

BHR4357GL

Xiaomi Mi Watch Lite Smart Watch

Product Overview

Xiaomi Mi Watch Lite Smart Watch



Specifications

Overview:

The Xiaomi Mi Watch Lite is not just a smartwatch, it has its own unique personality. It comes with many customizations to satisfy your ever-changing style. The 1.4" TFT colour touch display supports automatic brightness adjustment. Everything you need to know is on one screen. The Mi Watch Lite comes with 11 workout modes and 5 ATM water resistance up to 50m. Whether you are indoors or outdoors, Mi Watch Lite keeps track of your movement in real-time and supports setting specific workout goals to help improve the results of your exercise.

With its GPS+GLONASS positioning and multiple smart sensors, the watch can accurately track your trajectory, speed, distance and calories burnt. It can also measure any changes in heart rate, providing a clear picture of your workout status. Equipped with a PPG sensor, the watch can accurately detect your heart rate 24 hours a day and notify you when your heart rate goes above normal levels. It can also save your resting heart rate data for 30 days to help monitor long-term heart rate changes.

Analyze your sleep quality by recording complete sleep data such as deep sleep, light sleep and sleep duration to help maintain good sleeping habits. With the Mi Watch Lite, you can perform guided breathing exercises for 1 to 5 minutes at a set rhythm to alleviate stress anytime, anywhere. The watch also records your daily heart rate, exercise, and sleeping data, making sure that you are well informed of your health condition. It comes with up to 9 days of battery life, saving you the trouble of daily charging, it can also reach 100% charge in only 2 hours.

Features:

- Stylish 1.4" colour display
- Heart rate/sleep monitoring
- 5ATM water resistance up to 50m
- Built-in GPS/GLONASS
- Up to 9 Days battery life

Specifications:

ComX Computers

Product Specification Sheet

© 2021 Respective owners and brand holders. This table has been carefully researched and generated by ComXpert International CC (<http://www.comx.co.za>), however, errors and omissions may occur. Only references to South Africa apply. All products are sourced in South Africa from the official suppliers and the warranty is that of the local supplier. E&OE. This table and our site's content may be used on condition that this notice and link remains intact and unaltered.

Specifications

Product Code	BHR4357GL
Display	1.4" TFT LCD with Touch
Resolution	320 x 320 pixels, PPI 323
Bluetooth	Bluetooth BLE 5.1
Sensors	PPG, Accelerometer, Gyro, Light Sensor, E-Compass, Barometer
Build-in GPS	GPS + Glonass
Battery capacity	230mAh
Water Resistance	5ATM
Charger	Pogo Pin Charging Dock
Side Button	One Button
Wristband width	2 cm
Adjustable length of Wrist Strap	14-21 cm
Frame colour	black
Dimmensions	4.1 x 3.5 x 1.09cm(1.19cm at HR Sensor)
Weight	35g

Product Information Online

For the latest product information, availability and purchasing details, please visit the product page:

Product page: <https://www.comx-computers.co.za/BHR4357GL-Xiaomi-Mi-Watch-Lite-Smart-Watch-Buy-p-253646.php>

Images and specifications are provided for reference and are subject to change without notice. E&OE.

Terms of Use: <https://www.comx-computers.co.za/terms-of-use.php>

Terms of Sale: <https://www.comx-computers.co.za/terms-of-sale.php>

PDF generated: 2026-10-22 16:10:24.

This PDF was generated automatically and may include content prepared or assisted by automated or AI-based systems. While reasonable care is taken to ensure accuracy, errors or omissions may occur.

For the most current and accurate product information, please refer to the product information available on our website. If any specification or other information differs from information published elsewhere, please confirm the details with us before relying on the information or making a purchasing decision.

If you identify an error or discrepancy, please report it to us so that we may investigate and correct it where necessary.