

# SUUNTO AMBIT QUICK GUIDE

Read complete User Guide <sup>(1)</sup>  
[www.suunto.com/manuals](http://www.suunto.com/manuals)

### 1. GET STARTED <sup>(2)</sup>

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### 2. CONNECT TO MOVESCOUNT <sup>(3)</sup>

- Go to [www.movescount.com/moveslink](http://www.movescount.com/moveslink) and install Moveslink. <sup>(4)</sup>
- Connect. If software upgrade is available, it will be downloaded automatically. <sup>(5)</sup>

### 3. CUSTOMIZE YOUR DEVICE <sup>(6)</sup>

- Create your account at [movescount.com](http://movescount.com). <sup>(7)</sup>
- If not automatically directed, go to 'PRIVATE' > 'GEAR'. <sup>(8)</sup>
- Create custom sport modes, define settings and make waypoints. <sup>(9)</sup>

**TIP:** To ensure the device update, re-connect the USB-cable. <sup>(10)</sup>

### 4. SET ALTI-BARO <sup>(11)</sup>

- Go to settings, select 'ALTI-BARO'. <sup>(12)</sup>
- Choose 'Profile'. Select suitable option. <sup>(13)</sup>
- Choose 'Reference'. Select suitable option. <sup>(15)</sup>

**NOTE:** 'Automatic' switches between 'Altimeter' and 'Barometer' profile depending on the speed of vertical movement. <sup>(14)</sup>

**TIP:** Use a topographic map for current 'Altitude' or local weather station air pressure readings for 'Sea level'. <sup>(16)</sup>

### 5. CALIBRATE COMPASS <sup>(17)</sup>

- Go to COMPASS mode. Start calibration. <sup>(18)</sup>
- Keep level and rotate, then tilt. <sup>(20)</sup>
- Start exercise. <sup>(25)</sup>

**NOTE:** To re-calibrate, go to settings 'GENERAL' > 'Compass' > 'Calibration'. <sup>(19)</sup>

**TIP:** Re-calibrate the compass before each use for best possible accuracy. <sup>(21)</sup>

**TIP:** When using GPS the first time, staying still for 10 min enables faster GPS functionality later. <sup>(26)</sup>

### 6. RECORD EXERCISE <sup>(22)</sup>

- Go to EXERCISE MENU. Select 'EXERCISE'. <sup>(23)</sup>
- Select suitable option. Wait for GPS signal. <sup>(24)</sup>
- Start exercise. <sup>(25)</sup>

### DISPLAY <sup>(27)</sup>

- barometer (28)
- altimeter (29)
- chronograph (30)
- settings (31)
- signal strength (32)
- pairing (33)
- heart rate (34)
- exercise mode (35)
- alarm (36)
- button lock (37)
- battery (38)
- current screen (39)
- button indicators (40)
- up / increase (41)
- next / confirm (42)
- down / decrease (43)

### CHANGE MODES <sup>(44)</sup>

### CHANGE VIEWS <sup>(45)</sup>

### ENTER/EXIT EXERCISE MENU <sup>(46)</sup>

### EXERCISE MENU <sup>(47)</sup>

- NAVIGATION (48)
  - Location (49)
  - \*Waypoints (50)
- EXERCISE (51)
  - \*\*Trail Running (52)
  - \*\*Mountain biking (53)
  - \*\*Mountaineering (54)
  - \*\*Trekking (55)
- PREVIOUS EXERCISE (56)
  - Exercise data (57)

\*\* can also be created in Movescount. (58)  
\*\* can only be created in Movescount. (59)

### BUTTON LOCK <sup>(60)</sup>

### BACKLIGHT <sup>(61)</sup>

### ENTER/EXIT SETTINGS <sup>(62)</sup>

### SETTINGS <sup>(63)</sup>

- PERSONAL (64)
  - Weight (65)
  - Max HR (66)
- GENERAL (67)
  - Tones/Display (68)
  - Compass (69)
  - Location format (70)
  - Formats (71)
  - Time/date (72)
- ALTI-BARO (73)
  - Profile (74)
  - Reference (75)
- PAIR (76)
  - Bike POD (77)
  - HR Belt (78)
  - Cadence POD (79)

