

	Instinct Crossover	Instinct Crossover Solar	Instinct 2	Instinct 2 Solar
General				
Lens Material	Chemically strengthened glass	Power Glass™	Chemically strengthened glass	Power Glass™
Bezel Material	fiber-reinforced polymer/ss			
Case material	Fiber-reinforced polymer			
QuickFit™ watch band compatible	yes (22 mm)	yes (22 mm)	Yes (22 mm)	Yes (22 mm)
Strap material	Silicone	Silicone	Silicone	Silicone
Physical size	45.0 x 45.0 x 16.2 mm	45.0 x 45.0 x 16.2 mm	45 x 45 x 14.50 mm	45 x 45 x 14.50 mm
Display Size	23 x 23 mm	23 x 23 mm	23 x 23 mm	23 x 23 mm
Display Resolution	176 x 176 pixels	176 x 176 pixels	176 x 176 pixels	176 x 176 pixels
Display Type	Monochrome, sunlight-visible, transfective memory-in-pixel (MIP)			
Weight	65 g	65 g	52 g	53 g
Water rating	10 ATM	10 ATM	10 ATM	10 ATM
Battery life				
Smartwatch	Up to 28 days	Up to 70 days with solar*	Up to 28 days	Unlimited with solar*
Battery Saver Watch Mode	Up to 71 days	Unlimited with solar*	Up to 65 days	Unlimited with solar*
GPS Only	Up to 25 hours	Up to 31 hours with solar*	Up to 30 hours	Up to 8 hours with solar*
Max Battery GPS	Up to 111 hours	Up to 553 hours with solar*	Up to 70 hours	Up to 7370 hours with solar*
Expedition GPS	Up to 40 days	Up to 327 days with solar*	Up to 32 days	Unlimited with solar*
	* Solar charging, assuming all-day wear with 3 hours per day outside in 50,000 lux conditions			
Charging method	Garmin proprietary plug charger	Garmin proprietary plug charger	Garmin proprietary plug charger	Garmin proprietary plug charger
Memory/History	64 MB	64 MB	32 MB	32 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
Analog hands	yes	yes	-	-
Sunrise/sunset times	yes	yes	yes	yes
Health Monitoring				
Wrist-based heart rate	yes	yes	yes	yes
Daily resting heart rate	yes	yes	yes	yes
Abnormal heart rate alerts	yes (high and low)	yes (high and low)	yes (high and low)	yes (high and low)
Respiration rate (24x7)	yes	yes	yes	yes
Pulse Ox blood oxygen saturation	yes	yes	yes	yes
Fitness age	yes	yes	yes	yes
Body Battery™ energy monitor	yes	yes	yes	yes
All-day stress	yes	yes	yes	yes
Relaxation breathing timer	yes	yes	yes	yes
Sleep	yes	yes	yes	yes
Sleep score and insights	yes	yes	yes	yes
Hydration	yes	yes	yes	yes
Women's health	yes	yes	yes	yes
Health snapshot	yes	yes	yes	yes
Sensors				
GPS	yes	yes	yes	yes
GLONASS	yes	yes	yes	yes
Galileo	yes	yes	yes	yes
Garmin Elevate™ wrist heart rate	yes	yes	yes	yes
Barometric altimeter	yes	yes	yes	yes
Compass	yes	yes	yes	yes
Accelerometer	yes	yes	yes	yes
Thermometer	yes	yes	yes	yes
Pulse Ox Blood Oxygen Saturation	yes	yes	yes	yes
Daily Smart Features				
	Connectivity - Bluetooth®, ANT+®, Connect IQ, Smart notifications, Text reponse / reject call (Adroid only), Calendar, Weather, Battery saver, Control and store music, Find my phone/watch, Smart trainer control, Smartphone compatibility			
Stocks	Yes (optional Connect IQ app)	Yes (optional Connect IQ app)	-	-
Garmin Pay™	yes	yes	-	yes
Safety and Tracking Features				
LiveTrack	yes	yes	yes	yes
Live Event Sharing	yes	yes	-	-
Incident Detection - select activities	yes	yes	yes	yes
Assistance	yes	yes	yes	yes
Tactical Features				
Dual grid coordinates	yes		yes	yes
Activity Tracking Features				
	Step counter, Move alerts, Calories burned, Floors climbed, Distance traveled, Intensity minutes, Trueup, Move IQ, Garmin connect challenges			
Gym & Fitness Equipment				
Automatic rep counting	yes	yes	yes	yes
Cardio workouts	yes	yes	yes	yes
Available gym activity profiles	Strength, HIIT, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Breathwork, Pilates, Yoga	Strength, HIIT, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing, Breathwork, Pilates, Yoga	Strength, Cardio and Elliptical Training, HIIT, Stair Stepping, Floor Climbing, Indoor Rowing, and Yoga	Strength, Cardio and Elliptical Training, HIIT, Stair Stepping, Floor Climbing, Indoor Rowing, and Yoga
Strength workouts	yes	yes	yes	yes
HIIT workouts	yes	yes	yes	yes
Yoga workouts	yes	yes	yes	yes
Pilates workouts	yes	yes	yes	yes
Training, Planning and Analysis Features				

