

## Garmin Forerunner 945 LTE Specifications

| General   |  |
|---|--|
| LENS MATERIAL                                   | Corning® Gorilla® Glass DX   |
| BEZEL MATERIAL                                  | fiber-reinforced polymer   |
| QUICKFIT™ WATCH BAND COMPATIBLE                 | yes (22 mm compatible)   |
| STRAP MATERIAL                                  | silicone   |
| PHYSICAL SIZE                                   | 44.4 x 44.4 x 13.9 mm<br>Fits wrists with a circumference of 128-218 mm  |
| COLOR DISPLAY                                   | ✓  |
| DISPLAY SIZE                                    | 1.2" (30.4 mm) diameter  |
| DISPLAY RESOLUTION                              | 240 x 240 pixels   |
| DISPLAY TYPE                                    | sunlight-visible, transfective memory-in-pixel (MIP)   |
| WEIGHT  | 49 g   |
| BATTERY LIFE                                    | Smartwatch Mode: Up to 2 weeks<br>GPS mode with music: Up to 12 hours<br>GPS mode with music and LTE LiveTrack: Up to 7 hours<br>GPS mode without music: Up to 35 hours<br><a href="#">See Details</a> |
| <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 optional all-day acclimation and in sleep)  |
| FITNESS AGE                                     | yes (in app)   |
| BODY BATTERY™ ENERGY MONITOR                    | ✓  |
| ALL-DAY STRESS                                  | ✓  |
| RELAXATION REMINDERS                            | ✓  |
| RELAXATION BREATHING TIMER                      | ✓  |
| SLEEP   | yes (Advanced)   |

|  |  |
|--|--|
| <b>SLEEP SCORE AND INSIGHTS</b>  | ✓  |
| <b>HYDRATION</b>   | yes (in Garmin Connect™ and optional Connect IQ™ widget) |
| <b>WOMAN'S HEALTH</b>  | yes (in Garmin Connect™ and optional Connect IQ™ widget) |
| <b>Sensors</b>   |  |
| <b>GPS</b>   | ✓  |
| <b>GLONASS</b>   | ✓  |
| <b>GALILEO</b>   | ✓  |
| <b>GARMIN ELEVATE™ WRIST HEART RATE MONITOR</b>                              | ✓  |
| <b>BAROMETRIC ALTIMETER</b>  | ✓  |
| <b>COMPASS</b>   | ✓  |
| <b>GYROSCOPE</b>   | ✓  |
| <b>ACCELEROMETER</b>   | ✓  |
| <b>THERMOMETER</b>   | ✓  |
| <b>PULSE OX BLOOD OXYGEN SATURATION MONITOR</b>                              | ✓  |
| <b>Daily Smart Features</b>  |  |
| <b>CONNECTIVITY</b>  | Bluetooth®, ANT+®, Wi-Fi®, LTE (with subscription)       |
| <b>CONNECT IQ™ (DOWNLOADABLE WATCH FACES, DATA FIELDS, WIDGETS AND APPS)</b> | ✓  |
| <b>SMART NOTIFICATIONS</b>   | ✓  |
| <b>TEXT RESPONSE/REJECT PHONE CALL WITH TEXT (ANDROID™ ONLY)</b>             | ✓  |
| <b>CALENDAR</b>  | ✓  |
| <b>WEATHER</b>   | ✓  |
| <b>CONTROLS SMARTPHONE MUSIC</b>   | ✓  |
| <b>PLAYS AND CONTROLS WATCH MUSIC</b>  | ✓  |
| <b>MUSIC STORAGE</b>   | Up to 1000 songs   |
| <b>FIND MY PHONE</b>   | ✓  |
| <b>FIND MY WATCH</b>   | ✓  |
| <b>VIRB® REMOTE</b>  | ✓  |
| <b>SMARTPHONE COMPATIBILITY</b>  | iPhone®, Android™  |
| <b>PAIRS WITH GARMIN CONNECT™ MOBILE</b>                                     | ✓  |
| <b>GARMIN PAY™</b>   | ✓  |
| <b>Safety and Tracking Features</b>  |  |
| <b>LIVETRACK</b>   | ✓  |
| <b>SPECTATOR MESSAGING</b>   | yes (with LTE subscription)                              |
| <b>GROUP LIVETRACK</b>   | ✓  |
| <b>LIVE EVENT SHARING</b>  | ✓  |
| <b>INCIDENT DETECTION DURING SELECT ACTIVITIES</b>                           | ✓  |
| <b>ASSISTANCE</b>  | ✓  |
| <b>ASSISTANCE PLUS</b>   | yes (with LTE subscription; coverage details)            |
| <b>Tactical Features</b>   |  |
| <b>DUAL GRID COORDINATES</b>   | ✓  |

