

## Garmin Venu 2 & Venu 2S Specifications

	Venu 2	Venu 2S
<b>General</b>		
LENS MATERIAL	Corning® Gorilla® Glass 3	Corning® Gorilla® Glass 3
BEZEL MATERIAL	stainless steel	stainless steel
CASE MATERIAL	fiber-reinforced polymer	fiber-reinforced polymer
QUICK RELEASE BANDS	yes (22 mm, Industry standard)	yes (18 mm, Industry standard)
STRAP MATERIAL	silicone	silicone
PHYSICAL SIZE	45.4 x 45.4 x 12.2 mm	40.4 x 40.4 x 12.1 mm
	Fits wrists with a circumference of 135-200 mm	Fits wrists with a circumference of 110-175 mm
TOUCHSCREEN	✓	✓
COLOR DISPLAY	✓	✓
DISPLAY SIZE	1.3" (33.0 mm) diameter	1.1" (27.9 mm) diameter
DISPLAY RESOLUTION	416 x 416 pixels	360 x 360 pixels
DISPLAY TYPE	AMOLED optional always-on mode	AMOLED optional always-on mode
WEIGHT	49.0 g	38.2 g
BATTERY LIFE	Smartwatch mode: Up to 11 days	Smartwatch mode: Up to 10 days
	Battery saver smartwatch mode: Up to 12 days	Battery saver smartwatch mode: Up to 11 days
	GPS mode with music: Up to 8 hours	GPS mode with music: Up to 7 hours
	GPS mode without music: Up to 22 hours	GPS mode without music: Up to 19 hours
	<a href="#">See details</a>	<a href="#">See details</a>
<a href="#">WATER RATING</a>	5 ATM	5 ATM
MEMORY/HISTORY	200 hours of activity data	200 hours of activity data
<b>Clock Features</b>		
TIME/DATE	✓	✓
GPS TIME SYNC	✓	✓
AUTOMATIC DAYLIGHT SAVING TIME	✓	✓
ALARM CLOCK	✓	✓
TIMER	✓	✓
STOPWATCH	✓	✓
SUNRISE/SUNSET TIMES	✓	✓
<b>Health Monitoring</b>		
WRIST-BASED HEART RATE (CONSTANT, EVERY SECOND)	✓	✓
DAILY RESTING HEART RATE	✓	✓
ABNORMAL HEART RATE ALERTS	yes (high and low)	yes (high and low)
RESPIRATION RATE (24X7)	✓	✓
PULSE OX BLOOD OXYGEN SATURATION	yes (spot-check, and optionally all-day and in sleep)	yes (spot-check, and optionally all-day and in sleep)
FITNESS AGE	✓	✓
BODY BATTERY™ ENERGY MONITOR	✓	✓
ALL-DAY STRESS	✓	✓
RELAXATION REMINDERS	✓	✓
RELAXATION BREATHING TIMER	✓	✓
SLEEP	yes (Advanced)	yes (Advanced)
SLEEP SCORE AND INSIGHTS	✓	✓
HYDRATION	✓	✓
WOMAN'S HEALTH	✓	✓
HEALTH SNAPSHOT	✓	✓
<b>Sensors</b>		
GPS	✓	✓

GLONASS	✓	✓
GALILEO	✓	✓
GARMIN ELEVATE™ WRIST HEART RATE MONITOR	✓	✓
BAROMETRIC ALTIMETER	✓	✓
COMPASS	✓	✓
GYROSCOPE	✓	✓
ACCELEROMETER	✓	✓
THERMOMETER	✓	✓
AMBIENT LIGHT SENSOR	✓	✓
PULSE OX BLOOD OXYGEN SATURATION MONITOR	✓	✓
<b>Daily Smart Features</b>		
CONNECTIVITY	Bluetooth®, ANT+®, Wi-Fi®	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	✓	✓
CONTROLS SMARTPHONE MUSIC PLAYS AND CONTROLS WATCH MUSIC	✓	✓
MUSIC STORAGE	up to 650 songs	up to 650 songs
FIND MY PHONE	✓	✓
FIND MY WATCH	✓	✓
SMARTPHONE COMPATIBILITY	iPhone®, Android™	iPhone®, Android™
PAIRS WITH GARMIN CONNECT™ MOBILE	✓	✓
GARMIN PAY™	✓	✓
<b>Safety and Tracking Features</b>		
LIVETRACK	✓	✓
INCIDENT DETECTION DURING SELECT ACTIVITIES	✓	✓
ASSISTANCE	✓	✓
<b>Activity Tracking Features</b>		
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	✓	✓
<b>Gym &amp; Fitness Equipment</b>		

<b>AVAILABLE GYM ACTIVITY PROFILES</b>	Strength, Cardio, HIIT and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Yoga, Pilates and Breathwork	Strength, Cardio, HIIT and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Yoga, Pilates and Breathwork
<b>CARDIO WORKOUTS</b>	✓	✓
<b>STRENGTH WORKOUTS</b>	✓	✓
<b>HIIT WORKOUTS</b>	✓	✓
<b>YOGA WORKOUTS</b>	✓	✓
<b>PILATES WORKOUTS</b>	✓	✓
<b>ON-SCREEN WORKOUT ANIMATIONS</b>	✓	✓
<b>ON-SCREEN WORKOUT MUSCLE MAPS</b>	Strength Only	Strength Only
<b>AUTOMATIC REP COUNTING</b>	✓	✓

