

Product Comparison



fēnix® 6 - Pro and Sapphire Editions

\$699.99 USD and Up

Premium multisport GPS watches with wrist-based heart rate, Pulse Ox, pace guidance, routable maps, music and more



Venu™

\$399.99 USD

GPS smartwatch features AMOLED display, built-in sports apps, contactless payments, music and all-day health monitoring



vivoactive® 4

\$349.99 USD

GPS smartwatch features built-in sports apps, contactless payments, music and all-day health monitoring



Forerunner® 645 Music

\$449.99 USD

GPS running smartwatch with Garmin Pay™ contactless payments, wrist-based heart rate and music

Show Only Differences

▼ General

Lens Material	Corning® Gorilla® Glass DX or Sapphire Crystal	Corning® Gorilla® Glass 3	Corning® Gorilla® Glass 3	Corning® Gorilla® Glass 3
Bezel Material	stainless steel, titanium or Diamond-like Carbon (DLC) coated steel	stainless steel	stainless steel	stainless steel
Case material	Fiber-reinforced polymer with metal rear cover	fiber-reinforced polymer with polymer rear cover	fiber-reinforced polymer with polymer rear cover	
QuickFit™ watch band compatible	included (22 mm)			
Quick Release Bands		yes (20 mm, Industry standard)	yes (22 mm, Industry standard)	yes (20 mm, Industry standard)
Strap material	silicone, leather, titanium or nylon	silicone	silicone	silicone
Physical size	47 x 47 x 14.7 mm Fits wrists with the following circumference: Silicone band: 125-208 mm Leather band: 132-210 mm Fabric band: 132-210 mm Metal band: 132-215 mm	43.2 x 43.2 x 12.4 mm Fits wrists with a circumference of 125-190 mm	45.1 x 45.1 x 12.8 mm Fits wrists with a circumference of 135-200 mm	42.5 x 42.5 x 13.5 mm Fits wrists with a circumference of 127-204 mm
Touchscreen		✓	✓	
Display size	1.3" (33.02 mm) diameter	1.2" (30.4mm) diameter	1.3" (33.0 mm) diameter	1.2" (30.4 mm) diameter
Display resolution	260 x 260 pixels	390 x 390 pixels	260 x 260 pixels	240 x 240 pixels
Display type	sunlight-visible, transfective memory-in-pixel (MIP)	AMOLED Optional always-on mode	sunlight-visible, transfective memory-in-pixel (MIP)	sunlight-visible, transfective memory-in-pixel (MIP)
Weight	Steel: 83 g (case only: 60 g) Titanium: 72 g (case only: 49 g)	46.3 g	50.5 g	42.2 g
Battery life	Smartwatch: Up to 14 days GPS: Up to 36 hours GPS and Music: Up to 10 hours	Smartwatch mode: Up to 5 days GPS mode with music: Up to 5 hours	Smartwatch mode: Up to 8 days GPS mode with music: Up to 5 hours	Smartwatch Mode: Up to 7 days GPS mode with music: Up to 5 hours

	Max Battery GPS Mode: 72 hours Expedition GPS Activity: 28 days Battery Saver Watch Mode: 48 days	to 6 hours GPS mode without music: Up to 20 hours	to 6 hours GPS mode without music: Up to 18 hours	GPS mode without music: Up to 14 hours
Water rating	10 ATM	Swim, 5 ATM	Swim, 5 ATM	5 ATM
Color display	✔	✔	✔	✔
Memory/History	32 GB	7 timed activities, 14 days of activity tracking data	7 timed activities, 14 days of activity tracking data	200 hours of activity data

▼ Clock Features

Time/date	✔	✔	✔	✔
GPS Time Sync	✔	✔	✔	✔
Automatic daylight saving time	✔	✔	✔	✔
Alarm clock	✔	✔	✔	✔
Timer	✔	✔	✔	✔
Stopwatch	✔	✔	✔	✔
Sunrise/sunset times	✔	✔	✔	✔

▼ Sensors

GPS	✔	✔	✔	✔
GLONASS	✔	✔	✔	✔
Galileo	✔	✔	✔	✔
Garmin Elevate™ wrist heart rate monitor	✔	✔	✔	✔
Barometric altimeter	✔	✔	✔	✔
Compass	✔	✔	✔	✔
Gyroscope	✔	✔	✔	✔
Accelerometer	✔	✔	✔	✔
Thermometer	✔	✔	✔	✔
Pulse Ox	yes (with Acclimation)	✔	✔	

▼ Daily Smart Features

Connect IQ™ (downloadable watch faces, data fields, widgets and apps)	✔	✔	✔	✔
Smart notifications	✔	✔	✔	✔
Text response/reject phone call with text (Android™ only)	✔	✔	✔	✔
Connectivity	Bluetooth®, ANT+®, Wi-Fi®	Bluetooth®, ANT+®, Wi-Fi®	Bluetooth®, ANT+®, Wi-Fi®	Bluetooth®, ANT+®, Wi-Fi®
Calendar	✔	✔	✔	✔
Weather	✔	✔	✔	✔
Battery Saver - customizable low power watch	✔			
Controls smartphone music	✔	✔	✔	✔
Plays and controls watch music	✔	✔	✔	✔
Music Storage	up to 2,000 songs	up to 500 songs	up to 500 songs	up to 500 songs
Find My Phone	✔	✔	✔	✔
Find My Watch	✔	✔	✔	✔
VIRB® Remote	✔			✔
Smartphone compatibility	iPhone®, Android™	iPhone®, Android™	iPhone®, Android™	iPhone® and Android™
	✔	✔	✔	✔

