

SUUNTO AMBIT3 PEAK 1.0

USER GUIDE

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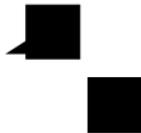
1 SAFETY

Types of safety precautions

2 GETTING STARTED

2.1 Buttons and menus

Suunto Ambit3 Peak has five buttons which allow you to access all the features.



[View]:

- press to change bottom row view
- keep pressed to toggle the display between light and dark
- keep pressed to access shortcut (see *3.28 Shortcuts*)

[Back Lap]:

- press return to the previous menu
- press to add a lap during exercise

3 FEATURES

3.1 Activity monitoring

In addition to the recovery time shown in your exercise log, Suunto Ambit3 Peak monitors your overall activity, both exercise and daily activity. Activity monitoring gives you a complete picture of your activity, the calories you are burning, and your recovery time.

Activity monitoring is available as a default display in TIME. You can view the display by pressing [Next] (last display).

You can show/hide the activity monitoring display from the start menu by

pressing

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The Barometer profile should be selected when your outdoor activity does not involve changes in altitude (e.g. soccer, sailing, canoeing).

To get correct readings, you need to match the profile to your activity. You can either let Suunto Ambit3 Peak decide a suitable profile for the activity, or choose a profile yourself.



When the

When the Barometer

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10 seconds. The altitude reading remains steady and if the weather changes, you will see changes in the sea level air pressure reading.

If you are moving in altitude (more than 5 meters of vertical movement within 3 minutes), Suunto Ambit3 Peak interprets all pressure changes as movements in altitude.

Depending on which profile is active, you can access the

There are three different backlight modes:

Mode:

- Normal: The backlight turns on for a few seconds when you press [Light Lock] and when the alarm clock sounds.
- Off: The backlight is not switched on by pressing a button or when the alarm clock sounds.
- Night: The backlight turns on for a few seconds when you press any button and when the alarm clock sounds.
- Toggle: The backlight turns on when you press [Light Lock] and stays on until you press [Light Lock] again.

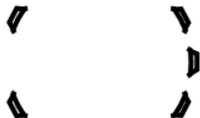
Your Suunto Ambit3 Peak has two backlight settings: one 'general' setting and one for sport modes.

You can change the general backlight setting in the watch settings under GENERAL » Tones/display » Backlight. See *2.3 Adjusting GENERAL Tones/display* page 99. The general setting under MILES & TIME is 51.9226.000.

You sport modes can use the same backlight mode as the general setting (default), or you can define a different mode; you can heating modes - 12 1000 10 (under predefine your alarm watch settings) 10

3.6 Button lock

Keeping [Light Lock] pressed locks and unlocks buttons.



 *TIP: Select the Actions only button lock setting for sport modes to avoid accidentally starting or stopping your log. When the [Back*

3.7.1 Calibrating compass

If you have not used the compass before, you must first calibrate it.

4. Press [Next] to select Calibration.

3.7.2 Setting declination

To ensure correct compass readings, set an accurate declination value.

Paper maps point to true north. Compasses, however, point to

2. Press [Back Lap] to lock the current degree displayed on the watch as your bearing.
3. An empty triangle indicates the locked bearing in relation to the North indicator (solid triangle).
4. Press [Back Lap] to clear the bearing lock.



3.8 Countdown timer

You can use the countdown timer to count down from a preset

3.9 Displays

Your Suunto Ambit3 Peak comes with several different features,

- calories burned during exercise
- guidance to exercise within defined heart rate limits
- Peak Running Effect

1. Snap the sensor firmly into the strap connector.
2. Adjust the strap length as needed.
3. Moisten the strap electrode areas with water or electrode gel.
4. Put the strap on so that it fits snugly and the Suunto logo is facing up.

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have selected (see

3. Scroll to POIs (Points of interest) or Routes with [Light Lock] and select with [Next].

The navigation guidance is shown as the last display on the selected sport mode.



3.13 FusedAlti

FusedAlti™ provides an altitude reading that is a combination of GPS and barometric altitude. It minimizes the effect of temporary and offset errors in the final altitude reading.

