

Positioning + KSPs – Amazfit Balance

Amazfit Balance

Balance in Every Beat

AI-empowered smartwatch designed to help you achieve the ultimate balance of work, life and wellness.

Mental & Physical Readiness Analysis
Detailed Body Composition Measurement
Sleep Guidance & Relaxation Tools by Zepp Aura AI
Dual-band GPS with Industry-leading Accuracy
Classic Design with a Large 1.5" AMOLED Display

Powered by Zepp OS 3.0



Note: Zepp Aura, Zepp Pay and Alexa are only available in select countries/regions.



Midnight

Dark grey metal casing,
Dark grey liquid silicone strap



Sunset Grey

Grey metal casing,
Multi-color nylon strap

Global Message House

Purple = Available for free trial period, then only via paid subscription.

Amazfit Body Composition Analyzer Mat is only for marketing purposes, and may be included in bundles in some regions; not sold separately.

* Feature / Service is not available in all countries/regions.

Balance Work & Life

NEW Readiness tracks your mental and physical recovery, and provides a **Score** every morning to help you understand your condition ahead of a new day. Zepp Aura subscribers will also receive **Readiness Insights*** based on expert knowledge to help them prepare for their day in the ideal way.

NEW Zepp Aura*: Rest & recover better with this AI-powered soundscape service in the Zepp App, which provides tailored sleep melodies that adjust based on biometric data picked up by the watch. The **AI Chat** feature uses LLM to recognize your natural language & answer your sleep questions.

NEW Zepp Pay*: Through partnership with Mastercard, the Amazfit Balance can be used for contactless payments (select countries in EMEA region).

The **NEW** & enhanced **Zepp OS 3.0** makes controlling your day simple:

- **Shortcut Cards** and **Morning Updates** – see your wellness data, scheduled events and more, as efficiently as possible.
- **Enriched Mini App Ecosystem** – **150+ apps** for health, fitness, daily life, and game uses, plus the **Home Connect** and **GoPro 3rd** party apps.
- **Membership Cards** – store codes on the watch to make collecting store points even more convenient.
- **Customize app menu layouts and quick access menus** for sports modes, your favorite features and more.
- **NEW** Synchronize your phone's **Do Not Disturb** mode to your watch, for total peace of mind.

Make and take **Bluetooth phone calls** via the built-in microphone and speaker to easily keep up with personal and professional contacts.

Alexa Voice Assistant* built-in for online voice commands (ask questions, set alarms and timers, check the weather and more), as well as **Offline Voice Assistant** for offline voice commands.

Make sure you're allowing time for activity, with **daily** and **weekly achievement reports** for activity data like steps, calories burned, standing times, and fat burning time.

Store up to 2.2GB of music on the watch and play via connected Bluetooth headphones or the watch's built-in speaker;

Amazfit Balance

Balance Sports & Health

The AI-powered **Zepp Coach™** provides personalized training plans & guidance that's tailored to you. The **AI Chat*** feature in the Zepp App uses LLM to recognize your natural language & answer your fitness questions.

industry-leading dual-band circularly-polarized GPS antenna picks up more signals & provides more accurate positioning even in dense cities. The watch supports **6 satellite positioning systems** for reliable global coverage.

NEW Body Composition: Measure body fat percentage, muscle mass, basal metabolism and more. **When paired with the separate Amazfit Body Composition Analyzer Mat, the measurement is even more accurate.**

Import route files from the Zepp App and precisely **navigate** in real-time.

Auto-detection of 25 strength exercises; the watch can count reps, sets and rest time & the Zepp App can show **which muscle groups were worked** after exercise is finished.

Connect to external workout devices like a heart rate belt, thanks to the powerful Bluetooth connectivity of Zepp OS 3.0.

Wide selection of **150+ sports modes**, including **triathlon** and **yoga**. The watch can also **auto-detect 8 sports** movements.

View professional data like VO₂ Max, Training Effect, Training Load, Recovery Time and Real-time Performance with **PeakBeats™**.

Sync and share data to fitness apps like **adidas Running, Strava, komoot, Relive, Google Fit** and **Apple Health**.

Self-developed **BioTracker™ 5.0 PPG** optical sensor (**NEW** 8PD+2LED) enables:

- **24-hour monitoring** of heart rate, blood-oxygen and stress.
- **One-tap measurement** of these health metrics, together with breathing rate (test 4 health metrics in 1 tap).
- Alerts for abnormal: **high or low heart rates, low SpO₂ levels, high stress**.

If high stress is detected, the watch will prompt you to perform the stress-reducing Breathing Exercise. **NEW** breathing functions including **Focus Mode**.