Compatible with Garmin Connect™ Mobile	✓	✓	✓	✓
Garmin Pay™	✓	✓	✓	✓

▼ Safety and Tracking Features

LiveTrack	✓	✓	✓	✓
Group LiveTrack	✓			
Live Event Sharing	✓			
Incident Detection during select activities	✓	✓	✓	yes (Smartphone Required)
Assistance	✓	✓	✓	

▼ Tactical Features

Dual grid coordinates	✓			
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▼ 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)	✓	✓	✓	✓
Sleep monitoring (monitors total sleep and periods of movement or restful sleep)	✓	✓	✓	✓
Calories burned	✓	✓	✓	✓
Floors climbed	✓	✓	✓	✓
Distance traveled	✓	✓	✓	✓
Intensity minutes	✓	✓	✓	✓
TrueUp™	✓	✓	✓	✓
Move IQ™	✓	✓	✓	✓
Fitness Age	yes (in app)	yes (in app)	yes (in app)	yes (in app)
Body Battery™ Energy Monitor	✓	✓	✓	
All-day Stress Tracking	✓	✓	✓	✓

▼ Gym & Fitness Equipment

Available gym activity profiles	Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing and Yoga	Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Yoga, Pilates and Breathwork	Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Yoga, Pilates and Breathwork	Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing and Yoga
Cardio workouts	✓	✓	✓	✓
Strength workouts	✓	✓	✓	✓
Yoga workouts		✓	✓	
Pilates workouts		✓	✓	
On-screen workout animations		✓	✓	
Automatic rep counting	✓	✓	✓	✓

▼ Training, Planning and Analysis Features

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	✓			
V02 max	✓	✓	✓	✓
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)	✓			
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	yes (available as a wearable map theme)			
Touch and/or button lock	✓	✓	✓	✓
Hot keys	✓			
Auto scroll	✓	✓	✓	✓
Activity history on watch	✓	✓	✓	✓
Physio TrueUp	✓	✓	✓	✓

▼ Heart Rate 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)			

HR Broadcast (broadcasts HR data over ANT+™ to paired devices)	✓	✓	✓	✓
Respiration rate (during exercise)		yoga and breathwork only	yoga and breathwork only	
Respiration rate (all-day and in sleep)		✓	✓	

▼ Running Features

Available run profiles	Running, Treadmill Running, Indoor Track Running, Trail Running	Running, Indoor Track Running, Treadmill Running	Running, Indoor Track Running, Treadmill Running	Running, Treadmill Running, Indoor Track, Trail Running
GPS-based distance, time and pace	✓	✓	✓	✓
Running dynamics	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)
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)
Stride length (real time)	yes (with compatible accessory)			yes (with compatible accessory)
Cadence (provides real-time number of steps per minute)	✓			✓
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)			
PacePro™ Pacing Strategies	✓			
Run workouts	✓	✓	✓	✓
Race predictor	✓			✓
Foot pod capable	✓	✓	✓	✓

▼ Golfing Features

Preloaded with 41,000 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	✓			
	✓			

Handicap scoring	✓			
TruSwing™ compatible	✓			
Round timer/odometer	✓	✓	✓	
Automatic club tracking compatible (requires accessory)	✓	✓	✓	

▼ Outdoor Recreation Features

Available outdoor recreation profiles	Hiking, Climbing, Mountain Biking, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Jumpmaster, Tactical	Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing	Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing	Skiing, Snowboarding, XC Skiing, Stand up Paddleboarding, Rowing
Point-to-point navigation	✓			✓
Bread crumb trail in real time	✓			✓
Back to start	✓	✓	✓	✓
TracBack®	✓			✓
UltraTrac mode	✓			✓
Around Me mode	✓			
Elevation profile	✓			✓
Distance to destination	✓			✓
Barometric trend indicator with Storm Alert	✓			
ClimbPro™ Ascent Planner	✓			
Trail run auto climb	✓			
Vertical speed	✓			✓
Total ascent/descent	✓	✓	✓	✓
Future elevation plot	✓			
Preloaded topographical maps	✓			
Preloaded ski resort maps	✓			
Downloadable cartography support	✓			
Compatible with BaseCamp™	✓			
GPS coordinates	✓			✓
Projected waypoint	✓			
Sight 'N Go	✓			
Area calculation	yes (via Connect IQ™)			
Hunt/fish calendar	yes (via Connect IQ™)			
Sun and moon information	yes (via Connect IQ™)			
XERO™ Locations	✓			
Expedition GPS Activity	✓			

▼ Cycling Features

Alerts (triggers alarm when you reach goals including time, distance, heart rate or calories)	✓	✓	✓	✓
Courses	✓			✓
Cycle Map (routable cycling-specific street map)	✓			
Available cycling profiles	Biking, Indoor Biking, Mountain Biking, Triathlon	Biking, Indoor Biking	Biking, Indoor Biking	Biking, Indoor Biking
Bike lap and lap maximum power (with power sensor)	✓			
Race an activity	✓			✓

FTP (Functional Threshold Power)	yes (with compatible accessory)			
Compatible with Vector™ (power meter)	✓			
Power meter compatible	✓			
Compatible with Varia Vision™ (head-mounted display)	✓			✓
Compatible with Varia™ radar (rear-facing radar)	✓	✓	✓	✓
Compatible with Varia™ lights	✓	✓	✓	✓
Speed and cadence sensor support (with sensor)	yes (ANT+® and Bluetooth® Smart sensors)	yes	yes	yes (ANT+® and Bluetooth® Smart sensors)

▼Swimming Features

Available swim profiles	Pool Swimming, Open Water Swimming, Swimming/Running	Pool Swimming	Pool Swimming	Pool 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)				✓
Time and distance alerts		✓	✓	
Countdown start (pool swim only)	✓			✓
Pool swim workouts	✓			✓
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™ and HRM-Swim™)			