

SMARTWATCH INSTINCT E/BLK/CHARC 010-02933-00 GARMIN



Model: 010-02933-00

Manufacturer: GARMIN

EAN: 753759339463

Product Code: 820123

R4,956

FOLLOW YOURS

Instinct E is the GPS smartwatch with a rugged design and the essential features you need to take on the day.

DAILY MOVEMENTS

Keep tabs on your daily steps, calories burned, floors climbed and more from your wrist3.

HRV STATUS

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

WRIST-BASED HEART RATE

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Instinct E tracks your heart rate, so you can stay in the know all day and night³.

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 customise your report to show what you want to see.

HEALTH SNAPSHOT

Log a 2-minute session to record key health stats, then generate a report to share with your health care provider.

PULSE OX SENSOR

Track your blood oxygen saturation while you're awake or asleep².

MINDFUL BREATHING

Start a breathwork activity to track your stress and respiration.

RESPIRATION

See how you're breathing throughout the day and night.

HYDRATION

Log your daily fluid intake as a reminder to stay hydrated.

FITNESS AGE

Estimate how fit you are compared to your actual age.

WOMEN'S HEALTH TRACKING

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

GARMIN COACH

Train for an event, achieve a milestone, or improve your fitness with garmin coach training plans for

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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.

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 messaging⁴ on your wrist.

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SMART NOTIFICATIONS

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

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 location⁵.

CONNECT IQ™ STORE

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

LIVETRACK FEATURE

Friends and family can follow your real-time location⁵ 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.

Summary: Garmin Instinct E. Display diagonal: 2.29 cm (0.9"), Display technology: MIP, Display resolution: 176 x 176 pixels. Flash memory: 0.128 GB. GPS (satellite). Weight: 48 g. Band material: Silicone, Band colour: Charcoal, Band size: One Size | Vendor Homepage:

<https://www.garmin.com/en-AU/p/1315817/pn/010-02933-00> | Display diagonal: 0.9 | Display resolution: 176 x 176 | Display size (HxV): 22 x 22 | Display technology: MIP | Display type: Digital | Touchscreen: No | Band colour: Charcoal | Band material: Silicone | Band size: One Size | Built-in camera: No | Built-in microphone: No | Built-in speaker(s): No | Closure type: Single prong strap buckle | Flash memory: 0.128 | FM radio: No | Lens material: Glass | Market positioning: Smartwatch | Mobile operating systems supported: Android/iOS | Shape: Round | Suggested gender: Unisex | Watch case colour: Black | Watch case material: Polymer | Watch case size: 45 | Water resistance: 10 | Wrist size range: 132 - 213 | Accelerometer: Yes | Activity tracker: Yes | Alarm clock: Yes | Area calculation: Yes | Automatic pause: Yes | Barometric altimeter: Yes | Blood oxygen sensor: Yes | Calendar: Yes | Calories burned: Yes | Distance travelled: Yes | Electronic compass: Yes | Find my

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phone function: Yes | Heart rate measuring: Manual | Heart rate monitor: Yes | Multisport mode: Yes |
Quality of sleep: Yes | Race predictor: Yes | Real-time guidance: Yes | 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 | ANT+ enabled: Yes | Galileo: Yes | GLONASS: Yes | GPS (satellite): Yes |
Bluetooth: Yes | Headphone connectivity: No | Near Field Communication (NFC): No | USB port: No |
Wi-Fi: No | Battery life: 40 | Battery life (GPS mode): 50 | Battery technology: Lithium-Ion (Li-Ion) |
Band width: 22 | Depth: 45 | Thickness: 14.2 | Weight: 48 | Width: 45 | Charger: Yes | Manual: Yes |
Model name: Instinct E - 45 mm | Units per Shipping Box: 1 | Unit Calculated Volume: 0.0008194 |
Unit Calculated Weight: 0.17

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