

Kuinha SR08 Black Fitness Tracker with Health Metrics and 50 Sports Modes

QUICK BUYER GUIDE



Fitness enthusiasts and active individuals seeking 50 sports modes and health tracking in a durable smart ring



At a Glance Specs



BATTERY LIFE

Up to 7 days on a single charge



MATERIALS

3.5g hypoallergenic titanium alloy



CONNECTIVITY

Bluetooth for app sync



WATER RESISTANCE

IP68 rating for splash and water



SIZE OPTIONS

9 ring sizes (6-14) available



APP COMPATIBILITY

Android 5.0+ and iOS 10.0+



SENSOR ACCURACY

±2% deviation for health metrics



WEIGHT

Lightweight for all-day wear

Who It Is For

-  Multi-sport activity tracking needed
-  Sleep quality monitoring desired
-  Water-resistant design required
-  Fitness goals with 50+ sports modes
-  Durable, lightweight ring preference
-  Non-medical health insights sought

Who It Is Not For

-  GPS functionality required
-  Medical-grade health monitoring needed
-  Android version below 5.0 or iOS below 10.0
-  Users prioritizing battery longevity over features
-  Those needing size-specific customization
-  Individuals avoiding app-based data sync

Trade Offs to Consider

-  7-day battery vs. frequent charging
-  No built-in GPS support
-  Limited app features compared to competitors
-  Size selection process may require additional steps
-  Non-medical health metrics only
-  Magnetic charging case dependency



Users Say

● POSITIVES

- ✓ Lightweight titanium construction for all-day wear
- ✓ Accurate step and calorie tracking
- ✓ Comfortable fit for daily activities
- ✓ Easy-to-use companion app integration

● COMPLAINTS

- ⚠ Battery drains faster with continuous tracking
- ⚠ Size selection process may require additional steps
- ⚠ Limited customization options for app features
- ⚠ Magnetic charging case can be finicky



How It Compares

- 50+ sports mode versatility vs. single-sport trackers
- Titanium alloy durability vs. plastic alternatives
- App integration for wellness insights vs. standalone devices
- 7-day battery life vs. daily recharge requirements
- Non-medical health metrics vs. medical-grade sensors
- Water-resistant design vs. waterproof capabilities



Choose This If...

- ✓ Multi-sport tracking and health metrics are priorities
- ✓ Durable, water-resistant design is important
- ✓ Non-medical wellness insights are sufficient
- ✓ Lightweight ring for all-day wear is desired

✗ Skip This If...

- ✗ GPS functionality is essential
- ✗ Medical-grade health monitoring is required
- ✗ Battery longevity over features is prioritized
- ✗ App-based data sync is not preferred



Learn More



Read our Review

[Smart Ring Review: 50 Sports Modes, Sleep Analysis, and IP68 Durability for 2026](#)



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