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INSTINCT® 2X SOLAR

RUGGED GPS SMARTWATCHES

NEW PRODUCT ANNOUNCEMENT

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MARKETING MEMO

Apr. 12, 2023

Instinct[®] 2X Solar Rugged GPS Smartwatches

NEW PRODUCT
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PRODUCT OVERVIEW:

Whatever you do, own it with Instinct 2X Solar. This bold, rugged GPS smartwatch is tough enough to keep up with you and unique enough to fit your style. Instinct 2X Solar is the largest of the Instinct family with its bold 50mm case and a crystal clear, larger 1.1” high contrast display that brings great legibility. Solar charging gives you unlimited battery life in smartwatch mode when exposed to 3 hours of direct sunlight (50,000 lux) per day. When the sun sets, use the built-in LED flashlight to keep going and stay visible. Do more of what you love with preloaded activity profiles for running, biking, swimming, strength training and more. Count on multi-band GNSS support to provide more accurate positioning in challenging environments. Check your wrist to stay connected with smart notifications, Garmin Pay™ contactless payments and Connect IQ™ app integration (when paired with your compatible smartphone). Understand your body better with all-day health monitoring for energy levels, stress, sleep, Pulse Ox, heart rate and more (this is not a medical device, and data presented is intended to be a close estimation of metrics tracked. Pulse Ox not available in all countries). The Tactical Edition offers dedicated tactical features, such as night vision goggle compatibility, waypoint projection, ballistics calculations and dual-position GPS format, to keep you mission-ready. Stealth mode lets you go dark by disabling wireless communication and data sharing.



Instinct 2X Solar

Instinct 2X Solar
Tactical Editions



KEY FEATURES:

NEW	BUILT-IN FLASHLIGHT	To help guide your way in low-light conditions, a built-in multi-LED flashlight provides variable intensities and strobe that match your running cadence — plus a red safety light mode to help keep an eye on your night- time surroundings.
NEW	MULTI-BAND GNSS SUPPORT	Receive and utilize multiple frequencies sent by navigation satellites, which enable improved user position accuracy, specifically in areas where GNSS signals are reflected, weak or typically do not penetrate.
NEW	OBSTACLE COURSE RACING APP	Track and improve your performance by tracking your obstacle split times separately from the runs between obstacles.
NEW	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.
NEW	HRV STATUS	Gain a deeper understanding of your overall health, training and recovery through heart rate variability while you sleep, based on technology developed by our First beat Analytics™ team.
	INDIVIDUAL STYLE	With a design built for action and the features to support your high-energy lifestyle, this watch is always ready for adventure. Plus, its bold styling clearly shows the world that you do things your own way.
	ENGINEERED FOR THE OUTDOORS	This ultra-tough watch features a large 1.1" solar charged display and rugged 50 mm polymer case. It's water-rated to 100 meters and tested to U.S. military 810 standards for thermal, shock and water resistance.
	SOLAR AUTONOMY	Solar charging Power Glass™ lens extends battery life, producing 50% more energy than the Instinct 2 Solar. Go longer with the potential for unlimited solar-charged battery life in smartwatch mode¹.
	ABC SENSORS	Navigate your next trail with ABC sensors, including an altimeter for elevation data, barometer to monitor weather and 3-axis electronic compass.
	TRACBACK® ROUTING	Take the guesswork out of your return journey by using this feature to navigate the same route back to your starting point.
	REFERENCE POINT	Keep track of a known place — such as your car or the trailhead — relative to your location, and easily find your way back to it.
	SMART NOTIFICATIONS	Receive emails, texts and alerts right on your watch when paired with your compatible smartphone ².
	CONNECT IQ™ STORE	Download custom watch faces, add data fields, and get apps and widgets from the Connect IQ Store app on your compatible smartphone ².
	GARMIN PAY™ CONTACTLESS PAYMENTS	Breeze through checkout lines and select transit systems with Garmin Pay contactless payments through participating providers .
	SAFETY AND TRACKING FEATURES	If you feel unsafe or if your watch senses that an incident occurred, assistance and incident detection features ³ can send a message with your location to your emergency contacts when paired with your compatible smartphone ².
	CALENDAR VIEW	Easily see your plans for the day with a dedicated calendar screen when paired with your compatible smartphone ².
	SYNC WITH THE GARMIN CONNECT™ APP	See your health and fitness information all in one place. The Garmin Connect app on your compatible smartphone ² is a thriving online community where people on the go can connect, compete and share.
	BUILT-IN SPORTS APPS	Do whatever you love with preloaded activity profiles for running, cycling, swimming, strength training, indoor climbing, skiing, snowboarding, golf, yoga, Pilates and more.
	HIIT WORKOUTS	This activity profile tracks your HIIT workouts, including AMRAP, EMOM, Tabata and custom. Set the number of rounds, work/ rest intervals and more.
	VO2 MAX	Train smarter with VO2 max , an indicator of how you can expect to perform. It even accounts for changes in performance that could be caused by heat or altitude.
	DAILY SUGGESTED WORKOUT	View your entire week of daily suggested workouts, which adapt after every run or ride to match your performance and recovery as well as the races coming up in your Garmin Connect™ smartphone app calendar.
	RECOVERY TIME	After each workout, recovery time lets you know when you'll be ready for another hard workout. It even accounts for training intensity and factors such as stress, daily activity and sleep.
	MTB DYNAMICS	Track the details of every ride with mountain biking metrics plus specialized Grit® and Flow™ measurements that rate trail difficulty and how smoothly you descend, giving you a score to beat next time.

