# Garmin fenix 7 Series Specifications

| | fenix 7 | fenix 7 Solar | fenix 7 Sapphire Solar |
|---|---|---|---|
| **General** | | | |
| **Lens Material** | Corning® Gorilla® Glass DX | Power Glass™ | Power Sapphire™ |
| **Bezel Material** | stainless steel | stainless steel | titanium |
| **Case material** | fiber-reinforced polymer with metal rear cover | fiber-reinforced polymer with metal rear cover | fiber-reinforced polymer with metal rear cover |
| **QuickFit™ watch band compatible** | included (22 mm) | included (22 mm) | included (22 mm) |
| **Strap material** | silicone | silicone | silicone |
| **Physical size** | 47 x 47 x 14.5 mm<br><br>Fits wrists with the following circumference:<br><br>Silicone band: 125-208 mm<br><br>Leather Band: 132-210 mm<br><br>Fabric Band: 132-210 mm<br><br>Metal Band: 132-215 mm | 47 x 47 x 14.5 mm<br><br>Fits wrists with the following circumference:<br><br>Silicone band: 125-208 mm<br><br>Leather Band: 132-210 mm<br><br>Fabric Band: 132-210 mm<br><br>Metal Band: 132-215 mm | 47 x 47 x 14.5 mm<br><br>Fits wrists with the following circumference:<br><br>Silicone band: 125-208 mm<br><br>Leather Band: 132-210 mm<br><br>Fabric Band: 132-210 mm<br><br>Metal Band: 132-215 mm |
| **Touchscreen** | ✓ | ✓ | ✓ |
| **Color display** | ✓ | ✓ | ✓ |
| **Display Size** | 1.3" (33.02 mm) diameter | 1.3" (33.02 mm) diameter | 1.3" (33.02 mm) diameter |
| **Display Resolution** | 260 x 260 pixels | 260 x 260 pixels | 260 x 260 pixels |
| **Display Type** | sunlight-visible, transflective memory-in-pixel (MIP) | sunlight-visible, transflective memory-in-pixel (MIP) | sunlight-visible, transflective memory-in-pixel (MIP) |
| **Weight** | 79 g (case only: 56 g) | 79 g (case only: 56 g) | 73 g (case only: 50 g) |
| **Battery life** | Smartwatch: Up to 18 days<br><br>Battery Saver Watch Mode: Up to 57 days<br><br>GPS Only: Up to 57 hours<br><br>All Satellite Systems: Up to 40 hours<br><br>All Satellite Systems + Music: Up to 10 hours<br><br>Max Battery GPS: Up to 136 hours<br><br>Expedition GPS: Up to 40 days | Smartwatch: Up to 18 days/22 days with solar*<br><br>Battery Saver Watch Mode: Up to 57 days/173 days with solar*<br><br>GPS Only: Up to 57 hours/73 hourswith solar**<br><br>All Satellite Systems: Up to 40 hours with solar*<br><br>All Satellite Systems and Music: Up to 10 hours<br><br>Max Battery GPS: Up to 136 hours with solar**<br><br>Expedition GPS: Up to 40 days/74 days with solar*<br><br>*Solar charging, assuming all-day wear with 3 hours per day outside in 50,000 lux conditions<br><br>**Solar charging, assuming use in 50,000 lux conditions | Smartwatch: Up to 18 days/22 days with solar*<br><br>Battery Saver Watch Mode: Up to 57 days/173 days with solar*<br><br>GPS Only: Up to 57 hours/73 hours with solar**<br><br>All Satellite Systems: Up to 40 hours/48 hours with solar*<br><br>All Satellite Systems + Multi-band: Up to 23 hours/26 hours with solar**<br><br>All Satellite Systems + Music: Up to 10 hours<br><br>Max Battery GPS: Up to 136 hours/289 hours with solar**<br><br>Expedition GPS: Up to 40 days/74 days with solar*<br><br>*Solar charging, assuming all-day wear with 3 hours per day outside in 50,000 lux conditions<br><br>**Solar charging, assuming use in 50,000 lux conditions |
| **Water rating** | 10 ATM | 10 ATM | 10 ATM |
| **Memory/History** | 16 GB | 16 GB | 32 GB |
| **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) | yes (high and low) | yes (high and low) |

