

SUUNTO AMBIT3 PEAK

USER GUIDE

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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.

 **TIP:** - is used for extra tips on how to utilize the features and functions of the device.

Safety precautions

 **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.**


 **WARNING: ALWAYS CONSULT YOUR DOCTOR BEFORE BEGINNING AN EXERCISE PROGRAM. OVEREXERTION MAY CAUSE SERIOUS INJURY.**

 **WARNING: ONLY FOR RECREATIONAL USE.**

 **WARNING: DO NOT ENTIRELY RELY ON THE GPS OR BATTERY LIFETIME, ALWAYS USE MAPS AND OTHER BACKUP MATERIAL TO ENSURE YOUR SAFETY.**

 **CAUTION: DO NOT APPLY SOLVENT OF ANY KIND TO THE PRODUCT, AS IT MAY DAMAGE THE SURFACE.**

 **CAUTION: DO NOT APPLY INSECT REPELLENT ON THE PRODUCT, AS IT MAY DAMAGE THE SURFACE.**

 **CAUTION: DO NOT THROW THE PRODUCT AWAY, BUT TREAT IT AS ELECTRONIC WASTE TO PRESERVE THE ENVIRONMENT.**

 **CAUTION: DO NOT KNOCK OR DROP THE DEVICE, AS IT MAY BE DAMAGED.**

2 USING BUTTONS

Suunto Ambit3 Peak has five buttons which allow you to access all the features.



[Start Stop]:

- access the start menu
- pause or resume an exercise or timer
- keep pressed to stop and save an exercise
- increase a value or move up in the settings

[Next]:

- change between displays
- keep pressed to access/exit the options menu
- keep pressed to access/exit the options menu in sport modes
- accept a setting

[Light Lock]:

- activate the backlight
- keep pressed to lock/unlock the buttons
- decrease a value or move down in the settings

[View]:

- change views in **TIME** mode and during exercise
 - keep pressed to toggle the display between light and dark
 - keep pressed to access context-sensitive shortcuts (see below)

[Back Lap]:

- return to the previous step
- add a lap during exercise



TIP: When changing the values, you can increase the speed by keeping [Start Stop] or [Light Lock] pressed until the values start to scroll faster.

Defining shortcuts

By default, when you keep [View] pressed in **TIME** mode, you toggle the display between light and dark. This button push can be changed to instead access a specific menu option.

To define a shortcut:

1. Keep [Next] pressed to enter the options menu.
2. Browse to the menu item to which you want create a shortcut.
3. Keep [View] to create the shortcut.



NOTE: Shortcuts cannot be created to all possible menu items, such as individual logs.

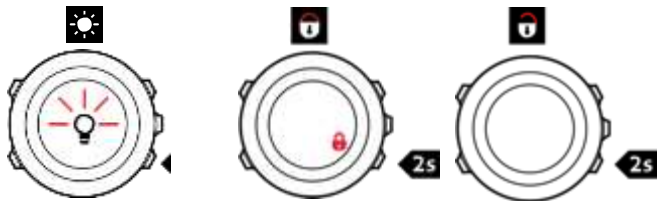
In other modes, keeping [View] pressed accesses predefined shortcuts.

For example, when the compass is active, you can access the compass settings by keeping [View] pressed.

3.1 Using backlight and button lock

Pressing [Light Lock] activates the backlight. You can change the backlight behavior in the watch settings under **GENERAL / Tones/ display / Backlight**.

Keeping [Light Lock] locks and unlocks buttons. You can change the button lock behavior in the watch settings under **GENERAL / Tones/ display / Button lock**.



TIP: Select the Actions only button lock setting for sport modes to avoid accidentally starting or stopping your log. When the [Back Lap] and [Start Stop] buttons are locked, you can still activate the backlight by pressing [Light Lock], change between the displays by pressing [Next] and views by pressing [View].

3 GETTING STARTED

Your Suunto Ambit3 Peak wakes up automatically when you attach it to your computer or a USB charger using the supplied USB cable.

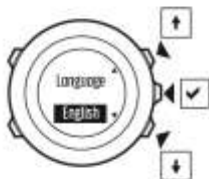
To start using your watch:

1. Wake up your sports watch by shortly connecting it to your computer or other power source with the supplied USB cable.
2. Press [Start Stop] or [Light Lock] to scroll to the desired language and press [Next] to select.
3. Pair with Movescount mobile app by pressing [Start Stop] or skip to next step by pressing [Light Lock].
4. Follow the startup wizard to complete initial settings. Set values with [Start Stop] or [Light Lock] and press [Next] to accept and go to the next step.
5. Reconnect USB cable and charge until battery indicator is 100%.

1.



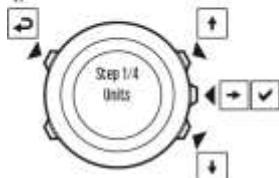
2.



3.



4.



5.



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.

The startup wizard takes you through the following settings:

- Units
- Time
- Date
- Personal settings (gender, age, weight)



NOTE: If you pair with the mobile app, some initial settings are skipped. Values are retrieved from the app.

4 CUSTOMIZING YOUR SUUNTO AMBIT3 PEAK

5.1 Connecting to Movescount

Movescount.com is your free personal diary and online sports community that offers you a rich set of tools to manage your daily activities and create engaging stories about your experiences. Movescount allows you to transfer your recorded exercise logs from your Suunto Ambit3 Peak to Movescount and customize the watch to best meet your needs.

There are two ways to connect to Movescount: with Moveslink (USB cable) and the Suunto Movescount mobile app (Bluetooth® Smart).



TIP: Connect to Movescount with Moveslink to get the latest software for your Suunto Ambit3 Peak.

Start by installing Moveslink:

1. Go to www.movescount.com/moveslink.
2. Download, install and activate the latest version of Moveslink.



NOTE: A Moveslink icon is visible on your computer's display when Moveslink is active.

To connect with the mobile app:

1. If you have a compatible mobile phone, install the Movescount mobile from the App Store.
2. On your watch, keep [Next] pressed to enter the options menu.
3. Press [Light Lock] to scroll to Connectivity and press [Next].
4. Press [Start Stop] to pair with the mobile app.
5. Activate the mobile app if it is not already.
6. Enter the passkey shown your watch in the app and tap Pair.

To register to Movescount:

1. Go to www.movescount.com.
2. Create your account.



NOTE: The first time your Suunto Ambit3 Peak is connected to Movescount all information (including the watch settings) is transferred from the watch to your Movescount account. The next time you connect your Suunto Ambit3 Peak to your Movescount account, the changes in settings and sport modes you made in Movescount and in the watch will be synchronized.

5.2 Updating your Suunto Ambit3 Peak

You can update your Suunto Ambit3 Peak software automatically in Movescount.



NOTE: When you update your Suunto Ambit3 Peak software, all the existing logs are automatically moved to Movescount and deleted from the watch.

To update your Suunto Ambit3 Peak software:

1. Go to www.movescount.com/moveslink and install the Moveslink application.
2. Connect your Suunto Ambit3 Peak to your computer with the Suunto USB cable. The Moveslink application will automatically check for software updates. If an update is available, your watch will be updated.



NOTE: You can use the Moveslink application without registering to Movescount. However, Movescount greatly extends the usability, personalization and settings options of your Suunto Ambit3 Peak. It also visualizes recorded tracks and other data from your activities. Therefore, it is recommended to create a Movescount account in order to utilize the full potential of the watch.

5.3 Custom sport modes

In addition to the default sport modes stored in the watch, you can create and edit custom sport modes in Movescount.

A custom sport mode can contain 1 to 8 different sport mode displays. You can choose which data appears on each display from a comprehensive list. You can customize, for example, sports-specific heart rate limits, autolap distance, or the recording rate to optimize accuracy and battery duration.

Any sport mode with GPS activated can also use the Quick Navigation option. By default, this option is off. When you select POI or Route, you get a pop-up list of the POIs or routes you have defined in your watch at the start of your exercise.

You can transfer up to 10 different sport modes created in Movescount to your Suunto Ambit3 Peak. Only one sport mode can be active at a time.

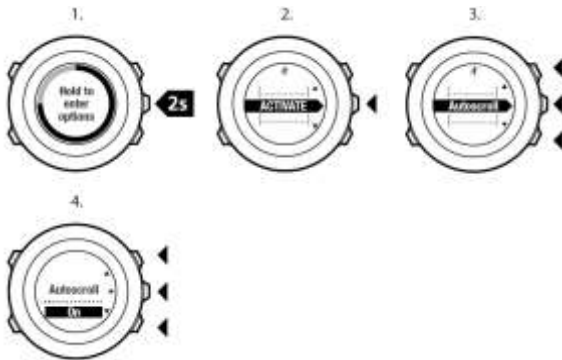


TIP: You can also edit the default sport modes in Movescount.

You can set your watch to automatically scroll through your sport mode displays using **Autoscroll**. Activate the feature and define how long the displays are shown on your custom sport mode in Movescount. You can turn **Autoscroll** on or off during exercise without any effect on your Movescount settings.

To set **Autoscroll** on/off during exercise:

1. While you are in a sport mode, keep [Next] pressed to access the options menu.
2. Scroll to **ACTIVATE** with [Light Lock] and select with [Next].
3. Scroll to **Autoscroll** with [Start Stop] and select with [Next].
4. Press [Start Stop] or [Light Lock] to set **Autoscroll On/Off** and accept with [Next].



5.4 Suunto Apps

Suunto Apps allow you to further customize your Suunto Ambit3 Peak. Visit Suunto App Zone in Movescount to find Apps, such as various timers and counters, available for your use. If you cannot find what you need, create your own App with Suunto App Designer. You can create Apps, for example, for calculating your estimated marathon result, or the slope grade of your skiing route.

To add Suunto Apps to your Suunto Ambit3 Peak:

1. Go to the **PLAN & CREATE** section in Movescount community and select **App Zone** to browse existing Suunto Apps. To create your own App, go to the **PLAN & CREATE** section of your profile and select **App Designer**.

2. Add Suunto App to a sport mode. Connect your Suunto Ambit3 Peak to your Movescount account to synchronize Suunto App to the watch. The added Suunto App will show the result of its calculation while you exercise.



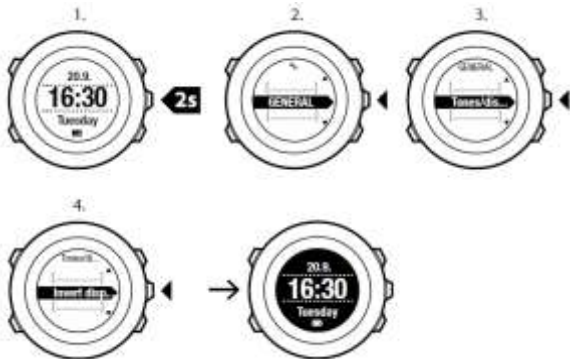
NOTE: You can add up to five Suunto Apps to each sport mode.

5.5 Inverting display

You can invert the display of your Suunto Ambit3 Peak from light to dark or vice versa.

To invert the display in the settings:

1. Keep [Next] pressed to enter the options menu.
2. Press [Next] to enter the **GENERAL** settings.
3. Press [Next] to enter **Tones/display**.
4. Scroll to **Invert display** with [Start Stop] and accept with [Next].



TIP: You can also invert the display of your Suunto Ambit3 Peak by keeping [View] pressed while you are in TIME mode, a sport mode, navigating, or using the stopwatch and timers.

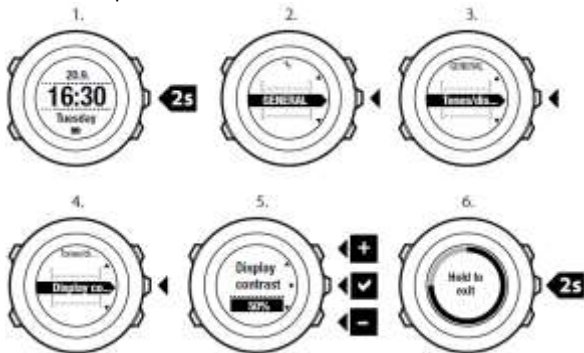
5.6 Adjusting display contrast

You can increase or decrease the display contrast of your Suunto Ambit3 Peak.

To adjust the display contrast in the settings:

1. Keep [Next] pressed to enter the options menu.
2. Press [Next] to enter the **GENERAL** settings.

3. Press [Next] to enter **Tones/display**.
4. Scroll to **Display contrast** with [Light Lock] and enter with [Next].
5. Increase the contrast with [Start Stop], or decrease it with [Light Lock].
6. Go back to the settings with [Back Lap], or keep [Next] pressed to exit the options menu.



5.7 Using Movescount mobile app

With the Suunto Movescount mobile app, you further enrich your Ambit3 Peak. Pair with the mobile app to get notifications on your Ambit3 Peak, change settings on the go, and take pictures with data from your move as well as create Suunto Movies of your moves.

To get notification on your watch:

- 1 If you haven't already, go to the App Store and install the mobile app on your phone.
- 2 Pair your Suunto Ambit3 Peak with the mobile app.
- 3 Enter options menu and go to **CONNECTIVITY**.
- 4 Got to **Settings** and select **Notifications**.
- 5 Toggle Notifications On/Off with [View] and press [Next]
- 6 Exit by keeping [Next] pressed.

When your Suunto Ambit3 Peak is paired with the mobile app, you can change settings as well as create or modify sport modes in the app. The app sync changes with your watch and your Movescount.com account.

With any move that is stored in Movescount.com, you can add pictures as well as create a Suunto Movie of the move using Movescount app. For more information, please refer to the Movescount app user guide.

6 USING TIME MODE

TIME mode shows you the following information:

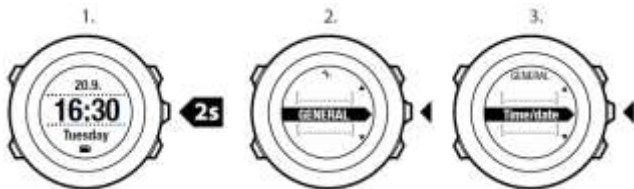
- top row: date
- middle row: time
- bottom row: toggle between weekday, seconds, dual time and other information with [View].



