

Product Comparison



Forerunner® 235
\$249.99 USD

GPS running watch with color display and wrist-based heart rate



vívoactive® 3 Music
\$249.99 USD

GPS smartwatch with built-in sports apps, wrist-based heart rate, Garmin Pay™ contactless payments, and music



Forerunner® 245 Music
\$349.99 USD

GPS running smartwatch with advanced training features and music



Forerunner® 645 Music
\$449.99 USD

GPS running smartwatch with Garmin Pay™ contactless payments, wrist-based heart rate and music

Show Only Differences

▼ General

Lens Material	chemically strengthened glass	Corning® Gorilla® Glass 3	Corning® Gorilla® Glass 3	Corning® Gorilla® Glass 3
Bezel Material			fiber-reinforced polymer	stainless steel
Case material		polymer		
Quick Release Bands		yes (20 mm, Industry standard)	yes (20 mm, Industry standard)	yes (20 mm, Industry standard)
Strap material	silicone	silicone	silicone	silicone
Physical size	45 x 45 x 11.7 mm	43.1 x 43.1 x 13.6 mm Fits wrists with a circumference of 127-204 mm	42.3 x 42.3 x 12.2 (mm) Fits wrists with a circumference of 127-204 mm	42.5 x 42.5 x 13.5 mm Fits wrists with a circumference of 127-204 mm
Touchscreen		✔		
Display size	1.23" (31.1 mm) diameter	1.2" (30.4mm) diameter	1.2" (30.4 mm) diameter	1.2" (30.4 mm) diameter
Display resolution	215 x 180 pixels	240 x 240 pixels	240 x 240 pixels	240 x 240 pixels
Display type	sunlight-visible, transfective memory-in-pixel (MIP)	sunlight-visible, transfective memory-in-pixel (MIP)	sunlight-visible, transfective memory-in-pixel (MIP)	sunlight-visible, transfective memory-in-pixel (MIP)
Weight	42 g	39.0 g	38.5 g	42.2 g
Battery life	Smartwatch Mode: Up to 9 days GPS mode: Up to 11 hours	Smartwatch mode: Up to 7 days GPS mode with music: Up to 5 hours GPS mode without music: Up to 13 hours	Smartwatch Mode: Up to 7 days GPS mode with music: Up to 6 hours GPS mode without music: Up to 24 hours	Smartwatch Mode: Up to 7 days GPS mode with music: Up to 5 hours GPS mode without music: Up to 14 hours
Water rating	5 ATM	Swim, 5 ATM	Swim, 5 ATM	5 ATM
Color display	✔	✔	✔	✔
Memory/History	200 hours of activity data	7 timed activities, 14 days of activity tracking data	200 hours of activity data	200 hours of activity data

▼ Clock Features

Time/date	✓	✓	✓	✓
GPS Time Sync	✓	✓	✓	✓
Automatic daylight saving time	✓	✓	✓	✓
Alarm clock	✓	✓	✓	✓
Timer		✓	✓	✓
Stopwatch	✓	✓	✓	✓
Sunrise/sunset times		✓	✓	✓

▼ Sensors

GPS	✓	✓	✓	✓
GLONASS	✓	✓	✓	✓
Galileo		✓	✓	✓
Garmin Elevate™ wrist heart rate monitor	✓	✓	✓	✓
Barometric altimeter		✓		✓
Compass		✓	✓	✓
Gyroscope		✓		✓
Accelerometer	✓	✓	✓	✓
Thermometer		✓		✓
Pulse Ox			✓	

▼ Connectivity

Connectivity	✓	Bluetooth®, ANT+®, Wi-Fi®	Bluetooth®, ANT+®, Wi-Fi®	Bluetooth®, ANT+®, Wi-Fi®
Connect IQ™ (downloadable watch faces, data fields, widgets and apps)	✓	✓	✓	✓
Smart notifications	✓	✓	✓	✓
Text response/reject phone call with text (Android™ only)		✓	✓	✓
Calendar	✓	✓	✓	✓
Weather	✓	✓	✓	✓
Controls smartphone music	✓	✓	✓	✓
Plays and controls watch music		✓	✓	✓
Music Storage		up to 500 songs	up to 500 songs	up to 500 songs
Find My Phone	✓	✓	✓	✓
Find My Watch		✓	✓	✓
VIRB® Camera Remote	✓	✓	✓	✓
Smartphone compatibility	iPhone®, Android™	iPhone®, Android™	iPhone® and Android™	iPhone® and Android™
Compatible with Garmin Connect™ Mobile	✓	✓	✓	✓
Garmin Pay™		✓		✓

▼ Safety and Tracking Features

Incident Detection during select		✓	yes (Smartphone Required)	yes (Smartphone Required)
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activities				
Assistance		✓	yes (Smartphone Required)	
LiveTrack	✓	✓	✓	✓
Live Event Sharing			Android™ Only	

▼ Activity Tracking Features

Step counter	✓	✓	✓	✓
Move bar (displays on device after a period of inactivity; walk for a couple of minutes to reset it)	✓	✓	✓	✓
Auto goal (learns your activity level and assigns a daily step goal)	✓	✓	✓	✓
Sleep monitoring (monitors total sleep and periods of movement or restful sleep)	✓	✓	✓	✓
Calories burned	✓	✓	✓	✓
Floors climbed		✓		✓
Distance traveled	✓	✓	✓	✓
Intensity minutes	✓	✓	✓	✓
TrueUp™	✓	✓	✓	✓
Move IQ™		✓	✓	✓
Fitness Age		yes (in app)	yes (in app)	yes (in app)
Body Battery™ Energy Monitor			✓	
All-day Stress Tracking		✓	✓	✓

