

1 Welcome	3
2 Safety	4
3 Getting started	6
3.1 Putting on belt	6
3.2 Pairing	7
4 Using Suunto Smart Sensor	9
5 Care and support	11
5.1 Handling guidelines	11
5.2 Troubleshooting	11
5.3 Battery	12
5.4 Getting support	13
6 Reference	15
6.1 Technical specifications	15
6.2 Compliance	15
6.2.1 CE	15
6.2.2 FCC compliance	16
6.2.3 IC	16
6.3 Patent notice	16

1 WELCOME

2 SAFETY

Types of safety precautions





3 GETTING STARTED

After a few simple steps, you are ready to use your Suunto Smart Sensor to get accurate feedback about your exercise intensity.

3.1 Putting on belt

To start using the Suunto Smart Sensor and heart rate belt:

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

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3. - 4.

4 USING SUUNTO SMART SENSOR

You can use your Suunto Smart Sensor to record your heart rate and get accurate calorie consumption information from a wide range of activities, from intense exercising to a stroll in the park.

To use your Suunto Smart Sensor:

1. Put on your Suunto Smart Sensor (see *3.1 Putting on belt*).
2. Start your recording in the paired sports watch (see *3.2 Pairing*).
3. Complete your activity and stop the recording in your sports watch.
4. Rinse off your heart rate belt or other Movesense garment (see *5.1 Handling guidelines*).



3. Ensure that your heart rate is being recorded, then leave the watch or mobile device behind (for example, in a locker).

a belt. If you keep your arms behind your back or put your mobile device in a fanny pack, for instance, the transmission signal from Suunto Smart Sensor may be interrupted.

4. Firmly close the battery cover.



6 REFERENCE

6.1 Technical specifications

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INDEX

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