



**SUUNTO
CATALOGUE
2016**





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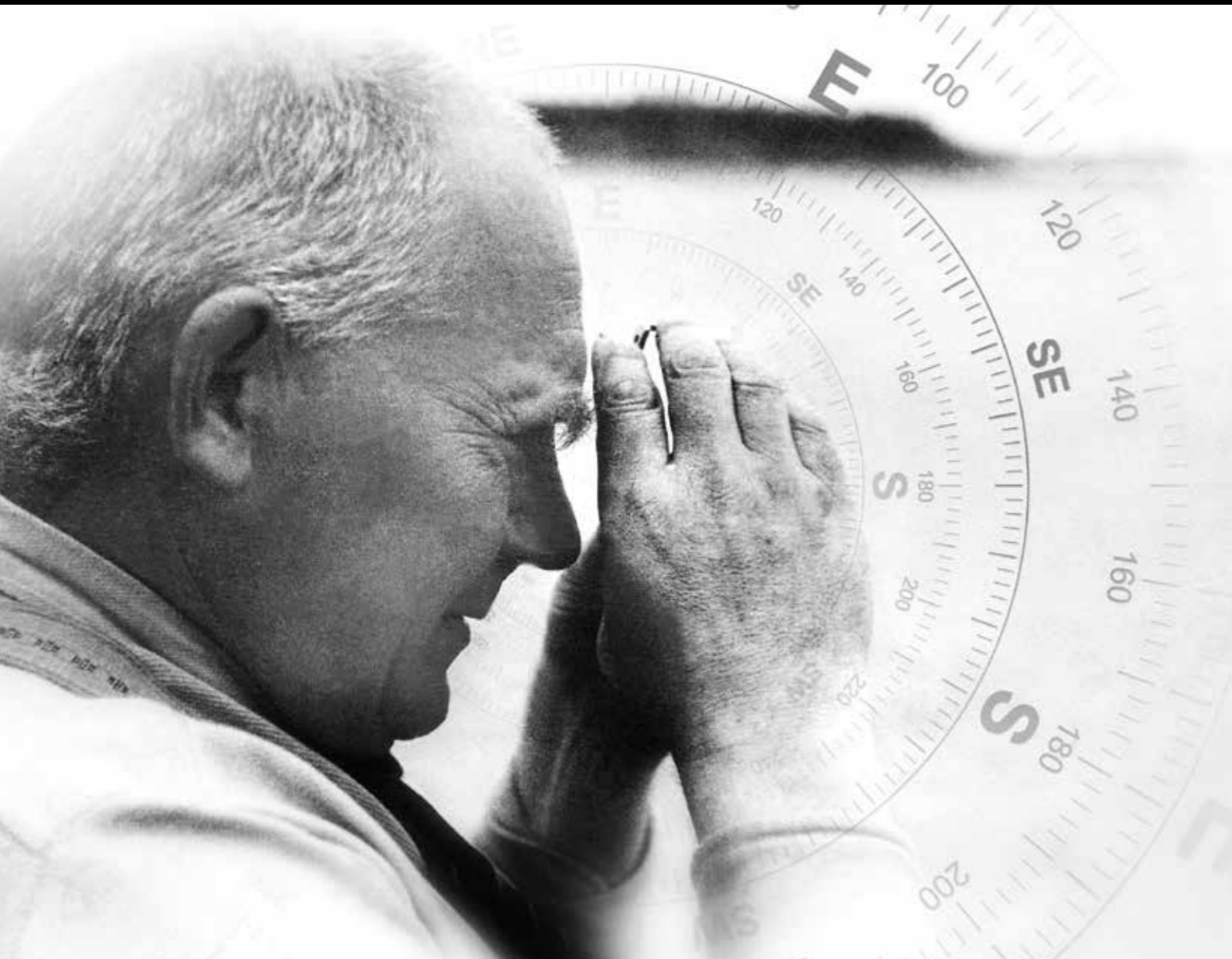
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**FROM THE HIGHEST MOUNTAINS
TO THE DEEPEST OCEANS**

CONQUERING NEW TERRITORY SINCE 1936



When Finnish engineer and orienteer Tuomas Vohlonen invented the mass production method of liquid-filled compasses in 1936, Suunto was born. To this day, Suunto remains at the forefront of innovation in the sports industry. A leading designer and manufacturer of dive computers, sports watches and precision instruments, Suunto's passion is shared by adventurers around the globe.

DESIGNING WITH A PURPOSE

At Suunto, design purity, performance technology and craftsmanship meet to spark emotion. We want to create the most desired sports watches and instruments in the world. Our products are beautifully constructed to perform in the most extreme conditions and to make the user proud to wear one.

1989
Almost all the boats in the "Whitbread Round the World" races are equipped with Suunto compasses.

1987
The SME dive computer is developed.

1965
Suunto's first dive compass, the SK-4, is developed. It is used actively by the legendary Jacques Cousteau.

1950
Suunto begins manufacturing orienteering and marine compasses.

1936
Production of marching compasses starts in 1936.

1998
Suunto Vector, the world's first outdoor watch is launched.

2004
Suunto X9, the world's first wrist GPS with comprehensive navigation and outdoor functionality is launched. Suunto t6, a top-level heart rate monitor is introduced.

2007
Suunto launches the award winning Suunto Core outdoor sports watch.

2009
Suunto Elementum is unveiled.

2012
Suunto Ambit, the ultimate outdoor watch with GPS functionality, is launched.

2014
The Suunto Connected Family with Ambit3 and the new era dive computer Suunto EON Steel are launched.

2015
Suunto Traverse navigation watch for hikers is launched.

2016
Suunto celebrates it's 80th anniversary.

SUUNTO CONNECTED SOLUTIONS

SUUNTO GPS WATCHES
SUUNTO SMART SENSOR
SUUNTO MOVESCOUNT APP

TRAININGPEAKS™
RESULTS START HERE



Movescount.com is Suunto's growing outdoor sports community with a sports diary and unique personalization options to enrich your sports watch functionality (Suunto Ambits, Suunto Traverse, Suunto Quest, Suunto M5 and GPS Track POD).

Epic moments stay with you for longer when saved and shared. Join the Movescount sports community with the free Suunto Movescount App. Use it as a stand-alone sports app or pair it with Suunto Bluetooth Smart watches or heart rate monitors. The app offers an easy way to record your sporting activity, follow your progress, and visually enrich, relive and share your adventures to make every move count.

WHY MOVESCOUNT?



ENGAGING SPORTS COMMUNITY
FOLLOW MEMBERS, JOIN GROUPS
AND EVENTS



TRAINING PROGRAMS
USE ANY OF THE 5000+ AVAILABLE
OR CREATE YOUR OWN



FIND NEW ROUTES
PLAN YOUR TRIP OR EXPLORE READY-MADE
ROUTES USING DETAILED TOPOGRAPHIC MAPS



PLAN YOUR WORKOUTS
INTERVAL TRAINING PLANNER WITH
VOICE GUIDANCE



FOLLOW YOUR PROGRESS
TRACK YOUR ACTIVITIES AND ANALYZE
YOUR MOVES



OPTIMIZE RECOVERY
ANALYZE YOUR STATE OF RECOVERY AND
SLEEP QUALITY



SHARE YOUR MOVES
ENRICH, RELIVE AND SHARE YOUR
EXPERIENCES



**THE FEATURES, DISPLAYS AND SPORT
SETTINGS AS YOU PREFER**
SELECT SPORTS, CUSTOMIZE SETTINGS
AND ADJUST DISPLAYS ON YOUR WATCH



FOLLOW YOUR PEERS
STAY TUNED ON WHAT YOUR
PEERS ARE UP TO



TRACK YOUR MOVES

The Suunto Movescount App will track your moves with accurate speed, pace and distance. All your moves will be stored in the sports diary, with the data, pictures, maps and movies recorded.

HEART RATE RECORDING

When you use the app together with Suunto Smart Sensor, you can record your heart rate even without your smartphone. Start your move, leave the phone in the locker and go for a swim or head to the gym. Your heart rate is recorded and transferred to the app when you get back.

ENRICH, RELIVE AND SHARE

Add photos to your Moves, create Suunto Movies and share them to inspire your friends and relive your journeys. Join groups of like-minded, follow them and race with your friends in Movescount.com.

Through Suunto Movescount you can now follow the latest news of your peers' activities, and also allow your friends to stay tuned of your progress.

SYNC AND CUSTOMIZE ON THE GO

The Suunto Movescount App is like having Movescount in your pocket. Edit your watch settings, create interval workouts and sync them to your watch on the go. Your Moves tracked with the Suunto Ambit3 or Suunto Traverse will be automatically synced to your smartphone and transferred to Movescount.com.

Connect your Ambit3 or Suunto Traverse GPS watch to your smartphone via Bluetooth Smart using the Suunto Movescount App. Change settings, customize sport modes and keep time and GPS satellite data up to date while on the go.

You can change general watch settings offline (e.g. device language, tone settings, time format). Customizing sport modes requires an internet connection over Wi-Fi or cellular. Carrier data fees may apply on cellular connections.

MOBILE NOTIFICATIONS

Using the Suunto Movescount App on your smartphone, stay up to date by seeing call, text message and push notifications directly on the Suunto Ambit3 and Suunto Traverse GPS watches. No need to stop your activity to see who's calling!



The Suunto Movescount App is available for iPhone, iPad and Android.

**Compatible with iOS7.1 and Android 4.3 or later devices. Pairing requires Bluetooth 4.0 or later, which is not available in some supported mobile devices.

SUUNTO APPS

POSSIBILITIES BEYOND
IMAGINATION

Suunto Apps enables you and the greater sports community to develop sport specific features for Suunto Ambit3 and Traverse watches. Customize your watch by selecting the best Suunto Apps for your activities. They're free! Can't find what you want from the public Suunto Apps? Use the App Designer to create your own.

The Suunto Movescount App is available for iPhone, iPad and Android. It can be downloaded from the App Store and Google Play.

SUUNTO APP EXAMPLES



MULTISPORT SCREEN

RUNNING EFFICIENCY

Develop your running efficiency by recording how many heart beats are needed to run one kilometer/mile. Based on current heart rate and speed, running efficiency is a real-time metric you can follow while running. As the number of beats decreases, efficiency improves.

GHOST RUNNER

Challenge yourself by using a virtual competitor. Check your ghost runner's distance as you run. A positive distance means that you are ahead. A negative distance means better pick up your pace.

MARATHON TIME

While running a marathon, you can see an estimate of your finish time based on current speed.



OUTDOOR SCREEN

OXYGEN LEVEL

When you are climbing on the highest mountains, the oxygen level app tells you how much oxygen there is in the air. Based on this you can estimate whether you need to take extra oxygen cylinders with you.

ASCENT TO PEAK

When working your way to the summit, this app tells you how high you are. As you are climbing to top of Mount Everest at 8,589 meters, you still have 259 meters to go.

SUNRISE/SUNSET

During your outing, you can check how many hours of light or darkness you have at any point. This handy Suunto App gives an accurate estimate of the time left to sunset or sunrise based on your current location.

SUUNTO PARTNERS

TRAINING PEAKS

TrainingPeaks offers advanced training planning and analysis tools for athletes and coaches.

Learn more about TrainingPeaks: www.home.trainingpeaks.com

TRAININGPEAKS™
RESULTS START HERE

STRAVA

Strava's segments and challenges will inspire you to race against your friends and other members of the community, and will push you towards your personal best in cycling and running.

Learn more about Strava: www.strava.com



FIRSTBEAT

FirstBeat is Suunto's partner in providing in-depth performance and recovery analysis.

Learn more about FirstBeat in www.firstbeat.com

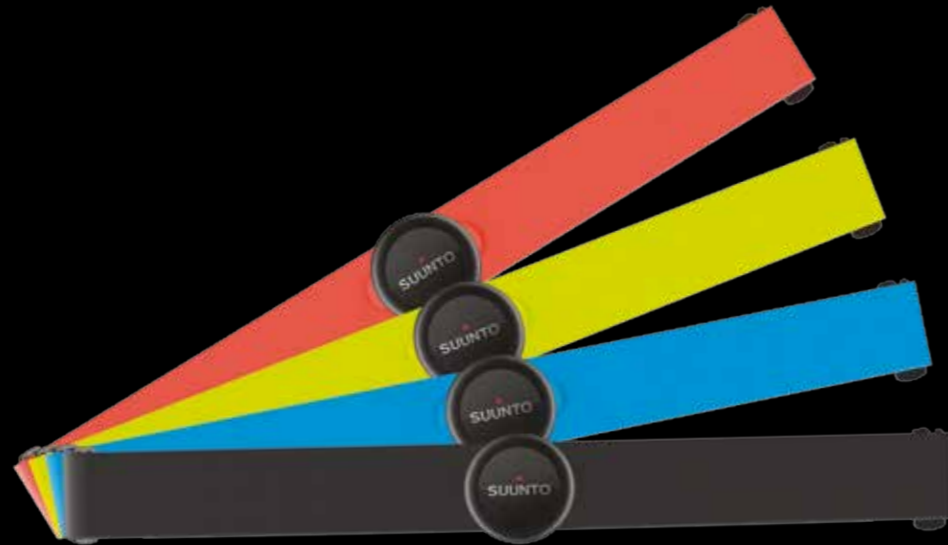


SUUNTO SMART SENSOR

HEART RATE FOR MULTISPORT

- _ COMPACT, COMFORTABLE FIT
- _ RECORDS HEART RATE IN SWIMMING AND OTHER SPORTS
- _ COMPATIBLE WITH SUUNTO MOVESCOUNT APP AND BLUETOOTH SMART DEVICES

Size really matters. Whatever your sport, Suunto Smart Sensor – the smallest Bluetooth Smart compatible heart rate sensor on the market – measures your heart rate with great comfort and accuracy. While swimming, the sensor stores your heart rate data and when out of the water, the data is transferred wirelessly to your Ambit3 or Traverse watch or Suunto Movescount App. Pairing the sensor with the free Suunto Movescount App, you can also analyze, relive and share your moves to make every move count. The Suunto Smart Sensor comes with a redesigned heart rate belt, and can also be used on its own when attached to compatible sports apparel.



