

The 8 Best Fitness Watches To Track Your Workouts

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The future is now

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Whether you're training for a specific race or just looking to be more active in general, a fitness watch can help you more closely monitor your activity and training. Track your heart rate, map routes, and even receive smart phone alerts on some of these devices. Here are our top fitness watch picks.

3 Running Drills for Better Technique and Speed:



Suunto

Suunto Spartan Ultra

Whether you run, climb, cycle, swim, or adventure race, this watch can do it all. It can track over 80 types of activities, is waterproof up to 300 feet, and has both GPS and a barometric altitude meter, so you can track how much you climb. It also comes with a heart rate chest monitor so you can keep an eye on calories burned and recovery time.

Material: stainless steel, polyamide, silicone

Movement: quartz

Key Features: color touch screen, route navigation, 26 hours of battery life, digital compass, barometric altitude, 100m water

\$600, [Buy It Here](#)



G-Shock

G-Shock GG1000 Master of G Mudmaster

If you're the mud running, obstacle course type, this wristwatch was made for you. It's both mud and shock resistant, so it can withstand any obstacle it comes in contact with...literally. The large face allows you not only to see the time, but also what direction you're headed and the temperature. Plus, it's 200-meters water resistant, too.

Material: urethane band, resin

Movement: quartz/solar

Key Features: mud-resistant, digital compass, 200m water resistant, 31 time zones, countdown timer, shock resistant

Starts at \$268, [Buy It Here](#)

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Image courtesy of Amazon

Fitbit Ionic

While Fitbit is known for its trackers, the company put that all-day monitoring technology into this watch. The Connected GPS feature allows you to map routes while the heart rate sensor tracks workout intensity and calorie burn. The watch also automatically knows when you start exercising and doesn't require any button pushing to begin recording. Use it on runs, rides, or while cross training, and store over 300 songs on it to keep you going, too.

Material: elastomer, stainless steel

Movement: electronic

Key Features: all day tracking, sleep tracking, multi-sport mode, GPS, built-in heart rate, on-screen workouts, smartphone alerts

\$270, [Buy It Here](#)

ADVERTISING



TomTom

TomTom Spark 3 Cardio+ Music

Love listening to music when you run or cycle, but hate having to carry your phone along with you? This watch eliminates that issue as it can store up to 500 songs directly on the device. And it comes with Bluetooth headphones that connect wirelessly. Use the watch to your heart rate and calories burned while you workout, too, thanks to the built-in heart rate monitor.

Material: quartz

Movement: digital

Key Features: activity tracking, GPS, built-in heart rate monitor, music storage, multisport mode

\$250, [Buy It Here](#)



Image courtesy of Amazon

Apple Watch Series 3

Track your workouts, heart rate, calories burned, and much, much more. And thanks to a GPS and cellular chip inclusion, you don't have to carry your bulky phone around—listen to music, make calls, or send texts right from your wrist.

Material: fluoroelastomer

Movement: electronic

Key Features: GPS, bright display, water resistance 50 meters, smartphone alerts, built-in heart rate, camera, music

\$284, [Buy It Here](#)



Image courtesy of Amazon

Polar M430

Sync this wristwatch with Polar Flow (the company's free app or online web service) to use the running program feature, which allows you to choose whether you're training for a 5K, 10K, half-marathon, or marathon. You'll get a customized training plan on your wrist, tailored to your level and goal. The watch also tracks daily activity, and can be paired with your phone to receive alerts for incoming calls, messages, events, and even social media notifications. The built-in GPS and heart rate sensor allow you to analyze your metrics closely. Plus, it tracks sleep, too.

Material: silicone

Movement: electronic

Key Features: wrist-based heart rate, all-day tracking, GPS, smart coaching, running program, sleep tracking, water resistant,

\$232, [Buy It Here](#)



Garmin

Garmin Forerunner 35

Not only can you track essential data like distance and pace with this GPS-enabled watch, but also keep an eye on your heart rate sans chest strap thanks to the built-in sensor. When you're not using the device on runs, it keeps tabs on your daily activity as well. Connect it to your phone via Bluetooth to receive alerts when you get phone calls, texts, emails, and for event notifications. Your data is also automatically uploaded to Garmin Connect, a free online fitness community where you can see your history, create challenges for yourself and others and set personal goals.

Material: silicone

Movement: electronic

Key Features: GPS, all-day tracking, built-in heart rate monitor, smart notifications, 9-day battery life

\$170, [Buy It Here](#)



Image courtesy of Amazon

Timex Ironman GPS

If you're training for a race, the interval timer on this watch will help you work on your speed. The large display makes it easy to check on your lap or split times. It provides hydration and nutrition alerts as well.

Material: resin

Movement: quartz

Key Features: touch-screen enabled, interval training timer, hydration alerts

Starts at \$90, [Buy It Here](#)