

amazfit

Amazfit T-Rex 3

Ready-for-Anything
Adventure Watch

Combining rugged durability with versatile functionality, the Amazfit T-Rex 3 is designed for everyday fitness enthusiasts and passionate adventure seekers looking to unleash their potential.



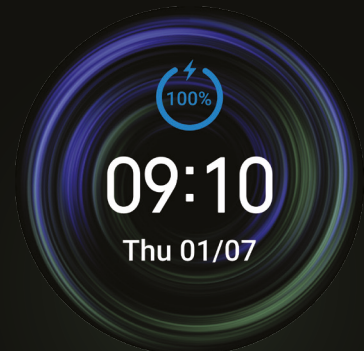
Large and Bright Display

The 1.5" AMOLED display can reach a peak brightness of 2,000 nits, so your maps and workout data will be clear in any environment. Turn on Night Display and your data will be illuminated in bright red, green, or orange.



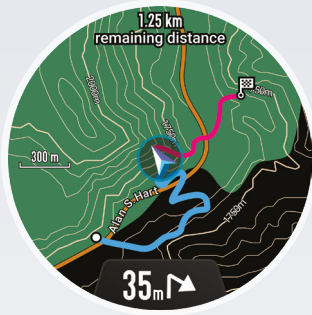
Ready for Anything

Built to endure extreme heat, cold, humidity, shock and more, the Amazfit T-Rex 3's military-grade frame and stainless steel bezel are ready for any challenge you set your sights on.



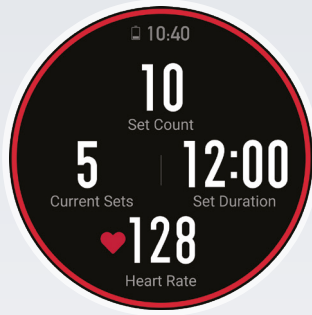
Up to 27 Days of Battery Life

Adventure for longer with battery life that can last over three weeks* with typical usage, or for more than 180 hours of continuous outdoor GPS activity.



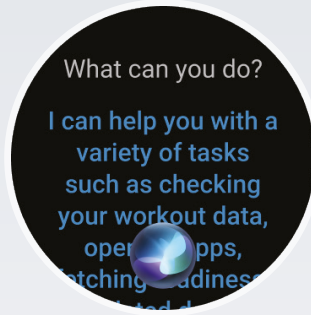
Dual-Band GPS & Free Maps

Download free offline maps, contour maps, ski resort maps and route files, and get turn directions that can be read aloud via connected Bluetooth headphones².



Over 170 Sport Modes

Choose from over 170 built-in workout modes including freediving, skydiving, surfing, and an intelligent rep and set tracking strength training mode.



Fully-Integrated AI

Zepp Flow™ gives you full control of your watch with just your voice. Send speech-to-text message replies³, set reminders, and much more.



Enhanced Privacy

Take control of your privacy and choose whether to enable or disable GPS location data sharing.

- Notes
1. Battery life data is not final, estimates are based on tests conducted in lab conditions; actual use may vary.
 2. Voiced directions will be available via software update.
 3. Requires connection to an Android smartphone with Android 7 or above

TECHNICAL SPECIFICATIONS

Design	Colors Dimensions (without heart rate base) Weight (without strap) Body Material Buttons Water-resistance Grade	Onyx 48.5x48.5x13.75mm 68.3g Stainless steel bezel, Polymer middle frame 4 10 ATM
Display	Material Size Resolution PPI Touchscreen	AMOLED 1.5" 480x480 326 Gorilla Glass
Battery	Battery Capacity	700 mAh (rated value)
Sensors	Health Movement	BioTracker™ PPG biometric sensor (supports blood-oxygen) Acceleration sensor, Gyroscope sensor, Geomagnetic sensor, Barometric altimeter, Ambient light sensor, Temperature sensor
Other	Mic Motor	Support Linear motor
Strap	Materials Width Min. & Max. Wrist Dimensions Buckle	Liquid silicone 22mm 145mm-210mm Classic pin buckle
Packing List	Smartwatch (including standard strap), magnetic charging head, instruction manual	
Supported Devices	Android 7.0 and above, IOS 14.0 and above	
Application	Zepp App	

FAQ

How does T-Rex 3 differentiate itself from other outdoor watch competitors?

T-Rex 3 is built for those who live an active lifestyle in search of everyday adventures. When compared with other outdoor watches, the T-Rex 3 offers a number of advantages, including long-lasting battery life, an enlarged display for easy visibility in any environment, affordable price point, over 170 sport modes (including outdoor workout modes that support contour maps with turn directions), and AI integration via Zepp Flow and Zepp Coach - the latter of which is geared toward athletes who want to step up their training with personalized training plans and guidance.

How does T-Rex 3 compare to its predecessor T-Rex 2?

T-Rex 3 offers a number of product design and software upgrades. Hardware upgrades include a display that's 10% larger and 100% brighter, along with a screen that's now made of Gorilla Glass. The T-Rex 3 is also certified for freediving to a depth of up to 45m. In terms of software, T-Rex 3 adds offline maps and contour maps with turn directions and ski resort maps, as well as AI integration via Zepp Flow. The battery is also currently undergoing tests that point to a typical usage of over three weeks - though final testing is still to be held. The T-Rex 3 is also introducing new privacy measures that enable users to choose how their GPS data is treated.

Can I use T-Rex 3 even if I'm not an extreme adventurer?

T-Rex 3 is built for those who live an active lifestyle in search of every day adventures. This can come in any form such as a simple walk, run, strength training session or cycling. It's also great for outdoor activities such as hiking, snowboarding, surfing, and other adventures.

Does T-Rex 3 pair with Helio Ring?

Yes, T-Rex 3 is the perfect complement to the Helio Ring. T-Rex 3 is your companion for everyday adventures and intense workouts, with an extensive range of sports modes and in-depth training support. The Amazfit Helio Ring serves as a lightweight, silent partner that is ideal to track recovery and sleep. When paired, T-Rex 3 and Helio Ring data will appear in the Zepp App, creating a unique ecosystem that consolidates data collected from both devices for unmatched convenience and actionable insights.