Other features	HR zones/ calories, recovery time. race glance, training readiness, HRV stress test / broadcast AND respiration rate (both with accessory), GPS speed & distance, customisable data pages & profiles, auto pause, interval training, advanced workouts, HRM running pace & distance, auto & manual lap, rest times, configurable lap alerts, heat & altitude acclimation, V)2 max, endurance score, training status, custom alerts, finish time, virtual partner, multisport activity, course guidance, Garmin live segments, and Strava live segments, touch and button lock, hot keys			
Running Features				
Available run profiles	Running, Treadmill Running, Track Running, Indoor Track Running, Trail Running	Running, Treadmill Running, Track Running, Indoor Track Running, Trail Running	Running, Outdoor Track Running, Treadmill Running, Indoor Track Running, Trail Running	Running, Outdoor Track Running, Treadmill Running, Indoor Track Running, Trail Running
Other features	GPS time, running dynamics, vertical oscillation, ground contact time, stride length, cadence, running power, grade-adjusted pace, performance condition, lactate threshold, PacePro, run workouts, hillscore, trail hill climb, foot pod capable (above with compatible accessory)			
Golfing Features				
	Preloaded with 43,000 courses, yardage to F/M/B, yardage to layups/doglegs, measures shot distance, digital scorecard, STAT tracking, Garmin autoshot, full vector map, auto courseview updates, Green view with manual pin position, hazards, pinpointer, playslike distance, touch-targeting, handicap scoring, tempo training, round timer, automatic club tracking compatible, wind speed and direction (with APP), virtual caddie, tournament legal, green contours			
Outdoor Recreation				
Available outdoor recreation profiles	Hiking, Indoor Climbing, Bouldering, Climbing, Skiing, Snowboarding, XC Classic Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Hunting, Snowshoeing, Fishing, Horseback Riding, Tennis, Tactical	Hiking, Indoor Climbing, Bouldering, Climbing, Skiing, Snowboarding, XC Classic Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Hunting, Snowshoeing, Fishing, Horseback Riding, Tennis, Tactical	Hiking, Indoor Climbing, Bouldering, Climbing, Skiing, Snowboarding, XC Classic Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Snowshoeing, Hunting, Fishing, Horseback Riding, Tennis, Tactical	Hiking, Indoor Climbing, Bouldering, Climbing, Skiing, Snowboarding, XC Classic Skiing, Stand Up Paddleboarding, Rowing, Kayaking, Snowshoeing, Hunting, Fishing, Horseback Riding, Tennis, Tactical
Other features	Point-topoint navigation, bread crumb trail, back to start, trackback, ultratrac mode, around me mode, reference point, up ahead, nextfork navigation, elevation profile, distance to destination, barometric trend, Climbpro ascent planner, vertical speed, total ascent/descent, rest timer, auto rest, future elevation plot, preloaded maps: topographical, road, trail, ski resort maps, GPS coordinates, sign 'n go, area cacluation, fish forecast, projected waypoint, Sun and Moon information, tides			
Cycling Features				
Available cycling profiles	Biking, Road Biking, Mountain Biking, Gravel Biking, Bike Commuting, Bike Touring, eBiking, eMountain Biking, Indoor Biking, Cyclocross, Triathlon	Biking, Road Biking, Mountain Biking, Gravel Biking, Bike Commuting, Bike Touring, eBiking, eMountain Biking, Indoor Biking, Cyclocross, Triathlon	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
Other features	Courses, bike lap and maximum power, race an activity, alerts, FTP, power curve, cycle map, MTB grit & flow, compatible with Vector, compatible with Varia Radar and lights, speed & candence sensor, power metre compatible, power guide			
Advanced cycling dynamics	yes	yes	-	-
Swimming Features				
Available swim profiles	Pool swimming, open water swimming	Pool swimming, open water swimming	Pool swimming, open water swimming	Pool swimming, open water swimming
	Open-water swim metrics, Pool swim metrics, stroke type detection, Drill logging, basic rest timer, auto rest timer, time & distance alerts, pacing alerts, countdown start, pool swim workouts, swim speed, underwater wrist-based heart rate			
Kid Activity Tracking Features				
Toe-to-Toe™ Challenges app	Yes (optional Connect IQ Toe-to-Toe™ Challenges app)	Yes (optional Connect IQ Toe-to-Toe™ Challenges app)	Yes (optional Connect IQ Toe-to-Toe™ Challenges app)	Yes (optional Connect IQ Toe-to-Toe™ Challenges app)
Connectivity				
Smart trainer control	yes	yes	yes	yes