



Suunto 3 G1 Fitness Watch





Details

For active people who are also professionals, the Suunto 3 Fitness Watch ticks the boxes for style, function and practicality. The Suunto 3 Fitness will create a personal training plan that will adapt to suit your fitness needs. The adaptive training guidance has three different modes - one for maintaining your current level, moderate improvement or intensive to boost your fitness. It also creates a 7-day training plan for you which adapts according to your activities. Suitable for all kinds of activities including hiking, gym training, swimming, running and cycling - the Suunto 3 Fitness uses wrist-based cadence to measure speed and distance when you walk or run. You can also track your sleep, daily steps and calories, and measure your stress and recovery too. The sleek and functional Suunto 3 Fitness Watch will help you get the most out of your daily training so you can stay on top of your fitness goals. Stainless-steel bezel, polyamide glass and silicone strap Creates a personal training program plan that adapts to your needs Suitable for running, swimming, cycling, gym training, hiking and more Wrist-based cadence for measuring speed and distance 24/7 activity tracking with steps, calories, sleep, stress and recovery Estimated wrist HR Connected GPS Water resistance 30m

Specifications

Snowys Code:	34028
Supplier Code:	005400
External Dimensions:	4.3W x 4.3D x 1.43H cm
Bezel Material:	Stainless Steel
Glass Material:	Polyamide
Case Material:	Glass Fibre Reinforced Polyamide
Strap Material:	Silicone Strap Size - 8.8/10.7L x 2W cm Wrist sizes - 120-210 mm
Waterproof:	30m (ISO 6425)
General Functions:	Alarm Clock Stopwatch Dual Time Button Lock
Outdoor Functions:	GPS with Track/Logging Sunrise/Sunset Times
Training Functions:	Wrist Heart Rate Belt Heart Rate Compatible Heart Rate Tracking Planning GPS Speed & Distance Interval Training 70 Sports Modes
Connectivity:	Suunto App Compatible Strava, TrainingPeaks, MapMyFitness Compatible Bluetooth USB Cable Wireless
Smartphone Compatibility:	Android iPhone (see manual for model compatibility)
Batteries:	Rechargeable Lithium Ion
Battery Life:	10 Days in Time Mode
Temperature Range:	Operational from -20°C to +60°C
Weight:	0.036 Kg
Suggested Use:	Outdoors Training
Warranty:	2 Year See User Guide For More Details

Have a question about this product?

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Changed your mind?

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