| | | | |
|---|---|---|---|
| **Respiration rate (24x7)** | ✓ | ✓ | ✓ |
| **Pulse Ox Blood Oxygen Saturation** | yes (spot-check, and optional all-day acclimation and in sleep) | yes (spot-check, and optional all-day acclimation and in sleep) | yes (spot-check, and optional all-day acclimation and in sleep) |
| **Fitness Age** | yes (in app) | yes (in app) | yes (in app) |
| **Body Battery™ Energy Monitor** | ✓ | ✓ | ✓ |
| **All-day Stress** | ✓ | ✓ | ✓ |
| **Relaxation reminders** | ✓ | ✓ | ✓ |
| **Relaxation breathing timer** | ✓ | ✓ | ✓ |
| **Sleep** | yes (advanced) | yes (advanced) | yes (advanced) |
| **Sleep score and insights** | ✓ | ✓ | ✓ |
| **Hydration** | yes (in Garmin Connect™ and optional Connect IQ™ widget) | yes (in Garmin Connect™ and optional Connect IQ™ widget) | yes (in Garmin Connect™ and optional Connect IQ™ widget) |
| **Women's Health** | yes (in Garmin Connect™ and optional Connect IQ™ widget) | yes (in Garmin Connect™ and optional Connect IQ™ widget) | yes (in Garmin Connect™ and optional Connect IQ™ widget) |
| **Health snapshot** | ✓ | ✓ | ✓ |

## Sensors

| | | | |
|---|---|---|---|
| **GPS** | ✓ | ✓ | ✓ |
| **GLONASS** | ✓ | ✓ | ✓ |
| **Galileo** | ✓ | ✓ | ✓ |
| **Multi-frequency Positioning** | ✓ | ✓ | ✓ |
| **Garmin Elevate™ wrist heart rate monitor** | ✓ | ✓ | ✓ |
| **Barometric altimeter** | ✓ | ✓ | ✓ |
| **Compass** | ✓ | ✓ | ✓ |
| **Gyroscope** | ✓ | ✓ | ✓ |
| **Accelerometer** | ✓ | ✓ | ✓ |
| **Thermometer** | ✓ | ✓ | ✓ |
| **Pulse Ox Blood Oxygen Saturation Monitor** | ✓ | ✓ | ✓ |

## Daily Smart Features

| | | | |
|---|---|---|---|
| **Connectivity** | Bluetooth®, ANT+®, Wi-Fi® | Bluetooth®, ANT+®, Wi-Fi® | Bluetooth®, ANT+®, Wi-Fi® |
| **Connect IQ™ (downloadable watch faces, data fields, widgets and apps)** | ✓ | ✓ | ✓ |
| **On-device Connect IQ™ Store** | ✓ | ✓ | ✓ |
| **Smart Notifications** | ✓ | ✓ | ✓ |
| **Text response/reject phone call with text (Android™ only)** | ✓ | ✓ | ✓ |
| **Calendar** | ✓ | ✓ | ✓ |
| **Weather** | ✓ | ✓ | ✓ |
| **Realtime settings sync with Garmin Connect™ mobile** | ✓ | ✓ | ✓ |
| **Battery saver (customizable low power watch)** | ✓ | ✓ | ✓ |
| **Controls smartphone music** | ✓ | ✓ | ✓ |
| **Plays and controls watch music** | ✓ | ✓ | ✓ |
| **Music storage** | up to 2,000 songs | up to 2,000 songs | up to 2,000 songs |
| **Find My Phone** | ✓ | ✓ | ✓ |
| **Find My Watch** | ✓ | ✓ | ✓ |
| **VIRB® Remote** | ✓ | ✓ | ✓ |
| **Smartphone compatibility** | iPhone®, Android™ | iPhone®, Android™ | iPhone®, Android™ |
| **Pairs with Garmin Golf app** | ✓ | ✓ | ✓ |
| **Pairs with Garmin Connect™ Mobile** | ✓ | ✓ | ✓ |
| **Garmin Pay™** | ✓ | ✓ | ✓ |

