

| | fēnix® 7 – Standard Edition | fēnix® 7 – Solar Edition | epix (gen 2) |
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| General | | | |
| Lens Material | Corning® Gorilla® Glass | Power Glass™ | Corning® Gorilla® Glass |
| Bezel Material | Stainless steel | Stainless steel | Passivated Stainless steel |
| Case material | Fibre-reinforced polymer - metal rear cover | Fibre-reinforced polymer - metal rear cover | Fibre-reinforced polymer - steel rear cover |
| QuickFit™ watch band compatible | Included (22 mm) | Included (22 mm) | Included (22 mm) |
| Strap material | Silicone | Silicone | Silicone |
| Physical size | 47 x 47 x 14.5 mm | 47 x 47 x 14.5 mm | 47 x 47 x 14.5 mm |
| Touchscreen | yes | yes | yes |
| Colour display | yes | yes | yes |
| Display Size | 33.02 mm diameter | 33.02 mm diameter | 33.02 mm diameter |
| Display Resolution | 260 x 260 pixels | 260 x 260 pixels | 416 x 416 pixels |
| Display Type | Sunlight-visible, transfective memory-in-pixel (MIP) | Sunlight-visible, transfective memory-in-pixel (MIP) | AMOLED (always-on) |
| Weight | 79 g | 79 g | 76 g |
| Water rating | 10 ATM | 10 ATM | 10 ATM |
| Battery life | | | |
| Smartwatch | Up to 18 days | Up to 22 days with solar * | Up to 16 days (6 days always-on) |
| Battery Saver Watch Mode | Up to 57 days | Up to 173 days with solar * | Up to 21 days |
| GPS Only | Up to 57 hours | Up to 73 hours with solar * | Up to 42 hours (30 hours always-on) |
| All Satellite Systems | Up to 40 hours | Up to 48 hours with solar * | Up to 32 hours (24 hours always-on) |
| All Satellite Systems and Music | Up to 10 hours | Up to 10 hours | Up to 10 hours (9 hours always-on) |
| Max Battery GPS | Up to 136 hours | Up to 289 hours with solar * | Up to 75 hours |
| Expedition GPS | Up to 40 days | Up to 74 days with solar * | Up to 14 days |
| * Solar charging, assumes all-day wear with minimum 3 hours per day in 50,000 lux conditions | | | |
| Charging method | Garmin proprietary plug charger | Garmin proprietary plug charger | Garmin proprietary plug charger |
| Memory/History | 16 GB | 16 GB | 16 GB |
| Clock Features | | | |
| Time/date | yes | yes | yes |
| GPS Time Sync | yes | yes | yes |
| Automatic daylight saving time | yes | yes | yes |
| Alarm clock | yes | yes | yes |
| Timer | yes | yes | yes |
| Stopwatch | yes | yes | yes |
| Sunrise/sunset times | yes | yes | yes |
| Health Monitoring | | | |
| Wrist-based heart rate | yes | yes | yes |
| Daily resting heart rate | yes | yes | yes |
| Abnormal heart rate alerts | yes (high and low) | yes (high and low) | yes (high and low) |
| Respiration rate (24x7) | yes | yes | yes |
| Pulse Ox blood oxygen saturation | yes | yes | yes |
| Fitness age | yes (in app) | yes (in app) | yes (in app) |
| Body Battery™ energy monitor | yes | yes | yes |
| All-day stress | yes | yes | yes |
| Relaxation breathing timer | yes | yes | yes |
| Sleep | Yes (Advanced) | Yes (Advanced) | Yes (Advanced) |
| Sleep score and insights | yes | yes | yes |
| Hydration | yes | yes | yes |
| Women's health | yes | yes | yes |
| Health snapshot | yes | yes | yes |
| Sensors | | | |
| GPS | yes | yes | yes |
| GLONASS | yes | yes | yes |
| Galileo | yes | yes | yes |
| Multi-frequency Positioning | - | - | Yes (Sapphire Editions only) |
| SatIQ™ Technology | - | - | yes |
| Garmin Elevate™ wrist monitor | yes | yes | yes |
| Barometric altimeter | yes | yes | yes |
| Compass | yes | yes | yes |
| Gyroscope | yes | yes | yes |
| Accelerometer | yes | yes | yes |
| Thermometer | yes | yes | yes |
| Ambient light sensor | yes | yes | yes |
| Pulse Ox Blood Oxygen Saturation Monitor | yes | yes | yes |
| Daily Smart Features | | | |
| Connectivity | Bluetooth®, ANT+®, Wi-Fi® | Bluetooth®, ANT+®, Wi-Fi® | Bluetooth®, ANT+®, Wi-Fi® |
| Connect IQ™ | yes | yes | yes |
| On-device Connect IQ™ Store | yes | yes | yes |
| Smart Notifications | yes | yes | yes |