SUUNTO SMART SENSOR*

*The colored belts are available in size M. Black belts come in 3 different sizes. For full list of available product, see details on page 52.



SUUNTO PERFORMANCE

SUUNTO AMBIT3

SUUNTO M5

SUUNTO M2



4 STEPS TO YOUR PERSONAL BEST

SUUNTO CONNECTED FAMILY WITH AMBIT3

It doesn't matter why you're moving. Climbing a mountain, racing to the finish line, or just out for the pure pleasure of it, we want to give you the freedom to focus on your goal. The Suunto Connected Family with Ambit3 offers you the ultimate package for planning, following your progress, ensuring optimal recovery and sharing your sports moments. It is Suunto's first Bluetooth® Smart compatible product family.

PLAN YOUR ROUTES AND WORKOUTS

All Ambit3 watches come with full route navigation offering the freedom to explore. Plan your own routes or download one from Movescount. For guided training, Movescount offers training programs and a platform to build and follow your own schedules.



OPTIMIZE YOUR PROGRESS

The Ambit3 GPS watches provide accurate speed, pace and distance and, with the Suunto Smart Sensor, let you train within your ideal heart rate zones. The Ambit3 GPS watches offer specialized features for running, cycling and swimming. While running, for instance, you can follow your real time running performance level versus your 30-day average (powered by Firstbeat).



TEST YOUR RECOVERY

The Suunto Connected Family with Ambit3 offers various ways to follow your recovery. With Quick Recovery Test (powered by Firstbeat) you can check your recovery status in just a few minutes by using the Suunto Smart Sensor with your Ambit3. Wear the Suunto Smart Sensor overnight and run the Sleep Recovery Test (powered by Firstbeat) to get an accurate indication of your recovery status in the morning when you wake up. Your Ambit3 will indicate your daily and weekly activity, as well as the remaining recovery time since your last exercise.



MOVES WITH PHOTOS

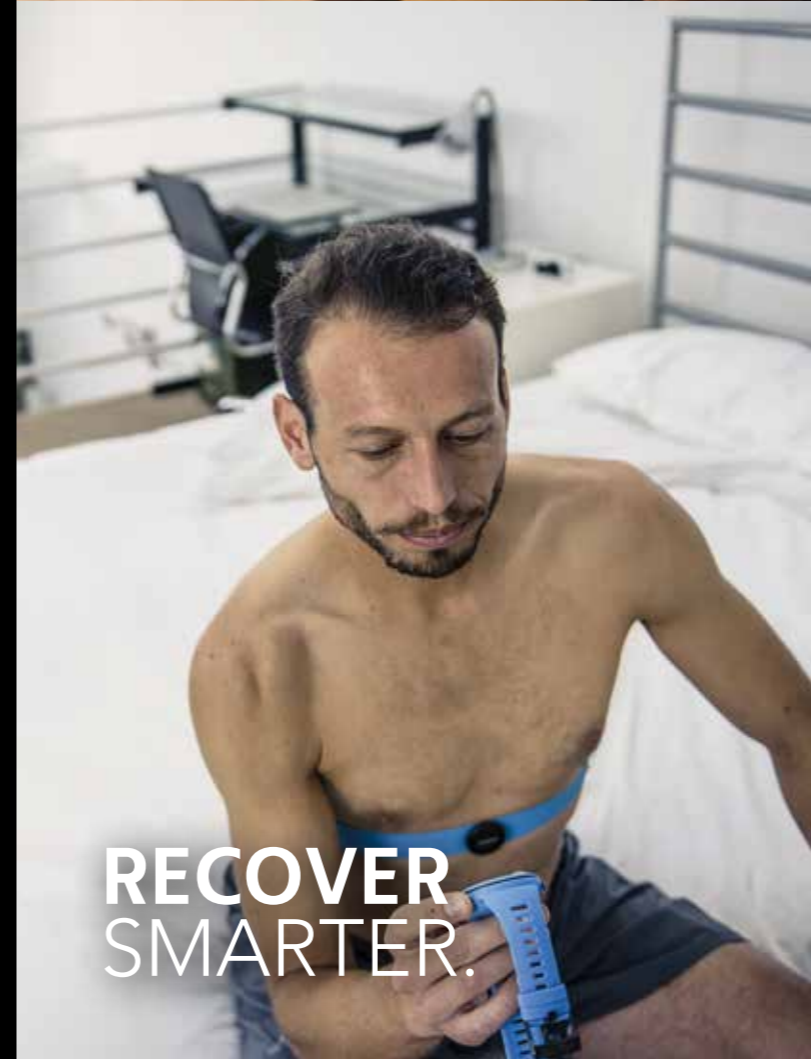
With the Suunto Movescount App, take photos with real-time speed, distance or other details shown on the image. Share the photos instantly on your favorite social media, add them to your Suunto Movies and store them with your Move in Movescount. Or with one tap you can turn your Move into a Suunto Movie, a visualization of your track on a 3D map with key metrics. You can embed photos to tell the whole story.



PLAN YOUR TRAINING.



PROGRESS FASTER.



RECOVER SMARTER.



RELIVE YOUR EXPERIENCE.

SUUNTO AMBIT3 PEAK

THE ADVENTURE EXPERIENCE

- _ THE GPS WITH ADVANCED OUTDOOR AND MULTISPORT FUNCTIONS
- _ SMART MOBILE CONNECTION
- _ ENRICH, RELIVE AND SHARE YOUR MOVES

The journey to your summit is what it's all about – whether it's a mountain or a personal best. The Suunto Ambit3 Peak is your ultimate GPS watch for sports and adventure. It guides you every step of the way, providing all you need to progress and stay safe on your quest. Connect your watch wirelessly to your smartphone and use the free Movescount App to adjust the watch on the go and visually enrich, relive and share your adventure. There is no better companion out there to make every move count.



SUUNTO AMBIT3 PEAK SAPPHIRE
SS020676000 / SS020673000 (HR)



SUUNTO AMBIT3 PEAK BLACK
SS020677000 / SS020674000 (HR)



SUUNTO AMBIT3 PEAK SAPPHIRE BLUE
SS022306000 / SS022305000 (HR)



AMBIT3 PEAK KEY FEATURES

OUTDOOR AND MULTISPORT

- _ 30h battery with 5 sec-GPS accuracy (1 min-accuracy: 200h)
- _ Route navigation and track back
- _ Compass
- _ Altitude (FusedAlti™)
- _ Weather information
- _ Heart rate in swimming**
- _ Activity based recovery time
- _ Speed, pace and distance
- _ Bike power support (Bluetooth Smart)
- _ Multiple sports in one log
- _ Movescount training programs on the watch
- _ Extended feature set through Suunto Apps
- _ Languages: EN, CS, DA, DE, ES, FI, FR, IT, JA, KO, NL, NO, PL, PT, RU, SV, ZH

CONNECTIVITY

- _ Upload and share your moves instantly*
- _ Customize your watch on the go*
- _ Time and GPS satellite data up to date on the go*
- _ Use your phone as second watch display* (Add an extended battery pack for your smartphone to support even longer adventures.)
- _ See calls, messages and push notifications on the watch*

*with the Suunto Movescount App

**with Suunto Smart Sensor

ENRICH, RELIVE AND SHARE

- _ Take photos during your Move showing your current speed, distance, and more*
- _ Create a Suunto Movie of your Move with 3D map, key metrics and images*
- _ Share your experience instantly to your social media networks*

Note! The Ambit3 watches are Bluetooth Smart compatible, not compatible with ANT+™ (e.g. Suunto ANT PODs, Suunto Dual or Suunto ANT belt)

SUUNTO AMBIT3 VERTICAL

THE VERTICAL EXPERIENCE FOR MULTISPORT

- THE GPS WATCH WITH ADVANCED TRAINING AND RECOVERY FUNCTIONS
- PLAN AND TRACK YOUR ELEVATION GAIN WITH EASE
- RELIVE AND SHARE YOUR EXPERIENCE

Some call it obsession, we call it dedication. The Suunto Ambit3 Vertical is more than just a multisport GPS watch. Follow the altitude profile of your route while working your way up mountains. Keep track of your total vertical gain from your yearly total to day-by-day ascents. Plan your training with the Suunto Movescount App and let the vibration alerts on the watch guide you during your workouts. Relive and share your experience with the Suunto Movescount App.



NEW! SUUNTO AMBIT3 VERTICAL BLACK
SS021965000 / SS021964000 (HR)



NEW! SUUNTO AMBIT3 VERTICAL BLUE
SS021969000 / SS021968000 (HR)



NEW! SUUNTO AMBIT3 VERTICAL LIME
SS021971000 / SS021970000 (HR)



NEW! SUUNTO AMBIT3 VERTICAL WHITE
SS021967000 / SS021966000 (HR)



AMBIT3 VERTICAL KEY FEATURES

MULTISPORT

- 15h battery with 5 sec-GPS accuracy (1 min-accuracy: 100h)
- Speed, Pace, Distance
- Altitude (FusedAlti™)
- Route navigation and track back
- Compass
- Heart rate while swimming
- Bike power support (Bluetooth Smart)
- Multiple sports in one log
- Interval workout planner*
- Activity based recovery time
- Quick recovery and sleep recovery tests (Firstbeat)
- Movescount training programs on the watch
- Extended feature set through Suunto Apps
- Languages: EN, CS, DA, DE, ES, FI, FR, IT, JA, KO, NL, NO, PL, PT, RU, SV, ZH

PLANNING AND TRACKING ELEVATION GAIN

- Route planner with topographic map**
- Altitude profile and total ascent visualization**
- Route altitude profile on watch
- Vibration alerts on watch
- Real-time hill incline percentage***
- Vertical gain totals per day, week, month and year
- Compatible with Stryd Running Powermeter
- Compatible with Bluetooth Smart power sensors

RELIVE AND SHARE

- Mobile notifications
- Add photos to your Moves in Movescount or in Movescount App
- Create a Suunto Movie with 3D map, key metrics and photos
- Relive and share your experience in social media

*in Movescount App

**in Movescount

***with Suunto Apps

SUUNTO AMBIT3 SPORT

THE MULTISPORT EXPERIENCE

- _ THE GPS WITH ADVANCED RUN, CYCLE AND SWIM FUNCTIONS
- _ SMART MOBILE CONNECTION
- _ ENRICH, RELIVE AND SHARE YOUR MOVES

The desire to be faster is universal. Whether you're pushing your limits on the trail, on your bike or in the water, Suunto Ambit3 Sport GPS watch is your invaluable training tool to become the best you can be. Track and analyze your performance to progress. Connect your watch wirelessly to your smartphone and use the free Movescount App to adjust the watch on the go and visually enrich, relive and share your experience to make every move count.



