

tactix® 7 - Pro

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General	
LENS MATERIAL	Power Sapphire™
BEZEL MATERIAL	titanium
CASE MATERIAL	fiber-reinforced polymer with titanium rear cover
QUICKFIT™ WATCH BAND COMPATIBLE	included (26 mm)
STRAP MATERIAL	nylon and silicone
PHYSICAL SIZE	51 x 51 x 14.9 mm Fits wrists with the following circumference: Silicone band: 127-210 mm Leather band: 135-213 mm Fabric band: 135-213 mm Metal band: 135-225 mm
TOUCHSCREEN	✓
COLOR DISPLAY	✓
LED FLASHLIGHT	yes (white/green)
DISPLAY SIZE	1.4" (35.56 mm) diameter
DISPLAY RESOLUTION	280 x 280 pixels
DISPLAY TYPE	sunlight-visible, transfective memory-in-pixel (MIP)
WEIGHT	89 g (case only: 61 g)
WATER RATING	10 ATM
BATTERY LIFE	Smartwatch: Up to 28 days/37 days with solar* Battery Saver Watch Mode: Up to 90 days/1+ year with solar* GPS Only: Up to 89 hours/122 hours with solar** All Satellite Systems: Up to 63 hours/77 hours with solar* All Satellite Systems + Music: Up to

	<p>16 hours Max Battery</p> <p>GPS: Up to 213 hours/578 hours with solar**</p> <p>Expedition GPS: Up to 62 days/139 days with solar*</p> <p>*Solar charging, assuming all-day wear with 3 hours per day outside in 50,000 lux conditions</p> <p>**Solar charging, assuming use in 50,000 lux conditions</p>
MEMORY/HISTORY	32 GB

Clock Features

TIME/DATE	✓
GPS TIME SYNC	✓
AUTOMATIC DAYLIGHT SAVING TIME	✓
ALARM CLOCK	✓
TIMER	✓
STOPWATCH	✓
SUNRISE/SUNSET TIMES	✓

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	✓
FITNESS AGE	yes (in app)
BODY BATTERY™ ENERGY MONITOR	✓
ALL-DAY STRESS	✓
RELAXATION BREATHING TIMER	✓
SLEEP	yes (advanced)

SLEEP SCORE AND INSIGHTS	✓
HYDRATION	yes (in Garmin Connect™ and optional Connect IQ™ widget)
WOMEN'S HEALTH	yes (in Garmin Connect™ and optional Connect IQ™ widget)
HEALTH SNAPSHOT	✓

Sensors

GPS	✓
GLONASS	✓
GALILEO	✓
MULTI-FREQUENCY POSITIONING	✓
SATIQ™ TECHNOLOGY	✓
GARMIN ELEVATE™ WRIST HEART RATE MONITOR	✓
BAROMETRIC ALTIMETER	✓
COMPASS	✓
GYROSCOPE	✓
ACCELEROMETER	✓
THERMOMETER	✓
PULSE OX BLOOD OXYGEN SATURATION MONITOR	✓

Daily Smart Features

CONNECTIVITY	BLUETOOTH®, ANT+®, Wi-Fi®
CONNECT IQ™ (DOWNLOADABLE WATCH FACES, DATA FIELDS, WIDGETS AND APPS)	✓
ON-DEVICE CONNECT IQ™ STORE	✓
SMART NOTIFICATIONS	✓
TEXT RESPONSE/REJECT PHONE CALL WITH TEXT (ANDROID™ ONLY)	✓
CALENDAR	✓

WEATHER	✓
REALTIME SETTINGS SYNC WITH GARMIN CONNECT™ MOBILE	✓
BATTERY SAVER (CUSTOMIZABLE LOW POWER WATCH)	✓
CONTROLS SMARTPHONE MUSIC	✓
PLAYS AND CONTROLS WATCH MUSIC	✓
MUSIC STORAGE	up to 2,000 songs
FIND MY PHONE	✓
FIND MY WATCH	✓
VIRB® REMOTE	✓
SMARTPHONE COMPATIBILITY	iPhone®, Android™
PAIRS WITH GARMIN GOLF APP	✓
PAIRS WITH GARMIN CONNECT™ MOBILE	✓
STOCKS	✓
GARMIN PAY™	✓

Safety and Tracking Features

LIVETRACK	✓
GROUP LIVETRACK	✓
LIVE EVENT SHARING	✓
INCIDENT DETECTION DURING SELECT ACTIVITIES	✓
INCIDENT DETECTION ALERT ON PHONE FOR WEARABLES	✓
ASSISTANCE	✓

