

# **SUUNTO SMART SENSOR 1.1**

**USER GUIDE**

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# 1 WELCOME

Whatever your sport, the Suunto Smart Sensor – the smallest Bluetooth® Smart compatible heart rate sensor on the market – measures your heart rate with great comfort and accuracy.


When used together with Suunto Ambit3 sports watches or the Suunto Movescount App, the Suunto Smart Sensor can store and transfer your heart rate data.


The Suunto Smart Sensor comes with a soft, comfortable heart rate belt. It can also be attached to Movesense compatible sports apparel.


Suunto Smart Sensor is compatible with Bluetooth® Smart and Smart Ready devices.


## 2 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:** PEOPLE WHO HAVE A PACEMAKER, DEFIBRILLATOR, OR OTHER IMPLANTED ELECTRONIC DEVICE USE THE TRANSMITTER BELT AT THEIR OWN RISK. BEFORE STARTING THE INITIAL USE OF THE TRANSMITTER BELT, WE RECOMMEND AN EXERCISE TEST UNDER A DOCTOR'S SUPERVISION. THIS WILL ENSURE THE SAFETY AND RELIABILITY OF THE PACEMAKER AND TRANSMITTER BELT WHEN BEING USED SIMULTANEOUSLY. EXERCISE MAY INCLUDE SOME RISK, ESPECIALLY FOR THOSE WHO HAVE BEEN SEDENTARY. WE STRONGLY ADVISE YOU TO CONSULT YOUR DOCTOR PRIOR TO BEGINNING A REGULAR EXERCISE PROGRAM.

**⚠ WARNING:** ONLY FOR RECREATIONAL USE.

**⚠ 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.

## 3 GETTING STARTED

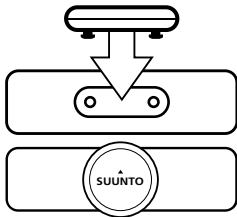
After a few simple steps, you are ready to use your Suunto Smart Sensor to get accurate feedback about your exercise intensity.

### 3.1 Putting on belt

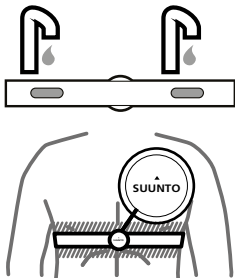
To start using the Suunto Smart Sensor and heart rate belt:

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.


1.



3. - 4.



The belt turns on automatically when it detects a heart beat.

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

Suunto Smart Sensor can also be used with Movesense compatible sports clothing, such as the Movesense t-shirt and sports bra from Salomon. Simply, moisten the electrode areas on the apparel and snap the sensor snugly into the apparel connector.

## 3.2 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 Suunto Movescount App. 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 sensors.

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

To pair with Suunto Ambit3 Peak or Sport:

1. Activate your Suunto Smart Sensor by putting it on and moistening the electrodes.
2. On your watch, keep [Next] pressed to enter the options menu.
3. Scroll to **PAIR** with [Light Lock] and select by pressing [Next].
4. Scroll to **HR belt** with **LIGHT LOCK** and select by pressing **NEXT**.
5. Wait for the watch to search for and pair with your Suunto Smart Sensor.

To pair with Suunto Movescount App:

1. Activate your Suunto Smart Sensor by putting it on and moistening the electrodes.
2. Turn on Bluetooth in your mobile device and start the Suunto Movescount App.
3. Follow the instructions in the app to connect your Suunto Smart Sensor.



## 4 USING SUUNTO SMART SENSOR

You can use your Suunto Smart Sensor to record your heart rate and get accurate calorie consumption information from a wide range of activities, from intense exercising to a stroll in the park.

To use your Suunto Smart Sensor:

1. Put on your Suunto Smart Sensor (see *3.1 Putting on belt*).
2. Start your recording in the paired sports watch (see *3.2 Pairing*).
3. Complete your activity and stop the recording in your sports watch.
4. Rinse off your heart rate belt or other Movesense garment (see *6.1 Handling guidelines*).



