

SUUNTO AMBIT3 PEAK 1.0

USER GUIDE

1 SAFETY	6
2 Getting started	8
2.1 Buttons and menus	8
2.2 Set up	9
2.3 Adjusting settings	12
3 Features	14
3.1 Activity monitoring	14
3.2 Alti-Baro	15
3.2.1 Getting correct readings	15
3.2.2 Matching profile to activity	18
3.2.3 Using Altimeter profile	20
3.2.4 Using Barometer profile	21
3.2.5 Using Automatic profile	23
3.3 Autopause	24
3.4 Autoscroll	25
3.5 Backlight	25
3.6 Button lock	27
3.7 Compass	28
3.7.1 Calibrating compass	29
3.7.2 Setting declination	30
3.7.3 Setting bearing lock	31
3.8 Countdown timer	33
3.9 Displays	34
3.9.1 Adjusting display contrast	34
3.9.2 Inverting display color	35
3.10 Exercising with sport modes	35
3.10.1 Using Suunto Smart Sensor	35
3.10.2 Putting on Suunto Smart Sensor	36


3.10.3 Starting an exercise	38
3.10.4 During exercise	39
3.10.5 Recording tracks	40
3.10.6 Making laps	40
3.10.7 Navigating during exercise	41
3.10.8 Using compass during exercise	42
3.10.9 Setting altitude during exercise	43
3.11 Find back	44
3.12 Firmware updates	44
3.13 FusedAlti	45
3.14 FusedSpeed	47
3.15 Icons	49
3.16 Interval timer	52
3.17 Logbook	54
3.18 Memory left indicator	56
3.19 Movescount	57
3.20 Movescount mobile app	59
3.20.1 Second display on phone	60
3.20.2 Syncing with mobile app	60
3.21 Multisport training	62
3.21.1 Switching sport modes manually	62
3.21.2 Using a multisport mode	63
3.22 Navigating with GPS	64
3.22.1 Getting GPS signal	64
3.22.2 GPS grids and position formats	65
3.22.3 GPS accuracy and power saving	67
3.23 Notifications	67
3.24 PODs and HR sensors	68


3.24.1 Pairing PODs and HR sensors	69
3.24.2 Using foot POD	71
3.24.3 Calibrating power PODs and slope	72
3.25 Points of interest	75
3.25.1 Checking your location	77
3.25.2 Adding your location as a POI	78
3.25.3 Deleting a POI	79
3.26 Routes	80
3.26.1 Navigating a route	81
3.26.2 During navigation	85
3.27 Service menu	87
3.28 Shortcuts	89
3.29 Sport modes	90
3.30 Stopwatch	91
3.31 Suunto Apps	93
3.32 Swimming	93
3.32.1 Pool swimming	94
3.32.2 Swimming styles	95
3.32.3 Swimming drills	98
3.32.4 Openwater swimming	98
3.33 Time	99
3.33.1 Alarm clock	101
3.33.2 Time syncing	103
3.34 Track back	104
3.35 Training programs	105
3.36 Weather indicators	107
4 Care and support	110
4.1 Handling guidelines	110


4.2 Water resistance	110
4.3 Charging the battery	111
4.4 Replacing Smart Sensor battery	112
4.5 Getting support	113
5 Reference	115
5.1 Technical specifications	115
5.2 Compliance	116
5.2.1 CE	116
5.2.2 FCC compliance	116
5.2.3 IC	117
5.3 Trademark	117
5.4 Patent notice	117
5.5 Warranty	118
5.6 Copyright	120
Index	123


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.

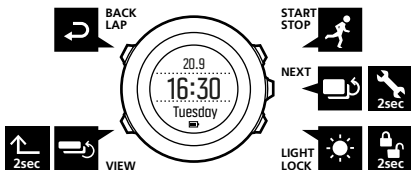
 **CAUTION:** DO NOT THROW THE PRODUCT AWAY, BUT TREAT IT AS ELECTRONIC WASTE TO PRESERVE THE ENVIRONMENT.

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

2 GETTING STARTED

2.1 Buttons and menus

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



[Start Stop]:

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

[Next]:

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

[Light Lock]:


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

[View]:

- press to change bottom row view
- keep pressed to toggle the display between light and dark
- keep pressed to access shortcut (see *3.28 Shortcuts*)

[Back Lap]:

- press return to the previous menu
- press to add a lap during exercise

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

2.2 Set up

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 sports watch:

1. Connect your sports watch to a power source with the supplied USB cable.
2. Disconnect the USB cable if you are using a computer (to unlock buttons).
3. Press [Start Stop] or [Light Lock] to scroll to the desired language and press [Next] to select.
4. Pair with Suunto Movescount App (see *3.20 Movescount mobile app*) by pressing [Start Stop] or skip by pressing [Next].

5. 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.
6. Reconnect USB cable and charge until battery indicator is 100%.