

	Venu 2 Plus	Venu 2
General		
Strap material	Silicone	Silicone
Lens material	Corning® Gorilla® Glass 3	Corning® Gorilla® Glass 3
Bezel material	Stainless steel	Stainless steel
Case material	Fiber-reinforced polymer	Fiber-reinforced polymer
Quick release bands	Yes (22 mm, Industry standard)	Yes (18 mm, Industry standard)
Physical size	45 x 45 x 12 mm	41 x 41 x 12 mm
	Fits wrists of 135-200 mm	Fits wrists of 110-175 mm
Weight	Silicone : 46 g with included band	Silicone : 40 g with included band
	Leather : 42 g with included band	Leather : 34 g with included band
Garmin pay	yes	yes
Water rating	5 ATM	5 ATM
Music storage	yes	yes
Built in Speaker / microphone	yes	yes
Display size	35.4 mm diameter	30.4 mm diameter
Display resolution	454 x 454 pixels	390 x 390 pixels
Colour display	yes	yes
Watch display type	AMOLED Optional Always-On Mode	AMOLED Optional Always-On Mode
Touchscreen	yes	yes
Large font option	yes	yes
Battery life		
Smartwatch mode:	up to 14 days	up to 10 days
Battery saver smartwatch mode:	up to 26 days	up to 20 days
GPS-Only GNSS mode:	up to 26 hours	up to 21 hours
All-Systems GNSS mode:	up to 20 hours	up to 15 hours
All systems GNSS mode with music playback	up to 11 hours	up to 8 hours
Charging method	Garmin proprietary plug charger	Garmin proprietary plug charger
Memory / History	8 GB	8 GB
Clock Features	yes	yes
Time/date	yes	yes
GPS time sync	yes	yes
Automatic daylight saving	yes	yes
Alarm clock	yes	yes
Timer	yes	yes
Stopwatch	yes	yes
Sunrise/sunset times	yes	yes
Health & Wellness monitoring		
Wrist-based heart rate	yes	yes
Daily resting heart rate	yes	yes
Abnormal Heart Rate alerts	yes (high and low)	yes (high and low)
Respiration rate	yes	yes
Fitness age	yes	yes
Body battery energy monitor	yes	yes
All-day stress	yes	yes
Relaxation reminders	yes	yes
Relaxation breathing timer	yes	yes
Meditation	yes	yes
Breathwork	yes	yes
Sleep	yes (Advanced)	yes (Advanced)
Sleep coach	yes	yes
Nap detection	yes	yes
Hydration	yes	yes
Women's health	yes	yes
Health snapshot	yes	yes
Skin Temperature	yes	yes

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Venu Comparison

Jet lag adviser	yes	yes
Sensors		
	GPS, GLONASS, Galileo, Multi-frequency position, Barometric altimeter, Compass, Gyroscope, Accelerometer, Ambient light sensor	
Daily Smart Features		
	Connectivity Bluetooth®, ANT+®, Wi-Fi®, Connect IQ, Smart notifications, Text reponse / reject call (Adroid only), Calendar, Weather, Battery saver, play and control watch music, Find my phone/watch, Smart trainer control, Smartphone compatibility	
Activity Profiles		
Gym	Strength, HIIT, Cardio and Elliptical Training, Stair Stepping, Indoor rowing, Jump Roping	
Wellness	Walking, Pilates, Yoga	
Indoor running	Treadmill Running, Indoor Track Running	
Outdoor running	Running	
Outdoor recreation	Hiking, Indoor Climbing, Bouldering, Disc Golf	
Cycling	Biking, Indoor Biking, Handcycling, Indoor Handcycling, eBiking	
Swim	Pool Swimming, Open Water Swimming	
On the water	Stand Up Paddleboarding, Rowing	
Racket sports	Tennis, Pickleball, Badminton, Squash, Table Tennis, Padel, Platform Tennis, Racquetball	
Snow & Winter	Skiing, Snowboarding, XC Classic Skiing, Snowshoeing, XC Skate Skiing	
Sport profiles	Basketball, Volleyball, Field Hockey, Ice Hockey, Football/Soccer, American Football, Lacrosse, Rugby, Ultimate Disc, Cricket, Softball, Baseball	
In the ring	Boxing, Mixed martial arts	
Safety and tracking features		
Incident detection during select activities	yes	yes
Incident detection alert on phone for wearables	yes	yes
Assistance	yes	yes
Livetrack	yes	yes
Gaming Features		
Gaming	yes	yes
Gameon App compatible	yes	yes
Activity tracking features	Step counter, Move alerts, Calories burned, Floors climbed, Distance traveled, Intensity minutes, Trueup, Move IQ, Carmin connect challenges with APP	
Gym & Fitness equipment		
Cardio workouts	yes	yes
Strength workouts	yes	yes
HIIT workouts	yes	yes
Yoga workouts	yes	yes
Pilates workouts	yes	yes
Workouts for wheelchair users	yes	yes
On-screen workout animations	yes	yes
On-screen workout muscle map	yes	yes
Automatic rep counting	yes	yes
Training, Planning and Analysis features		
Customisable data pages	yes	yes
Downloadable training plans	yes	yes
HR zones	yes	yes
HR alerts	yes	yes
HR calories	yes	yes
% HR max	yes	yes
Recovery time	yes	yes
HRV status	yes	yes

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Venu Comparison

HR Broadcast	yes (using ANT+ or BLE)	yes (using ANT+ or BLE)
Respiration rate	yoga, breathwork and meditation only	yoga, breathwork and meditation only
GPS speed and distance	yes	yes
Customisable activity profiles	yes	yes
Auto pause	yes	yes
Interval training	yes	yes
Improved interval	yes	yes
Advanced workouts	yes	yes
HRM running pace and distance	yes	yes
Auto lap	yes	yes
Manual lap	yes	yes
VO2 Max	yes	yes
Workout benefit	yes	yes
Audio prompts	yes	yes
Touch and/or button lock	yes	yes
Activity history on watch	yes	yes
Physio TrueUP	yes	yes
Running Features		
GPS-based distance, time and alerts	yes	yes
Running dynamics	yes	yes
Vertical oscillation	yes	yes
Ground contact time and balance	yes (GCT balance with accessory)	yes (GCT balance with accessory)
Cadence	yes	yes
Running power	yes	yes
Run workouts	yes	yes
Foot pod capable	yes	yes
Run/Walk/Stand detection	yes	yes
Golfing Features		
Yardage to F/M/B	yes	yes
Yardage to Layups/Doglegs	yes	yes
Measures shot distance	yes	yes
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	yes
Round timer / Odometer	yes	yes
Automatic club tracking	yes	yes
Pairs with Garmin Golf App	yes	yes
Tournament legal	yes	yes
Outdoor Recreation		
Back to start	yes	yes
Total ascent / descent	yes	yes
Area calculation	yes (via Connect IQ™)	yes (via Connect IQ™)
Fish forecast	yes (via Connect IQ™)	yes (via Connect IQ™)
Sun & Moon information	yes (via Connect IQ™)	yes (via Connect IQ™)
Cycling Features		
Alerts	yes	yes
Compatible with Vector and Rally	yes	yes
Compatible with Varia Radar	yes	yes
Compatible with Varia Lights	yes	yes
Speed and Cadence sensor support	yes (using ANT+ or BLE)	yes (using ANT+ or BLE)
Power metre compatible	yes	yes
Swimming Features	Open-water swim metrics, Pool swim metrics, stroke type detection, basic rest timer, auto rest timer, time & distance alerts, underwater wrist-based heart rate	