



SMARTWATCH FENIX7 PRO SAP. SOL/BLACK 010-02777-11 GARMIN

Model: 010-02777-11

Manufacturer: GARMIN

EAN: 753759317737

Product Code: 332441

R12,809

FENIX 7 PRO WITH SOLAR CHARGING

ALL DAY, EVERY DAY

Conquer every hour with advanced training features, 24/7 health and wellness monitoring, and up to more than a month of battery life with the Power Sapphire™ solar charging lens¹ and a rugged watch case designed for smaller wrists.

- POWER SAPPHIRE SOLAR CHARGING LENS
- UP TO 14 DAYS OF BATTERY LIFE IN SMARTWATCH MODE¹
- BRIGHT LED FLASHLIGHT
- ADVANCED TRAINING METRICS AND RECOVERY INSIGHT

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.

shop.cssi.co.za | sales@cssi.co.za | +27 (11)541-9950

- HEALTH AND WELLNESS FEATURES
- SATIQ™ TECHNOLOGY AND MULTI-BAND GPS
- BE YOUR BEST. KNOW YOU'RE BEST.
-

LONG BATTERY LIFE WITH SOLAR CHARGING

Get up to 14 days in smartwatch mode with solar charging in 3 hours of direct sunlight (50,000 lux) per day and up to 46 hours in GPS mode with solar charging (assumes continuous use for entire period in 50,000 lux conditions).

BUILT-IN LED FLASHLIGHT

Variable light intensities and a red safety light give you greater awareness while you train in the dark and can provide convenient illumination when you need it. Strobe mode can even match your running cadence.

HILL SCORE

This feature measures your capability for running uphill and evaluates your progress over time based on your VO2 max and training history. It measures your running strength on steep ascents and running endurance on long ascents and provides a score based on your performance over time.

ENDURANCE SCORE

This feature measures your ability to sustain prolonged efforts and combines training data from all your athletic pursuits to help you understand how training impacts your overall endurance. This dynamic measurement uses your VO2 max, short-term/long-term training loads and other factors to gauge your fitness progress beyond just VO2 max.

RUGGED BY DESIGN

The resilient athletic design features a 1.2" scratch-resistant sapphire solar charged display, responsive touchscreen, traditional buttons and 42 mm fiber-reinforced polymer case with a steel bezel and rear cover. The watch is tested to U.S. military standards for thermal, shock and water resistance.

KNOWLEDGE IS POWER

Your health and training data should be easy to interpret and provide actionable insight. Begin each

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.

shop.cssi.co.za | sales@cssi.co.za | +27 (11)541-9950

day with a customizable morning report, and see a daily summary of health and wellness information. Use the training readiness feature — which looks at a variety of different health metrics to help you maximise your training efficiency and recovery² — to prevent burnout.

CONQUER THE DAY, ONE HOUR AT A TIME

PERFORMANCE FEATURES

- VISUAL RACE PREDICTOR

Get an estimate of what your pace could be for a 5K, 10K, half-marathon and marathon.

- PACEPRO™ TECHNOLOGY

Plan race-day strategy with GPS-based pace guidance for a selected course or distance.

- CLIMBPRO FEATURE

See real-time information on your current and upcoming climbs on downloaded courses.

- GRADE-ADJUSTED PACE

Get your equivalent running pace at the same effort on flat ground or when ascending.

- TRAINING READINESS

From the moment you wake up, get a readiness score based on your sleep quality, recovery, training load and more, so you can determine whether it's a good day to go hard — or take it easy.

- TRAINING STATUS

Get insight, and know whether you're training productively, peaking or strained.

- PERFORMANCE METRICS

Gauge your performance with advanced training metrics such as VO2 max, training load and more.

- REAL-TIME STAMINA

Prevent burnout, and use this data to track and manage your exertion.

- DAILY SUGGESTED WORKOUT

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.

shop.cssi.co.za | sales@cssi.co.za | +27 (11)541-9950

View your entire week of daily suggested workouts, which adapt after every run or ride.

- **RECOVERY TIME**

Know how long you need to recover before your next high-effort workout based on your latest training.

- **RACE WIDGET**

Prepare for your next race with training tips, personalised daily suggested workouts and more.

