SPORTENZIA

QUICK GUIDE

USB-C CHARGING CABLE FOR GARMIN WATCHES

1 m USB-C cable with a Garmin connector to charge Fenix, Forerunner, Venu, Vivoactive, Instinct and the other watches listed below. Plugging in, compatible models, safety and troubleshooting on one page.

REF. GARMINUSBC · FENIX 5 TO 7X, FORERUNNER 45 TO 965, VENU, INSTINCT · USB-C, 1 M, 6,000 BENDS



Before plugging in

The connector plugs into the charging port on the back of the watch and only goes in one way: the triangle moulded on the connector is the guide. A protection chip cuts the charge in case of overvoltage or overcurrent. The USB-C plug goes into a charger, a computer or a power bank.

Charging

1. **Plug the USB-C end** into a wall adapter, a computer or a power bank: a standard 5 V USB source is all it needs.
2. **Wipe the contacts** on the back of the watch and on the connector with a dry cloth: no sweat, no sand, no moisture.
3. **Push the connector** onto the charging pins, triangle lined up with the port. If it resists, turn it over rather than forcing it.
4. **Check the screen** of the watch: it must show that it is charging. Stay nearby during the first charge.
5. **Unplug once fully charged** by pulling on the connector, never on the cable: the battery ages more slowly.

Compatible watches

SERIES	MODELS
Fenix	5, 5S, 5X, 5 Plus, 5S Plus, 5X Plus, 6, 6S, 6X, 7, 7S, 7X, 7 Pro, 7 Solar
Forerunner	45, 45S, 55, 158, 245, 245M, 255, 255S, 255 Music, 265, 265S, 745, 935, 945, 945 LTE, 955, 955 Solar, 965
Vivoactive, Venu	Vivoactive 4, 4S; Venu, Venu Sq, Venu 2, 2S, 2 Plus
Instinct	Instinct, Instinct 2, 2S, Tide, Tactical
Others	Epix 2, Enduro, Swim 2, Delta Tactix, Tactix 7, Vivomove Sport, 3, 3S, Style, Luxe, Approach S62

Specifications

Length	**1 m**	Plug	**USB-C**
Connector	**Garmin, pin type**	Materials	**ABS, PVC, copper**
Protection	**Overvoltage, overcurrent**	Durability	**6,000 bends**

ELECTRICAL SAFETY

- Standard 5 V USB source only: no high-voltage fast charger.
- Never charge a wet watch: dry it first, port included.
- Split jacket, exposed wires, connector getting hot: discard the cable.

IF IT DOES NOT CHARGE

- Dirty or damp contacts: clean them with a dry cloth.
- Connector not fully in or the wrong way round: take it out and try the other way.
- Weak source (USB port on a keyboard or monitor): try a wall charger.
- Watch not in the list: the port is not the same.

Need help?

sportenzia.com/pages/contact

Our team answers your questions about compatibility and use.

© 2026 Sportenzia. All rights reserved.