| Text response/reject phone call with text (Android™ only) | yes | yes | yes |
| Calendar | yes | yes | yes |
| Weather | yes | yes | yes |
| Realtime settings sync with Garmin Connect™ mobile | yes | yes | yes |
| Battery saver | yes | yes | yes |
| Controls smartphone music | yes | yes | yes |
| Plays and controls watch music | yes | yes | yes |
| Music storage | yes | yes | yes |
| Find My Phone | yes | yes | yes |

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| Find My Watch | yes | yes | yes |
| VIRB® Remote | yes | yes | yes |
| Smartphone compatibility | iPhone®, Android™ | iPhone®, Android™ | iPhone®, Android™ |
| Pairs with Garmin Golf app | yes | yes | yes |
| Pairs with Garmin Connect™ Mobile | yes | yes | yes |
| Stocks | yes | yes | yes |
| Garmin Pay™ | yes | yes | yes |
| Safety and Tracking Features | | | |
| LiveTrack | yes | yes | yes |
| Group LiveTrack | yes | yes | yes |
| Live Event Sharing | yes | yes | yes |
| Incident Detection during select activities | yes | yes | yes |
| Incident detection alert on phone for wearables | yes | yes | yes |
| Assistance | yes | yes | yes |
| Tactical Features | | | |
| Dual grid coordinates | yes | yes | yes |
| Activity Tracking Features | | | |
| Step counter | yes | yes | yes |
| Move bar | yes | yes | yes |
| Auto goal | yes | yes | yes |
| Calories burned | yes | yes | yes |
| Floors climbed | yes | yes | yes |
| Distance traveled | yes | yes | yes |
| Intensity minutes | yes | yes | yes |
| TrueUp™ | yes | yes | yes |
| Move IQ™ | yes | yes | yes |
| Garmin Connect™ Challenges app | yes | yes | yes |
| Gym & Fitness Equipment | | | |
| Automatic rep counting | yes | yes | yes |
| Available gym activity profiles | Strength, HIIT, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Pilates and Yoga | Strength, HIIT, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Pilates and Yoga | Strength, Cardio, HIIT and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Pilates and Yoga |
| Strength workouts | yes | yes | yes |
| HIIT workouts | yes | yes | yes |
| Yoga workouts | yes | yes | yes |
| Pilates workouts | yes | yes | yes |
| On-screen workout animations | yes | yes | yes |
| Training, Planning and Analysis Features | | | |
| HR zones | yes | yes | yes |
| HR alerts | yes | yes | yes |
| HR calories | yes | yes | yes |
| % HR max | yes | yes | yes |
| % HRR | yes | yes | yes |
| Recovery time | yes | yes | yes |
| Auto max HR | yes | yes | yes |
| Morning report | yes | yes | yes |
| Race glance/widget | yes | yes | yes |
| HRV status | yes | yes | yes |
| Training readiness | yes | yes | yes |
| HRV stress test | yes | yes | yes |
| HR broadcast | yes | yes | yes |
| Respiration rate (during exercise) | yes | yes | yes |
| GPS speed and distance | yes | yes | yes |
| Customizable data pages | yes | yes | yes |
| Customizable activity profiles | yes | yes | yes |
| Auto Pause® | yes | yes | yes |
| Interval training | yes | yes | yes |
| Advanced workouts | yes | yes | yes |
| Downloadable training plans | yes | yes | yes |
| Power Modes - customizable in-activity | yes | yes | yes |
| HRM running pace and distance | yes | yes | yes |
| Auto Lap® | yes | yes | yes |
| Manual lap | yes | yes | yes |
| Rest timer | yes | yes | yes |
| Configurable lap alerts | yes | yes | yes |
| Heat and altitude acclimation | yes | yes | yes |
| VO2 Max (Run) | yes | yes | yes |
| VO2 Max (Trail Run) | yes | yes | yes |
| Realtime stamina | yes | yes | yes |
| Training status | Improved | Improved | Improved |
| Training load | yes | yes | yes |
| Training load focus | yes | yes | yes |
| Training effect | yes | yes | yes |
| Training effect (anaerobic) | yes | yes | yes |
| Primary benefit (Training Effect labels) | yes | yes | yes |
| Improved recovery time | yes | yes | yes |
| Daily suggested workouts | Improved | Improved | Improved |