Tactical Features

STEALTH MODE	✓
NIGHT VISION MODE	✓
DUAL GRID COORDINATES	✓

KILL SWITCH	✓
Aviation Features	
WORLDWIDE AIRPORT DATABASE(S)	✓
3-AXIS COMPASS WITH HSI (HORIZONTAL SITUATION INDICATOR)	✓
MULTIPLE TIME ZONES WITH ZULU/UTC	✓
NEXRAD ON MOVING MAP	✓
MOVING MAP WITH AVIATION AIRPORTS, NAVAIDS, ROADS, BODIES OF WATER AND MORE	✓
WORLDWIDE NAVAID AND INTERSECTION DATABASE(S)	✓
IN-FLIGHT PULSE OX	✓
METAR (METEOROLOGICAL AERODROME REPORT)	✓
TAF (TERMINAL AERODROME FORECAST)	✓
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	✓
FLOORS CLIMBED	✓
DISTANCE TRAVELED	✓
INTENSITY MINUTES	✓
TRUEUP™	✓
MOVE IQ™	✓
GARMIN CONNECT™ CHALLENGES APP	yes (optional Connect IQ app)
Gym & Fitness Equipment	

AUTOMATIC REP COUNTING	✓
AVAILABLE GYM ACTIVITY PROFILES	Strength, HIIT, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Pilates, Yoga
STRENGTH WORKOUTS	✓
HIIT WORKOUTS	✓
YOGA WORKOUTS	✓
PILATES WORKOUTS	✓
ON-SCREEN WORKOUT ANIMATIONS	✓

Training, Planning and Analysis Features

HR ZONES	✓
HR ALERTS	✓
HR CALORIES	✓
% HR MAX	✓
% HRR	✓
RECOVERY TIME	✓
AUTO MAX HR	✓
RACE GLANCE/WIDGET	✓
HRV STATUS	✓
TRAINING READINESS	✓
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)	yes (with compatible accessory)

GPS SPEED AND DISTANCE	✓
CUSTOMIZABLE DATA PAGES	✓
CUSTOMIZABLE ACTIVITY PROFILES	✓
AUTO PAUSE®	✓
INTERVAL TRAINING	✓
IMPROVED INTERVAL (INCLUDES OPEN REPEATS, INTERVALS DATA PAGE, REST SCREEN AND AUTO DETECTION)	✓
ADVANCED WORKOUTS	✓
DOWNLOADABLE TRAINING PLANS	✓
POWER MODES - CUSTOMIZABLE IN-ACTIVITY BATTERY SETTINGS	✓
HRM RUNNING PACE AND DISTANCE	✓
AUTO LAP®	✓
MANUAL LAP	✓
REST TIMER	✓
CONFIGURABLE LAP ALERTS	✓
HEAT AND ALTITUDE ACCLIMATION	✓
VO2 MAX (RUN)	✓
VO2 MAX (TRAIL RUN)	✓
REALTIME STAMINA	✓
TRAINING STATUS	yes (improved)
TRAINING LOAD	✓
TRAINING LOAD FOCUS	✓
TRAINING EFFECT	✓
TRAINING EFFECT (ANAEROBIC)	✓
PRIMARY BENEFIT (TRAINING EFFECT LABELS)	✓

IMPROVED RECOVERY TIME	✓
DAILY SUGGESTED WORKOUTS	yes (improved)
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	✓
TOUCH AND/OR BUTTON LOCK	✓
HOT KEYS	✓
AUTO SCROLL	✓
ACTIVITY HISTORY ON WATCH	✓
PHYSIO TRUEUP	✓

Running Features

AVAILABLE RUN PROFILES	Running, Outdoor Track Running, Treadmill Running, Indoor Track Running, Trail Running, Virtual Running, Ultra Running
GPS-BASED DISTANCE, TIME AND PACE	✓
RUNNING DYNAMICS	yes (with compatible accessory)
VERTICAL OSCILLATION AND RATIO	yes (with compatible accessory)
GROUND CONTACT TIME AND BALANCE	yes (with compatible accessory)

STRIDE LENGTH (REAL TIME)	yes (with compatible accessory)
CADENCE (PROVIDES REAL-TIME NUMBER OF STEPS PER MINUTE)	✓
RUNNING POWER	yes (with compatible accessory)
GRADE-ADJUSTED PACE	✓
PERFORMANCE CONDITION	✓
LACTATE THRESHOLD	yes (with compatible accessory)
PACEPRO™ PACING STRATEGIES	✓
RUN WORKOUTS	✓
TRAIL RUN AUTO CLIMB	✓
RACE PREDICTOR	✓
FOOT POD CAPABLE	✓