6.1 Changing time settings

To access the time settings:

1. Keep [Next] pressed to enter the options menu.
2. Press [Next] to enter **GENERAL**.
3. Scroll to **Time/date** using [Start Stop] and enter with [Next].

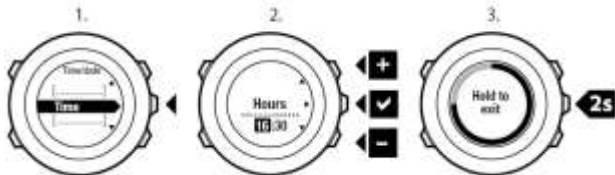


Setting time

The current time is shown in the middle row of the **TIME** mode display.

To set the time:

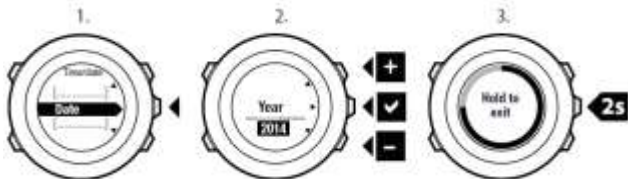
1. In the options menu, go to **GENERAL**, then to **Time/date** and **Time**.
2. Change the hour and minute values with [Start Stop] and [Light Lock]. Accept with [Next].
3. Go back to the settings with [Back Lap], or keep [Next] pressed to exit the options menu.



Setting date

The current date is shown on the top row of the **TIME** mode display. To set the date:

1. In the options menu, go to **GENERAL**, then to **Time/date** and **Date**.
2. Change the year, month and day values with [Start Stop] and [Light Lock]. Accept with [Next].
3. Go back to the settings with [Back Lap], or keep [Next] pressed to exit the options menu.



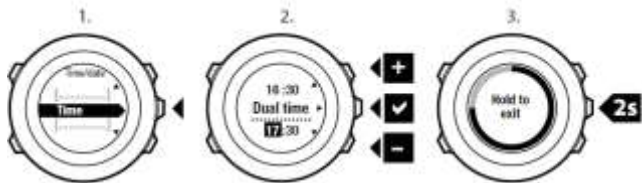
Setting dual time

Dual time allows you to keep track of the current time in a second time zone, for example, when travelling. Dual time is displayed on the bottom row of the **TIME** mode display and you can access it by pressing [View].

To set the dual time:

1. In the options menu, go to **GENERAL**, then to **Time/date** and **Dual time**.

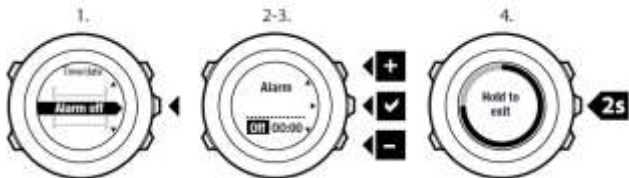
2. Change the hour and minute values with [Start Stop] and [Light Lock]. Accept with [Next].
3. Go back to the settings with [Back Lap], or keep [Next] pressed to exit the options menu.



Setting alarm

You can use your Suunto Ambit3 Peak as an alarm clock. To access the alarm clock and set the alarm:

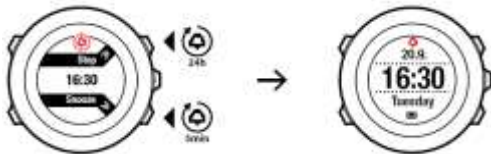
1. In the options menu, go to **GENERAL**, then to **Time/date** and **Alarm**.
2. Set the alarm on or off with [Start Stop] or [Light Lock]. Accept with [Next].
3. Set the hours and minutes with [Start Stop] and [Light Lock]. Accept with [Next].
4. Go back to the settings with [Back Lap], or keep [Next] pressed to exit the options menu.




When the alarm is switched on, the alarm symbol is shown on most of the displays.

When the alarm sounds, you can:

- Select **Snooze** by pressing [Light Lock]. The alarm stops and restarts every 5 minutes until you stop it. You can snooze up to 12 times for a total of 1 hour.
- Select **Stop** by pressing [Start Stop]. The alarm stops and restarts the same time the following day, unless you switch the alarm off in the settings.



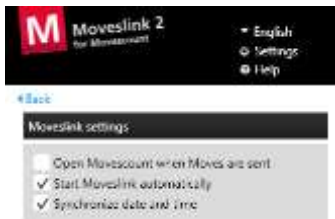
 **NOTE:** When snoozing, the alarm icon blinks in TIME mode.

6.2 Timekeeping

You Ambit3 Peak time can be updated through your mobile phone, computer (Moveslink) or GPS time.

If you have paired your watch with the Movescount mobile app, time and time zone are automatically synced with that of your mobile phone.

When you connect your watch to the computer with the USB cable, Moveslink by default updates your watch time according to the computer clock. This feature can be turned off in the Moveslink settings.



GPS timekeeping

GPS timekeeping makes sure your clock remains accurate by adjusting minutes and seconds using GPS satellite time. This happens every time the GPS signal is received.



NOTE: If the watch time is more than 7.5 minutes off, GPS

timekeeping corrects it to the closest quarter hour. Your time zone is not changed.

GPS timekeeping is activated by default. To deactivate it:

1. In the options menu, go to **GENERAL**, then to **Time/date** and **GPS timekeeping**.
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 the options menu.



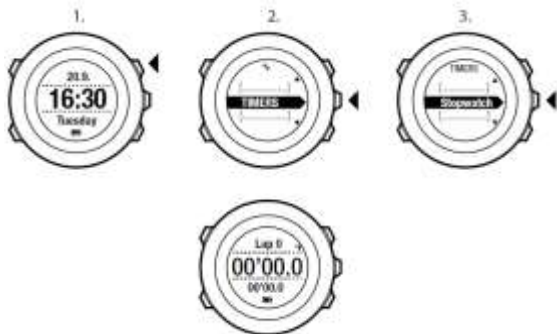
7 TIMERS

7.1 Activating stopwatch

The stopwatch allows you to measure time without starting an exercise. After you have activated the stopwatch, it is shown as an additional display in **TIME** mode.

To activate/deactivate the stopwatch:

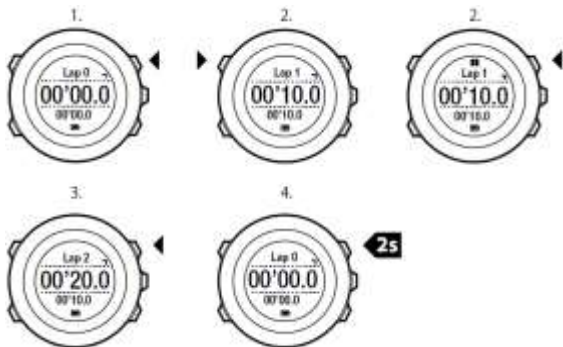
1. Press [Start Stop] to enter the start menu.
2. Scroll to **TIMERS** with [Light Lock] and enter with [Next].
3. Press [Next] to select **Stopwatch**.



7.2 Using stopwatch

To use the stopwatch:

1. In the activated stopwatch display, press [Start Stop] to start measuring time.
2. Press [Back Lap] to make a lap, or press [Start Stop] to pause the stopwatch. To view the lap times, press [Back Lap] when the stopwatch is paused.
3. Press [Start Stop] to continue.
4. To reset the time, keep [Start Stop] pressed when the stopwatch is paused.



While the stopwatch is running, you can:

- press [View] to switch between the time and lap time shown on the bottom row of the display.
- switch to **TIME** mode with [Next].
- enter the options menu by keeping [Next] pressed.

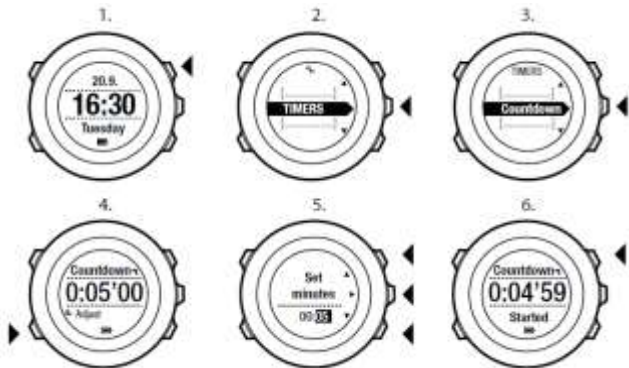
7.3 Countdown timer

You can set the countdown timer to count down from a preset time to zero. After you have activated the countdown timer, it is shown as an additional display after the **TIME** mode.

The timer makes a short sound every second during the last 10 seconds and sounds an alarm when zero is reached.

To set the countdown time:

1. Press [Start Stop] to enter the start menu.
2. Scroll to **TIMERS** with [Light Lock] and select with [Next].
3. Scroll to **Countdown** with [Light Lock] and select with [Next].
4. Press [View] to adjust the countdown time.
5. Set the hours and minutes with [Start Stop] and [Light Lock]. Accept with [Next].
6. Press [Start Stop] start the countdown.



After the countdown has stopped, the countdown timer display disappears after a one-hour timeout.

To deactivate the timer, go to **TIMERS** in the start menu and select **END countdown**.



TIP: You can pause/continue the countdown by pressing [Start Stop].

8 NAVIGATION

8.1 Using GPS

Suunto Ambit3 Peak uses Global Positioning System (GPS) in determining your current position. GPS incorporates a set of satellites that orbit the Earth at an altitude of 20,000 km at the speed of 4 km/s. The built-in GPS receiver in Suunto Ambit3 Peak is optimized for wrist use and receives data from a very wide angle.

8.1.1 Getting GPS signal

Suunto Ambit3 Peak activates GPS automatically when you select a sport mode with the GPS functionality, determine your location, or start navigating.





NOTE: When you activate GPS for the first time, or have not used it for a long time, it might take longer than usual to get a GPS fix. Subsequent GPS starts will take less time.



TIP: To minimize GPS initiation time, hold the watch steady with GPS facing up and make sure you are in an open area so that the watch has a clear view of the sky.

Troubleshooting: No GPS signal

- For an optimal signal, point the GPS part of the watch upwards. The best signal can be received in an open area with a clear view of the sky.
- The GPS receiver usually works well inside tents and other thin covers. However, objects, buildings, dense vegetation or cloudy weather can reduce the GPS signal reception quality.
- GPS signal does not penetrate any solid constructions or water. Therefore do not try to activate GPS for example inside buildings, caves, or under water.

8.1.2 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 commonly used grid and has three different formats:
 - **WGS84 Hd.d°**
 - **WGS84 Hd°m.m'**
 - **WGS84 Hd°m's.s**
- **UTM** (Universal Transverse Mercator) gives a two-dimensional horizontal position presentation.
- **MGRS** (Military Grid Reference System) is an extension of UTM and consists of a grid zone designator, 100,000-meter square identifier and a numerical location.

Suunto Ambit3 Peak also supports the following local grids:

- **British (BNG)**
- **Finnish (ETRS-TM35FIN)**
- **Finnish (KKJ)**
- **Irish (IG)**
- **Swedish (RT90)**
- **Swiss (CH1903)**
- **UTM NAD27 Alaska**
- **UTM NAD27 Conus**
- **UTM NAD83**
- **New Zealand (NZTM2000)**



NOTE: Some grids cannot be used in the areas north of 84°N and south of 80°S, or outside the countries that they are intended for.

8.1.3 GPS accuracy and power saving

When customizing sport modes, you can define the GPS fix interval using the GPS accuracy setting in Movescount. The shorter the interval, the better the accuracy during exercise.

By increasing the interval and lowering the accuracy, you can extend the battery life.

The GPS accuracy options are:

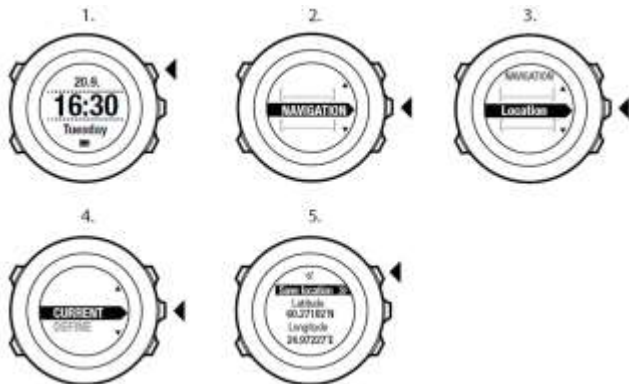
- Best: ~ 1 sec fix interval, highest power consumption
- Good: ~ 5 sec fix interval, moderate power consumption
- OK: ~ 60 sec fix interval, lowest power consumption
- Off: no GPS fix


8.2 Checking your location

Suunto Ambit3 Peak allows you to check the coordinates of your current location using GPS.

To check your location:

1. Press [Start Stop] to enter the start menu.
2. Scroll to **NAVIGATION** using [Start Stop] and enter with [Next].
3. Press [Next] to select **Location**.
4. Press [Next] to select **Current**.
5. The watch starts searching for a GPS signal and displays **GPS found** after acquiring the signal. After that your current coordinates are shown on the display.



