

# **SUUNTO SPARTAN SPORT 1.8**

## **USER GUIDE**

2017-03-31

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# 1 SAFETY

## Types of safety precautions

 **WARNING:** - is used in connection with a procedure or situation that may result in serious injury or death.

 **CAUTION:** - is used in connection with a procedure or situation that will result in damage to the product.

 **NOTE:** - is used to emphasize important information.

 **TIP:** - is used for extra tips on how to utilize the features and functions of the device.

## Safety precautions

 **WARNING:** Keep the USB cable away from medical devices such as pacemakers, as well as key cards, credit cards and similar items. The USB cable device connector includes a strong magnet which may interfere with the operation of medical or other electronic devices and items with magnetically stored data.

▲ **WARNING:** Allergic reactions or skin irritations may occur when the product is in contact with skin, even though our products comply with industry standards. In such event, stop use immediately and consult a doctor.

▲ **WARNING:** Always consult your doctor before beginning an exercise program. Overexertion may cause serious injury.

▲ **WARNING:** Only for recreational use.

▲ **WARNING:** Do not entirely rely on the GPS or battery lifetime of the product. Always use maps and other backup material to ensure your safety.

▲ **CAUTION:** Do not apply solvent of any kind to the product, as it may damage the surface.

▲ **CAUTION:** Do not apply insect repellent on the product, as it may damage the surface.

▲ **CAUTION:** Do not throw the product away, but treat it as electronic waste to preserve the environment.

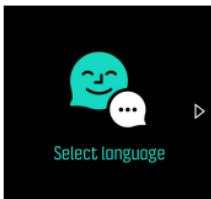
 **CAUTION:** Do not knock or drop the product, as it may get damaged.

 **NOTE:** At Suunto we use advanced sensors and algorithms to generate metrics that can help you in your activities and adventures. We strive to be as accurate as possible. However, none of the data our products and services collect is perfectly reliable, nor are the metrics they generate absolutely precise. Calories, heart rate, location, movement detection, shot recognition, physical stress indicators and other measurements may not match the real world. Suunto products and services are intended for recreational use only and are not meant for medical purposes of any kind.

## 2 GETTING STARTED

Starting your Suunto Spartan Sport for the first time is quick and simple.

1. Keep the upper button pressed to wake up the watch.
2. Tap the screen to begin the setup wizard.



3. Select your language by swiping up or down and tapping on the language.



4. Follow the wizard to complete initial settings. Swipe up or down to select values. Tap the screen or press the middle button to accept a value and go to the next step.

After completing the wizard, charge the watch with the supplied USB cable until the battery is fully charged.

You need to download and install SuuntoLink on your PC or Mac to get software updates for your watch. We strongly recommend updating your watch when a new software release is available. Visit [www.movescount.com/connect](http://www.movescount.com/connect) for further information.

## 2.1 Touch screen and buttons

Suunto Spartan Sport has a touch screen and three buttons you can use to navigate through displays and features.

### Swipe and tap

- swipe up or down to move in displays and menus
- swipe right and left to backwards and forwards in displays
- swipe left or right to see additional displays and details
- tap to select an item
- tap the display to view alternate information
- tap and hold to open in-context options menu
- double-tap to return to time display from other displays (excluding launcher and settings)

### Upper button

- press to move up in views and menus

### Middle button

- press to select an item or view alternate information
- keep pressed to go back in settings menu
- keep pressed to open in-context options menu

### Lower button

- press to move down in views and menus

## **While recording an exercise:**

### **Upper button**

- press to pause or resume recording
- keep pressed to change activity

### **Middle button**

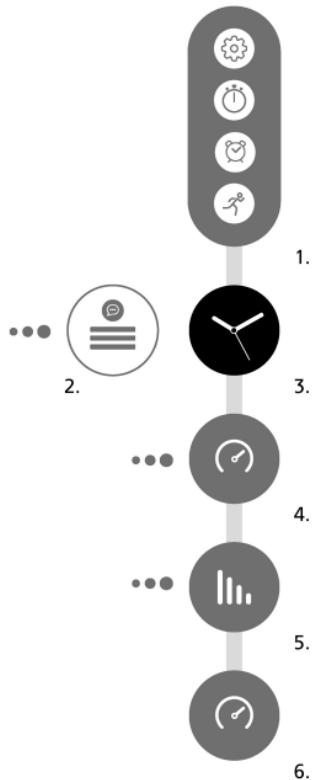
- press to change displays
- keep pressed to open in-context options menu

### **Lower button**

- press to mark a lap
- keep pressed to lock and unlock buttons

## **2.2 Displays**

Displays are customizable and subject to change with software updates. The basic arrangement remains, however, the same, as illustrated below.