SUUNTO AMBIT3 SPORT SAPPHIRE
SS020675000 / SS020672000 (HR)
*designed for women



SUUNTO AMBIT3 SPORT WHITE
SS020683000 / SS020680000 (HR)
*designed for women



SUUNTO AMBIT3 SPORT CORAL
SS021468000 / SS021469000 (HR)
*designed for women



SUUNTO AMBIT3 SPORT BLUE
SS020682000 / SS020679000 (HR)



SUUNTO AMBIT3 SPORT BLACK
SS020681000 / SS020678000 (HR)



GPS watches

AMBIT3 SPORT KEY FEATURES

MULTISPORT

- _ 15h battery with 5 sec-GPS accuracy (1 min-accuracy; 100h)
- _ Speed, pace, distance and GPS altitude
- _ Route navigation and track back
- _ Compass
- _ Heart rate in swimming**
- _ Bike power support (Bluetooth Smart)
- _ Multiple sports in one log
- _ Interval workout planner
- _ Interval workouts
- _ Activity based recovery time
- _ Quick recovery and sleep quality tests (Firstbeat)
- _ Movescount training programs on the watch
- _ Extended feature set through Suunto Apps
- _ Languages: EN, CS, DA, DE, ES, FI, FR, IT, JA, KO, NL, NO, PL, PT, RU, SV, ZH

CONNECTIVITY

- _ Upload and share your moves instantly*
- _ Customize your watch on the go*
- _ Time and GPS satellite data up to date on the go*
- _ Use your phone as second watch display* (Add an extended battery pack for your smartphone to support even longer adventures.)
- _ Integration with Strava and TrainingPeaks

*with the Suunto Movescount App

**with Suunto Smart Sensor

ENRICH, RELIVE AND SHARE

- _ Take photos during your Move showing your current speed, distance, and more*
- _ Create a Suunto Movie of your Move with 3D map, key metrics and images*
- _ Share your experience instantly to your social media networks*

Note! The Ambit3 watches are Bluetooth Smart compatible, not compatible with ANT+™ (e.g. Suunto ANT PODs, Suunto Dual or Suunto ANT belt)

SUUNTO AMBIT3 RUN

THE RUNNING EXPERIENCE

- _ THE RUNNER'S SOLUTION FOR ADVANCED TRAINING
- _ SMART MOBILE CONNECTION
- _ ENRICH, RELIVE AND SHARE YOUR MOVES

Suunto Ambit3 Run is optimized for your perfect running experience. Accurate pace, speed, cadence and distance combined with full route navigation offer you the freedom to explore. Use the Suunto Movescount App to plan your workout and get voice guidance during your run. With the App on your phone you can adjust the watch on the go, and enrich and share your experience.



SUUNTO AMBIT3 RUN LIME
SS021260000 / SS021261000 (HR)



SUUNTO AMBIT3 RUN WHITE
SS021258000 / SS021259000 (HR)
*designed for women



SUUNTO AMBIT3 RUN BLACK
SS021256000 / SS021257000 (HR)



AMBIT3 RUN KEY FEATURES

RUNNING AND TRAINING

- _ 15h battery with 5 sec-GPS accuracy (1 min-accuracy: 100h)
- _ Speed, pace, distance and GPS altitude
- _ Route navigation and track back
- _ Running cadence from the wrist
- _ Running performance indication (Firstbeat)*
- _ Interval workout planner*
- _ Interval workouts
- _ Movescount training programs on the watch
- _ Activity based recovery time
- _ Quick recovery and sleep quality tests (Firstbeat)*
- _ Extended feature set through Suunto Apps
- _ Languages: EN, CS, DA, DE, ES, FI, FR, IT, JA, KO, NL, NO, PL, PT, RU, SV, ZH

CONNECTIVITY

- _ Upload and share your moves instantly*
- _ Customize your watch on the go*
- _ Time and GPS satellite data up to date on the go*
- _ See calls, messages and push notifications on the watch*
- _ Integration with Strava and TrainingPeaks

*with the Suunto Movescount App

**with Suunto Smart Sensor

ENRICH, RELIVE AND SHARE

- _ Take photos during your Move showing your current speed, distance, and more*
- _ Create a Suunto Movie of your Move with 3D map, key metrics and images*
- _ Share your experience instantly to your social media networks*

Note! The Ambit3 watches are Bluetooth Smart compatible, not compatible with ANT+™ (e.g. Suunto ANT PODs, Suunto Dual or Suunto ANT belt)

SUUNTO M5

THE FITNESS WATCH WITH EXERCISE GUIDANCE

- _ ADVANCED HEART RATE FUNCTIONS
- _ ADAPTING TRAINING PLANS
- _ COMPATIBLE WITH SUUNTO PODS

Suunto M5 is the heart rate monitor for fitness enthusiasts, offering smart exercise guidance and adaptive training programs based on personal data. Suunto M5 measures heart rate, providing detailed analysis and feedback, such as calorie consumption and intensity guidance, during and after exercise. Compatible with Suunto PODs for speed and distance measurement.



SUUNTO M5 BLACK / SILVER
SS020233000

SUUNTO M5 ALL BLACK
SS018260000

M5 KEY FEATURES

- _ Time, date and alarm
- _ Heart rate, and calories burned Fitness test
- _ Recovery-time
- _ Automatically adapting exercise programs (fitness, weight or free training)
- _ Real-time intensity guidance
- _ Motivational feedback messages Upload exercise data and download training programs from Movescount.com
- _ Speed & distance with optional Suunto PODs
- _ Menu in 9 languages (EN, DE, ES, FI, FR, IT, NL, SV, PT)

SUUNTO M2

THE FITNESS WATCH

- _ BASIC HEART RATE FUNCTIONS
- _ COMFORTABLE HEART RATE BELT
- _ EASY TO USE

Suunto M2 is the watch for easy real-time monitoring of heart rate and calorie consumption. Equipped with the essential tools for reaching fitness goals, the watch keeps you within the optimal training zone. Suunto M2 comes with a soft textile heart rate belt.



SUUNTO M2 BLACK
SS015854000

SUUNTO M2 FUCHSIA
SS015855000

M2 KEY FEATURES

- _ Real-time heart rate
- _ Real-time calories
- _ Real-time training guidance Three heart rate zones Automatically switches between three heart rate zones
- _ Menu in 9 languages (EN, DE, ES, FI, FR, IT, NL, SV, PT)



SUUNTO OUTDOOR

SUUNTO TRAVERSE

SUUNTO CORE PREMIUM

SUUNTO CORE CLASSIC

SUUNTO CORE CRUSH

SUUNTO ELEMENTUM TERRA

SUUNTO TRVERSE

GO EXPLORE

- _ FIND YOUR WAY WITH INTEGRATED GPS NAVIGATION
- _ UP TO 100 HOURS BATTERY LIFE, SUNSET/SUNRISE TIMES AND STORM ALARM
- _ MADE AND TESTED IN FINLAND

Curiosity drives us to seek out and discover new places, but it's the confidence of finding our way that encourages us to step off the beaten track. Topographic maps in Movescount and the integrated GPS and GLONASS navigation of Suunto Traverse help you plan your hikes and find your way in the wild. The automatic breadcrumb of your track ensures you can re-trace your steps when needed. The strong build and powerful battery of Suunto Traverse keep you exploring hour after hour.



NEW! SUUNTO TRAVERSE AMBER
SS021844000



NEW! SUUNTO TRAVERSE BLACK
SS021843000



NEW! SUUNTO TRAVERSE WHITE
SS021842000



NEW! SUUNTO TRAVERSE GRAPHITE
SS022226000



TRAVERSE KEY FEATURES

- _ GPS and GLONASS for route navigation
- _ Real time breadcrumb view of the recorded track
- _ Tracking for speed, distance and altitude
- _ Route planning in Movescount.com with topographic maps
- _ 100 m/330 ft water resistant
- _ Altitude (FusedAlti™)
- _ Weather trend and storm alarm
- _ Sunrise-sunset times
- _ Compass
- _ Flashlight
- _ Daily activity tracking of steps and calories
- _ GPS time update
- _ Vibration alarm
- _ Mobile notifications
- _ Compatible with Suunto Movescount App (iOS and Android)

SUUNTO CORE PREMIUM

THE OUTDOOR WATCH

- _ ALTIMETER, BAROMETER, COMPASS
- _ WEATHER FUNCTIONS
- _ MOUNTAIN AND EVERYWHERE USE

Suunto Core Premium combines refined designs with robust functions. The Suunto Core Brushed Steel is encased in rigid natural stainless steel, with sapphire lens for added durability. The Suunto Core Alu Deep Black and Alu Pure White aluminum cases are elegant and light on the wrist. Suunto Core provides essential features for adventures in the great outdoors. Designed to bring out the explorer in you.

SUUNTO CORE CLASSIC

THE OUTDOOR WATCH

- _ ALTIMETER, BAROMETER, COMPASS
- _ WEATHER FUNCTIONS
- _ MOUNTAIN AND EVERYWHERE USE

The award-winning Suunto Core comes in a range of stylish design options, packing easy-to-use outdoor features in a robust construction. Combining an altimeter, barometer and compass with weather information, Suunto Core provides the essential features for adventures in the great outdoors. Designed to bring out the explorer in you.



SUUNTO CORE BRUSHED STEEL
SS020339000



SUUNTO CORE ALU PURE WHITE
SS018735000



SUUNTO CORE ALU DEEP BLACK
SS018734000



SUUNTO CORE ULTIMATE BLACK
SS021371000



SUUNTO CORE ALL BLACK
SS014279010



SUUNTO CORE REGULAR BLACK
SS014809000



SUUNTO CORE GLACIER GRAY
SS016636000



As awarded by
The Chicago Athenaeum:
Museum of Architecture
and Design.

SUUNTO CORE CRUSH

THE OUTDOOR WATCH

- _ ALTIMETER, BAROMETER, COMPASS
- _ WEATHER FUNCTIONS
- _ MOUNTAIN AND EVERYWHERE USE

Dynamic by design. Powered by adrenaline. Combining an altimeter, barometer and compass with weather information, Suunto Core is the essential outdoor sports watch packed with the spirit of adventure.



SUUNTO CORE GRAPHITE CRUSH
SS021372000



SUUNTO CORE WHITE CRUSH
SS020690000



SUUNTO CORE LIME CRUSH
SS020693000



SUUNTO CORE BLUE CRUSH
SS021373000



SUUNTO CORE GRAY CRUSH
SS020691000



SUUNTO CORE CORAL CRUSH
SS020692000



CORE KEY FEATURES

- _ Altimeter
- _ Barometer
- _ Compass
- _ Temperature
- _ Storm alarm
- _ Sunrise / sunset
- _ Depth meter for snorkeling
- _ Multiple watch, date and time functions
- _ User-replaceable battery
- _ Multilingual menu (EN, FR, DE, ES)

SUUNTO ELEMENTUM TERRA

THE PREMIUM OUTDOOR WATCH

- _ FINNISH CRAFTSMANSHIP
- _ STAINLESS STEEL CASE WITH SAPPHIRE CRYSTAL LENS
- _ ALTIMETER, BAROMETER, COMPASS

Suunto Elementum Terra is a superbly crafted timepiece, exclusively manufactured in Finland. This urban-inspired premium watch combines a heritage in craftsmanship with precision digital technology. While Terra is perfect for urban use, it also measures altitude and weather trends and includes a unique 3D compass for adventures in the great outdoors. Designed with a stainless steel casing and sapphire crystal lens to withstand the elements.



N/STEEL
SS014521000



N/BLACK/RED LEATHER
SS019171000



N/BLACK/YELLOW LEATHER
SS019997000



STEALTH N/GRAY RUBBER
SS020336000



N/AMBER RUBBER
SS019172000



N/ALL BLACK RUBBER
SS016979000



N/BROWN LEATHER
SS018733000



P/BLACK LEATHER
SS014523000



N/BLACK RUBBER
SS014522000



P/BLACK RUBBER
SS018732000

ELEMENTUM TERRA KEY FEATURES

- _ Altimeter
- _ Barometric pressure & trend
- _ 3D compass
- _ Log: last 8 ascent / descent, max. altitude

Since 1936, Suunto has been equipping outdoor enthusiasts and professionals with precision-engineered mechanical compasses. Whatever the conditions, Suunto compasses point the way, no battery required.

Outstanding quality is the hallmark of a Suunto compass. Manufactured in Finland, every Suunto compass is rock solid and straightforward. Designed for speed, accuracy and dependability, a Suunto compass is born out of a deep understanding of users and a shared passion for adventure.

SUUNTO COMPASSES

OUTDOOR BASEPLATE COMPASSES

MIRROR SIGHTING COMPASSES

ATTACHABLE COMPASSES

SPORTS ORIENTEERING

SWISS ARMY STYLE

PRECISION INSTRUMENTS

SUUNTO FIELD COMPASSES

OUTDOOR BASEPLATE COMPASSES

A reliable compass is essential for navigating and surviving in extreme conditions. These hardy baseplate compasses are ready for the challenge.



A-10



A-30



M-3



M-3 GLOBAL

MIRROR SIGHTING COMPASSES

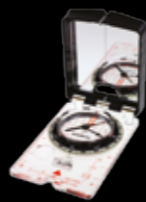
When venturing out into new territory, these sighting compasses offer precision navigation with a variety of carefully engineered and dependable features for challenging conditions.



MCB



MCL



MC-2



MC-2 GLOBAL

ATTACHABLE COMPASSES

Suunto attachable compasses are particularly handy, when both hands are needed to get past the next challenge.



M-9



ORCA-PIONEER YELLOW



CLIPPER



KB-14



KB-20



TANDEM



PM-5

SPORTS ORIENTEERING COMPASSES

All complications removed, very fast but still stable, the Suunto Arrow compass is ideal for the competitive orienteer.



ARROW-6



ARROW-30

SWISS ARMY STYLE COMPASSES

Originally developed for the Swiss Army, this compass features an exceptionally rugged protective housing and clever features for navigating at high elevation.



MB-6



MB-6G

PRECISION INSTRUMENTS

Rugged and reliable, Suunto professional instruments meet exceptionally high quality standards for demanding jobs.