- **WRIST-BASED RUNNING POWER**

See how much power you're applying to the trail or road so you can manage effort and fine-tune training.

- **GARMIN COACH**

Get free adaptive 5K, 10K and half-marathon training plans from expert coaches.

ACTIVITY FEATURES

- **TRACK YOUR ACTIVITIES**

Use preloaded activity profiles to get data and insight from your active pursuits. You can now track team sport activities such as soccer, football, racquet sports and more.

- **HIIT WORKOUTS**

Track your HIIT workouts, including AMRAP, EMOM, Tabata or custom workouts.

- **ANIMATED WORKOUTS**

Follow animated cardio, strength, yoga and Pilates workouts on the watch screen.

- **BACKCOUNTRY SKI AND SNOWBOARD**

Get ascent and descent data along with metrics such as cadence, stride length and grade.

- **XC SKI DYNAMICS**

Measure exercise load when paired with an HRM-Pro™ Plus chest strap (sold separately).

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.

shop.cssi.co.za | sales@cssi.co.za | +27 (11)541-9950

- SURF ACTIVITY

Record the number of waves surfed, maximum speed reached, distance traveled and more.

- SURFLINE® CAMERA

Create a video of every wave you ride in front of a Surflines camera with Surflines Sessions™ technology. Use the Surflines widget to see tide, wave height, wind and surf rating for each of the five nearest surf spots3.

- MTB DYNAMICS

Track the details of your ride with specialised Grit® and Flow™ measurements.

NAVIGATION FEATURES

- OUTDOOR MAPS+

Optional subscription to Outdoor Maps+ offering access to premium mapping (USA coverage only) and satellite imagery (global coverage), downloaded directly to your watch7.

- SATIQ TECHNOLOGY

Get superior positioning accuracy with multi-band GPS while optimising battery life.

- ABC SENSORS

Navigate your next trail with an altimeter, barometer and 3-axis electronic compass.

- MULTICONTINENT TOPO MAPS

Preloaded TopoActive maps from around the world keep your explorations on track.

- SKIVIEW™ MAPS

View run names and difficulty ratings for more than 2,000 preloaded ski resorts worldwide.

- GOLF COURSE MAPS

Get preloaded full-colour CourseView maps for more than 43,000 golf courses around the world.

- NEXTFORK™ MAP GUIDE

Navigate with a quick glance, and see the distance to the next intersection and the trail name.

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.

shop.cssi.co.za | sales@cssi.co.za | +27 (11)541-9950

- UP AHEAD FEATURE

Get at-a-glance awareness for selected POI checkpoints ahead — such as aid stations — during a race.

- ROUND-TRIP ROUTING

Enter how far you want to go, and get suggested routes that will bring you back; even use TrendLine™ routing to find the best local paths.

- COURSES WITH TURN-BY-TURN DIRECTIONS

Create or find existing courses in the Garmin Connect™ smart-device app, or sync from your favorite third-party platforms and get turn-by-turn directions.

HEALTH FEATURES

- MORNING REPORT

Get a customisable overview of your sleep, training outlook, HRV status, weather and more as soon as you wake up.

- HRV STATUS

Gain a better understanding of your overall health, recovery and training performance while you sleep.

- WRIST-BASED HEART RATE

The watch constantly samples your heart rate² to help you gauge how hard you work during activities.

- PULSE OX SENSOR

Track your blood oxygen saturation while you're awake or asleep, and gain awareness of how you're adapting to altitude⁴.

- SLEEP MONITORING AND SLEEP SCORE

Understand your body's recovery with sleep score, breakdown of your sleep stages and detailed insights for improved sleep quality².

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.

shop.cssi.co.za | sales@cssi.co.za | +27 (11)541-9950

- **JET LAG ADVISER**

Help to minimise the effects of jet lag with guidance on light exposure, sleep schedule and exercise.

- **BODY BATTERY™ ENERGY MONITORING**

Track your body's energy levels to find the best times for activity and rest¹.

- **STRESS TRACKING**

See if you're having a calm, balanced or stressful day.

- **HEALTH SNAPSHOT™ FEATURE**

Log a 2-minute session to record key health stats, then generate a report to share with your health care provider.