**NOTE:** *Dry skin under the belt electrodes, a loose belt, and synthetic shirt materials can cause abnormally high heart rate readings. Moisten the belt electrodes well and tighten the belt to avoid heart rate peaks. If you are otherwise concerned about your heart rate, please consult a doctor.*

### Memory function

If you are using your Suunto Smart Sensor with Suunto sports watches or the Suunto Movescount App, you can record your heart rate data when swimming or in any activity where the use of a watch or smartphone is not convenient.


To use Suunto Smart Sensor memory function:

1. Put on your Suunto Smart Sensor (see *3.1 Putting on belt*).

2. Start your activity recording in your Suunto sports watch or the Suunto Movescount App.
3. Ensure that your heart rate is being recorded, then leave the watch or mobile device behind (for example, in a locker).
4. Complete your activity as normal, wearing the Suunto Smart Sensor the whole time.
5. Go back to your watch or smartphone and stop the recording before you take off your Suunto Smart Sensor.
6. Take off and rinse your Suunto Smart Sensor or other Movesense garment (see *6.1 Handling guidelines*) after stopping the exercise recording.

The memory function is also used to buffer data whenever the heart rate signal from Suunto Smart Sensor to your Suunto sports watch is temporarily lost. Missing data is transferred as soon as the connection is restored.

Your Suunto Smart Sensor records R-R data. The maximum recording time depends on the intensity of your activity. On average, the Suunto Smart Sensor records 3.5 hours of activity with average heart rate of 120 bpm.

 **NOTE:** *Using the memory function consumes more battery power in the Suunto Smart Sensor compared to normal use with a compatible sports watch.*

## 5 UPDATING FIRMWARE

The Suunto Smart Sensor firmware can be updated through the Suunto Movescount App. If an update is available, you are prompted to do the update through the app.

To update Suunto Smart Sensor firmware:

1. If you have not done so already, pair your Suunto Smart Sensor with Suunto Movescount App (see *3.2 Pairing*).
2. Tap the settings icon in the upper right corner of the app.
3. Tap the HR sensor icon. If an update is available, follow the update instructions in the app.




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


## 6 CARE AND SUPPORT


### 6.1 Handling guidelines

Both the Suunto Smart Sensor module and belt should be rinsed with fresh water after each use.

 **CAUTION:** *Do not pull the Suunto Smart Sensor module off the belt. This may damage the belt connectors. Unsnap one side at a time.*

The belt should be machine washed in 40° C after every 2-3 exercises. See the belt tag for further washing instructions.

 **CAUTION:** *Do not machine wash the Suunto Smart Sensor module. Machine washing damages the module.*

 **NOTE:** *You do not need to replace the Suunto Smart Sensor module; only the Suunto Smart Sensor belt may eventually need replacing after extended use.*

### 6.2 Troubleshooting

The transmission range of the Suunto Smart Sensor can be three meters or more under ideal conditions.

However, for best results, minimize obstructions between the Suunto Smart Sensor and your sports watch or mobile device. Keep the watch or mobile in front of you or to one side in a pocket or on

a belt. If you keep your arms behind your back or put your mobile device in a fanny pack, for instance, the transmission signal from Suunto Smart Sensor may be interrupted.

If the Suunto Smart Sensor does not seem to be sending heart rate data even without obstructions, try any of the following:

1. Ensure the belt contact areas (electrodes) are wet.
2. Adjust the belt so that it fits tighter against your chest.
3. If your skin tends to remain dry during a workout, use electrode gel.
4. Check that Bluetooth is on in the device your belt is paired with.
5. Change the battery in the sensor and re-pair with your sports watch or mobile device.

If the Suunto Smart Sensor seems to send incorrect data, try any of the following:

1. Ensure that the sensor is attached correctly to the belt with both snaps snugly fitted.
2. Pair the belt again with your Bluetooth-enabled device.

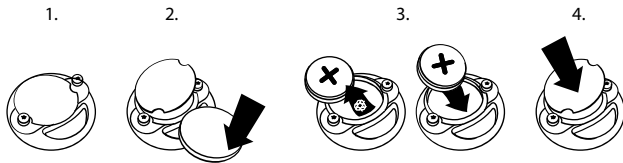
## **6.3 Battery**

The Suunto Smart Sensor uses a 3-Volt lithium cell (CR 2025). With Suunto Movescount App, you can check the battery status from the device information when Suunto Smart Sensor is paired.