SUUNTO ACCESSORIES

STRAPS

SENSORS

BELTS

BIKE ADAPTERS

BATTERY KITS

CHARGERS

POWER CABLES

CONTROL MARKERS ETC.



SUUNTO ACCESSORIES



SUUNTO AMBIT3 VERTICAL

Suunto Ambit3 Vertical Black Strap
SS021085000



Suunto Ambit3 Vertical White Silicone Strap
SS020562000



Suunto Ambit3 Vertical Blue Silicone Strap
SS021088000



Suunto Ambit3 Vertical Lime Silicone Strap
SS021629000



Suunto Ambit power cable
SS018627000



Suunto charger
SS018799000



Suunto Bike adapter
For mounting your watch on the handlebar
SS004776000



SUUNTO AMBIT3 PEAK, SPORT, RUN

Suunto Ambit3 Peak Black Strap
SS021085000



Suunto Ambit3 Peak Sapphire Silicone Strap
SS021086000



Suunto Ambit3 Sport and Ambit3 Run White Silicone Strap
SS020562000



Suunto Ambit3 Sport Sapphire Silicone Strap
SS021089000



Suunto Ambit3 Sport Blue Silicone Strap
SS021088000



Suunto Ambit3 Sport Black Silicone Strap
SS021087000



Suunto Ambit3 Sport Black Strap
SS021106000



Suunto Ambit3 Sport Coral Silicone Strap
SS021630000



Suunto Ambit3 Run Lime Silicone Strap
SS021629000



Suunto Ambit3 Run Black Strap
SS019473000

Suunto Ambit power cable
SS018627000



Suunto charger
SS018799000



Suunto Bike adapter
For mounting your watch on the handlebar
SS004776000



SUUNTO M-SERIES

FOR MEN'S MODELS

Suunto M5 ventilated black strap
SS016643000



Suunto M4 black pattern strap
SS016647000



Suunto M2 plain black strap
SS016646000



FOR WOMEN'S MODELS

Suunto M5 Black cross pattern strap
SS016642000



Suunto M4 black diamond pattern strap
SS016644000



Suunto M2 fuchsia rope pattern strap
SS016645000



Suunto M2 lime rope pattern strap
SS020651000



Battery kit for Suunto M5 with plastic cover
SS016616000



Battery kit black for Suunto M2 with plastic cover
SS016740000



Battery kit white for Suunto M2 with plastic cover
SS016614000



SUUNTO SMART SENSORS

Suunto Smart Sensor HR belt Black, size M + module
SS020566000



Suunto Smart Sensor module
SS021577000



Suunto Smart Sensor HR belt Black, size S
SS021582000
size M
SS021093000
size L
SS021581000



Suunto Smart Sensor HR belt Blue, size M
SS021579000



Suunto Smart Sensor HR belt Coral, size M
SS021580000



Suunto Smart Sensor HR belt Lime, size M
SS021578000



Suunto Smart Sensor battery kit
SS021583000



SUUNTO BELTS (COMPATIBLE WITH SUUNTO QUESTS, M-SERIES, AMBIT AND AMBIT2 PRODUCTS)

Suunto Dual Comfort Belt for Suunto Ambit, Ambit2 and Quest watches and M-Series
SS014543000



Suunto Black strap for Suunto Dual and ANT Comfort Belt (without module)
Available sizes:
XS: SS014102000
S-L: SS013595000
XL: SS014356000



Battery kit for Suunto Comfort Belts
SS013784000



Suunto Ant Comfort belt for M5, Quest, Ambit and Ambit2 watches
SS013588000



NOTE:
Ambit3 Peak straps are compatible with Ambit2 and Ambit models.
Ambit3 Sport straps are compatible with Ambit2 S and Ambit2 R models.

NOTE:
Ambit3 Peak straps are compatible with Ambit2 and Ambit models.
Ambit3 Sport straps are compatible with Ambit2 S and Ambit2 R models.

SUUNTO ACCESSORIES



SUUNTO TRAVERSE

Suunto Traverse amber silicone strap
SS021847000



Suunto Traverse black silicone strap
SS021846000



Suunto Traverse white silicone strap
SS021845000



Suunto Traverse graphite silicone strap
SS022227000



SUUNTO CORE

Suunto Core black silicone strap
SS018816000



Suunto Core flat black silicone strap
SS020341000



Suunto Core gray silicone strap
SS020346000



Suunto Core white silicone strap
SS018817000



Suunto Core black leather strap
SS014444000



Suunto Core brown leather strap
SS013340000



Suunto Core black flat elastomer strap
SS013338000



Suunto Core all black standard elastomer strap
SS014993000



Suunto Core standard elastomer strap
SS013336000



Suunto Core all black light elastomer strap
SS018650000



Suunto Core black light elastomer strap
SS013337000



Suunto Core Battery kit (with battery, o-ring and instructions)
SS019866000



Suunto Core Crush gray flat silicone strap
SS020346000



Suunto Core Crush white flat silicone strap
SS020796000



Suunto Core Crush coral flat silicone strap
SS020797000



Suunto Core Crush lime flat silicone strap
SS020798000



Suunto Core Crush graphite flat silicone strap
SS021523000

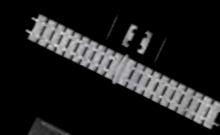


Suunto Core Crush blue flat silicone strap
SS021524000



SUUNTO ELEMENTUM

Suunto Elementum Terra gray steel strap
SS014820000



Suunto Elementum Terra black leather strap
SS014826000



Suunto Elementum Terra black/yellow leather strap
SS020006000



Suunto Elementum Terra black/red leather strap
SS019177000



Suunto Elementum Terra brown leather strap
SS014825000



Suunto Elementum Terra all black rubber strap
SS018326000



Suunto Elementum Terra black rubber strap
SS014827000



Suunto Elementum Terra amber rubber strap
SS019178000



Suunto Elementum Terra Gray rubber strap
SS020717000



SUUNTO COMPASS ACCESSORIES

Suunto Control marker
30 x 30 CM
SS004986000



Suunto 100 x Control marker 30 x 30 CM
SS021404000

Suunto Instruction compass IC-20 IN
SS004955000



Suunto Instruction kit (US) Comp.box + 30 A-10
SS011360001



Suunto Punches A-series
SS004980000



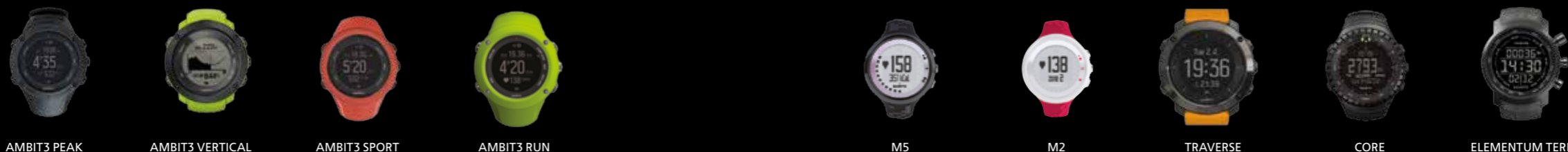
Suunto Punches B-series
SS004982000



Suunto Nylon Pouch
SS018267000



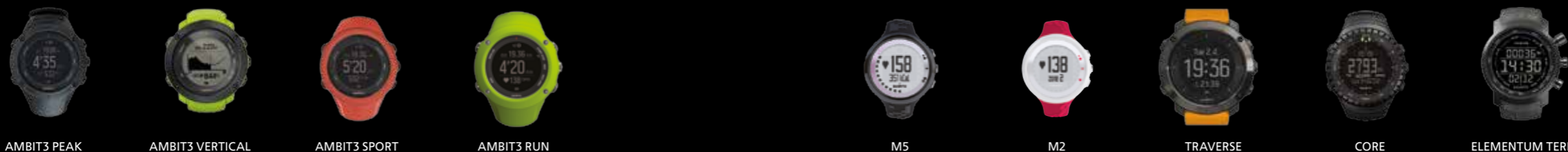
Features with ¹ are available in Movescount.com
 Features with ² are available as Suunto Apps



	AMBIT3 PEAK	AMBIT3 VERTICAL	AMBIT3 SPORT	AMBIT3 RUN	M5	M2	TRAVERSE	CORE	ELEMENTUM TERRA	
GENERAL										GENERAL
WATER RESISTANCE	100 m (according to ISO 6425) ¹	100 m (according to ISO 6425) ¹	50 m (according to ISO 6425) ¹	50 m (according to ISO 6425) ¹	30 m	30 m	100 m (according to ISO 6425) ¹	30 m (according to ISO 6425) ¹	100 m (according to ISO 6425) ¹	WATER RESISTANCE
BATTERY LIFE IN TIME MODE	30 days	14 days	14 days	14 days	12 months	12 months	14 days	12 months	10 months	BATTERY LIFE IN TIME MODE
BATTERY TYPE	rechargeable lithium-ion	rechargeable lithium-ion	rechargeable lithium-ion	rechargeable lithium-ion	CR2032	CR2032	rechargeable lithium-ion	CR2032	CR2032	BATTERY TYPE
USER REPLACEABLE BATTERY										USER REPLACEABLE BATTERY
LOG TRANSFER	Wireless / USB cable	Wireless / USB cable	Wireless / USB cable	Wireless / USB cable	Suunto Movestick Mini		Wireless / USB cable			LOG TRANSFER
WATCH CUSTOMIZATION	Wireless / USB cable	Wireless / USB cable	Wireless / USB cable	Wireless / USB cable			Wireless / USB cable			WATCH CUSTOMIZATION
CONNECTIVITY (BETWEEN DEVICES)	Bluetooth Smart	Bluetooth Smart	Bluetooth Smart	Bluetooth Smart	Suunto ANT	analog	Bluetooth Smart			CONNECTIVITY (BETWEEN DEVICES)
COMPATIBLE WITH MOVESCOUNT	•	•	•	•	•	•	•	•	•	COMPATIBLE WITH MOVESCOUNT
COMPATIBLE WITH SUUNTO MOVESCOUNT APP	•	•	•	•	•	•	•	•	•	COMPATIBLE WITH SUUNTO MOVESCOUNT APP
PHONE NOTIFICATIONS ON WATCH	with Suunto Movescount App	with Suunto Movescount App	with Suunto Movescount App	with Suunto Movescount App			with Suunto Movescount App			PHONE NOTIFICATIONS ON WATCH
PHONE AS SECONDARY DISPLAY OF WATCH	with Suunto Movescount App	with Suunto Movescount App	with Suunto Movescount App	with Suunto Movescount App			with Suunto Movescount App			PHONE AS SECONDARY DISPLAY OF WATCH
PHOTOS WITH WATCH DATA OVERLAYS	with Suunto Movescount App	with Suunto Movescount App	with Suunto Movescount App	with Suunto Movescount App			with Suunto Movescount App			PHOTOS WITH WATCH DATA OVERLAYS
SUUNTO MOVIES	with Suunto Movescount App	with Suunto Movescount App	with Suunto Movescount App	with Suunto Movescount App			with Suunto Movescount App			SUUNTO MOVIES
FIRMWARE UPGRADABLE	•	•	•	•	•	•	•	•	•	FIRMWARE UPGRADABLE
TIME, DATE	•	•	•	•	•	•	•	•	•	TIME, DATE
ALARM CLOCK	1 daily alarm	1 daily alarm	1 daily alarm	1 daily alarm	1 daily alarm	1 daily alarm	1 daily alarm	1 daily alarm	1 daily alarm	ALARM CLOCK
DUAL TIME	•	•	•	•	•	•	•	•	•	DUAL TIME
GPS TIMEKEEPING	•	•	•	•	•	•	(hours, minutes, date)	•	•	GPS TIMEKEEPING
COUNTDOWN TIMER	•	•	•	•	•	•	•	•	•	COUNTDOWN TIMER
STOPWATCH TIMER	•	•	•	•	•	•	•	•	•	STOPWATCH TIMER
UI LANGUAGES	EN, CS, DA, DE, ES, FI, FR, IT, JA, KO, NL, NO, PL, PT, RU, SV, ZH	EN, CS, DA, DE, ES, FI, FR, IT, JA, KO, NL, NO, PL, PT, RU, SV, ZH	EN, CS, DA, DE, ES, FI, FR, IT, JA, KO, NL, NO, PL, PT, RU, SV, ZH	EN, CS, DA, DE, ES, FI, FR, IT, JA, KO, NL, NO, PL, PT, RU, SV, ZH	EN, DE, ES, FI, FR, IT, NL, PT, SV	EN, DE, ES, FI, FR, IT, NL, PT, SV	EN, CS, DA, DE, ES, FI, FR, IT, JA, KO, NL, NO, PL, PT, RU, SV, ZH	EN, DE, ES, FR	EN	UI LANGUAGES
BACKLIGHT	LED	LED	LED	LED	electro-luminescent		LED	electro-luminescent	electro-luminescent	BACKLIGHT
CONFIGURABLE BACKLIGHT	brightness / mode	brightness / mode	brightness / mode	brightness / mode			brightness / mode	activation: 1 button, all buttons		CONFIGURABLE BACKLIGHT
BUTTON LOCK	customizable	customizable	customizable	customizable	•	•	•	•	•	BUTTON LOCK
INVERT DISPLAY	•	•	•	•	•	•	•	•	•	INVERT DISPLAY
DISPLAY TYPE	matrix	matrix	matrix	matrix	matrix	matrix	matrix	matrix	matrix	DISPLAY TYPE
BATTERY INDICATOR	percentage / icon	percentage / icon	percentage / icon	percentage / icon	low battery indicator	low battery indicator	percentage / icon	low battery indicator	low battery indicator	BATTERY INDICATOR
METRIC AND IMPERIAL UNITS	•	•	•	•	•	•	•	•	•	METRIC AND IMPERIAL UNITS
SUUNTO APPS										SUUNTO APPS
COMPATIBLE WITH SUUNTO APPS	•	•	•	•			•			COMPATIBLE WITH SUUNTO APPS
MAX. NR. OF APPS PER SPORT MODE	5	5	5	5			4			MAX. NR. OF APPS PER SPORT MODE
LOGGING OF APP-SPECIFIC METRICS	•	•	•	•			•			LOGGING OF APP-SPECIFIC METRICS
MOST RECOMMENDED APPS BY ACTIVITY	•	•	•	•			•			MOST RECOMMENDED APPS BY ACTIVITY
CREATE OWN METRICS WITH ADVANCED FORMULAS	•	•	•	•			•			CREATE OWN METRICS WITH ADVANCED FORMULAS
- CHRONO, GPS, HR, WEATHER AND ALTITUDE DATA	•	•	yes, excluding weather	yes, excluding weather			•			- CHRONO, GPS, HR, WEATHER AND ALTITUDE DATA
- RUNNING, CYCLING, SWIMMING DATA	•	•	•	yes, excluding cycling power/swimming			•			- RUNNING, CYCLING, SWIMMING DATA
- RICH MATH FUNCTIONS, IF/THEN-LOGIC, SOUND, BACKLIGHT, ETC.	•	•	•	•			•			- RICH MATH FUNCTIONS, IF/THEN-LOGIC, SOUND, BACKLIGHT, ETC.