Monitor sleep quality, including the deep, light and REM **sleep stages & daytime naps**, plus **sleep breathing quality** during main sleep.

Balance Fashion & Function

The **classic round, metallic design** is just as stylish with formal office-wear as it is with fashionable outfits or workout gear. **The metallic operation crown** resembles traditional watches, while also enabling **easy control** of the watch,

NEW The **large 1.5" HD AMOLED display** is bigger than any previous Amazfit GTR model display. It features an enhanced **480x480 resolution** and a **73.4% screen-to-body ratio** that rivals even square watches, along with being able to reach an even **higher brightness of up to 1,500 nits**.

The display is surrounded by a bezel made of industry-leading **anti-glare glass**, which is decorated with a luxurious timescale while also reducing glare.

At only **35g** (without the strap), the watch is light and is crafted with sleek, aerodynamic angles.

Whether you choose the model with a **Liquid Silicone** strap or a **Nylon** strap, your wearing experience will be comfortable all day and night.

High personalization with **200+ watch faces & matching always-on display designs**, including a selection of 20+ **animated** watch faces and 40+ **editable** watch faces.

Ultra-long battery life of up to **14 days** with typical usage, plus:

- **Automatic GPS mode** dynamically adjusts GPS settings depending on signal strength, to conserve power in areas with strong signals.
- **Improved AOD Mode**: up to 5 days, (similar to Heavy Use scenario, but also allows the Smart Screen function).

Better compatibility with Android and iOS. While some smartwatches on the market have limited functions available for iOS users, with the Amazfit Balance, Android and iOS users can enjoy more of the watch's features.

The watch supports **Wi-Fi**, which facilitates music transfer, as well as enabling firmware updates via Wi-Fi.

5 ATM water-resistance; the watch can resist the equivalent of up to **50 meters' water pressure**, and so can resist rain, sweat, swimming, and more.

Main Features – Amazfit Balance

KSP Tier 1



ALL-ROUND WELLNESS PARTNER

- Get a **Readiness Score** every morning based on your mental and physical recovery, plus expert **Insights** (via subscription).
- Measure **Body Composition**: body fat percentage, muscle mass, basal metabolism and more.
- (US & Europe) **Zepp Aura** provides AI-powered tailored sleep soundscapes for a better rest. It features an AI Chat in the Zepp App, which uses LLM to answer your sleep questions (trial period before subscription is required).



INDUSTRY-LEADING GPS TECHNOLOGY

- The industry-leading **dual-band circularly-polarized GPS antenna** provides strong and accurate positioning, even in dense cities. **L1 & L5 satellite signals are picked up**, for enhanced signal stability.
- Six satellite positioning systems supported** for more global coverage.



SLEEK & CLASSIC DESIGN

- The **classic round, metallic design** is stylish with any outfit. At only **35g** (without the strap), the watch is **lightweight**, with aerodynamic angles.
- The **operation crown** resembles traditional watches and enables easy control of the watch.
- The large **1.5" AMOLED display** features an enhanced **480x480 resolution** and can reach a brightness of up to **1,500 nits**.
- The bezel is made of industry-leading **anti-glare glass**.
- Choose from a huge range of **200+ watch faces**.



ULTRA-LONG BATTERY LIFE

- The watch can last for up to **14 days of battery life** with typical use.
- Automatic GPS mode** adjusts GPS settings depending on signal strength, to optimize performance.
- Improved AOD mode** lasts up to 5 days, with Smart Screen enabled.



ZEPP COACH™

- The **Zepp Coach™** utilizes the power of AI to generate a personalized training plan. As you progress through the plan, Zepp Coach™ tracks your fatigue level, training status and more, and provides scientific guidance on whether you should rest or increase training.
- The **AI chat** feature in the Zepp App uses LLM to answer your sport-related questions (trial period before subscription is required).

KSP Tier 2



ZEPP OS 3.0

- Self-developed smartwatch operating system which **focuses on health and power-efficiency**.
- It offers a **seamless user experience** and a rich mini app ecosystem with **150+ apps & games**, as well as **Home Connect** and **GoPro** third-party apps.
- Take control of your day with **Morning Updates**, **Sleep Schedules**, customizable menus & app list layouts.



ZEPP PAY

- (in Europe only)**
- Through partnership with Mastercard, the Amazfit Balance can be used for **contactless payments**. Add your cards to the watch via the Zepp App and protect them with your password.



FITNESS COMPANION

- 150+ sports modes**, including Triathlon; the watch can **auto-detect 8 sports**.
- Smart recognition** of 25 Strength Training exercises.
- Import route files** from the Zepp App and **navigate** them in real-time.
- Fitness data can be shared** to Strava, adidas Running, komoot, Relive, Google Fit & Apple Health.
- Connect to external workout devices** like a heart rate belt via Bluetooth.
- Create Interval Training plans, and get **Race Achievement Predictions** for running in the Zepp App..



