

General Info and Specifications

Sensors and Components

Fitbit Inspire 3 contains the following sensors and motors:

- Optical heart-rate tracker
- Red and infrared sensors for oxygen saturation (SpO2) monitoring
- 3-axis accelerometer, which tracks motion patterns
- Ambient light sensor
- Vibration motor

Materials

The Inspire 3 classic band is made of a flexible, durable silicone similar to that used in many sports watches. The housing and buckle on Inspire 3 are plastic.

Wireless technology

Inspire 3 contains a Bluetooth 5.0 radio transceiver.

Haptic feedback

Inspire 3 contains a vibration motor for alarms, goals, notifications, reminders, and apps.

Battery

Inspire 3 contains a rechargeable lithium-polymer battery.

Memory

Inspire 3 stores your data, including daily stats, sleep information, and exercise history, for 7 days. See your historical data in the Fitbit app.

Display

Inspire 3 has a color AMOLED display.

Band size

Small band	Fits a wrist between 5.5 - 7.1 inches (140 mm - 180 mm) in circumference
Large band	Fits a wrist between 7.1 - 8.7 inches (180 mm - 220 mm) in circumference

Environmental conditions

Operating temperature	32° to 104° F (0° to 40° C)
Storage temperature for 3 months	-4° to 104° F (-20° to 40° C)
Water resistance	Water resistant up to 50 meters
Maximum operating altitude	28,000 feet (8,534 m)