SUUNTO

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APIs

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SUUNTO WORKOUT API   ⌄

SUUNTO WORKOUT API

| API definition ⌄ | Changelog

With this API you can get access to different assets Suunto consumers are using with the watches. The API is developped futher over time, so new contents will come available later.

More information about data available via Suunto Integration API can be found in the links below:

- FIT file description
- FIT file examples
- Supported sport types
- Product IDs and capabilities

If you'd like to learn how to receive and process workout webhook notifications, check out the Webhook Notifications -page.

| Search operations | ⁺▽ | Group by tag

GET   Export workout in FIT format

GET   Get workout

GET   List workouts

List workouts

Try it ▶

Get list of workouts for the authenticated user.

Example request: /v3/workouts?since=1709251200000&until=1711929600000&limit=10&offset=0

The above example would return list of 10 last modified workouts between 2024-03-01T00:00:00Z and 2024-04-01T00:00:00Z.

Request

`GET` `https://cloudapi.suunto.com/v3/workouts/[?since][&until][&limit][&offset][&filter-by-modification-time]`

Request parameters

Name	In	Required	Type	Description
since	query	false	integer	Minimum timestamp (milliseconds. Default 1546304461000
until	query	false	integer	Maximum timestamp milliseconds. Default Example: 155290928
limit	query	false	integer	Maximum amount of is 50
offset	query	false	integer	The number of work Default is 0
filter-by-modification-time	query	false	boolean	This parameter contr will be used to filter t time (true) or workout value is true

Request headers

Name	Required	Type	Description
Authorization	true	string	JWT token

Response: 200 OK

Request processed successfully.

application/json

STTResponse«LimitedWorkouts»

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Name	Required	Type	Description
error	false	STTError	
metadata	false	object	
payload	false	LimitedWorkouts	

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default

DEFAULT - JSON   ⧉ Copy

```
{
    "error": null,
    "payload": [{
        {
            "activityId": 11,
            "startTime": 1526196562327,
            "totalTime": 2686.03,
            "totalDistance": 3900.0,
            "totalAscent": 88.75,
            "totalDescent": 128.52,
            "startPosition": {
                "x": 23.842736666666667,
                "y": 61.453113333333334
            },
            "stopPosition": {
                "x": 23.844015,
                "y": 61.45330166666667
            },
            "centerPosition": {
                "x": 23.831098333333333,
                "y": 61.45186
            },
            "maxSpeed": 2.6,
            "recoveryTime": 0,
            "cumulativeRecoveryTime": 0,
            "rankings": {
                "totalTimeOnRouteRanking": {
                    "originalRanking": 1,
```

```json
                    "originalNumberOfWorkouts": 1
                }
            },
            "extensions": [{
                "type": "SummaryExtension",
                "pte": 2.0,
                "feeling": null,
                "avgTemperature": 302.44998,
                "maxTemperature": null,
                "peakEpoc": 14.5,
                "avgPower": null,
                "maxPower": null,
                "avgCadence": 0.9801348,
                "maxCadence": null,
                "ascentTime": 1178.0,
                "descentTime": 1043.0,
                "performanceLevel": null
            }],
            "extensionTypes": ["DISTANCEDELTA", "ALTITUDESTREAM", "LOCATIONSTR
EAM", "EPOCSTREAM", "SUMMARY", "SPEEDSTREAM", "HEARTRATESTREAM", "VERTICALSPEEDSTR
EAM", "SEALEVELPRESSURESTREAM", "CADENCESTREAM", "INTENSITY"],
            "minAltitude": 128.2,
            "maxAltitude": 173.6,
            "workoutKey": "5b190f5c52ce7b316acbd520",
            "avgPace": 11.48,
            "commentCount": 0,
            "pictureCount": 0,
            "viewCount": 0,
            "cadence": {
                "max": 0,
                "avg": 0
            },
            "hrdata": {
                "userMaxHR": 0,
                "workoutMaxHR": 145,
                "workoutAvgHR": 114,
                "hrmax": 145,
                "max": 0,
                "avg": 114
            },
            "avgSpeed": 1.45,
            "energyConsumption": 360
        }],
        "metadata": {
            "workoutcount": "1",
            "until": "1535093315408"
        }
    }
```

Definitions

Name	Description
STTError	
STTResponse«LimitedWorkouts»	
Point	
Cadence	Cadence as round per minute is the number of revolutions in minute done in average during cycling /indoor cycling / mountainbiking or number of steps (pair of steps / step with same leg) in running /walking / hiking /trekking/treamdill running/ trail running.
Hrdata	Heart rate data. Heart rate measurement is based either on heart rate belt kept on the chest or directly from wrist via optical heart rate sensor.
Optional«ObjectId»	
WorkoutAchievement	
AWorkoutExtensionForm	
OriginalRanking	
OriginalRankings	
LimitedWorkout	
LimitedWorkouts	