 *TIP: You can also check your location while you are recording an exercise by keeping [Next] pressed to access the options menu.*

8.3 POI navigation

8.3.1 Adding your location as a point of interest (POI)

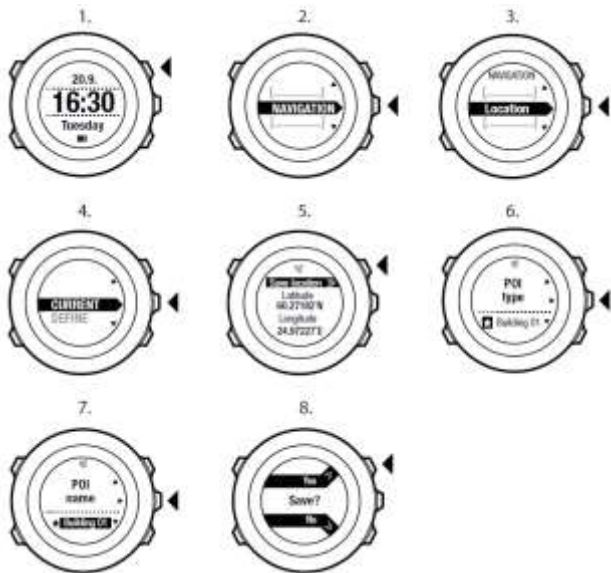
Suunto Ambit3 Peak allows you to save your current location or define a location as a POI. You can navigate to a saved POI anytime, for example, during your exercise.

You can store up to 100 POIs in the watch. Note that also routes take up this quota. For example, if you have a route with 60 waypoints, you can additionally store 40 POIs in the watch.

You can select a POI type (icon) and POI name from a pre-defined list, or freely name the POIs in Movescount.

To save a location as a POI:

1. Press [Start Stop] to enter the start menu.
2. Scroll to **NAVIGATION** using [Start Stop] and enter with [Next].
3. Press [Next] to select **Location**.
4. Select **CURRENT** or **DEFINE** to manually change longitude and latitude values.
5. Press [Start Stop] to save the location.
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.



TIP: You can create POIs in Movescount by selecting a location on a map or inserting the coordinates. POIs in your Suunto Ambit3 Peak and in Movescount are always synchronized when you

connect the watch to Movescount.

8.3.2 Navigating to a point of interest (POI)

Suunto Ambit3 Peak includes GPS navigation which allows you to navigate to a pre-defined destination stored as a POI.



NOTE: You can also navigate when you are recording an exercise, see 11.6.7 Navigating during exercise.

To navigate to a POI:

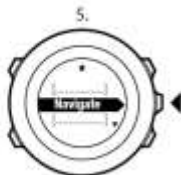
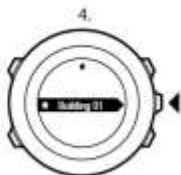
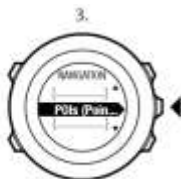
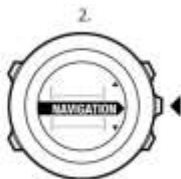
1. Press [Start Stop] to enter the start menu.
2. Scroll to **NAVIGATION** using [Start Stop] and enter with [Next].
3. Scroll to **POIs (Points of interest)** using [Light Lock] and select with [Next].

The watch displays the number of saved POIs and free space available for new POIs.

4. Scroll to the POI you wish to navigate to with [Start Stop] or [Light Lock] and select with [Next].
5. Press [Next] to select **Navigate**.

If you are using the compass for the first time, you need to calibrate it. For more information, see *10.1 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.

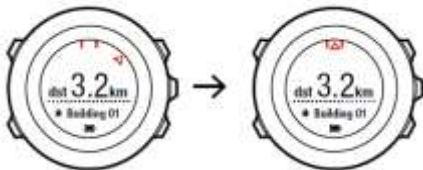


When stationary or moving slowly (<4 km/h), the watch shows you the direction to the POI (or waypoint if navigating a route) based on the compass bearing.



While moving (>4 km/h), the watch shows you the direction to the POI (or waypoint if navigating a route) based on GPS.

The direction to your target, or bearing, is shown with the empty triangle. Your direction of travel, or heading, is indicated by the solid lines at the top of the display. Aligning these two ensures you are moving in the correct direction.



8.3.3 Deleting a point of interest (POI)

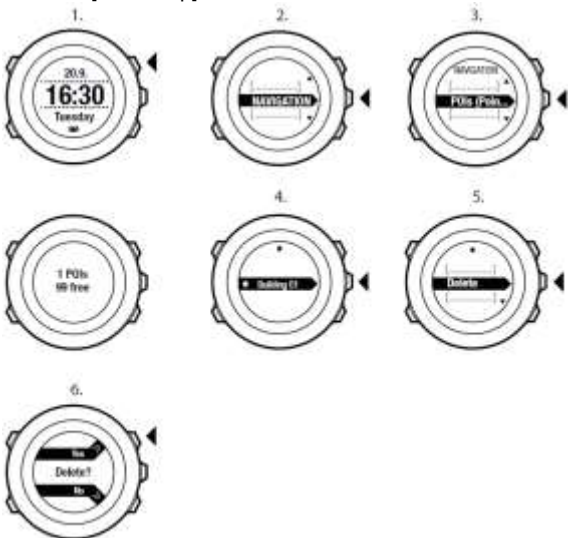
To delete a POI:

1. Press [Start Stop] to enter the start menu.
2. Scroll to **NAVIGATION** using [Start Stop] and enter with [Next].
3. Scroll to **POIs (Points of interest)** using [Light Lock] and

select with [Next].

The watch displays the number of saved POIs and free space available for new POIs.

4. Scroll to the POI you wish to delete with [Start Stop] or [Light Lock] and select with [Next].
5. Scroll to **Delete** with [Start Stop]. Select with [Next].
6. Press [Start Stop] to confirm





NOTE: When you delete a POI in Movescount and synchronize your Suunto Ambit3 Peak, the POI is deleted from the watch but only disabled in Movescount.

8.4 Route navigation

8.4.1 Adding a route

You can create a route in Movescount, or import a route created with another watch from your computer to Movescount. You can also record a route with your Suunto Ambit3 Peak and upload it to Movescount, see *11.6.1 Recording tracks*.

To add a route:

1. Go to www.movescount.com. Follow the instructions on how to import or create a route.
2. Activate Moveslink and connect your Suunto Ambit3 Peak to your computer with the Suunto USB cable. The route is transferred automatically to the watch.




NOTE: Make sure that the route you want to transfer to your Suunto Ambit3 Peak has been selected in Movescount.



8.4.2 Navigating a route

You can navigate a route you have downloaded to your Suunto Ambit3 Peak from Movescount, see 8.4.1 *Adding a route*.

 *NOTE: You can also navigate as a sport mode, see 11.6.7 *Navigating during exercise*.*

To navigate a route:

1. Press [Start Stop] to enter the start menu.
2. Scroll to **NAVIGATION** with [Start Stop] and enter with [Next].
3. Scroll to **Routes** with [Start Stop] and enter with [Next].

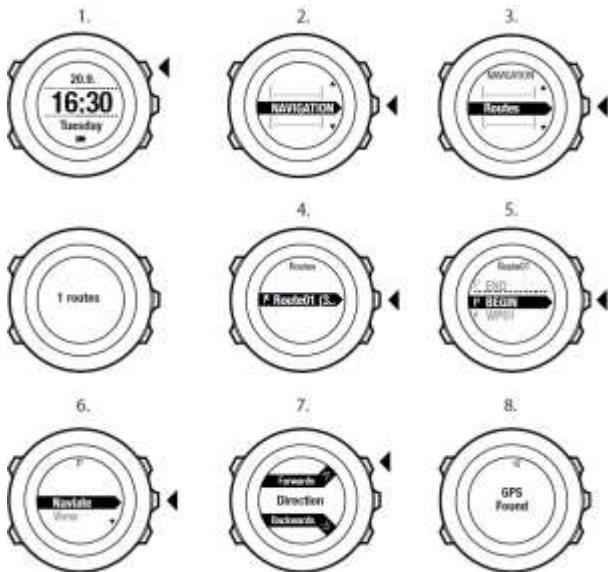
The watch displays the number of saved routes and after that a list of all your routes.

4. Scroll to the route you want to navigate with [Start Stop] or [Light Lock]. Select with [Next].
5. The watch displays all the waypoints on the selected route. Scroll to the waypoint you want to use as the starting point with [Start Stop] or [Light Lock]. Accept with [Next].

6. Press [Next] to select **Navigate**.
7. If you selected a waypoint in the middle of the route, Suunto Ambit3 Peak prompts you to select the direction of the navigation. Press [Start Stop] to select **Forwards** or [Light Lock] to select **Backwards**.

If you selected the first waypoint as the starting point, Suunto Ambit3 Peak navigates the route forward (from the first to the last waypoint). If you selected the last waypoint as the starting point, Suunto Ambit3 Peak navigates the route backwards (from the last to the first waypoint).

8. If you are using the compass for the first time, you need to calibrate it. For more information, see *10.1 Calibrating compass*. After activating the compass, the watch starts searching for a GPS signal and displays **GPS found** after acquiring the signal.
9. Start navigating to the first waypoint on the route. The watch informs you when you are approaching the waypoint and automatically starts navigating to the next waypoint on the route.
10. Before the last waypoint on the route the watch informs you that you have arrived at your destination.



9.



10.



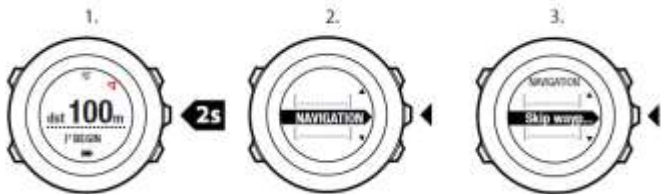
...



To skip a waypoint on a route:

1. While you are navigating a route, keep [Next] pressed to access the options menu.

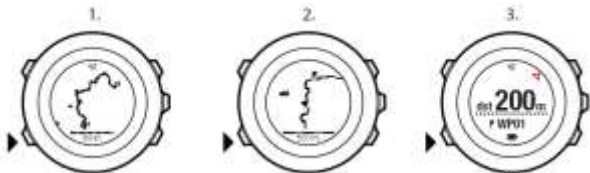
2. Press [Next] to select **NAVIGATION**.
3. Scroll to **Skip waypoint** with [Start Stop] and select with [Next].
The watch skips the waypoint and starts navigating directly to the next waypoint on the route.



8.4.3 During navigation

During navigation, press [View] to scroll the following views:

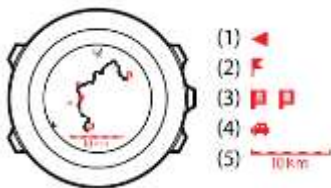
1. the full track view showing the whole route
2. zoomed-in view of the route. By default, the zoomed-in view is scaled to a 200 m/0.125 mi scale, or larger if you are far away from the route. You can change the map orientation in the watch settings under **GENERAL / Map**.
3. waypoint navigation view



Full track view

The full track view shows you the following information:

- (1) arrow indicating your location and pointing to the direction of your heading.
- (2) the next waypoint on the route
- (3) the first and last waypoint on the route
- (4) The closest POI is shown as an icon.
- (5) scale on which the full track view is shown



NOTE: In the full track view the north is always upwards.

Waypoint navigation view

The waypoint navigation view shows you the following information:

- (1) arrow pointing to the direction of the next waypoint
- (2) your distance to the next waypoint
- (3) the next waypoint you are headed towards



8.4.4 Deleting a route

You can delete and disable routes in Movescount. To delete a route:

1. Go to www.movescount.com and follow the instructions on how to delete or disable a route.
2. Activate Moveslink and connect your Suunto Ambit3 Peak to your computer with the Suunto USB cable. While the settings are synchronized, the route is removed automatically from the watch.

9 USING ALTI & BARO MODE

In **ALTI & BARO** mode you can view the current altitude or barometric pressure. It offers three profiles: **Automatic**, **Barometer** and **Altimeter**. For information on setting profiles, see *9.4.1 Setting profiles*.

You can access different views depending on which profile is activated when you are in **ALTI & BARO** mode.

Sunrise and sunset time views are available when GPS has been activated. If GPS is not active, sunrise and sunset times are based on the last recorded GPS data.

9.1 How Alti & Baro works

To get correct readings with **ALTI & BARO** mode, it is important to understand how Suunto Ambit3 Peak calculates altitude and sea level air pressure. Suunto Ambit3 Peak constantly measures absolute air pressure. Based on this measurement and reference values, it calculates altitude or sea level air pressure.



CAUTION: Keep the area around the sensor free of dirt and sand. Never insert any objects into the sensor openings.



9.2 Getting correct readings

If you are engaged in an outdoor activity that requires accurate sea level air pressure or altitude, you will first need to calibrate your Suunto Ambit3 Peak by entering either your current altitude or the current sea level air pressure.

The altitude of your location can be found from most topographic maps or Google Earth. A sea level air pressure reference for your location can be found using the websites of national weather services.

If FusedAlti™ is activated, the altitude reading will be corrected automatically using FusedAlti together with altitude and sea level pressure calibration. For more information, see 9.8 *FusedAlti*.

Absolute air pressure is measured constantly

Absolute air pressure and known altitude reference = Sea level air pressure

Absolute air pressure and known sea level air pressure = Altitude

Changes in local weather conditions will affect altitude readings. If local weather changes often, it is advisable to reset the current altitude reference value frequently, preferably before starting your journey when the reference values are available. As long as the local weather stays stable, you do not need to set reference values.

9.3 Getting incorrect readings

ALTIMETER profile + standing still + weather change

If your **Altimeter** profile is on for an extended period of time with the device in a fixed location while the local weather changes, the device will give incorrect altitude readings.

ALTIMETER profile + altitude moving + weather change

If your **Altimeter** profile is on and the weather changes frequently while you climb in altitude or go down in altitude, the device will give you incorrect readings.

BAROMETER profile + altitude moving

If the **Barometer** profile is on for an extended period of time as you climb in altitude or go down in altitude, the device assumes that you are standing still and interprets your changes in altitude as changes in sea level air pressure. It will therefore give you incorrect sea level air pressure readings.

Use example: Setting the altitude reference value

You're on the second day of your two-day hike. You realize that you forgot to switch from the **Barometer** profile to the **Altimeter** profile when you started moving in the morning. You know that the current altitude readings given by your Suunto Ambit3 Peak are wrong. So, you hike to the nearest location shown on your topographic map for which an altitude reference value is provided. You correct your Suunto Ambit3 Peak altitude reference value accordingly and switch from **Barometer** to **Altimeter** profile. Your altitude readings are correct again.

