

## Manuale Suunto Ambit 3 Sport

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~~Suunto Ambit(3) Manual 11: Activating Navigation while in a Custom (Sports) Mode Suunto Ambit3 Manual 22: Introduction to Sports Mode Customization Suunto Ambit(3) Manual 7: Navigation by Route Suunto Ambit(3) Manual 23: Customizing Sports Modes~~

~~Suunto Ambit(3) Manual 2: Setting Up Time Mode Displays Suunto Ambit(3) Manual 13: Using the Navigation Logbook Suunto Ambit(3) Manual 10: 'Quick Navigation' Suunto Core All Black Military Watch SUUNTO AMBIT 3 VERTICAL - Unboxing ! Suunto Ambit 3 sport review Garmin Fenix 3 vs Suunto Ambits 3 Peak GPS Comparison (Part Suunto Ambit3 Peak and its awesome navigation feature. Suunto Traverse Alpha vs. Garmin fenix 3 Side-by-Side Suunto Ambit 3 Peak Unboxing Video Outdoor Equipment | Navigate with the Suunto Ambit2 GPS Watch Montre GPS Suunto Ambit 3 sport Suunto Ambit 3 peak - Track Back (Ritorno)~~

~~Suunto Ambit3 Manual 29: Introduction to Running Performance Suunto Ambit3 Manual 26: Sleep Recovery Suunto Ambit(3) Manual 17: Planning Moves for Pace/HR Guidance Suunto Ambit(3) Manual 8: Creating Routes in Movescount Suunto - Ambit 3 Sport Heart Rate SKU:8475714 Suunto Ambit(3) Manual 14: Find Back /u0026 Track Back Suunto Ambit(3) Manual 15: (Workaround) Route in Practice Suunto Ambit(3) Manual 6: Navigation by POI Manuale Suunto Ambit 3 Sport~~

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. Toggle on/off with [Start Stop] or [Light Lock] . 5. Keep [Next] pressed to exit. Suunto Ambit3 Sport 9

### Suunto Ambit3 Sport

3 FEATURES 3.1 Activity monitoring In addition to the recovery time shown in your exercise log, Suunto Ambit3 Sport monitors you overall activity, both exercise and daily activity. Activity monitoring gives you a complete picture of your activity, the calories you are burning, and your recovery time. Page 15: Autopause

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### Suunto Ambit3 Sport - User guide

Movescount (ver 3.17. Movescount). Suunto Ambit3 Sport 7. Para cambiar los ajustes en el reloj: 1. Mantén pulsado [Next] para entrar en el menú de opciones. 2. Desplázate por el menú con [Start Stop] y [Light Lock] . 3. Pulsa [Next] para introducir un ajuste. 4. Pulsa [Start Stop] y [Light Lock] para cambiar los valores de los ajustes.

### Suunto Ambit3 Sport

3. Features 3.1. 3D distance Suunto Ambit3 Peak can take both elevation gain and loss into account when measuring distance. This gives you a more realistic distance measurement when you are exercising in hilly or mountainous terrain. In this scenario, 3D distance is greater than 2D distance.  $3D > 2D$

### Suunto Ambit3 Peak

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### Suunto Ambit3 Peak - User guide

Suunto Ambit3 Sport 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: While you are in a sport mode, keep Next pressed to access the options menu. Stop pedaling and lift your feet off the pedals.

### Suunto Ambit3 Sport - Features - PODs and HR sensors

Whether you ' re pushing your limits on the trail, on your bike or in the water, the Suunto Ambit3 Sport GPS watch is your invaluable multisport tool to become the best you can be. Track your running performance and analyze sleep recovery. Save 50% on a HR belt when you buy this product!

### Suunto Ambit3 Sport Black - GPS watch for multisport

Dit Suunto Ambit3 Sport aktiveres automatisk, når du slutter det til din computer eller en USB-oplader ved hjælp af det medfølgende USB-kabel. Sådan kommer du i gang med at bruge dit sportsur: 1. Tilslut dit sportsur til en strømkilde med det medfølgende USB-kabel. Suunto Ambit3 Sport 6

### Suunto Ambit3 Sport

Get the most out of your Suunto product by checking the product manual, watching the how-to videos, and reading the Questions and

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Answers. Select your product from the drop-down menu below. Contact Support. CONTACT US. For us to be able to help you as fast as we can, we have modified the opening hours per contact channel.

User guides - Get the most of your Suunto product

Page 1 SUUNTO AMBIT USER GUIDE...; Page 2: Table Of Contents 6.2 Updating your Suunto Ambit ..... Page 3 9.2 Matching profile to activity .....36 9.2.1 Setting profiles .; Page 4 13.1 Service menu ..... 66 13.2 Changing language .; Page 5: Safety 1 SAFETY Types of safety precautions WARNING: - is used in connection with a procedure or situation that may result in serious injury or death.

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Your Suunto Ambit3 Run has two button lock settings: one for general use, Time mode lock, and one for when you are exercising, Sport mode lock: Time mode lock: • Actions only: Start and options menus are locked. • All buttons: All buttons are locked. Backlight can be activated in Night mode. Sport mode lock • Actions only • » . • • Suunto Ambit3 Run

Suunto Ambit3 Run

3 FEATURES 3.1 Activity monitoring In addition to the recovery time shown in your exercise log, Suunto Ambit3 Sport monitors you overall activity, both exercise and daily activity. Activity monitoring gives you a complete picture of your activity, the calories you are burning, and your recovery time. Page 15: Autopause

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Suunto Ambit3 Sport – multisportovní zážitek - specializované funkce pro běh, plavání a cyklistiku. Novinka Suunto Ambit3 Sport disponuje všemi funkcemi, které potřebujete pro běh, plavání, jízdu na kole a multisportovní trénink. GPS vám navíc poskytne přesné informace o tempu, ukáže správný směr a cestu, zatímco ...

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Suunto Ambit3 - Adjusting sport modes using Suunto Movescount App for iPhone - Duration: 1:42. ... Suunto Ambit(3) Manual 2: Setting Up Time Mode Displays - Duration: 3:31.

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Suunto Ambit(3) Manual 23: Customizing Sports Modes

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