

Garmin Lily Sport & Classic Specifications

General

LENS MATERIAL	Corning® Gorilla® Glass 3
BEZEL MATERIAL	Sport: anodized aluminum Classic: stainless steel
CASE MATERIAL	fiber-reinforced polymer
STRAP MATERIAL	Sport: silicone Classic: Italian Leather
PHYSICAL SIZE	34.50 x 34.50 x 10.15 mm Fits wrists with a circumference of 110-175 mm.
TOUCHSCREEN	✓
COLOR DISPLAY	no (16 level grayscale)
DISPLAY SIZE	1.00" x 0.84" (25.4 mm x 21.3 mm)
DISPLAY RESOLUTION	240 x 201 pixels
DISPLAY TYPE	TFT LCD
WEIGHT	24.0 g
BATTERY LIFE	Up to 5 days (excluding Pulse Ox sleep tracking). Learn More.
WATER RATING	5 ATM
MEMORY/HISTORY	7 timed activities; 14 days of activity tracking data

Clock Features

TIME/DATE	✓
AUTOMATIC DAYLIGHT SAVING TIME	✓
ALARM CLOCK	✓
TIMER	✓
STOPWATCH	✓

Health Monitoring

WRIST-BASED HEART RATE (CONSTANT, EVERY SECOND)	✓
DAILY RESTING HEART RATE	✓
ABNORMAL HEART RATE ALERTS	yes (high and low)
RESPIRATION RATE (24X7)	✓
PULSE OX BLOOD OXYGEN SATURATION	yes (spot-check and optionally in sleep)
FITNESS AGE	yes (in app)
BODY BATTERY™ ENERGY MONITOR	✓
ALL-DAY STRESS TRACKING	✓
RELAXATION REMINDERS	✓
RELAXATION BREATHING TIMER	✓
SLEEP	yes (Advanced)
HYDRATION	✓
WOMAN'S HEALTH TRACKING	✓

Sensors

GARMIN ELEVATE™ WRIST HEART RATE MONITOR	✓
ACCELEROMETER	✓
AMBIENT LIGHT SENSOR	✓
PULSE OX BLOOD OXYGEN SATURATION MONITOR	✓

Daily Smart Features

CONNECTIVITY	Bluetooth®
SMART NOTIFICATIONS	✓

TEXT RESPONSE/REJECT PHONE CALL WITH TEXT (ANDROID™ ONLY)	✓
CONNECTED GPS	✓
CALENDAR	✓
WEATHER	✓
CONTROLS SMARTPHONE MUSIC	✓
FIND MY PHONE	✓
FIND MY WATCH	✓
SMARTPHONE COMPATIBILITY	iPhone®, Android™
PAIRS WITH GARMIN CONNECT™ MOBILE	✓
Safety and Tracking Features	
LIVETRACK	✓
ASSISTANCE	✓
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	✓
DISTANCE TRAVELED	✓
INTENSITY MINUTES	✓
TRUEUP™	✓
MOVE IQ™	✓
Gym & Fitness Equipment	
AVAILABLE GYM ACTIVITY PROFILES	Strength, Cardio, Elliptical Training, Stair Stepping, Yoga, Pilates and Breathwork
AUTOMATIC REP COUNTING	✓
Training, Planning and Analysis Features	
HR ZONES	✓
HR ALERTS	✓
HR CALORIES	✓
% HR MAX	✓
RESPIRATION RATE (DURING EXERCISE)	yoga and breathwork only
GPS SPEED AND DISTANCE	yes (Connected GPS only)
CUSTOMIZABLE DATA PAGES	✓
CUSTOMIZABLE ACTIVITY PROFILES	✓
AUTO LAP®	✓
VO2 MAX (RUN)	✓
PHYSIO TRUEUP	✓
Running Features	
AVAILABLE RUN PROFILES	Running, Treadmill
GPS-BASED DISTANCE, TIME AND PACE	yes (Connected GPS only)
CADENCE (PROVIDES REAL-TIME NUMBER OF STEPS PER MINUTE)	✓
Cycling Features	
AVAILABLE CYCLING PROFILES	Biking
Swimming Features	
AVAILABLE SWIM PROFILES	Pool Swimming (Basic)