VIESMANN

Garmin Venu Sq

Venu Sq
The smartwatch for a active & healthy life

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Venu Sq

On-the-wrist health and wellness monitoring doesn't get more thorough than this.

Run, walk, bike, golf — choose from more than 20 preloaded sports apps.

Let the watch plan workouts for you, including yoga, strength, cardio, even Pilates.

Tap your wrist and go. It's the easy, touch-free way to pay[1].

See calls, texts and social media alerts right on your watch[2].

Bright colour display and up to 6 days of battery life? Yep — two more reasons to love this watch.

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Venu Sq – Made for everyone

The fitness enthusiast…

„I want to live **healthy**“

The tech-savy…

„I‘m always **up to date**.“

The Garmin Venu Sq is the perfect companion for every target group.

The athlete…

„**Sports** are my compensation“

The stylish…

„I‘m always on the pulse of **style**.“

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GARMIN – The core of the Venu Sq

Integrated GPS

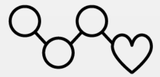
You can leave your mobile at home and still track the distance, pace and much more of your workout.

Fitness features

More exercise in your daily life with features like tracking your steps, calorie consumption and much more.

Many Sports features

Try and track many sports with only one watch and always keep an eye on your progress.



Health features

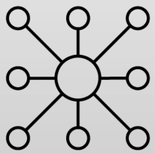
Know more about your current form and take a look at your stress level, water consumption and sleep.

Heart rate monitoring

Check your heart rate with one look at your wrist, without a chest strap.

Smart Notifications

Get notifications directly from your smartphone.



Garmin Connect

The Garmin Community with analysis, data, challenges, rewards and much more.

Waterproof

Shower or swim with your Garmin with no problem.

Long battery life

In the smartwatch mode you have to charge your Garmin only once a week.

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Health- and fitness-tracking
directly on your wrist.

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Venu Sq – The health features

Know your body.

With features like...

- HEART RATE MONITORING
- KEEP AN EYE ON YOUR STRESS
- BODY BATTERY POWERLEVEL
- BREATHING RATE
- IMPROVED SLEEP DATA
- DO YOU DRINK ENOUGH?
- HEALTH TRACKING FOR WOMEN
- PULSE OX
- BREATHING EXERCISES
- FITNESS AGE

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Venu Sq – The health features

The highlights: Sleep analysis

What is a sleep analysis?

Your sleep is an important factor for your wellbeing during the day. A Garmin tracks your sleep with an accelerometer and the heart rate and analyses them in Garmin Connect.

The benefit:
With that Data, the training can be made even more precise. This helps providing an active and healthy lifestyle.

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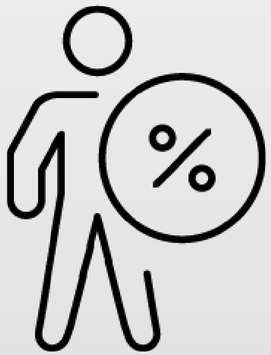
Venu Sq – The health features

The highlights: Body Battery

What is a Body Battery?



The Body Battery measures the energy level of the body. The heart rate, stress and sleep results in the score, which is shown on the display.

The benefit:
That score shows, if a hard training is possible or not.

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Venu Sq – The health features

The highlights: Calories & water consumption

How many calories have I burnt?