9.4 Matching profile to activity

The **Altimeter** profile should be selected when your outdoor activity involves changes in altitude (e.g. hiking in hilly terrain).

The **Barometer** profile should be selected when your outdoor activity does not involve changes in altitude (e.g. soccer, sailing, canoeing).

To get correct readings, you need to match the profile to your activity. You can either let Suunto Ambit3 Peak decide a suitable profile for the activity, or choose a profile yourself.



NOTE: You can define the profile as part of the sport mode settings in Movescount, or in your Suunto Ambit3 Peak.

9.4.1 Setting profiles

To set the **ALTI & BARO** profile:

1. Keep [Next] pressed to enter the options menu.
2. Scroll to **ALTI-BARO** with [Light Lock] and enter with [Next].
3. Press [Next] to select **Profile**.
4. Scroll the profile options (**Automatic, Altimeter, Barometer**) with [Start Stop] or [Light Lock]. Select a profile with [Next].

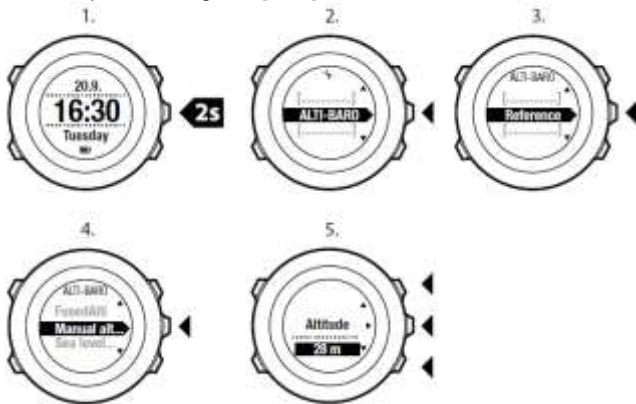


9.4.2 Setting reference values

To set the sea level pressure and altitude reference values:

1. Keep [Next] pressed to enter the options menu.
2. Scroll to **ALTI-BARO** with [Light Lock] and enter with [Next].
3. Scroll to **Reference** with [Light Lock] and enter with [Next].
4. The following setting options are available:
 - **FusedAlti**: GPS is switched on and the device starts calculating altitude based on FusedAlti. For more information, see *9.8 FusedAlti*.
 - **Manual altitude**: Set your altitude manually.
 - **Sea level pressure**: Set the sea level pressure reference value manually.
5. Set the reference value using [Start Stop] and [Light Lock].

Accept the setting with [Next].



TIP: You can access the Reference setting by keeping [View] pressed when in ALTI & BARO mode.

You can also set your altitude during your exercise, see [11.6.4 Setting altitude during exercise.](#)

9.5 Using Altimeter profile

The **Altimeter** profile calculates altitude based on reference values. The reference value can either be sea level air pressure value or altitude reference value. When the **Altimeter** profile is activated,

the altimeter icon is shown on the display. For information on setting the profile, see *9.4.1 Setting profiles*.

When the **Altimeter** profile is activated, you can access the following views:

- top row: your current altitude
- middle row: altitude information on a 12-hour timeline in graph form
- bottom row: toggle between time and temperature with [View]



NOTE: If you are wearing your Suunto Ambit3 Peak on your wrist, you will need to take it off in order to get an accurate temperature reading because your body temperature will affect the initial reading.

9.6 Using Barometer profile

The **Barometer** profile shows the current sea level air pressure. This is based on the reference values added in the settings and the constantly measured absolute air pressure. For information on setting the reference values, see *9.4.2 Setting reference values*.

Changes in the sea level air pressure are presented graphically in the middle row of the display. The display shows the recording of the last 26 hours with a recording interval of 15 minutes.

When the **Barometer** profile is activated, the barometer icon is shown on the display. For information on setting the **ALTI & BARO** profile, see *9.4.1 Setting profiles*.

When the **Barometer** profile is activated, Suunto Ambit3 Peak shows you the following barometric information:

- top row: the current sea level air pressure
- middle row: a graph displaying sea level pressure data from the past 27 hours (1h recording interval)
- bottom row: toggle between temperature, time and altitude reference value with [View]



Altitude reference is the latest altitude used in **ALTI & BARO** mode. It can be:

- the altitude you have set as altitude reference in the **Barometer** profile, or
- the latest altitude logged in the **Automatic** profile before changing to the **Barometer** profile.



NOTE: If you are wearing your Suunto Ambit3 Peak on your wrist, you will need to take it off in order to get an accurate temperature reading because your body temperature will affect the initial reading.

9.7 Using Automatic profile

The **Automatic** profile switches between the **Altimeter** and **Barometer** profiles according to your movements. When the **Automatic** profile is active, the device will automatically switch between interpreting changes in air pressure as changes in altitude or changes in weather.



It is not possible to measure weather and altitude changes at the same time, as both cause a change in the surrounding air pressure. Suunto Ambit3 Peak senses vertical movement and switches to measuring altitude, when needed. When altitude is shown, it is updated with a maximum delay of 10 seconds.

If you are at a constant altitude (less than 5 meters of vertical movement within 12 minutes), Suunto Ambit3 Peak interprets all pressure changes as weather changes. The measurement interval is 10 seconds. The altitude reading remains steady and if the weather changes, you will see changes in the sea level air pressure reading.

If you are moving in altitude (more than 5 meters of vertical movement within 3 minutes), Suunto Ambit3 Peak interprets all pressure changes as movements in altitude.

Depending on which profile is active, you can access the **Altimeter** or **Barometer** profile views with [View].



NOTE: When you are using the Automatic profile, barometer or altimeter icons are not shown on the display.

9.8 FusedAlti

FusedAlti™ provides an altitude reading that is a combination of GPS and barometric altitude. It minimizes the effect of temporary and offset errors in the final altitude reading.



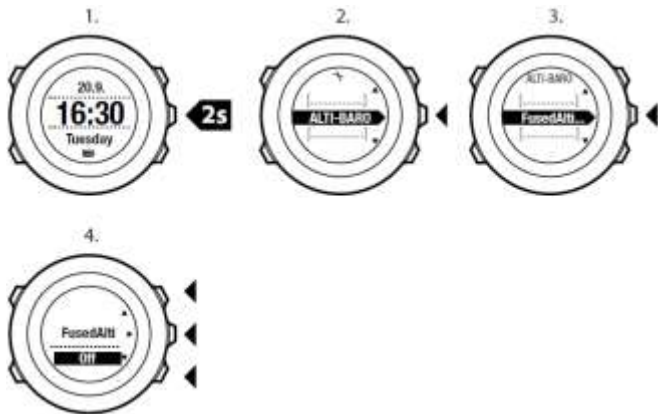
NOTE: By default, altitude is measured with FusedAlti during exercises that use GPS and during navigation. When GPS is switched off, altitude is measured with the barometric sensor.

If you do not want to use FusedAlti in altitude measurement, you can disable it in the options menu.

To disable FusedAlti:

1. Keep [Next] pressed to access the options menu.
2. Scroll to **ALTI-BARO** with [Light Lock] and enter with [Next].

3. Scroll to **FusedAlti** with [Start Stop] and select with [Next].
4. Set FusedAlti **Off** with [Start Stop] or [Light Lock] and accept with [Next].

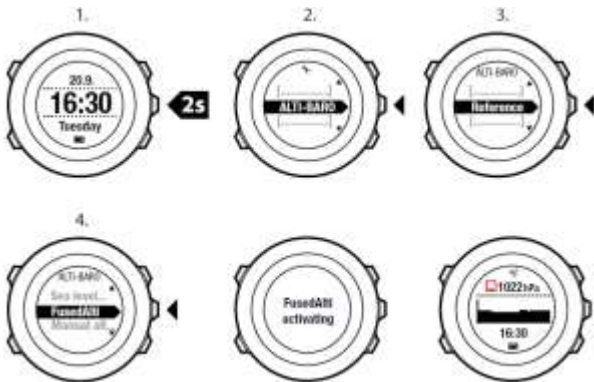



When the device is in **TIME** mode, you can search a new reference for barometric altitude with FusedAlti. This activates the GPS for a maximum of 15 minutes.

To search a new reference for barometric altitude with FusedAlti:

1. Keep [Next] pressed to enter the options menu.
2. Scroll to **ALTI-BARO** with [Light Lock] and enter with [Next].

3. Scroll to **Reference** with [Light Lock] and enter with [Next].
4. Scroll to **FusedAlti** with [Start Stop] and select with [Next].
GPS is switched on and the device starts calculating altitude based on FusedAlti.

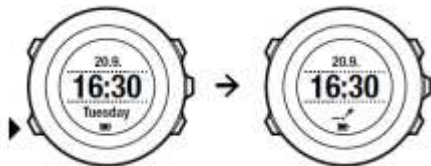


 **NOTE:** In good conditions it takes 4– 12 minutes for the FusedAlti to activate. During that time, Suunto Ambit3 Peak shows barometric altitude and ~ is shown with the altitude reading to indicate that the altitude may not be correct.




9.9 Weather indicators

In addition to the barometer graph (see *9.6 Using Barometer profile*), Suunto Ambit3 Peak has two weather indicators: weather trend and storm alarm.

The weather trend indicator is displayed as a view in **TIME** mode, providing you a quick way to check weather changes.



The weather trend indicator is comprised of two lines forming an arrow. Each line represents a 3-hour period. A change in barometric pressure greater than 2 hPa / 0.59 inHg over three hours triggers a change the direction of the arrow. For example:

-  pressure dropping heavily over the last six hours
-  pressure was steady, but rising heavily over the last three hours
-  pressure was rising heavily, but dropping heavily over the last three hours

Storm alarm

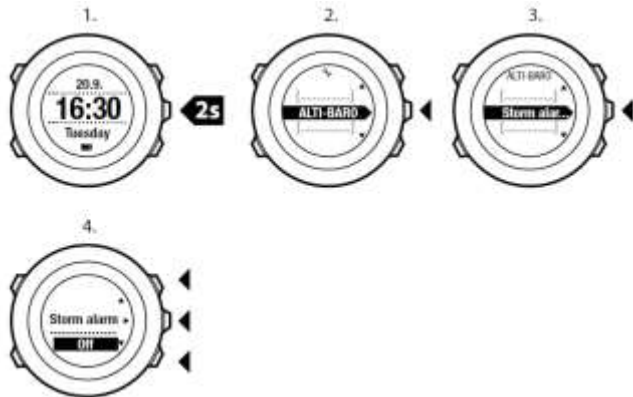
A significant drop in barometric pressure typically means a storm is coming and you should take cover. When the storm alarm is active, Suunto Ambit3 Peak sounds an alarm and flashes a storm symbol when the pressure drops 4 hPa / 0.12 inHg or more during a 3-hour period.



NOTE: The storm alarm does not work if you have altimeter profile activated. See 9.4.1 Setting profiles.

To activate **Storm alarm**:

1. Keep [Next] pressed to enter the options menu.
2. Scroll to **ALTI-BARO** with [Light Lock] and enter with [Next].
3. Press [Next] to select **Storm alarm**.
4. Set the storm alarm **On** or **Off** with with [Start Stop] or [Light Lock] and accept with [Next].



When a storm alarm occurs, pressing any button ends the alarm. If no button is pressed, the alarm repeats once after five minutes. The storm symbol remains on the display until the weather conditions stabilize (pressure drop slows down).

A special lap (called 'storm alarm') is generated when a storm alarm occurs while recording an exercise.



TIP: You can also activate or deactivate the storm alarm through the options menu in a sport mode.

10 USING 3D COMPASS

Suunto Ambit3 Peak has a 3D compass that allows you to orient yourself in relation to magnetic north. The tilt-compensated compass gives you accurate readings even if the compass is not horizontally level.

COMPASS mode includes the following information:

- middle row: compass heading in degrees
- bottom row: toggle between the current heading in cardinal (**N**, **S**, **W**, **E**) and half-cardinal (**NE**, **NW**, **SE**, **SW**) points, time and empty view with [View]



The compass will switch itself to power saving mode after one minute. Reactivate it with [Start Stop].

For information on using compass during exercise, see *11.6.5 Using compass during exercise*.

10.1 Calibrating compass

COMPASS mode asks you to calibrate the compass before you start using it. If you have already calibrated the compass and want to re-calibrate it, you can access the calibration option in the options menu.

To calibrate the compass:

1. Keep [Next] pressed to enter the options menu.
2. Scroll to **GENERAL** using [Light Lock] and enter with [Next].
3. Scroll to **Compass** using [Start Stop] or [Light Lock] and enter with [Next].
4. Press [Next] to select **Calibration**.
5. Turn and tilt the watch in multiple directions until the watch beeps, indicated calibration is complete.



If the calibration is successful, the text **CALIBRATION SUCCESSFUL** is displayed. If the calibration does not succeed, the text **CALIBRATION FAILED** is displayed. To retry the calibration, press [Start Stop].

10.2 Setting declination value

To ensure correct compass readings, set an accurate declination value.

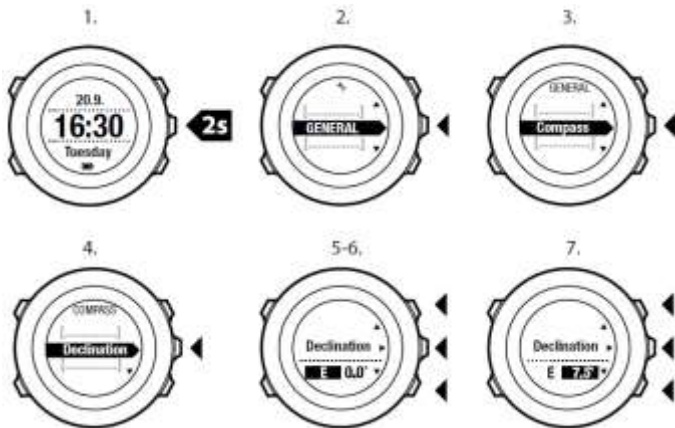
Paper maps point to true north. Compasses, however, point to magnetic north – a region above the Earth where the Earth's magnetic fields pull. Because magnetic North and true North are not at the same location, you must set the declination on your compass. The angle in between magnetic and true north is your declination.