GPS is switched on and the device starts calculating altitude based on FusedAlti.

3.15 Icons

POI icons

The following POI icons are available in Suunto Ambit3 Peak:



1. While you are in a sport mode, keep [Next] pressed to access the options menu.

3.17 Logbook

The logbook stores the logs of your recorded activities. The maximum number of logs and the maximum duration of a single log depend on how much information is recorded in each activity. GPS accuracy (see *3.22.3 GPS accuracy and power saving*) and using the interval timer (see *3.16 Interval timer*), for example, directly impact the number and duration of logs that can be stored.

You can view the log summary of your activity right after you have stopped recording or through the `seeded` in `eacson n`

Alternatively, you press [Start Stop] to pause the recording. After pausing, stop by pressing [Back Lap], or continue recording by

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3.20 Movescount mobile app

With the Suunto Movescount App, you can further enrich your Suunto Ambit3 Peak experience. Pair with the mobile app to get notifications on your Suunto Ambit3 Peak, change settings and

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active. The Bluetooth icon on your Suunto Ambit3 Peak flashes when data is being synced.

This default setting can be changed from the options menu.

To turn off automatic syncing:

1. Keep [Next] pressed to enter the options menu.
2. Scroll to CONNECTIVITY with [Light Lock] and select with [Next].
3. Press Next again to enter the MobileApp sync setting.

synced with your account. If there is no data connection, syncing is delayed until a connection is available.

Unsynced moves recorded with your Suunto Ambit3 Peak are listed in the app, but you cannot view the move details until they are synced with your Movescount account. Moves that you record with the app are immediately viewable.



2. Scroll the list of sport mode options with [Start Stop] or [Light Lock].
3. Select a suitable sport mode with [Next]. Suunto Ambit3 Peak continues recording the log and the data for the selected sport mode.

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1. Press [Start Stop] to start recording the log.
2. Keep [Back Lap] pressed to change to the next sport while exercising.

3.22 Navigating with GPS

Suunto Ambit3 Peak uses the Global Positioning System (GPS) to determine your current position. GPS incorporates a set of satellites that orbit the Earth at an altitude of 20,000 km at the speed of 4 km/s.

The built-in GPS receiver in Suunto Ambit3 Peak is optimized for wrist use and receives data from a very wide angle.

3.22.1 Getting GPS signal

Suunto Ambit3 Peak activates GPS automatically when you select a sport mode with the GPS functionality, determine your location, or start navigating.



3.22.3 GPS accuracy and power saving

When customizing sport modes, you can define the GPS fix interval using the GPS accuracy setting in Movescount. The shorter the interval, the better the accuracy during exercise.

By increasing the interval and lowering the accuracy, you can extend the battery life.

The GPS accuracy options are:

- Best: ~ 1 sec fix interval, highest power consumption
- Good: ~ 5 sec fix interval, moderate power consumption
- OK: ~ 60 sec fix interval, lowest power consumption
- Off: no GPS fix

3.23 Notifications

If you have paired your Suunto Ambit3 Peak with Suunto Movescount App (see *3.20 Movescount mobile app*), you can get call, message and push notifications on the watch.



3. Press [Light Lock] to scroll to Notifications.
4. Toggle Notifications On/Off with [Light Lock].
5. Exit by keeping [Next] pressed.

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3.24.2 Using foot POD

When using a foot POD, the POD is auto calibrated by GPS at short intervals during exercise. However, the foot POD always remains the source of speed and distance when it is paired and active for the given sport mode.

Foot POD auto calibration is on by default. It can be turned off in the sport mode options menu under ACTIVATE, if the foot POD is paired and is used for the selected sport mode.

Scroll with [Next] through summary views, until you reach the distance summary. Adjust the distance shown on the display to the actual distance you ran with [Start Stop] and [Light Lock]. Confirm with [Next].

7. Confirm the POD calibration by pressing [Start Stop]. Your foot POD has now been calibrated.

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- your distance from the target
7. The watch informs you that you have arrived at your target.

When stationary or moving slowly (<4 km/h), the watch shows you the direction to the POI (or waypoint if navigating a route) based on the compass bearing.