### Training, Planning and Analysis Features

<b>HR ZONES</b>	✓	✓
<b>HR ALERTS</b>	✓	✓
<b>HR CALORIES</b>	✓	✓
<b>% HR MAX</b>	✓	✓
<b>HR BROADCAST (BROADCASTS HR DATA OVER ANT+™ TO PAIRED DEVICES)</b>	✓	✓
<b>RESPIRATION RATE (DURING EXERCISE)</b>	Yoga and Breathwork only	Yoga and Breathwork only
<b>GPS SPEED AND DISTANCE</b>	✓	✓
<b>CUSTOMIZABLE DATA PAGES</b>	✓	✓
<b>CUSTOMIZABLE ACTIVITY PROFILES</b>	✓	✓
<b>AUTO PAUSE®</b>	✓	✓
<b>ADVANCED WORKOUTS</b>	✓	✓
<b>DOWNLOADABLE TRAINING PLANS</b>	✓	✓
<b>AUTO LAP®</b>	✓	✓
<b>MANUAL LAP</b>	✓	✓
<b>VO2 MAX (RUN)</b>	✓	✓
<b>TOUCH AND/OR BUTTON LOCK</b>	✓	✓
<b>AUTO SCROLL</b>	✓	✓
<b>ACTIVITY HISTORY ON WATCH</b>	✓	✓
<b><a href="#">PHYSIO TRUEUP</a></b>	✓	✓

### Running Features

<b>AVAILABLE RUN PROFILES</b>	Running, Indoor Track Running, Treadmill Running	Running, Indoor Track Running, Treadmill Running
<b>GPS-BASED DISTANCE, TIME AND PACE</b>	✓	✓
<b>CADENCE (PROVIDES REAL-TIME NUMBER OF STEPS PER MINUTE)</b>	✓	✓
<b>RUN WORKOUTS</b>	✓	✓
<b>FOOT POD CAPABLE</b>	✓	✓

### Golfing Features

<b>YARDAGE TO F/M/B (DISTANCE TO FRONT, MIDDLE AND BACK OF GREEN)</b>	✓	✓
<b>YARDAGE TO LAYUPS/DOGLEGS</b>	✓	✓
<b>MEASURES SHOT DISTANCE (CALCULATES EXACT YARDAGE FOR SHOTS FROM ANYWHERE ON COURSE)</b>	Automatic	Automatic
<b>DIGITAL SCORECARD</b>	✓	✓
<b>STAT TRACKING (STROKES, PUTTS PER ROUND, GREENS AND FAIRWAYS HIT)</b>	✓	✓
<b>GARMIN AUTOSHOT™</b>	✓	✓

<b>GREEN VIEW WITH MANUAL PIN POSITION</b>	✓	✓
<b>HAZARDS AND COURSE TARGETS</b>	✓	✓
<b>PINPOINTER</b>	✓	✓
<b>ROUND TIMER/ODOMETER</b>	✓	✓
<b>AUTOMATIC CLUB TRACKING COMPATIBLE (REQUIRES ACCESSORY)</b>	✓	✓
<b>Outdoor Recreation</b>		
<b>AVAILABLE OUTDOOR RECREATION PROFILES</b>	Hiking, Indoor Climbing, Bouldering, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing	Hiking, Indoor Climbing, Bouldering, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing
<b>BACK TO START</b>	✓	✓
<b>TOTAL ASCENT/DESCENT</b>	✓	✓
<b>AREA CALCULATION</b>	yes (via Connect IQ™)	yes (via Connect IQ™)
<b>HUNT/FISH CALENDAR</b>	yes (via Connect IQ™)	yes (via Connect IQ™)
<b>SUN AND MOON INFORMATION</b>	yes (via Connect IQ™)	yes (via Connect IQ™)
<b>Cycling Features</b>		
<b>ALERTS (TRIGGERS ALARM WHEN YOU REACH GOALS INCLUDING TIME, DISTANCE, HEART RATE OR CALORIES)</b>	✓	✓
<b>AVAILABLE CYCLING PROFILES</b>	Biking, Indoor Biking	Biking, Indoor Biking
<b>COMPATIBLE WITH VARIA™ RADAR (REAR-FACING RADAR)</b>	✓	✓
<b>COMPATIBLE WITH VARIA™ LIGHTS</b>	✓	✓
<b>SPEED AND CADENCE SENSOR SUPPORT</b>	yes (ANT+ and Bluetooth)	yes (ANT+ and Bluetooth)
<b>Swimming Features</b>		
<b>AVAILABLE SWIM PROFILES</b>	Pool Swimming	Pool Swimming
<b>POOL SWIM METRICS (LENGTHS, DISTANCE, PACE, STROKE COUNT, SWIM EFFICIENCY (SWOLF), CALORIES)</b>	✓	✓
<b>STROKE TYPE DETECTION (FREESTYLE, BACKSTROKE, BREASTSTROKE, BUTTERFLY) (POOL SWIM ONLY)</b>	✓	✓
<b>BASIC REST TIMER (UP FROM 0) (POOL SWIM ONLY)</b>	✓	✓
<b>TIME AND DISTANCE ALERTS</b>	✓	✓
<b>UNDERWATER WRIST-BASED HEART RATE</b>	✓	✓
<b>Kid Activity Tracking Features</b>		
<b>TOE-TO-TOE™ CHALLENGES APP</b>	yes (optional Connect IQ app)	yes (optional Connect IQ app)