STTError

Name	Required	Type	Description
code	false	string	
description	false	string	

STTResponse«LimitedWorkouts»

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Name	Required	Type	Description
error	false	STTError	
metadata	false	object	
payload	false	LimitedWorkouts	

Point

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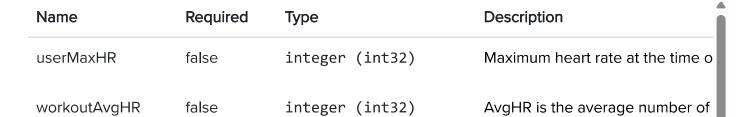| Name	Required	Type	Description
x	false	number (double)	
y	false	number (double)	

Cadence

Cadence as round per minute is the number of revolutions in minute done in average during cycling /indoor cycling / mountainbiking or number of steps (pair of steps / step with same leg) in running /walking / hiking /trekking/treamdill running/ trail running.

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Hrdata

Heart rate data. Heart rate measurement is based either on heart rate belt kept on the chest or directly from wrist via optical heart rate sensor.

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Name	Required	Type	Description
userMaxHR	false	integer (int32)	Maximum heart rate at the time o
workoutAvgHR	false	integer (int32)	AvgHR is the average number of measured during the activity. Typ between 50-220

| workoutMaxHR | false | integer (int32) | MaxHR is the peak heart rate me... the activity |

Optional«ObjectId»

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Name	Required	Type	Description
present	false	boolean	

WorkoutAchievement

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Name	Required	Type	Description
replacedByWork...	false	Optional«ObjectId»	
type	false	string	
value	false	number (double)	

AWorkoutExtensionForm

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OriginalRanking

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Name	Required	Type	Description
originalNumberO...	false	integer (int32)	
originalRanking	false	integer (int32)	

OriginalRankings

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Name	Required	Type	Description
totalTimeOnRout...	false	OriginalRanking	

LimitedWorkout

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Name	Required	Type	Description
accessible	false	boolean	
achievements	false	string[]	
activityId	false	integer (int32)	Activity/workout type id. Activity r be found in the FIT file activity id': (check Suunto App column).
avgPace	false	number (double)	
avgSpeed	false	number (double)	Average speed in km/hour. AvgS average of the speed measured (
cadence	false	Cadence	Cadence as round per minute is t revolutions in minute done in ave cycling /indoor cycling / mountair number of steps (pair of steps / st leg) in running /walking / hiking /trekking/treamdill running/ trail ru
centerPosition	false	Point	
commentCount	false	integer (int32)	
created	false	integer (int64)	
cumulativeRecov...	false	integer (int64)	recovery time in seconds
description	false	string	
energyConsumpt...	false	integer (int32)	Energy consumption in kcal.

extensionTypes	false	`string[]`	
extensions	false	`AWorkoutExtensionFo…`	
hrdata	false	`Hrdata`	Heart rate data. Heart rate measu based either on heart rate belt ke chest or directly from wrist via op sensor.
key	false	`string`	Workout key
maxAltitude	false	`number (float)`	Highest altitude reached during t Altitude measurement is based o sensor or data from GPS.
maxSpeed	false	`number (float)`	Max speed in km/hour. MaxSpeed maximum of the speed reached c activity.
minAltitude	false	`number (float)`	Lowest altitude reached during th Altitude measurement is based o sensor or data from GPS.
pictureCount	false	`integer (int32)`	
rankings	false	`OriginalRankings`	
recoveryTime	false	`integer (int64)`	Recovery time in seconds
startPosition	false	`Point`	
startTime	false	`integer (int64)`	Workout start time (seconds since
stepCount	false	`integer (int32)`	
stopPosition	false	`Point`	
stopTime	false	`integer (int64)`	Workout finish time (seconds sinc
totalAscent	false	`number (double)`	
totalDescent	false	`number (double)`	
totalDistance	false	`number (double)`	Workout distance in meters

totalTime	false	number (double)	Workout time in seconds
timeOffsetInMinu...	false	integer (int32)	Timezone offset in minutes. 0 for
workoutAchieve...	false	WorkoutAchievement[]	
workoutId	false	integer (int32)	
workoutKey	false	string	Workout unique id
workoutName	false	string	
isEdited	false	boolean	Indicates is workout manually edi

LimitedWorkouts

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Name	Required	Type	Description
[]	true	LimitedWorkout[]	