24/7 HEALTH MANAGEMENT

- 24-hour monitoring** of heart rate, blood-oxygen saturation and stress.
- One-tap measurement** of these health metrics together with breathing rate (**4 metrics in 1 tap**).
- Monitoring of **sleep quality & stages, and daytime naps**.
- Smart health alerts** for certain abnormal health monitoring readings.
- Relax with Breathing exercise and **Focus mode**.



SMART LIFESTYLE FUNCTIONS

- Make and receive **Bluetooth phone calls**.
- Amazon Alexa** built-in for online voice assistance, plus an **Offline Voice Assistant** function when without internet access.
- Store music** on the watch for phone-free playback.
- Store **Membership Cards** for convenient points collection while shopping.

Technical Specifications – Amazfit Balance



Design	
Colors	Midnight, Sunset Grey
Dimensions	46 x 46 x 10.6mm (excluding heart rate base) 46 x 46 x 12.7mm (including heart rate base)
Weight	35g (without strap) 52g (with liquid silicone strap) 45g (with nylon strap)
Body material	Aluminum alloy middle frame, fiber-reinforced polymer bottom shell
Buttons	2, including crown
Water-resistance Grade	5 ATM

Battery	
Battery Capacity	475 mAh (minimum value)
Charging Method	Magnetic charging
Theoretical Charging Duration	About 2 hours
Typical Usage	14 Days
Battery Saver Mode	25 Days
Heavy Usage	7 Days
AOD Mode	5 Days
Clock Mode	50 Days
Accuracy GPS Mode	26 Hours
Automatic GPS Mode	47 Hours
Power Saving GPS Mode	52 Hours

Packing List	Smartwatch, Magnetic charging cable, Instruction manual
Supported Devices	Android 7.0 and above, iOS 14.0 and above
Application	Zepp App

Display	
Material	AMOLED
Size	1.5"
Resolution	480 x 480
PPI	323
Screen-to-body Ratio	73.4%
Touchscreen	Tempered glass + AF coating + AG bezel

Sensors	
Health	BioTracker™ 5.0 PPG Biometric sensor (8PD + 2LED)
Movement	Acceleration sensor, Gyroscope, Geomagnetic sensor, Air pressure sensor, Ambient light sensor, BIA Bioelectric Impedance Sensor, Temperature sensor
Connection	Wi-Fi 2.4GHz, Bluetooth 5.0
Positioning	Circularly-polarized GPS antenna technology Dual-band positioning 6 Satellite Positioning Systems

Strap	
Colors & Materials	Liquid Silicone / Nylon, Quick Release
Width	22mm
Min. & Max. Wrist Dimensions	Liquid silicone strap: 140mm-215mm Nylon strap: 150mm-210mm

Other	
Speaker	Support
Microphone	Support
Motor	Linear motor
Operation Crown	Support

Amazfit Balance

Powered by
Zepp OS 3.0

A lifestyle, a philosophy, a companion. Unleash your potential.

At the nexus of technology, health, and life balance, lies the Amazfit Balance. Unveiling in September 2023, this remarkable device is designed to be more than a timekeeper – it's your life assistant. With a design language that borrows elements from the vibrant world of motorsport and infuses them into the time-honored elegance of traditional business watches, we have crafted an AI-driven accessory that keeps pace with your lifestyle, while always helping you steer towards optimal health and productivity.

Designed for the dynamic consumer who juggle demanding work schedules with an inherent quest for health and balance, Amazfit Balance serves as a technological companion for people who know the essence of time, the importance of health, and the joy of living. Our target consumer is distinguished – high-achieving professionals aged 25-50, primarily male, who appreciate fashion-forward design, cherish their well-being, and understand the importance of work-life equilibrium.

The unique appeal of the Amazfit Balance lies in its futuristic, yet pragmatic approach. It's not just a smartwatch; it's an intelligent advisor that knows you, understands your health, and guides you to strike a perfect harmony between your professional aspirations and personal goals.

Our cutting-edge technology gives us an edge over competitors, enabling us to provide dynamic adjustments to help users maintain peak performance in all aspects of their life. We outshine in battery life, GPS performance, and compatibility - making it a versatile partner in your quest for balance.