| Custom alerts | yes | yes | yes |
| Audio prompts | yes | yes | yes |

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| Finish time | yes | yes | yes |
| Virtual Partner | yes | yes | yes |
| Race an Activity | yes | yes | yes |
| Auto multisport activities | yes | yes | yes |
| Manual multisport activities | yes | yes | yes |
| Course guidance | yes | yes | yes |
| Garmin Live Segments | yes | yes | yes |
| Strava Live Segments | yes | yes | yes |
| Round-trip course creator (running/cycling) | yes | yes | yes |
| Trendline™ Popularity Routing | yes | yes | yes |
| Touch and/or button lock | yes | yes | yes |
| Hot keys | yes | yes | yes |
| Auto scroll | yes | yes | yes |
| Activity history on watch | yes | yes | yes |
| Physio TrueUp | yes | yes | yes |
| Running Features | | | |
| Available run profiles | Running, Track Running, Treadmill Running, Indoor Track Running, Trail Running, Virtual Running, Ultra Running | Running, Track Running, Treadmill Running, Indoor Track Running, Trail Running, Virtual Running, Ultra Running | Running, Track Running, Treadmill Running, Indoor Track Running, Trail Running, Virtual Running, Ultra Running |
| GPS-based distance, time and pace | yes | yes | yes |
| Running dynamics | yes | yes | yes |
| Vertical oscillation and ratio | yes | yes | yes |
| Ground contact time and balance | yes | yes | yes |
| Stride length (real time) | yes | yes | yes |
| Cadence (steps per minute) | yes | yes | yes |
| Running power | yes | yes | yes |
| Grade-adjusted pace | yes | yes | yes |
| Performance condition | yes | yes | yes |
| Lactate threshold | yes | yes | yes |
| PacePro™ Pacing Strategies | yes | yes | yes |
| Run workouts | yes | yes | yes |
| Trail run auto climb | yes | yes | yes |
| Race predictor | yes | yes | yes |
| Foot pod capable | yes | yes | yes |
| Run/Walk/Stand detection | yes | yes | yes |
| Golfing Features | | | |
| Preloaded with 42,000 courses worldwide | yes | yes | yes |
| Yardage to F/M/B | yes | yes | yes |
| Yardage to layups/doglegs | yes | yes | yes |
| Measures shot distance | Automatic | Automatic | Automatic |
| Digital scorecard | yes | yes | yes |
| Custom targets | yes | yes | yes |
| Stat tracking | yes | yes | yes |
| Garmin AutoShot™ | yes | yes | yes |
| Full vector map | yes | yes | yes |
| Auto CourseView updates | yes | yes | yes |
| Green View with manual pin position | yes | yes | yes |
| Hazards and course targets | yes | yes | yes |
| PinPointer | yes | yes | yes |
| PlaysLike distance | yes | yes | yes |
| Touch-targeting | yes | yes | yes |
| Handicap scoring | yes | yes | yes |
| Round timer/odometer | yes | yes | yes |
| Automatic club tracking compatible | with accessory | with accessory | with accessory |
| Wind speed and direction | yes | yes | yes |
| Virtual caddie | yes | yes | yes |
| Tournament legal | yes | yes | yes |
| Green Contours (Garmin Golf membership) | yes | yes | yes |
| Outdoor Recreation | | | |
| Available outdoor recreation profiles | Hiking, Indoor Climbing, Bouldering, Climbing, Mountain Biking, Skiing, Snowboarding, Backcountry Snowboarding, XC Classic Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Surfing, Hunting, Kiteboarding, Windsurfing, Snowshoeing, Fishing, Horseback Riding, Jumpmaster, Tennis, Pickleball, Tactical, Disc Golf | Hiking, Indoor Climbing, Bouldering, Climbing, Mountain Biking, Skiing, Snowboarding, Backcountry Snowboarding, XC Classic Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Surfing, Hunting, Kiteboarding, Windsurfing, Snowshoeing, Fishing, Horseback Riding, Jumpmaster, Tennis, Pickleball, Tactical, Disc Golf | Hiking, Indoor Climbing, Bouldering, Climbing, Mountain Biking, Skiing, Snowboarding, Backcountry Snowboarding, XC Classic Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Surfing, Hunting, Kiteboarding, Windsurfing, Snowshoeing, Fishing, Horseback Riding, Jumpmaster, Tennis, Pickleball, Tactical, Disc Golf |
