

Mi Smart Band 7

Go to the next level



1.62 inches

1.62 inch high resolution AMOLED display with always-on display mode



over 100

custom bracelet shape



All-day SpO₂ monitoring



sleep monitoring



VO₂ max professional exercise analysis



heart rate monitoring

colored straps



Support for more than 110 sports modes



5 ATM water resistant*



14-day battery life*



Design

Don't miss any detail thanks to the huge screen

1.62 inch AMOLED Display

The gorgeous large AMOLED display makes it easy for you to read and control the screen. Everything is detailed in high resolution. Thanks to the always-on display mode, you can see the date and time much more conveniently without raising your arm or using your fingers.

25%

More viewing area

*Compared to Mi Smart Bracelet 6.

326 PPI

one hundred

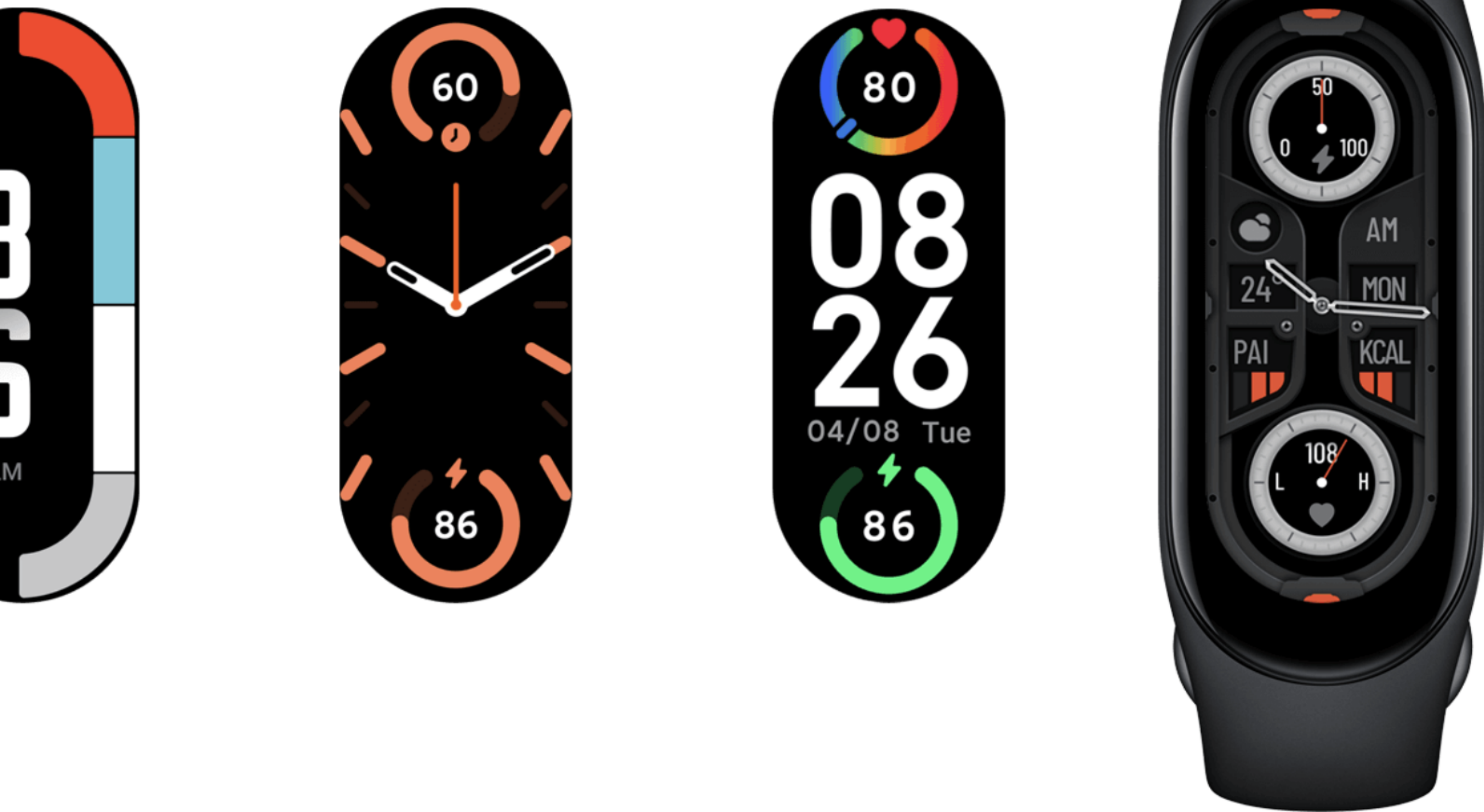
