

Is your heart in it?

62%

59%¹¹⁵

82%



iOniter
cardio training
Powered by SUUNTO



No more guesswork!

By applying the iQniter Cardio Training we are able to offer an optimised workout for you. The unique Suunto Dual heart rate belt and personal training reports let you monitor your fitness improvements. The solution makes it possible for you to attend almost any fitness class, regardless of your existing fitness level ; because working out based on your heart rate is more efficient and safer – what else do you need? A training report will be sent directly to your e-mail account after each session, and you may also want to sign up for a free account at

Movescount.com, a health-based social platform created by Suunto. The Suunto Dual heart rate belt is compatible with most cardio equipment, meaning that you will see an increased benefit from your time spent on the cross trainer, treadmill etc. You will feel more motivated to exercise than ever before!

If you have any questions, please ask our staff for help. They will be happy to show you just how easy it is to get started and advice you on how to plan your workouts in order to achieve your goals.



Training resume

Session Overview

Name:	Susan Mason	Birth Date:	4/17/1968
Nickname:	Susan M.	HR Max:	179
Date:	10/26/2012	Weight:	65.0 kg
Start Time:	6:58 AM	Height:	167 cm
Location:	Health Fitness	Activity Level:	8 - Heavy exercise, regularly 7-9 hours per week

Energy consumption: 400 kcal

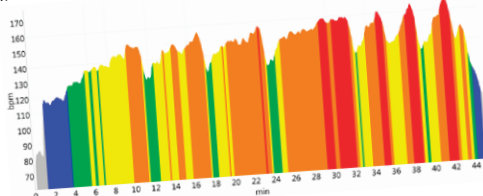
Training effect: 3.2 - Improving

Duration: 00:45:04

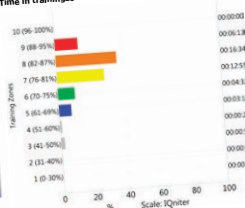
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Heart Rate

Max: 168 bpm Average: 142 bpm (79% of maximum heart rate)



Time in training zones



Latest sessions

- 5 - Overreaching
- 4 - Highly Improving
- 3 - Improving
- 2 - Maintaining
- 1 - Recovering

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