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# Manuale Suunto Ambit 3 Sport

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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

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on/off with [Start Stop]  
or [Light Lock] . 5.

Keep [Next] pressed to  
exit. Suunto Ambit3  
Sport 9

## **Suunto Ambit3 Sport**

Suunto Ambit3 Sport  
User Guide - 2.5.

Suunto is committed to  
achieving Level AA  
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## **Suunto Ambit3 Sport - User guide**

### 3 FEATURES 3.1

Activity monitoring In addition to the recovery time shown in your exercise log,  
Suunto Ambit3 Sport

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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.

## **SUUNTO AMBIT3 SPORT 1.0 USER MANUAL Pdf**

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È possibile cambiare le impostazioni di Suunto

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Ambit3 Sport  
direttamente  
sull'orologio attraverso  
Movescount oppure  
durante l'attività, con  
l'app Suunto  
Movescount (vedi 3.19.  
App Movescount per  
dispositivi mobili). Per  
cambiare le  
impostazioni  
nell'orologio: 1. Tenere  
premuta [Next] per  
accedere al menu  
opzioni. 2.

**Suunto Ambit3 Sport**

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Puedes cambiar los ajustes de tu Suunto Ambit3 Sport directamente en el reloj, mediante Movescount o desde cualquier lugar con la Suunto Movescount App (ver 3.19. Movescount mobile app). Suunto Ambit3 Sport 7

## **Suunto Ambit3 Sport**

U kunt de instellingen van uw Suunto Ambit3 Sport direct op het

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horloge wijzigen, of via Movescount, of op elk willekeurig moment met de Suunto Movescount App (zie 3.19. Movescount mobiele app).

Instellingen wijzigen op het horloge: 1. Houd [Next] ingedrukt om het optiemenu te openen. 2. Blader door het menu met [Start Stop] en [Light Lock] . 3.

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Calibrating power PODs and slope. 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.

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

If you have paired your Suunto Ambit3 Sport with Suunto app, all your new training sessions are automatically synced when the Bluetooth connection is active and in working range. The Bluetooth icon on your Suunto Ambit3 Sport flashes when data is being synced. This default setting can

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be changed from the options menu.

## **Suunto Ambit3 Sport - Features - Suunto app**

Get the most out of your Suunto product by checking the product manual, watching the how-to videos, and reading the Questions and Answers. Suunto is committed to achieving Level AA conformance for this website in conformance with the

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Web Content

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(WCAG) 2.0 and  
achieving compliance  
with other accessibility  
standards ...

## **User guides - Get the most of your Suunto product**

3. Features 3.1. 3D  
distance Suunto  
Ambit3 Peakcan take  
both elevation gain and  
loss into account when  
measuring distance.

This gives you a more

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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**

The Suunto Connected Family with Ambit3 offers you the ultimate package for tracking and sharing your sports and adventures.

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SUUNTO SMART  
SENSOR Suunto Smart  
Sensor, the smallest  
Bluetooth® Smart  
compatible heart rate  
sensor on the market,  
records heart rate even  
from your swims.

## **Suunto Ambit3 Sport Sapphire - GPS watch for multisport**

3 FEATURES 3.1  
Activity monitoring In  
addition to the  
recovery time shown in  
your exercise log,



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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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User Manual

## **Suunto AMBIT3 SPORT 2.0 Manuals**

2.3 Réglage des paramètres. Vous pouvez modifier les paramètres de votre Suunto Ambit3 Sport directement dans la montre, en passant par Movescount ou bien où que vous soyez avec Suunto Movescount App (voir 3.18

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Movescount. Mobile App). Pour modifier les paramètres dans la montre : 1. Maintenez le bouton [Next] enfoncé pour accéder au ...

## **3 réglage des paramètres | SUUNTO AMBIT3 SPORT Manuel d ...**

As a result, yours SUUNTO Ambit3 Sport system will be like new and the device itself should run faster. In

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the first place press and hold the Back Lap button and the Start Stop button for about 11 seconds. Once you are in the Service menu use the Light Lock button and Start Stop button to move through the menu.

## **Hard Reset SUUNTO Ambit3 Sport , how to - [HardReset.info](http://HardReset.info)**

Suunto Ambit3 -  
Adjusting sport modes  
using Suunto

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

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Specifications for your

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An accelerometer is a sensor used to measure the linear acceleration of a device. A common application is detecting when a device changes between vertical and horizontal positions. 3.

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