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The popular Garmin Fenix 3 HR Comparison Load over Vivoactive 4 changes the way you track, or more specifically, what you're tracking. Now you can track hydration, breathing, blood oxygen saturation levels, and more besides a typical fitness routine. Did we mention the on-screen workout and music storage? It's expensive, but given the upgrades, it's worth it. The \$200 on Amazon 20 pre-installed sports app Body Battery Energy Monitor Breath and Hydrate Music Storage Tracking Garmin Pay Built-in GPS Expensive 45mm has fewer color options Vivoactive 3 was a hit when it was first released in 2017. Today it still has a lot to offer in terms of tracking and smart watch features. You'll enjoy 15 sports apps, on-board GPS, Garmin Pay, heart rate monitoring, as well as activity, sleep, and stress tracking. The \$130 on Amazon 15 pre-installed sports app Built-in GPS Garmin Pay More Affordable Than Ever Music Storage is not a standard flaw on-screen workouts Vivoactive 3 was released more than two years ago and has been a popular fitness tracker ever since. Now that there is a successor available, it is important to compare the two wearables so you can decide which one is best to choose. Vivoactive 4 brings some subtle changes that are worth discussing, as well as some great changes that just might win you over. From offering two different sizes to creating music storage as a standard feature, there are plenty of positive updates here. Both editions provide you with a solid all-around fitness smartwatch that is going to meet the needs of most casual lifestyle athletes. If you've been a fan of Vivoactive 3, you'll definitely appreciate all the features that come with the new model. It's got a hefty price tag, but it might just be worth it for everything you get this time. All new additions Garmin Vivoactive 4 Source: Garmin Photo: Vivoactive 4 With previous model, the only size option was 43mm. The new Vivoactive 4 is available in 45mm and is a model called 4S, which is 40mm. The only difference between the two models is the size and performance of the battery. It is worth noting that the color options are slightly different. The 4S offers a rose gold option, while 4 is only available in slate and silver. Like its predecessor, the new model comes with always on a transflexive display. However, you will now have two buttons on the watch instead of one. The top right button is for selecting, stopping and running, while the bottom right button is in order to go back and splash. Vivoactive 4 Vivoactive 3 Dimensions 45.1 x 45.1 x 12.8 mm 43.4 x 43.4 x 11.7 mm Display 1.3, 260 x 260 pixels 1.2, 240 x 240 pixel GPS sensors, GLONASS, Galileo, Garmin Elevate wrist heart rate monitor, altimeter, compass, gyroscope, Pulse Bull, accelerometer, GPS thermometer, GLONASS, Galileo, Garmin Elevate Heart rate monitor, altimeter, compass, accelerometer, smartwatch smartwatch mode: 8 daysGPS with music: 6 hours smart watch mode: 7 days GPS: 13 hours Bluetooth connection, ANTH, ANTH, Bluetooth Smart and ANTH Waterproof 5 ATM 5 ATM Touch Screen ✓ ✓ Notifications ✓ ✓ Garmin Pay ✓ ✓ Music Storage ✓ ✗ On-screen workout ✓ ✗ Incident Detection ✓ ✗ Vivoactive 4 offers an impressive eight-day battery life in smart watch mode and six hours in GPS and music mode. 4S drops to seven days in smart watch mode and 5 hours in GPS and music mode, which is what you got with the more expensive Vivoactive 3 Music model. The standard Vivoactive 3 gives you seven days in smartwatch mode and 13 hours in GPS mode. As far as similarities go, vivoactive 3 and Vivoactive 4 both offer built-in GPS, smartphone notifications, Garmin Pay, and 5 ATMs waterproof. You'll have access to some of the same workouts as well, including strength, cardio, and elliptical workouts along with stepping stairs, floor climbing, indoor rowing, and yoga. They both come with stress tracking, sleep tracking, and heart rate monitoring. Source: Android Central Photo: Vivoactive 3 Apart from physical differences, there are quite a few tracking improvements. Vivoactive 4 now offers the Pulse Ox sensor to monitor blood oxygen saturation levels and track breathing to monitor the number of breaths per minute. The combination of these two functions promises deeper sleep data. You'll also have body Battery Energy monitoring, hydration tracking to record daily water consumption, and underwater wrist-based heart rate for swimming. Body battery is a great new feature that allows you to check your energy levels throughout the day by collecting data from heart