



SMARTWATCH INSTINCT 3 SOLAR/TWILIGHT 010-02934-01 GARMIN

Model: 010-02934-01

Manufacturer: GARMIN

EAN: 753759339517

Product Code: 549977

R8,577

STAY IN

THE KNOW

24/7 health and
wellness monitoring

CARRY

THE TORCH

Built-in flashlight

BOLDLY GO

Multi-band GPS with

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SatIQ™ technology

FOLLOW YOURS

Instinct 3 is the rugged GPS smartwatch that's designed to be worn through anything. Follow yours, wherever the adventure leads.

SOLAR CHARGING

Get unlimited battery life in smartwatch mode with solar charging¹.

RUGGED DESIGN

Explore confidently with a rugged design, including a 0.9-inch display, 45 mm metal-reinforced bezel and scratch-resistant display.

BUILT-IN FLASHLIGHT

See and be seen with a built-in flashlight, featuring variable intensities and an alternate red light.

24/7 HEALTH AND WELLNESS MONITORING

Make bold moves with health monitoring features, including heart rate, advanced sleep monitoring, Pulse Ox³ and more.

SMART NOTIFICATIONS

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

MULTI-BAND GPS WITH SATIQ

Navigate confidently with multi-band GPS, featuring SatIQ technology, which delivers superior positioning while optimizing battery life.

DAILY MOVEMENTS

Keep tabs on your daily steps, calories burned, floors climbed and more from your wrist⁴.

HRV STATUS

Gain a deeper understanding of your overall health through heart rate variability while you sleep⁴.

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WRIST-BASED HEART RATE

Instinct 3 tracks your heart rate, so you can stay in the know all day and night⁴.

STRESS TRACKING

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

MORNING REPORT

Receive an overview of your sleep recovery, daily calendar, HRV status and more as soon as you wake up. You can even customize your report to show what you want to see.

HEALTH SNAPSHOT

Log a 2-mi

FITNESS AGE

Estimate how fit you are compared to your actual age.

NAP DETECTION

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

WOMEN'S HEALTH TRACKING

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

BREATHING VARIATIONS

For a closer glimpse of your health, the breathing variations feature helps you understand shifts in your breathing patterns as you sleep⁵. These shifts could be related to environment, alcohol, or potential sleep disorders such as sleep apnea.

LIFESTYLE LOGGING

Log behaviors — such as caffeine and alcohol intake — and view reports on how they impact your health in the Garmin Connect™ app.

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BUILT-IN SPORTS APPS

Track activities, including cycling, open-water swimming, strength training and more.

GARMIN COACH

Train for an event, achieve a milestone, or improve your fitness with Garmin Coach training plans for runners and cyclists.

WORKOUT CREATION

Create step-by-step workouts from more than 1,600 exercises in the Garmin Connect™ app, and send them directly to your watch.

INTENSITY MINUTES

Track your moderate and vigorous activity minutes.

VO2 MAX

See your current fitness level, and track changes over time to set goals, evaluate progress and more.

ALTITUDE AND HEAT ACCLIMATION

See how you're holding up to the current elevation or heat based on your health metrics.

HIIT WORKOUTS

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

DAILY SUGGESTED WORKOUTS

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

RECOVERY TIME

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

RUCKING ACTIVITY

A dedicated rucking activity profile allows you to enter pack weight.

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GARMIN CONNECT

See your health and fitness information, connect with friends and more — in this free, zero-subscription app.

GARMIN MESSENGER™ APP

Communicate via two-way text messaging⁶ on your wrist.

SMART NOTIFICATIONS

Receive emails, texts and alerts on your watch when paired with your compatible Apple or Android smartphone.

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 location⁷.

CONNECT IQ™ STORE

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

LIVETRACK FEATURE

Friends and family can follow your real-time location⁷ and view preplanned courses.

ABC SENSORS

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

GARMIN SHARE

Use this feature to easily share saved locations, courses and workouts with friends' compatible Garmin devices.

