

MAY 2025 SMARTWATCH FEATURE UPDATE



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

The software updates have begun rolling out and will continue to do so over the coming weeks. Customers can update their smartwatch by enabling automatic updates from their devices.

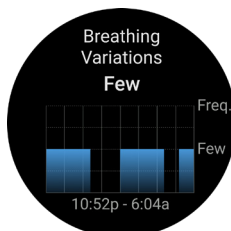
Please see the below for a few featured highlights found in this update as well as a detailed reference table at the end of the document.

NEW FEATURES

Notable features in this software release include:

BREATHING VARIATIONS

For a closer glimpse of your health, the breathing variations feature uses Pulse Ox¹ to help you better understand shifts in your breathing patterns as you sleep.



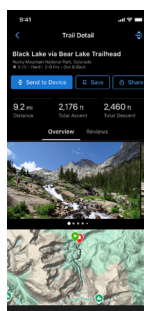
PASSCODE

Help protect sensitive data with a passcode to access smartwatch data. For even greater security, an automatic wrist detection option allows users to set up a pin to regain access once the watch has been removed from their wrist.



GARMIN TRAILS

View thousands of trails in the Garmin Explore or Garmin Connect app on your compatible smartphone. You can also activate an Outdoor Maps+ or Garmin Connect+ plan to send a trail directly to your compatible device for offline access.



RUCKING ACTIVITY

Weighted hiking feature allows users to manually input their pack weight for load-carrying exercises to enable more accurate tracking and analysis of metrics like pace, distance, heart rate, VO2 max, calorie burn, elevation and more.



STAGE TIMER

A new tool that for competitive marksmen that gives you alerts via paired hearing protection or from the speaker, so you know the remaining time in your current stage.



PREMIUM GOLF FEATURES

Hit the links with full-color CourseView maps, Green Contour Data, PlaysLike Distance and touch targeting with the purchase of a [Garmin Golf™ membership](#).



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COMPARISON

	BREATHING VARIATIONS	RUCKING ACTIVITY	PACK WEIGHT	PASSCODE	EXPANDED MORNING REPORT	STAGE TIMER	PREMIUM GOLF FEATURES
Lily® 2				●			
Lily® 2 Active	●						
vivoactive® 5	●			●			
vivoactive® 6	●			●	● At Launch		
Venu® 3	●			●			● With Garmin Golf™ Membership
Forerunner® 165/265/965	●			●			
Forerunner® 570/970	● At Launch	● At Launch	● At Launch	●	● At Launch		
Instinct® E	●			●			
Instinct® 3	●	●	●	●			
Instinct® 3, Tactical	●	●	●	●		●	
fēnix® 7/Pro, epix™ (Gen 2)/Pro, Enduro™ 2, tactix® 7, MARQ® (Gen 2), quatix® 7/Pro, D2™ Mach 1/Pro	●						●
fēnix® E/8 series and Enduro™ 3	●	●	●	●			●
tactix® 8	●			●		●	●

KEY

- New feature with the May 2025 software release
- Product already has this feature

*This is not a medical device and is not intended for use in the diagnosis or monitoring of any medical condition; see [Garmin.com/ataccuracy](https://www.garmin.com/ataccuracy). Pulse Ox not available in all countries.