rate variability (HRV), sleep, stress and activity. This will help you plan your workouts and relax in the most ideal times. Speaking of which, you'll have plenty of options for workouts, including sports apps with pre-loaded workouts, pre-installed workouts available to boot from Garmin Connect, the ability to create customizable workouts, and Garmin coach training plans. Source: Garmin Photo: Vivoactive 4 In addition, Vivoactive 4 has over 40 on-screen workouts for strength training, cardio, yoga and Pilates, which takes a page from the Fitbit book. You can follow along with the watch as it demonstrates the correct shape and technique for the chosen workout. It also provides you with new breathing activities that are designed to promote focus and relaxation. Last but not least, the music store is standard on both the Vivoactive 4 and 4S instead of charging more for the model with this feature. You can download your favorite playlists and songs from third-party services such as Spotify, Deezer and Amazon Music. This means that you can now enjoy music without your phone when you work. Finally! This is a highly coveted feature among fitness enthusiasts, and Garmin delivered. How to choose between Vivoactive 3 and 4 Unsurprisingly, the price of Vivoactive 3 has been significantly marked down since its successor hit the market. Market. You are satisfied with the more basic tracking and features offered by your predecessor, this is an unsurpassed deal for those who are on a tight budget. Not to mention that you still get a lot of features for this low price, including activity/sleep tracking, on-board GPS, and Garmin Pay. However, if you crave more details and don't mind spending a little more, Vivoactive 4 is a great choice with a great offer. It boasts many well-deserved improvements like two size options, standard music storage, and a long list of tracking features that will help you get an in-depth look at your overall health and fitness. If the price tag doesn't hold you back, you'll be more than happy with Garmin Vivoactive 4. Track every little thing If you liked Garmin Vivoactive 3, but left to want more, you might want to upgrade. The new Vivoactive 4 tracks every little thing to give you a complete overview of your health and fitness. Cover all the basics Don't get too concerned about tracking every little thing? Vivoactive 3 can be right in your alley. With this said, it does not have more detailed tracking and you will have to pay more for the model with music storage. We can earn commissions for purchases using our links. Learn more. In our initial review, one of our biggest complaints with Garmin vivoactive 3 was that it didn't have the support to store music. Looks like Garmin heard our request and did something about it. Garmin today introduced vivoactive 3 Music - GPS runs a clock that allows you to store up to 500 songs and listen to them during a workout. You can download your own music if you download it to your computer, or download playlists from iHeartRadio if you subscribe to this service. Support for Deezer will be added in the future, although we certainly would like to see more integrations such as Spotify or Play Music. I was not able to use iHeartRadio playlists during the testing period, but I download my own music from my computer. The process is much faster than the Fitbit method for downloading music to Ionic or Versa. With Garmin vivoactive 3 Music, you simply connect your watch to your computer, sync it with Garmin Connect, and choose the music you want to download on your watch. That's it. In addition, you will be able to drag and throw your music files into the Windows File Manager or Android Device Manager, if you use Mac. Once you have downloaded music, you can connect and listen through a pair of Bluetooth headphones. The music streaming from the clock is pretty seamless. Although, my music is cut out every once in a while when paired with a Fitbit Flyer. Aside from a slightly redesigned bezel on a new watch (and musical support, of course), vivoactive 3 and the musical version is basically the same. This means you get a fantastic running watch with built-in GPS, heart rate monitor, 5ATM waterproof rating, Garmin Pay and seven days of battery life. You can check out our full full 3 review right here to find out more. Vivoactive 3 Music is available right now for \$299.99. It comes with a 20mm black silicone strap, but you can purchase various strip accessories for an extra \$30. Interested? Head to the link below to find out more. 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