The declination value appears on most maps. The location of magnetic north changes yearly, so the most accurate and up-to-date declination value can be obtained from the internet (for example www.magnetic-declination.com).

Orienteering maps, however, are drawn in relation to magnetic north. This means that when you are using orienteering maps you need to turn the declination correction off by setting the declination value to 0 degrees.

To set the declination value:

1. Keep [Next] pressed to enter the options menu.
2. Press [Next] to enter **GENERAL**.
3. Scroll to **Compass** using [Light Lock] and select with [Next].
4. Scroll to **Declination** with [Light Lock] and select with [Next].
5. Turn the declination off by selecting --, or select **W** (west) or **E** (east).
6. Set the declination value with [Start Stop] or [Light Lock].
7. Press [Next] to accept the setting.



 *TIP: You can also enter the compass settings by keeping [View] pressed in COMPASS mode.*

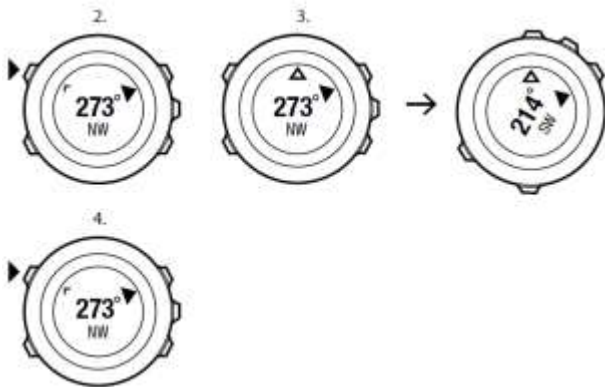
10.3 Setting bearing lock


You can mark the direction to your target in relation to North with the bearing lock feature.

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.

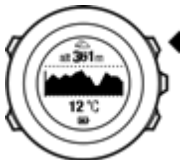


 **NOTE:** While using the compass in an exercise mode, the [Back Lap] button only locks and clears the bearing. Exit the compass view to make a lap with [Back Lap].

11 USING SPORT MODES

Use the sport modes to record exercise logs and view various information during your exercise.

You can access the sport modes by pressing [Start Stop] in the **TIME** or **ALTI & BARO** mode, or in the **COMPASS** mode after the compass has been calibrated.



11.1 Sport modes

You can select a suitable sport mode from the predefined sport modes. Depending on the sport, different information is shown on the display during exercise. For example, the sport mode specifies whether FusedSpeed™ or plain GPS speed is used. (For more information, see *14 FusedSpeed!*) The selected sport mode also affects exercise settings, such as HR limits, autolap distance, **ALTI & BARO** mode and recording rate.

In Movescount you can create more custom sport modes, edit the predefined sport modes and download them to your device.

During exercise the predefined sport modes give you information that is useful for that particular sport:

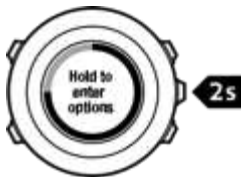
- **Cycling:** speed, distance, cadence and heart rate related information
- **Mountaineering:** altitude, distance and speed related information (60 sec GPS fix)
- **Alpine skiing:** altitude, descent and time related information
- **Trekking:** distance, altitude, heart rate and chronograph related information (60 sec GPS fix)
- **Triathlon:** combination of outdoor swimming, cycling and running related information
- **Running:** pace, heart rate and chronograph related information
- **Pool swimming:** average stroke rate, max. pace, average SWOLF
- **Openwater swim:** average stroke rate, max. pace
- **Other sports:** speed, heart rate and altitude related information
- **Indoor training :** heart rate related information (without GPS)



NOTE: SWOLF is used to calculate swimming efficiency. It is a combination of swim time and number of strokes over a specific pool length.

11.2 Additional options in sport modes

When a sport mode is selected, keep [Next] pressed to access additional options to be used during your exercise:



- Select **NAVIGATION** to access the following options:
 - Select **Track back** to retrace your route at any point of your exercise.
 - Select **Find back** to navigate back to the starting point of your exercise.
 - Select **Location** to check the coordinates of your current location, or save it as a POI.
 - Select **POIs (Points of interest)** to navigate to a POI.
 - Select **Routes** to navigate a route.
 - Select **Logbook** to navigate a route of one of your saved logs with GPS data.
- Select **ACTIVATE** to set the following features on or off:
 - Select **Interval off/on** to activate/deactivate interval timer. The interval timer can be added to custom sport modes in Movescount. For more information, see *11.6.6 Using interval timer*.
 - Select **Autopause off/on** to activate/deactivate autopause.
 - Select **Autoscroll off/on** to activate/deactivate autoscroll.

- Select **HR limits off/on** to set the HR limits on or off. The heart rate limit values can be specified in Movescount.
- Select **Compass off/on** to activate/deactivate the compass. When the compass is activated during exercise, it is shown as an additional display after the sport mode.

11.3 Using heart rate belt

A heart rate belt can be used during exercise. When you use a heart rate belt, Suunto Ambit3 Peak gives you more information about your activities.

Using a heart rate belt enables the following additional information during exercise:

- 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

Using a heart rate belt enables the following additional information after exercise:

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

11.4 Putting on heart rate belt

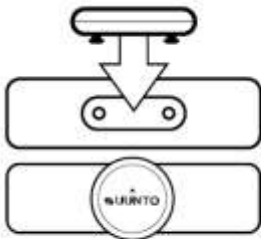


NOTE: Suunto Ambit3 Peak is compatible with Suunto Smart Belt and other Bluetooth Smart compatible heart rate sensors.

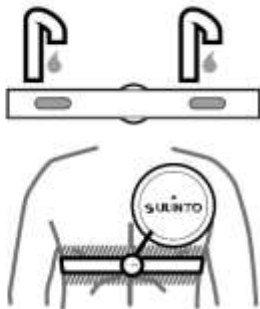
To start using the Suunto Smart Belt:

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

1.



3. - 4.





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



NOTE: Suunto Ambit3 Peak cannot receive the heart rate belt signal under water.



TIP: Machine-wash the heart rate belt regularly after use to avoid unpleasant odor and to ensure good data quality and functionality. Only wash the textile strap.

Suunto Ambit3 Peak supports Bluetooth® Smart compatible heart rate belts and certain PODs. Visit www.suunto.com for a list of compatible products.

11.5 Starting exercise

To start exercising:

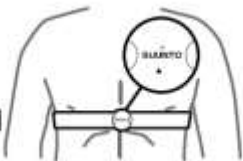
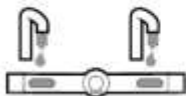
1. Moisten the contact areas and put on the heart rate belt (optional).
2. Press [Start Stop] to enter the start menu.
3. Press [Next] to enter **EXERCISE**.

4. Scroll the sport mode options with [Start Stop] or [Light Lock] and select a suitable mode with [Next]
5. The watch automatically starts searching for a heart rate belt signal, if the selected sport mode uses a heart rate belt. Wait for the watch to notify that the heart rate and/or GPS signal have been found, or press [Start Stop] to select **Later**. The watch continues to search the heart rate/GPS signal.

Once the heart rate/GPS signal has been found, the watch starts showing and recording heart rate/GPS data.

6. Press [Start Stop] to start recording your exercise. To access the options menu, keep [Next] pressed (see *11.2 Additional options in sport modes*).

(1.)



2.



3.



4.



5.



6.



11.6 During exercise

Suunto Ambit3 Peak gives you additional information during your exercise. The additional information varies depending on the sport mode you have selected, see . You will also get more information, if you use a heart rate belt and GPS during exercise.

Suunto Ambit3 Peak allows you to define what information you want to see on the display.

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

- Press [Next] to see additional displays.
- Press [View] to see additional views.
- 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. The pause will be shown in your log as a lap mark. To resume recording, press [Start Stop] again.

11.6.1 Second display on phone

If you are using the Suunto Movescount mobile app, you can use your mobile phone as a second display for your watch.

To use your mobile phone as a second display:

1. Open the Movescount app and tap Move.
2. Select Ambit3 from the list of sport modes and tap Next.
3. Tap on each of the display areas – middle, upper left, upper right – to select what values you want displayed.

4. Start your exercise in your watch.

11.6.2 Recording tracks

Depending on the sport mode you have selected, your Suunto Ambit3 Peak records various information during exercise.

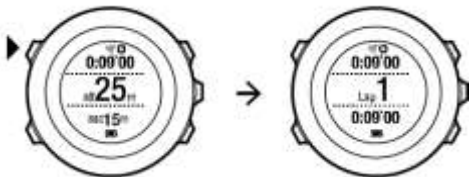
If you are using GPS while recording a log, Suunto Ambit3 Peak will also record your track and you can view it in Movescount. When you are recording your track, the recording icon and the GPS icon are shown on the upper part of the display.


11.6.3 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 Peak records the laps based on the distance you have specified in Movescount.

To make laps manually, press [Back Lap] during the exercise. Suunto Ambit3 Peak shows you the following information:


- top row: split time (duration from the start of the log)
- middle row: lap number
- bottom row: lap time



 *NOTE: The exercise summary always shows at least one lap, your exercise from start to finish. The laps you have made during the exercise are shown as additional laps.*

11.6.4 Recording altitude

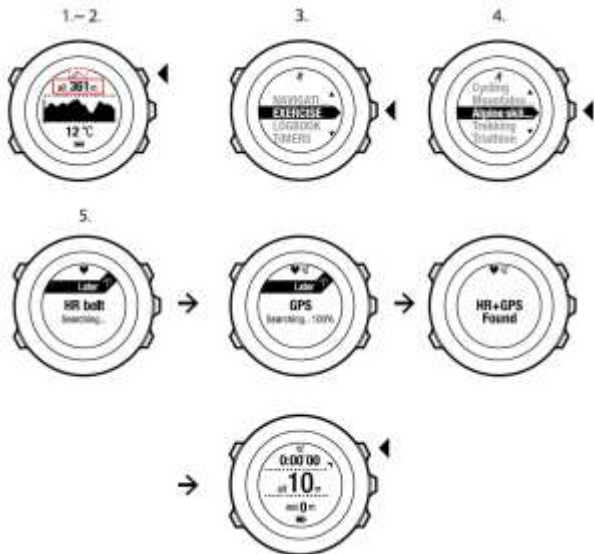
Your Suunto Ambit3 Peak stores all your movements in altitude between the start and stop time of the log. If you are engaged in an activity in which your altitude changes, you can record the altitude changes and view the stored information later.

 *NOTE: By default, altitude measurement is based on FusedAlti. For more information, see 9.8 FusedAlti.*

To record altitude:

1. Make sure that the **Altimeter** profile is activated.
2. Press [Start Stop] to enter the start menu.
3. Press [Next] to select **EXERCISE**.
4. Scroll the sport modes with [Start Stop] or [Light Lock] and select a suitable mode with [Next].

5. Wait for the device to notify that the heart rate and/or GPS signal have been found, or press [Start Stop] to select **Later**. The device continues to search the heart rate/GPS signal. Press [Start Stop] to start recording the log.

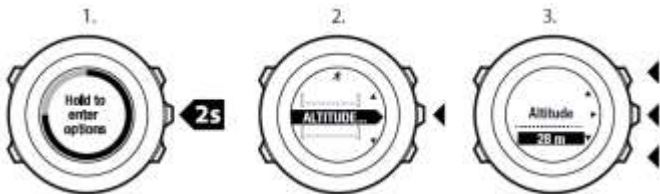


11.6.5 Setting altitude during exercise

Most of the sport modes allow you to set your altitude manually during exercise.

To set your altitude during exercise:

1. While you are in a sport mode, keep [Next] pressed to access the options menu.
2. Scroll to **ALTITUDE** with [Start Stop] and select with [Next].
3. Set your altitude using [Start Stop] and [Light Lock].
4. Accept with [Next].



11.6.6 Using compass during exercise

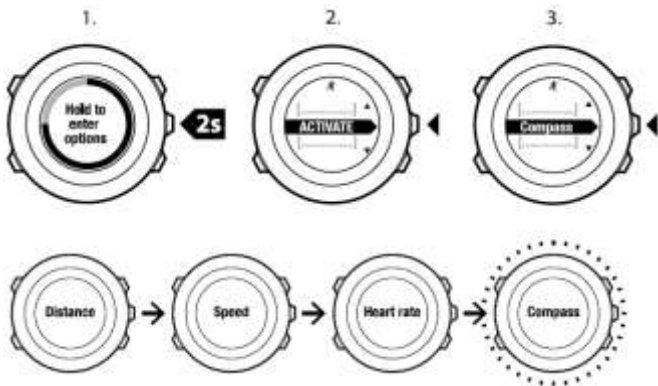
You can activate the compass and add it to a custom sport mode during your exercise.

To use the compass during exercise:

1. While you are in a sport mode, keep [Next] pressed to access the

options menu.

2. Scroll to **ACTIVATE** with [Light Lock] and select with [Next].
3. Scroll to **Compass** with [Light Lock] and select with [Next].
4. The compass is shown as the last display on the custom sport mode.



To deactivate the compass, go back to **ACTIVATE** in the options menu and select **End compass**.

11.6.7 Using interval timer

You can add an interval timer to each custom sport mode in Movescount. To add the interval timer to a sport mode, select the

sport mode and go to **Advanced settings**. The next time you connect your Suunto Ambit3 Peak to your Movescount account, the interval timer will be synchronized to the watch.