1. Launcher
2. Notifications

3. Watch face
4. Activity
5. Training
6. Recovery

## 2.3 Icons

Suunto Spartan Sport uses the following icons:



airplane mode



altitude



altitude difference



ascent



ascent time



back; go back in menu



breathing rate



button lock



cadence



calibrate (compass)

-  calories
-  current location (navigation)
-  charging
-  descent
-  descent time
-  distance
-  duration
-  EPOC
-  estimated VO2
-  exercise
-  failure
-  flat time
-  GPS acquired
-  heading (navigation)

-  heart rate
-  HR sensor signal acquired
-  highest point
-  incoming call
-  logbook
-  low battery
-  lowest point
-  message/notification
-  missed call
-  navigation
-  no ascents
-  no descents
-  off route
-  pace

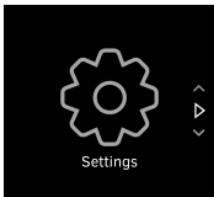
-  planned Move
-  POD signal acquired
-  Power POD signal acquired
-  Peak Training Effect
-  recovery time
-  software update available
-  steps
-  stopwatch
-  stroke rate (swimming)
-  success
-  SWOLF
-  syncing
-  settings
-  temperature

## 2.4 Adjusting settings

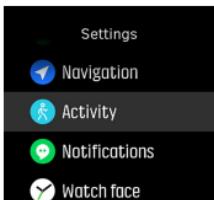
You can adjust all watch settings directly in the watch or through Suunto Movescount.

To adjust a setting:

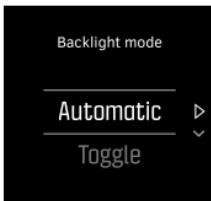
1. Swipe down until you see the settings icon and tap the icon.



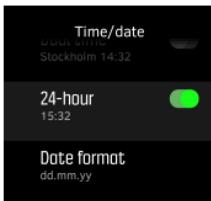
2. Scroll through the settings menu by swiping up or down or by pressing the upper or lower buttons.



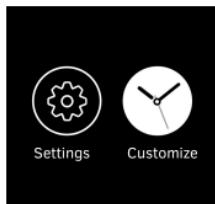
3. Select a setting by tapping the setting name or pressing the middle button when the setting is highlighted.  
Go back in the menu by swiping right or selecting **Back**.
4. For settings with a value range, change the value by swiping up or down or by pressing the upper or lower button.



5. For settings with just two values, such as on or off, change the value by tapping the setting or pressing the middle button.



 **TIP:** You can also access general settings from the watch face by tapping and holding your finger on the screen to open the in-context menu.



## 3 FEATURES

### 3.1 Activity monitoring

Your watch keeps track of your overall level of activity throughout the day. This is an important factor whether you just aim to be fit and healthy or you are training for an upcoming competition.

It is good to be active, but when training hard, you need to have proper rest days with low activity.

From the watch face display, swipe up or press the lower button to see your total steps for the day.



Your watch counts steps using an accelerometer. The total step count accumulates 24/7, also while recording training sessions and other activities. However, with some specific sports, such as swimming and cycling, steps are not counted.

In addition to steps, you can tap on the display to see estimated calories for the day.



The large number in the center of the display is the estimated amount of active calories you have burned so far. Below this you see the total calories burned. The total includes both active calories and your Basal Metabolic Rate (see below).

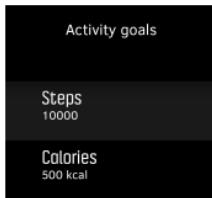
The ring in both displays indicates how close you are to your daily activity goals. These targets can be adjust to your personal preferences (see below)

You can also check your activity over the last seven days with a swipe to the right. Tap the screen or press the middle button to switch between steps and calories.