**NOTE:** Additional settings available in Movescount.com. <sup>(80)</sup>

### CHANGE SETTINGS <sup>(XX)</sup>

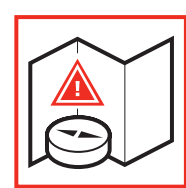
### GET MORE <sup>(81)</sup>

- [www.suunto.com/support](http://www.suunto.com/support)
- [www.suunto.com/register](http://www.suunto.com/register)
- 

FCC  
 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 wristop computer is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.  
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**⚠ WARNING:** ALWAYS USE MAPS OR OTHER BACKUP MATERIALS.



**⚠ CAUTION:** DO NOT APPLY SOLVENT OF ANY KIND.



**⚠ CAUTION:** DO NOT APPLY INSECT REPELLENT.

**⚠ WARNING:** ONLY FOR RECREATIONAL USE.  
**⚠ WARNING:** ALWAYS CONSULT YOUR DOCTOR BEFORE BEGINNING AN EXERCISE PROGRAM. OVEREXERCITION 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.

**TECHNICAL SPECIFICATIONS**

- Operating temperature: -20° C ... +60° C / -5° F ... +140° F
- Storage temperature: -30° C ... +60° C / -22° F ... +140° F
- Battery charging temperature: 0° C ... +45° C / +32° F ... +113° F
- Water resistance (device): >100 m / 300 ft (ISO 2281)
- Water resistance (belt) : 20 m / 66 ft (ISO 2281)
- Transmission frequency (belt/POD): 2.4 GHz Suunto ANT compatible receiver
- Battery: Rechargeable lithium-ion
- Battery life: ~ 15 hours in exercise mode

**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 Warranty. This Limited Warranty is only valid and enforceable in the country of purchase, unless local law stipulates otherwise.

**Warranty Period**

The Limited Warranty Period starts at the date of original retail purchase. The Warranty Period is two (2) years for display devices. The Warranty Period is one (1) year for accessories including but not limited to PODs and heart rate transmitters, as well as for all consumable parts.

**Exclusions and Limitations**

This Limited Warranty does not cover:

1. a) normal wear and tear, b) defects caused by rough handling, or c) defects or damage caused by misuse contrary to intended or recommended use;
2. user manuals or any third-party items;
3. defects or alleged defects caused by the use with any product, accessory, software and/or service not manufactured or supplied by Suunto;
4. replaceable batteries.

This Limited Warranty is not enforceable if item:

1. has been opened beyond intended use;
2. has been repaired using unauthorized spare parts; modified or repaired by unauthorized Service Center;
3. serial number has been removed, altered or made illegible in any way, as determined at the sole discretion of Suunto;
4. has been exposed to chemicals including but not limited to mosquito repellents. Suunto does not warrant that the operation of the Product will be uninterrupted or error free, or that the Product will work with any hardware or software provided by a third party.

**Access to Suunto warranty service**

You must have proof of purchase to access Suunto warranty service. For instructions how to obtain warranty service, visit [www.suunto.com/warranty](http://www.suunto.com/warranty), contact your local authorized Suunto retailer, or call Suunto Help Desk +358 2 2841160 (national or premium rates may apply).

**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, including but not limited to loss of anticipated benefits, loss of data, loss of use, cost of capital, cost of any substitute equipment or facilities, claims of third parties, damage to property resulting from the purchase or use of the item or arising from breach of the warranty, breach of contract, negligence, strict tort, or any legal or equitable theory, even if Suunto knew of the likelihood of such damages. Suunto shall not be liable for delay in rendering warranty service.



**⚠ CAUTION:** DO NOT KNOCK OR DROP.



**⚠ CAUTION:** TREAT AS ELECTRONIC WASTE.

**SUUNTO HELP DESK**

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