

Garmin Forerunner 55 Replacement Band 20mm Silicone for Vivoactive 3/5, Forerunner 245/645 Smartwatches

QUICK BUYER GUIDE



Owning Garmin Vivoactive 3/5 or Forerunner 245/645 smartwatches needing durable silicone bands

At a Glance Specs



MATERIAL

Silicone for flexible comfort



COMPATIBILITY

Fits Garmin Vivoactive 3/5, Forerunner 245/645



BAND WIDTH

20mm thickness for secure fit



REPLACEMENT TYPE

Universal band for easy swap



DURABILITY

Water-resistant design for daily use



FIT

Adjustable clasp for snug wear

Who It Is For

-  Users needing replacement bands for listed models
-  Those seeking durable silicone material
-  Owners of Garmin Vivoactive 3/5 smartwatches
-  Wearers requiring secure fit for workouts
-  People prioritizing water-resistant design
-  Users looking for easy band swapping

Who It Is Not For

-  Owners of non-Garmin smartwatches
-  Those needing leather or metal straps
-  Individuals avoiding water-resistant bands
-  Users requiring instant strap changes
-  People prioritizing breathability
-  Customers needing warranty coverage

Trade Offs to Consider

-  May not fit older Garmin models
-  Less breathable than leather options
-  Not suitable for heavy water exposure
-  Requires careful installation
-  Limited color availability
-  No built-in charging capability



Users Say

● POSITIVES

- ✓ Durable silicone withstands daily wear
- ✓ Secure clasp stays fastened during workouts
- ✓ Easy to replace without tools
- ✓ Comfortable for all-day use
- ✓ Water-resistant for swimming activities
- ✓ Good value for frequent band changes

● COMPLAINTS

- ⚠ Tight fit may require adjustment
- ⚠ Limited color options available
- ⚠ Not compatible with all Garmin models
- ⚠ Installation requires careful alignment
- ⚠ Less breathable than fabric alternatives
- ⚠ No warranty or return policy



How It Compares

- Universal fit vs. model-specific straps
- Silicone vs. leather or metal materials
- Easy replacement vs. complex installation
- Water-resistant vs. non-waterproof designs
- Secure clasp vs. loose-fitting straps
- Good value vs. premium-priced options



Choose This If...

- ✓ Need durable silicone for daily use
- ✓ Own Garmin Vivoactive 3/5 or Forerunner 245/645
- ✓ Want secure fit for workouts
- ✓ Prioritize water-resistant design
- ✓ Looking for easy band replacement
- ✓ Seek good value for frequent changes

✗ Skip This If...

- ✗ Require different strap material
- ✗ Own non-compatible Garmin models
- ✗ Need instant strap changes
- ✗ Prioritize breathability
- ✗ Expect warranty coverage
- ✗ Avoid water-resistant designs



Learn More



Read our Review

[2026 Garmin Band Compatibility Guide: Choosing the Right Replacement Band](#)



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