



In an ongoing effort to improve our products and provide enhanced features to existing users, we are excited to announce our next smartwatch feature update. The update provides improved functionality and new features for a variety of our fitness and outdoor products.

The free software updates have begun rolling out and will continue to do so over the coming weeks. Customers can update their smartwatches by enabling automatic updates from their devices or by using Garmin Express™ software.

Please see below for a few featured highlights found in the update as well as a detailed reference table at the end of the document.

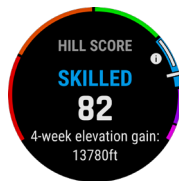
SMARTWATCHES:

New notable features in this software release include:



ENDURANCE SCORE:

This feature measures your ability to sustain prolonged efforts and combines training data from all of 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.



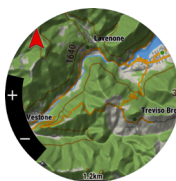
HILL SCORE:

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.



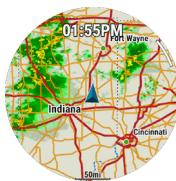
NEW ACTIVITY PROFILES:

Get better at whatever with new preloaded activity profiles for team sports ranging from football, baseball and basketball to soccer, rugby, hockey, lacrosse and more — plus racket sports, boxing and others.



RELIEF SHADING:

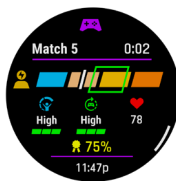
Digital elevation model data is used to create a 3D look with color and topographic shading on the map, making terrain and elevation changes easier to interpret than contour lines alone.



WEATHER MAP OVERLAYS:

Use your smartwatch* to make informed weather decisions by viewing the latest map overlays for precipitation, cloud cover, temperature and wind data on your wrist.

*When paired with your compatible smartphone



GAMING ACTIVITY:

Like gaming in your spare time? This activity integrates with the GameOn™ app to provide biometric-based data that helps you understand your optimal stress zone, plan breaks with a game power feature and view Body Battery™ energy levels to play at your best.

Please reference the matrix on page 2 to find out which features are coming to each Garmin device.



FISH FORECAST:
Using a celestial database to track sun and moon rise/set times, relative position to your location and more, this app offers suggestions for the best days and times for fishing success.

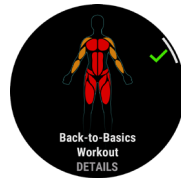


TRAINING READINESS:
From the moment you wake up, get a readiness score based on your sleep quality*, recovery, training load and more, so you can determine whether it's a good day to go hard — or take it easy.

*Activity tracking accuracy



MORNING REPORT:
Receive an overview of your sleep, recovery and training outlook as soon as you wake up — alongside HRV status and weather. You can even customize your report to show you what you want to see.



MUSCLE MAPS FOR PILATES, HIIT, CARDIO:
See what muscles you're working for HIIT, cardio, Pilates and strength workouts. Preview the muscle groups that your custom or preset workouts will impact, then review your stats post-workout in the Garmin Connect™ app.



WORKOUTS APP:
Easily find and organize workouts across all your athletic pursuits — including daily suggested workouts plus those downloaded or created in the Garmin Connect app. Follow up with a review of workout history directly from your device.



RED SHIFT:
Change display colors to shades of red with RedShift Mode to better acclimate to darker conditions and reduce sleep cycle disturbance.

COMPARISON:

	Endurance Score	Hill Score	New Activity Profiles	Relief Shading	Weather Map Overlays	Gaming Activity	Fish Forecast	Training Readiness	Morning Report	Muscle Maps for Pilates, HIIT, Cardio	Workouts App	Red Shift	Load Ratio	Enhanced Golf Activity
fēnix® 7, epix™ (Gen 2), Enduro™ 2, tactix® 7, MARQ® (Gen 2), quatix® 7	●	●	●	●	●	●	●	●	●	●	●	● (OLED devices only)	●	●
fēnix® 7 Pro, epix™ Pro (Gen 2)	●	●	●	●	●	●	●	●	●	●	●	● (epix Pro only)	●	●
Instinct® Crossover			●			●		●	●		●			
Instinct® 2X			●			●		●	●		●			
Instinct® 2S, Instinct® 2			●			●		●	●		●			
Forerunner® 955, Forerunner® 965	●	●	●	●	●			●	●	●	●		●	
Forerunner® 265			●					●	●	●	●		●	
Forerunner® 255 Series			●						●	●	●		●	
Venu® 2 Series, Venu® Sq 2 Series						●								

KEY

- New feature with the September 2023 software release
- Product already has this feature