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KEY FEATURES (CONTINUED):

WRIST-BASED HEART RATE	Get heart rate ⁴ data along with alerts if your heart rate stays too high or too low while you're at rest. Gauge how hard your heart is working during activities.
SLEEP SCORE AND ADVANCED SLEEP MONITORING	Get a full breakdown of your light, deep and REM sleep stages. View it all on a dedicated widget that includes your sleep score and insights.
BODY BATTERY ENERGY MONITORING	Optimize your body's energy reserves, using heart rate variability, stress, sleep and other data to gauge when you're ready to be active or when you may need to rest.
PULSE OX	For altitude acclimation or sleep monitoring, a Pulse Ox sensor ⁵ uses light beams at your wrist to estimate how well your body is absorbing oxygen.

Instinct 2X - Solar Tactical Edition — Key Additional Features

NEW	BALLISTICS CALCULATOR	Unlock the Applied Ballistics [®] calculator via the AB Synapse™ – Garmin app (unlock fee required) to access aiming solutions for long-range shooting in the field.
NEW	BUILT-IN FLASH LIGHT	To help guide your way in low-light conditions, a built-in multi-LED flashlight provides variable intensities and strobe that matches your running cadence — plus a green light mode to help keep an eye on your immediate surroundings while operating at night.
	STEALTH MODE	Go dark by enabling stealth mode to stop storing and sharing your GPS position and disable wireless connectivity and Communication.
	DUAL-POSITION FORMAT	Easily sync your location with others by seeing both the universal transverse Mercator and military grid reference system on the same screen.
	KILL SWITCH	If security becomes an issue, the kill switch wipes the device of all user memory.
	JUMPMaster MODE	Calculate high-altitude release points according to military guidelines while navigating to your objective once you've jumped.
	TACTICAL ACTIVITY	See time, pace, time of day, elevation and your location in both coordinate types.