4. Select CURRENT or DEFINE to manually change longitude and latitude values.
5. Press [Start Stop] to save the location.
6. Select a suitable POI type for the location. Scroll through the POI types with [Start Stop] or [Light Lock]. Select a POI type with [Next].
7. Select a suitable name for the location. Scroll through the name options with [Start Stop] or [Light Lock]. Select a name with [Next].
8. Press [Start Stop] to save the POI.



The watch displays the number of saved POIs and free space available for new POIs.

4. Scroll to the POI you wish to delete with [Start Stop] or [Light Lock] and select with [Next].
5. Scroll to Delete with [Start Stop]. Select with [Next].
6. Press [Start Stop] to confirm.

3.26 Routes

4. Sync your Suunto Ambit3 Peak with Movescount using Suunto Movescount App (manually start sync, see *3.20.2 Syncing with mobile app*) or by using Moveslink and the supplied USB cable.

3.26.1 Navigating a route

You can navigate a route you have downloaded to your Suunto Ambit3 Peak from Movescount (see *3.26 Routes*) or recorded from an exercise (see *3.10.5 Recording tracks*).

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2. Press [Next] to select

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Waypoint navigation view

The waypoint navigation view shows you the following information:

- (1) arrow pointing to the direction of the next waypoint
- (2) your distance to the next waypoint
- (3) the next waypoint you are headed towards



- ~ Air pressure: shows the current absolute air pressure and temperature.
- ~ BLE: shows the current Bluetooth Smart version.
- ~ Version: shows the current software and hardware version.
- TESTR

1. In the service menu, scroll to ACTION with [Light Lock] and enter with [Next].
2. Press [Light Lock] to scroll to GPS reset and enter with [Next].
3. Press [Start Stop] to confirm GPS reset, or press [Light Lock] to cancel.

3.29 Sport modes

Sport modes are your way to record exercises and other activities



3.31 Suunto Apps

Suunto Apps allow you to further customize your Suunto Ambit3 Peak. Visit Suunto App Zone in Movescount to find Apps, such as various timers and counters, available for your use. If you cannot find what you need, create your own App with Suunto App Designer. You can create Apps, for example, for calculating your estimated marathon result, or the slope grade of your skiing route.

To add Suunto Apps to your Suunto Ambit3 Peak:

1. Go to the PLAN & CREATE

4. Scroll the swimming style options with [Light Lock] and [Start Stop]. Select a suitable swimming style with [Next]. You can exit the setting and continue your exercise by selecting END.

The available swimming style options are:

- FLY (butterfly)



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3.32.3 Swimming drills

3. Scroll to Openwater swim

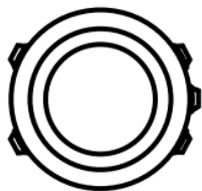
3. Go back to the previous menu with [Back Lap], or keep [Next] pressed to exit.



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3.26.1 *Navigating a route.* Scroll to



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4 CARE AND SUPPORT

4.1 Handling guidelines

Handle the unit with care – do not knock or drop it.

Under normal circumstances the watch does not require servicing. After use, rinse it with fresh water, mild soap, and carefully clean the housing with a moist soft cloth or chamois.

Use only original Suunto accessories - damage caused by non-original accessories is not covered by warranty.



TIP:

Alternatively, send us an email to support@suunto.com. Please include the product name, serial number and a detailed description of the issue.

Suunto's qualified customer support staff will help you and, if needed, troubleshoot your product during the call.

5.5 Warranty

SUUNTO LIMITED WARRANTY

Suunto warrants that during the Warranty Period Suunto or a Suunto Authorized Service Center (hereinafter Service Center) will, at its sole discretion, remedy defects in materials or workmanship free of charge either by a) repairing, or b) replacing, or c) refunding, subject to the terms and conditions of this Limited

Limitation of Liability

To the maximum extent permitted by applicable mandatory laws, this Limited Warranty is your sole and exclusive remedy and is in lieu of all other warranties, expressed or implied. Suunto shall not be liable for special, incidental, punitive or consequential damages,

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