brightness adjustment

better images

Advanced UI designs

Each user interface has been redesigned and enhanced to highlight important information and numbers. In short, the interfaces are clearer and easier.





New bracelet shapes, new postures

100+ Dynamic Bracelet Shapes

With more advanced graphics processing and smoother animation effects, both custom dynamic wristband shapes and customized ones become superior. With AOD always-on mode, you always have your favorite track from your album with you.





Professional Exercise Analysis* Relieves daily exercise worries

An overall assessment of your hard work

Wondering how your workouts are getting to you? Check the "Exercise effect" to find out the ratings of your Aerobic and/or Anaerobic workouts.



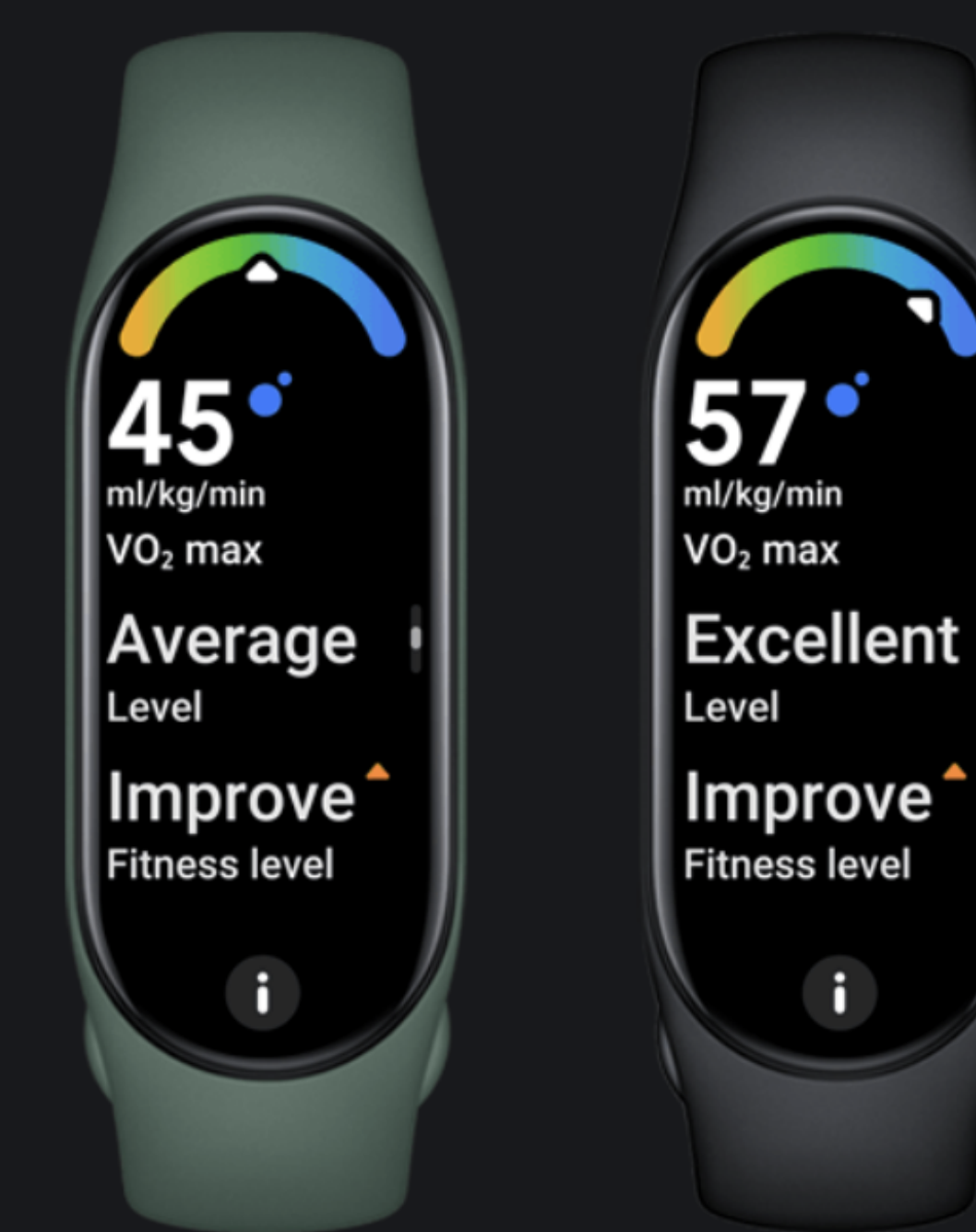
Stay informed about your exercise capacity improvements

