



1 SAFETY .....	5
2 Getting started .....	7
2.1 Buttons and menus .....	7
2.2 Set up .....	8
2.3 Adjusting settings .....	11

3.10 Find back .....	33
3.11 Firmware updates .....	34
3.12 FusedSpeed .....	34
3.13 Icons .....	37
3.14 Interval timer .....	40
3.15 Logbook .....	41
3.16 Memory left indicator .....	44
3.17 Movescount .....	45
3.18 Movescount mobile app .....	47
3.18.1 Second display on phone .....	48
3.18.2 Syncing with mobile app .....	48
3.19 Navigating with GPS .....	50
3.19.1 Getting GPS signal .....	50
3.19.2 GPS grids and position formats .....	52
3.19.3 GPS accuracy and power saving .....	53
3.20 Notifications .....	53
3.21 PODs and HR sensors .....	55
3.21.1 Pairing PODs and HR sensors .....	55
3.21.2 Using foot POD .....	56
3.22 Points of interest .....	58
3.22.1 Checking your location .....	61
3.22.2 Adding your location as a POI .....	62
3.22.3 Deleting a POI .....	63
3.23 Routes .....	64
3.23.1 Navigating a route .....	65
3.23.2 During navigation .....	69
3.24 Service menu .....	71
3.25 Shortcuts .....	73



# 1 SAFETY

Types of safety precautions

 *WARNING:* - is used in connection with a procedure or situation that may result in serious injury or death.

 *CAUTION:*



## 2 ~~GETTING STARTED~~

### 2.1 Buttons and menus

[View]:

- press to change bottom row view
- keep pressed to toggle the display between light and dark
- keep pressed to access shortcut (see 3.25 Shortcuts [Back Lapiew]:
  - prereturned te tTd(vious menuiev





Fully charging an empty battery takes about 2-3 hours. Buttons are locked while the USB cable is attached and connected to a computer.

You can exit the startup wizard at any time by keeping [Next] pressed.



## 3 FEATURES

### 3.1 Activity monitoring

In addition to the recovery time shown in your exercise log, Suunto Ambit3 Run monitors you 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 under DISPLAYS » Activity. Toggle with [Next].

The activity monitoring display has three views which you can change by pressing [View].

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graph and lower row indicate average daily calorie consumption for the past seven days, not including today

- Recovery time: recovery time for the next 24 hours based on recorded exercises and daily activity

## 3.2 Autopause

Autopause pauses the recording of your exercise when your speed is less than 2 km/h (1.2 mph). When your speed increases to more than 3 km/h (1.9 mph), the recording continues automatically.

You can turn Autopause on/off for each sport mode in Movescount under rumpion

YalsoYou can Autopause Autopause your e:ctivi-70.5j2Funde, keep [N

You can also turn Autoscroll on/off during Exercise

- Off







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To lock a bearing:

1. With the compass active, hold the watch in front of you and turn yourself towards your target.
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.







- heart rate in real time
- average heart rate in real time
- heart rate in graph form
- calories burned during exercise
- guidance to exercise within defined heart rate limits
- Peak Training Effect

And after exercise, the heart rate sensor provides:

- total calories burned during exercise
- average heart rate
- peak heart rate
- recovery time

If you use the Suunto Smart Sensor, you also have the added advantage of heart rate memory. The Suunto Smart Sensor memory function buffers data whenever the transmission to your Suunto Ambit3 Run is interrupted.

This allows you to get accurate exercise intensity information in activities such as swimming where water blocks the transmission. It also means you can even leave your Suunto Ambit3 Run behind after starting a recording. For more information, please refer to the Suunto Smart Sensor User Guide.

Without a heart rate sensor, your Suunto Ambit3 Run provides

### 3.9.2 Putting on Suunto Smart Sensor

To start using the Suunto Smart Sensor:

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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Refer to the Suunto Smart Sensor User Guide for additional information and troubleshooting.

### 3.9.3 Starting an exercise

To start exercising:

1. Press [Start Stop] to enter the start menu.
2. Press [Next] to enter EXERCISE.

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have selected (see *3.26 Sport modes*). You get even more information, if you use a heart rate belt and GPS during exercise.

