

Price: US\$35.00/ZW\$2873.19

No Customer Ratings Yet

Description

The Mi Band 4 is a lightweight fitness tracker that monitors your activities throughout the day giving you a comprehensive look at your daily activities. The 30 day battery life means you don't need to worry about disruptions in your routine. It also connect to your phone and can receive calls, show notifications and present reminders to you with your phone in your pocket.

Specifications

Sport Functions

What kind of exercise are you doing right now? You can select from 6 workout modes:

- Treadmill exercise,
- General exercise
- Outdoor running,
- Cycling,
- Walking,
- Pool swimming;

At this price point the waterproof feature is almost unheard of. Xiaomi took advantage of this and added swimming tracking which can distinguish between different strokes as well as measure number of strokes and the stroke rate giving you scores based on SWOLF (swim golf) to measure performance. The band also allows you to count steps, distance, and calories burned as you walk and do other activities.

Health monitoring

Set goals for yourself and monitor them. Mi Band 4 has sleep monitoring allows you to measure your total sleep time and differentiate between light- and deep sleep. It will record these results over time to show patterns, compare your data with other users, and provide recommendations on getting a better night's rest. Monitor your heart rate all day. The band has idle alerts: this is when it senses you have been idle for too long and it vibrates just to check everything is OK.

Other features

Yes the Xiaomi Mi Band 4 is a fitness tracker and not a smartwatch but it has the basics covered well. It has a pre-set watch face as well as a customisable watch face with general clock features like: alarm, timer and stop watch. You get notifications like: incoming calls, message notifications, calendar notifications and app notifications Of course the band has a weather forecast feature and the all important 'find my phone' feature as well as a proximity sensor. Oh by the way, there are different ways to wear the band!

Weight 22.1g **Water Resistance Rating** 5 ATM **Display Type** AMOLED **Screen Size** 0.95"
Resolution 120 x 240 RGB **Colour Depth** 24bit **Screen Brightness** Up to 400 nits (max

brightness), brightness adjustable **Touchscreen type** On-cell capacitive touchscreen **Screen protection** 2.5D tempered glass with anti-fingerprint coating **Button** Single touch button (wake up, go back) **Wrist strap type** Removable wrist strap (Mi Smart Band 4 is compatible with Mi Band 3 straps) **Wristband width** 18mm **Wrist strap material** Thermoplastic polyurethane **Adjustable wrist strap length** 155-216mm **RAM** 512KB **ROM** 16MB **Sensors** 3-axis accelerometer + 3-axis gyroscope; PPG heart rate sensor; Capacitive proximity sensor **Wireless connectivity** BT5.0 BLE **Battery** LiPo, 135mAh **Charging Type** 2Pin Pogo Pin **Charging time** ? 2 hours **Standby time** Up to 20 days **Motor Type** Rotor **Body material** Polycarbonate **App** Mi Fit **System requirements** Android 4.4, iOS 9.0 or above

Techzim Reviews

Xiaomi Mi Band 4 Fitness Tracker

Should you buy it?

If you are a fitness buff, yes go ahead and buy it. If you have weight and health/fitness goals and you just don't know how to motivate yourself, this could be exactly what you need. The rest of us looking to be cool, we should pay a lil extra and get a smartwatch.

