

	Forerunner 935	Forerunner 645	VivoActive 3	Instinct
General				
Lens Material	glass	glass	glass	glass
Bezel Material	fiber-reinforced polymer	stainless steel	stainless steel	fiber-reinforced polymer
Case material	fiber-reinforced polymer	fiber-reinforced polymer	fiber-reinforced polymer with stainless steel	fiber-reinforced polymer
QuickFit™ watch band compatible	yes (22 mm)	-	-	yes (22 mm)
Quick Release Bands	-	yes	yes	-
Strap material	silicone	silicone	silicone	silicone
Physical size	47 x 47 x 13.9 mm	42.5 x 42.5 x 13.5 mm	43.4 x 43.4 x 11.7 mm	45 x 45 x 15.3 mm
Weight	49 g	41.8 g	43.0 g	52 g
Water rating	5 ATM	5 ATM	Swim, 5 ATM	10 ATM
Touchscreen	-	-	yes	-
Display size	30.4 mm diameter	30.4 mm diameter	30.4 mm diameter	23 x 23 mm
Display resolution	240 x 240 pixels	240 x 240 pixels	240 x 240 pixels	128 x 128 pixels
Colour display	yes	yes	yes	-
Battery life watch mode	Up to 2 weeks	Up to 7 days	Up to 7 days	Up to 14 days
Battery life GPS/HR mode	Up to 24 hours	Up to 14 hours	Up to 13 hours	Up to 16 hours
Battery life UltraTrac™ mode	Up to 60 hours without hr	-	-	Up to 40 hours
Memory/History	64 MB	200 hours of activity data	7 timed activities, 14 days of activity tracking data	16 MB
Clock Features				
Time/date	yes	yes	yes	yes
GPS Time Sync	yes	yes	yes	yes
Automatic daylight saving time	yes	yes	yes	yes
Alarm clock	yes	yes	yes	yes
Timer	yes	yes	yes	yes
Stopwatch	yes	yes	yes	yes
Sunrise/sunset times	yes	yes	-	yes
Sensors				
GPS	yes	yes	yes	yes
GLONASS	yes	yes	yes	yes
Gallileo	-	-	-	yes
Garmin Elevate™ wrist heart rate	yes	yes	yes	yes
Barometric altimeter	yes	yes	yes	yes
Compass	yes	yes	yes	yes
Gyroscope	yes	yes	-	-
Accelerometer	yes	yes	yes	yes
Thermometer	yes	yes	yes	yes
Daily Smart Features				
Connectivity	Bluetooth®, ANT+®, Wi-Fi®	Bluetooth®, ANT+®, Wi-Fi®	Bluetooth®, ANT+®	Bluetooth®, ANT+®
Connect IQ™	yes	yes	yes	-
Smart notifications	yes	yes	yes	yes
Text response/reject phone call with text (Android™ only)	-	yes	yes	yes
Calendar	yes	yes	yes	yes
Weather	yes	yes	yes	yes
Controls smartphone music	yes	yes	yes	yes
Find My Phone	yes	yes	yes	yes
Find My Watch	yes	yes	yes	yes
VIRB® Camera Remote	yes	yes	yes	yes
Smartphone compatibility	iPhone®, Android™	iPhone® and Android™	iPhone®, Android™	iPhone®, Android™
Compatible with Garmin Mobile	yes	yes	yes	yes
Garmin Pay™	-	yes	yes	-
Activity Tracking Features				
Step counter	yes	yes	yes	yes
Move bar	yes	yes	yes	yes
Auto goal	yes	yes	yes	yes
Sleep monitoring	yes	yes	yes	yes
Calories burned	yes	yes	yes	yes
Floors climbed	yes	yes	yes	yes
Distance traveled	yes	yes	yes	yes
Intensity minutes	yes	yes	yes	yes
TrueUp™	yes	yes	yes	yes
Move IQ™	yes	yes	yes	yes
Fitness Age	yes (in app)	yes (in app)	yes (in app)	yes
All-day Stress Tracking	yes	yes	yes	yes
Fitness Equipment/Gym				
Available gym activity profiles	Indoor Rowing, Strength Training and Cardio Training	Strength Training, Cardio Training, Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing and Yoga	Strength Training, Cardio Training, Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing and Yoga	Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing and Yoga
Cardio workouts	yes	yes	yes	yes
Strength workouts	yes	yes	yes	yes
Automatic rep counting	yes	yes	yes	yes
Training, Planning and Analysis Features				
GPS speed and distance	yes	yes	yes	yes
Customizable data pages	yes	yes	yes	yes
Customizable activity profiles	yes	yes	yes	yes
Auto Pause®	yes	yes	yes	yes
Interval training	yes	yes	-	-
Advanced workouts	yes	yes	yes	yes
Downloadable training plans	yes	yes	yes	yes
Auto Lap®	yes	yes	yes	yes
Manual lap	yes	yes	yes	yes
Configurable lap alerts	yes	yes	yes	yes
V02 max	yes	yes	yes	-
Training Status	yes	yes	-	-
Training Load	yes	yes	-	-
Training Effect (aerobic)	yes	yes	-	-
Training Effect (anaerobic)	yes	yes	-	-
Customizable alerts	yes	yes	yes	yes
Audio prompts	yes	yes	-	yes
Finish time	yes	yes	-	yes
Virtual Partner	yes	yes	-	yes
Race an Activity	yes	yes	-	yes
Auto multisport activities	yes	-	-	-
