

PRODUCT UPDATE

Q3 2026 SMARTWATCH AND CYCLING COMPUTER
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 and cycling computers. The update provides improved functionality and new features for a variety of our fitness and outdoor products.

The free software updates have begun rolling out and will continue to do so over the coming weeks. Customers can update their smartwatch or cycling computer 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:

HANDS-FREE VOICE CONTROL

Say “OK, Garmin” to start a timer on your smartwatch, start an activity and more. Or say “phone assistant” to access your paired smartphone’s virtual assistant.



FALL DETECTION

Your device will send a message¹ with your live location to preset assistance contacts if a fall is detected. Get peace of mind with all-day monitoring or enable detection for only the activities you specify.



QUICK WORKOUT

Simplify training with running workout suggestions tailored to your fitness level. Just input your desired time and intensity level.



NEW GARMIN RUN COACH PLANS

These plans feature lower volume and run-walk workouts that adapt daily based on your recovery and health metrics.



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DIVE SETUP SHARING

Seamlessly sync dive settings between compatible dive computers via the Garmin Share feature. Use with your dive buddies or your backup dive computer.



XC SKI INDOOR ACTIVITY

Whether you're preparing for a race or doing functional training, track your indoor ski sessions with this activity profile, which includes support for compatible indoor ski trainers.



ENDURO RIDE PROFILE ENHANCEMENTS

Enduro ride profile enhancements can now automatically detect and switch between climbs and descents — no need to press the lap button -- tracking your ascent and descent from each run and for the ride overall.



COMPARISON

	HANDS-FREE VOICE CONTROL	FALL DETECTION	QUICK WORKOUT	NEW GARMIN RUN COACH PLANS	DIVE SETUP SHARING	XC SKI INDOOR ACTIVITY	ENDURO RIDE PROFILE ENHANCEMENTS	LIVE ACTIVITY FOR OUTDOOR WORKOUTS ²
Venu® X1	•		•	•		•		•
Venu® 4	•	•	•	•		•		•
vivoactive® 6			•	•		•		•
D2™ Air X15	•		•	•		•		•
Forerunner® 70/170/170 Music			•	•		•		•
Forerunner 570/970	•		•	•		•		•
fēnix® 8, fēnix 8 Pro, tactix® 8, quatix® 8, quatix 8 Pro, D2 Mach 2, D2 Mach 2 Pro	•		•	•	•	•		•
fēnix E			•	•		•		•
Enduro™ 3			•	•		•		•
Edge® MTB/550/850/1050							•	
Instinct® E/3/Crossover AMOLED								•

• = EXISTING
• = NEW

¹ When paired with your smartphone; see [Garmin.com/ble](https://garmin.com/ble). For safety and tracking feature requirements and limitations, see [Garmin.com/safety](https://garmin.com/safety).
² Garmin Connect+ Plan required