

Multi-Sport Hybrid Smartwatch



Available colors:



Steel HR Sport is a hybrid smartwatch dedicated to your workout and perfect for everyday life.

During workouts, this sleek device tracks continuous heart rate with time spent in HR zones (peak, intense, moderate, light) for over 30 activities at the press of a button with distance, elevation and pace via connected GPS. To help optimize training, Steel HR Sport also assesses your Fitness Level when running based on VO2 Max estimation. VO2 Max is a measure of your cardiovascular strength that reflects your body's ability to convert oxygen into energy during exercise. The higher your score, the more fit you are.

The watch also tracks HR throughout the day. Worn at night, Steel HR Sport provides sleep tracking with a Sleep Score, light & deep sleep plus overnight heart rate. To help you know where you stand at any time, Steel HR Sport features a stylish sub-dial to view daily steps at a glance, while also offering a dynamic digital screen that displays a wealth of data, including heart rate, distance and calories burned, plus a full range of smartphone notifications with previews. All data syncs automatically with the free Health Mate app, where you can set goals, view trends, and find extra motivation every step of the way.

And to help you keep moving, Steel HR Sport features a long-life rechargeable battery that lasts up to 25 days—all housed inside a durable water-resistant sport watch, making it perfect for transitioning from the gym to the office to a night out.

Features

Heart rate monitoring: track heart rate continuously during workouts to optimize training, and monitor daily and overnight heart rate to help improve health over time.

Multi-sport tracking: choose from over 30 activities and initiate workout mode directly from your wrist.

Connected GPS: launch a running, biking or walking session to have post-workout access to a map of your path plus distance, pace, and elevation.

Fitness Level: assesses your cardiovascular fitness while running based on V02 Max estimation.

Launch workout mode with a long press on the watch button, click through to find your activity and long press again to select. Starting workout mode will activate the connected GPS feature and Fitness Level assessment when running.

Water resistant up to 50m (5 ATM).

Sleep analysis: delivers a Sleep Score based on your light and deep sleep cycles, sleep duration & wake-ups.

Set a silent vibrating alarm and set Smart Wake-Up to wake at the optimal point in your sleep cycle.

Smart notifications: customize alerts to receive vibration plus preview of text messages, calls, events and apps right on the watch screen.

24/7 activity tracking: automatically tracks walk, run, swim, sleep, distance & calories burned.

By pressing the watch button, you can scroll through the data — date, heart rate, steps, distance, calories burned, and alarm time — on the watch's digital display.

Health Mate app: automatically synchronizes with the free app available for Android and iOS, where you can view trends, gain insights & find extra motivation with badges and programs.

Technical Facts & Design

Design: Steel HR Sport comes with a 40mm stainless steel case featuring engraved bezel, matte metallic hands with color accent, mineral glass, and a soft silicon wristband with ventilation holes designed for comfort during workouts.

Wristbands: Bicolored drilled silicon wristband, 20mm width.

HR measurement using photoplethysmography (PPG), which monitors heart rate using green LED lights to detect variation in the level of blood in the wrist.

Compatibility: available on **iOS** (iOS 8 and higher) and **Android** (6 and higher).

Connectivity: Bluetooth Low Energy. Must enable Bluetooth connection with location settings to enjoy Connected GPS functionality.

Battery life: up to 25 days in normal use
Up to 5 days in workout mode
+20 additional days in power reserve mode (time and activity tracking only).

Charging time: approximately **2 hours to 100%**
About 1 hour to 80%.

Storage & memory: Free and unlimited online data storage with the Withings account.
5 days of local storage (in the watch) of data between syncs.

Prices

Steel HR Sport 40mm, Black (20mm silicon wristband width), **199,95€ / £189.95 / €199.95**
Steel HR Sport 40mm, White (20mm silicon wristband width), **199,95€ / £189.95 / €199.95**

Additional Product Specifications

Product dimensions: 40mm model: 39.5mm diameter (1.6"), 13mm thickness (0.51"), 20mm wristband width (0.79"), 49g (watch only).

Wristbands Bicolored drilled silicon wristband fits wrists with a circumference up to 230mm/9.1" and 20mm width. Drilled silicon wristband provides durability and ventilation for comfort during sports.

Box content: Steel HR Sport Hybrid Smartwatch with a dedicated silicon wristband
Magnetic charging cable
Quick start guide (English, French, German, Italian, Spanish).