

Moxy Device Compatibility


Garmin ConnectIQ Watch Apps and Data Fields

Wahoo, Stages, and Garmin Native Support

Garmin now supports a large array of options for using your Moxy with Garmin devices. This is a detailed review of the functionality of these options to help you select which is most useful for you.

The Wahoo ELEMNT and Stages DASH are also compatible with Moxy and their functionality is also described.

The following chart shows which devices have native support for Moxy and which Garmin Connect IQ Watch Apps and Data Fields are available on each of the Garmin devices that are supported by Moxy.

		Edge 520	Edge 820	Edge 1000	Fenix 3	Fenix 3 HR	Forerunner 230	Forerunner 235	Forerunner 630	Forerunner 735XT	Forerunner 920XT	vivoactive	vivoactive HR	Wahoo ELEMNT	Stages DASH
Garmin Apps	Moxy Cycle	●	●	●	●	●	●	●	●	●	●	●	●		
	Moxy Run				●	●	●	●	●	●	●	●	●		
	M515 Cycle	●	●	●	●	●				●	●				
	M515 Run				●	●	●	●	●	●	●	●	●		
Garmin Data Fields	Moxy 1st Sensor	●	●	●	●	●	●	●	●	●	●	●	●		
	Moxy 2nd Sensor	●	●	●	●	●	●	●	●	●	●	●	●		
	Moxy 3rd Sensor	●	●	●						●					
Native Support										●				●	●

Native Support

This allows you to pair to a Moxy Sensor just like you would any other ANT+ sensor like a heart rate strap or cadence sensor. You add the Moxy Field to your watch's data screens just like any other metric. The data will get saved to the .FIT file using the standard MO2 profile format. At this point, Garmin Connect does not support the display of data stored in the MO2 profile format. However, it will pass the data through to 3rd party applications like Sport Tracks or Golden Cheetah.

The current native support only allows the use of one Moxy sensor at a time. You can have the device setup to be paired to more than one Moxy sensor, but it will only connect to one at a time.

Native support is a great option if:

- You want to see the Moxy data in numerical format on the device.

- You want to take advantage of the functionality of native activities on the device.
- You don't need to view the data in Garmin Connect.
- You are using 1 Moxy.

Garmin Connect IQ Data Fields

Data Fields have very similar functionality as Native Support. They allow you to view and save the Moxy data while still using all of the functionality of the native activities on the Garmin device.

Data Fields must be downloaded from the Garmin App Store and installed on your device. Once they are on your device, they can be added to the data display screens just like any native data field. They will be listed in the ConnectIQ category in the fields list.

Pairing Difference: There is an important difference in how the sensor is paired to the Garmin device. The Moxy Data fields do NOT use the Sensor Settings stored on the watch. Instead, the sensor number can be entered manually inside of Garmin Express or Garmin Connect Mobile.

FIT File Format: Data Fields also store the Moxy data to the FIT file on the Garmin device. ConnectIQ uses the developer data format for this rather than the standard MO2 profile format. This should be mostly transparent to the user except in the case of viewing the data inside of Garmin Connect. Garmin Connect does support viewing the Moxy data in this developer data format.

Multiple Sensors: You can run more than one Moxy Data Field to your device at one time. You can't just run the same data field twice because they would both connect to the same sensor. There are data fields in the App Store that are setup to be the 2nd, 3rd, and 4th data fields. Some devices support two data fields and once and others up to four.

The Moxy Data Fields are great for any device that does not have native support. If your device has native support, you may still want to run a Moxy Data Field instead if:

- You want to view the data in Garmin Connect
- You want to use more than one Moxy at once

You might choose native support over a data field if:

- You don't want to download the data field from the app store
- You don't want to deal with pairing the Moxy through Garmin Express or Garmin Connect Mobile.

Garmin Watch Apps

Apps allow us to add in functionality beyond just displaying the Muscle Oxygen data values and saving them to the FIT file. The drawback is that we have to program almost all of the functionality that you see in the app. Sometimes there is not enough memory available to replicate every function that is

available in the native activities and not all of the native activity functionality is supported inside of an App.

Essentially, Apps allow more Moxy specific functionality with less native Garmin functionality.

The MoxyCycle and MoxyRun apps include a lot of the native running and cycling activity functionality along with the following additional Moxy functionality.

- High and Low SmO₂ alarms
- A live graph of SmO₂ and THb

These apps will display and record data from all of the other native sensors that are available on the Garmin device. They also include an auto lap function. However, they don't have some of the more complex functions like HR zone indication or the ability to change the fields displayed on each screen.

The M515Cycle and M515Run apps have a very specific purpose. They are designed to guide the athlete through a Moxy 5-1-5 test. They allow you to set your FTP or 10k Pace and then calculate the load steps required for a 5-1-5 test. A timer guides each load and rest duration. There's an analog gauge that helps you adjust your pace or power to the target value for each step.

You should use Apps instead of Data Fields or Native support if:

- You have a very specific application like a 5-1-5 test
- You would like Moxy specific functions like SmO₂ alarms or a graphical display of the data