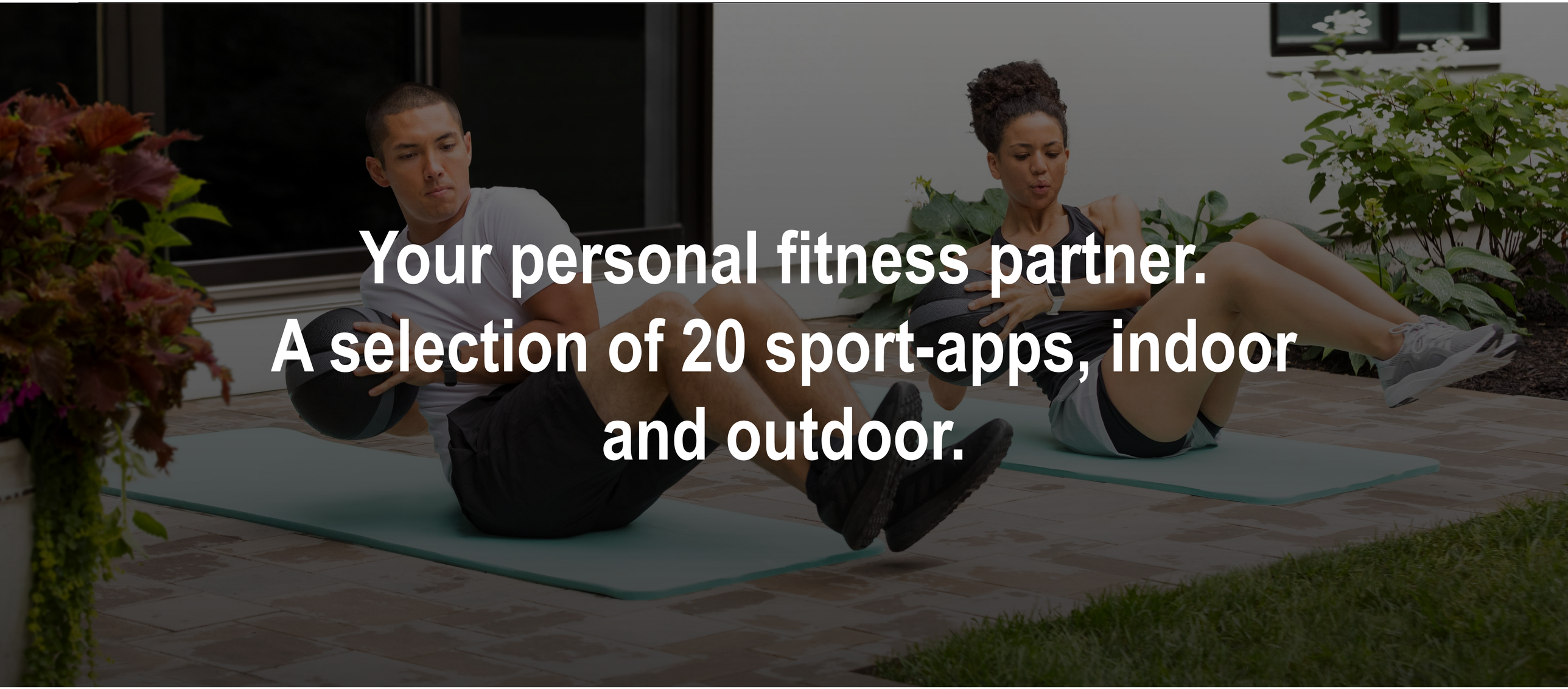
- Your Garmin calculates your daily calorie consumption, based on your training, activities and personal data.
- There are active calorie and resting calories and both are shown in Garmin Connect.
- Track additionally, how much water you drink.

The benefit:

- You easily get a good overview of your calorie consumption.
- You can track your calories and are supported in reaching your goal.

Did you know?

You can connect Garmin Connect and Weight Watchers and collect FitPoints.


Your personal fitness partner.
A selection of 20 sport-apps, indoor
and outdoor.

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Venu Sq – Sports features

You can do these sports with the Venu Sq

Fitness & Health
Walking
Indoor walking
Weight training
Cross training
Pilates
Yoga

Running
Running
Treadmill
Indoor running

Bike
Bike

Outdoor
Hiking

Winter sports
Skiing
Snowboarding
Cross-country skiing

Water sports
Swimming
Rowing
Indoor rowing
SUP

Golf sport
and many own sports profiles

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Venu Sq – Sports features

The highlights: Garmin Coach & Trainings

Reach your goals.

- Your options on Garmin Connect:
  - Workout plans
  - Creating personal workouts
  - Creating personal workout calender

- The Garmin Coach is always at your side
  - **INDIVIDUALLY** – Workout plans for 5km, 10km or half marathon
  - **FLEXIBLE** – The plan adjusts every week according to your progress
  - **MOTIVATING** – Tipps & tricks to help stay on track

Benefits at one glance

- You have your own personal trainer on your wrist, who motivates and helps to reach your goals.

Did you know?
You can find Garmin Coach and workouts in Garmin Connect for free.

