

GPS Running Smartwatch with Music and Contactless Payments

- Easily download up to 500 songs to your watch, and connect with Bluetooth® headphones (sold separately) for phone-free listening
- Syncs music from select streaming services for offline listening¹
- Garmin Pay™ contactless payment solution² lets you make convenient payments with your watch, so you can leave your cash and cards at home
- Provides advanced running dynamics³, including ground contact time balance, stride length, vertical ratio and more
- Uses wrist-based heart rate⁴ to offer performance monitoring features, including evaluating your current training status
- Battery life⁵: up to 7 days in smartwatch mode; 5 hours in GPS mode with music

Running is more than just exercise — it's a performance. And Forerunner 645 Music has the tools to help you put on an outstanding show every time you lace up your shoes. It features on-device music storage — so you can run with your favorite tunes — and contactless payments that let you buy what you need without missing a beat. With all those features plus advanced running dynamics and performance monitoring tools, this GPS running watch is the instrument you need to refine the performance.

Music

With up to 500 songs worth of music storage built right into your watch, we're putting the “beat” in your daily mission to beat yesterday. It's easy to transfer music from your computer and then queue up your favorite playlist for easy listening through [Bluetooth headphones](#). You can even sync your carefully crafted playlists from select music streaming services¹ to your watch for more ad-free listening. Now you really can leave your phone behind when you head out for a run, because the music that helps keep you moving is right there on your wrist.



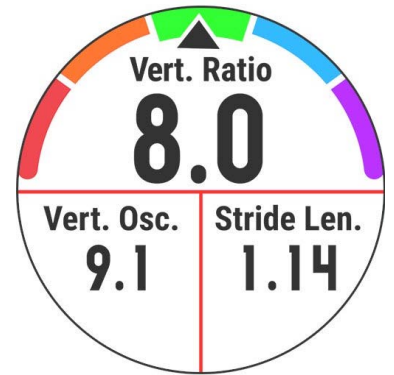
Paying Made Easy

Always on the run? Feel free to leave your phone and wallet behind. Forerunner 645 Music features [Garmin Pay](#) contactless payment solution,² which lets you pay for purchases with your watch. Use it just about anywhere you can tap your card to pay. A bottle of water here, a bite to eat there — just pay, and keep on moving.



Tune up Your Training

We're making it easier to get the data you need to improve your form. Let Forerunner 645 Music measure crucial running metrics³ that you can use to analyze your performance. Biomechanical measurements³, such as [cadence](#), [stride length](#), [ground contact time and balance](#), [vertical oscillation](#) and [vertical ratio](#), are the key to understanding your form so you can bring your best on race day. These metrics are available with the addition of a compatible heart rate strap or the compact [Running Dynamics Pod](#), which clips right onto your waistband. Also, take advantage of feature sets to help with cycling and even swim training. In the pool, Forerunner 645 Music will track your distance, pace, stroke count and more.



Monitor Your

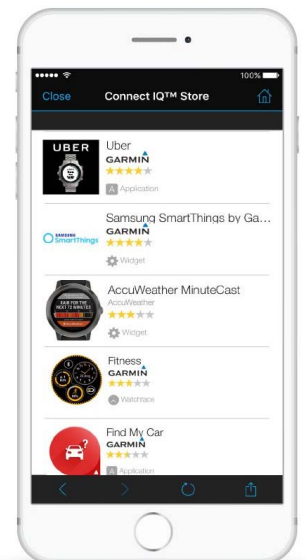
Performance

Just how effective is your current training plan? Forerunner 645 Music will help you monitor your training and recovery so you can better prepare for a race or training cycle. [Training status](#) is a performance monitoring tool that automatically evaluates your recent exercise history and performance indicators to let you know if you're training productively, peaking or overreaching. The [anaerobic training effect](#) metric opens a window of insight to a critical dimension of training, telling you how your training is improving your ability to push the limits. You can even view your overall [training load](#), which measures your exercise volume from the last 7 days and compares it to the optimal range for your fitness and recent training history.



More Ways to Customize

Check out the [Connect IQ™](#) store, where you can add personality to Forerunner 645 Music by downloading apps, widgets, watch faces and more. It's easy and — even better — it's free. New apps are added every day, so you can keep tabs on when your [Uber](#) is arriving, turn on your lights at home with the [SmartThings](#) app, and even use the [AccuWeather MinuteCast](#) app to find out when the rain will start. With the [Face It™](#) watch face app, choose any image from your photo library, make some tweaks, and set it as your watch's face.



