

# Garmin Forerunner 45S GPS Heart Rate Monitor Running Smartwatch (Renewed)

## QUICK BUYER GUIDE



Runners needing GPS tracking, heart rate, and smart notifications in a durable, lightweight design

## At a Glance Specs

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### CERTIFIED REFURBISHED

**Manufacturer-refurbished with minimal wear**



### INCLUDES ACCESSORIES

**Charging cable and manual included**



### BATTERY TYPE

**Lithium-ion for 10+ hours of use**



### GPS CAPABILITY

**Built-in GPS for outdoor tracking**



### SCREEN SIZE

**1.04-inch display for clear visibility**



### WEIGHT

**1.12 ounces for lightweight comfort**



### DIMENSIONS

**1.56 x 1.56 x 0.45 inches**



## Who It Is For

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Runners tracking outdoor routes



Fitness enthusiasts monitoring heart rate



Users needing smart notifications



Budget-conscious buyers seeking reliable GPS



## Who It Is Not For

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Those prioritizing brand-new devices



Users requiring advanced GPS features



Individuals without Bluetooth connectivity



People needing extended warranty options



## Trade Offs to Consider

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- Refurbished condition vs. new model
- Essential features vs. advanced specs
- Cost-effective price vs. premium pricing
- Standard battery life vs. longer endurance
- Included accessories vs. additional purchases
- Basic design vs. customizable options



## How It Compares

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- Refurbished cost vs. new model pricing
- Standard GPS vs. advanced navigation features
- Included accessories vs. additional purchase needs
- Basic design vs. customizable smartwatch options
- Two-year protection vs. extended warranty options
- Lightweight build vs. heavier competitors



## Choose This If...

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- ✓ Seeking reliable GPS tracking at a lower cost
- ✓ Need heart rate and fitness monitoring
- ✓ Want smart notifications without extra fees
- ✓ Prioritize durability over advanced features



## Skip This If...

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- ✗ Require a brand-new device
- ✗ Need extended warranty beyond 2 years
- ✗ Desire advanced GPS capabilities
- ✗ Looking for customizable smartwatch options



## Learn More

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[Garmin Forerunner 45S: GPS Smartwatch for Runners in 2026](#)



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