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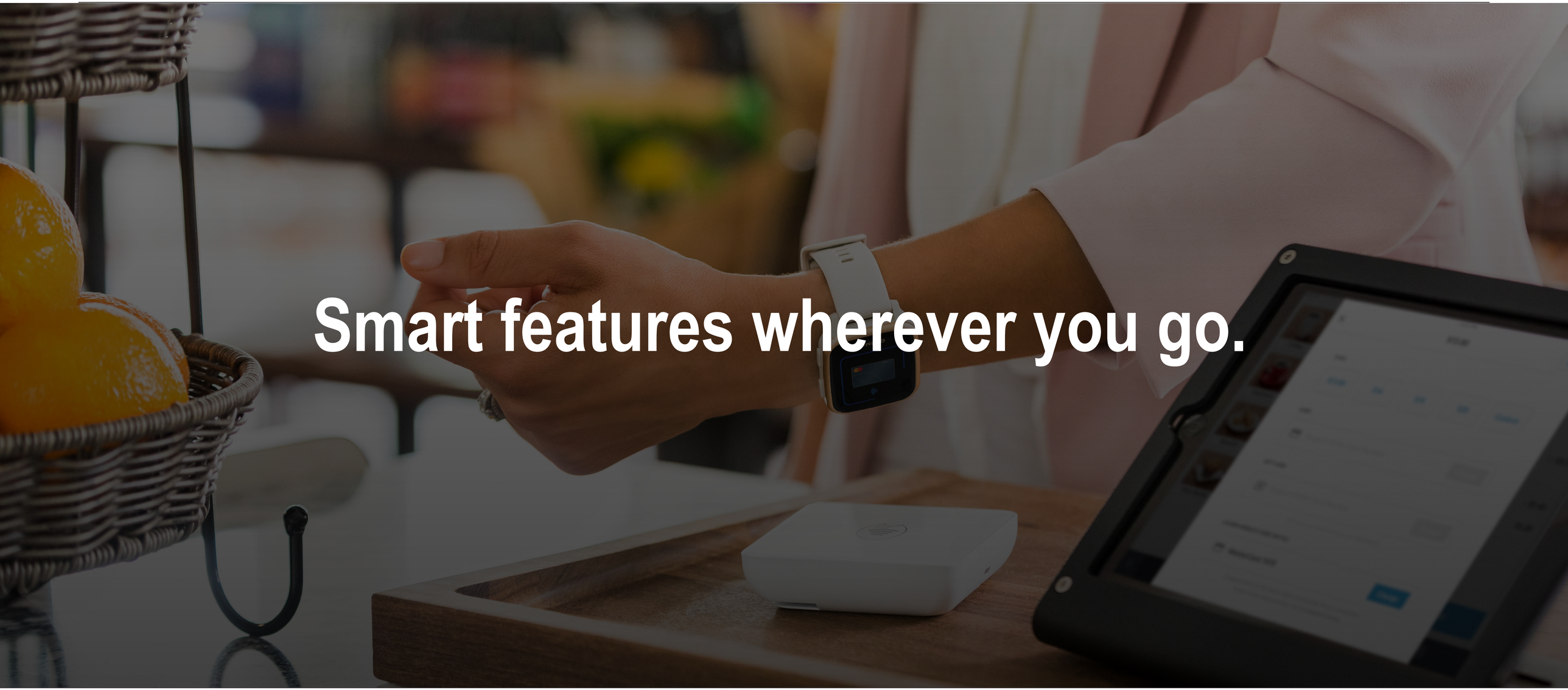
Smart features wherever you go.

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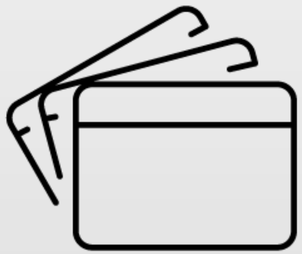
Venu Sq – The smart features

The highlights: Garmin Pay

Leave your wallet at home.



HIGHLY CERTIFIED – Quick and easy payment

INDEPENDENT – Contactless payment at every NFC compatible device / terminal

SAFE – Use PINs to ensure safety

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Venu Sq – The smart features

The highlights

Automatic incident detection

More safety and quick help everywhere

Accident? Your Garmin detects the incident and alerts your emergency contact.

Or if you need help you can trigger the incident detection yourself.

Your contact receives a message with your current location and a LiveTrack Link via SMS and e-mail.

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Venu Sq – Technical features

