

# Garmin Venu Sq Music GPS Smartwatch 33mm

## QUICK BUYER GUIDE



Fitness enthusiasts needing GPS and music features on a smartwatch

### At a Glance Specs

 **SCREEN SIZE**  
**1.3-inch color display with always-on mode**

 **BATTERY LIFE**  
**Up to 14 days with typical use**

 **CONNECTIVITY**  
**Bluetooth for app and music sync**

 **GPS**  
**Built-in GPS for outdoor tracking**

 **DIMENSIONS**  
**1.61 x 1.46 x 0.47 inches**

 **WEIGHT**  
**0.353 ounces (10 grams)**

## Who It Is For

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-  Tracks outdoor activities with GPS
-  Plays music without a phone
-  Monitors stress and hydration levels
-  Uses preloaded sports apps for workouts

## Who It Is Not For

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-  Users needing long battery life
-  Those without a compatible smartphone
-  People prioritizing advanced health metrics

## Trade Offs to Consider

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-  Battery life shorter than competitors
-  Dependent on smartphone for full features
-  Limited third-party app support

## How It Compares

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-  Fewer advanced health metrics than Apple Watch
-  Shorter battery life than Fitbit Charge 5
-  No standalone music playback without phone



## Choose This If...

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- ✓ Need GPS for outdoor tracking
- ✓ Want music playback without a phone
- ✓ Prioritize compact, lightweight design



## Skip This If...

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- ✗ Require extended battery life
- ✗ Need advanced health analytics
- ✗ Depend on standalone music features



## Learn More

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### Read our Review

[Garmin Venu Sq Music Edition GPS Smartwatch Review 2026](#)



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