To replace the battery:

1. Remove the sensor from the belt.
2. Open the battery cover.
3. Replace the battery.

4. Firmly close the battery cover.



## 6.4 Getting support

To get additional support, visit [www.suunto.com/support](http://www.suunto.com/support). There you will find a comprehensive range of support materials, including Questions and Answers and instruction videos. You can also post questions directly to Suunto or email/call Suunto support professionals.

There are also many how-to videos on the Suunto YouTube channel at [www.youtube.com/user/MovesCountbySuunto](http://www.youtube.com/user/MovesCountbySuunto).

We recommend registering your product to get the best personalized support from Suunto.

To get support from Suunto:

1. Register at [www.suunto.com/support/MySuunto](http://www.suunto.com/support/MySuunto), or if you have already, login and add Suunto Smart Sensor to **My Products**.
2. Visit [Suunto.com](http://Suunto.com) ([www.suunto.com/support](http://www.suunto.com/support)) to see if your question has been asked/answered already.
3. Go to **CONTACT SUUNTO** to submit a question or call us at any of the listed support numbers.

Alternatively, send us an email to [support@suunto.com](mailto:support@suunto.com). Please include the product name, serial number and a detailed description of the issue.

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

# 7 REFERENCE

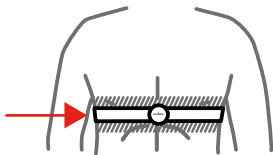
## 7.1 Technical specifications

### Module

- 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)

### Belt

- Weight: 31.2 g/1.10 oz
- Width: 30 mm/1.18 in
- Length: (see table below)





Size	Chest circumference
Small	56-82 cm / 22-32 in
Medium	70-110 cm / 28-43 in
Large	96-160 cm / 38-63 in

## 7.2 Compliance

### 7.2.1 CE

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

### 7.2.2 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.

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.

### **7.2.3 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.

## **7.3 Patent notice**

This product is protected by the following patents and pending patent applications and their corresponding national rights: US 13/071,624, US 13/832,049, US 13/832,598, US 13/917,668, US

13/397,872, USD 667,127, US 8,386,009, US 8,750,959, US 8,814,574, US 8,886,281. Additional patent applications have been filed.

## **7.4 Trademark**

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

## **7.5 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 Products unless otherwise specified.

The Warranty Period is one (1) year for accessories including but not limited to wireless sensors and transmitters, chargers, cables, rechargeable batteries, straps, bracelets and hoses.

### **Exclusions and Limitations**

This Limited Warranty does not cover:

1. a) normal wear and tear such as scratches, abrasions, or alteration of the color and/or material of non-metallic straps, b) defects caused by rough handling, or c) defects or damage resulting from use contrary to intended or recommended use, improper care, negligence, and accidents such as dropping or crushing;
2. printed materials and packaging;
3. defects or alleged defects caused by use with any product, accessory, software and/or service not manufactured or supplied by Suunto;
4. non-rechargeable batteries.

Suunto does not warrant that the operation of the Product or accessory will be uninterrupted or error free, or that the Product or accessory will work with any hardware or software provided by a third party.

This Limited Warranty is not enforceable if the Product or accessory:

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; or
4. has been exposed to chemicals including but not limited to sunscreen and mosquito repellents.

## **Access to Suunto warranty service**

You must provide proof of purchase to access Suunto warranty service. For instructions how to obtain warranty service, visit

[www.suunto.com/warranty](http://www.suunto.com/warranty), contact your local authorized Suunto retailer, or call Suunto Contact Center.

## **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.

## **7.6 Copyright**

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# SUUNTO CUSTOMER SUPPORT

1. [www.suunto.com/support](http://www.suunto.com/support)  
[www.suunto.com/mysuunto](http://www.suunto.com/mysuunto)
2. AUSTRALIA +61 1800 240 498  
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GERMANY +49 89 3803 8778  
ITALY +39 02 9475 1965  
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