## Activity goals

You can adjust your daily goals for both steps and calories. While in the activity display, tap and hold your finger on the screen or keep the middle button pressed to open the activity goal settings.



When setting your steps goal, you define the total number of steps for the day.

The total calories you burn per day is based on two factors: your Basal Metabolic Rate (BMR) and your physical activity.

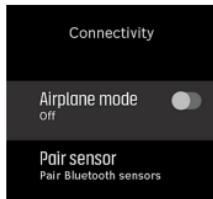


Your BMR is the amount of calories your body burns while at rest. These are the calories your body needs to stay warm and perform basic function like blink your eyes or beat your heart. This number is based on your personal profile, including factors such as age and gender.

When you set a calorie goal, you define how many calories you want to burn in addition to your BMR. These are your so-called active calories. The ring around the activity display advances according to how many active calories you burn during the day compared to your goal.

## 3.2 Airplane mode

Activate airplane mode when needed to turn off wireless transmissions. You can activate or deactivate airplane mode from the settings under **Connectivity**.



 *NOTE: To pair anything with your device, you need to first turn off airplane mode if you have it on.*

## 3.3 Altimeter

Suunto Spartan Sport uses GPS to measure altitude. Under optimal signal conditions, eliminating potential errors typical in calculating GPS position, the GPS altitude reading should give a pretty good indication of your elevation.

To get a more precise reading from GPS altitude, comparable to what you can get from barometric altitude, you need additional sources of data like a gyroscope or Doppler radar to adjust GPS altitude.

Because Suunto Spartan Sport relies solely on GPS to measure altitude, if the GPS is not set for maximum accuracy, any filtering is subject to error and may result in potentially inaccurate altitude readings.

If you need good elevation readings, ensure your GPS accuracy is set to **Best** during the recording.

However, even with the best accuracy, GPS altitude should not be considered an absolute position. It is an estimation of your real elevation, and the accuracy of this estimation is heavily dependent on the surrounding conditions.

### 3.4 Autopause

Autopause pauses the recording of your exercise when your speed is less than 2 km/h (1.2 mph). When your speed increases to more than 3 km/h (1.9 mph), the recording continues automatically.

You can turn autopause on/off for each sport mode in Suunto Movescount. You can also turn on or off autopause from the sport mode settings in the watch before you start your exercise recording.

If autopause is on during a recording, a pop-up notifies you when the recording is paused automatically.



Tap the resume pop-up to check the current time and battery level.



You can let the recording resume automatically when you start moving again, or manually resume from the pop-up screen by pressing the upper button.

### 3.5 Backlight

The backlight has two modes: automatic and toggle. In automatic mode, the backlight comes on with any screen touch or button press.

In toggle mode, you turn the backlight on with a two-finger tap. The backlight stays on until you tap with two fingers again.

By default, the backlight is in automatic mode. You can change the backlight mode as well as the backlight brightness from the settings under **General » Backlight**.



***NOTE:** Backlight brightness affects battery life. The brighter the backlight is, the quicker the battery drains.*

## Standby backlight

When you are not actively using the watch by touching the screen or pressing buttons, the watch goes into a standby mode after one minute. The display is on, but in some low-light conditions, the screen might not be easily readable.

To improve readability in low-light conditions, you can use the standby backlight. This is a low-brightness backlight that is on all the time.

You can toggle the standby backlight on or off from the settings under **General » Backlight » Standby**.

Even though the standby backlight brightness is quite low, it decreases overall battery life because it is on all the time.

## 3.6 Button and screen lock

While recording an exercise you can lock both the buttons and screen by keeping the lower right button pressed. Once locked, you cannot change the display views, but you can turn on the backlight with any button press if the backlight is in automatic mode.

To unlock everything, keep the lower right button pressed again.

When you are not recording an exercise, the screen locks and dims after one minute of inactivity. To activate the screen, press any button.

The screen also goes to sleep (blank) after a period of inactivity. Any movement turns the screen on again.

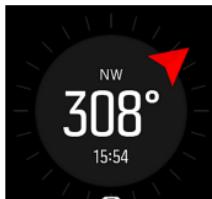
## 3.7 Compass

Suunto Spartan Sport has a digital compass that allows you to orient yourself in relation to magnetic north. The tilt-compensated compass gives you accurate readings even if the compass is not horizontally level.