You can specify the following information in the interval timer:

- interval types (**HIGH** and **LOW** interval)
- the duration or distance for both interval types
- the number of times the intervals are repeated

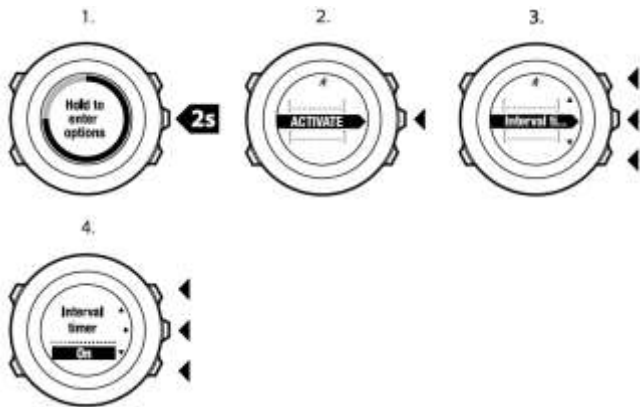


NOTE: If you do not set the number of repetitions for the intervals in Movescount, the interval timer will continue until it has been repeated 99 times.

To activate/deactivate the interval timer:

1. While you are in a sport mode, keep [Next] pressed to access the options menu.
2. Scroll to **ACTIVATE** with [Light Lock] and select with [Next].
3. Scroll to **Interval** with [Start Stop] and select with [Next].
4. Press [Start Stop] or [Light Lock] to set the interval timer **On/Off** and accept with [Next].

When the interval timer is active, the interval icon is shown on the top of the display.



11.6.8 Navigating during exercise

If you want to run a route or to a point of interest (POI), you can select the respective default sport mode (Run a Route, Run a POI) from the **EXERCISE** menu to begin navigating immediately.

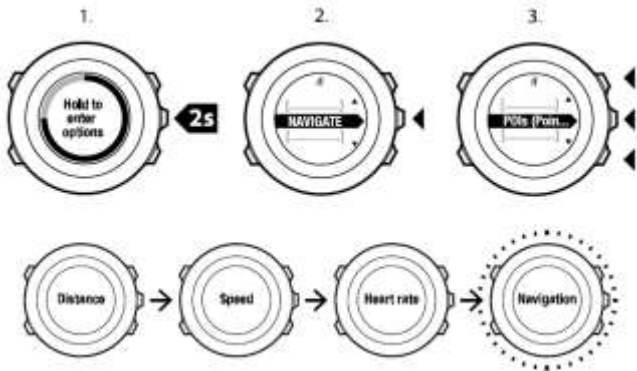
You can also navigate a route or to a POI during your exercise in other sport modes that have GPS activated.

To navigate during exercise:

1. While you are in a sport mode with GPS activated, keep [Next] pressed to access the options menu.
2. Press [Next] to select **NAVIGATION**.

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.



To deactivate navigation, go back to **NAVIGATION** in the options menu and select **End navigation**.

11.6.9 Finding back during exercise

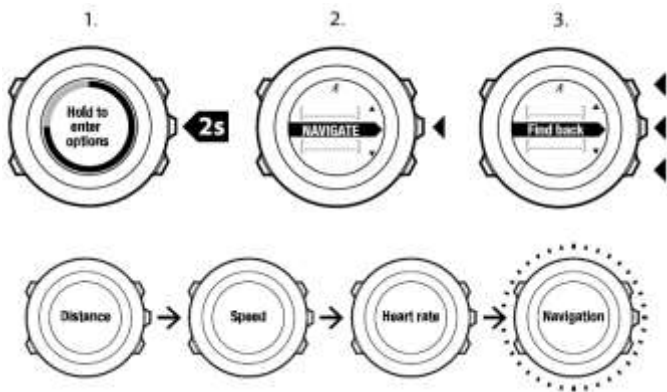
Suunto Ambit3 Peak automatically saves the starting point of your exercise, if you are using GPS. During exercise, Suunto Ambit3 Peak guides you back to the starting point (or to the location where the GPS

fix was established) with the **Find back** functionality.

To find back to the starting point during exercise:

1. While you are in a sport mode, keep [Next] pressed to access the options menu.
2. Press [Next] to select **NAVIGATION**.
3. Scroll to **Find back** with [Start Stop] and select with [Next].

The navigation guidance is shown as the last display on the selected sport mode.



11.6.10

Using Track back

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

To track back during exercise:

1. While you are in a sport mode, keep [Next] pressed to access the options menu.
2. Press [Next] to select **NAVIGATION**.
3. Scroll to **Track back** with [Start Stop] and select with [Next].



You can now start navigating your way back the same way as during route navigation. For more information about route navigation, see *8.4.3 During navigation*.

Track back can also be used from the logbook with exercises that include GPS data. Follow the same procedure as in *8.4.2 Navigating a route*. Scroll to **LOGBOOK** instead of **Routes**, and select a log to start navigating.

11.6.11 Autopause

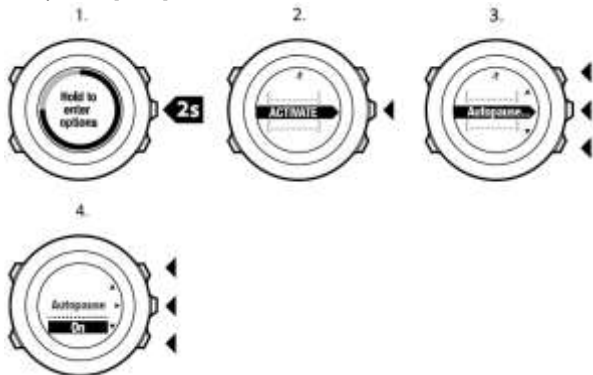
Autopause pauses the recording of your exercise when your speed is less than 2 km/h. When your speed increases to more than 3 km/h, the

recording continues automatically.

You can set autopause to on/off for each sport mode in Movescount. Alternatively, you can activate autopause during exercise.

To set autopause on/off during exercise:

1. While you are in a sport mode, keep [Next] pressed to access the options menu.
2. Scroll to **ACTIVATE** with [Light Lock] and select with [Next].
3. Scroll to **Autopause** with [Start Stop] and select with [Next].
4. Press [Start Stop] or [Light Lock] to set autopause **On/Off** and accept with [Next].



11.7 Viewing logbook after exercise

You can view the summary of your exercise after you have stopped recording.

To stop recording and view the summary information:

1. Keep [Start Stop] pressed to stop and save the exercise.
Alternatively, you can press [Start Stop] to pause the recording. After pausing the log, confirm stopping by pressing [Back Lap], or continue recording by pressing [Light Lock]. After stopping the exercise, save the log by pressing [Start Stop]. If you do not want to save the log, press [Light Lock].
2. Press [Next] to view the exercise summary.

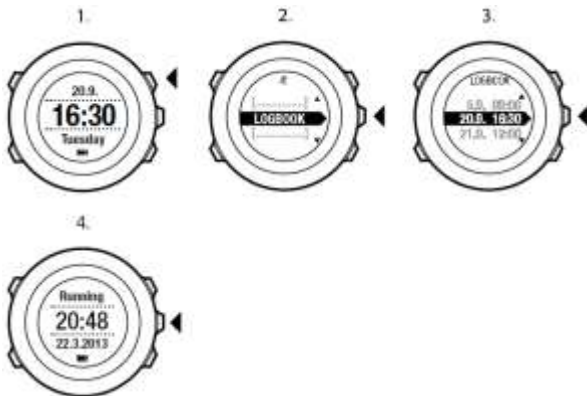


You can also view the summaries of all your saved exercises in the logbook. In the logbook the exercises are listed according to time and the latest exercise is shown first. The logbook can store approximately 15 hours of exercises with the best GPS accuracy and 1 second recording interval.

To view the summary of your exercise in the logbook:

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

2. Scroll to **LOGBOOK** with [Light Lock] and enter with [Next]. Your current recovery time is shown.
3. Scroll the exercise logs with [Start Stop] or [Light Lock] and select a log with [Next].
4. Browse the summary views of the log with [Next].



11.7.1 Memory left indicator

If more than 50 % of the watch memory has not been synchronized, Suunto Ambit3 Peak displays a reminder when you enter the logbook.



The reminder is not displayed once the unsynced memory is full and Suunto Ambit3 Peak begins overwriting old logs.



NOTE: If paired with Movescount mobile app, your move are synced automatically with Movescount with the move is saved. Automatic syncing can be turned off under CONNECTIVITY settings.

11.7.2 Dynamic exercise summary

The dynamic exercise summary shows the active fields from your exercise as a summary. You can browse the summary views with [Next].

The information shown on the summary depends on the sport mode you used, and whether you used a heart rate belt or GPS.

By default, all the sport modes include the following information:

- sport mode name
- time
- date
- duration

- laps



NOTE: If you select cumulative ascent/decant as a display option, the data will only be shown if you have also selected best GPS accuracy. For more information about GPS accuracy, see 8.1.3 GPS accuracy and power saving.



TIP: You can access more detailed data in Movescount.

11.7.3 Recovery time

Suunto Ambit3 Peak always shows your current cumulative recovery time from all your saved exercises. The recovery time indicates how long it takes for you to fully recover and be ready to exercise with full intensity. As your recovery time decreases or increases, the watch updates it in real time.

To view your current recovery time:

1. Press [Start Stop] to enter the start menu.
2. Scroll to **LOGBOOK** with [Light Lock] and select with [Next].
3. The recovery time is shown on the display.





NOTE: The recovery time is shown only if it is longer than 30 minutes.

11.8 Using planned moves

You can plan individual moves or use training programs and download them to your Suunto Ambit3 Peak. With planned moves, your Suunto Ambit3 Peak guides you to reach your training targets. Store up to 60 planned moves in your watch.

To use a planned move:

1. Plan individual moves under **MY MOVES** or use (or create) a training program under **PLAN & CREATE** in Movescount.com and add the program to your planned moves.
2. Resync with Movescount.com to download planned moves to your watch.
3. Follow daily guidance as well as the guidance during your planned moves to reach your targets.

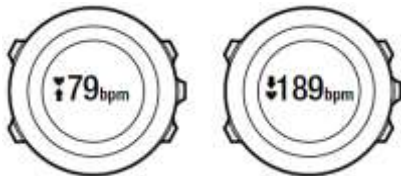
To start a planned move:

1. Press [Next] to check your watch to see if you have a planned target for the day.
2. If you have multiple planned moves for the day, press [View] to see each move target.



3. Press [Start Stop] to start a planned move or press [Next] again to return to **TIME** mode.

During a planned move, your Suunto Ambit3 Peak provides guidance based on speed or heart rate:



Your Suunto Ambit3 Peak also indicates when 50% and 100% of your planned target is complete.

When your target is complete or you have a rest day, future targets are indicated by weekday if the next planned move is within a week or by date of it is more than a week away:

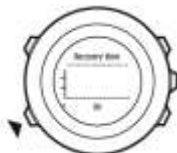


12 Activity monitoring

In addition to the recovery time shown in your exercise log, Suunto Ambit3 Peak monitors your overall activity, both exercise and daily activity, to give you a complete picture of your activity level and its effect on your recovery time.

Activity monitoring is available as a default display in Time mode. You can access the display by pressing [Next].

The activity monitoring display has three views: recovery time, daily activity, and weekly activity.



13 MULTISPORT TRAINING

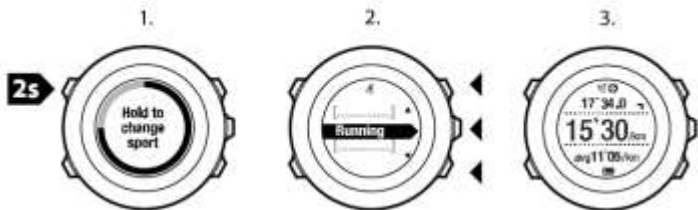
Suunto Ambit3 Peak offers multisport support; you can easily switch between different sports and constantly see relevant data during your exercise. You can change the sport manually during the exercise, or create a multisport mode in advance in Movescount and download it to your Suunto Ambit3 Peak. You can set an interval timer in Movescount for each sport mode included in the multisport mode. The interval timer restarts when the sport changes.


13.1 Switching sport modes manually during exercise


Suunto Ambit3 Peak allows you to switch to another sport mode during exercise without having to stop recording. All the sport modes you have used during the exercise are included in the log.

To switch the sport mode manually during exercise:

1. While you are recording your exercise, keep [Back Lap] pressed to access the sport modes.
2. Scroll the list of sport mode options with [Start Stop] or [Light Lock].
3. Select a suitable sport mode with [Next]. Suunto Ambit3 Peak continues recording the log and the data for the selected sport mode.



 *NOTE: Suunto Ambit3 Peak makes a lap each time you switch to another sport mode.*

 *NOTE: The log recording is not paused when you switch to another sport mode. You can pause the recording manually by pressing [Start Stop].*

13.2 Using preconfigured multisport mode

You can create your own multisport mode in Movescount and download it to your Suunto Ambit3 Peak. The multisport mode can comprise a number of different sport modes in a specific order. Each sport included in the multisport mode has its own interval timer. You can select **Multisport**, **Adventure racing** or **Triathlon** as the multisport mode.

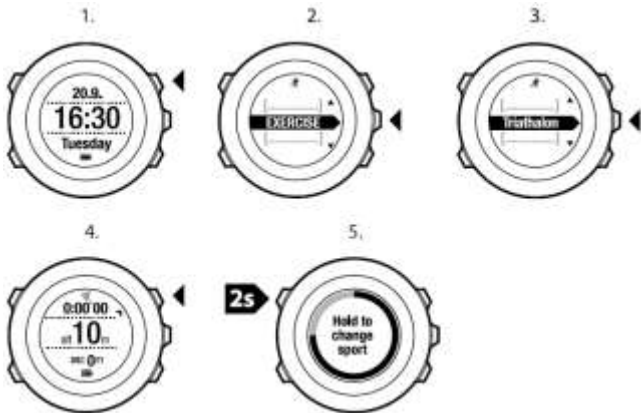
To use a preconfigured multisport mode:

1. Press [Start Stop] to enter the start menu.
2. Press [Next] to enter **EXERCISE**.
3. Scroll to the preconfigured multisport mode and select with

[Next].

