

# Garmin vivoactive 4 Specifications

## Physical & Performance

GPS	Yes
Display resolution	260 x 260 pixels
Weight	50.5 g
Display type	sunlight-visible, transfective memory-in-pixel (MIP)
Battery life	Smartwatch mode: Up to 8 days GPS mode with music: Up to 6 hours
Display size	1.3" (33.0 mm) diameter

## Maps & Navigation

Memory/History 7 timed activities, 14 days of activity tracking data

## Features

Cardio workouts	Yes
Time/date	yes
% HRR	No
<a href="#">Water rating</a>	Swim, 5 ATM
Around Me mode	No
Closed Circuit Rebreather (CCR)	No
Automatically saves dive entry and exit locations	No
Training Effect (anaerobic)	No
TruSwing™ compatible	No
Customizable data pages	Yes
HR Broadcast (broadcasts HR data over ANT+™ to paired devices)	Yes
Anchor Alarm	No
Hazards and course targets	Yes
Drill logging (Pool Swim Only)	No
Garmin AutoShot™	Yes
TracBack®	No
Auto scroll	Yes
Worldwide airport database(s)	No
Controls smartphone music	Yes
3-axis compass with HSI (horizontal situation indicator)	No

Ambient light sensor	No
Heat and altitude acclimation	No
Music Storage	up to 500 songs
Downloadable training plans	Yes
Countdown timer	No
HR zones	Yes
Point-to-point navigation	No
Lap Time Repeatability Score (LTR)	No
Finish time	No
Stat tracking (strokes, putts per round, greens and fairways hit)	Yes
Race an activity	No
Step counter	Yes
Run workouts	Yes
Nitrox support	No
Live Event Sharing	No
Manual lap	Yes
Distance traveled	Yes
Compatible with Garmin Connect™ Mobile	Yes
Training Status (lets you see if you're training effectively by tracking your training history and fitness level trend.)	No
Wirelessly receive flight plans from Garmin Pilot™	No
Future elevation plot	No
Gauge mode	No
Auto start/end dive	No
Measures shot distance (calculates exact yardage for shots from anywhere on course)	Automatic
Courses	No
Fitness Age	yes (in app)
Galileo	Yes
Manual multisport activities	No
Distance to destination	No
Smartphone compatibility	iPhone®, Android™
% HR max	Yes
Strength workouts	Yes
Audible alerts	No
Lens Material	Corning® Gorilla® Glass 3
Preloaded race tracks	No
Automatic club tracking compatible (requires accessory)	Yes

Calendar	Yes
Cycle Map (routable cycling-specific street map)	No
Find My Phone	Yes
Text response/reject phone call with text (Android™ only)	Yes
Compatible with Varia™ lights	Yes
Training Effect (aerobic)	No
Night vision mode	No
Barometric trend indicator with Storm Alert	No
Customizable activity profiles	Yes
HR calories	Yes
Preloaded ski resort maps	No
Performance condition (after running 6–20 minutes, compares your real-time condition to your average fitness level)	No
Hunt/fish calendar	No
Alarm clock	Yes
LiveTrack	Yes
Dual grid coordinates	No
Assistance	Yes
Available cycling profiles	Biking, Indoor Biking
Strap material	silicone
Auto Lap®	Yes
Auto Pause®	Yes
Dive ascent/descent rate indicator	No
PlaysLike distance	No
Task timers (2, 5, 10, 15, 20 and 30 minutes)	No
Compatible with Varia Vision™ (head-mounted display)	No
Activity history on watch	Yes
Advanced workouts	Yes
Open-water swim metrics (distance, pace, stroke count/rate, stroke distance, swim efficiency (SWOLF), calories)	No
Body Battery™ Energy Monitor	Yes
Tack assist mode	No
Multi-gas mode	No
Training Load (your total training load for the last 7 days calculated from estimated EPOC)	No
Storm alert	No

Power meter compatible (displays power data from compatible third-party ANT+™-enabled power meters)	No
Track timer	No
Quick Release Bands	yes (22 mm, Industry standard)
Trendline™ Popularity Routing	No
Respiration rate (during exercise)	yoga and breathwork only
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)	No
XERO™ Locations	No
Yardage to F/M/B (distance to front, middle and back of green)	Yes
Case material	fiber-reinforced polymer with polymer rear cover
Gyroscope	Yes
Bezel Material	stainless steel
Auto max HR	No
Analog hands	No
Training load focus	No
Compass	Yes
FTP (Functional Threshold Power)	No
Thermometer	Yes
Course guidance	No
Orienteering	No
Time and distance alerts	Yes
Depth sensor	No
Barometric altimeter	Yes
Area calculation	No
GPS Time Sync	Yes
Race App	No
60-minute activity goal	No
Countdown start	No
Bike lap and lap maximum power (with power sensor)	No
Automatic rep counting	Yes
	45.1 x 45.1 x 12.8 mm
Physical size	Fits wrists with a circumference of 135-200 mm
APNEA hunt mode	No

