



HYROX
OFFICIAL
WORKOUT MODES



Amazfit T-Rex 3
3.81 cm (1.5")
AMOLED 48.5
mm Digital 480
x 480 pixels
Touchscreen
Black Wi-Fi GPS
(satellite)

Model: W2323GL1N

Manufacturer: AMAZON

EAN: 6970100374889

Product Code: 1418772

R6,688

Amazfit T-Rex 3

Ready-for-Anything Adventure Watch

Large & Bright AMOLED Display

Read your maps and workout data easily, even under bright sunlight.

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.

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27 Days of Battery Life

Adventure for longer, with up to 180 hours of continuous outdoor GPS activity.

Advanced Maps and Navigation

Understand every step with free offline maps, turn directions, and precise navigation.

Conquer Your Workouts

Train smarter with personalized AI coaching, and customizable strength training routines.

Take Charge with AI

Fully control your watch with your voice, and send speech-to-text message replies.

Enhanced Privacy

Choose whether your GPS data is stored or not, and enable or disable GPS permissions.

Ready for Anything

With its super large, bright display and military-grade¹ body, the Amazfit T-Rex 3 is ready for any challenge you set your sights on.

1.5" AMOLED Display

2,000 nits Peak Brightness

Big, Bright, and Easy to Read

Able to reach 2,000 nits peak brightness², the AMOLED display makes every turn on your map and every detail of your workouts clear at a glance.

Turn on night display and your data will be illuminated in bright red, green, or orange, making it easier on your eyes to read in dark environments.

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With the new Glove Mode, your display will stay responsive to touch when you're wearing gloves up to 2mm thick.

Crafted for Adventure

Battle 70°C heat, brave extreme -30°C cold³, or plunge into 100 meter-deep waters⁴.

Built to endure harsh heat, cold, humidity, shock and more, even the elements won't be able to stop you tackling your next adventure.

Over 3 Weeks of Battery Life

Whether you're planning to go camping in the wilderness, set out on a multi-day hike, or jet off for an adventure holiday, power⁵ through treks, travels and triumphs with the Amazfit T-Rex 3.

Forge and Navigate

Your Own Path

Spend less time searching and more time moving in the right direction, with pinpoint dual-band GPS that acquires connection⁶ incredibly fast, thanks to support from six satellite systems.

Download free offline maps and route files, and get turn directions that can be read on the display or read aloud via connected Bluetooth headphones.

Understand the peaks and troughs of the land around you with topographical contour maps.

Download maps compatible with a huge range of ski resorts worldwide. Enjoy precise guidance for cable cars, color-coded slopes, and a lot more while skiing or snowboarding.

From detailed altitude data, to severe weather alerts, to environmental information, the Amazfit T-Rex 3 has everything you need to adventure with confidence.

Zepp Coach

Train smarter with AI-generated personalized training plans, including 3KM, 5KM, 10KM, half and full marathon plans for runners.

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170+ Workout Modes

From Ultramarathon and Triathlon, to Hunting and Fishing. Choose from a huge range of workout modes with professional-level data.

Freediving Certified

The watch body and standard strap are certified for freediving up to 45 meters, and the super-bright AMOLED display keeps key data easily visible underwater.

Pro Sports Data

Raise your game with real-time performance updates, running power analysis, and post-workout summaries of your VO₂ Max, recovery time, training effect, and training load.

Rep and Set Tracking

Strength Training Mode

Whatever training split you're following, create your own strength training templates¹¹ in the Zepp App, sync them to the watch, and then lift your way through your routine for the day.

Strength training mode can auto-detect 25 exercise types¹² and will intelligently count your reps, sets and rest time before syncing your performance data back to the Zepp App.

What is Zepp Flow?

Powered by OpenAI's GPT-4o technology and integrated at all levels of Zepp OS 4, Zepp Flow™ gives you full control of your watch with just your voice.

Take Control

Speak up whenever you want to adjust watch settings, check Zepp Coac progress or your readiness score, and more. No need to tap, swipe, or memorize keywords.

Speech-To-Text Replies

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View picture messages from your favorite instant messaging platforms¹⁴ and reply to them with just your voice.

Customize Your Feature

List with Mini Apps

Bolster your options for health, fitness, outdoor sports, and smart living, by choosing from hundreds of mini apps ready for download from the Zepp App.

Customize your feature list with the extra apps you want, and install or uninstall them from your watch at-will.

Zepp Pay Contactless Payment

With the integration of NFC technology, Zepp Pay allows you to bind up to eight bank cards¹⁸ at a time to your Amazfit T-Rex 3, for password-protected contactless payment directly from your wrist. Note: Zepp Pay is only compatible with supported bank cards in select countries and regions. See the Notes section for more information.

Enhanced Privacy Protection

Amazfit protects your data using best-in-class data privacy and protection partner Amazon Web Services to store and secure information, while complying with GDPR requirements. And with the Amazfit T-Rex 3, we're putting you in control of your privacy.

Choose to enable or disable GPS location data storage, backup your data, and retain downloaded mini apps if restoring the watch to factory settings

Eco-Friendly Packaging Inside and Out

We know how important the great outdoors is to everyone who picks up an Amazfit T-Rex 3. That's why we made sure to use 100% recyclable materials - free of plastic, and biodegradable¹⁹ - for the packaging.

We've even removed the charging cable from the box, which has allowed us to save 3g of metal and 4.5g of plastic per cable from being used in production processes. Plus, this means you won't have yet another connector

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Connect to the Zepp App

The Zepp App is where you can really deep dive into the health and fitness data tracked by your Amazfit T-Rex 3, and get actionable guidance to help you achieve your goals.

It's also where you can download your favorites from hundreds of watch faces and mini apps from the in-app store and install them on your watch.

The Zepp App is compatible with both iOS and Android devices - so even if you change your phone, you'll always be able to connect your Amazfit watch.

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