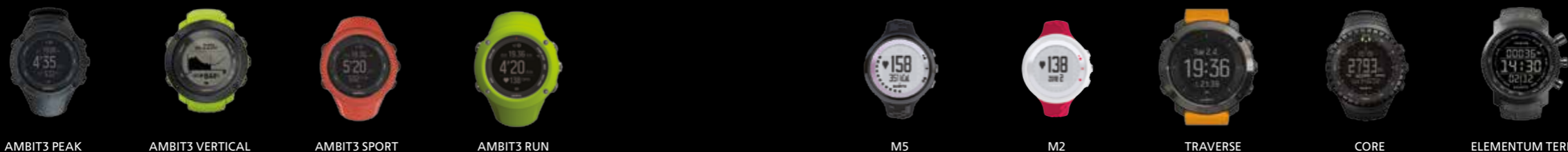
*The meter rating means the product can be taken to this depth according to tests based on ISO 6425. However, the product should not be used for any form of diving unless otherwise indicated.

Features with ¹ are available in Movescount.com
Features with ² are available as Suunto Apps



	AMBIT3 PEAK	AMBIT3 VERTICAL	AMBIT3 SPORT	AMBIT3 RUN	M5	M2	TRAVERSE	CORE	ELEMENTUM TERRA	
OUTDOOR FUNCTIONS										OUTDOOR FUNCTIONS
SATELLITE SYSTEMS	GPS	GPS	GPS	GPS			GPS, GLONASS			SATELLITE SYSTEMS
GPS RECORDING RATE	Best, Good, OK	Best, Good, OK	Best, Good, OK	Best, Good, OK			Best, Good, OK			GPS RECORDING RATE
BATTERY LIFE (GPS ACTIVE)	20, 30, 200 h	10, 15, 100 h	10, 15, 100 h	10, 15, 100 h			10, 15, 100 h			BATTERY LIFE (GPS ACTIVE)
WAYPOINT AND VISUAL ROUTE NAVIGATION	•	•	•	•			•			WAYPOINT AND VISUAL ROUTE NAVIGATION
MAX. NR. OF POINTS OF INTEREST (POIS)	250	250	250	250			250			MAX. NR. OF POINTS OF INTEREST (POIS)
FIND BACK	•	•	•	•			•			FIND BACK
TRACK BACK	•	•	•	•			yes, incorporated with breadcrumb trail			TRACK BACK
TRACK LOGGING, VIEWING AND SHARING ¹	•	•	•	•			•			TRACK LOGGING, VIEWING AND SHARING ¹
ROUTE PLANNING ¹	•	•	•	•			•			ROUTE PLANNING ¹
ROUTE POINTS PER ROUTE / POIS IN WATCH	1000 / 250	1000 / 250	1000 / 250	1000 / 250			1000 / 250			ROUTE POINTS PER ROUTE / POIS IN WATCH
ALTIMETER										ALTIMETER
BAROMETRIC ALTITUDE	•	•	•	•			•	•	•	BAROMETRIC ALTITUDE
GPS ALTITUDE	•	•	•	•			•	•	•	GPS ALTITUDE
COMBINED GPS AND BAROMETRIC ALTITUDE (FusedAlti™)	•	•	•	•			•	•	•	COMBINED GPS AND BAROMETRIC ALTITUDE (FusedAlti™)
ALTITUDE GRAPH	•	•	•	•			•	•	•	ALTITUDE GRAPH
TOTAL ASCENT/DESCENT	air pressure based	air pressure based	GPS based	GPS based			air pressure based	air pressure based	air pressure based	TOTAL ASCENT/DESCENT
VERTICAL SPEED	air pressure based	air pressure based	GPS based	GPS based			air pressure based	air pressure based	air pressure based	VERTICAL SPEED
AUTOMATIC ALTI/BARO PROFILE	•	•	•	•			•	•	•	AUTOMATIC ALTI/BARO PROFILE
ALTITUDE DIFFERENCE	• ²	• ²	• ²	• ²			yes, in log summary, and real time as an app	•	•	ALTITUDE DIFFERENCE
SPECIFICATIONS: LOG RECORDING RATE	1, 10 s	1, 10 s	1, 10 s	1, 10 s			1, 10 s	1, 5, 10, 30, 60 s	1, 5, 10 s	SPECIFICATIONS: LOG RECORDING RATE
SPECIFICATIONS: RESOLUTION	1 m	1 m	1 m	1 m			1 m	1 m	1 m	SPECIFICATIONS: RESOLUTION
SPECIFICATIONS: RANGE	-500 - 9999 m	-500 - 9999 m	-500 - 9999 m	-500 - 9999 m			-500 - 9000 m	-500 - 9000 m	-500 - 9000 m	SPECIFICATIONS: RANGE
WEATHER										WEATHER
SEA LEVEL PRESSURE	•	•	•	•			•	•	•	SEA LEVEL PRESSURE
SEA LEVEL PRESSURE GRAPH	•	•	•	•			•	•	•	SEA LEVEL PRESSURE GRAPH
WEATHER TREND INDICATOR	•	•	•	•			•	•	•	WEATHER TREND INDICATOR
TEMPERATURE	•	•	•	•			•	•	•	TEMPERATURE
TEMPERATURE DISPLAY RANGE	-20° C to +60° C / -4° F to +140° F	-20° C to +60° C / -4° F to +140° F	-20° C to +60° C / -4° F to +140° F	-20° C to +60° C / -4° F to +140° F			-20° C to +60° C / -4° F to +140° F	-20° C to +60° C / -4° F to +140° F	-20° C to +60° C / -4° F to +140° F	TEMPERATURE DISPLAY RANGE
SUNRISE/SUNSET TIMES	•	•	•	•			•	•	•	SUNRISE/SUNSET TIMES
AUTOMATIC ALTI/BARO PROFILE	•	•	•	•			•	•	•	AUTOMATIC ALTI/BARO PROFILE
STORM ALARM	•	•	•	•			•	•	•	STORM ALARM
TIDE INFORMATION	• ²	• ²	• ²	• ²			• ²	• ²	• ²	TIDE INFORMATION
SPECIFICATIONS: PRESSURE RESOLUTION	1 hPa / 0.03 inHg	1 hPa / 0.03 inHg	1 hPa / 0.03 inHg	1 hPa / 0.03 inHg			1hPa/0.03 inHg	1 hPa / 0.03 inHg	1hPa/0.03 inHg	SPECIFICATIONS: PRESSURE RESOLUTION
SPECIFICATIONS: TEMPERATURE RESOLUTION	1°	1°	1°	1°			1°	1°	1°	SPECIFICATIONS: TEMPERATURE RESOLUTION
SPECIFICATIONS: MAX WEATHER RECORDING LENGTH	past 26 hours	past 26 hours	past 26 hours	past 26 hours			last 6 hours	7 days	last 6 hours	SPECIFICATIONS: MAX WEATHER RECORDING LENGTH
COMPASS										COMPASS
DIGITAL COMPASS	•	•	•	•			•	•	•	DIGITAL COMPASS
TILT COMPENSATION	•	•	•	•			•	•	up to 45°	TILT COMPENSATION
DECLINATION CORRECTION	•	•	•	•			•	•	•	DECLINATION CORRECTION
DIRECTION SCALE	degrees / mils north indicator	degrees / mils north indicator	degrees / mils north indicator	degrees / mils north indicator			degrees / mils north indicator	degrees north indicator	degrees north indicator	DIRECTION SCALE
NEEDLE	•	•	•	•			•	•	•	NEEDLE
GLOBALLY BALANCED BEARING LOCK WITH ORIENTING INDICATOR	•	•	•	•			•	•	•	GLOBALLY BALANCED BEARING LOCK WITH ORIENTING INDICATOR
COMPASS ACCURACY	5°	5°	5°	5°			5°	5°	5°	COMPASS ACCURACY
COMPASS RESOLUTION	1°	1°	1°	1°			1°	1°	1°	COMPASS RESOLUTION
CLINOMETER	•	•	•	•			•	•	•	CLINOMETER
DIVING FUNCTIONS										DIVING FUNCTIONS
MAXIMUM OPERATING DEPTH (EN 13319)								10 m		MAXIMUM OPERATING DEPTH (EN 13319)
FREEDIVING										FREEDIVING
DIVE TIME										DIVE TIME
SURFACE TIME										SURFACE TIME
LOGBOOK MEMORY										LOGBOOK MEMORY
DEPTH METER FOR SNORKELING										DEPTH METER FOR SNORKELING

Features with ¹ are available in Movescount.com
Features with ² are available as Suunto Apps



TRAINING/SPORTS FUNCTIONS
SPEED AND DISTANCE

GPS SPEED AND DISTANCE	Integrated	Integrated	Integrated	Integrated
FOOT POD SUPPORT	Bluetooth Smart	Bluetooth Smart	Bluetooth Smart	Bluetooth Smart
SUUNTO GPS TRACK POD SPEED AND DISTANCE				
BLUETOOTH SMART SPEED AND DISTANCE POD SUPPORT	•	•	•	•
DISTANCE BASED AUTOLAPS	•	•	•	•
LOG RECORDING RATE	1, 10 s	1, 10 s	1, 10 s	1, 10 s

TRAINING/SPORTS FUNCTIONS
SPEED AND DISTANCE

GPS SPEED AND DISTANCE	with Suunto GPS Track POD	Integrated
FOOT POD SUPPORT	•	•
SUUNTO GPS TRACK POD SPEED AND DISTANCE	•	•
BLUETOOTH SMART SPEED AND DISTANCE POD SUPPORT	•	•
DISTANCE BASED AUTOLAPS	•	•
LOG RECORDING RATE	1, 10 s	1, 10 s

HEART RATE

RR INTERVAL	•	•	•	•
HEART RATE IN BEATS PER MINUTE	•	•	•	•
HEART RATE IN % OF MAX HR	•	•	•	•
RECORDS HEART RATE IN SWIMMING	yes, with Suunto Smart Sensor	yes, with Suunto Smart Sensor	yes, with Suunto Smart Sensor	yes, with Suunto Smart Sensor
REAL-TIME AVERAGE AND MAX HEART RATE	•	•	•	•
HEART RATE LIMITS	•	•	•	•
HEART RATE ZONES ¹	•	•	•	•
EPOC & VO2 MAX VALUES ¹	•	•	•	•
HEART RATE GRAPH IN REAL TIME	•	•	•	•
CALORIES	•	•	•	•
PEAK TRAINING EFFECT	•	•	•	•
RECOVERY TIME	•	•	•	•
REAL TIME EPOC	• ²	• ²	• ²	• ²
LOG RECORDING RATE	1, 10 s	1, 10 s	1, 10 s	1, 10 s

