

Amazfit Helio Strap No Wristband activity tracker Black

Model: B2445GL3N

Manufacturer: AMAZFIT

EAN: 6972596108832

Product Code: 1747292

R3,173

Recovery Redesigned

Unlike competitors that rely on a single device, the Amazfit Ecosystem offers a fully integrated training system that seamlessly connects your smartwatch, like the Balance 2, with the Helio Strap and other devices through the Zepp App. This ensures uninterrupted data collection whether you're training, sleeping, or resting - even when your watch is off.

By eliminating data gaps and extending battery life, the system delivers accurate heart rate monitoring, fatigue assessment, and recovery analysis. With real-time insights and AI-powered recommendations, it empowers you to train smarter, recover better, and repeat every day.

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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BioCharge™ Energy Monitoring

BioCharge™ helps you understand your energy levels throughout the day. From the moment you wake up after a night of rest, your BioCharge™ score will adapt based on your daily workouts, activities, stress levels, and rest periods.

24/7 Health Monitoring

Fine tune your fitness with real time insights into heart rate variability, sleep[1], blood oxygen levels, stress, exertion, fitness level, and more, powered by Amazfit’s advanced BioTracker™ technology.

Strength Training & HYROX Modes

Stay on top of your training with detailed tracking for reps, sets, and rest periods. Train smarter with exclusive HYROX Race mode, which offer race-specific and fitness benchmark training tools.

Your Workouts, Your Way

Unlock your full training potential with 27 built-in sports modes available through the Zepp App. Each mode is tailored to capture key performance metrics and optimize your workouts.

Post-Workout Analysis

Eliminate guesswork and train with precision using advanced performance metrics including VO_2 max, training load, training effect, and recovery time. Get a clear picture of how hard you're working.

Zepp App, Powering Amazfit

Your free companion for tracking nutrition and fitness, optimizing sleep and recovery, analyzing health trends, and gaining personalized insights - all in one easy to use app.

Seamless Integration with Third-Party Platforms

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Sync your training data from the Zepp App to leading platforms[3] like Strava, TrainingPeaks, adidas Running and komoot, to consolidate your fitness data and keep your routine fluid across multiple tools.

Charge Less, Move More

Train, recover, and repeat without missing a beat. The Helio Strap can last up to 10 days from a single charge.

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