

SUUNTO FITNESS 3 WRIST HR

A Smart Fitness Watch for Active Lifestyle with Innovative Adaptive Training Guidance

Cost \$202.15 +
RRP \$279.99



001800 - Black



005100 - Ocean



005200 - Sakura

Packed with Suunto's hallmark sport expertise, Suunto 3 Fitness comes with convenient wrist heart rate measurement, provided by Valencell Inc., and a heart rate-based fitness indicator that determines your current fitness level. Training with Suunto 3 Fitness is easy. The watch automatically creates seven-day training plans, using your fitness level and overall exercise history as a base. However, if you miss an exercise, or get excited and do a little more than planned, Suunto 3 Fitness automatically adapts your training plan accordingly, so you don't need to stress about keeping up with the plan. Additional real-time guidance with heart rate zones during every workout help ensure you train at the right intensity. Suunto 3 Fitness provides 24/7 activity tracking for steps and calories, and easy-to-follow summaries provide a view of your daily activity, helping you balance training and rest. Sleep quality tracking indicates how well sleep supports your recovery, enabling you to keep up with your active lifestyle. Suunto developed sleep quality tracking, as well as fitness level indicator and adaptive training guidance in cooperation with Firstbeat Technologies, Suunto's long-term partner in sports sciences. Suunto 3 Fitness connects to the all-new Suunto app, which will be introduced in detail later in the spring. The new app logs all your activities and keeps you up to date on your weekly training goals. The smart mobile connection also delivers incoming calls, text messages and calendar notifications to the watch.

SUUNTO FITNESS 3 WRIST HR

A Smart Fitness Watch for Active Lifestyle with Innovative Adaptive Training Guidance

Cost \$216.55 +
RRP \$299.99



005300 - Gold



002000 - All Black

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