Case

Square design with aluminium bezel:
40 mm x 36.6 mm x 11 mm
Weight: 37 gramm

Display

1,3“ colorful, tap-activating touchdisplay (LCD)
Corning® Gorilla® Glass

Connectivity

ANT+, BLE
Compatible with Connect App & Connect IQ

Battery

up to 6 days in Smartwatch-Mode
up to 14 hours in GPS-Mode

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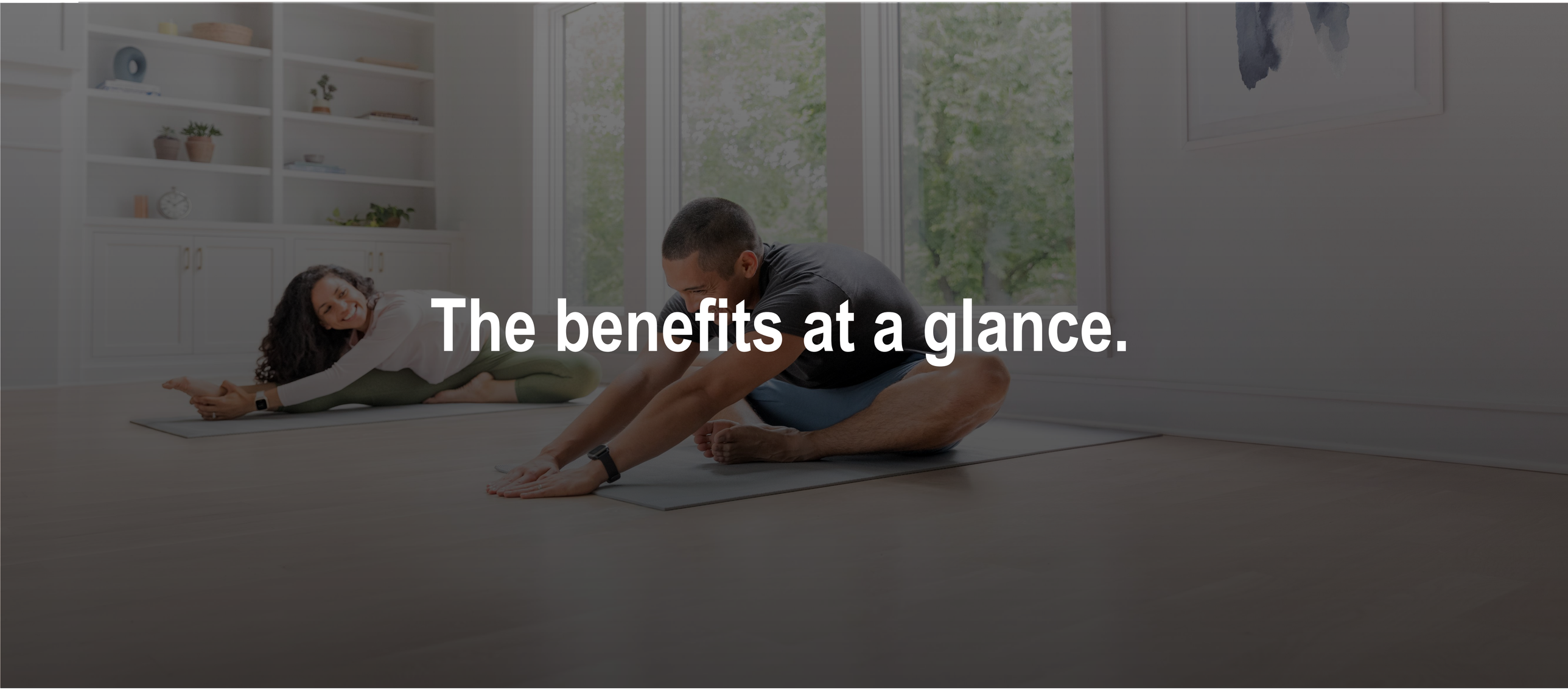
The benefits at a glance.

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Venu Sq – The benefits at a glance

Square design

Stylish during sports and everyday life

Health- and fitness

Pulse tracking, Pulse Ox, advanced sleep monitoring, Body Battery, respiration tracking, hydration tracking and menstrual cycle tracking

Garmin Pay

Leave your wallet at home

Trainings

Track all the ways you move with more than 20 preloaded GPS and indoor sports apps

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What is Garmin Connect™?

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Garmin Connect – The online platform

The highlight: Garmin Connect

All data at once

Garmin Connect is the tool for tracking, analysing and sharing health and fitness activities recorded by your paired Garmin device.

