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# **MOVESENSE** **Manual**

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## 1 SAFETY

### 1.1 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 device


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


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


### 1.2 Safety precautions


 **WARNING:** Only for recreational use.

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

 **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 knock or drop the product, as it may get damaged.

 **NOTE:** At Suunto we use advanced sensors and algorithms to generate metrics that can help you in your activities and adventures. We strive to be as accurate as possible. However, none of the data our products and services collect is perfectly reliable, nor are the metrics they generate absolutely precise. Calories, heart rate, location, movement detection, shot recognition, physical stress indicators and other measurements may not match the real world. Suunto products and services are intended for recreational use only and are not meant for medical purposes of any kind.

## 2 GETTING STARTED

To start using the Movesense sensor with a heart rate belt:

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

The belt turns on automatically when it detects a heartbeat.

TIP: Wear the belt against your bare skin for best results.

### Pairing

You need to connect (pair) your Suunto Smart Sensor with compatible Bluetooth® Smart or Smart Ready devices to view your heart rate. These can be, for example, Suunto sports watches or mobile devices with sports apps such as Sports Tracker.

Pairing procedures may vary, so refer to the instructions of your mobile application or sports watch for guidance. When pairing, ensure you are at least 10 m (33 ft) away from other Bluetooth devices.

You can pair the belt with multiple sports watches and apps, but only one connection can be active at a time.

## **3 CARE AND SUPPORT**

### **3.1 Handling guidelines**

The Movesense sensor module be rinsed with fresh water after each use.

CAUTION: Do not pull the sensor module straight off the connector. This may damage the belt connectors. Unsnap one side at a time.

CAUTION: Do not machine wash the sensor module. Machine washing damages the module.

### **3.2 Software updates**

The Movesense firmware can be updated over Bluetooth.

NOTE: Updating requires a data connection. Carrier data connection fees may apply

### **3.3 Battery**

The Movesense sensor uses a 3-Volt lithium cell (CR 2025).

To replace the battery:

1. Remove the sensor from the Movesense connector.
2. Open the battery cover.
3. Replace the battery.
4. Firmly close the battery cover.

## 4 REFERENCE

### 4.1 Technical specifications

- Weight: 9.4 g/0.33 oz (battery included)
- Diameter: 36.5 mm/1.44 in
- Thickness: 8 mm/0.32 in
- Operating temperature: -20° C to +60° C/-5° F to +140° F
- Storage temperature: -30° C to +60° C/-22° F to +140° F
- Water resistance: 30 m/98 ft (according to ISO 6425)
- Battery type: CR2025
- Battery life: ~ 500 hours
- Transmission frequency: 2.4GHz (Bluetooth Smart).

#### Manufacturer

Suunto Oy  
Tammiston kauppatie 7 A  
FI-01510 Vantaa FINLAND

### 4.2 Compliance

#### 4.2.1 EU Radio Directive

Hereby, Suunto Oy, declares that the radio equipment type OP174 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address:  
[www.suunto.com/EUconformity](http://www.suunto.com/EUconformity).

#### 4.2.2 United States FCC

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

#### Class B device notice

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by

turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

### **RF exposure safety**

Product OP174 is a radio transmitter and receiver.

It is designed not to exceed the emission limits for exposure to radio frequency (RF) energy set by the Federal Communications Commission.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

#### **4.2.3 Canada ISED**

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Les changements ou modifications non expressément approuvés par la partie responsable de la conformité pourraient annuler l'autorisation de l'utilisateur d'utiliser l'équipement.

This device complies with Industry Canada's licence-exempt RSSs. 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.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

### **RF exposure safety**

The model is a radio transmitter and receiver.

It is designed not to exceed the emission limits for exposure to radio frequency (RF) energy set by the ISED.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Le modèle est un émetteur et un récepteur radio.

Il est conçu pour ne pas dépasser les limites d'émission pour l'exposition à l'énergie radiofréquence (RF) établie par l'ISDE.

L'émetteur ne doit pas être colocalisé ni fonctionner conjointement avec à autre antenne ou autre émetteur.

### **CAN ICES-3 (B)/NMB-3(B)**

This Class B digital apparatus complies with Canadian ICES-003

Cet appareil numérique de classe B est conforme à la norme Canadienne ICES-003.

#### **4.3 Patent notice**

This product is protected by pending patent applications and their corresponding national rights.

#### **4.4 Trademark**

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

#### **4.5 Disposal of device**

Please dispose of the device in an appropriate way, treating it as electronic waste. Do not throw it in the garbage. If you wish, you may return the device to your nearest Suunto representative.



#### **4.6 Copyright**

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