Wait for the device to notify that the heart rate and/or GPS signal have been found, or press [Start Stop] to select **Later**. The device continues to search the heart rate/GPS signal.

4. Press [Start Stop] to start recording the log.
5. Keep [Back Lap] pressed to change to the next sport in your multisport mode.



14 SWIMMING

You can use your Suunto Ambit3 Peak to record various data while swimming. The watch also recognizes your swimming style. You can log your exercise in a swimming pool or outdoors and analyze the data afterwards in Movescount.

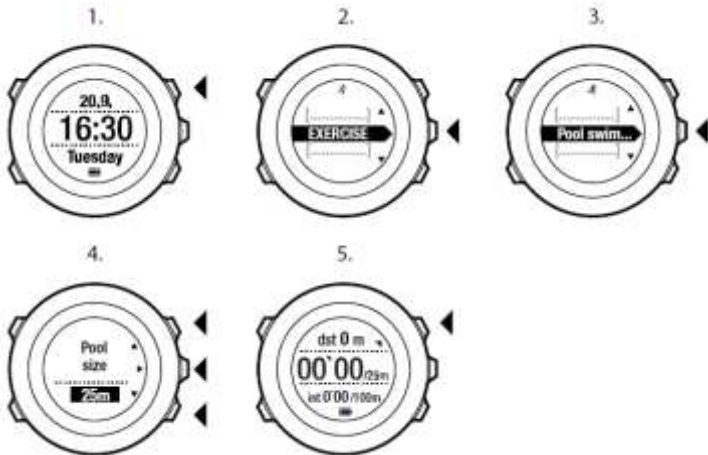
When used together with the Suunto Smart Belt, you can also record your heart rate while you are swimming. The heart rate data is automatically uploaded to your Suunto Ambit3 Peak once you get out of the water and stop/save your exercise.

14.1 Pool swimming

When using the pool swimming sport mode, Suunto Ambit3 Peak measures your swimming speed based on the pool length. Each pool length creates a lap that is shown in Movescount as part of the log.

To record a swimming log in a pool:

1. Press [Start Stop] to enter the start menu.
2. Press [Next] to enter **EXERCISE**.
3. Scroll to **Pool swimming** using [Light Lock] and select with [Next].
4. Select the pool size. You can select the pool length from the predefined values, or select the **custom** option to specify the pool length. Scroll the options with [Start Stop] and [Light Lock] and accept the value with [Next].
5. Press [Start Stop] to start recording your swimming log.



14.2 Openwater swimming

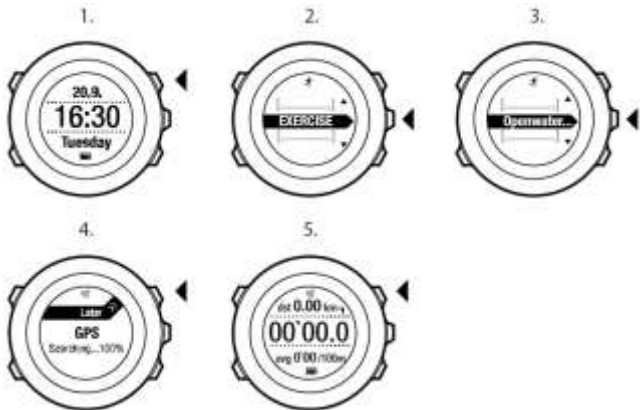
When using the openwater swimming mode, Suunto Ambit3 Peak measures your swimming speed using GPS and shows you real-time data during the swim.

To record an outdoor swimming log:

1. Press [Start Stop] to enter the start menu.
2. Press [Next] to enter **EXERCISE**.
3. Scroll to **Openwater swim** with [Light Lock] and select with

[Next].

4. The device automatically starts searching for GPS signal. Wait for the device to notify that GPS signal has been found, or press [Start Stop] to select **Later**. The device continues to search for a GPS signal and once it has been found, the device starts showing and recording GPS data.
5. Press [Start Stop] to start recording your swimming log.



TIP: Press [Back Lap] to add laps manually during the swim.

14.3 Teaching swimming styles to Suunto Ambit3 Peak

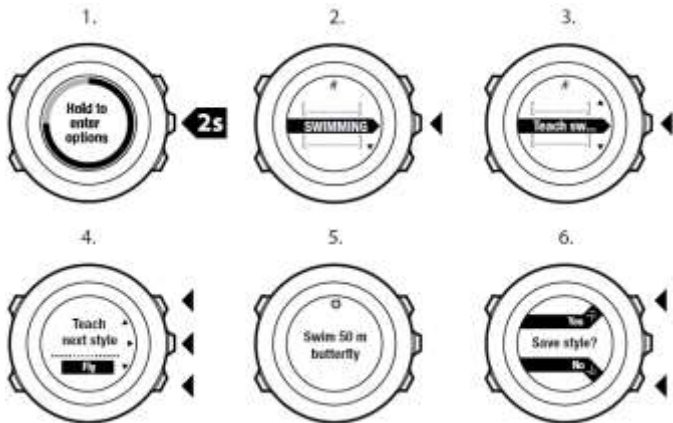
You can teach your Suunto Ambit3 Peak to recognize your swimming style. After teaching the swimming styles, Suunto Ambit3 Peak detects them automatically when you start swimming.


To teach swimming styles:

1. While you are in the **Pool swimming** sport mode, keep [Next] pressed to enter the options menu.
2. Press [Next] to select **SWIMMING**.
3. Press [Next] to select **Teach swim style**.
4. Scroll the swimming style options with [Light Lock] and [Start Stop]. Select a suitable swimming style with [Next]. You can exit the setting and continue your exercise by selecting **END**.

The available swimming style options are:

- **FLY** (butterfly)
 - **BACK** (backstroke)
 - **BREAST** (breaststroke)
 - **FREE** (freestyle)
5. Swim the pool length in the swimming style you selected.
 6. After you have finished swimming, press [Start Stop] to save the style. If you do not want to save the style, press [Light Lock] to return to the swimming style selection.



 *TIP: You can exit teaching swimming styles anytime by keeping [Next] pressed.*

To reset taught swimming styles back to defaults:

1. In the **Pool swimming** mode, keep [Next] pressed to enter the options menu.
2. Press [Next] to select **SWIMMING**.
3. Scroll to **Reset taught styles** with [Start Stop] and select with [Next].

14.4 Swimming drills

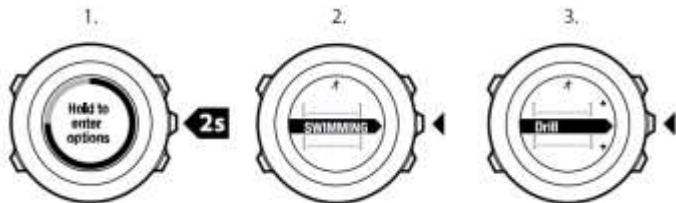
You can do swimming drills any time during your swimming workout. If you do a drill with a non-standard swimming style (for example, using only your legs), you can adjust the drill distance by adding pool lengths manually after the drill, if necessary.



NOTE: Do not add the drill distance until you have finished your drill.

To do a drill:

1. While you are recording your pool swimming log, keep [Next] pressed to access the options menu.
2. Press [Next] to enter **SWIMMING**.
3. Press [Next] to select **Drill** and start swimming your drill.
4. After you have finished your drill, press [View] to adjust the total distance, if necessary.



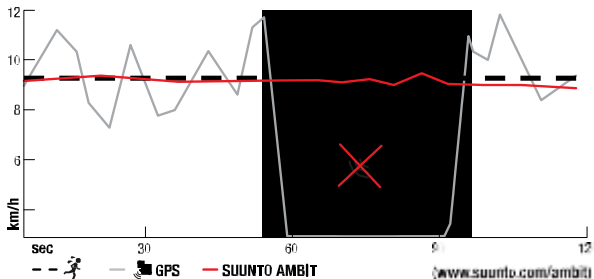
To end the drill, go back to **SWIMMING** in the options menu and select **End drill**.



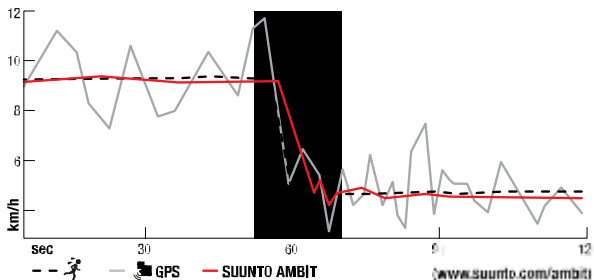
TIP: You can pause the drill by pressing [Start Stop].

15 FUSED SPEED

FusedSpeed™ is a unique combination of GPS and wrist acceleration sensor readings for measuring your running speed more accurately. GPS signal is adaptively filtered based on wrist acceleration, giving more accurate readings at steady running speeds and a quicker response to changes in speed.



FusedSpeed™ will benefit you the most when you need highly reactive speed readings during training, for example, when running on uneven terrain or during interval training. If you temporarily lose GPS signal, for example, because buildings block the signal, Suunto Ambit3 Peak is able to continue showing accurate speed readings with the help of the GPS calibrated accelerometer.



NOTE: FusedSpeed™ is meant for running and other similar type of activities.



TIP: To get the most accurate readings with FusedSpeed™, only glance shortly at the watch when needed. Holding the watch in front of you without moving it reduces the accuracy.

FusedSpeed™ is activated automatically with the following sport modes:

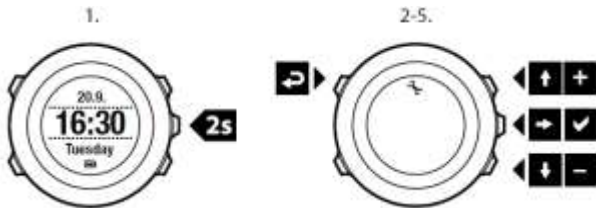
- running
- trail running
- treadmill
- orienteering
- track and field

- floor ball
- football (soccer)

16 ADJUSTING SETTINGS

To access and adjust the settings:

1. Keep [Next] pressed to enter the options menu.
2. Scroll the menu with [Start Stop] and [Light Lock].
3. Press [Next] to enter a setting.
4. Press [Start Stop] and [Light Lock] to adjust the setting values.
5. Press [Back Lap] to return to the previous view in the settings, or keep [Next] pressed to exit the options menu.



You can access the following options:

PERSONAL

- BIRTH YEAR
- Weight
- Max HR
- GENDE

R

GENERAL

FORMATS

- LANGUAGE

- **UNIT SYSTEM**

- **Metric**
- **Imperial**
- **Advanced:** Allows you to customize a mix of imperial and metric settings according to your own liking in Movescount.
- **Position format:**
 - **WGS84 Hd.d°**
 - **WGS84 Hd°m.m' ◦ WGS84 Hd°m's.s ◦ UTM**
 - **MGRS**
 - **British (BNG)**
 - **Finnish (ETRS-TM35FIN)**
 - **Finnish (KKJ)**
 - **Irish (IG)**
 - **Swedish (RT90)**
 - **Swiss (CH1903)**
 - **UTM NAD27**
 - **Alaska ◦ UTM NAD27**
 - **Conus ◦ UTM NAD83**
 - **NZTM2000**
- **Time format:** 12 h or 24 h
- **Date format:** dd.mm.yy, mm/dd/yy

Time/date

- **GPS timekeeping:** on or off
- **Dual time:** hours and minutes
- **Alarm:** on/off, hours and minutes
- **Time:** hours and minutes

- **Date:** year, month, day

TONES/DISPLAY

- **Invert display:** inverts the display coloring
- **Button lock**
 - **Time mode lock:** Button lock in **TIME** mode.
 - **Actions only:** Start and options menus are locked.
 - **All buttons:** All buttons are locked. Backlight can be activated in **Night** mode.
 - **Sport mode lock:** Button lock in sport modes.
 - **Actions only:** [Start Stop], [Back Lap] and the options menu are locked during exercise.
 - **All buttons:** All buttons are locked. Backlight can be activated in **Night** mode.
- **Tones:**
 - **All on:** button tones and system tones are activated
 - **Buttons Off:** only system tones are activated
 - **All off:** all tones are off

Backlight:

Mode:

- **Normal:** The backlight is switched on for a few seconds when you press [Light Lock] and when the alarm sounds.
- **Off:** The backlight is not switched on by pressing a button or when the alarm sounds.
- **Night:** The backlight is switched on for a few seconds when you press any button and when the alarm sounds. Using the **Night** mode significantly reduces battery duration.

- **Toggle:** The backlight is switched on when you press [Light Lock]. It stays on until you press [Light Lock] again.
- **Brightness:** Adjust backlight brightness (percentage).
- **Display contrast:** Adjust the display contrast (in percentages).

Compass

- **Calibration:** Start compass calibration.
- **Declination:** Set the compass declination value.

Map

- **Orientation**
 - **Heading up:** Displays the zoomed-in map with the heading pointing up.
 - **North up:** Displays the zoomed-in map with the north pointing up.



NOTE: The alarm will sound even when all tones are off.

ALTI-BARO

- **FusedAlti:** Set FusedAlti on/off.
- **Profile:** altimeter, barometer, automatic.
- **Reference:** altitude, sea level.

PAIR

- **Bike PODs:** Pair a bike POD.
- **Power POD:** Pair a power POD.
- **HR belt:** Pair a HR belt.
- **Foot POD:** Pair a foot POD.
- **Cadence POD:** Pair a cadence POD.


15.1 Service menu


To access the service menu, keep [Back Lap] and [Start Stop] pressed simultaneously until the device enters the service menu.




The service menu includes the following items:

- **INFO:**
 - **Air pressure:** shows the current absolute air pressure and temperature.
 - **Version:** shows the current software and hardware version of your Suunto Ambit3 Peak .
- **TEST:**
 - **LCD test:** allows you to test that the LCD works properly.
- **ACTION:**
 - **Power off:** allows you to put the watch into deep sleep.
 - **GPS reset:** allows you to reset GPS.