Maximum oxygen uptake (VO₂ max) analysis

Maximal oxygen uptake is a key concept for exercise physiology and an important indicator of the aerobic capacity of the human body.

Test your exercise capacity

- 36-42 Beginning
- 43-48 Average
- 54-59 Excellent



*Different exercise capacity
**The above data and user interface are based on men aged 25-29.

Never push too hard

Exercise load analysis

Current exercise recommendations based on your Post-Exercise Excess Oxygen Consumption (EPOC) over the past 7 days.

Review your training load

- 0-150 Consider doing some more exercise!
- 150-300 Very good!
- > 300 You are overloaded!



*Different exercise load

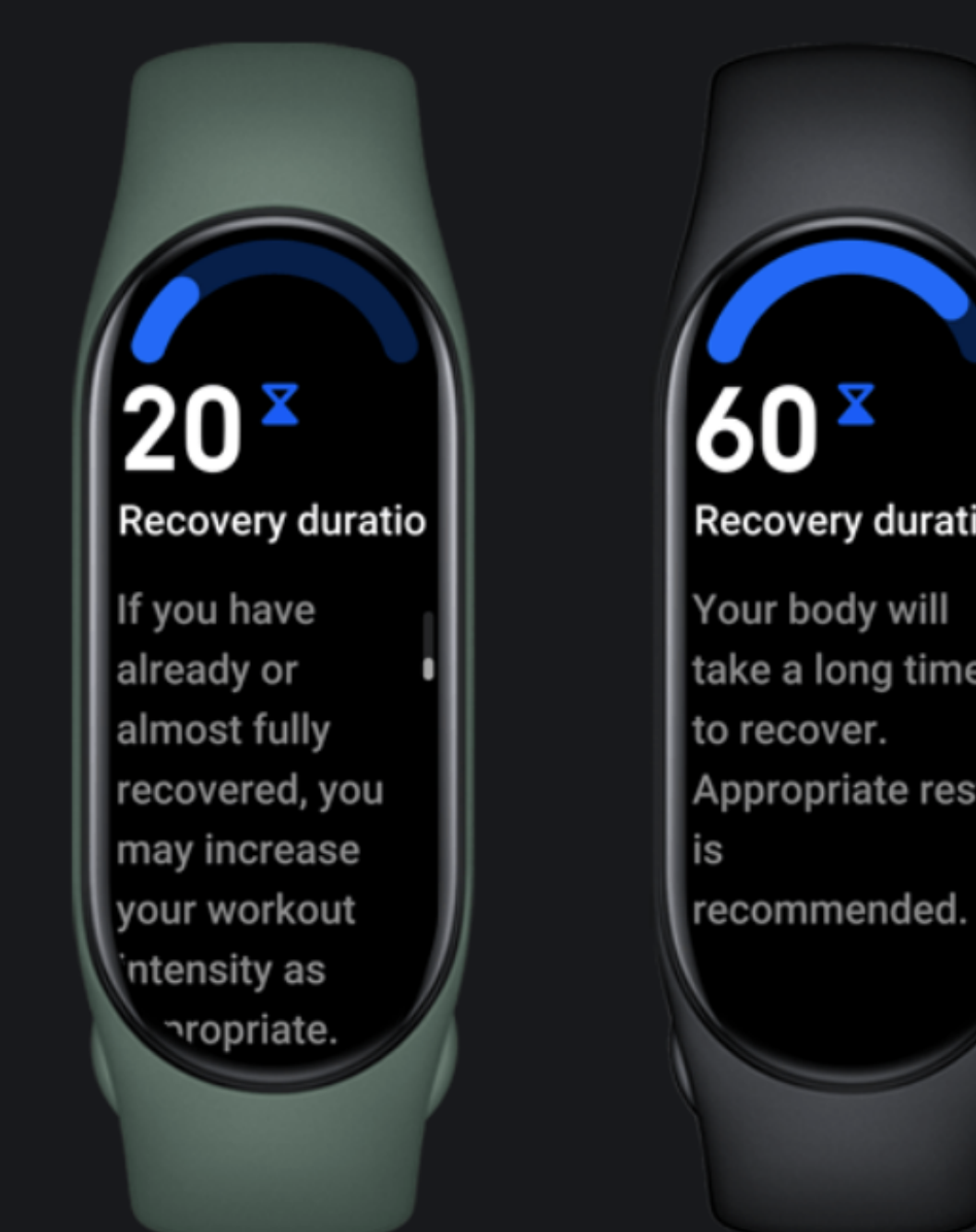
Enjoy your workout break

rest session

Recommended interval recovery time based on the intensity of the most recently completed single exercise.

Understand your rest time

- 140-160 Please take a long rest session immediately!
- 160-175 Please get enough rest before the next training session!
- 180-200 Please rest well before the next training session!



*Different rest periods

More choices, more motivation

Support for more than 110 Sports Modes

Various sports modes help you track the calories you burn, the changes in your heart rate, and the duration of your workouts.



Goes into the water with you

5 ATM water resistant*

Supports intelligent recognition of 4 common swimming styles, pool swimming and snorkeling.



Health



No place for Weak Links in Your Health

All-day SpO₂ monitoring

Blood oxygen saturation (SpO₂) reflects the level of oxygen in the blood and is an important indicator for the general health of individuals. To protect you from potential health risks, the Xiaomi Smart Bracelet 7 warns you by vibrating if your blood oxygen level is too low (<90%). *



All-day heart rate monitoring

The Xiaomi Smart Bracelet 7 monitors your heart rate in real time all day long and provides precise assessments by pouring it into easy-to-read graphs. The wristband vibrates to alert you when your heart rate is outside the safe zone.*