Analyse trainings

See progress

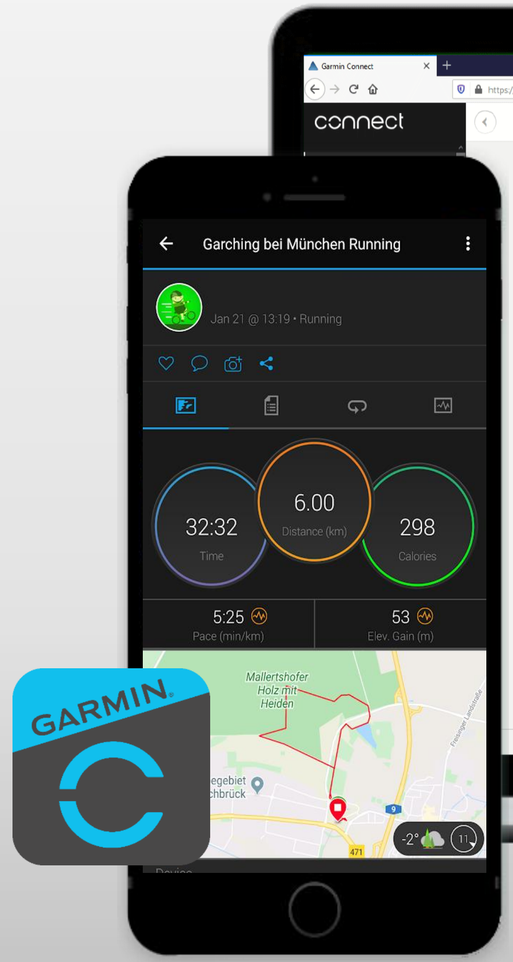
Collect rewards

Show personal records

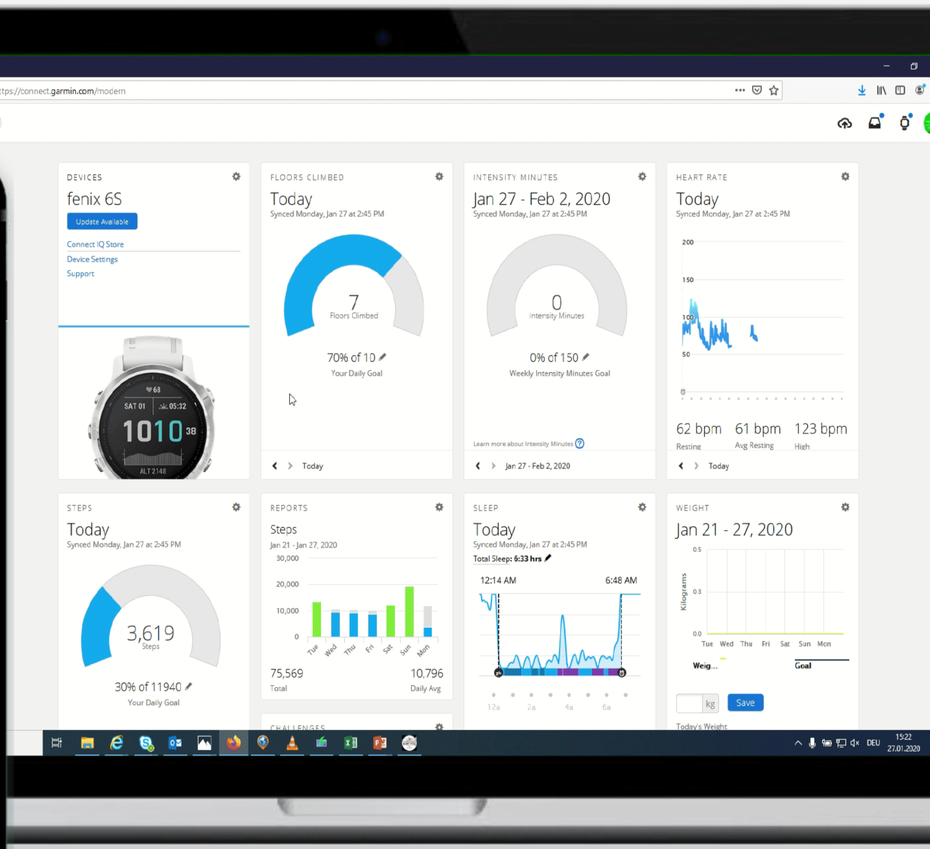
Create challenges

Join groups

Motivate yourself and others



Mobile App



Browserversion

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Garmin Connect – The online platform

The highlights

Workout plans & Garmin Coach

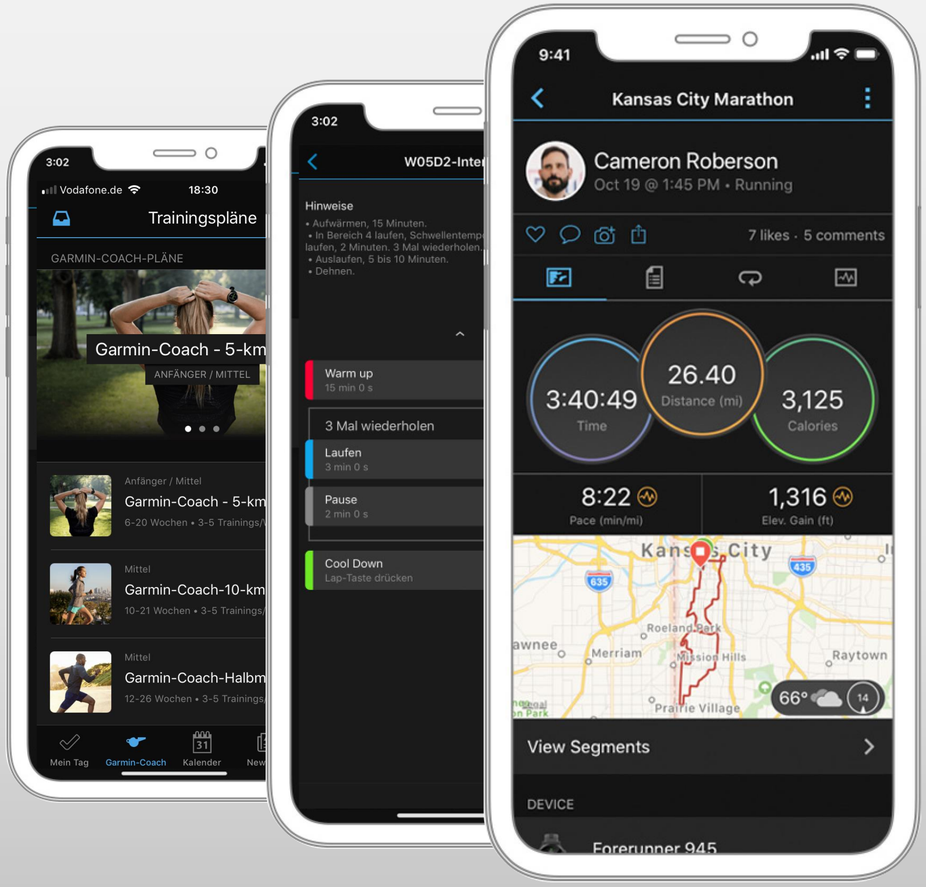
Get supported during your training
With Garmin Connect you can create personal workout plans and calenders or use preloaded trainings.