 *NOTE: POWER OFF is a low power state. Connect the USB cable (with power source) to wake up the watch. The initial setup wizard starts. However, prior values are not erased, so you just need to confirm each step.*

 *NOTE: The watch switches to power saving mode when it is static for 10 minutes. The watch re-activates when moved.*

 *NOTE: Service menu content is subject to change without notice during updates.*

Resetting GPS

In case the GPS unit cannot find a signal, you can reset GPS data in the service menu.

To reset GPS:

1. In the service menu, scroll to **ACTION** with [Light Lock] and enter with [Next].
2. Press [Light Lock] to scroll to **GPS reset** and enter with [Next].
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.*

17 PAIRING POD/HEART RATE BELT

Pair your Suunto Ambit3 Peak with optional Suunto PODs (Bike POD, Power POD, heart rate belt, Foot POD or Cadence POD) and ANT+ PODs to receive additional speed, distance, power and cadence information during exercise. Visit www.thisisant.com/directory for a list of compatible ANT+ products.

You can pair up to six PODs at a time:

- three Bike PODs (only one Bike POD can be used at a time)
- one Cadence POD
- one Foot POD
- one Power POD

If you pair more PODs, Suunto Ambit3 Peak remembers the latest paired POD of each POD type.

The heart rate belt and/or POD included in your Suunto Ambit3 Peak package are already paired. Pairing is required only if you want to use a new heart rate belt or a POD with the device.

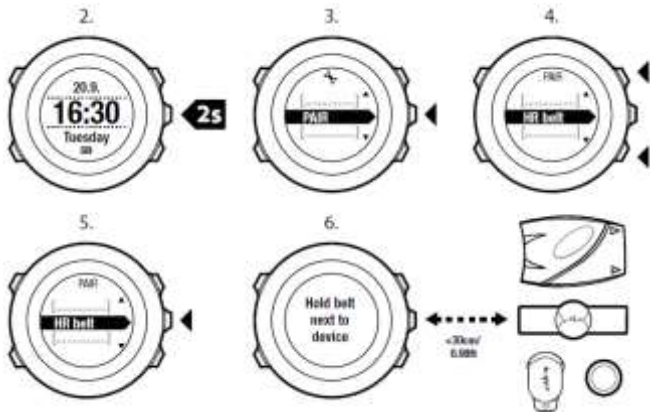
To pair a POD/heart rate belt:

1. Activate the POD/heart rate belt:

- Bike POD: rotate the tire with the installed Bike POD.
- Power POD: rotate the crank or tire with the installed Power POD.
- Heart rate belt: moisten the contact areas and put on the belt.
- Cadence POD: rotate the bike pedal with the installed Cadence POD.
- Foot POD: tilt Foot POD 90 degrees.

2. Keep [Next] pressed to enter the options menu.
3. Scroll to **PAIR** with [Light Lock] and enter with [Next].
4. Scroll the accessory options **Bike POD**, **Power POD**, **HR belt**, **Foot POD** and **Cadence POD** with [Start Stop] and [Light Lock].
5. Press [Next] to select a POD or heart rate belt and start pairing.
6. Hold your Suunto Ambit3 Peak close to the POD/belt (<30 cm) and wait for the device to notify that the POD/belt has been paired.

If the pairing fails, press [Start Stop] to retry or [Light Lock] to return to the pairing setting.



NOTE: You can pair different types of power PODs with your

Suunto Ambit3 Peak . For more information, see the power POD user guide.



TIP: You can also activate the heart rate belt by moistening and pressing both electrode contact areas.

Troubleshooting: Heart rate belt pairing fails

If the heart rate belt pairing fails, try the following:

- Check that the strap is connected to the module.
- Check that you are wearing the heart rate belt correctly (see *11.4 Putting on heart rate belt*).
- Check that the electrode contact areas of the heart rate belt are moist.

For more information on pairing PODs, see the POD user guide.

16.1 Using Foot POD

When using a foot POD, the POD is auto calibrated by GPS at short intervals during exercise. However, the foot POD always remains the source of speed and distance when it is paired and active for the given sport mode.

Foot POD auto calibration is on by default. It can be turned off in the sport mode options menu under **ACTIVATE**, if the Foot POD is paired and is used for the selected sport mode.



NOTE: Foot POD refers to both Suunto Foot POD Mini and any other ANT+ foot POD.

For more accurate speed and distance measurements, you can

manually calibrate the foot POD. Perform the calibration on an accurately measured distance, for instance, on a 400 meter running track.

To calibrate foot POD with Suunto Ambit3 Peak:

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.



NOTE: If the foot POD connection was unstable during the calibration exercise, you might not be able to adjust the distance in the distance summary. Make sure that foot POD is attached properly according to instructions and try again.

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 and is always on for specific sport modes including running, trail running, treadmill, orienteering, and track and field.

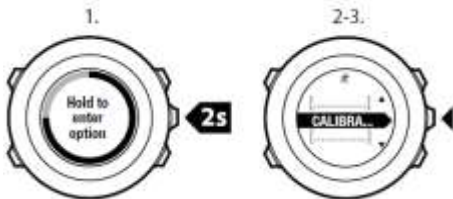
If a foot POD is found at start of an exercise, running cadence measured from wrist is overwritten by foot POD cadence.

16.2 Calibrating power PODs and slope

Suunto Ambit3 Peak automatically calibrates your power POD when it finds the POD. You can also calibrate the power POD manually at any time during an exercise.

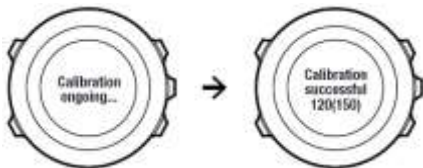
To manually calibrate a power POD:

1. While you are in a sport mode, keep [Next] pressed to access the options menu.
2. Stop pedaling and lift your feet off the pedals.
3. Scroll to **CALIBRATE POWER POD** with [Light Lock] and select with [Next].



Suunto Ambit3 Peak starts calibrating the POD and indicates if the

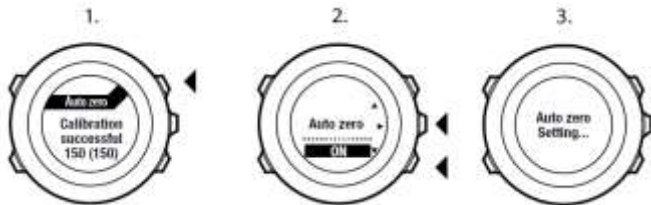
calibration succeeded or failed. The bottom row of the display shows the current frequency used with the power POD. The previous frequency is shown in parentheses.



If your power POD has an auto zero feature, you can turn this on/off through your Suunto Ambit3 Peak.

To set auto zero on/off:

1. After the calibration is completed, press [Start Stop].
2. Set auto zero **On/Off** with [Light Lock] and accept with [Next].
3. Wait until the setting is completed.
4. Repeat procedure if setting fails or power POD is lost.



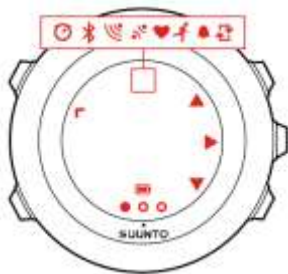
You can calibrate the slope for power PODs that use Crank Torque Frequency (CTF).

To calibrate the slope:







1. After the power POD calibration is complete, press [Start Stop].
2. Set the correct value according to your power POD manual with [Light Lock] and accept with [Next].
3. Wait until the setting is completed.
4. Repeat procedure if setting fails or power POD is lost.



17 ICONS



The following icons are used in Suunto Ambit3 Peak:

- | | |
|---|---------------------|
|  | barometer |
|  | altimeter |
|  | chronograph |
|  | settings |
|  | GPS signal strength |
|  | pairing |

	Bluetooth activity
	heart rate
	sport mode
	alarm
	interval timer
	button lock
	battery
	current screen
	button indicators
	up/increase
	next/confirm
	down/decrease
	sunrise
	sunset
	storm

POI icons

The following POI icons are available in Suunto Ambit3 Peak:

	building/home		crossroad
	car/parking		sight
	camp/camping		begin
	food/restaurant/cafe		end
	lodging/hostel/hotel		geocache
	water/river/lake/coast		waypoint
	mountain/hill/valley/cliff		road/trail
	forest		rock
			meadow
			cave

18 CARE AND MAINTENANCE

Handle the unit with care – do not knock or drop it.

Under normal circumstances the watch will not require servicing. After use, rinse it with fresh water, mild soap, and carefully clean the housing with a moist soft cloth or chamois.

For more information on care and maintenance of the unit, refer to the comprehensive range of support materials, including Questions and Answers and instruction videos, available at www.suunto.com. There you can also post questions directly to Suunto Contact Center or get instructions on how to get your product repaired by an authorized Suunto Service, if needed. Do not repair the unit yourself.

Alternatively, you may contact Suunto Contact Center at the phone number listed on the last page of this document. Suunto's qualified customer support staff will help you and, if needed, troubleshoot your product during the call.

Use only original Suunto accessories - damage caused by non- original accessories is not covered by warranty.



TIP: Remember to register your Suunto Ambit3 Peak in MySuunto at www.suunto.com/register to get personalized support for your needs.

18.1 Water resistance

Suunto Ambit3 Peak is water resistant to 100 meters/330 feet/10 bars. The meter value relates to an actual diving depth and is tested in the water pressure used in the course of the Suunto water resistance test.

This means you can use the watch for swimming and snorkeling, but it should not be used for any form of diving.



NOTE: Water resistance is not equivalent to functional operating depth. The water resistance marking refers to static air/ water tightness withstanding shower, bathing, swimming, poolside diving and snorkeling.

To maintain water resistance, it is recommended to:

- 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.

18.2 Charging the battery

The duration on a single charge depends on how Suunto Ambit3 Peak 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.



NOTE: In case of abnormal capacity decrease due to defective battery, Suunto warranty covers the battery replacement for 1 year or

for at maximum 300 charging times, whichever comes first.

The battery icon indicates the charge level of the battery. When the battery charge level is less than 10 %, the battery icon blinks for 30 seconds. When the battery charge level is less than 2 %, the battery icon blinks continuously.



Charge the battery by attaching it to your computer with the supplied USB cable, or charge with a USB-compatible wall charger. It takes approximately 2-3 hours to fully charge an empty battery.



TIP: Go to Movescount to change the GPS fix interval of your sport modes to save battery life. For more information, see 8.1.3 GPS accuracy and power saving.

18.3 Replacing HR belt battery

Replace the battery as illustrated here:

TBD

19 TECHNICAL SPECIFICATION

General

- operating temperature: -20° C to +60° C/-5° F to +140° F
- battery charging temperature: 0° C to +35° C/+32° F to +95° F
- storage temperature: -30° C to +60° C/-22° F to +140° F
- weight: 82 g/2.89 oz (silver), 89 g/3.14 oz (black), 92 g/3.25 oz (sapphire)
- water resistance (device): 100 m/328 ft/10 bar
- water resistance (HR belt): 33 m/100 ft
- lens: mineral crystal glass (sapphire crystal in Sapphire models)
- power: rechargeable lithium-ion battery
- Battery life: ~16 - 50 hours depending on selected GPS accuracy

Memory

- waypoints: max. 100

Radio receiver

- BLUETOOTH® Smart compatible
- communication frequency: 2.4 GHz
- range: ~3 m/9 ft

Barometer

- display range: 950 to 1060 hPa/28.34 to 31.30 inHg
- resolution: 1 hPa/0.01 inHg

Altimeter

- display range: -500 m to 9999 m/-1640 ft to 32805 ft
- resolution: 1 m/3 ft

Thermometer

- display range: -20° C to +60° C /-4° F to +140° F
- resolution: 1° C/1° F

Chronograph

- resolution: 1 s until 9:59'59, after that 1 min

Compass

- resolution: 1 degree/18 mils

GPS

- technology: SiRF star V
- resolution: 1 m/3 ft

19.1 Trademark

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

19.2 FCC 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.

Changes or modifications not expressly approved by Suunto could void your authority to operate this device under FCC regulations.

19.3 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.

19.4 CE

Suunto Oy hereby declares that this Suunto Ambit3 Peak is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

19.5 Copyright

Copyright © Suunto Oy. All rights reserved. Suunto, Suunto product names, their logos and other Suunto brand trademarks and names are registered or unregistered trademarks of Suunto Oy. This document and its contents are proprietary to Suunto Oy and are intended solely for the use of clients to obtain knowledge and information regarding the operation of Suunto products. Its contents shall not be used or distributed for any other purpose and/or otherwise communicated, disclosed or reproduced without the prior written consent of Suunto Oy. While we have taken great care to ensure that information contained in this documentation is both comprehensive and accurate, no warranty of accuracy is expressed or implied. This document content is subject to change at any time without notice. The latest version of this documentation can be downloaded at www.suunto.com.

19.6 Patent notice

This product is protected by pending patent applications and their corresponding national rights: US 11/169,712, US 12/145,766, US 13/833,755, US 61/649,617, US 61/649,632, US 61/649,624, FI20116231, USD 603,521, EP 11008080, EU designs 001296636-0001/0006, 001332985-0001 or 001332985-0002 USD 29/313,029, USD 667,127, (HR belt: US 13/071,624, US 13/618,481, US 13/832,049, US 13/832,598, US 13/917,668, US 13/832,736, US 13/397,872, USD 667,127). Additional patent applications have been filed.

19.7 Warranty

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.

The capacity of rechargeable batteries decreases over time. In case of abnormal capacity decrease due to defective battery, Suunto warranty covers the battery replacement for 1 year or for at maximum 300 charging times, whichever comes first.

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;

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/support. If you have questions or doubts, a comprehensive range of support materials is available there, or you can post a question directly to Suunto Contact Center. Alternatively, you may contact Suunto Contact Center at the phone number listed on the

last page of this document. Suunto's qualified customer support staff will help you and, if needed, troubleshoot your product during the call.

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.



SUUNTO CUSTOMER SUPPORT

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