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PRODUCT COMPARISON:

	Instinct 2X Solar	Instinct 2 Solar	Instinct 2S, Instinct 2	Instinct Solar
Lens material	Power Glass™ lens	Power Glass™ lens	Chemically strengthened glass	Power Glass™ lens
Case material	Fibre-reinforced polymer	Fibre-reinforced polymer	Fibre-reinforced polymer	Fibre-reinforced polymer
QuickFit® watch band compatible	•	•	•	•
Solar charging	•	•		•
Physical size	50 x 50 x 14.5 (mm)	45 x 45 x 14.5 (mm)	Instinct 2S: 40 x 40 x 13.3 (mm) Instinct 2: 45 x 45 x 14.2 (mm)	45 x 45 x 15.3 mm
Screen size/Resolution	1.1" at 176x176	0.9" at 176x176	0.79" at 156x156 0.9" at 176x176	0.9" at 128x128
Water rating ⁶	10 ATM	10 ATM	10 ATM	10 ATM
Wrist-based heart rate ⁴	•	•	•	•
Smart notifications ²	•	•	•	•
ABC sensors	•	•	•	•
Sleep score and insights	•	•	•	
VO2 max	•	•	•	
Recovery time	•	•	•	
Garmin Pay ⁶ contactless payments	•	•		
Multi-Band GNSS	•			
Built-in flashlight	•			
Obstacle course activity	•			
Ballistics calculator	Tactical Editions Only			

PRODUCT CONFIGURATIONS:

SCHEDULE B: 8517620050
HTS: 8517.62.0090

Instinct 2X Solar Series



INCLUDES	COUNTRY OF ORIGIN
Instinct 2X Solar series smartwatch, USB-C charging/data cable, documentation	Made in Taiwan. Cable made in Taiwan, China, Vietnam or Myanmar.

DESCRIPTION	SKU	UPC
Instinct 2X Solar Graphite	010-02805-00	753759319328
Instinct 2X Solar Flame Red	010-02805-01	753759319335
Instinct 2X Solar Whitestone	010-02805-04	753759319366
Instinct 2X Solar Moss	010-02805-05	753759319373

TACTICAL EDITIONS	DESCRIPTION	SKU	UPC
	Instinct 2X Solar Tactical Edition – Coyote Tan	010-02805-02	753759319342
	Instinct 2X Solar Tactical Edition – Black	010-02805-03	753759319359

TYPE OF DISTRIBUTION	Exclusive
MARKET PLACE BAN	Yes

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PHYSICAL SPECIFICATIONS:

Instinct 2X Solar	
Unit dimensions (W x H x D)	50 x 50 x 14.5 (mm)
Lens material:	Power Glass™
Bezel material:	Fibre-reinforced polymer
Case material:	Fibre-reinforced polymer
Display Size, resolution, type	Custom, two-window design: 1.1" x 1.1" (28 x 28 mm) 176 x 176 pixels Monochrome, sunlight-visible, transreflective Memory-in-pixel (MIP)
Watch band:	Includes 26mm silicone watch bands Adjustment band length: 123.7 mm Buckle band length: 102.2 mm Total length of bands: 225.9 mm
Wrist circumference:	Fits wrists with circumferences of 145–228 mm
Weight:	67 g
Battery type:	Rechargeable internal lithium-ion
Battery life:	Smartwatch: up to 40 days/unlimited with solar¹ GPS: up to 60 hrs/145 hrs with solar² All satellite systems: 40 hrs/65 hrs with solar¹ All satellite systems + multi-band: 27 hrs/36 hrs with solar² Max battery GPS mode: up to 150 hrs/unlimited with solar² Expedition GPS activity: up to 60 days/unlimited with solar¹ Battery saver watch mode: up to 100 days/unlimited with solar¹
Water rating:	10 ATM®
Wireless technologies:	BLUETOOTH and ANT+ technologies

PACKAGING SPECIFICATIONS:

Instinct 2X Solar	
Gift box dimensions: (W x H x D)	4.4" x 4.4" x 2.5" (111 x 111 x 63.5 mm)
Gift box weight:	5.3 oz (150 g)
Master carton dimensions: (W x H x D)	14.4" W x 14.25" H x 14.4" D (367 x 362 x 367 mm)
Master carton weight:	17.9 lbs (8.1 kg)
Master carton quantity:	45



COMPATIBLE APPS OVERVIEW:

GARMIN CONNECT™ APP



FITNESS AT YOUR FINGERTIPS
On mobile or web, Garmin Connect is the tool for tracking, analyzing and sharing health and fitness activities recorded by your paired Garmin device.