## Safety and Tracking Features

| | | | |
|---|---|---|---|
| **LiveTrack** | ✓ | ✓ | ✓ |
| **Group LiveTrack** | ✓ | ✓ | ✓ |
| **Live Event Sharing** | ✓ | ✓ | ✓ |

| | | | |
|---|---|---|---|
| **Incident Detection 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** | ✓ | ✓ | ✓ |
| **Distance traveled** | ✓ | ✓ | ✓ |
| **Intensity minutes** | ✓ | ✓ | ✓ |
| **TrueUp™** | ✓ | ✓ | ✓ |
| **Move IQ™** | ✓ | ✓ | ✓ |
| **Garmin Connect™ Challenges app** | yes (optional Connect IQ app) | yes (optional Connect IQ app) | yes (optional Connect IQ app) |

## Gym & Fitness Equipment

| | | | |
|---|---|---|---|
| **Available gym activity profiles** | Strength, HIIT, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Pilates and Yoga | Strength, HIIT, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Pilates and Yoga | Strength, HIIT, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Pilates and Yoga |
| **Cardio workouts** | ✓ | ✓ | ✓ |
| **Strength workouts** | ✓ | ✓ | ✓ |
| **HIIT 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** | ✓ | ✓ | ✓ |
| **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) | yes (with compatible accessory) | yes (with compatible accessory) |
| **HR Broadcast (broadcasts HR data over ANT+™ to paired devices)** | ✓ | ✓ | ✓ |
| **Respiration rate (during exercise)** | yes (with compatible accessory) | yes (with compatible accessory) | 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** | ✓ | ✓ | ✓ |
| **Auto Lap®** | ✓ | ✓ | ✓ |
| **Manual lap** | ✓ | ✓ | ✓ |
| **Configurable lap alerts** | ✓ | ✓ | ✓ |
| **Heat and altitude acclimation** | ✓ | ✓ | ✓ |
| **VO2 Max (Run)** | ✓ | ✓ | ✓ |
| **VO2 Max (Trail Run)** | ✓ | ✓ | ✓ |
| **Realtime stamina** | ✓ | ✓ | ✓ |
| **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** | ✓ | ✓ | ✓ |
| Physio TrueUp | ✓ | ✓ | ✓ |

## Running Features

| | | | |
|---|---|---|---|
| **Available run profiles** | Running, Track Running, Treadmill Running, Indoor Track Running, Trail Running, Virtual Running, Ultra Running | Running, Track Running, Treadmill Running, Indoor Track Running, Trail Running, Virtual Running, Ultra Running | Running, Track Running, Treadmill Running, Indoor Track Running, Trail Running, Virtual Running, Ultra Running |
| **GPS-based distance, time and pace** | ✓ | ✓ | ✓ |
| **Running dynamics** | yes (with compatible accessory) | yes (with compatible accessory) | 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) | yes (with compatible accessory) | 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) | yes (with compatible accessory) | yes (with compatible accessory) |
| **Stride length (real time)** | yes (with compatible accessory) | yes (with compatible accessory) | yes (with compatible accessory) |
| **Cadence (provides real-time number of steps per minute)** | ✓ | ✓ | ✓ |

| Feature | | | |
|---|---|---|---|
| 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) | yes (with compatible accessory) | yes (with compatible accessory) |
| PacePro™ Pacing Strategies | ✓ | ✓ | ✓ |
| Run workouts | ✓ | ✓ | ✓ |
| Race predictor | ✓ | ✓ | ✓ |
| Foot pod capable | ✓ | ✓ | ✓ |

## Golfing Features

| Feature | | | |
|---|---|---|---|
| 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 | Automatic | 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) | ✓ | ✓ | ✓ |
| Tournament legal | ✓ | ✓ | ✓ |

