

Garmin Venu Sq Music GPS Smartwatch - Renewed with 6-Day Battery Life


QUICK BUYER GUIDE




Active individuals seeking a durable smartwatch with music playback and GPS tracking capabilities

At a Glance Specs


 **BATTERY LIFE**
Up to 6 days on a single charge

 **DISPLAY**
1.3-inch bright touchscreen with always-on mode





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

 **GPS**
Built-in for navigation and location tracking





 **MUSIC**
Preloaded Spotify/Amazon Music support

 **WATER RESISTANCE**
IP68 rating for swimming and rain





Who It Is For

-  Fitness enthusiasts needing GPS and music features
-  Outdoor adventurers requiring long battery life
-  Smartwatch users wanting Spotify/Amazon Music integration
-  Travelers needing navigation and contactless payments

Who It Is Not For

-  Those prioritizing longer battery life than 6 days
-  Users needing third-party app support beyond Garmin Connect
-  Individuals preferring a larger touchscreen display
-  People seeking a budget-friendly alternative

Trade Offs to Consider

-  Limited third-party app support
-  Battery life diminishes with frequent GPS use
-  No built-in cellular connectivity
-  Requires smartphone for music streaming

How It Compares

- Similar to Garmin Venu 2 but with music storage
- Less battery life than Venu 2+
- Competes with Apple Watch SE for fitness tracking
- No cellular connectivity compared to smartwatches with LTE

Choose This If...

- ✓ Need GPS and music playback in one device
- ✓ Value 6-day battery life for daily use
- ✓ Want Spotify/Amazon Music integration

Skip This If...

- ✗ Require longer battery life than 6 days
- ✗ Need third-party app support beyond Garmin Connect



Learn More



Read our Review

[Garmin Venu Sq Music GPS Smartwatch Review: 2026 Features, Performance, and User Suitability](#)



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