Here are some ideas on how to use the watch during exercise:

- Press [Next] to see scroll through your sport mode displays.
- Press [View] to see different information the bottom row of the display.
- To avoid accidentally stopping your log recording or making unwanted laps, lock the buttons by keeping [Light Lock] pressed.
- Press [Start Stop] to pause recording. To resume recording, press [Start Stop] again.

### 3.9.5 Recording tracks

Depending on the sport mode you have selected, your Suunto Ambit3 Run allows you to record various information during exercise.

If your sport mode has GPS enabled, Suunto Ambit3 Run also records your track during your exercise. You can view the track in Movescount as part of the recorded Move and export it as a route to use later.

### 3.9.6 Making laps

During your exercise, you can make laps either manually or automatically by setting the autolap interval in Movescount. When you are making laps automatically, Suunto Ambit3 Run records the laps based on the distance you have specified in Movescount.

To make laps manually, press [Back Lap] during the exercise.

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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.

2. Scroll to ACTIVATE

## 3.11 Firmware updates

You can update your Suunto Ambit3 Run software through













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The information shown in the log summary is dynamic: it changes

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active. The Bluetooth icon on your Suunto Ambit3 Run 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.
4. Toggle off with [Light Lock] and keep [Next] pressed to exit.

When automatic syncing is off, you need to manually start syncing





### 3.19.2 GPS grids and position formats

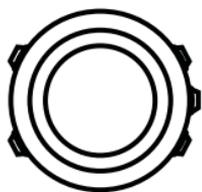
Grids are lines on a map that define the coordinate system used on the map.

Position format is the way the GPS receiver's position is displayed on the watch. All the formats relate to the same location, they only express it in a different way. You can change the position format in the watch settings under GENERAL » Format » Position format.

You can select the format from the following grids:

- latitude/longitude is the most common 12 14-51 hho30 00 is reon









accurately measured distance, for instance, on a 400 meter running track.

To calibrate foot POD with Suunto Ambit3 Run:

1. Attach foot POD to your shoe. For more information, see user guide for the foot POD you are using.
2. Choose a sport mode (for example Running) in the start menu.
3. Start running at your usual pace. When you cross the starting line, press [Start Stop] to start the recording.
4. Run a distance of 800–1000 meters (about 0.500–0.700 miles) at your usual pace (for example two laps on a 400 meter track).
5. Press [Start Stop] when you reach the finish line to pause the recording.
6. Press [Back Lap] to stop recording. After stopping the exercise, save the log by pressing [Start Stop]. If you do not want to save the log, press [Light Lock].  
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.



If you are running without a foot POD, you can still get running cadence from the your wrist. Running cadence measured from wrist is used together with FusedSpeed (see *3.12 FusedSpeed*) and is always on for specific sport modes including running, trail running, treadmill, orienteering, and track and field.

If a foot POD is found at start of an exercise, running cadence measured from wrist is overwritten by foot POD cadence.

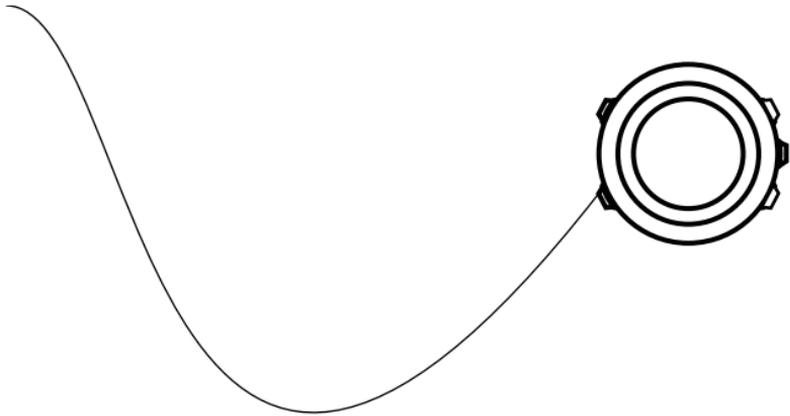
## 3.22 Points of interest

Suunto Ambit3 Run includes GPS navigation which allows you to navigate to a pre-defined destination stored as a point of interest (POI).