Stay Connected on the Run

Forerunner 645 Music makes it easy to run without leaving important smart features behind. Once paired with your [compatible smartphone](#), you'll be able to receive and even respond⁷ to text messages and see social media updates, emails and more right on your wrist. Find your phone, access music controls, and let friends LiveTrack your runs.

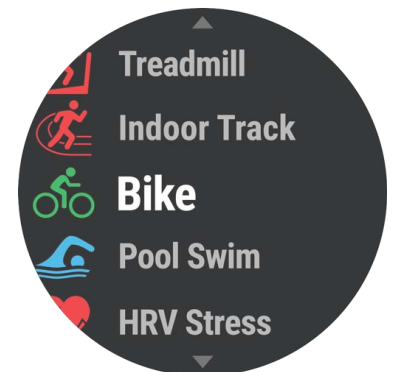
Share and Compete

Syncing your activities to Garmin Connect is for more than just storing your data. Garmin Connect™ is a thriving online community where people on the go can connect and compete by joining challenges, encourage each other's successes and even share their triumphs via social media. Garmin Connect is free and available on the web or on your smartphone with the [Garmin Connect™ Mobile](#) app.



Train Your Way

Your routine is anything but routine. Forerunner 645 Music lets you change things up with ease, thanks to built-in activity profiles for running (indoor/outdoor), cycling (indoor/outdoor), swimming (pool), elliptical, paddle sports, strength training and many more. Create your own custom workouts, and download for free from our Garmin Connect online fitness community. Then review your past efforts on the app, or share them with family and friends for added motivation.



Love the Look

Designed for runners, Forerunner 645 Music features a reliable five-button interface that lets you mark laps with a quick press. Feel free to take this watch outside in all kinds of weather. Not only is it [safe for swimming and showering](#), its Garmin Chroma Display™ is easy to read — even in direct sunlight — and housed under chemically strengthened glass. When you want to change it up, swapping bands is fast and doesn't require tools. And with up to 7 days of battery life in smartwatch mode and 5 hours in GPS mode with music playback, Forerunner 645 Music is the running partner that can keep up with you.

Choose From Millions of Tracks

You'll never get bored with your running playlist when you can change it up anytime. Forerunner 645 Music is compatible with some of your favorite streaming services — and more are being added all the time. If you have a premium membership to these compatible services, then every track in their massive library is yours to download for offline listening on your watch. [Learn more](#) about the streaming services that are currently available. And check back soon to see who we're adding next to the list.

Try These Top-notch Headphones

When you're taking your tunes on the run, make sure you have the right headphones for the job. Forerunner 645 Music pairs effortlessly with a wide variety of Bluetooth wireless technology-enabled headphones, and we've identified some great options for you, including buds that stay firmly in place during your most intense runs and have marathon-ready battery life. [Learn more](#) about the headphones that will be the perfect match for your new watch.

Track Your Cycle

Get a better understanding of your body using the [Garmin Connect menstrual cycle tracking feature](#). Use it to track cycle details, log physical and emotional symptoms and record personal notes for regular, irregular and menopause transition cycle types. You'll get education about training and nutrition during each phase of your current cycle, too. With the [Connect IQ app](#)⁸, you'll get cycle updates — such as period reminders, cycle details and symptoms logged for the day — delivered to your wrist.

Safety and Tracking Features

Forerunner 645 Music provides safety and tracking features to help provide a little extra peace of mind for you and your loved ones. If anything should happen — and your watch is paired with your compatible smartphone⁹ — hold the light button down until you feel the watch vibrate 3 times. This activates the assistance feature, which discreetly sends a message with your real-time location to your preloaded emergency contacts. That way, help has an easier time finding you. This watch also has incident detection, which automatically sends a message with your real-time location to preloaded emergency contacts if an incident is detected during an outdoor walk, run or bike activity.



