



[Manuals.plus](#) /

› [Xiaomi](#) /

› [Xiaomi Smart Band 10 Fitness Tracker User Manual](#)

Xiaomi BHR07PYGL

Xiaomi Smart Band 10 Fitness Tracker User Manual

Model: BHR07PYGL

INTRODUCTION

The Xiaomi Smart Band 10 is an advanced fitness tracker designed to help you monitor your health and fitness activities. It features a vibrant 1.72" AMOLED display, extended battery life, and a comprehensive suite of health and sports tracking capabilities.



Figure 1: Xiaomi Smart Band 10 Fitness Tracker in Black.

Key features include a large 1.72" AMOLED display with high brightness, up to 21 days of battery life, over 150 sports modes, continuous heart rate and sleep monitoring, an electronic compass, and 5ATM water resistance for swimming.

WHAT'S IN THE BOX

Upon unboxing your Xiaomi Smart Band 10, please ensure all the following items are present:

- Xiaomi Smart Band 10 device
- User manual
- Charging Cable

SETUP GUIDE

1. Initial Charging

Before first use, fully charge your Xiaomi Smart Band 10. Connect the provided charging cable to the charging contacts

on the back of the band and plug the USB end into a power adapter or computer USB port. A full charge typically takes around 1 hour.

IXiaomi Smart Hub*

Check remaining battery life, adjust volume and switch noise reduction mode.



Ring to find phone and remote camera control.



Ring to find pad, remote camera control and slides control.



*To use the Xiaomi Smart Hub, the Smart Band needs to be connected to a Xiaomi smartphone or pad supporting the latest version of Xiaomi HyperOS 2 and running the latest version of the Mi Fitness app.

*The function is initially compatible with Xiaomi Buds 5 Pro, Xiaomi Buds 5, Xiaomi Buds 4 Pro, Xiaomi OpenWear Stereo, Redmi Buds 6 Pro, Redmi Buds 6 and more. The availability of this feature on more earphone models is subject to the release schedule of corresponding smartphone OTA updates.

*To use remote camera control function of pad, Smart Band needs to be connected directly to a pad via Mi Fitness app. Other two functions can be achieved by logging in the same Xiaomi account on pad as on the smartphone connected with the smart band via Mi Fitness app.

Figure 2: Connecting the charging cable to the Smart Band 10.

2. Pairing with Your Device

1. Download the **Mi Fitness** app from your smartphone's app store (available for iOS and Android).
2. Open the Mi Fitness app and log in or create a Xiaomi account.
3. Ensure Bluetooth is enabled on your smartphone.
4. In the Mi Fitness app, navigate to "Devices" and select "Add device" or the "+" icon.
5. Select "Xiaomi Smart Band 10" from the list of nearby devices.
6. Follow the on-screen prompts in the app and on the band to complete the pairing process. A pairing request will appear on the band's screen; confirm it.

The Smart Band 10 operates with Xiaomi HyperOS 2 for seamless integration with your smartphone and the Mi Fitness

app.



Figure 3: Smart connection via Xiaomi HyperOS.

OPERATING INSTRUCTIONS

Display and Navigation

The Xiaomi Smart Band 10 features a 1.72" AMOLED display with a resolution of 212 x 520 pixels and up to 1500 nits peak brightness, ensuring clear visibility even in bright sunlight. The display has a 60Hz refresh rate for smooth interactions.

10.95mm* Compact and slim 15.95g* Lightweight and comfortable



*10.95mm thickness does not include the PPG protrusion. 15.95g refers to the device weight without the strap. Data comes from Xiaomi Internal Labs.

Figure 4: Detailed view of the 1.72" AMOLED display.

Navigate the band by swiping up, down, left, or right on the touchscreen. Tap to select options. Press the side button (if applicable, or implied by design) to return to the home screen or wake the device.

Sports Modes

The band supports over 150 sports modes, allowing you to track a wide range of activities from running and cycling to yoga and swimming. Select your desired activity from the sports menu on the band to begin tracking.

150+ sports modes



Figure 5: Visual representation of the 150+ sports modes available.

The enhanced swimming mode provides real-time underwater heart rate monitoring. The band is 5ATM water-resistant, making it suitable for swimming in pools or shallow water. For cycling, the heart rate broadcast feature can provide professional guidance (requires manual activation and compatible devices).

21-day long battery life

21 days
In typical usage
mode*

9 days
In AOD mode*

8 days
In heavy load mode*



Figure 6: Using the Smart Band 10 for swimming with real-time heart rate monitoring.

