

Samsung Galaxy Watch7 3.3 cm (1.3") AMOLED 40 mm Digital 432 x 432 pixels Touchscreen 4G Green Wi-Fi GPS (satellite)

Model: SM-L305FZGAEUE

Manufacturer: SAMSUNG

EAN: 8806095684536

Product Code: 609592

R10,164

Stand out with a floating design

Elevate your style with the Galaxy Watch7. A floating glass design and colourful stitching points add a touch of elegance to your wrist, ripples on the band show you're ready for workouts. The Watch is available in Small and Large with three colour options: Green, Silver and Cream.

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Our most powerful smartwatch processor

The new 3nm processor supercharges your daily routine. Quickly switch from checking the weather to tracking your workouts. Plus, it optimises battery life for long-lasting power, ensuring the Galaxy Watch7 keeps up with you.

Upgraded BioActive Sensor for next-level precision

Stay ahead on your wellness journey with our most advanced health sensor on Galaxy Watch. With 13 LEDs, the new BioActive Sensor tracks your heart rate, sleep patterns and more with high precision.

Dual-Frequency GPS. Your guide anywhere your fitness take you

Find your way with ease with our most accurate GPS ever on Galaxy Watch. Dual-Frequency GPS uses two satellite signal bands(L1+L5), ensuring precise and consistent tracking, even through dense city blocks.

Kickstart your day with Energy Score

Understand your body better and start your day smarter with Energy Score. Check your sleep, heart rate and daily activities with Energy Score and plan your routine each day. Didn't rest so well? Maybe skip the gym and relax at home to get back on track.

Breathe easy with sleep apnoea risk detection

Sleep soundly — and safely. As the worlds first smartwatch with FDA-authorised sleep apnoea risk detection, Galaxy Watch7 keeps an eye on your sleep quality and helps detect potential signs of sleep problems for your restful nights.

Elevate daily exercise with advanced fitness tracking

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Take your fitness game to the next level with Galaxy Watch7. Craft your perfect Workout Routine with warm-ups, cool downs and breaks in between, or compete against your past records to stay motivated. Easily track your exercise even in the water with Water Lock mode.

Sleep Coaching for restful nights

A better bedtime routine starts with sleep tracking. From a daily sleep score, to sleep heart rate, to personalized Sleep Coaching and more, understand your nightly patterns accurately and get tips that help you enhance your sleep.

Keep your heart health in check

Maintain your peace of mind with a heart monitoring package. The built-in PPG sensor on your Galaxy Watch7 monitors your heart rate and heart rhythm. If it detects irregularities, it notifies you along with a prompt to take an ECG to examine your heart rhythm in more detail.1,2,3

Harmonising your health journey

Access and manage comprehensive information about your health and overall well-being through the Samsung Health app on your Samsung Galaxy devices. Integrate detailed insights to strive toward your wellness goals.

Fall detection. Watches out for you

If you happen to stumble, let Galaxy Watch7 help you with Fall Detection. Whether you took a fall while exercising or sleeping, the watch can help detect it and ask if you need help. In case of other emergencies, press the home button five times to send SOS to emergency services.

The right band for any occasion

Strap on a band that is specially designed for your activity — from swimming, sleeping, running and more — then make it personal by choosing from our different colour options. Or simply swap bands with just a click. Customise the band and watch face to match your style.

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Suggested replies. Your AI text assistant

Send messages quickly and effortlessly. Based on the previous messages of your chat, Suggested replies makes quick suggestions in various tones to match the mood.

Get voice-to-text instant summaries

Effortlessly capture your thoughts or take meeting notes with Galaxy AI. Simply record audio on your Galaxy Watch7 and transform it into a translated summary on your Samsung Galaxy smartphone in a snap.

Take your meds at the right time

Stay on top of your health with consistent, personalised medication alerts — from timely reminders for medication, to dosage guidance, to refill reminders and more.

Reach your health goals with BIA insights

Bioelectrical Impedance Analysis (BIA) sensor can measures your body's composition — using just your fingertips. Set your targets for weight, body fat and muscle mass, and personalise programs to reach your health goals with accuracy.

Stay in sync with your cycle

Get better insights into your bodys natural rhythms with Cycle Tracking powered by Natural Cycles°. Galaxy Watch7 quietly tracks your skin temperature while you sleep to predict your next period and ovulation within Cycle Tracking.

Double Pinch comes in handy

If your hands are full and a call comes in, just double pinch to answer. A simple gesture is all it takes to take a photo, answer a call or turn off an alarm.

Check your activity stats on a big screen

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Quickly access your daily activity progress on your paired Samsung Galaxy smartphone — including your steps, hours of sleep, burned calories and more.

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