Apple Watch Series 12 GPS + Cellular 42mm Light Gold Aluminium Case with Sand Sport Band - M/L



Brand : Apple

Product family: Watch

Product code: MJG34ZR/A

Product name : Apple Watch Series 12 GPS + Cellular 42mm Light Gold Aluminium Case with Sand Sport Band - M/L

- All-new Health Sensing System delivers the most accurate heart rate sensing in a wearable
- Should you rest or put yourself to the test? Now a personal readiness score lets you know
- More frequent heart rate variability, or HRV, readings help provide insights on stress and recovery
- A new optical heart rate sensor enables high-frequency heart rate tracking every five seconds, all day long, so you'll never miss a beat
- In the redesigned Health app, learn which habits are influencing your Health Age and how to improve them
- Make every day more effortless with Siri AI. And seamless with Audio Intelligence, powered by the S11 chip
- A powerful health and fitness tracker designed with built-in safety features to bring you peace of mind.

Watch Series 12, 42mm, GPS + Cellular, Aluminium, Always-On Retina, S11, Digital Crown, watchOS



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Apple Watch Series 12
A work of heart.

Display	
Display technology *	OLED
Display technology marketing name	Retina
Display area	970 mm²
Display brightness	2000 cd/m²
Display brightness (min)	1 cd/m²
Pixel density	326 ppi
Minimum refresh rate	1 Hz
Always-on display	✔
Colour display	✔
Display type *	Digital
Display resolution *	374 x 446 pixels
Touchscreen *	✔
Rounded display corners	✔
Watch glass type	Ceramic Shield 2

Processor	
Processor manufacturer	Apple
Processor model	S11
Processor cores	2
Neural processor unit (NPU)	Apple Neural Engine (ANE)
Neural processor unit (NPU) cores	4

Design	
Band size *	M/L
Shape *	Rectangular
Wrist size range	130 - 200 mm
Market positioning *	Smartwatch
Watch case size *	42 mm
Watch case colour *	Gold
Watch case material *	Aluminium
Band colour *	Sand
Protection features	Dust resistant, Water resistant, Waterproof

Features	
Personal info management (PIM)	SOS
Ambient light sensor	✔
Virtual assistant	Apple Siri
Haptic feedback	✔
Refurbished	✘
Electronic compass	✔
Skin temperature sensor	✔
Recommended activity	Cooldown, Cycling, Dance, Elliptical, Golf, HIIT, Hiking, Kickboxing, Outdoor rowing, Paddling, Pilates, Running, Skiing, Snowboarding, Stair stepper, Swimming, Tai Chi, Walking, Wheelchair, Yoga, Rowing, Core training
Virtual pacer function	✔
Running dynamics	✔
Workout tracking	✔
Water temperature sensor	✔
Apple Intelligence	✔
Altimeter	✔

Network	
Mobile network connection *	✔
Mobile network generation	5G
4G standard	LTE-TDD & LTE-FDD
5G standard	Sub6 TDD, Sub6 FDD, NR
GPS (satellite)	✔
BeiDou	✔
GLONASS	✔
Galileo	✔
Quasi-Zenith Satellite System (QZSS)	✔

Design	
International Protection (IP) code	IP6X
Removable strap	✔
Magnetic charging connector	✔
Waterproof up to	50 m

Performance	
FM radio *	✘
Mobile operating systems supported	iOS
Operating system installed	watchOS 27
Flash memory	64 GB
Built-in microphone *	✔
Built-in speaker(s) *	✔
Built-in camera *	✘
Crash detection	✔
Fall detection	✔
Noise monitoring	✔
Backtrack	✔
Audio Intelligence	Live Rewind, Shazam, Sound Recognition, Siri Recap
Built-in flashlight	✔
Check In function	✔
Health Sensing System	✔

Features	
Accessibility features	Accessibility Shortcut, AssistiveTouch, Audio Volume Balance, Auto Transcription, Auto-Answer Calls, Bold Text, Button Click Speed, Color Filters, Hourly Chimes, Increase Contrast, Live Listen, Live Speech, Mono Audio, On/Off Labels, Personal Voice, RTT Support, Reduce Motion, Reduce Transparency, Taptic Time, Text Size, Touch Accommodations, Type to Siri, VoiceOver, Zoom, Sound Recognition, Voice Isolation
Heart rate monitor *	✔
Heart rate sensor type	Electrical, Optical
Blood oxygen sensor	✔
Depth gauge sensor	✔
Sleep apnea detection	✔
Distance travelled	✔
Accelerometer	✔
Gyroscope	✔
Activity tracker	✔
Multisport mode	✔
Quality of sleep	✔
Double tap gesture	✔
Irregular rhythm notifications	✔
Hypertension notifications	✔
SOS alert function	✔

Ports & interfaces	
Wi-Fi standards	Wi-Fi 4 (802.11n)
Bluetooth	✔
Bluetooth Low Energy (BLE)	✔
USB port *	✘
Near Field Communication (NFC) *	✔
Wi-Fi *	✔
Bluetooth version *	5.3
Headphone connectivity *	Bluetooth

Power	
Battery type *	Built-in battery
Battery life (max) *	24 h
Battery life (power save mode)	38 h
Wireless charging	✔
Fast charging	✔

Operational conditions	
Operating temperature (T-T)	0 - 35 °C
Storage temperature (T-T)	-20 - 45 °C
Operating relative humidity (H-H)	5 - 90%
Operating altitude	0 - 3000 m

Battery	
Battery technology *	Lithium-Ion (Li-Ion)

Software	
Health and Wellness apps	Readiness app; Vitals app with heart rate, respiratory rate, wrist temperature, sleep duration, and heart rate variability (HRV); Blood Oxygen app; ECG app; Heart Rate app; High and low heart rate notifications; Recovery HRV; High-frequency background heart rate tracking; Irregular rhythm notifications; Advanced Cycle Tracking app with fertile window estimates, retrospective ovulation estimates, and perimenopause and menopause support; Medications app; Mindfulness app with state of mind tracking; Noise app; Sleep app including sleep stages; Sleep score; Sleep apnea notifications; Hypertension notifications

Weight & dimensions	
Width	37 mm
Depth	42 mm
Thickness	9.7 mm
Weight	31.5 g

Packaging data	
Package width	77 mm
Package depth	240 mm
Package height	30 mm
Package weight	300 g



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