
SUUNTO MOVESENSE BLUETOOTH SMART HEART RATE BELT User Guide

**Document no. 01
Revision: 2013-04-25**

CHANGE HISTORY

Revision/Date	Performer	Description
2013-04-25	EwPu	First version

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1. WELCOME

1.1 Living Suunto

1.2 Introducing Suunto Bluetooth Smart Heart Rate Belt

The Suunto Bluetooth SMART Heart Rate Belt helps you measure your heart rate during exercise. You can use it with Suunto Movescount mobile application for iPhone and Android devices to monitor your progress etc.

The Suunto Bluetooth Smart Heart Rate Belt is compatible with Bluetooth SMART and SMART Ready devices that run the Heart Rate profile and service.

1.3 About this User Guide

Standard text

2. SAFETY

WARNING: People who have a pacemaker, defibrillator, or other implanted electronic device use the transmitter belt at their own risk. Before starting the initial use of the transmitter belt, we recommend an exercise test under a doctor's supervision. This will ensure the safety and reliability of the pacemaker and transmitter belt when being used simultaneously. Exercise may include some risk, especially for those who have been sedentary. We strongly advise you to consult your doctor prior to beginning a regular exercise program.

WARNING: Only for recreational use.

WARNING: Always consult your doctor before beginning an exercise program. Overexertion may cause serious injury

WARNING: Allergic reactions or skin irritations may occur when product is in contact with skin, even though our products comply with industry standards. In such event, stop use immediately and consult a doctor.

EU, FCC and IC compliance

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. This product has been tested to comply with FCC standards and is intended for home or office use. FCC WARNING: Changes or modifications not expressly approved by Suunto could void your authority to operate this device under FCC regulations.

IC:

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:

- (1) this device may not cause interference, and
- (2) this device must accept any interference, including interference that may cause undesired operation of the device.

CE

Suunto Oy hereby declares that this heart rate belt is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

3. GETTING STARTED

3.1 Package content

Pictures:

- A) Textile STRAP WITH ELECTRODES AND SNAPS
- B) Transmitter MODULE

3.2 Initial start-up

- Take the strap out
- Moisten the electrodes with water or gel
- Put the strap on, so that it fits snugly around the chest
- Attach the module to the strap snaps, so that the logos are facing up
- The belt turns on automatically and starts measuring the heart rate when connected to the snaps

NOTE: We recommend that you wear the transmitter belt against your bare skin to ensure flawless operation. Make sure the red Suunto logo points upwards when you are wearing the belt.

3.3 Using the belt with compatible applications and devices

We recommend using Suunto Movescount mobile application for iOS and Android for best performance

Before starting using the belt with mobile applications you need to pair the belt with the mobile phone. Refer to instructions in the application you are using for guidance.

Before starting using the belt with compatible wrist devices, you need to pair the belt with the device. Refer to device user manual for detailed instructions how to pair the belt with the device.

NOTE: We recommend that you wear the transmitter belt against your bare skin to ensure flawless operation. Make sure the red Suunto logo points upwards when you are wearing the belt.

4. CARE AND SUPPORT

4.1 Practical tips

If the heart rate belt does not seem to be sending heart rate data:

1. Ensure the contacts (electrodes) are wet.
2. Adjust the belt so that it fits tighter against your chest.
4. Change the battery.
5. If your skin tends to remain dry during the workout, you can improve the contact by using electrode gel.

4.2 Battery

The heart rate belt transmitter operates on a 3-Volt lithium cell, type: CR 2025. The average expected battery life is 200 hours of use in ideal operating temperatures.

Replace the battery as illustrated here:

NOTE: Suunto recommends that the battery cover and the O ring are changed simultaneously with the battery to ensure that the transmitter remains clean and water resistant.

4.3 Washing the belt, replacing the belt

We recommend that the textile chest strap is machine washed in 40C after every 2-3 uses. This prolongs the lifetime of the textile part.

NOTE: Do not machine wash the transmitter module. Always detach the transmitter module from the textile strap before machine washing the textile strap.

The average expected performance of the textile strap is 6 months in normal use (2-3 training sessions weekly). Thereafter, the conductive qualities of the textile strap gradually deteriorate. We then recommend that the textile belt is replaced.

NOTE: You do not need to replace the transmitter module; only the textile chest strap needs to be replaced.

5. REFERENCE SECTION

TECHNICAL SPECIFICATIONS

Weight: 9.4g
Size: width 36.5mm, thickness: 8mm
Battery Type: CR2025
Battery Life: 500h
Transmission range: 3m
Transmission frequency: 2.4GHz
(Bluetooth Smart)
Water resistance: 30m
Battery sealing ring type: Silicone O-ring