You can access the compass from the launcher under **Navigation » Compass**.

The compass display includes the following information:

- Arrow pointing to magnetic north
- Heading cardinal
- Heading in degrees
- Time of day (local time) or battery level; tap on screen to change views



To exit the compass, swipe right or keep the middle button pressed.

While you are in the compass display, you can swipe up from the bottom of the screen or press the lower button to open a list of shortcuts. The shortcuts give you quick access to navigation actions

such as checking the coordinates of your current location or selecting a route to navigate.



Your location

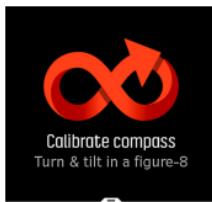
Routes

POIs

Swipe down or press the upper button to exit the list of shortcuts.

### 3.7.1 Calibrating compass

If the compass is not calibrated, you are prompted to calibrate the compass when you enter the compass display.



If you want to re-calibrate the compass, you can start the calibration again from the settings under **Navigation » Calibrate compass**.

### 3.7.2 Setting declination

To ensure correct compass readings, set an accurate declination value.

Paper maps point to true north. Compasses, however, point to magnetic north – a region above the Earth where the Earth's magnetic fields pull. Because magnetic North and true North are not at the same location, you must set the declination on your compass. The angle in between magnetic and true north is your declination.

The declination value appears on most maps. The location of magnetic north changes yearly, so the most accurate and up-to-date declination value can be found from websites such as [www.magnetic-declination.com](http://www.magnetic-declination.com)).

Orienteering maps, however, are drawn in relation to magnetic north. If you are using an orienteering map, you need to turn the declination correction off by setting the declination value to 0 degrees.

You can set your declination value from the settings under **Navigation » Declination**.

## 3.8 Device info

You can check details of your watch software and hardware from the settings under **General » About**.

## 3.9 Display theme

To increase the readability of your watch screen while exercising or navigating, you can change between light and dark themes.

With the light theme, the display background is light and the numbers dark.

With the dark theme, the contrast is reverse, with the background dark and the numbers light.

The theme is a global setting that you can change in your watch from any of your sport mode options or from the navigation settings.

To change display theme in sport mode options:

1. Go to any sport mode and swipe up or press the lower button to open the sport mode options.
2. Scroll down to **Theme** and press the middle button.
3. Switch between Light and Dark by swiping up or down or by pressing the upper and lower buttons, and accept with the middle button.
4. Scroll back up to exit the sport mode options, and start (or exit) the sport mode.

To change display theme in navigation settings:

1. Swipe down or press the upper button to open the launcher.
2. Scroll to **Navigation** and tap on the icon or press the middle button
3. Scroll down to the theme setting as described above and change it as desired. Exit the navigation settings by keeping the middle button pressed.
4. Exit the navigation settings by keeping the middle button pressed.

## 3.10 Feeling

If you are training regularly, following how you feel after each session is an important indicator of your overall physical condition.

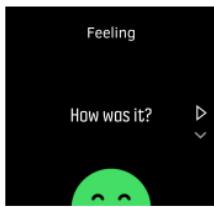
A coach or personal trainer can also use your feeling trend to track your progress over time.

There are five degrees of feeling to choose from:

- **Poor**
- **Average**
- **Good**
- **Very good**
- **Excellent**

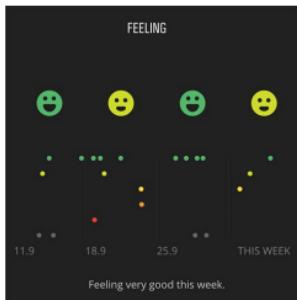
What these options mean exactly are up to you (and your coach) to decide. The important thing is that you use them consistently.

For each training session, you can record how you felt in the watch directly after stopping the recording by answering the 'How was it?' question.