| Point-to-point navigation | yes | yes | yes |
| Bread crumb trail in real time | yes | yes | yes |
| Back to start | yes | yes | yes |
| TracBack® | yes | yes | yes |
| UltraTrac mode | yes | yes | yes |
| Around Me mode | yes | yes | yes |
| Reference point | yes | yes | yes |
| Up Ahead | yes | yes | yes |
| NextFork™ navigation | yes | yes | yes |
| Elevation profile | yes | yes | yes |
| Distance to destination | yes | yes | yes |

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| Barometric trend indicator with Storm A | yes | yes | yes |
| ClimbPro™ Ascent Planner | yes | yes | yes |
| Vertical speed | yes | yes | yes |
| Total ascent/descent | yes | yes | yes |
| Rest Timer (Ultra Run only) | yes | yes | yes |
| Future elevation plot | yes | yes | yes |
| Preloaded topographical maps | - | - | Yes (Sapphire Editions only) |
| Preloaded road and trail maps | - | - | Yes (Sapphire Editions only) |
| Preloaded ski resort maps | yes | yes | yes |
| Downloadable cartography support | yes | yes | yes |
| GPS coordinates | yes | yes | yes |
| Sight 'N Go | yes | yes | yes |
| Area calculation | yes | yes | yes |
| Hunt/fish calendar | yes | yes | yes |
| Projected waypoint | yes | yes | yes |
| Sun and moon information | yes | yes | yes |
| XERO™ Locations | yes | yes | yes |
| Expedition GPS Activity | yes | yes | yes |
| Tides | yes | yes | yes |
| Tides Glance | yes | yes | yes |
| Cycling Features | | | |
| Cycle Map (routable cycling-specific stre | yes | yes | yes |
| Available cycling profiles | Bike, Road Bike, MTB, Gravel Bike, Cyclocross, Bike Commute, Bike Tour, eBike, eMTB, Bike Indoor, Triathlon | Bike, Road Bike, MTB, Gravel Bike, Cyclocross, Bike Commute, Bike Tour, eBike, eMTB, Bike Indoor, Triathlon | Biking, Indoor Biking, Mountain Biking, Triathlon |
| Alerts | yes | yes | yes |
| Courses | yes | yes | yes |
| Power guide | yes | yes | yes |
| MTB Grit & Flow | yes | yes | yes |
| Bike lap and lap maximum power | with accessory | with accessory | with accessory |
| Race an activity | yes | yes | yes |
| FTP (Functional Threshold Power) | with accessory | with accessory | with accessory |
| Power curve and % FTP workouts | yes | yes | yes |
| Compatible with Vector™ and Rally™ | yes | yes | yes |
| Power meter compatible | yes | yes | yes |
| Advanced cycling dynamics | yes | yes | yes |
| Compatible with Varia Vision™ | yes | yes | yes |
| Compatible with Varia™ radar | yes | yes | yes |
| Compatible with Varia™ lights | yes | yes | yes |
| Speed and cadence sensor support | yes | yes | yes |
| Swimming Features | | | |
| Available swim profiles | Pool Swimming, Open Water Swimming, Swimming/Running | Pool Swimming, Open Water Swimming, Swimming/Running | Pool Swimming, Open Water Swimming, Swimming/Running |
| Open-water swim metrics (distance, pace, stroke count/rate, stroke distance, swim efficiency (SWOLF), calories) | yes | yes | yes |
| Pool swim metrics (lengths, distance, pace, stroke count, swim efficiency (SWOLF), calories) | yes | yes | yes |
| Stroke type detection (freestyle, backstroke, breaststroke, butterfly) (pool swim only) | yes | yes | yes |
| Drill logging (pool swim only) | yes | yes | yes |
| Basic rest timer (up from 0) (pool swim | yes | yes | yes |
| "Repeat on" rest timer (pool swim only) | yes | yes | yes |
| Auto rest (pool swim only) | yes | yes | yes |
| Time and distance alerts | yes | yes | yes |
| Pacing alerts (pool swim only) | yes | yes | yes |
| Countdown start (pool swim only) | yes | yes | yes |
| Pool swim workouts | yes | yes | yes |
| Critical swim speed | yes | yes | yes |
| Underwater wrist-based heart rate | yes | yes | yes |
| Heart rate from external HRM | yes | yes | yes |
| Kid Activity Tracking Features | | | |
| Toe-to-Toe™ Challenges app | yes | yes | yes |
| Connectivity | | | |
| Smart trainer control | yes | yes | yes |