

If you are using your Suunto™ t3 with an Indoor Rower equipped with a PM4, please be aware of the following:

- The t3 watch is programmed to “pair” with the first chest belt transmitter it detects when you push any buttons on the watch for the very first time. It will only work with that chest belt unless you complete a re-pairing procedure (see below) to make it work with a different chest belt.
- If you are already using another Suunto chest belt (such as the one that came with your PM4) be sure to place this belt near the t3 watch before pushing any buttons on your watch for the first time.
- **Important:** Make sure that the chest belt that came with the t3 watch (and any other Suunto chest belts) are placed more than 40 feet away from the t3 watch before you push any buttons on your watch for the first time. This will ensure that your t3 watch pairs with the chest belt you will be wearing.

If you need to re-pair your t3 watch with another chest belt, please follow these directions (provided on the Suunto website):

To pair the transmitter belt:

1. Remove the battery from the chest belt transmitter.
2. Short-circuit the - and + metal plates in the battery compartment by connecting them with a metal instrument.
3. Select PAIR in the Training menu of your Suunto t3 wristwatch.
4. Select HR BELT. The message ‘TURN ON NEW DEVICE’ is displayed.
5. Insert the battery in the battery compartment and wait for acknowledgement. Within 30 seconds either ‘PAIRING COMPLETE’ or, if pairing failed, ‘NO DEVICES FOUND’ is displayed.
6. If pairing is successful, close the battery compartment cover. If pairing fails and no devices can be found, remove the battery and repeat steps 2-6.

Removing the battery, short-circuiting the chest belt transmitter and putting the battery back again activates the ID transmission of the chest belt.

