

# **SUUNTO SMART HEART RATE BELT**

## USER GUIDE

2020-10-06

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# 1. Welcome

The Suunto Smart Heart Rate Belt provides accurate heart rate data without compromising comfort.

A heart rate belt provides superior performance in sports where hand movement disturbs wrist heart rate measurements and allows measuring heartrate wearing the watch on top of the sleeve or attached to the bike handlebar or even not carrying the watch at all during the exercise.


The Suunto Smart Heart Rate belt has a R-R memory that is used when the watch is not within reach of the Bluetooth® smart radio. This is great for example in team sports where it allows recording without wearing the watch. The memory function is supported with the Suunto 3, 5, 9, Spartan, Ambit 3 and Traverse watches.


Biking, team sports, martial arts, climbing, swimming, water sports, triathlon, ski mountaineering, cross country skiing, skating and gym enthusiasts will see the greatest benefits from using the Suunto Smart Heart Rate Belt.

Suunto Smart Heart Rate Belt is also a great companion for the free Sports Tracker app with Android, iOS and Watch OS 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.

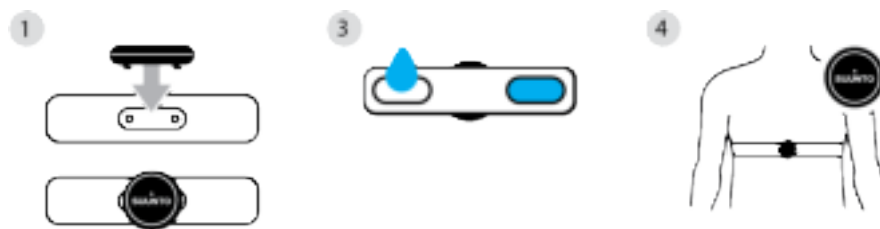
## 3. Getting started

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

### 3.1. Putting on belt

To start using the Suunto Smart Heart Rate Belt:

1. Snap the Suunto Smart module firmly into the chest strap.
2. Adjust the belt length as needed.
3. Moisten the electrode areas with water or electrode gel.
4. Put the belt on so that it fits tightly and the Suunto logo is facing up.



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



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

Suunto Smart module sensor can also be used with Movesense compatible sports garment. Simply, moisten the electrode areas on the apparel and snap the sensor into the apparel connector.

### 3.2. Pairing

You need to connect (pair) your Suunto Smart Sensor module with compatible Bluetooth® Smart devices to view your heart rate.

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.


For mobile devices and smart watches, we recommend the use of the free Sports Tracker App to enable a rich sports tracking experience that supports the use of a heart rate belt.

## 4. Using Suunto Smart Heart Rate Belt

You can use your Suunto Smart Heart Rate Belt 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 Heart Rate Belt:

1. Put on your Suunto Smart Heart Rate Belt (see 3.1. *Putting on belt*).
2. Start your recording in the paired sports watch or other Bluetooth® Smart enabled device. (see 3.2. *Pairing*).
3. Complete your activity and then stop the recording.
4. Take off and rinse your heart rate belt or other Movesense garment (see 5.1. *Handling guidelines*).

 **NOTE:** Dry skin under the belt electrodes, a loose or worn out chest strap, 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


You can record your heart rate data when swimming, doing team sports or in any activity where the use of a watch or smartphone is not convenient.

To use Suunto Smart Heart Rate Belt memory function:

1. Put on your Suunto Smart Heart Rate Belt (see 3.1. *Putting on belt*).
2. Start your activity recording in your Suunto 3, 5, 9, Ambit3 or Traverse sports watch.
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 Heart Rate Belt the whole time.
5. Go back to your watch and stop the recording before you take off your Suunto Smart Heart Rate Belt.
6. Take off and rinse your Suunto Smart Heart Rate Belt or other Movesense garment (see 5.1. *Handling guidelines*) after stopping the exercise recording.

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


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

 **NOTE:** The memory function is only available when the belt is used with one of the following Suunto sports watch families; Suunto 3, 5, 9, Ambit3 and Traverse.


## 5. Care and support


### 5.1. Handling guidelines

Both the Suunto Smart Sensor module and chest strap 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 chest strap connectors. Unsnap one side at a time.

The chest strap should be machine washed in 30° C after every 2-3 exercises. See the belt tag for further washing instructions.


