAL-TIME CONDITION TO YOUR AVERAGE FITNESS LEVEL) | ✓ |
| 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 | ✓ |
| RUN WORKOUTS | ✓ |
| RACE PREDICTOR | ✓ |
| FOOT POD CAPABLE | ✓ |
| Golfing Features | |
| PRELOADED WITH 41,000 COURSES WORLDWIDE | ✓ |

| 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 | ✓ |
| CUSTOM TARGETS | ✓ |
| STAT TRACKING (STROKES, PUTTS PER ROUND, GREENS AND FAIRWAYS HIT) | ✓ |
| GARMIN AUTOSHOT™ | ✓ |
| FULL VECTOR MAP | ✓ |
| AUTO COURSEVIEW UPDATES | ✓ |
| GREEN VIEW WITH MANUAL PIN POSITION | ✓ |
| HAZARDS AND COURSE TARGETS | ✓ |
| PINPOINTER | ✓ |
| PLAYSLIKE DISTANCE | ✓ |
| TOUCH-TARGETING (TOUCH TARGET ON | |
| DISPLAY TO SEE THE DISTANCE TO ANY POINT) | ✓ |
| HANDICAP SCORING | ✓ |
| TRUSWING™ COMPATIBLE | ✓ |
| ROUND TIMER/ODOMETER | ✓ |
| AUTOMATIC CLUB TRACKING | |
| COMPATIBLE (REQUIRES ACCESSORY) | ✓ |
| OCIVII / TIBLE (NEQUINED / TOOLOGOTT) | |
| Outdoor Recreation | |
| AVAILABLE OUTDOOR RECREATION PROFILES | Hiking, Indoor and Outdoor Climbing, Bouldering, Surfing, Mountain Biking, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Jumpmaster, Tactical |
| POINT-TO-POINT NAVIGATION | √ |
| BREAD CRUMB TRAIL IN REAL TIME | ✓ |
| BACK TO START | ✓ |
| TRACBACK® | ✓ |
| ULTRATRAC MODE | ✓ |
| AROUND ME MODE | ✓ |
| ELEVATION PROFILE | ✓ |
| DISTANCE TO DESTINATION | ✓ |
| BAROMETRIC TREND INDICATOR WITH | , |
| STORM ALERT | ✓ |
| CLIMBPRO™ ASCENT PLANNER | ✓ |
| TRAIL RUN AUTO CLIMB | ✓ |
| VERTICAL SPEED | ✓ |
| TOTAL ASCENT/DESCENT | ✓ |
| FUTURE ELEVATION PLOT | ✓ |
| | |

| PRELOADED TOPOGRAPHICAL MAPS | ✓ |
|--|--|
| PRELOADED SKI RESORT MAPS | ✓ |
| DOWNLOADABLE CARTOGRAPHY | |
| SUPPORT | ✓ |
| COMPATIBLE WITH BASECAMP™ | ✓ |
| GPS COORDINATES | ✓ |
| SIGHT 'N GO | ✓ |
| AREA CALCULATION | yes (via Connect IQ™) |
| HUNT/FISH CALENDAR | yes (via Connect IQ™) |
| PROJECTED WAYPOINT | ✓ |
| SUN AND MOON INFORMATION | yes (via Connect IQ™) |
| XERO™ LOCATIONS | ✓ |
| EXPEDITION GPS ACTIVITY | ✓ |
| TIDES | yes (via Connect IQ™) |
| Cycling Features | |
| ALERTS (TRIGGERS ALARM WHEN YOU | |
| REACH GOALS INCLUDING TIME, | ✓ |
| DISTANCE, HEART RATE OR CALORIES) | |
| · | |
| COURSES | ✓ |
| CYCLE MAP (ROUTABLE CYCLING- | ✓ |
| SPECIFIC STREET MAP) | |
| MTB GRIT & FLOW | ✓ |
| AVAILABLE CYCLING PROFILES | Biking, Indoor Biking, Mountain Biking, Triathlon |
| BIKE LAP AND LAP MAXIMUM POWER | ✓ |
| (WITH POWER SENSOR) | |
| RACE AN ACTIVITY | ✓ |
| FTP (FUNCTIONAL THRESHOLD POWER) | yes (with compatible accessory) |
| COMPATIBLE WITH VECTOR™ (POWER | ✓ |
| METER) | <u> </u> |
| POWER METER COMPATIBLE | ✓ |
| ADVANCED VECTOR SUPPORT | ✓ |
| COMPATIBLE WITH VARIA VISION™ (HEAD- | |
| MOUNTED DISPLAY) | |
| COMPATIBLE WITH VARIA™ RADAR (REAR- | |
| FACING RADAR) | |
| COMPATIBLE WITH VARIA™ LIGHTS | ✓ |
| 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) | ✓ |

| POOL SWIM METRICS (LENGTHS, DISTANCE, PACE, STROKE COUNT, SWIM EFFICIENCY (SWOLF), CALORIES) | ✓ |
|---|--|
| STROKE TYPE DETECTION (FREESTYLE, BACKSTROKE, BREASTSTROKE, BUTTERFLY) (POOL SWIM ONLY) | ✓ |
| DRILL LOGGING (POOL SWIM ONLY) | ✓ |
| BASIC REST TIMER (UP FROM 0) (POOL SWIM ONLY) | ✓ |
| "REPEAT ON" REST TIMER (POOL SWIM ONLY) | ✓ |
| AUTO REST (POOL SWIM ONLY) | ✓ |
| TIME AND DISTANCE ALERTS | ✓ |
| PACING ALERTS (POOL SWIM ONLY) | ✓ |
| COUNTDOWN START (POOL SWIM ONLY) | ✓ |
| POOL SWIM WORKOUTS | ✓ |
| CRITICAL SWIM SPEED | ✓ |
| UNDERWATER WRIST-BASED HEART RATE | ✓ |
| 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™) |
| Kid Activity Tracking Features | |
| TOE-TO-TOE™ CHALLENGES | yes (optional Connect IQ app) |
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