Your Garmin Coach

- **INDIVIDUALLY** – Workout plans for 5km, 10km or half marathon
- **FLEXIBLE** – The plan adjusts every week according to your progress
- **MOTIVATING** – Tipps & tricks to help stay on track

The benefits:

- The Garmin Coach and workout plans help measuring the efficiency of the training in order to make better decisions for the training
- Long term recommendations for the optimal training



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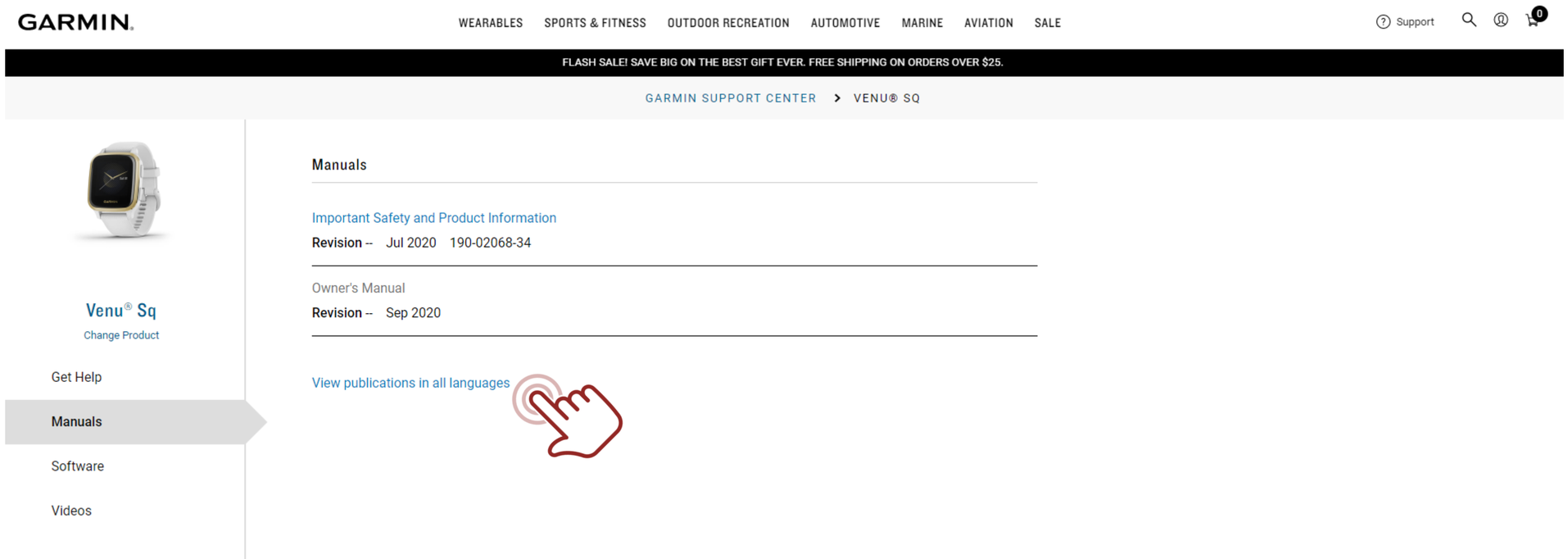
Garmin Product Support

