ITWorkup - Level up your IT!
Waterfall Office Park, 28 Augrabies Rd Vorna Valley, Midrand, 1685
Generated: 2026-11-06 08:59




# SMARTWATCH VIVOACTIVE 5/BLACK/SLAT 010-02862-10 GARMIN

Model: 010-02862-10

Manufacturer: GARMIN

EAN: 753759324902

Product Code: 820127

## R4,656

**Slate Aluminum Bezel with Black Case and Silicone Band**

**VÍVOACTIVE® 5**
**KNOW THE REAL YOU**

GET A MORE COMPLETE PICTURE OF YOUR HEALTH WITH UP TO 11 DAYS OF BATTERY LIFE

UNDERSTAND WHAT DRAINS AND CHARGES YOUR BODY THROUGHOUT THE DAY AND NIGHT WITH BODY BATTERY™ ENERGY MONITORING

WITH 30+ SPORTS APPS, WORKOUTS AND GARMIN COACH, TRAIN PURPOSELY AND EFFECTIVELY

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.
itworkup.co.za | sales@itworkup.co.za | +27 (11)541-9950

GET A SLEEP SCORE AND PERSONALIZED SLEEP COACHING FOR HOW MUCH SLEEP YOU NEED — WITH TIPS ON HOW TO IMPROVE YOUR SLEEP QUALITY

VÍVOACTIVE 5 CAN TRACK PUSHES AND OFFERS BUILT-IN WORKOUTS DESIGNED FOR WHEELCHAIR USERS

**KNOW THE REAL YOU**

Purpose-built with advanced health and fitness features, vívoactive 5 is more than just a smartwatch — it’s your personal on-wrist coach there to support your every goal.

**WHAT YOU'LL LOVE**

**BODY BATTERY™ ENERGY MONITORING**

See your energy levels throughout the day, so you’ll know when your body is charged up and ready for activity or drained and needing to recharge with restful sleep. And get even more details and personal insights on how sleep, naps, daily activities and high stress specifically impact your energy1.

**SLEEP COACH**

Get a sleep score and personalized coaching for how much sleep you need and how you can improve. Even keep track of different sleep stages and naps — and see several key metrics over your sleep period, such as HRV status to better understand your health1.

**BUILT-IN SPORTS APPS**

Track all the ways you move with more than 30 preloaded GPS and indoor sports apps — including walking, running, cycling, pool swimming, activities for wheelchair users and more.

**WORKOUT BENEFIT AND RECOVERY TIME**

Better understand how each workout affects your body and how much time you need to recover so you can take on any fitness challenge.

**MORNING REPORT**

Receive an overview of your sleep, recovery, daily calendar, HRV status and more as soon as you

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.
itworkup.co.za | sales@itworkup.co.za | +27 (11)541-9950

wake up. You can even customize your report to show what you want to see.

**SMART NOTIFICATIONS AND TEXTING**

Receive emails, texts and alerts on your watch when paired with your iPhone or Android smartphone. With an Android phone, respond to texts with the on-watch keyboard, and view photos sent to you directly from your watch’s screen.

**HEALTH**

**NAP DETECTION**

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

**HRV STATUS**

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

**WRIST-BASED HEART RATE**

The vívoactive 5 smartwatch constantly samples your heart rate, so you can stay in the know all day and night1.

**STRESS TRACKING**

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

**WOMEN’S HEALTH TRACKING**

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

**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.

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.
itworkup.co.za | sales@itworkup.co.za | +27 (11)541-9950

**MEDITATION**

Help reduce stress, anxiety and more with guided meditation practices.

**MINDFUL BREATHING**

Start a breathwork activity to track your stress and respiration.

**HYDRATION**

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

**RESPIRATION**

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

**FITNESS**

**WHEELCHAIR MODE**

Track your daily pushes1, plus get weight shift alerts, sports apps and workouts for wheelchair users and more.

**GARMIN COACH**

Get free adaptive 5K, 10K and half-marathon training plans from expert coaches.

**FITNESS AGE**

Estimate how fit you are compared to your actual age.

**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.

**AUDIO PROMPTS FOR ACTIVITIES**

Get guided audio prompts straight from your watch for run and walk activities.

**INTERVAL CREATION**

Build your own interval workout for running and cycling activities

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.

itworkup.co.za | sales@itworkup.co.za | +27 (11)541-9950

**PERCEIVED EXERTION**

Record your rate of perceived exertion after each workout.

**INTENSITY MINUTES**

Track your moderate and vigorous activity minutes.

**ACTIVITY TRACKING**

Keep tabs on your daily steps, calories burned and more from your wrist1.

**VO2 MAX**

See your current fitness level, and track changes over time to set goals, evaluate progress and more (not available in wheelchair mode).

**CONNECT**

**GARMIN CONNECT**

See your health and fitness information, connect with friends, and more.

**GARMIN PAY CONTACTLESS PAYMENTS**

Breeze through checkout lines or transit systems with participating providers.

**MUSIC**

Download songs and playlists from your Spotify, Deezer or Amazon Music accounts for phone-free listening.

**SAFETY AND TRACKING**

If you feel unsafe or if your watch senses that an incident occurred, your watch will send a message with your live location3.

