



# Xiaomi Smart Band 7

Step up your game

- 1.62" AMOLED high-resolution display
- Supports 110+ sports modes
- VO<sub>2</sub> max professional workout analysis<sup>1</sup>
- Sleep monitoring, all-day SpO<sub>2</sub> and heart rate monitoring<sup>1</sup>
- Colorful straps, 100+ custom watch faces
- 14-day battery life,<sup>2</sup> 5ATM water resistance<sup>3</sup>



## Dimensions

- Dimensions: 46.5 x 20.7 x 12.25mm
- Weight: 13.5g

## Design

- 1.62" AMOLED high-resolution display
  - Resolution: 326 PPI
- Brightness: up to 500 nits (adjustable)
- 100+ watch faces
- Strap options:<sup>5</sup>
  - 6 colors TPU straps: Black, Orange, Olive, Pink, Ivory, Blue
  - 4 exclusive edition straps: Neon green, Neon orange, Khaki green, Khaki blue
- 5ATM water resistance<sup>3</sup>

## Sensors

- PPG heart rate sensor
- 6-axis sensor: Low power-consumption 3-axis accelerometer and 3-axis gyroscope

## Connectivity and compatibility

- Mi Fitness app
- Bluetooth 5.2/BLE
- Android 6.0 and above
- iOS 10.0 and above

## Package includes

- Xiaomi Smart Band 7 x 1, TPU strap x 1,  
User guide x 1, Magnetic charging dock x 1

## 1.62" AMOLED high-resolution display: A bigger screen to get more out of every workout

Designed for health conscious fitness enthusiasts, Xiaomi Smart Band 7 brings all-new advanced workout features to an even bigger screen. The 1.62" full AMOLED high-resolution display, with 326 PPI, increases visibility by 25%,<sup>4</sup> providing more information clearly and efficiently for users on the go. Xiaomi Smart Band 7 comes with an upgraded generation of GPU, supporting stronger computing power and smooth animation. Continually improving on user experience, the all-new UI/UX design is now more unified and intuitive across 110+ sport modes, allowing more possibilities for users to feel confident in their activity tracking, transforming fitness goals into a more coherent expression of health and wellness.

## Detailed performance evaluation for professional workout analysis

Xiaomi Smart Band 7 supports VO<sub>2</sub> max professional workout analysis, measuring maximal rates of oxygen consumption during incremental exercise, calculating relative rates in milliliters of oxygen per kilogram of body mass per minute.<sup>1</sup> Xiaomi Smart Band 7 comes with 3 additional functions: Training load, Recovery duration and Training effect. With these, users can evaluate and adjust workout scheduling and intensity for maximized performance potential.

## Health and wellness monitoring: Sleep monitoring, all-day SpO<sub>2</sub> and heart rate monitoring<sup>1</sup>

Xiaomi Smart Band 7 constantly monitors and alerts users to their vital statistics throughout the day so that users are aware of their health condition at all times. All-day blood oxygen monitoring will remind users of low SpO<sub>2</sub> levels or when a safety limit has been hit, encouraging movement or rest.<sup>1</sup> Heart-rate monitoring assesses stress levels, alerting the user of extremities both high and low.<sup>1</sup> The sleep tracking function monitors sleep stages and breathing quality.

## Always-on display and customizations to fit each user's unique style

Users are encouraged to find their own style and attitude with Xiaomi Smart Band 7's 100+ original watch face that remains Always-on display, and colorful strap options for users to express their individual style. New to the strap is a breathable curved design, which leaves a gap between the strap and users' skin for a more comfortable wear. The watch has 14 days of battery life under Typical Usage mode<sup>2</sup> and is water resistant up to 5ATM,<sup>3</sup> ready for different circumstances in everyday use. Users can keep track of their health and fitness metrics via the upgraded Mi Fitness app. The new UI design more intelligently visualizes and manages user data, now with independent device pages for users to manage their devices.

<sup>1</sup> This product and its features are not intended for diagnosis, prevention, monitoring, prediction, prognosis of any disease, investigation of physiological processes or any other medical purpose.

<sup>2</sup> The data of battery life is based on Typical Usage mode, tested by Xiaomi internal labs. Actual results may vary.

<sup>3</sup> 5ATM water resistance: Avoid sauna, hot shower, and swift currents during water sports.

<sup>4</sup> The visible area of Xiaomi Smart Band 7 is approximately 25% larger compared to Xiaomi Smart Band 6. Data obtained from Xiaomi internal labs.

<sup>5</sup> Availability varies by market.