HEART RATE

RR INTERVAL	•	•
HEART RATE IN BEATS PER MINUTE	•	•
HEART RATE IN % OF MAX HR	•	•
RECORDS HEART RATE IN SWIMMING	yes, with Suunto Smart Sensor	•
REAL-TIME AVERAGE AND MAX HEART RATE	•	•
HEART RATE LIMITS	•	•
HEART RATE ZONES ¹	in watch	•
EPOC & VO2 MAX VALUES ¹	•	•
HEART RATE GRAPH IN REAL TIME	•	•
CALORIES	•	•
PEAK TRAINING EFFECT	•	•
RECOVERY TIME	•	•
REAL TIME EPOC	•	•
LOG RECORDING RATE	10 s	10 s

TRAINING, PLANNING & ANALYSIS

CHRONO	•	•	•	•
LAPS	> 1000	> 1000	> 1000	> 1000
AUTOPAUSE	•	•	•	•
AUTOSCROLLING OF EXERCISE DISPLAYS	•	•	•	•
MEMORY LEFT INDICATOR	•	•	•	•
SPEED AND HEART RATE-BASED GUIDANCE DURING EXERCISE	•	•	•	•
INTERVAL TIMERS	•	•	•	•
ADVANCED INTERVAL TIMERS	• ²	• ²	• ²	• ²
PERSONALIZED WORKOUT GUIDANCE	• ²	• ²	• ²	• ²
FITNESS TEST	• ²	• ²	• ²	• ²
ACTIVITY BASED RECOVERY TIME	•	•	•	•
SLEEP RECOVERY TEST (FIRSTBEAT™)	•	•	•	•
QUICK RECOVERY TEST (FIRSTBEAT™)	•	•	•	•
ACTIVITY MONITORING	•	•	•	•
PRECONFIGURED ADAPTIVE TRAINING PLAN IN WATCH	•	•	•	•
TRAINING PLANS DOWNLOADABLE FROM MOVESCOUNT	•	•	•	•
LOG SUMMARY ON THE WATCH WITH LAP DETAILS	•	•	•	•
CUSTOMIZEABLE SPORT MODES AND DISPLAYS	10 modes / 8 displays per mode	10 modes / 8 displays per mode	10 modes / 8 displays per mode	10 modes / 8 displays per mode
TRAINING ANALYSIS ¹	•	•	•	•
TRAINING LOGBOOK WITH STORY AND IMAGE SUPPORT ¹	•	•	•	•
GPS TRACK ANALYSIS ¹	•	•	•	•

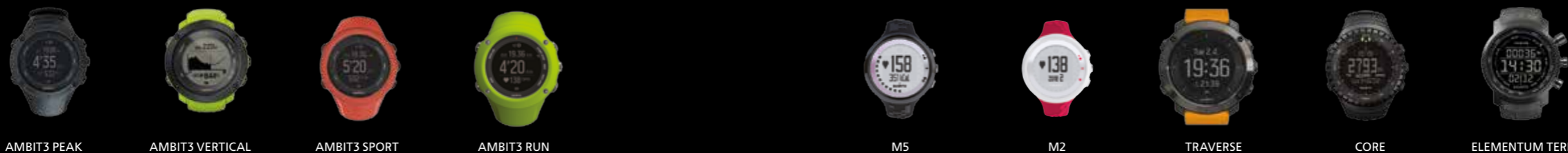
TRAINING, PLANNING & ANALYSIS

CHRONO	•
LAPS	> 1000
AUTOPAUSE	•
AUTOSCROLLING OF EXERCISE DISPLAYS	•
MEMORY LEFT INDICATOR	•
SPEED AND HEART RATE-BASED GUIDANCE DURING EXERCISE	•
INTERVAL TIMERS	•
ADVANCED INTERVAL TIMERS	•
PERSONALIZED WORKOUT GUIDANCE	•
FITNESS TEST	•
ACTIVITY BASED RECOVERY TIME	•
SLEEP RECOVERY TEST (FIRSTBEAT™)	•
QUICK RECOVERY TEST (FIRSTBEAT™)	•
ACTIVITY MONITORING	daily steps and calories
PRECONFIGURED ADAPTIVE TRAINING PLAN IN WATCH	•
TRAINING PLANS DOWNLOADABLE FROM MOVESCOUNT	•
LOG SUMMARY ON THE WATCH WITH LAP DETAILS	•
CUSTOMIZEABLE SPORT MODES AND DISPLAYS	5 modes / 4 displays per mode
TRAINING ANALYSIS ¹	•
TRAINING LOGBOOK WITH STORY AND IMAGE SUPPORT ¹	•
GPS TRACK ANALYSIS ¹	•

WORKOUT PLANNER	with Suunto Movescount App	with Suunto Movescount App	with Suunto Movescount App	with Suunto Movescount App
COMPATIBLE WITH ONLINE SPORTS COMMUNITIES	Strava, TrainingPeaks, MapMyFitness and others	Strava, TrainingPeaks, MapMyFitness and others	Strava, TrainingPeaks, MapMyFitness and others	Strava, TrainingPeaks, MapMyFitness and others

WORKOUT PLANNER	with Suunto Movescount App
COMPATIBLE WITH ONLINE SPORTS COMMUNITIES	Strava, TrainingPeaks, MapMyFitness and others

Features with ¹ are available in Movescount.com
 Features with ² are available as Suunto Apps



	AMBIT3 PEAK	AMBIT3 VERTICAL	AMBIT3 SPORT	AMBIT3 RUN	M5	M2	TRAVERSE	CORE	ELEMENTUM TERRA
MULTISPORT									
CHANGE SPORT MODE DURING EXERCISE	•	•	•						
PRECONFIGURED MULTISPORT MODES	•	•	•						
MULTISPORT EXERCISE SUMMARY	•	•	•						
POST-ANALYSIS OF MULTISPORT EXERCISE BY SPORT ¹	•	•	•						
RUNNING									
RUNNING PACE	•	•	•	•	speed, with Suunto Foot POD Mini		•		
SUUNTO FUSEDSPED™	•	•	•	•			•		
AVERAGE PACE IN REAL TIME	•	•	•	•			•		
RUNNING PERFORMANCE (FIRSTBEAT™)	•	•	•	•					
RUNNING CADENCE	•	•	•	•					
FOOT POD CALIBRATION	manual or GPS	manual or GPS	manual or GPS	manual or GPS					
AVERAGE STRIDE LENGTH	• ²	• ²	• ²	• ²					
RUNNING EFFICIENCY	• ²	• ²	• ²	• ²					
GHOST RUNNER	• ²	• ²	• ²	• ²					
MARATHON END-TIME ESTIMATOR	• ²	• ²	• ²	• ²					
LAP COMPARISONS BY KILOMETER/MILE ¹	•	•	•	•			•		
CYCLING									
CYCLING SPEED	•	•	•	based on GPS	with Suunto GPS Track POD		based on GPS		
AVERAGE SPEED IN REAL TIME	•	•	•	based on GPS			based on GPS		
MULTIPLE BIKE POD SUPPORT	•	•	•						
HILL INCLINE IN REAL TIME	• ²	• ²	• ²						
AERODYNAMIC DRAG IN REAL TIME (WITH POWER SENSOR)	• ²	• ²	• ²						
BIKE POWER (W), AVERAGE AND MAXIMUM (WITH ANT+ POWER SENSOR)	Bluetooth Smart	Bluetooth Smart	Bluetooth Smart						
BIKE POWER 3S, 10S, 30S (WITH POWER SENSOR)	•	•	•						
BIKE LAP AND LAP MAXIMUM POWER (WITH POWER SENSOR)	•	•	•						
POWER DISTRIBUTION & GRAPHS ¹ (WITH POWER SENSOR)	•	•	•						
PEAK POWER CURVE FOR PEAK POWER OUTPUTS ¹ (WITH POWER SENSOR)	•	•	•						
NORMALIZED POWER (TRAINING PEAKS™)	• ²	• ²	• ²						
SWIMMING									
POOL SWIM PACE AND DISTANCE	•	•	•						
OPENWATER SWIM PACE AND DISTANCE	•	•	•	•					
SWIMMING TIME BY POOL LENGTH, LAP, TOTAL	•	•	•						
SWIMMING STROKE RATE, COUNT AND TYPE	•	•	•						
SWIM STYLES DETECTION WITH PERSONAL STYLE TEACHING	•	•	•						
STROKE EFFICIENCY (SWOLF)	•	•	•						
AUTOMATIC INTERVALS	•	•	•						
DYNAMIC LAP TABLE WITH STROKE, PACE AND DURATION ¹	•	•	•						

SUUNTO FIELD COMPASSES

FEATURE COMPARISON CHART

OUTDOOR BASEPLATE COMPASSES



SPORTS ORIENTEERING COMPASSES

	A-10 NH COMPASS SS021237000		A-10 SH COMPASS SS0212055014		A-30 NH METRIC COMPASS SS012095013		A-30 SH METRIC COMPASS SS012095014		A-30 NH USGS COMPASS SS012100013		M-3 NH COMPASS SS021369000		M-3 SH COMPASS SS004305012		M-3 G COMPASS SS021370000		ARROW-6 SAPPHIRE NH COMPASS SS015166000		ARROW-30 SAPPHIRE NH COMPASS SS004546011			
	The baseplate compass for hikers and scouts				The baseplate compass for dark conditions				The baseplate compass for adventurers				The baseplate compass for globetrotters				The compass for competitive orienteers					
LUMINESCENT MARKINGS	
NEEDLE BALANCED FOR	NH		SH		NH		SH		NH		NH		NH		Global		NH		NH		.	
DECLINATION CORRECTION	Fixed		Fixed		Fixed		Fixed		Fixed		Adjustable		Adjustable		Adjustable		NH		NH		.	
CLINOMETER	
MAGNIFYING LENS	
MAP SCALES	cm/in map distance helpers		cm/in map distance helpers		cm 1:25 000 km 1:50 000 km		cm 1:25 000 km 1:50 000 km		in 1:24 000 mi 1:50 000 mi		cm/in 1:20 000 km 1:25 000 km 1:50 000 km 1:24 000 mi 1:50 000 mi		cm/in 1:20 000 km 1:25 000 km 1:50 000 km 1:24 000 mi 1:50 000 mi		cm/in 1:24 000 mi 1:24 000 UTM 1:25 000 UTM 1:50 000 UTM		cm		cm		.	
NON-SKID FOOTPADS	
ATTACH WITH	Detachable reflective lanyard		Detachable reflective lanyard		Detachable reflective lanyard		Detachable reflective lanyard		Detachable reflective lanyard		Detachable reflective lanyard with wristlock		Detachable reflective lanyard with wristlock		Detachable reflective lanyard with wristlock		Thumb strap		Lanyard		.	
OTHER	

MIRROR SIGHTING COMPASSES



SWISS ARMY STYLE COMPASSES

	MCB NH MIRROR COMPASS SS012277013		MCB SH MIRROR COMPASS SS012277014		MCL NH MIRROR COMPASS SS021162000		MCL SH MIRROR COMPASS SS021163000		MC-2 NH MIRROR COMPASS SS004231001		MC-2 SH MIRROR COMPASS SS004230012		MC-2 NH USGS MIRROR COMPASS SS004239001		MC-2 G MIRROR COMPASS SS004252010		MC-2 G USGS MIRROR COMPASS SS014891000		MB-6 NH SS010605011		MB-6 G SS014889000		
	The safety compass				The accurate mirror compass for serious hikers				The sighting compass for adventurers and professionals				The sighting compass for global mountaineers				The rugged compass						
LUMINESCENT MARKINGS
NEEDLE BALANCED FOR	NH		SH		NH		SH		NH		SH		NH		Global		Global		NH		Global		.
DECLINATION CORRECTION	Fixed		Fixed		Fixed		Fixed		Adjustable		Adjustable		Adjustable		Adjustable		Adjustable		Adjustable		Adjustable		.
SIGHTING TOOLS	Mirror with hole		Mirror with hole		Mirror and sighting notch		Mirror and sighting notch		Mirror with hole and sighting notch		Mirror with hole and sighting notch		Mirror with hole and sighting notch		Mirror with hole and sighting notch		Mirror with hole and sighting notch		Mirror and sighting notch		Mirror and sighting notch		.
CLINOMETER
MAGNIFYING LENS
MAP SCALES	cm/in		cm/in		cm/in		cm/in		cm/in 1:25 000 UTM 1:50 000 UTM Slope rulers		cm/in 1:25 000 UTM 1:50 000 UTM Slope rulers		in 1:24 000 mi 1:24 000 UTM 1:50 000 UTM Slope rulers		cm/in 1:25 000 UTM 1:50 000 UTM Slope rulers		in 1:24 000 mi 1:24 000 UTM 1:50 000 UTM Slope rulers		.		.		
NON-SKID FOOTPADS
ATTACH WITH	Detachable reflective lanyard		Detachable reflective lanyard		Reflective lanyard		Reflective lanyard		Detachable reflective lanyard with wristlock		Detachable reflective lanyard with wristlock		Detachable reflective lanyard with wristlock		Detachable reflective lanyard with wristlock		Detachable reflective lanyard with wristlock		Lanyard		Lanyard		.
OTHER	Floats, includes whistle		Floats, includes whistle		Foldable long baseplate		Foldable long baseplate	

ATTACHABLE COMPASSES



ATTACHABLE COMPASSES

	M-9/BLACK/BLACK/NH WITH VELCRO STRAP SS004403001		ORCA - PIONEER YELLOW / WHITE NH SS015903000		ORCA - PIONEER YELLOW / WHITE SH SS015904000		CLIPPER L/B NH SS004102011		CLIPPER L/B SH SS004102012				
	The sighting compass on the wrist				The kayaking compass				The superior micro compass				
LUMINESCENT MARKINGS		
CARD BALANCED FOR	NH		NH		SH		NH		SH		.		
ATTACH WITH	Velcro strap		Bracket or bungy cord with hooks		Bracket or bungy cord with hooks		Clip		Clip		.		
SIGHTING TOOLS	Notch			
OTHER	.		Floats; big tilt margin		Floats; big tilt margin		Rotating bezel		Rotating bezel		.		