CONNECT IQ™ STORE APP



YOUR ONE-STOP SHOP FOR PERSONALIZING YOUR GARMIN DEVICE
The Connect IQ Store is your all-in-one source for personalizing compatible Garmin devices with free downloads of apps, widgets, watch faces, data fields, music streaming services and more.

AB SYNAPSE™ - GARMIN APP



Easily create and send custom ballistic profiles to a compatible Garmin device, including full access to the Applied Ballistics® Bullet Library that contains more than 1,200 custom measured bullets.

GARMIN EXPLORE™ APP



MAP, TRACK, SYNC AND SHARE YOUR TREK FROM ANYWHERE
This all-in-one app is made for off-the-grid adventurers and outdoor enthusiasts alike. Download to your compatible smartphone so you can plan, navigate and review your next great adventure.

GARMIN GOLF™ APP



COMPETE, COMPARE, CONNECT
Give every round a tournament feel by competing with fellow golfers on more than 42,000 courses around the world*.

*Requires app to be loaded on a compatible smartphone.

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COMPATIBLE PRODUCT OVERVIEW:

INREACH® MINI 2
SATELLITE COMMUNICATOR



INREACH® MESSENGER
SATELLITE COMMUNICATOR



INDEX™ S2
SMART SCALE



COMPATIBLE ACCESSORY OVERVIEW:

	SKU	UPC	DESCRIPTION	IMAGE
Charging/data cable USB type-A connector (0.5m)	010-12491-01	753759176860	Recharge and transfer data by using your computer's USB port. This cord also pairs with optional AC adapter (sold separately).	
Charging/data cable USB type-C connector (1.0m)	010-13278-00	753759306014	Connect this 3 foot cable to your USB-C AC adapter (sold separately) to recharge your compatible device.	
HRM-Pro™ Plus monitor	010-13118-00	753759300883	Never miss a beat with the HRM-Pro Plus premium chest strap heart rate monitor. It provides accurate heart rate data, running dynamics plus pace and distance for indoor runs.	

26 MM WATCH BANDS		SKU	UPC	---	IMAGE
NEW	Graphite silicone band	010-13295-00	753759319700		
NEW	Flame Red silicone band	010-13295-01	753759319717		
NEW	Coyote Tan silicone band	010-13295-02	753759319724		
NEW	Black silicone band	010-13295-03	753759319731		
NEW	Whitestone silicone band	010-13295-04	753759319748		
NEW	Moss silicone band	010-13295-05	753759319755		

BIKE SPEED SENSOR 2 AND
CADENCE SENSOR 2 BUNDLE



SKU: 010-12845-00
UPC: 753759222550

TEMPE™ SENSOR



SKU: 010-11092-30
UPC: 753759993122

BICYCLE MOUNT KIT



SKU: 010-11029-00
UPC: 753759075583

The Instinct 2X Solar is also compatible with QuickFit 26 watch bands. For more information on compatible accessories, please visit the product page at [Garmin.com](#).

¹Assumes all-day wear with 3 hours per day outside in 50,000 lux conditions
²When paired with a [compatible smartphone](#)
³For safety and tracking features requirements and limitations, see [Garmin.com/safety](#)
⁴[Activity tracking accuracy](#)
⁵This is not a medical device and is not intended for use in the diagnosis or monitoring of any medical condition; see [Garmin.com/ataccuracy](#). Pulse Ox not available in all countries.
⁶See [Garmin.com/vaterrating](#) for more details
⁷Assumes continuous use for entire period in 50,000 lux conditions

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