

AMBIT3 RUN NOTES *used only as a GPS

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*Autosync via Bluetooth to a phone really hurts battery life, so I sync via usb cable to my pc.

Buttons:

L1: Back *upper left button

L2: View (toggles extra screens)

R1: Start/Pause/hold to Stop/Scroll UP

R2: Enter or Next screen

R3: Light/Lock/Scroll DOWN

Normal watch screens *use L2 to scroll between screens

1: Date/time + Day of week

2: Date/time + Stopwatch

3: Date/time + Battery

4: Date/time + Steps

SETTINGS via PC

1. Connect watch to pc so the Moveslink2 app opens. ***first install the app on your pc.**
2. Wait until done syncing.
3. In the app window click the blue "view moves in Movescount2 link
4. ME > My Watches (you may need to sign in)
5. **Sport Modes:** create/disable sport modes on watch.

***Disable all sports modes and create a new one:**

Name: Trail Hiking

Activity: Walking

Recording Interval: 10 secs

GPS Accuracy: GOOD 15hrs battery life

2 screens: 1- distance/average speed/current speed

2- daytime/altitude/battery

6. **Navigation:** hide or show POIs + Routes on watch, and create/edit POIs + Routes
7. **General Settings:** display, gps, time, compass settings
8. **Units:** units, date, time, heart rate, compass
9. **Personal Settings:** age, height, weight, etc.
10. **To save changes to watch:** unplug/replug usb to start sync process.

SETTINGS via Watch

Hold R2 to enter OPTIONS

Personal: age, weight, etc (can be done via pc)

General: lots of formats and units (most or all can be done via pc)

Connectivity: Sync now / Settings > Mobile app + Notifications

***disable autosync to save battery (Bluetooth) unless you want to connect to a phone.**

Pair: mobile app / foot / HR belt

(Default Map)

Map > All Walking

***click GLOBE at lower right to choose other maps views.**

***best maps are:** Mapbox Terrain (to follow roads) or Google Satellite

(Creating a POI)

Sync your watch > View Moves in Movescount > ME > My Watches

Navigation > POIs > Create new POI:

Click a location on the map > Name it > SAVE > move slider to make it visible on the watch

Unplug/plug in watch to resync.

(Creating a Route)

Sync your watch > View Moves in Movescount > ME > My Watches

Navigation > Routes > Create a new Route: click on major points along the way > save

***at the map stage, you can import a GPX file by pressing the + at lower Left > import route.**

(To Navigate to a POI or Route)

R1 > scroll to EXERCISE > R2 > wait till GPS found

R2 (hold) > Enter Options > scroll to NAVIGATION > R2

***if Navigation option does not come up, you are not in Trail Hiking exercise mode.**

***Use R1 to Start, Pause and Stop (hold) an exercise session or you won't get any data.**

Find Back: if you started your trip and haven't stopped it will take you back to start position.

Location: current or define

Routes:

(going to a POI)

POIs: choose a POI > R2 > Navigate

***you will see distance to target and a direction arrow.**

***L2 (view) will show compass direction to target**

***R2:** scrolls between 3 screens

1: Direction arrow + distance to target *L2 will show compass heading to target.

2: Distance walked, average speed, current speed

3: Time of day, altitude, battery charge

(Recording a MOVE *hike)

R1 > scroll to EXERCISE > R2 > wait till GPS found

R1 (start).....R1 (pause) if you want.....R1 (hold to stop and save data)

***to get nice data, you need to Start, Pause, Stop your recording at the right times.**

(Viewing your MOVE *hike afterwards)

Plug in your watch and let it sync to your pc.

Sync your watch > View Moves in Movescount > Look at the chart of moves towards bottom of page > look at a certain day and click on a specific move to see it on the map.

*you can see time, distance, average speed, etc.

*tools: here you can drag pictures onto your map.

*tools > export a KML file (to load onto Google Earth) 45° 55.931'N 67° 14.224'W

(File formats for exporting MOVES)

KML: Google Earth file *to place your route or MOVE on Google Earth.

GPX: GPS file *also used for importing Routes.

XLSX: compressed Excel file

FIT: Garmin Fitness Device file

TCX: Garmin Fitness Device file