



Suunto Training:

Suunto was born in 1936 when Tuomas Vohlonen invented the liquid-filled compass. Essential to Finnish troops during World War II - who needed to know where they were in a flat country full of ice, snow and dense forests - it also set the direction Suunto would follow over the next 70 years - MEASUREMENT. With that core competence we are able to replace the need for luck, by giving people more personal control of their environment. Today Suunto is the largest manufacturer of compasses and precision instruments used all around the world for accurate measurement in areas such as forestry, mining, and surveying. www.suunto.com

Suunto t3:

What if you could glance at your wrist and see the total aerobic benefit of your workout in real-time? And what if at the end of your workout you knew exactly how much the session improved your aerobic condition? By all measures, you'd be wearing the Suunto t3 heart rate monitor with Training Effect.

Training Effect takes the guesswork out of working out. More powerful than traditional zone training systems, Training Effect keeps you on-target for achieving your goal, whether it's weight loss, cardiovascular health or shaving minutes off a marathon. Here's how:

Working from your personal fitness profile, the Suunto t3 analyzes your heartbeats and translates the data into a simple, one-to-five Training Effect scale. Think of it as a personal training guide. If, for example, you want to improve your aerobic fitness at a moderate tempo, you should work out until your TE meter reads 3.0 to 3.9 (2 to 4 times weekly).

Alternatively, if you want to improve your aerobic condition rapidly without the risk of overtraining, you should push yourself until your TE meter reads 4.0 to 4.9 (1 to 2 times weekly with a few recovery sessions in the TE 1.0 to 2.0 range).

It's important to note that Training Effect is relative to each user. While a novice runner might achieve a TE of 4.0 on a four-mile jog, a professional runner might have to complete an uphill marathon to get the same reading. Both runners will have to exercise "hard" to achieve a TE of 4.0.

In addition to Training Effect, the Suunto t3 displays heart rate, calories burned and zone training. It also shows speed and distance with optional Suunto PODs.

The onboard logbook has a 15 workout memory, and archiving and further analysis are available with a Suunto PC POD and Training Manager Lite PC software.

Additional functions include dual time, date, alarm and stopwatch with split/lap.

Product Features

- # Real-time Training Effect
- # Current heart rate, average heart rate and maximum heart rate
- # Real-time calories burned
- # Three-tier zone training system with alarms
- # 2 adjustable HR limits with alarms
- # Speed and distance with optional Foot POD, Bike POD, Road Bike POD or GPS POD
- # Compatible with PC POD
- # Dual time, date and alarm
- # Log memory for 15 workouts
- # Stopwatch with 50 split laps
- # Interval timer



- # User-replaceable battery
- # HR Belt with error-free ANT transmission technology
- # Water resistant to 30m (100 ft)
- # Interchangeable straps

Colour options: black, orange webbing, black polished, and rose

Velocità e distanza sono visibili in real time attraverso gli accessori POD's, i Sistemi di Osservazione Periferica ad esso collegabili.

Il Suunto t3 è disponibile nei colori nero, nero lucido, arancione e in rosa, il nuovo colore pensato appositamente per le donne.

Suunto t4:

Suunto t4 Story

It's good to have a goal. And it's even better to have a plan. Designed for athletes in training, the Suunto t4 monitors your progress and makes intelligent workout recommendations for frequency, duration and intensity. Whether you accept or decline a recommended workout, the Suunto t4 heart rate monitor continues to adapt, maintaining an up-to-date plan for your athletic success.

Using the Suunto Coach feature, the Suunto t4 generates a 5-day plan for improving your aerobic condition. Employing Training Effect technology, it tells you which days to workout with information on duration and intensity.

If you accept a recommended workout, the Suunto t4 will guide you through the session to make sure you receive the proper training load. If you decline a recommended workout in favor of a rest day or a non-recommended workout, the Suunto t4 will continue to monitor and adapt, adjusting your 10-day plan accordingly.

Salient t4 features include Training Effect, heart rate, calories burned, and speed and distance with optional Suunto PODs. Additional functions include dual time, date, alarm and stopwatch with split/lap.

Equipped with optional PC POD and Training Manager Lite PC software, you can transfer data to your PC and easily maintain a personal training log.

Product Features

- # Suunto Coach (adaptive training advisor)
- # Real-time Training Effect
- # Current heart rate, average heart rate and maximum heart rate
- # Real-time calories burned
- # Three-tier zone training system with alarms
- # 2 adjustable HR limits with alarms
- # Speed and distance with optional Foot POD, Bike POD or GPS POD
- # Compatible with PC POD
- # Dual time, date and alarm
- # Log memory for 15 workouts
- # Stopwatch with 50 split laps
- # Interval timer
- # User-replaceable battery
- # HR Belt with error-free ANT transmission technology
- # Water resistant to 30m (100 ft)
- # Interchangeable straps
- # Colour options: black webbing and black volcano

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