Full vector map	No
VIRB® Camera Remote	No
Round timer/odometer	Yes
Stroke type detection (freestyle, backstroke, breaststroke, butterfly) (Pool Swim Only)	Yes
Pulse Ox	Yes
Respiration rate (all-day and in sleep)	Yes
GLONASS	Yes
Reminder alerts	No
Projected waypoint	No
ClimbPro™ Ascent Planner	No
Sunrise/sunset times	Yes
Find My Watch	Yes
Speed and cadence sensor support (with sensor)	yes
Preloaded topographical maps	No
Vertical oscillation and ratio (the degree of 'bounce' in your running motion and the cost-benefit ratio with stride length)	No
Cadence (provides real-time number of steps per minute)	No
GPS speed and distance	Yes
Chores	No
Available gym activity profiles	Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Yoga, Pilates and Breathwork
All-day Stress Tracking	Yes
Unit-to-unit route/location sharing	No
Incident Detection during select activities	Yes
Foot pod capable	Yes
Move IQ™	Yes
Sun and moon information	No
Live Delta Time	No
Heart rate from external HRM (real-time during rests, interval and session stats during rests, and automatic heart rate download post-swim)	No
Pool swim workouts	No
Toe-to-Toe™ Challenges	No
Back to start	Yes
Automatic daylight saving time	Yes
Virtual Partner	No

Smart notifications	Yes
Available swim profiles	Pool Swimming
Green View with manual pin position	Yes
Underwater wrist-based heart rate	Yes
Round-trip course creator (running/cycling)	No
Chronograph	No
Yoga workouts	Yes
Weather	Yes
Pool swim metrics (lengths, distance, pace, stroke count/rate, swim efficiency (SWOLF), calories)	Yes
Interval training	No
Multiple time zones with Zulu/UTC	No
Touch-targeting (touch target on display to see the distance to any point)	No
Single-gas mode	No
Strava Live Segments	No
Race predictor	No
Trimix support	No
Connectivity	Bluetooth®, ANT+®, Wi-Fi®
Recovery time	No
Preloaded with 41,000 courses worldwide	No
Sync dive log to Garmin Connect™ and Garmin Connect™ Mobile	No
Color display	Yes
Garmin Pay™	Yes
On-screen workout animations	Yes
Compatible with BaseCamp™	No
Rewards (coins)	No
Virtual starting line	No
Built-in barometer and tide tables	No
Altimeter with adjustable baro setting	No
Connex avionics connectivity	No
Auto CourseView updates	No
Available outdoor recreation profiles	Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing
Automatic sync (automatically transfers data to Garmin Connect)	No
Intensity minutes	Yes
Auto goal (learns your activity level and assigns a daily	Yes

step goal)	
Auto multisport activities	No
Stride length (real time)	No
Stopwatch	Yes
Sleep monitoring (monitors total sleep and periods of movement or restful sleep)	Yes
Running dynamics	No
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)	No
Basic rest timer (up from 0)	Yes
Downloadable cartography support	No
V02 max	Yes
Lactate threshold (through analysis of your pace and heart rate, estimates the point where your muscles start to rapidly fatigue)	No
GPS coordinates	No
<a href="#">Physio TrueUp</a>	Yes
Last race summary	No
Compatible with Vector™ (power meter)	No
Garmin Live Segments	No
Unlock new step icons	No
HR alerts	Yes
Hot keys	No
"Repeat on" rest timer	No
Phone-free text messaging	No
Accelerometer	Yes
Yardage to layups/doglegs	Yes
Handicap scoring	No
GPS-based distance, time and pace	Yes
Worldwide NAVAID and Intersection database(s)	No
Calories burned	Yes
Touch and/or button lock	Yes
Advanced Vector support	No
Trail run auto climb	No
Configurable lap alerts	No
Audio prompts	No
Timer	Yes

NEXRAD on moving map	No
TrueUp™	Yes
Connect IQ™ (downloadable watch faces, data fields, widgets and apps)	Yes
UltraTrac mode	No
Vertical speed	No
Available run profiles	Running, Indoor Track Running, Treadmill Running
Touchscreen	Yes
Floors climbed	Yes
Bread crumb trail in real time	No
Elevation profile	No
Digital scorecard	yes
Move bar (displays on device after a period of inactivity; walk for a couple of minutes to reset it)	Yes
Custom targets	No
PinPointer	Yes
Plays and controls watch music	Yes
Sight 'N Go	No
Tempo Training	No
Garmin Elevate™ wrist heart rate monitor	Yes
APNEA mode	No
Pilates workouts	Yes
Waypoint information page	No
SwingTempo	No
Group LiveTrack	No
Time/distance alerts (triggers alarm when you reach goal)	Yes
Moving Map with aviation airports, nav aids, roads, bodies of water and more	No
Automatic altitude adjustment	No
In-flight Pulse Ox	No
Compatible with Varia™ radar (rear-facing radar)	Yes
Race an Activity	No
Primary benefit (Training Effect labels)	No
Custom alerts	No
Auto lap splits	No
Multiple bike profiles	No
Total ascent/descent	Yes