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If you are using the compass for the first time, you need to calibrate it (see *3.6.2 Calibrating compass*). After activating the compass, the watch starts searching for a GPS signal and displays GPS found after acquiring the signal.

6. Start navigating to the POI. The watch displays the following information:
  - indicator showing the direction to your target (see further explanation below)
  - your distance from the target
7. The watch informs you that you have arrived at your target.



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3. Press [Next] to select

# Press [Next] t

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.

5. Scroll to Delete with [Start Stop]. Select with [Next].
6. Press [Start Stop] to confirm.

## 3.23 Routes

You can create a route in Movescount, or import a route created with another watch from your computer to Movescount. You can

### 3.23.1 Navigating a route

You can navigate a route you have downloaded to your Suunto Ambit3 Run from Movescount (see *3.23 Routes*) or recorded from an exercise (see





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2. Press [Next] to select NAVIGATION.
3. Scroll to Skip waypoint with [Start Stop] and select with [Next].  
The watch skips the waypoint and starts navigating directly to the next waypoint on the route.

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## Waypoint navigation view

The waypoint navigation view shows you the following

- Version: shows the current software and hardware version.

3. Press [Start Stop] to confirm GPS reset, or press [Light Lock] to cancel.

 *NOTE: Resetting GPS resets GPS data, compass calibration values and recovery time. Saved logs are not removed.*

## 3.25 Shortcuts

By default, when you keep [View] pressed in TIME mode, you



You can transfer up to 10 different sport modes created in Movescount to your Suunto Ambit3 Run.

## 3.27 Stopwatch

The stopwatch is a display that can be turned on or off from the start menu.

To activate the stopwatch:

1. Press [Start Stop] to enter the start menu.
2. Scroll to DISPLAYS with [Light Lock] and press [Next].
3. Scroll to Stopwatch with [Light Lock] and press [Next].

You can now start to use the stopwatch or press [Next] to go back to the TIME display. To get back to the stopwatch, press [Next] to scroll through the displays until you see the stopwatch.

To use the stopwatch:

1. In the activated stopwatch display, press [Start Stop] to start





- bottom row: change with [View] to show additional information such as weekday, dual time, and battery level.







to the computer clock. This feature can be turned off in the Moveslink settings.

2. Set the GPS timekeeping on or off with [Start Stop] and [Light Lock]. Accept with [Next].
3. Go back to the settings with [Back Lap], or keep [Next] pressed to exit.

### 3.30 Track back

With Track back, you can retrace your route at any point during an exercise. Suunto Ambit3 Run creates temporary waypoints to guide you back to your starting point.





## 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.

- never use the device for other than intended use.
- contact an authorized Suunto service, distributor or retailer for any repairs.
- keep the device clean from dirt and sand.
- never attempt to open the case yourself.
- avoid subjecting the device to rapid air and water temperature changes.
- always clean your device with fresh water if subjected to salt water.
- never knock or drop the device.

### 4.3 Charging the battery

The duration on a single charge depends on how Suunto Ambit3 Run is used and in what conditions. Low temperatures, for example, reduce the duration of a single charge. In general, the capacity of rechargeable batteries decreases over time.







Alternatively, send us an email to [support@suunto.com](mailto: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.





(2) this device must accept any interference, including interference that may cause undesired operation of the device.

### 5.3 Trademark

Suunto Ambit3 Run, its logos, and other Suunto brand trademarks and made names are registered or unregistered trademarks of Suunto Oy. All rights are reserved.

### 5.4 Patent notice

This product is protected by pending patent applications and their corresponding national rights.

Watch: EP 11008080, EU designs 001332985-0001 or 001332985-0002, US 61/649,617, US 61/649,632

HR belt: US 13/071,624, US 13/832,049, US 13/832,598, US

Watch: EP 110Addi.