**VIEW PHOTOS**

With an Android phone, view photos sent to you directly from your watch’s screen.

**CONNECT IQ™ STORE**

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.

itworkup.co.za | sales@itworkup.co.za | +27 (11)541-9950

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

**TWO FONT SIZES**

Choose between a small or larger font size so you can view your data with ease.

- Bright 1.2” amoled touchscreen display
- Up to 11 days of battery life in smartwatch mode
- Detailed health and wellness insights
- Advanced fitness features
- Garmin connect™ app on iphone® and android™ smartphones
- Connected features like music and garmin pay™ contactless payments

Summary: Garmin Vivoactive 5. Display diagonal: 3.05 cm (1.2"), Display technology: AMOLED, Display resolution: 390 x 390 pixels, Touchscreen. Flash memory: 4 GB. Wi-Fi. GPS (satellite). Weight: 36 g. Band material: Silicone, Band colour: Black, Band size: One Size | Vendor Homepage: https://www.garmin.com/en-US/p/1057989/pn/010-02862-10#specs | Ekrano įstrižainė: 1.2 | Ekrano technologija: AMOLED | Spalvotas ekranas: Taip | Ekrano tipas: Skaitmeninis | Ekrano rezoliucija: 390 x 390 | Lietimui jautrus ekranas: Taip | Laikrodžio stiklo tipas: Corning Gorilla Glass 3 | Flash atmintis: 4 | Apyrankės medžiaga: Silikonas | Apyrankės dydis: Vieno dydžio | Lęšio medžiaga: Stiklas | Forma: Turas | Riešo dydis: 125 - 190 | Pozicija rinkoje: Sportinis laikrodis | Laikrodžio korpuso dydis: 42 | Siūloma lytis: Unisekso stiliaus | Kibirėlio spalva: Juoda | Laikrodžio korpuso spalva: Juoda | Laikrodžio korpuso medžiaga: Aluminium,Polymer | Apyrankės spalva: Juoda | Apsaugos ypatybės: Atsparus vandeniui | Vandens varža: 5 | Širdies dažnio monitorius: Taip | Širdies ritmo jutiklio tipas: Optinis | Kraujo prisotinimo deguonimi jutiklis: Taip | Nukeliautas atstumas: Taip | Sudegintos kalorijos: Taip | Akcelerometras: Taip | Giroskopas: Taip | Veiklos sekiklis: Taip | Asmeniniai tikslai: Taip | Miego kokybė: Taip | Aktyvumo stebėjimas: Taip | Aplinkos šviesos jutiklis: Taip | Aukštesnio lygio sportavimas: Taip | Barometrinis aukščiamatis: Taip | Chronometras: Taip | Elektroninis kompasas: Taip | Integruotas atstumo matuoklis: Taip | Išmanieji perspėjimai: Taip | Kalendorius: Taip | Laikmatis: Taip | Muzikos kontrolė: Taip | Orų prognozė: Taip | Rekomenduojama veikla: Bėgimas/Golfas/Plaukimas/Rowing/Slidinėjimas/Važiavimui mieste | Širdies ritmo duomenų perdavimas: Bluetooth/ANT+ | Širdies ritmo pagrindu skaičiuojamos kalorijos: Taip | Telefono radimo funkcija: Taip | Žadintuvas: Taip | Termometras: Taip | Mobiliojo tinklo ryšys: Ne | Mobiliojo tinklo generavimas: Nepalaikomas | Įgalinta ANT+ funkcija: Taip | GPS (palydovinis): Taip | GLONASS: Taip | „Galileo“: Taip | Bluetooth: Taip | USB prievadas: Ne | Mažo nuotolio radijo ryšys (NFC): Taip | „Wi-Fi“:

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.
itworkup.co.za | sales@itworkup.co.za | +27 (11)541-9950

Taip | Ausinių jungtis: „Bluetooth“ | Baterijos tipas: Integruota baterija | Baterijos naudojimo laikas: 264 | Baterijos veikimo trukmė: 11 | Baterijos veikimo trukmė (GPS režimas): 21 | Darbo temperatūros diapazonas (TT): -20 - 60 | Suderinamos operacinės sistemos: iOS, Android | Plotis: 42.2 | Ilgis: 42.2 | Storis: 11.1 | Svoris: 36 | Apyrankės plotis: 20 | Matmenys (WxDxH): 42.2 x 42.2 x 11.1 | Pakuotės plotis: 144 | Pakuotės gylis: 72 | Pakuotės aukštis: 70 | Paketo svoris: 140 | Įkroviklis: Taip | Instrukcija: Taip | Bruto svoris: 0.127 | Battery weight: 4 | Baterija: Lithium-Ion rechargeable | Neto svoris: 0.026 | Vienetų skaičius vienoje siuntimo dėžėje: 1 | Vieneto plotis: 7 | Shipping Box Height: 6.5 | Vieneto gylis: 14 | Vieneto aukštis: 6.5 | Name: SMARTWATCH VIVOACTIVE 5/BLACK/SLAT 010-02862-10 GARMIN | Model name: Vivoactive 5

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.
itworkup.co.za | sales@itworkup.co.za | +27 (11)541-9950