## 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   | ✓                             |
| DISTANCE TRAVELED  | ✓                             |
| INTENSITY MINUTES  | ✓                             |
| TRUEUP™  | ✓                             |
| MOVE IQ™   | ✓                             |
| GARMIN CONNECT™ CHALLENGES APP   | yes (optional Connect IQ app) |

## Gym & Fitness Equipment

|                                 |   |
|---------------------------------|---|
| AVAILABLE GYM ACTIVITY PROFILES | Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Breathwork, Pilates and Yoga |
| CARDIO WORKOUTS                 | ✓   |
| STRENGTH WORKOUTS               | ✓   |
| YOGA WORKOUTS                   | ✓   |
| PILATES WORKOUTS                | ✓   |
| AUTOMATIC REP COUNTING          | ✓   |

## Training, Planning and Analysis Features

|   |                                 |
|---|---------------------------------|
| HR ZONES  | ✓                               |
| HR ALERTS   | ✓                               |
| HR CALORIES   | ✓                               |
| % HR MAX  | ✓                               |
| % HRR   | ✓                               |
| 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   | ✓                               |
| IMPROVED INTERVAL (INCLUDES OPEN REPEATS, INTERVALS DATA PAGE, REST SCREEN AND AUTO DETECTION)  | ✓                               |
| ADVANCED WORKOUTS   | ✓                               |

|  |   |
|--|---|
| DOWNLOADABLE TRAINING PLANS  | ✓ |
| AUTO LAP®  | ✓ |
| MANUAL LAP   | ✓ |
| CONFIGURABLE LAP ALERTS  | ✓ |
| HEAT AND ALTITUDE ACCLIMATION  | ✓ |
| VO2 MAX (RUN)  | ✓ |
| 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)   | ✓ |
| IMPROVED RECOVERY TIME   | ✓ |
| DAILY SUGGESTED WORKOUTS   | ✓ |
| 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   | ✓ |
| ROUND-TRIP COURSE CREATOR (RUNNING/CYCLING)  | ✓ |
| TRENDLINE™ POPULARITY ROUTING  | ✓ |
| TOUCH AND/OR BUTTON LOCK   | ✓ |
| HOT KEYS   | ✓ |
| AUTO SCROLL  | ✓ |
| ACTIVITY HISTORY ON WATCH  | ✓ |
| <a href="#">PHYSIO TRUEUP</a>  | ✓ |

## Running Features

|   |   |
|---|---|
| AVAILABLE RUN PROFILES  | Running, Indoor and Outdoor Track Running, Treadmill Running, Trail Running, Virtual Running, Ultra 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)   | ✓                               |
| 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 42,000 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   | ✓         |
| STAT TRACKING (STROKES, PUTTS PER ROUND, GREENS AND FAIRWAYS HIT)                   | ✓         |
| GARMIN AUTOSHOT™  | ✓         |
| AUTO COURSEVIEW UPDATES   | ✓         |
| GREEN VIEW WITH MANUAL PIN POSITION   | ✓         |
| HAZARDS AND COURSE TARGETS  | ✓         |
| PINPOINTER  | ✓         |
| HANDICAP SCORING  | ✓         |
| TRUSWING™ COMPATIBLE  | ✓         |
| ROUND TIMER/ODOMETER  | ✓         |

## Outdoor Recreation

|   |  |
|---|--|
| AVAILABLE OUTDOOR RECREATION PROFILES       | Hiking, Climbing, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Kayaking |
| 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 ROAD AND TRAIL MAPS    | ✓                     |
| DOWNLOADABLE CARTOGRAPHY SUPPORT | ✓                     |
| COMPATIBLE WITH BASECAMP™        | ✓                     |
| GPS COORDINATES                  | ✓                     |
| 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                  | ✓                     |

## 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 Trail Biking, eBiking, eMountain Trail Biking |
| 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)   | ✓   |
| 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 (W/SENSOR)   | ✓   |

## Swimming Features

|   |  |
|---|--|
| AVAILABLE SWIM PROFILES   | Pool Swimming, Open Water Swimming, Swim 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)  | ✓  |

|  |                                   |
|--|-----------------------------------|
| <b>POOL SWIM WORKOUTS</b>  | ✓                                 |
| <b>CRITICAL SWIM SPEED</b>   | ✓                                 |
| <b>UNDERWATER WRIST-BASED HEART RATE</b>   | ✓                                 |
| <b>HEART RATE FROM EXTERNAL HRM (REAL-TIME DURING RESTS, INTERVAL AND SESSION STATS DURING RESTS, AND AUTOMATIC HEART RATE DOWNLOAD POST-SWIM)</b> | yes (with HRM-Tri™ and HRM-Swim™) |
| <b>Kid Activity Tracking Features</b>  |                                   |
| <b>TOE-TO-TOE™ CHALLENGES APP</b>  | yes (optional Connect IQ app)     |