SUUNTO PRECISION INSTRUMENTS

FEATURE COMPARISON CHART



	KB-14		KB-14 D		KB-20	TANDEM	TANDEM D
	KB-14/360R G COMPASS SS020417000	KB-14/360Q G COMPASS SS020887000	KB-14/360R DG COMPASS SS020418000	KB-14/360Q DG COMPASS SS020888000	KB-20/360R G YELLOW COMPASS SS020419000	TANDEM/360PC/360R G CLINO/COMPASS SS020420000	TANDEM/360PC/360R DG CLINO/COMPASS SS020421000
	Precision compasses				Combined precision		
BALANCING OF COMPASS CARD	Global	Global	Global	Global	Global	Global	Global
DECLINATION CORRECTION			Adjustable	Adjustable			Adjustable
DIRECTION SCALE	Bearing°, Reversed bearing	Quadrant°	Bearing°, Reversed bearing	Quadrant°	Bearing°, Reversed bearing	Bearing°, Reversed bearing	Bearing°, Reversed bearing
DIRECTION ACCURACY/RESOLUTION	1/2° / 1/2°	1/2° / 1/2°	1/2° / 1/2°	1/2° / 1/2°	1/2° / 1°	1/2° / 1/2°	1/2° / 1/2°
CLINOMETER FOR MEASURING SLOPES, HEIGHTS AND DIP						*	*
INCLINATION SCALE						slope°, %	slope°, %
INCLINATION ACCURACY						1/4°	1/4°
ADJUSTABLE OPTICAL SIGHT READING	*	*	*	*	*	*	*
ATTACH WITH LANYARD	*	*	*	*	*	*	*
THREADS FOR TRIPOD MOUNTING	*	*	*	*	*	*	*
ALUMINUM HOUSING	*	*	*	*	*	*	*
FLOATS						*	*

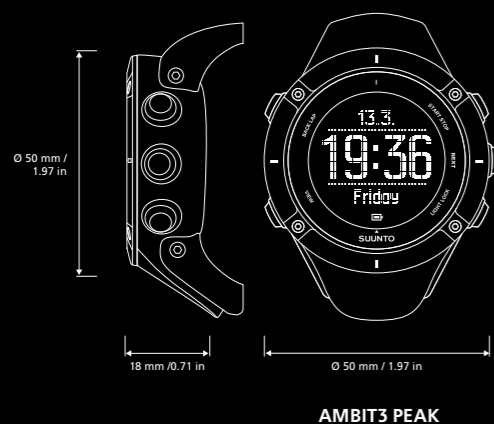


	PM-5/360 PC OPTI CLINOMETER SS011096010	PM-5/SPC OPTI CLINOMETER SS011099010	PM-5/1520 OPTI HEIGHT METER SS011100010	PM-5/1520 PC OPTI HEIGHT METER SS011102010	PM-5/66 PC OPTI CLINO-METER SS011104010
	Precision clinometers				
CLINOMETER FOR MEASURING SLOPES, HEIGHTS AND DIP	*	*	*	*	*
INCLINATION SCALE	slope°, %	secant, %	15m and 20m hypsometer	15m and 20m hypsometer, %	66ft hypsometer, %
INCLINATION ACCURACY	1/4°	1/4°	Height ±2%	Climo 1/4°, Height ±2%	Climo 1/4°, Height ±2%
ADJUSTABLE OPTICAL SIGHT READING	*	*	*	*	*
ATTACH WITH LANYARD	*	*	*	*	*
THREADS FOR TRIPOD MOUNTING	*	*	*	*	*
ALUMINUM HOUSING	*	*	*	*	*
FLOATS					

PRODUCT SPECIFICATIONS

SUUNTO AMBIT3 PEAK, SPORT AND RUN

	AMBIT3 PEAK	AMBIT3 VERTICAL	AMBIT3 SPORT	AMBIT3 RUN
WEIGHT	92g (Sapphire), 89g (Black)	74g	80g, 86g (Sapphire)	70g
MATERIALS	Reinforced polyamide case Steel bezel Sapphire crystal lens (Sapphire) Mineral crystal lens (Black) Silicone strap (Sapphire) Elastomer strap (Black)	Reinforced polyamide case Stainless steel bezel Mineral crystal lens Silicone strap	Reinforced polyamide case Steel bezel (Sapphire) Aluminium/polyamide bezel (Black, Blue, White, Coral) Mineral crystal lens (Black, Blue, White, Coral) Silicone strap (Sapphire, Blue, White, Coral) Elastomer strap (Black)	Reinforced polyamide case Mineral crystal lens Silicone strap (Lime, White) Elastomer strap (Black)
WATER RESISTANT	100 m / 328 ft / 10 bar *	100m / 328 ft / 10 bar *	50 m / 164 ft / 5 bar *	50 m / 164 ft / 5 bar*
POWER	30h battery with 5 sec-GPS accuracy (1 min-accuracy: 200h)	15h battery with 5 sec-GPS accuracy (1 min-accuracy: 100h)	15h battery with 5 sec-GPS accuracy (1 min-accuracy: 100h)	15h battery with 5 sec-GPS accuracy (1 min-accuracy: 100h)
SUPPORTED ACCESSORIES	Bluetooth Smart Speed Bluetooth Smart Cadence Bluetooth Smart Cycling Power	Bluetooth Smart Speed Pods Bluetooth Smart Cadence Bluetooth Smart Cycling Power	Bluetooth Smart Speed Pods Bluetooth Smart Cadence Bluetooth Smart Cycling Power	Bluetooth Smart Foot PODs
PACKAGE SIZE	125 x 87 x 92mm	125 x 87 x 92mm	125 x 87 x 92mm	125 x 87 x 92mm
PACKAGE INCLUDES	Suunto Ambit3 Peak Suunto Smart Sensor with HR belt (only in HR version) USB charging cable <small>*AMBIT3 PEAK Water Resistance: Water resistance (100m / 10bar) – perfect for swimming and snorkeling. The meter value relates to an actual diving depth and is tested in the water pressure used in the course of the Suunto water resistance test.</small>	Suunto Ambit3 Vertical Suunto Smart Sensor with HR belt (only in HR version) USB charging cable <small>*AMBIT3 VERTICAL Water Resistance: Water resistance (100m / 10bar) – perfect for swimming and snorkeling. The meter value relates to an actual diving depth and is tested in the water pressure used in the course of the Suunto water resistance test.</small>	Suunto Ambit3 Sport Suunto Smart Sensor with HR belt (only in HR version) USB charging cable <small>*AMBIT3 SPORT Water Resistance: Water resistance (50m / 5bar) – perfect for swimming and snorkeling. The meter value relates to an actual diving depth and is tested in the water pressure used in the course of the Suunto water resistance test.</small>	Suunto Ambit3 Run Suunto Smart Sensor with HR belt (only in HR version) USB charging cable <small>*AMBIT3 RUN Water Resistance: Water resistance (50m / 5bar) – perfect for swimming and snorkeling. The meter value relates to an actual diving depth and is tested in the water pressure used in the course of the Suunto water resistance test.</small>
LANGUAGES	EN, CS, DA, DE, ES, FI, FR, IT, JA, KO, NL, NO, PL, PT, RU, SV, ZH	EN, CS, DA, DE, ES, FI, FR, IT, JA, KO, NL, NO, PL, PT, RU, SV, ZH	EN, CS, DA, DE, ES, FI, FR, IT, JA, KO, NL, NO, PL, PT, RU, SV, ZH	EN, CS, DA, DE, ES, FI, FR, IT, JA, KO, NL, NO, PL, PT, RU, SV, ZH



SUUNTO MOVESCOUNT APP FEATURES

- _ Track your sports on your smartphone with speed, distance, route, calories
- _ View the map during your exercise
- _ Analyze your progress in detail in Movescount.com
- _ Take photos during your Move showing your current speed, distance, and more
- _ Create a Suunto Movie of your Move with 3D map, key metrics and photos
- _ Share your experience instantly to your social media networks
- _ Get accurate heart rate and calories with the Suunto Smart Sensor or other Bluetooth Smart compatible heart rate monitors

- _ Customize your Ambit3 on the go
- _ Plan interval workouts (from your smartphone) for Ambit3 watches
- _ You can change general settings offline (e.g. device language, tone settings, time format). Customizing sport modes requires an internet connection over Wi-Fi or cellular. Carrier data fees may apply on cellular connections.
- _ Compatible with iOS 7.1 and Android Lollipop or later devices. Pairing requires Bluetooth Smart. The Suunto Movescount App is available in English, Czech, Danish, German, Spanish, Finnish, French, Italian, Japanese, Korean, Dutch, Norwegian, Polish, Portuguese, Russian, Swedish and Chinese.

PRODUCT SPECIFICATIONS

SUUNTO PODS AND BELTS

SUUNTO HEART RATE MONITORS

	M5	M2
WEIGHT	40 g	40 g
MATERIALS	Composite case with elastomer strap	Composite case with elastomer strap
WATER RESISTANT	Water resistant to 30 m /100 ft	Water resistant to 30 m /100 ft
POWER	User-replaceable battery	User-replaceable battery
ACCESSORIES AVAILABLE	Strap and battery kits	Straps and battery kits
PACKAGE SIZE	126 x 85 x 75 mm	126 x 85 x 75 mm
PACKAGE INCLUDES	M5, Suunto Comfort Belt, Movestick Mini	M2, Suunto Comfort Belt,
LANGUAGE	9 language options (EN, FR, DE, IT, ES,PT, NL, FI, SV)	9 language options (EN, FR, DE, IT, ES, PT, NL, FI, SV)



The additional Suunto PODs* measure speed and distance, expand your heart rate monitor's capabilities and send real-time data to your wrist. Disturbance-free ANT transmission technology guarantees zero interference with other HR monitors, power lines, and gym machines. Suunto PODs are compatible with Suunto Ambit and Ambit2 GPS watches, Quest and M5.

Note! The Ambit3 watches are not compatible with ANT+™ (e.g. Suunto ANT PODs, Suunto Dual or Suunto ANT belt).



SUUNTO DUAL COMFORT BELT
SS014543000
Pair with your Suunto heart rate monitor or compatible gym equipment. Compatible with all Suunto heart rate monitors (except for Suunto Ambit3 watches).



SUUNTO ANT BELT
SS013588000
Pair with your Suunto Ambit, Ambit2, Ambit2 S, Ambit2 R, Quest or M5.



SUUNTO FOOT POD MINI
SS016592000
For wireless tracking of speed and distance during training. Weighing only 9 grams, Suunto Foot POD Mini boasts 400-hour battery life. Compatible with Suunto Ambit, Ambit2, Ambit2 S, Ambit2 R, Quest, M5 and ANT+™ devices.



SUUNTO MOVESTICK MINI
SS016591000
So small it can stay plugged in to a computer's USB port all the time. It wirelessly transfers training data from Suunto Quest and Suunto M5 to Movescount.com (with PC and Mac). Suunto M5 and Suunto Quest users can also download any training program from Movescount.com.

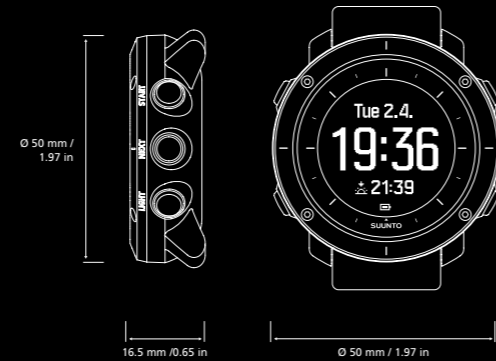


*Peripheral Observation Devices ANT radio technology is proprietary to Dynastream Innovations Inc.

