

<b>Garmin Forerunner 45/45S Specifications</b>	
<b>General</b>	
Lens Material	chemically strengthened glass
Strap material	silicone
Physical size	Small: 39.5 x 39.5 x 11.4 mm Fits wrists with a circumference of 124-185 mm Large: 42 x 42 x 11.4 mm Fits wrists with a circumference of 129-197 mm
<b>Display size</b>	1.04" (26.3 mm) diameter
Display resolution	208 x 208 pixels
Display type	sunlight-visible, transfective memory-in-pixel (MIP)
Weight	Small: 32 g Large: 36 g
Battery life	Smartwatch Mode: Up to 7 days GPS mode: Up to 13 hours
<a href="#">Water rating</a>	5 ATM
Color display	yes
Memory/History	200 hours of activity data
<b>Clock Features</b>	
Time/date	yes
<b>GPS Time Sync</b>	yes
<b>Automatic daylight saving time</b>	yes
<b>Alarm clock</b>	yes
<b>Timer</b>	yes
<b>Stopwatch</b>	yes
<b>Sensors</b>	
GPS/GLONASS/Galileo	yes
Garmin Elevate™ wrist heart rate monitor	yes
Accelerometer	yes
<b>Daily Smart Features</b>	
Connectivity	yes
Connect IQ™ (downloadable watch faces, data fields, widgets and apps)	yes (watch faces only)

<b>Smart notifications</b>	yes
<b>Calendar</b>	yes
<b>Weather</b>	yes
<b>Controls smartphone music</b>	yes
<b>Find my Phone</b>	yes
<b>Find My Watch</b>	yes
<b>Smartphone compatibility</b>	iPhone®, Android®
<b>Compatible with Garmin Connect™ Mobile</b>	yes
<b>Safety and Tracking Features</b>	
Incident Detection during select activities	yes (Smartphone Required)
Assistance	yes (Smartphone Required)
LiveTrack	yes
<b>Activity Tracking Features</b>	
Step counter	yes
Move bar (displays on device after a period of inactivity; walk for a couple of minutes to reset it)	yes
Auto goal (learns your activity level and assigns a daily step goal)	yes
Sleep monitoring (monitors total sleep and periods of movement or restful sleep)	yes
Calories burned	yes
Distance traveled	yes
Intensity minutes	yes
TrueUp™	yes
Move IQ™	yes
<b>Fitness Age</b>	yes
<b>Body Battery™ Energy Monitor</b>	yes (in app)
<b>All-day Stress Tracking</b>	yes
<b>Gym &amp; Fitness Equipment</b>	
Available gym activity profiles	Cardio and Elliptical Training, Stair Stepping, Yoga may be added through app
<b>Training, Planning and Analysis Features</b>	
GPS speed and distance	yes
Customizable data pages	yes

Customizable activity profiles	yes
Auto Pause®	yes
<b>Interval training</b>	yes
<b>Advanced workouts</b>	yes
<b>Downloadable training plans</b>	yes
<b>Auto Lap®</b>	yes
<b>Manual lap</b>	yes
<b>V02 max</b>	yes
<b>Audio prompts</b>	yes
<b>Touch and/or button lock</b>	yes
<b>Activity history on watch</b>	yes
<a href="#"><u>Physio TrueUp</u></a>	yes
Heart Rate Features	
HR zones	yes
HR alerts	yes
HR calories	yes
<b>HR Broadcast (broadcasts HR data over ANT+™ to paired devices)</b>	yes
Running Features	
Available run profiles	Running, Treadmill Running. Indoor Track Running may be added through app
<b>GPS-based distance, time and pace</b>	yes
<b>Cadence (provides real-time number of steps per minute)</b>	yes
<b>Run workouts</b>	yes
<b>Foot pod capable</b>	yes
Cycling Features	
<b>Preloaded cycling profiles</b>	Biking. Indoor Biking may be added through app
<b>Time/distance alerts (triggers alarm when you reach goal)</b>	yes
<b>Speed and cadence sensor support (with sensor)</b>	yes