Health Monitoring

The Smart Band 10 offers comprehensive health monitoring features:

- **Heart Rate Monitoring:** Continuous heart rate tracking with alerts for excessively high or low rates.
- **Blood Oxygen Saturation (SpO2):** All-day monitoring with vibration alerts for low oxygen levels.
- **Sleep Monitoring:** Advanced sleep intelligence provides detailed sleep reports, including sleep score, bedtime routine, duration, and efficiency.
- **Stress Monitoring:** All-day stress tracking with prompts to relax during extended periods of stress.
- **Female Health Tracking:** Track and predict your menstruation cycle.

Your personal health assistant



All-day heart rate monitoring
Excessively high and low heart rate alerts



All-day blood oxygen saturation monitoring
Low blood oxygen saturation vibration alerts

*When smart monitoring of heart rate is switched on, the monitoring is performed every 1 minute automatically when active, and every 10 or 30 minutes when at rest. Alerts for high/low heart rate need to be enabled manually.
*When all-day tracking of SpO2 is switched on, the test is performed every 10 minutes when at rest. Alerts for low blood oxygen need to be enabled manually.
*All-day stress monitoring and relax reminder need to be enabled manually.
*Cycle prediction needs to be enabled manually and is predicted by the data inputted.

Figure 7: Heart rate and blood oxygen monitoring on the Smart Band 10.

Sleep trend report

Sleep score | Bedtime routine
Sleep duration | Sleep efficiency

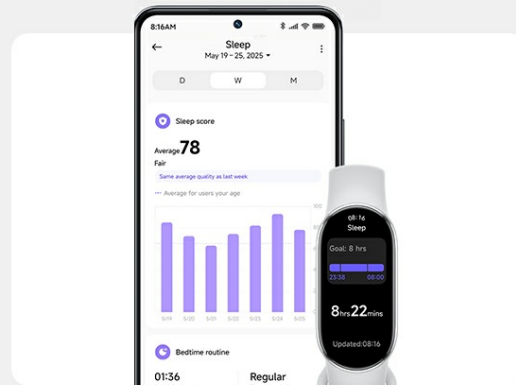


Figure 8: Sleep trend report displayed in the Mi Fitness app.

Smart Features

The Smart Band 10 offers various smart functionalities when connected to your smartphone:

- **Notifications:** Receive call, message, and app notifications directly on your band. Quick message responses are available for Android 8.0 and above.
- **Find Phone:** Locate your paired smartphone by triggering an alarm from the band.
- **Music Control:** Control music playback on your smartphone (play, pause, skip tracks).
- **Remote Camera Control:** Use the band as a remote shutter for your smartphone camera.
- **Calendar & Weather:** Sync calendar events and view real-time weather information.
- **Electronic Compass:** Utilize the built-in compass for navigation.

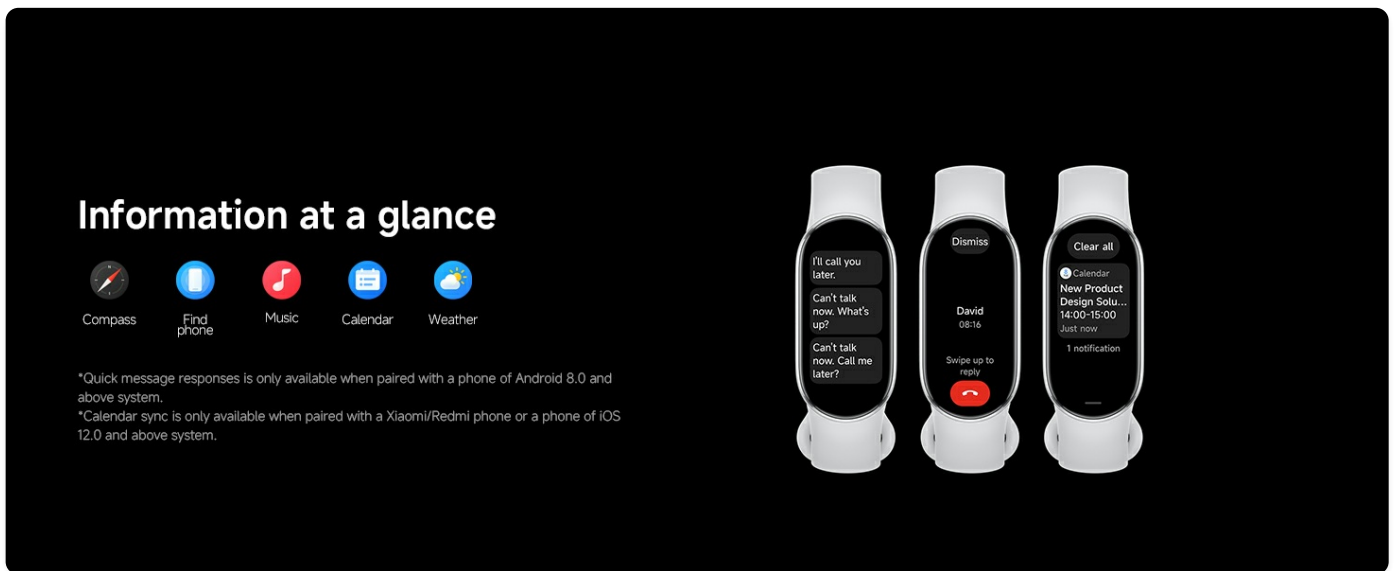


Figure 9: Notifications and quick replies on the Smart Band 10 display.