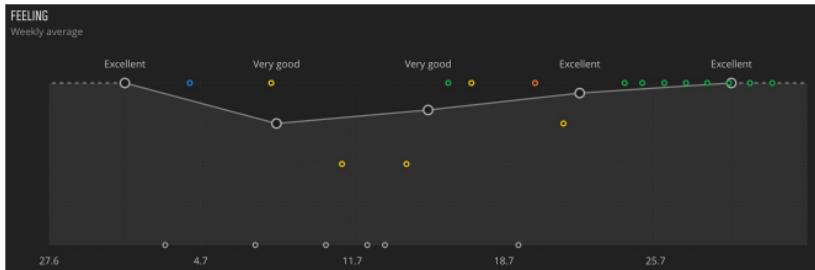


You can skip answering the question by pressing the middle button and instead add how you felt later by editing the Move in Suunto Movescount.

Once you start regularly using the feeling metric, you can quickly check your 7-day and 30-day trend from your timeline overview in Movescount.



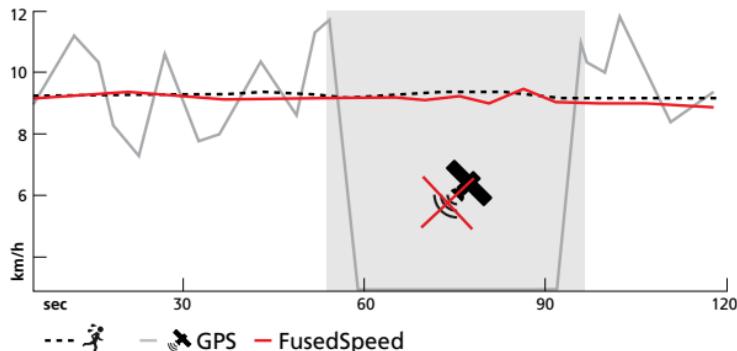
For longer-term trend analysis, go to your Moves page. Select the time period you want to see from the calendar and scroll down to the Rest & Recovery section to see the feeling trend graph.



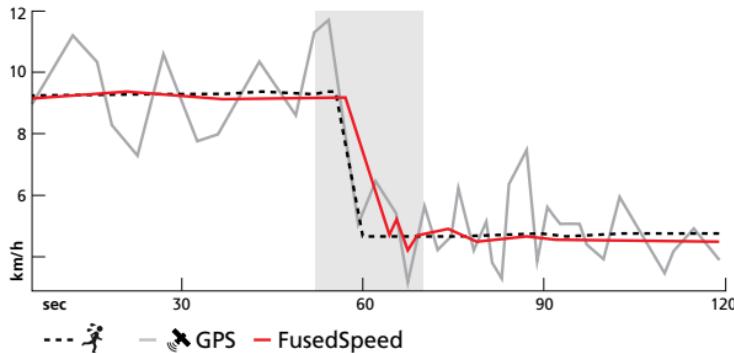
### 3.11 FusedSpeed

FusedSpeed™ is a unique combination of GPS and wrist acceleration sensor readings for measuring your running speed more accurately. The GPS signal is adaptively filtered based on wrist

acceleration, giving more accurate readings at steady running speeds and a quicker responses to changes in speed.



FusedSpeed benefits you the most when you need highly reactive speed readings during training, for example, when running on uneven terrain or during interval training. If you temporarily lose the GPS signal, for example, Suunto Spartan Sport is able to continue showing accurate speed readings with the help of the GPS calibrated accelerometer.



⌚ **TIP:** To get the most accurate readings with FusedSpeed, only glance shortly at the watch when needed. Holding the watch in front of you without moving it reduces the accuracy.

FusedSpeed is automatically enabled for running and other similar types of activities, such as orienteering, floor ball and football (soccer).

### 3.12 GPS accuracy and power saving

The GPS fix rate determines the accuracy of your track - the shorter the interval is between fixes, the better the track accuracy is. Each GPS fix is recorded in your log when recording an exercise.

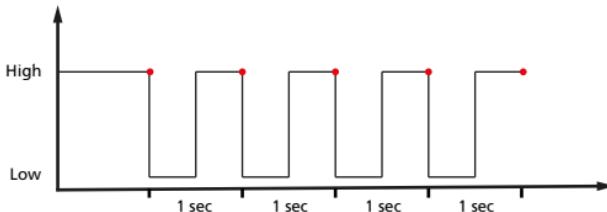
The GPS fix rate also directly affects battery life. By reducing GPS accuracy, you can extend the battery life of your watch.