The Amazfit Balance is loaded with an array of features like Zepp Coach™, Zepp Aura, and Readiness service. These features are designed to keep you in sync with your health, providing you with personalized advice and guidance based on a myriad of health indicators. Our watch does not merely monitor; it understands and guides. Unleash your full potential with our Readiness Score and Guidance. Every morning, Zepp Readiness evaluates your physical and mental recovery, providing you with tailored advice on how to efficiently use your energy throughout the day. Your long-term health and fitness are not left to guesswork but are managed through real-time data and personalized guidance.

Your health is multidimensional, and so is our approach. The Body Composition feature provides insights into eight major body components, from body fat rate to bone salt mass. Understanding your body composition is crucial in managing your health effectively and reaching your fitness goals.

We go a step further with Health Advice, an AI-driven health coach that interprets data and helps users develop healthy habits. With sleep monitoring that assesses the quality of your sleep and Zepp Aura, an AI software designed to improve sleep quality, your rest is as important to us as your activity.

Sports enthusiasts, rejoice! With our Zepp Coach™ sports coach, we provide support for over 150 workout types. Our smart GPS features ensure accuracy while the automatic motion recognition and voice broadcasts take your workout to the next level.

The future of health and fitness is here, and it sits elegantly on your wrist. Step into a world of balance, health, and peak productivity with the Amazfit Balance. It's not just a watch, it's a lifestyle.



Sunset Grey

Amazfit Balance

Balance in Every Beat

Mental & Physical Readiness Analysis

Detailed Body Composition Measurement

Sleep Guidance & Relaxation Tools by Zepp Aura AI

Dual-band GPS with Industry-leading Accuracy

Classic Design with a Large 1.5" AMOLED Display



Powered by
Zepp OS 3.0

- Dual-band (L1+L5) circularly-polarized GPS antenna that's up to 99% as accurate as a handheld GPS locator - even in dense areas.
- 6 satellite systems: GPS, GLONASS, Galileo, BeiDou, QZSS, NAVIC.
- **1.5"** HD AMOLED color always-on display.
- 2.5D Tempered Glass and anti-fingerprint coating.
- 480x480 resolution, 323 PPI, enhanced **brightness can reach up to 1,500nit**.
- Anti-glare glass bezel and aluminum alloy middle frame.
- 35g (without strap), 52g (with liquid silicone strap), 45g (with nylon strap).
- Quick release strap, 22mm width.
- 2 buttons including an operation crown, 46x46x10.6mm body measurements (without heart rate base).
- 14-day battery life, 25 days with battery saver mode, **improved 5-day AOD mode**. 475mAh battery capacity.
- Automatic GPS mode up to 47 hours.
- 5 ATM Water-resistant grade (up to 50m).
- 200+ watch faces including animated, editable, and interactive watch faces.
- Built-in microphone & speaker.
- Up to 2.2GB of music storage & music playback.
- Zepp Health's proprietary **BioTracker™ 5.0 PPG sensor (8PD+2LED)**.
- Upgraded health-centered **Zepp OS 3.0**: Power-efficient, seamless user experience, **150+** mini app ecosystem, shortcut cards, storage of membership card codes, and morning updates.
- Android 7.0 / iOS 14.0 and above, Wi-Fi, Bluetooth 5.0.
- Zepp App.

- **Readiness Score and Insights** to help understanding of physical and mental recovery.
- **Zepp Aura**: AI-powered soundscape service in the Zepp App, which provides tailored sleep melodies, plus an AI Chat.
- **Measure body composition**. When paired with the **Amazfit Body Composition Analyzer Mat**, the measurement is even more accurate.
- 24h monitoring of blood-oxygen, heart rate & stress level.
- Test 4 health metrics in 1 tap (including breathing rate).
- Sleep quality monitoring with customizable sleep schedules.
- Comprehensive health reminders (high/low heart rates, low SpO₂ levels, high stress levels).
- More health features such as PAI health assessment system, heart rate recovery monitoring, menstrual cycle tracking and more...
- **New Focus Mode** to help relaxed breathing and aid mental clarity.
- **Zepp Coach™** AI-powered scientific & personalized training guidance, plus an AI Chat.
- Import of route files for real-time navigation.
- 150+ sports modes w/ **Triathlon mode**, with live sports data broadcast.
- Automatic recognition of 8 sports and 25 strength training exercises.
- Connect to external workout devices like heart rate belts.
- **Race Achievement prediction function**.
- Create Interval Training plans for personalized workouts.
- **PeakBeats™** assesses specialized data such as VO₂ Max, full recovery time, training load, and training effect.
- Sync to 3rd Party Fitness Apps like Strava, adidas Running, komoot, Relive, Apple Health (iOS users), and Google Fit (Android users).
- **Contactless payment with Zepp Pay** (select countries in EMEA only).
- Make & receive Bluetooth phone calls.
- Built-in Amazon Alexa and offline voice assistant.



Midnight