▼ Gym & Fitness Equipment

Available gym activity profiles		Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing and Yoga	Strength, Cardio and Elliptical Training, Stair Stepping, Indoor Rowing and Yoga	Strength, Cardio and Elliptical Training, Stair Stepping, Floor Climbing, Indoor Rowing and Yoga
Cardio workouts		✓	✓	✓
Strength workouts		✓	✓	✓
Automatic rep counting		✓	✓	✓

▼ Training, Planning and Analysis Features

GPS speed and distance	✓	✓	✓	✓
Customizable data pages	✓	✓	✓	✓
Customizable activity profiles	✓	✓	✓	✓
Auto Pause®	✓	✓	✓	✓
Interval training	✓		✓	✓
Advanced workouts	✓	✓	✓	✓
Downloadable training plans	✓	✓	✓	✓
Auto Lap®	✓	✓	✓	✓
Manual lap	✓	✓	✓	✓
Configurable lap alerts		✓	✓	✓
V02 max	✓	✓	✓	✓
Training Status (lets you see if you're training effectively by tracking your			✓	✓

training history and fitness level trend.)				
Training Load (your total training load for the last 7 days calculated from estimated EPOC)			✓	✓
Training Effect (aerobic)	✓		✓	✓
Training Effect (anaerobic)			✓	✓
Custom alerts	✓	✓	✓	✓
Audio prompts	✓		✓	✓
Finish time	✓		✓	✓
Virtual Partner			✓	✓
Race an Activity			✓	✓
Course guidance			✓	✓
Segments (Live, Garmin)				✓
Strava features (Beacon, live segments)				✓
Touch and/or button lock	✓	✓	✓	✓
Auto scroll	✓	✓	✓	✓
Activity history on watch	✓	✓	✓	✓
Physio TrueUp		✓	✓	✓

▼ Heart Rate Features

HR zones	✓	✓	✓	✓
HR alerts	✓	✓	✓	✓
HR calories	✓	✓	✓	✓
% HR max		✓	✓	✓
% HRR			✓	✓
Recovery time	✓		✓	✓
Auto max HR			✓	✓
HR Broadcast (broadcasts HR data over ANT+™ to paired devices)	✓	✓	✓	✓

▼ Running Features

Available run profiles	yes	Running, Indoor Track Running, Treadmill Running	Running, Treadmill Running, Indoor Track Running, Trail Running	Running, Treadmill Running, Indoor Track, Trail Running
GPS-based distance, time and pace	✓	✓	✓	✓
Running dynamics			yes (with compatible accessory)	yes (with compatible accessory)
Vertical oscillation and ratio (the degree of 'bounce' in your running motion and the cost-benefit ratio with stride length)			yes (with compatible accessory)	yes (with compatible accessory)
Ground contact time and balance (shows how much time, in the running motion, your foot is on the ground rather than in flight and lets you check your running symmetry)			yes (with compatible accessory)	yes (with compatible accessory)
Stride length (real time)			yes (with compatible accessory)	yes (with compatible accessory)
Cadence (provides real-time number of	✓		✓	✓

steps per minute)				
Performance condition (after running 6-20 minutes, compares your real-time condition to your average fitness level)			✓	✓
Run workouts	✓	✓	✓	✓
Race predictor	✓		✓	✓
Foot pod capable	✓	✓	✓	✓

▼ Golfing Features

Yardage to F/M/B (distance to front, middle and back of green)		✓		
Yardage to layups/doglegs		✓		
Measures shot distance (calculates exact yardage for shots from anywhere on course)		Automatic		
Digital scorecard		✓		
Stat tracking (strokes, putts per round, greens and fairways hit)		✓		
Garmin AutoShot™		✓		
Green View with manual pin position		✓		
Hazards and course targets		✓		
PinPointer		✓		
Round timer/odometer		✓		

▼ Outdoor Recreation Features

Available outdoor recreation profiles		Skiing, Snowboarding, XC Skiing, Stand Up Paddleboarding, Rowing		Skiing, Snowboarding, XC Skiing, Stand up Paddleboarding, Rowing
Point-to-point navigation			✓	✓
Bread crumb trail in real time			✓	✓
Back to start	✓	✓	✓	✓
TracBack®			✓	✓
UltraTrac mode			✓	✓
Elevation profile				✓
Distance to destination	yes (for back to start)		✓	✓
Vertical speed				✓
Total ascent/descent		✓		✓
GPS coordinates			✓	✓

▼ Cycling Features

Available cycling profiles	yes	Biking, Indoor Biking	Biking, Indoor Biking	Biking, Indoor Biking
Courses			✓	✓
Race an activity			✓	✓
Time/distance alerts (triggers alarm when you reach goal)	✓	✓	✓	✓
Compatible with Varia Vision™ (head-			✓	✓

mounted display)				
Compatible with Varia™ radar (rear-facing radar)		✓	✓	✓
Compatible with Varia™ lights		✓	✓	✓
Speed and cadence sensor support (with sensor)	yes	yes	yes (ANT+® and Bluetooth® Smart sensors)	yes (ANT+® and Bluetooth® Smart sensors)

▼Swimming Features

Available swim profiles		Pool Swimming	Pool Swimming	Pool Swimming
Pool swim metrics (lengths, distance, pace, stroke count/rate, calories)		✓	✓	✓
Stroke type detection (freestyle, backstroke, breaststroke, butterfly)		✓	✓	✓
Swim efficiency (SWOLF)		✓	✓	✓
Drill logging			✓	✓
Pool swim workouts			✓	✓