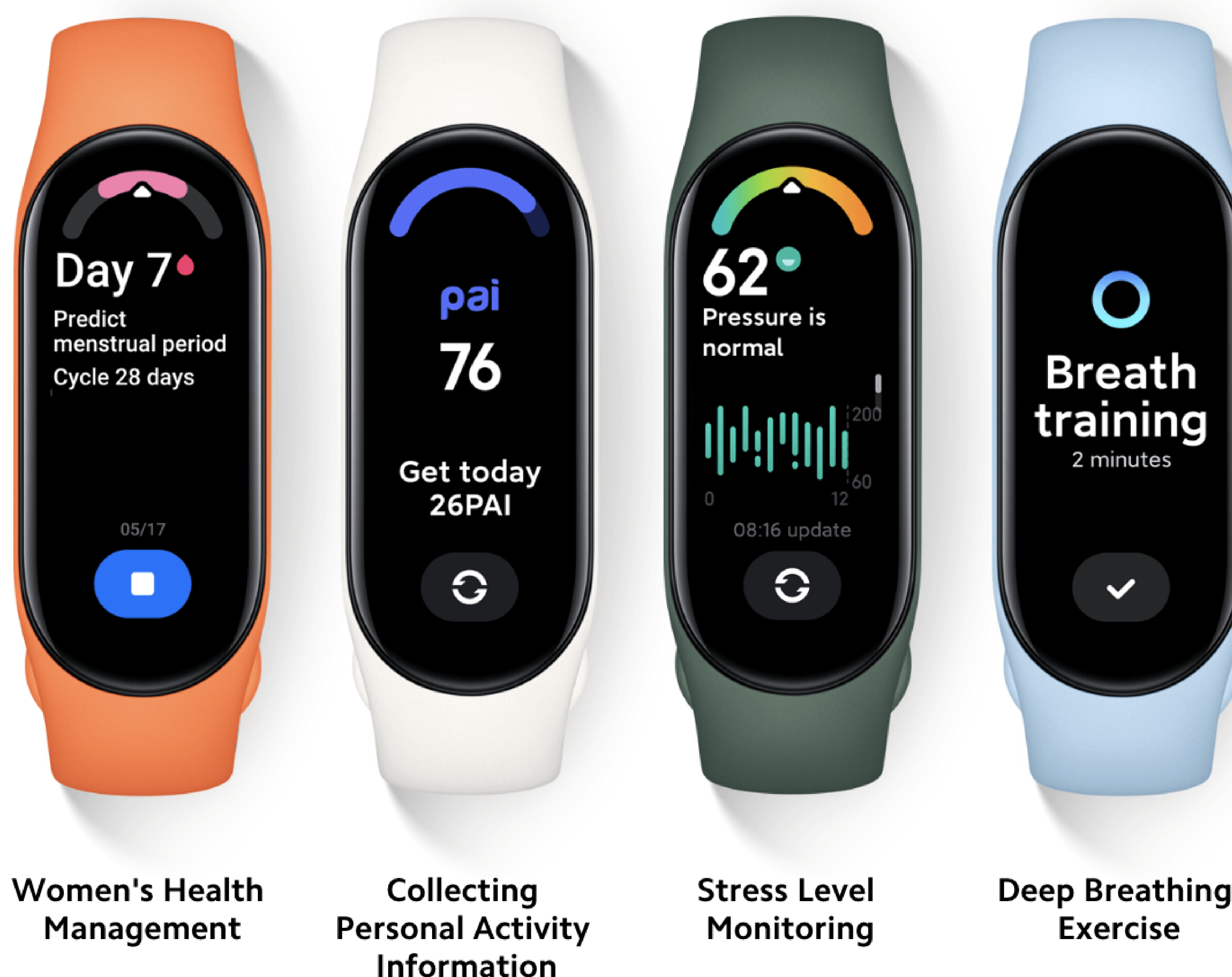
Sleep Quality Monitoring

The bracelet carefully and accurately monitors your sleep patterns. You can find detailed statistics on deep sleep, light sleep and REM* phase on your smartphone to better understand your sleep quality.



*REM: In order to use this feature, the advanced sleep monitoring option in additional settings must be enabled via Mi Fitness.

More About Your Health





Magnetic Charging Feature Longer Battery Life

14 Day

In normal use mode*

9 Day

In heavy usage mode*

Other Useful Features



Finding a Phone



Countdown
Timer



Tomato Counter



Weather
Forecast



Stand Up Alerts



Incoming Call
Notification*



Phone Unlock



Notification*



Quiet Mode



Flash Light



Do Not Disturb
Mode

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