Garmin Instinct - Esports Edition Specifications

General

LENS MATERIAL	chemically strengthened glass
BEZEL MATERIAL	fiber-reinforced polymer
CASE MATERIAL	fiber-reinforced polymer
QUICKFIT™ WATCH BAND COMPATIBLE	yes (22 mm)
STRAP MATERIAL	silicone
PHYSICAL SIZE	45 x 45 x 15.3 mm Fits wrists with a circumference of 132-224 mm
DISPLAY SIZE	custom, two-window design; 0.9" x 0.9" (23 x 23 mm)
DISPLAY RESOLUTION	128 x 128 pixels
DISPLAY TYPE	monochrome, sunlight-visible, transflective memory-in-pixel (MIP)
WEIGHT	52 g
BATTERY LIFE	Smartwatch mode: Up to 14 days Esports mode: Up to 80 hours GPS mode: Up to 16 hours UltraTrac™ mode: Up to 40 hours
[WATER RATING](#)	10 ATM
MEMORY/HISTORY	16 MB

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)
BODY BATTERY™ ENERGY MONITOR	✓
ALL-DAY STRESS TRACKING	✓
RELAXATION BREATHING TIMER	✓
SLEEP	✓
HYDRATION	yes (in Garmin Connect™)
MENSTRUAL CYCLE	yes (in Garmin Connect™)

Sensors

GPS	✓
GLONASS	✓
GALILEO	✓
GARMIN ELEVATE™ WRIST HEART RATE MONITOR	✓
BAROMETRIC ALTIMETER	✓
COMPASS	✓
ACCELEROMETER	✓
THERMOMETER	✓

Daily Smart Features

CONNECTIVITY	Bluetooth®, ANT+®
SMART NOTIFICATIONS	✓
TEXT RESPONSE/REJECT PHONE CALL WITH TEXT (ANDROID™ ONLY)	✓
CALENDAR	✓
WEATHER	✓
CONTROLS SMARTPHONE MUSIC	✓
FIND MY PHONE	✓
FIND MY WATCH	✓
VIRB® REMOTE	✓
SMARTPHONE COMPATIBILITY	iPhone®, Android™
PAIRS WITH GARMIN CONNECT™ MOBILE	✓

Safety and Tracking Features

LIVETRACK	✓

Tactical Features

DUAL GRID COORDINATES	✓

Esports Features

ESPORTS ACTIVITY	✓
STR3AMUP! PC TOOL FOR STREAMING BIOMETRICS	✓

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™	✓

Gym & Fitness Equipment

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

Training, Planning and Analysis Features

HR ZONES	✓
HR ALERTS	✓
HR CALORIES	✓
% HR MAX	✓
% HRR	✓
AUTO MAX HR	✓
HR BROADCAST (BROADCASTS HR DATA OVER ANT+™ TO PAIRED DEVICES)	yes (using ANT+ or BLE)
GPS SPEED AND DISTANCE	✓
CUSTOMIZABLE DATA PAGES	✓
CUSTOMIZABLE ACTIVITY PROFILES	✓
AUTO PAUSE®	✓
INTERVAL TRAINING	✓
ADVANCED WORKOUTS	✓
DOWNLOADABLE TRAINING PLANS	✓
AUTO LAP®	✓
MANUAL LAP	✓
CONFIGURABLE LAP ALERTS	✓
CUSTOM ALERTS	✓
AUDIO PROMPTS	✓
FINISH TIME	✓
VIRTUAL PARTNER	✓
RACE AN ACTIVITY	✓
COURSE GUIDANCE	✓
TOUCH AND/OR BUTTON LOCK	✓
HOT KEYS	✓

AUTO SCROLL	✓
ACTIVITY HISTORY ON WATCH	✓
PHYSIO TRUEUP	✓

Running Features

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

Outdoor Recreation

AVAILABLE OUTDOOR RECREATION PROFILES	Hiking, Climbing, Mountain Biking, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Tactical
POINT-TO-POINT NAVIGATION	✓
BREAD CRUMB TRAIL IN REAL TIME	✓
BACK TO START	✓
TRACBACK®	✓
ULTRATRAC MODE	✓
ELEVATION PROFILE	✓
DISTANCE TO DESTINATION	✓
BAROMETRIC TREND INDICATOR WITH STORM ALERT	✓
TRAIL RUN AUTO CLIMB	✓
VERTICAL SPEED	✓
TOTAL ASCENT/DESCENT	✓
FUTURE ELEVATION PLOT	✓
COMPATIBLE WITH BASECAMP™	✓
GPS COORDINATES	✓
SIGHT 'N GO	✓
AREA CALCULATION	✓
PROJECTED WAYPOINT	✓
SUN AND MOON INFORMATION	✓
XERO™ LOCATIONS	✓

Cycling Features

ALERTS (TRIGGERS ALARM WHEN YOU REACH GOALS INCLUDING TIME, DISTANCE, HEART RATE OR CALORIES)	✓
COURSES	✓
AVAILABLE CYCLING PROFILES	Biking, Indoor Biking, Mountain Biking
RACE AN ACTIVITY	✓
SPEED AND CADENCE SENSOR SUPPORT	yes (ANT+® and Bluetooth® Smart sensors)

Swimming Features

AVAILABLE SWIM PROFILES	Pool Swimming, Open Water Swimming
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)	✓
POOL SWIM WORKOUTS	✓