The GPS accuracy options are:

- **Best:** ~ 1 sec fix rate with full power
- **Good:** ~ 1 sec fix rate with low power
- **OK:** ~ 60 sec fix rate with full power

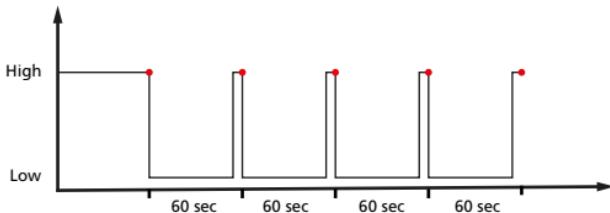
When set to **Best**, your watch is using GPS at full power all the time. In full power mode, the GPS is able to filter out interference and get the best fix. This results in the best track accuracy, but also use the battery the most.

By using **Good**, you can still get GPS fix every second, but the accuracy is reduced because the GPS is not in full power mode all the time. Between fixes, the GPS goes into a low power mode for a short time, as illustrated below.



This extends battery life, but it means the GPS has less time to find a good fix and filter out interference. So the resulting track is not as accurate as with **Best**.

With **OK**, the GPS fix rate is reduced to once every minute. This significantly increases battery life, but results in a less accurate track.



Whenever you navigate a route or a POI, the GPS accuracy is automatically set to **Best**.

### 3.13 Interval training

Interval workouts are a common form of training consisting of repetitive sets of high and low intensity efforts. With Suunto Spartan Sport, you can define in the watch your own interval training for each sport mode.

When defining your intervals, you have four items to set:

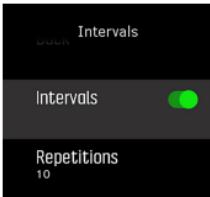
- **Intervals:** on/off toggle that enables interval training. When you toggle this on, an interval training display is added to your sport mode.
- **Repetitions:** the number of interval + recovery sets you want to do.
- **Interval:** the length of your high intensity interval, based on distance or duration.
- **Recovery:** the length of your rest period between intervals, based on distance or duration.

Keep in mind that if you use distance to define your intervals, you need to be in a sport mode that measures distance. The

measurement can be based on GPS, or from a foot or bike POD, for example.

To train with intervals:

1. Before you start an exercise recording, swipe up or press the lower button to open the sport mode options.
2. Scroll down to **Intervals** and tap the setting or press the middle button.
3. Toggle intervals on and adjust the settings described above.



4. Scroll back up to the start view and start your exercise as normal.
5. Swipe left or press the middle button until you reach the intervals display and press the upper button when you are ready to start your interval training.



6. If you want to stop the interval training before you have completed all your repetitions, keep the middle button pressed to open the sport mode options and toggle off **Intervals**.

 **NOTE:** While you are in the intervals display, buttons work as normal, for example, pressing the upper button pauses the exercise recording, not just the interval training.

After you have stopped your exercise recording, interval training is automatically toggled off for that sport mode. The other settings, however, are maintained so you can easily start the same workout the next time you use the sport mode.

## 3.14 Heart rate sensor

You can use a Bluetooth® Smart compatible heart rate sensor, such as the Suunto Smart Sensor, with your Suunto Spartan Sport to get accurate information about your exercise intensity.

If you use the Suunto Smart Sensor, you also have the added advantage of heart rate memory. The sensor memory function buffers data if the connection to your watch is interrupted, for example, when swimming (no transmission under water).

It also means you can even leave your watch behind after starting a recording. For more information, please refer to the Suunto Smart Sensor User Guide.

Without a heart rate sensor, your Suunto Spartan Sport provides calorie consumption and recovery time for running and cycling activities where speed is used to estimate intensity. However, we

recommend using a heart rate sensor to get accurate intensity readings.

Refer to the user guide for Suunto Smart Sensor or other Bluetooth® Smart compatible heart rate sensor for additional information.

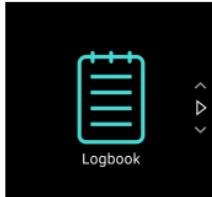
See *3.19 Pairing PODs and sensors* for instructions on how to pair an HR sensor with your watch.

## 3.15 Language and unit system

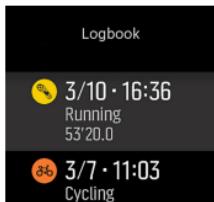
You can change your watch language and unit system from the settings under **General » Language**.

