







# 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:** - is used in connection with a procedure or situation that will result in damage to the product.

 **NOTE:** - is used to emphasize important information.

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## 2. Getting started

Starting your Suunto 3 Fitness for the



- keep pressed to change activity
3. Middle button
    - press to change displays
    - keep pressed to open in-context options menu
  4. Lower left button
    - press to change displays
  5. Lower right button
    - press to mark a lap
    - keep pressed to lock and unlock buttons

## 2.4. Optical heart racon16.5 300





Syncing

Settings



When setting your steps goal, you define the total number of steps for the day.

The total calories you burn per day is based on two factors: your Basal Metabolic Rate (BMR) and your physical activity.

Your BMR is the amount of calories your body burns while at rest. These are the calories your body needs to stay warm and perform basic function like blink your eyes or beat your heart. This number is based on your personal profile, including factors such as age and gender.

When you set a calorie goal, you define how many calories you want to burn in addition to your BMR. These are your so-called active calories. The ring around the activity display advances according to how many active calories you burn during the day compared to your goal.

## 3.2. Adaptive training guidance

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3. Press the lower right button to see additional information; training day, duration and intensity level (based on the heart rate zones, see *3.14. Intensity zones*).





5. Scroll back up to exit the sport mode options and start (or exit) the sport mode.

If connected GPS is not available, you have to manually calibrate your watch before you can walk/run for 15 minutes and get your fitness level estimated, see [3.22. Speed and distance calibration](#).

After a successful calibration, your watch is able to provide an estimation of your fitness level for all running and walking workouts.

Your current estimated fitness level is shown in the fitness level display. From the watch face, press the lower right button to scroll to the fitness level display.



If you record an exercise, the daily HR values reflect the elevated heart rate from your

fitness builds a foundation for other exercise and prepares your system for more energetic activity. Long duration workouts at this zone consume a lot of energy, especially from your body's stored fat.

#### Zone 3: Hard

Exercising at zone 3 begins to be quite energetic and feels like pretty hard going. It will improve your ability to move quickly and economically. In this zone, lactic acid begins to form in your system, but your body is still able to completely flush it out. You should train at this intensity at most a couple of times per week, as it puts your body under a lot of stress.

#### Zone 4: Very hard

Exercising at zone 4 will prepare your system for competition type events and high speeds. Workouts in this zone can be performed either at a constant speed or as interval training (combinations of shorter training phases with intermittent breaks). High-intensity training develops your fitness level quickly and effectively, but done too often or at too high intensity may lead to overtraining, which may force you to take a long break from your training program.

#### Zone 5: Maximal

When your heart rate during a workout reaches zone 5, the training will feel extremely hard. Lactic acid will build up in your system much faster than it can be removed, and you will be forced to stop after a few dozen minutes at most. Athletes include these maximum-intensity

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five sections, is viewed. These five section are shown around the outer edge of the sport mode display. The gauge indicates the pace zone you have chosen as an intensity target by lighting up the corresponding section. The small arrow in the gauge indicates where you are within the zone range.

Your watch alerts you when you hit your selected target zone. During your exercise the watch

6. Press the upper right button until you are back at the start view and start your exercise as normal.
7. Press the lower left button to change the view to intervals display and press the upper right button when you are ready to start your interval training.
  
8. If you want to stop the interval training before you have completed all your repetitions, keep the middle button pressed to open the sport mode options and toggle

## 3.18. Notifications

If you have paired your watch with the Suunto app, you can receive notifications such as incoming calls and text messages on your watch.

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4. Follow the instructions in the watch to complete pairing (refer to sensor or POD manual if needed), pressing the middle button to advance to the next step.

If the POD has required settings, you are prompted to enter a value during the pairing process.

Once the POD or sensor is paired, your watch searches for it as soon as you select a sport mode that uses that sensor type.

You can see the full list of paired devices in your watch from the settings under Connectivity » Paired devices.



To exercise with general target:

1. Before you start an exercise recording, press the lower right button to open the sport mode options.
2. Select Targets and press the middle button.

The GPS icon on your watch blinks grey while searching and turns green when the connection to your phone's GPS is established.

Not all sport modes use GPS. If you don't see the icon, it means the sport mode is for an

of water during the night, for example, your watch still counts any sleep after that as the same session.

If you fall asleep earlier, or sleep longer, than your set bedtime, your watch will track your sleep as long as a part of your sleep is in within your set bedtime and wake up time.

 *NOTE: If you go to bed far outside of your bedtime, the watch may not count that to your sleep session.*













## 4. Care and support

# 5. Reference

## 5.1. Technical specifications

### General

- Model: OW175
- Operating temperature: -20° C to +60° C (-5° F to +140° F)
- Storage temperature: -30° C to +60° C (-22° F to +140° F)
- Water resistance: 30 m (98 ft)

### Battery

- Battery type: rechargeable lithium-ion battery
- Battery life: 10-40 hours, depending on conditions and settings (5 days daily use)
- Battery charging temperature: 0° C to +35° C (+32° F to +95° F)

## 5.2. Compliance

#### 5.2.4. NOM-121-SCT1-2009

The operation of this equipment is subject to the following two conditions: (1) it is possible that this equipment or device may not cause harmful interference, and (2) this equipment or device must accept any interference, including interference that may cause undesired operation of the equipment or device.

#### 5.2.5. KC

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