



SMARTWATCH INSTINCT 2/GRAPHITE 010-02626-00 GARMIN

Model: 010-02626-00

Manufacturer: GARMIN

EAN: 753759278786

Product Code: 333450

R4,404

This rugged GPS smartwatch is tough enough to keep up with you and unique enough to fit your style. Now it comes in two sizes to fit every wrist.

ENGINEERED FOR ENDURANCE

This rugged watch is water-rated to 100 metres and is thermal and shock resistant. Plus, with a fibre-reinforced polymer case and chemically strengthened, scratch-resistant Corning® Gorilla® Glass, this device is built to endure.

DESIGNED TO DO YOU

Bold colours, high-contrast displays and size options let you show the world that you do things your own way.

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MULTI-GNSS SUPPORT

Whether you're hiking, mountain biking, trail running or skiing, you'll have access to multiple global navigation satellite systems (GPS, GLONASS and Galileo) to track in more challenging environments than GPS alone.

ABC SENSORS

Navigate your next trail with ABC sensors, including an altimeter for elevation data, barometer to monitor weather and 3-axis electronic compass.

TRACBACK® ROUTING

Take the guesswork out of your return journey by using this feature to navigate the same route back to your starting point.

SMART NOTIFICATIONS

Receive emails, texts and alerts right on your watch when paired with your compatible smartphone.

CONNECT IQ™ STORE

Download custom watch faces, add data fields, and get apps and widgets from the Connect IQ Store app on your compatible smartphone.

SAFETY AND TRACKING FEATURES

When your watch and phone are paired, your live location can be sent to your contacts manually or — during select outdoor activities — automatically with built-in Incident Detection

BUILT-IN SPORTS APPS

Do whatever you love with preloaded activity profiles for running, cycling, swimming, strength training, indoor climbing, virtual running, golf, yoga, Pilates and more.

HIIT WORKOUTS

This activity profile tracks your HIIT workouts, including AMRAP, EMOM, Tabata and custom. Set the number of rounds, work/rest intervals and more.

VO2 MAX

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Train smarter with VO2 max, an indicator of how you can expect to perform. It even accounts for changes in performance that could be caused by heat or altitude.

DAILY WORKOUT SUGGESTIONS

For training guidance that takes you and your fitness level into account, get daily recommendations based on your current training load and training status.

RECOVERY TIME

After each workout, recovery time lets you know when you'll be ready for another hard workout. It even accounts for training intensity and factors such as stress, daily activity and sleep.

MTB DYNAMICS

Track the details of every ride with mountain biking metrics plus specialised grit™ and flow measurements that rate trail difficulty and how smoothly you descend, giving you a score to beat next time.

WRIST-BASED HEART RATE

Get estimated heart rate³ data along with alerts if your heart rate stays too high or too low while you're at rest. Gauge how hard your heart is working during activities.

STRESS TRACKING

Heart rate variability is used to calculate your stress level score, so you can see if you're having a calm, balanced or stressful day.

SLEEP SCORE AND ADVANCED SLEEP MONITORING

Get a full breakdown of your light, deep and REM sleep stages. View it all on a dedicated widget that includes your sleep score and insights.

BODY BATTERY™ ENERGY MONITORING

Optimise your body's energy reserves, using heart rate variability, stress, sleep and other data to gauge when you're ready to be active or when you may need to rest.

PULSE OX

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For altitude acclimation or sleep monitoring, a Pulse Ox sensor⁴ uses light beams at your wrist to estimate how well your body is absorbing oxygen.

FITNESS AGE

This feature uses chronological age, your weekly vigorous activity, resting heart rate and BMI to estimate if your body is younger or older than you are. Get tips to lower your fitness age.

INTENSITY MINUTES

Track how many minutes of vigorous activity you're getting, when you earn them and during which activity. You can even view them as a data field during timed activities.

WOMEN'S HEALTH TRACKING

Use the Garmin Connect app to track your menstrual cycle or pregnancy. Log symptoms, get exercise and nutrition education, and more.

- This watch is tough, which means no holding back.
- Train your way with built-in sports apps at the wrist.
- Smart notifications so you don't miss out on what matters.
- Push boundaries, but stay on track with access to more satellites.
- Understand your body better with 24/7 health monitoring.
- Don't put a limit on your experiences. Keep them going with up to 28 days of battery life in smartwatch mode.

Summary: Garmin Instinct 2. Display diagonal: 2.29 cm (0.9"), Display technology: MIP, Display resolution: 176 x 176 pixels. GPS (satellite). Weight: 52 g. Band material: Silicone, Band colour: Graphite, Band size: One Size | Vendor Homepage: <https://www.garmin.com/en-GB/p/775421/pn/010-02626-00> | Display diagonal: 0.9 | Display technology: MIP | Display size (HxV): 23 x 23 | Display type: Digital | Display resolution: 176 x 176 | Touchscreen: No | Watch glass type: Corning Gorilla Glass | FM radio: No | Mobile operating systems supported: Android/iOS | Band material: Silicone | Band size: One Size | Lens material: Glass | Shape: Round | Wrist size range: 135 - 230 | Market positioning: Smartwatch | Watch case size: 45 | Suggested gender: Male | Buckle colour: Black | Watch case colour: Graphite | Watch case material: Polymer | Band colour: Graphite | Built-in microphone: No | Built-in speaker(s): No | Built-in camera: No | Closure type: Single prong strap buckle | Water resistance: 10 | Heart rate monitor: Yes | Heart rate measuring: Manual | Blood

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oxygen sensor: Yes | Distance travelled: Yes | Calories burned: Yes | Accelerometer: Yes | Activity tracker: Yes | Multisport mode: Yes | Quality of sleep: Yes | Alarm clock: Yes | Area calculation: Yes | Automatic pause: Yes | Barometric altimeter: Yes | Calendar: Yes | Electronic compass: Yes | Find my phone function: Yes | Race predictor: Yes | Real-time guidance: Yes | Recommended activity: Cycling/Fishing | Recovery time suggestion: Yes | Running dynamics: Yes | Stopwatch: Yes | Stress monitoring function: Yes | Sun & moon information: Yes | Timer: Yes | Training effect measurement: Yes | Virtual partner function: Yes | Weather alert: Yes | Thermometer: Yes | Altimeter: Yes | ANT+ enabled: Yes | GPS (satellite): Yes | GLONASS: Yes | Galileo: Yes | Bluetooth: Yes | USB port: No | Near Field Communication (NFC): No | Wi-Fi: No | Battery life: 65 | Battery life (GPS mode): 70 | Width: 45 | Depth: 45 | Thickness: 14.5 | Weight: 52 | Band width: 22 | Charger: Yes | Manual: Yes | Unit Calculated Weight: 0.17 | Battery weight: 7 | Battery: Lithium-Ion rechargeable | Product Net Weight: 0.052 | Unit Calculated Volume: 0.0008596 | Units per Shipping Box: 1 | Unit Width: 11.5 | Shipping Box Height: 6.5 | Unit Depth: 11.5 | Unit Height: 6.5 | Name: SMARTWATCH INSTINCT 2/GRAPHITE 010-02626-00 GARMIN | Model name: 010-02626-00

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