Garmin Venu Sq user manual

Please follow the next steps…

1. Open the link: https://support.garmin.com/en-US/?identifier=010-02426-00&tab=manuals

2. Please click on “View publications in all languages“



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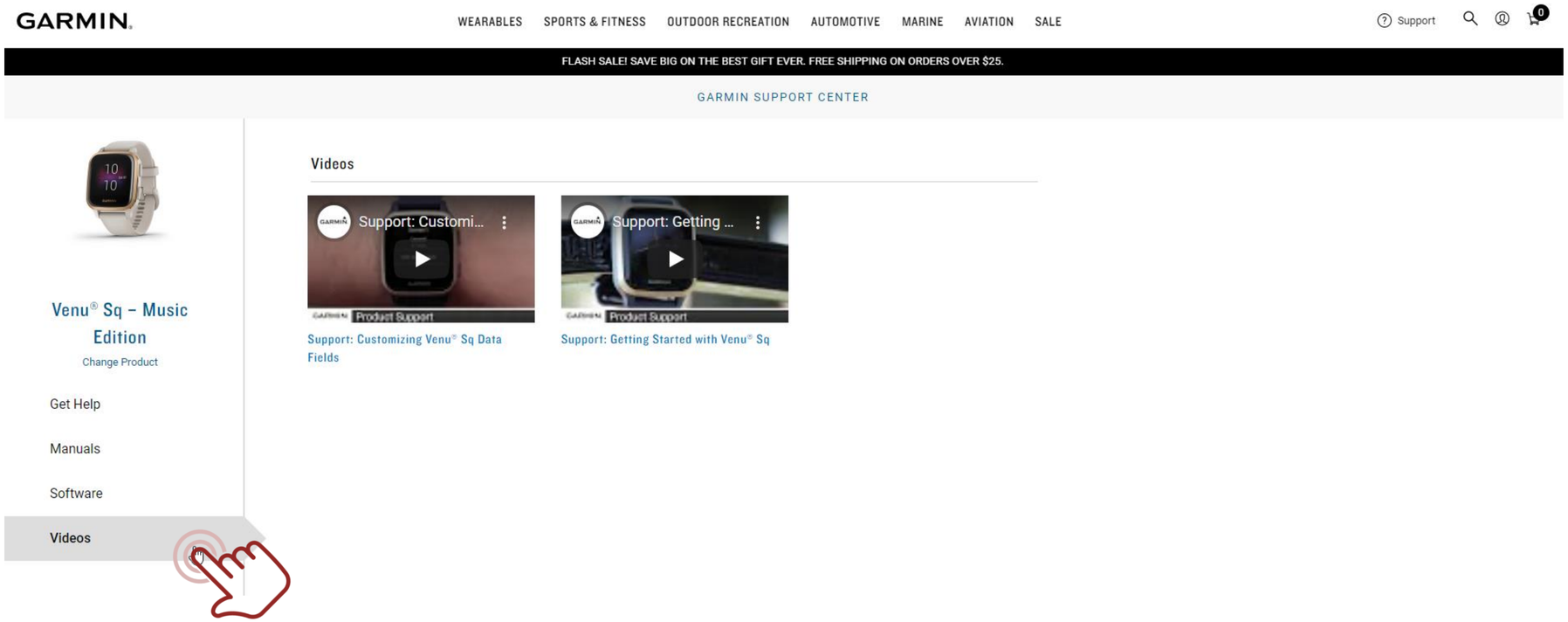
Garmin Venu Sq Getting Started Video

Please follow the next steps…

1. Open the link: https://support.garmin.com/en-US/?identifier=010-02426-00&tab=videos



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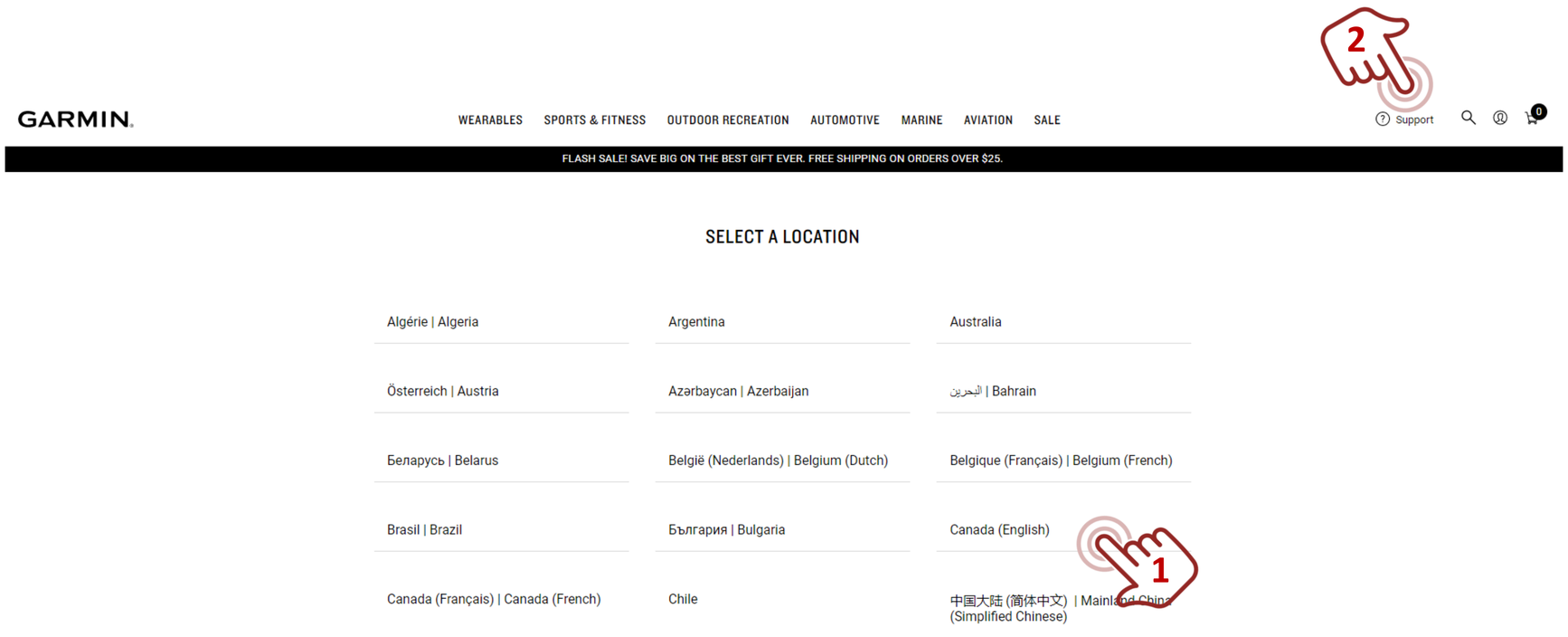
Garmin Produkt Support