- UNLIMITED BATTERY IN SMARTWATCH MODE WITH SOLAR CHARGING¹
- DETAILED HEALTH AND WELLNESS FEATURES

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- SMART NOTIFICATIONS
- BUILT-IN FLASHLIGHT
- RUGGED DESIGN
- MULTI-BAND GPS WITH SATIQ TECHNOLOGY

Summary: Garmin Instinct 3. Display diagonal: 3.05 cm (1.2"), Display resolution: 176 x 176 pixels, Touchscreen. RAM capacity: 128 MB. Wi-Fi. GPS (satellite). Weight: 52 g. Band material: Silicone, Band colour: Grey, Band size: One Size | Vendor Homepage: <https://www.garmin.com/en-US/p/1315317/pn/010-02934-01/> | Display diagonal: 1.2 | Display size (HxV): 23 x 23 | Colour display: Yes | Display type: Digital | Display resolution: 176 x 176 | Touchscreen: Yes | Display diameter: 23 | Watch glass type: Power Glass | Mobile operating systems supported: Android/iOS | RAM capacity: 128 | Band material: Silicone | Band size: One Size | Lens material: Glass | Shape: Round | Wrist size range: 137 - 204 | Market positioning: Sport watch | Minimum strap length: 137 | Maximum strap length: 204 | Watch case size: 45 | Buckle colour: Black | Watch case colour: Titanium | Watch case material: Glass Fiber Reinforced Polymer (GFRP) | Band colour: Grey | Built-in microphone: Yes | Built-in speaker(s): Yes | Closure type: Single prong strap buckle | Keypad lock: Yes | Removable strap: Yes | Water resistance: 10 | Heart rate monitor: Yes | Heart rate measuring: Automatic | Calories burned: Yes | Accelerometer: Yes | Gyroscope: Yes | Multisport mode: Yes | Quality of sleep: Yes | Activity monitoring: Yes | Advanced workouts: Yes | Alarm clock: Yes | Area calculation: Yes | Automatic pause: Yes | Barometric altimeter: Yes | Calendar: Yes | Electronic compass: Yes | Find my phone function: Yes | Foot pod: Yes | Heart rate-based calorie computation: Yes | Interval training: Yes | Music control: Yes | Race predictor: Yes | Recommended activity: Badminton/Baseball/Basketball/Boxing/Breathwork/Climbing/Cycling/Diving/Fishing/Fitness/Football/Golf/Hiking/Hockey/Hunting/Motor sports/Pilates/Riding/Rowing/Running/Sailing/Skateboarding/Skiing/Surfing/Swimming/Tennis/Triathlon/Volleyball | Recovery time suggestion: Yes | Running dynamics: Yes | Smart notifications: Yes | Stopwatch: Yes | Sun & moon information: Yes | Time/distance alert: Yes | Timer: Yes | Training effect measurement: Yes | Virtual partner function: Yes | Virtual racer function: Yes | Weather forecast: Yes | Workout tracking: Yes | Barometer: Yes | Thermometer: Yes | Altimeter: Yes | Vibrating alarm clock: Yes | GPS (satellite): Yes | BeiDou: Yes | GLONASS: Yes | Galileo: Yes | Quasi-Zenith Satellite System (QZSS): Yes | Bluetooth: Yes | Wi-Fi: Yes | Headphone connectivity: Bluetooth | Battery type: Built-in battery | Battery life: 28 | Battery life (GPS mode): 40 | Battery life (max): 3 | Solar power: Yes | Weight: 52 | Band width: 22 | Dimensions (WxDxH): 45 x 45 x 14.9 | Cables included: USB | Unit Calculated Weight: 0.17 | Battery weight: 7 | Battery: Lithium-Ion rechargeable | Product Net Weight: 0.052 |

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Unit Calculated Volume: 0.0007648 | Units per Shipping Box: 1 | Unit Width: 9.5 | Units per Pallet: 0 |
Shipping Box Height: 7 | Unit Depth: 11.5 | Unit Height: 7 | Name: SMARTWATCH INSTINCT 3
SOLAR/TWILIGHT 010-02934-01 GARMIN | Model name: Instinct® 3 – 45 mm Solar

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