BATTERY LIFE AND CHARGING

The Xiaomi Smart Band 10 is equipped with a Lithium Polymer battery, offering an ultra-long battery life of up to 21 days in typical usage mode. In Always-On Display (AOD) mode, the battery can last up to 9 days, and under heavy load, it can last up to 8 days.

Recharging the device is fast, taking approximately 1 hour to reach full capacity using the provided magnetic charging cable.

IXiaomi Smart Hub*

Check remaining battery life, adjust volume and switch noise reduction mode.



Ring to find phone and remote camera control.



Ring to find pad, remote camera control and slides control.



*To use the Xiaomi Smart Hub, the Smart Band needs to be connected to a Xiaomi smartphone or pad supporting the latest version of Xiaomi HyperOS 2 and running the latest version of the MI Fitness app.

*The function is initially compatible with Xiaomi Buds 5 Pro, Xiaomi Buds 5, Xiaomi Buds 4 Pro, Xiaomi OpenWear Stereo, Redmi Buds 6 Pro, Redmi Buds 6 and more. The availability of this feature on more earphone models is subject to the release schedule of corresponding smartphone OTA updates.

*To use remote camera control function of pad, Smart Band needs to be connected directly to a pad via MI Fitness app. Other two functions can be achieved by logging in the same Xiaomi account on pad as on the smartphone connected with the smart band via MI Fitness app.

Figure 10: Battery life estimates for different usage scenarios.

MAINTENANCE

Cleaning Your Smart Band

To ensure optimal performance and hygiene, regularly clean your Xiaomi Smart Band 10. Wipe the display and band with a soft, damp cloth. Avoid using harsh chemicals or abrasive materials that could damage the device.

Water Resistance Precautions

The band has a 5ATM water resistance rating, meaning it can withstand pressures equivalent to a depth of 50 meters. This makes it suitable for swimming in pools or shallow water. However, it is not suitable for hot showers, hot springs, saunas, or high-speed water sports. Leather, silk, magnetic, and metal straps should not be worn in scenarios where they could come into contact with water or sweat (swimming, general exercise). We recommend wearing other types of straps in such scenarios.

TROUBLESHOOTING

- **Band not turning on:** Ensure the band is fully charged. Connect it to the charger for at least 10 minutes.
- **Cannot pair with smartphone:**
 - Ensure Bluetooth is enabled on your phone.
 - Make sure the band is within Bluetooth range of your phone.
 - Restart both your phone and the band.
 - Clear the Bluetooth cache on your phone (Android) or reset network settings (iOS).
 - Try unpairing and re-pairing the device in the Mi Fitness app.
- **Inaccurate data (heart rate, steps, sleep):**
 - Ensure the band is worn snugly but comfortably on your wrist.
 - Clean the sensors on the back of the band.
 - Update the band's firmware via the Mi Fitness app.
- **Notifications not appearing:**
 - Check notification settings in the Mi Fitness app.
 - Ensure app notifications are enabled on your phone.
 - Verify that the band is connected to your phone.

For further assistance, refer to the help section within the Mi Fitness app or visit the official Xiaomi support website.

SPECIFICATIONS

Feature	Detail
Brand	Xiaomi
Model Name	Xiaomi Smart Band 10 black
Item Model Number	BHR07PYGL
Screen Size	1.72 Inches AMOLED
Display Resolution	212 x 520 pixels
Peak Brightness	1500 nits
Refresh Rate	60Hz
Battery Life (Typical)	Up to 21 days
Battery Type	1 Lithium Polymer battery (included)
Charging Time	Approx. 1 hour
Water Resistance	5ATM
Sports Modes	150+

Feature	Detail
Special Features	Activity Tracking, Health & Sleep Tracking, Water Resistant (5 ATM), Compass
Connectivity Technology	Bluetooth
Memory Storage Capacity	256 MB
Country of Origin	China
Date First Available	26 Jun. 2025

WARRANTY AND SUPPORT

The Xiaomi Smart Band 10 comes with a 2-year warranty, covering manufacturing defects and issues arising from normal use. Please retain your proof of purchase for warranty claims.

For technical support, warranty service, or additional information, please visit the official Xiaomi support website or contact their customer service. Details can typically be found on the Xiaomi official website or within the Mi Fitness application.

© 2025 Xiaomi. All rights reserved.

This manual is for informational purposes only. Specifications are subject to change without notice.