PRODUCT SPECIFICATIONS

SUUNTO TRAVERSE

	TRAVERSE
WEIGHT	80g / 2.82 oz
MATERIALS	Stainless Steel bezel Mineral crystal lens Composite case Silicone strap
WATER RESISTANT	100 m / 328 ft
POWER	rechargeable lithium-ion
SUPPORTED ACCESSORIES	Strap kits Suunto smart sensor charger and power cable
PACKAGE SIZE	125 x 87 x 92mm
PACKAGE INCLUDES	Suunto Traverse USB cable, quick guide and warranty leaflet
LANGUAGES	EN, CS, DA, DE, ES, FI, FR, IT, JA, KO, NL, NO, PL, PT, RU, SV, ZH



TRAVERSE

SUUNTO CORE

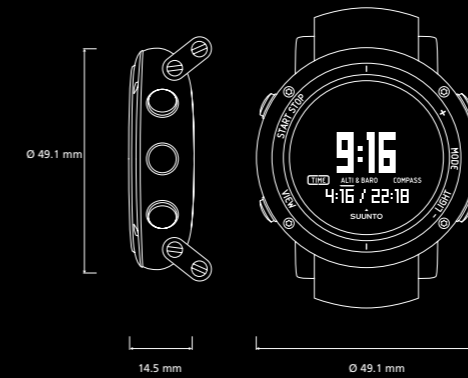
	CORE PREMIUM	CORE CLASSIC	CORE CRUSH
WEIGHT	79 g / 117g (Brushed Steel)	64g / 79g (Ultimate Black)	83 g
MATERIALS	Aluminium case (Steel case / Brushed Steel), silicone strap with aluminium lugs, fixed aluminium bezel (Steel bezel / Brushed Steel) and mineral crystal glass (Sapphire glass / Brushed Steel)	Composite case, elastomer strap, rotating aluminium bezel, fixed steel bezel (Ultimate Black) and mineral crystal glass	Composite case, silicone strap with aluminium lugs, coated steel top ring with ink filling and mineral crystal glass
WATER RESISTANCE	30 m / 100 ft	30 m / 100 ft	30 m / 100 ft
POWER	User-replaceable battery	User-replaceable battery	User-replaceable battery
ACCESSORIES AVAILABLE	Strap and battery kits, bike adapter	Strap and battery kits, bike adapter	Strap and battery kits, bike adapter
PACKAGE SIZE	127 x 87 x 90 mm	127 x 87 x 90 mm	127 x 87 x 90 mm
PACKAGE INCLUDES	Core and Quick guide	Core and Quick guide	Core and Quick guide

SUUNTO ELEMENTUM TERRA

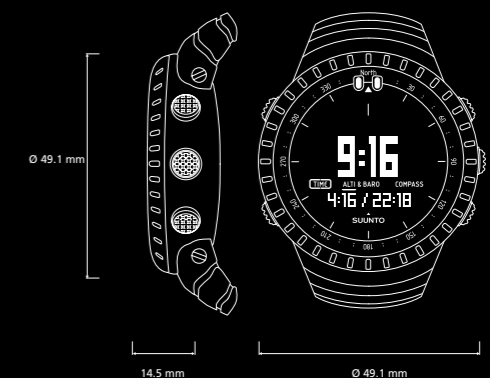
	ELEMENTUM TERRA
WEIGHT	200 g with steel strap, 95 g with rubber or leather strap
MATERIALS	Stainless steel case, steel, leather or silicone rubber strap and scratch-resistant sapphire crystal lens
WATER RESISTANCE	100 m / 300 ft with underwater buttons
POWER	Replaceable battery
ACCESSORIES AVAILABLE	Strap kits and spare links (for steel strap)
PACKAGE SIZE (L X W X H)	120 x 120 x 120 mm
PACKAGE INCLUDES	Elementum Terra and Quick guide



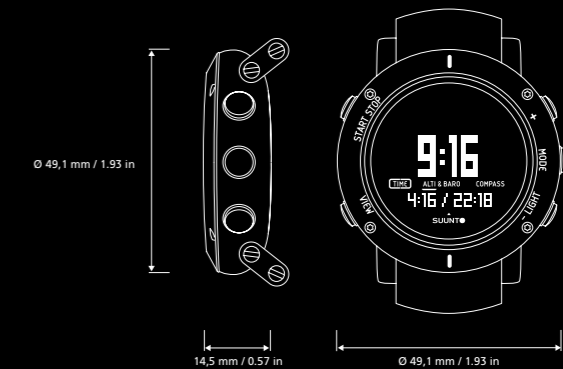
ELEMENTUM TERRA



CORE ALU



CORE CLASSIC



CORE CRUSH

FEATURE INDEX

WITH SUUNTO, WE HAVE THE TOOLS TO GO OUT INTO THE WILD WHERE WE BELONG, BECAUSE AFTER ALL, IT'S IN OUR NATURE.

3D COMPASS

With a conventional electronic compass, you need to hold the compass level to the horizon to get an accurate reading. Suunto's 3D compasses compensate for tilt, allowing you to get a reading regardless of the angle of your wrist.

ACTION PHOTOS WITH DATA OVERLAY

Spice up your Moves with photos taken with the Suunto Movescount app on your smartphone, showing real-time speed, distance or other details on the image. Add more photos in Movescount and share with your friends.

ACTIVITY FEED

With the activity feed in Suunto Movescount App, you can easily keep track of all the people you are following in Movescount. Activate the feed to see their latest Moves, likes and shouts.

ALTIMETER

Determine your current elevation, track your ascent or descent and gauge your overall progress on a climb – ideal for mountaineers, skiers and wilderness travelers.

AUTOMATIC ALTI / BARO SWITCH

Senses movement or lack thereof to automatically switch between altimeter and barometer. When you are climbing, for instance, it records the changes in elevation. And when you stop to rest, it records the changes in the barometric pressure.

BAROMETER

Forecast sudden alterations in the weather by keeping a close eye on the air pressure – and take the necessary precautions to help make your journey safe and successful.

BIKE POWER

Suunto Ambit3 PEAK and Ambit3 SPORT support bike power support with Bluetooth Smart devices*. Knowing the power output helps in estimating your efficiency while biking and save energy during long distances.

**Requires an external bike power meter. Ambit3 watches are not compatible with ANT+™ devices.

BREADCRUMB TRAIL

Suunto Traverse automatically creates breadcrumb trail during your activity recording. The breadcrumb is your instance trackback – if you need to return to your starting location, just turn around and follow the breadcrumb back.

COMPASS

Navigate and pinpoint locations to safely find your way through wilderness and whiteout conditions.

COMPUTER CONNECTIVITY /MOVESCOUNT.COM

Add a new dimension to your next adventure with the online sports community Movescount.com. Make your Move and share it online to showcase your experiences in the wilderness. Upload your Moves directly from your Suunto Ambits, Traverse, Quest and M5, or manually from other devices.

CONNECTIVITY

Connect your GPS watch to your mobile phone and upload your Moves to Movescount.com seamlessly with the Suunto Movescount app. Customize your watch, keep time and GPS satellite data up to date while on the go. See incoming calls, messages and notifications directly on the watch.

DEPTH METER

Use your Suunto Core to calculate your current and maximum depth when on your next snorkeling dive.

FusedAlti™

FusedAlti™ introduces uniquely accurate altitude measurement combining GPS altitude and barometric altitude. GPS-based altitude can have temporary errors caused by e.g. bad satellite arrangement, or reflections and signal blocking by obstacles/buildings. The barometric altitude tends to include some offset caused mostly by changing air pressure. FusedAlti smartly corrects the effect of temporary and offset errors in the final altitude reading.

FusedSpeed™

Suunto introduces a new, patent-pending technology for speed readings called FusedSpeed™. The speed indication is a unique combination of GPS and acceleration sensor readings. The GPS signal is adaptively filtered based on acceleration, giving a more accurate reading at steady speeds and a quicker response to changes in speed.

GPS ALTITUDE (FOR SUUNTO AMBIT2 S AND R)

GPS altitude provides altitude readings directly and without calibration from the GPS data.

HEART RATE IN SWIMMING

During triathlon or any swim session, Suunto Smart Sensor measures your heartrate, buffers it internally and transfers it to your Ambit3 Peak, Ambit3 Sport or Suunto Movescount App when you exit the water.

INTEGRATED GPS

The integrated GPS used in wristop devices, such as Suunto Ambit, is based on the SiRFstarIV technology. The receiver has a very high sensitivity. This helps Suunto Ambit to find GPS satellites much quicker and get steadier readings.

MULTISPORT

Suunto Ambit3 PEAK and Ambit3 SPORT offer multisport support; In one log, you can easily swap sports and constantly see the relevant data while training. Change the sport on-the-go or create a multisport mode in advance in Movescount and download it to your watch – the watch then knows the order of sports you are about to do and adjusts the settings accordingly.

PEAK TRAINING EFFECT

To better reflect the meaning of the Training Effect measurement, Suunto has renamed the measurement to Peak Training Effect (PTE). PTE indicates the impact of a training session on your maximum aerobic performance and is most accurate with medium and high intensity training. The measurement is relative to your current fitness level. The fitter you are, the harder you have to work to reach a higher PTE.

QUICK RECOVERY TEST

You can check your recovery state at any time with a quick recovery test. Just put on Suunto Smart Sensor and start the test. The measurement, analysis and report is performed within just five minutes. Your heart rate, heart rate variation, as well as respiration rate derived from your heart beat are used to give you a cumulative percentage score indicating your overall state of recovery. The higher the percentage, the better your recovery state is.

RECOVERY TIME

Recovery time is an estimate of how long your body needs to recuperate after training. The time is based on the duration and intensity of the session, as well as the overall fatigue, accumulating even at lower intensities. Recovery time accumulates from one session to the next, if you train again before the time has expired.

RUNNING PERFORMANCE

In running sport modes, you can use the Running Performance graph in one of your sport mode displays to follow your performance level during a run. While running, the graph shows your current performance level compared to your 30-day average. At the end of the exercise, your log shows a summary of how your average performance level has developed over the past 30 days.

RUN A ROUTE

Plan fresh routes in Movescount and set your running modes to show routes at the beginning of your run. Select "Run a route", choose the route, and start your run.

RUNNING CADENCE FROM WRIST

Measures running cadence using its built-in accelerometer.

STORM ALARM

Activated by a rapid drop in air pressure, the storm alarm lets you know that something unpleasant is fast approaching.

SUUNTO MOVIE

With the Suunto Movescount App, you can turn your move into a "Suunto Movie" – an animation of your journey visualized with a 3D map, where highlights and photos of the adventure are embedded along the track. The Suunto Movies can even be created on Moves done in the past, as long as they are stored in Movescount and include a GPS track.

SWIMMING

Suunto Ambit3 PEAK and Ambit3 SPORT support swimming. Both watches log your swimming data such as distance, duration, pace, stroke count and rate and efficiency. They also recognise your swimming style – a feature that is handy in analysing your swim afterwards in Movescount. Outdoors you can also log your track while you swim in free style. HR monitoring can be added with the Suunto Smart Sensor.

TRACK BACK

With Track back, you can retrace your route at any point during an exercise. Temporary waypoints are created during your exercise and are used to guide you back to your starting point when you select Track back from the navigation menu.

TRAINING PROGRAMS IN THE WATCH (AMBIT3 PEAK, AMBIT3 SPORT, AMBIT3 RUN)

You can sync your planned moves to the watch and get daily guidance as well as intensity guidance while exercising. Choose a training program from more than 5,000 available in Movescount.com or create your own.

WORKOUT PLANNER

In addition to individual planned Moves and training programs, you can create detailed interval workouts. Use the Workout Planner to define duration and intensity for each interval. Transfer up to five workouts to your watch. Activate the workout at any time during an exercise and get voice guidance for the workout when you use your watch with Suunto Movescount App.

SLEEP RECOVERY TEST

Wearing the Suunto Smart Sensor overnight and performing the Sleep Recovery Test will provide you with a report of how well you recovered during your sleep and your state of recovery when you wake up. The test is based on heart rate variation during your sleep. This Sleep Recovery Test powered by Firstbeat will help you plan your day's trainings.

RUNNING PERFORMANCE INDICATOR

While on the track, you can optimize your training intensity based on real time running performance indication powered by Firstbeat. It will show current level versus the last 30 day's average. If you are training with a Workout Plan done with the Movescount App, you can receive voice guidance over the App.

ROUTE NAVIGATION

All Ambit and Traverse watches come with full route navigation. Plan your own routes on Movescount, from scratch or taking a ready made route from the library. You also decide if you want to follow the roads, or take the shortest route to the destination. Open street maps now give you even better means to discover new landscapes. Once the route is downloaded on the watch, you will be guided to your destination.

VIBRATION ALERT

Suunto Traverse includes vibration alerts for smartphone notifications and other events. Both vibration and tone settings can be adjusted separately.



SUUNTO



PART OF AMER SPORTS FAMILY

Headquartered in Vantaa, Finland, Suunto employs more than 400 people worldwide and distributes its products to over 100 countries. The company is a subsidiary of Helsinki based Amer Sports Corporation with sister brands Salomon, Atomic, Wilson, Precor, Arc'teryx and Mavic.



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