 **CAUTION:** Do not machine wash the Suunto Smart Heart Rate Belt module. Machine washing damages the module.

 **NOTE:** The Suunto Smart Sensor module should last a long time but the chest strap will wear out like any textile will and may need to be replaced when the heart rate reading becomes unreliable. See 5.2. Troubleshooting

### 5.2. Troubleshooting

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

However, for best results, minimize obstructions between the Suunto Smart Heart Rate Belt and your sports watch or mobile device. When not on wrist, keep the watch or mobile in front of you or to one side in a pocket or on a belt.

 **NOTE:** Your body can block the signal.

If the Suunto Smart Heart Rate Belt 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 and the belt Suunto logo is turned the correct way.
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 Heart Rate Belt seems to send incorrect data, try any of the following:

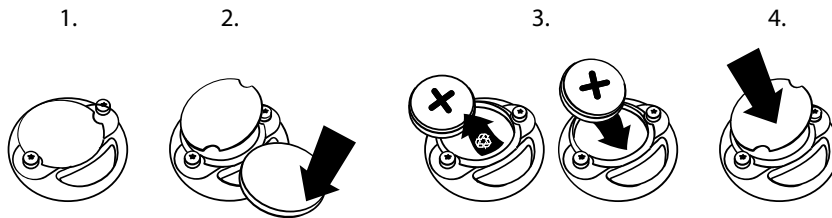
1. Ensure that the sensor is attached correctly to the belt with both snaps fitted.
2. Pair the belt again with your Bluetooth® Smart-enabled device.
3. Machine wash the chest strap in 30°C.
4. Renew the chest strap.

### 5.3. Battery

The Suunto Smart Heart Rate Belt uses a 3-Volt lithium cell (CR 2025).

To replace the battery:

1. Remove the Suunto Smart Sensor module from the chest strap.
2. Open the battery cover.
3. Replace the battery.
4. Firmly close the battery cover.



## 5.4. 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.



## 6. Reference

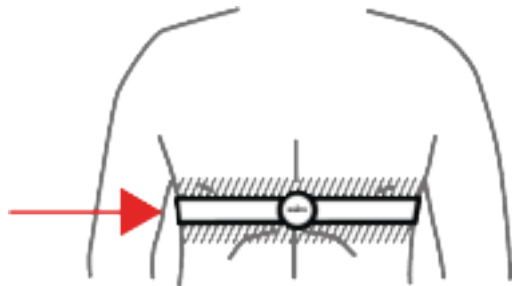
### 6.1. Technical specifications

#### Suunto Smart Sensor 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
- Battery type: CR2025
- Battery life: ~ 500 hours
- Transmission frequency: 2.4GHz (Bluetooth)

#### Suunto Chest Strap

- 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

#### Radio transceiver

- Bluetooth® Smart compatible
- Communication frequency: 2402-2480 MHz
- Maximum transmission power: <0 dBm (conducted)
- Range: ~3 m/9.8 ft

## Manufacturer

Suunto Oy

Tammiston kauppatie 7 A

FI-01510 Vantaa

FINLAND

## 6.2. Compliance

### 6.2.1. CE

Hereby, Suunto Oy declares that the radio equipment of Model: Movesense is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: [suunto.com/EUconformity](http://suunto.com/EUconformity).

Product name: SUUNTO SMART SENSOR

Model: Movesense

Frequency band: 2402-2480 MHz

Maximum output power: <0 dBm

Range: ~3 m

### 6.2.2. 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.

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+1 855 258 0900

### 6.2.3. ISED REGULATORY COMPLIANCE

This device contains licence-exempt transmitter(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(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.

### 6.3. Patent notice

This product is protected by patents and pending patent applications and their corresponding national rights. For a list of the current patents, visit:

[www.suunto.com/patents](http://www.suunto.com/patents)

Additional patent applications have been filed.

### 6.4. Trademark

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

### 6.5. 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 International Limited Warranty. This International Limited Warranty is valid and enforceable regardless of the country of purchase. The International Limited Warranty does not affect your legal rights, granted under mandatory national law applicable to the sale of consumer goods.

### Warranty Period

The International Limited Warranty Period starts at the date of original retail purchase.

The Warranty Period is two (2) years for Watches, Smart Watches, Dive Computers, Heart Rate Transmitters, Dive Transmitters, Dive Mechanical Instruments, and Mechanical Precision Instruments unless otherwise specified.

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

The Warranty Period is five (5) years for failures attributable to the depth measurement (pressure) sensor on Suunto Dive Computers.

## 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.

## 6.6. Copyright

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# SUUNTO CUSTOMER SUPPORT

1. [www.suunto.com/support](http://www.suunto.com/support)  
[www.suunto.com/register](http://www.suunto.com/register)
2. 

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