Golfing Features

PRELOADED WITH 42,000 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
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	✓
TOUCH-TARGETING (TOUCH TARGET ON DISPLAY TO SEE THE DISTANCE TO ANY POINT)	✓
HANDICAP SCORING	✓
ROUND TIMER/ODOMETER	✓
AUTOMATIC CLUB TRACKING COMPATIBLE (REQUIRES ACCESSORY)	✓
WIND SPEED AND DIRECTION (REQUIRES CONNECTION TO GARMIN GOLF APP)	✓
VIRTUAL CADDIE	✓
TOURNAMENT LEGAL	✓

Outdoor Recreation

AVAILABLE OUTDOOR RECREATION PROFILES	Hiking, Indoor Climbing, Bouldering, Climbing, Mountain Biking, Skiing, Snowboarding, XC Classic Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Surfing, Hunting, Fishing, Kiteboarding, Windsurfing, Snowshoeing, Jumpmaster, Tennis, Pickleball, Tactical
POINT-TO-POINT NAVIGATION	✓
BREAD CRUMB TRAIL IN REAL TIME	✓
BACK TO START	✓
TRACBACK®	✓
ULTRATRAC MODE	✓
AROUND ME MODE	✓
REFERENCE POINT	✓
UP AHEAD	✓
ELEVATION PROFILE	✓

DISTANCE TO DESTINATION	✓
BAROMETRIC TREND INDICATOR WITH STORM ALERT	✓
CLIMBPRO™ ASCENT PLANNER	✓
VERTICAL SPEED	✓
TOTAL ASCENT/DESCENT	✓
REST TIMER (ULTRA RUN ONLY)	✓
FUTURE ELEVATION PLOT	✓
PRELOADED TOPOGRAPHICAL MAPS	✓
PRELOADED ROAD AND TRAIL MAPS	✓
PRELOADED SKI RESORT MAPS	✓
DOWNLOADABLE CARTOGRAPHY SUPPORT	✓
GPS COORDINATES	✓
SIGHT 'N GO	✓
AREA CALCULATION	yes (via Connect IQ™)
HUNT/FISH CALENDAR	yes (via Connect IQ™)
PROJECTED WAYPOINT	✓
SUN AND MOON INFORMATION	yes (via Connect IQ™)
XERO™ LOCATIONS	✓
EXPEDITION GPS ACTIVITY	✓
TIDES	yes (via Connect IQ™)

Cycling Features

CYCLE MAP (ROUTABLE CYCLING-SPECIFIC STREET MAP)	✓
AVAILABLE CYCLING PROFILES	Biking, eBiking, Indoor Biking, Mountain Biking, Triathlon
ALERTS (TRIGGERS ALARM WHEN YOU REACH GOALS INCLUDING TIME,	✓

DISTANCE, HEART RATE OR CALORIES)	
COURSES	✓
POWER GUIDE	✓
MTB GRIT & FLOW	✓
BIKE LAP AND LAP MAXIMUM POWER (WITH POWER SENSOR)	✓
RACE AN ACTIVITY	✓
FTP (FUNCTIONAL THRESHOLD POWER)	yes (with compatible accessory)
POWER CURVE AND % FTP WORKOUTS	✓
COMPATIBLE WITH VECTOR™ AND RALLY™ (POWER METERS)	✓
POWER METER COMPATIBLE	✓
ADVANCED CYCLING DYNAMICS	✓
COMPATIBLE WITH VARIA VISION™ (HEAD-MOUNTED DISPLAY)	✓
COMPATIBLE WITH VARIA™ RADAR (REAR-FACING RADAR)	✓
COMPATIBLE WITH VARIA™ LIGHTS	✓
SPEED AND CADENCE SENSOR SUPPORT (W/SENSOR)	✓

Swimming Features

AVAILABLE SWIM PROFILES	Pool Swimming, Open Water Swimming, Swimming/Running
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)	✓
AUTO REST (POOL SWIM ONLY)	✓
TIME AND DISTANCE ALERTS	✓
PACING ALERTS (POOL SWIM ONLY)	✓
COUNTDOWN START (POOL SWIM ONLY)	✓
POOL SWIM WORKOUTS	✓
CRITICAL SWIM SPEED	✓
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, HRM-Swim, HRM-Pro or HRM-Pro Plus)
Kid Activity Tracking Features	
TOE-TO-TOE™ CHALLENGES APP	yes (optional Connect IQ Toe-to-Toe™ Challenges app)
Connectivity	
SMART TRAINER CONTROL	✓