Manual multisport activities	yes	-	-	-
Course guidance	yes	yes	-	yes
Segments (Live, Garmin)	yes	yes	-	-
Strava features	yes	yes	-	-
LiveTrack	yes	yes	yes	yes
Group LiveTrack	yes	-	-	-
Touch and/or button lock	yes	yes	yes	yes
Hot keys	yes	-	-	yes
Auto scroll	yes	yes	yes	yes
Activity history on watch	yes	yes	yes	yes
Heart Rate Features				
HR zones	yes	yes	yes	yes
HR alerts	yes	yes	yes	yes
HR calories	yes	yes	yes	yes
% HR max	yes	yes	yes	yes
% HRR	yes	yes	-	yes
Recovery time	yes	yes	-	-
Auto max HR	yes	yes	-	yes
HRV stress test	yes (with compatible accessory)	-	-	-
Records heart rate while swimming	yes (with HRM-Tri™ and HRM-Swim™)	-	-	-
HR Broadcast	yes	yes	yes	yes
Running Features				
Available run profiles	Running, Indoor Running, Trail Running	Running, Treadmill Running, Indoor Track, Trail Running	Running, Indoor Track Running, Treadmill Running	Running, Treadmill Running, Indoor Track Running, Trail Running
GPS-based distance, time and pace	yes	yes	yes	yes
Running dynamics	yes (with compatible accessory)	yes	-	-
Vertical oscillation and ratio (the de)	yes (with compatible accessory)	-	-	-
Ground contact time and balance (sh)	yes (with compatible accessory)	-	-	-
Stride length (real time)	yes (with compatible accessory)	-	-	-
Cadence	yes	yes	-	yes
Performance condition	yes	yes	-	-

Lactate threshold	yes (with compatible accessory)	-	-	-
Run workouts	yes	yes	yes	yes
Race predictor	yes	yes	-	-
Foot pod capable	yes	yes	yes	yes
Golfing Features				
Yardage to F/M/B	yes	-	yes	-
Yardage to layups/doglegs	yes	-	yes	-
Measures shot distance	Automatic	-	Automatic	-
Digital scorecard	yes	-	yes	-
Stat tracking	yes	-	yes	-
Garmin AutoShot™	yes	-	yes	-
Green View with manual pin position	yes	-	yes	-
Hazards and course targets	yes	-	yes	-
PinPointer	-	-	yes	-
TruSwing™ compatible	yes	-	-	-
Round timer/odometer	yes	-	yes	-
Outdoor Recreation Features				
Available outdoor recreation profiles	Hiking, Climbing, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Jumpmaster, Tactical	Skiing, Snowboarding, XC Skiing, Stand up Paddleboarding, Rowing	Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing	Hiking, Climbing, Mountain Biking, Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Tactical
Point-to-point navigation	yes	yes	-	yes
Bread crumb trail in real time	yes	yes	-	yes
Back to start	yes	yes	yes	yes
TracBack®	yes	yes	-	yes
UltraTrac mode	yes	yes	yes	yes
Elevation profile	yes	yes	-	yes
Distance to destination	yes	yes	-	yes
Barometric trend indicator with Storm Alert	yes	-	-	yes
Trail run auto climb	yes	-	-	yes
Vertical speed	yes	yes	-	yes
Total ascent/descent	yes	yes	yes	yes
Future elevation plot	-	-	-	yes
Compatible with BaseCamp™	yes	-	-	yes
GPS coordinates	yes	yes	-	yes
Projected waypoint	yes	-	-	yes
Sight 'N Go	yes	-	-	yes
Area calculation	yes (via Connect IQ™)	-	-	yes
Hunt/fish calendar	yes (via Connect IQ™)	-	-	-
Sun and moon information	yes (via Connect IQ™)	-	-	yes
Dual grid coordinates	yes	-	-	yes
XERO™ Locations	yes	-	-	yes
Cycling Features				
Available cycling profiles	Biking, Indoor Biking, Mountain Biking	Biking, Indoor Biking	Biking, Indoor Biking	Biking, Indoor Biking, Mountain Biking
Courses	yes	yes	-	yes
Bike lap and lap maximum power	yes	-	-	-
Race an activity	yes	yes	-	yes
Time/distance alerts	yes	yes	yes	yes
FTP (Functional Threshold Power)	yes (with compatible accessory)	-	-	-
Compatible with Vector™	yes	-	-	-
Power meter compatible	yes	-	-	-
Compatible with Varia Vision™	yes	yes	-	-
Compatible with Varia™ radar	yes	yes	yes	-
Compatible with Varia™ lights	yes	yes	yes	-
Speed and cadence sensor support	yes	yes	yes	yes
Swimming Features				
Available swim profiles	Pool Swimming, Open Water Swimming	Pool Swimming	Pool Swimming	Pool Swimming, Open Water Swimming
Pool swim metrics	yes	yes	yes	yes
Stroke type detection	yes	yes	yes	yes
Swim efficiency (SWOLF)	yes	yes	yes	yes
Drill logging	yes	yes	-	yes
Pool swim workouts	yes	yes	-	yes
Open-water swim metrics	yes	-	-	yes
Heart rate	yes (with HRM-Tri™ and HRM-Swim™)	-	-	-