Please follow the next steps…

1. Select your location: https://www.garmin.com/en-US/select-a-location/

2. Please click on “Support Menu” (upper right) and follow the next steps



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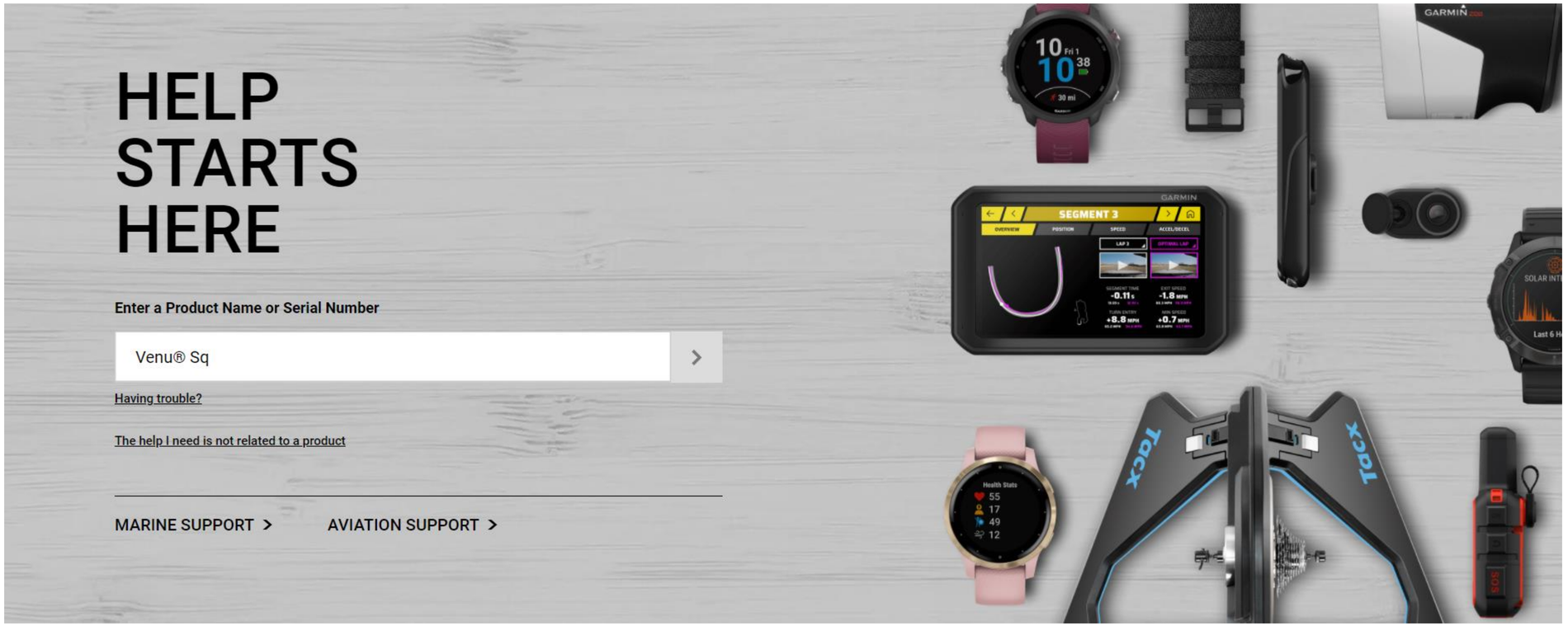
Garmin Support Center



[Garmin Support Center]

24/7 Help

Contact information for end customers phone, email, & chat

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End