## Outdoor Recreation

| Feature | | | |
|---|---|---|---|
| Available outdoor recreation profiles | Hiking, Indoor Climbing, Bouldering, Climbing, Mountain Biking, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Surfing, Hunting, Jumpmaster, Tactical, Kiteboard, Windsurf, Snowshoe | Hiking, Indoor Climbing, Bouldering, Climbing, Mountain Biking, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Surfing, Hunting, Jumpmaster, Tactical, Kiteboard, Windsurf, Snowshoe | Hiking, Indoor Climbing, Bouldering, Climbing, Mountain Biking, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Surfing, Hunting, Jumpmaster, Tactical, Kiteboard, Windsurf, Snowshoe |
| Point-to-point navigation | ✓ | ✓ | ✓ |
| Bread crumb trail in real time | ✓ | ✓ | ✓ |
| Back to start | ✓ | ✓ | ✓ |
| TracBack® | ✓ | ✓ | ✓ |
| UltraTrac mode | ✓ | ✓ | ✓ |
| Around Me mode | ✓ | ✓ | ✓ |
| Up Ahead | ✓ | ✓ | ✓ |
| Elevation profile | ✓ | ✓ | ✓ |
| Distance to destination | ✓ | ✓ | ✓ |
| Barometric trend indicator with Storm Alert | ✓ | ✓ | ✓ |

| Feature | | | |
|---|---|---|---|
| **ClimbPro™ Ascent Planner** | ✓ | ✓ | ✓ |
| **Trail run auto climb** | ✓ | ✓ | ✓ |
| **Vertical speed** | ✓ | ✓ | ✓ |
| **Total ascent/descent** | ✓ | ✓ | ✓ |
| **Future elevation plot** | ✓ | ✓ | ✓ |
| **Preloaded topographical maps** | x | x | ✓ |
| **Preloaded road and trail maps** | x | x | ✓ |
| **Preloaded ski resort maps** | ✓ | ✓ | ✓ |
| **Downloadable cartography support** | ✓ | ✓ | ✓ |
| **Compatible with BaseCamp™** | ✓ | ✓ | ✓ |
| **GPS coordinates** | ✓ | ✓ | ✓ |
| **Sight 'N Go** | ✓ | ✓ | ✓ |
| **Area calculation** | yes (via Connect IQ™) | yes (via Connect IQ™) | yes (via Connect IQ™) |
| **Hunt/fish calendar** | yes (via Connect IQ™) | yes (via Connect IQ™) | yes (via Connect IQ™) |
| **Projected waypoint** | ✓ | ✓ | ✓ |
| **Sun and moon information** | yes (via Connect IQ™) | yes (via Connect IQ™) | yes (via Connect IQ™) |
| **XERO™ Locations** | ✓ | ✓ | ✓ |
| **Expedition GPS Activity** | ✓ | ✓ | ✓ |
| **Tides** | yes (via Connect IQ™) | yes (via Connect IQ™) | yes (via Connect IQ™) |

## Cycling Features

| Feature | | | |
|---|---|---|---|
| **Available cycling profiles** | Biking, Indoor Biking, Mountain Biking, Triathlon | Biking, Indoor Biking, Mountain Biking, Triathlon | Biking, Indoor Biking, Mountain Biking, Triathlon |
| **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** | ✓ | ✓ | ✓ |
| **Bike lap and lap maximum power (with power sensor)** | ✓ | ✓ | ✓ |
| **Race an activity** | ✓ | ✓ | ✓ |
| **FTP (Functional Threshold Power)** | yes (with compatible accessory) | yes (with compatible accessory) | 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

| Feature | | | |
|---|---|---|---|
| **Available swim profiles** | Pool Swimming, Open Water Swimming, Swimming/Running | Pool Swimming, Open Water Swimming, Swimming/Running | 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™, HRM-Swim™ and HRM-Pro™) | yes (with HRM-Tri™, HRM-Swim™ and HRM-Pro™) | yes (with HRM-Tri™, HRM-Swim™ and HRM-Pro™) |
| **Kid Activity Tracking Features** | | | |
| **Toe-to-Toe™ Challenges app** | yes (optional Connect IQ Toe-to-Toe™ Challenges app) | yes (optional Connect IQ Toe-to-Toe™ Challenges app) | yes (optional Connect IQ Toe-to-Toe™ Challenges app) |
| **Connectivity** | | | |
| **Smart trainer control** | ✓ | ✓ | ✓ |