¹May require premium subscription with a third-party music provider

²[View current supported country, payment network and issuing bank information](#)

³When used with Running Dynamics Pod or HRM-Run™ or HRM-Tri™ monitor (sold separately)

⁴[Activity tracking accuracy](#)

⁵Battery life may vary depending on selected performance mode and usage

⁶When paired with a [compatible smartphone](#)


⁷Responding capability available for Android™ customers only

⁸Compatible devices: Forerunner 945, Forerunner 645, Forerunner 645 Music, Forerunner 245, Forerunner 245 Music, vívoactive® 3, vívoactive 3 Music and fēnix 5 Plus Series. Compatible devices coming soon: fēnix® 5 Series, fēnix Chronos and Forerunner 935








⁹When paired with a [compatible smartphone](#). See [safety and tracking features requirements and limitations](#)

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General

LENS MATERIAL	Corning® Gorilla® Glass 3
BEZEL MATERIAL	stainless steel
QUICK RELEASE BANDS	yes (20 mm, Industry standard)
STRAP MATERIAL	silicone
PHYSICAL SIZE	42.5 x 42.5 x 13.5 mm Fits wrists with a circumference of 127-204 mm
COLOR DISPLAY	
DISPLAY SIZE	1.2" (30.4 mm) diameter
DISPLAY RESOLUTION	240 x 240 pixels
DISPLAY TYPE	sunlight-visible, transfective memory-in-pixel (MIP)
WEIGHT	42.2 g
BATTERY LIFE	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
MEMORY/HISTORY	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	✓

Daily Smart Features

CONNECT IQ™ (DOWNLOADABLE WATCH FACES, DATA FIELDS, WIDGETS AND APPS)	✓
SMART NOTIFICATIONS	✓
TEXT RESPONSE/REJECT PHONE CALL WITH TEXT (ANDROID™ ONLY)	✓
CONNECTIVITY	Bluetooth®, ANT+®, Wi-Fi®
CALENDAR	✓
WEATHER	✓
CONTROLS SMARTPHONE MUSIC	✓
PLAYS AND CONTROLS WATCH MUSIC	✓
MUSIC STORAGE	up to 500 songs
FIND MY PHONE	✓
FIND MY WATCH	✓
VIRB® REMOTE	✓
SMARTPHONE COMPATIBILITY	iPhone® and Android™
GARMIN PAY™	✓

Outdoor Applications

PAIRS WITH GARMIN CONNECT™ MOBILE	✓
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Safety and Tracking Features

LIVETRACK	✓
INCIDENT DETECTION DURING SELECT ACTIVITIES	yes (Smartphone Required)

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)
ALL-DAY STRESS TRACKING	✓

Gym & Fitness Equipment

AVAILABLE GYM ACTIVITY PROFILES	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	✓
TRAINING EFFECT (ANAEROBIC)	✓
CUSTOM ALERTS	✓
AUDIO PROMPTS	✓
FINISH TIME	✓
VIRTUAL PARTNER	✓
RACE AN ACTIVITY	✓
COURSE GUIDANCE	✓
GARMIN LIVE SEGMENTS	✓
STRAVA 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	Running, Treadmill Running, Indoor Track, Trail Running
GPS-BASED DISTANCE, TIME AND PACE	
RUNNING DYNAMICS	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)
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)
STRIDE LENGTH (REAL TIME)	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	
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Outdoor Recreation Features

AVAILABLE OUTDOOR RECREATION PROFILES	Skiing, Snowboarding, XC Skiing, Stand up Paddleboarding, Rowing
BREAD CRUMB TRAIL IN REAL TIME	
BACK TO START	
TRACBACK®	
ULTRATRAC MODE	
ELEVATION PROFILE	
DISTANCE TO DESTINATION	
VERTICAL SPEED	
TOTAL ASCENT/DESCENT	
GPS COORDINATES	
POINT-TO-POINT NAVIGATION	

Cycling Features

ALERTS (TRIGGERS ALARM WHEN YOU REACH GOALS INCLUDING TIME, DISTANCE, HEART RATE OR CALORIES)	
COURSES	
AVAILABLE CYCLING PROFILES	Biking, Indoor Biking
RACE AN ACTIVITY	
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 (ANT+® and Bluetooth® Smart sensors)

Swimming Features

AVAILABLE SWIM PROFILES	Pool Swimming
POOL SWIM METRICS (LENGTHS, DISTANCE, PACE, STROKE COUNT, SWIM EFFICIENCY (SWOLF), CALORIES)	✓
STROKE TYPE DETECTION (FREESTYLE, BACKSTROKE, BREASTSTROKE, BUTTERFLY) (POOL SWIM ONLY)	✓
DRILL LOGGING (POOL SWIM ONLY)	✓
BASIC REST TIMER (UP FROM 0) (POOL SWIM ONLY)	✓
"REPEAT ON" REST TIMER (POOL SWIM ONLY)	✓
COUNTDOWN START (POOL SWIM ONLY)	✓
POOL SWIM WORKOUTS	✓

inReach® Features

WEATHER
