



SMARTWATCH FENIX 7S PRO SOLAR/SAND/GOLD 010-02776-15 GARMIN



Model: 010-02776-15

Manufacturer: GARMIN

EAN: 753759317652

Product Code: 332444

R15,296

Fenix 7 Pro

With Solar Charging

Go Up to 14 Days on a Single Charge with Fenix 7S Pro

Built-In Flashlight

Designed for the Daring

All Day, Every Day

Conquer every hour with advanced training features, 24/7 health and wellness monitoring, and up to

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

more than a month of battery life with the Power Sapphire™ solar charging lens¹ and a rugged watch case designed for smaller wrists.

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 the 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, providing convenient illumination when you need it. The strobe mode can even match your running cadence.

Garmin ECG App

The ECG app² uses sensors to record the electrical signals that control how your heart beats. It analyzes that recording to detect signs of an irregular heart rhythm called atrial fibrillation (AFib).

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 a 42 mm fiber-reinforced polymer case with a steel bezel and rear cover. This multisport 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 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

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

to help you maximize your training efficiency and recovery³ — to prevent burnout.

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 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.

Surf Activity

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

Surflink Camera

Create a video of every wave you ride in front of a Surflink camera with Surflink Sessions™ technology. Use the Surflink widget to see tide, wave height, wind, and surf rating for each of the five nearest surf spots⁴.

MTB Dynamics

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

Outdoor Maps+

Subscribe to Outdoor Maps+ for premium mapping content, such as satellite imagery and enhanced TOPO maps, downloaded directly to your watch.

SatIQ Technology

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

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

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-color 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.

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.

Nap Detection

Automatically track or log your naps to see how they benefit your body and to check the recommended time and duration they should be.

Jet Lag Adviser

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

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

Body Battery™ Energy Monitoring

See your energy levels throughout the day so you'll know when your body is charged up and ready for activity or drained and needing to recharge with restful sleep. And get even more details and personal insights on how sleep, naps, daily activities, and high stress specifically impact your energy³.

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.

Smart Notifications

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

Music

Download songs and playlists from your Spotify, Deezer, or YouTube Music accounts for phone-free listening (subscription may be required).

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 location⁶.

Stocks Tracker

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

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

Connect IQ™ Store

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

Power Manager

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

Garmin Share

Easily follow the same course or workout with your friends. Share saved locations, courses, and workouts with other nearby Garmin Share compatible devices.

- Up To 14 Days Of Battery Life In Smartwatch Mode¹
- Bright LED Flashlight
- Advanced Training Metrics And Recovery Insight
- Health And Wellness Features
- Satiq Technology And Multi-Band GPS

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). Band material: Silicone, Band colour: Sand | Vendor Homepage: <https://www.garmin.com/en-IE/p/866139/pn/010-02776-15> | 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 | Wrist size range: 108 - 182 | Market positioning: Sport watch | Watch case size: 42 | Watch case colour: Gold/Light metallic | Watch case material: Fibre Reinforced Plastic (FRP),Stainless steel,Titanium | Band colour: Sand | 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 |

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

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 | Battery life: 14 | Solar power: Yes | Width: 42 | Depth: 42 | Thickness: 14.1 | Band width: 20 | Unit Calculated Weight: 0.175 | Battery weight: 5 | Battery: Lithium-Ion rechargeable | Product Net Weight: 0.058 | Unit Calculated Volume: 0.0007245 | Units per Shipping Box: 1 | Unit Width: 9 | Shipping Box Height: 7 | Unit Depth: 11.5 | Unit Height: 7 | Name: SMARTWATCH FENIX 7S PRO SOLAR/SAND/GOLD 010-02776-15 GARMIN | Model name: fenix 7S 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