- **WOMEN'S HEALTH TRACKING**

Track and log your menstrual cycle or pregnancy to get exercise and nutrition education.

CONNECTED FEATURES

- **SMART NOTIFICATIONS**

Receive emails, texts and alerts on your watch when paired with your iPhone® or Android™ smartphone.

- **MUSIC**

Download songs and playlists from your Spotify, Deezer or Amazon Music accounts for phone-free listening.

- **GARMIN PAY™ CONTACTLESS PAYMENTS**

Breeze through checkout lines or transit systems with participating providers.

- **SAFETY AND TRACKING FEATURES**

If you feel unsafe or if your watch senses that an incident occurred, your watch will send a message with your live location⁵.

- **STOCKS TRACKER**

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.

shop.cssi.co.za | sales@cssi.co.za | +27 (11)541-9950

Keep track of up to 50 of your favorite stocks⁶ — right from your wrist.

- CONNECT IQ™ STORE

Add watch faces, data fields and apps to your paired watch.

- POWER MANAGER

View how various settings and sensors impact your watch's battery life.

Summary: Garmin fēnix 7S Pro. Display diagonal: 3.05 cm (1.2"), Display technology: MIP, Display resolution: 240 x 240 pixels, Touchscreen. Flash memory: 32 GB. Wi-Fi. GPS (satellite). Weight: 58 g. Band material: Silicone, Band colour: Black | Vendor Homepage: <https://www.garmin.com/en-AU/p/866139/pn/010-02776-31#overview> | Display diagonal: 1.2 | Display technology: MIP | Colour display: Yes | Display type: Digital | Display resolution: 240 x 240 | Touchscreen: Yes | Watch glass type: Power Glass | Mobile operating systems supported: Android/iOS | Flash memory: 32 | Band material: Silicone | Lens material: Glass | Shape: Round | Market positioning: Sport watch | Watch case size: 42 | Watch case colour: Black | Watch case material: Fibre Reinforced Plastic (FRP),Titanium | Band colour: Black | Water resistance: 10 | Heart rate monitor: Yes | Heart rate contact sensors: Yes | Heart rate measuring: Automatic/Manual | Blood pressure monitor: Yes | Blood oxygen sensor: Yes | Distance travelled: Yes | Pedometer: Yes | Calories burned: Yes | Accelerometer: Yes | Gyroscope: Yes | Activity tracker: Yes | Personal goals: Yes | Quality of sleep: Yes | Activity monitoring: Yes | Alarm clock: Yes | Ambient light sensor: Yes | Auto training program adapting: Yes | Automatic daily activity detection: Yes | Barometric altimeter: Yes | Calendar: Yes | Call notifications: Yes | Electronic compass: Yes | Find my phone function: Yes | Interval training: Yes | Music control: Yes | Race predictor: Yes | Recovery time suggestion: Yes | Remote audio playback: Yes | Remote take picture: Yes | Running dynamics: Yes | Smart notifications: Yes | Stopwatch: Yes | Stress monitoring function: Yes | Sun & moon information: Yes | Timer: Yes | Training effect measurement: Yes | Training programming: Yes | Training recommendations: Yes | Virtual partner function: Yes | Weather display: Yes | Workout tracking: Yes | Thermometer: Yes | GPS (satellite): Yes | GLONASS: Yes | Galileo: Yes | Bluetooth: Yes | Near Field Communication (NFC): Yes | Wi-Fi: Yes | Battery type: Built-in battery | Solar power: Yes | Width: 42 | Depth: 42 | Thickness: 14.1 | Weight: 58 | Package weight: 65 | Unit Calculated Weight: 0.184 | Battery weight: 4 | Battery: Lithium-Ion rechargeable | Product Net Weight: 0.073 | Unit Calculated Volume: 0.0007648 | Units per Shipping Box: 1 | Unit Width: 9.5 | Shipping Box Height: 7 | Unit Depth: 11.5 | Unit Height: 7 | Name: SMARTWATCH FENIX7 PRO SAP. SOL/BLACK 010-02777-11 GARMIN | Model name: fenix 7 Pro – Sapphire Solar Edition

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.

shop.cssi.co.za | sales@cssi.co.za | +27 (11)541-9950