

Garmin launches Instinct 3 series smartwatch with multi-mode flashlight

The Instinct 3 Solar version charges using solar energy to optimize battery life.

Garmin has just launched the Instinct 3 series of ultra-durable GPS smartwatches, including two versions: Instinct 3 AMOLED with a sharp screen, and Instinct 3 Solar, which charges using solar energy to optimize battery life. The Instinct 3 series has a sturdy reinforced metal bezel, and an integrated LED flashlight on all versions.



With a reinforced metal frame, fiber-reinforced polymer exterior and scratch-resistant display, the design of the Instinct 3 series is described by the company as very durable. Garmin's new smartwatch line meets military standards MIL-STD 810, has superior shock resistance, is water-resistant up to 100m and performs well even in extreme temperature conditions.

In particular, all versions of the Instinct 3 series integrate an LED flashlight with multiple light modes, such as emergency red light mode or flashing to enhance recognition in low light conditions. Thanks to that, whether users are exploring in a deep cave, simply searching for belongings in a backpack or gathering around a campfire, they can take advantage of this feature.

Both the AMOLED and Solar versions are available in 40mm, 45mm and 50mm strap sizes. The products come in trendy colors, from neutral versions such as black, black with graphite to outstanding colors such as tropical blue and tropical blue with graphite, twilight with orange in the limited color collection Tropical Pulse.

Summary of upgrades on Instinct 3 series:

Solar Power: The large, optimized lens helps the watch absorb sunlight more effectively. Compared to the Instinct 2 Solar, the Instinct 3 Solar 50mm version has 5 times the battery life in GPS mode when charged by solar energy.

24/7 Health Tracking: The watch features step tracking, wrist heart rate, advanced sleep coaching, blood oxygen saturation sensors, heart rate variability (HRV), and more. With the women's health tracking feature, women can easily track their menstrual and pregnancy cycles, receive practical advice, and information on appropriate exercise and nutrition regimens.

1. *Start your day with the morning newsletter:* Upon waking up, users will receive a personalized overview of their sleep, daily workout schedule, HRV, and more.
2. *Connectivity:* Receive emails, texts, and notifications from compatible Apple or Android phones.
3. *Garmin Pay One-Touch Payment:* Easily pay and shop for all your daily activities, from outdoor activities to basic transactions like public transportation, convenience stores.
4. *Multi-band GPS technology with SatIQ:* Precise positioning while saving battery life.
5. *Share and connect with Garmin Share:* Easily share locations, workouts and routes with compatible Garmin watches and Edge computers

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