## 3.16 Logbook

You can access the logbook from the launcher or by swiping right when in the training insight display.

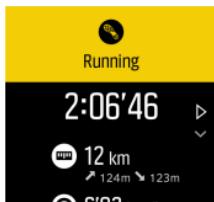


Tap on the log entry you want to view and scroll through log by swiping up or down or by pressing the upper right or lower right buttons.



 **NOTE:** The log icon remains gray until the Move has been synced with Suunto Movescount.

To exit the log, swipe right or keep the middle button pressed. You can also just double-tap on the screen to return to the watch face.



## 3.17 Movescount

Suunto Movescount is a growing sports community where you can create your own sports diary to collect and share your activities as well as customize your watch.

If you haven't already, go to [www.movescount.com](http://www.movescount.com) and register. Once you have a user account, you can connect your watch with your account two ways:

- Computer: via USB cable using SuuntoLink
- Mobile device: over Bluetooth using Suunto Movescount App

### 3.17.1 SuuntoLink

Download and install SuuntoLink on your PC or Mac to sync your watch with Movescount, keep your GPS optimized, and update your watch software.

We strongly recommend updating your watch when a new software release is available.

Visit [www.movescount.com/connect](http://www.movescount.com/connect) for further information.

### 3.17.2 Suunto Movescount App

With the Suunto Movescount App, you can further enrich your Suunto Spartan Sport experience. Pair your watch with the mobile app to get notifications on your watch, change settings on the go, take pictures with data from your Move, and much more.

 **TIP:** *With any Move that is stored in Movescount, you can add pictures as well as create a Suunto Movie using the Suunto Movescount App.*

 **NOTE:** *You cannot pair anything if airplane mode is on. Turn off airplane mode before pairing. See 3.2 Airplane mode.*

To pair your watch with Suunto Movescount App:

1. Ensure your watch Bluetooth is on. Under the settings menu, go to **Connectivity** » **Discovery** and enable it if it is not already.

2. Download and install Suunto Movescount App on your compatible mobile device from the iTunes App Store, Google Play or Tencent (China-only).
3. Start Suunto Movescount App and turn on Bluetooth if it is not on already.
4. Tap the settings icon in the upper-right of the app screen and then tap the "+" icon to pair your watch.



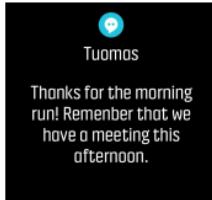
*NOTE: Some features require an internet connection over Wi-Fi or mobile network. Carrier data connection fees may apply.*

### 3.18 Notifications

If you have paired your watch with the Suunto Movescount App, you can get notifications such as in-coming calls and text messages on your watch.

When you pair your watch with the app, notifications are on by default. You can turn them off from the settings under Notifications.

When a notification arrives, a pop-up appears on the watch face.



If the message doesn't fit on the screen, swipe up to scroll through the full text.

## 3.19 Pairing PODs and sensors

Pair your watch with Bluetooth Smart PODs and sensors to collect additional information, such as cycling power, when recording an exercise.

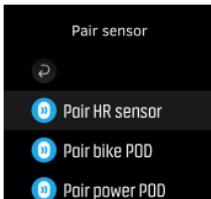
Suunto Spartan Sport supports the following types of PODs and sensors:

- Heart rate
- Bike
- Power
- Foot

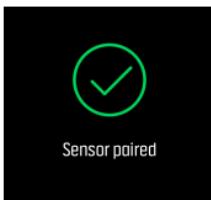
 *NOTE: You cannot pair anything if airplane mode is on. Turn off airplane mode before pairing. See 3.2 Airplane mode.*

To pair a POD or sensor:

1. Go to your watch settings and select **Connectivity**.
2. Select **Pair sensor** to get the list of sensor types.
3. Swipe down to see the whole list and tap on the sensor type you want to pair.



4. Follow the instructions in the watch to complete pairing (refer to sensor or POD manual if needed), pressing the middle button to advance to the next step.



If the POD has required settings, such as crank length for a power POD, you are prompted to enter a value during the pairing process. Once the POD or sensor is paired, your watch searches for it as soon as you select a sport mode that uses that sensor type.

You can see the full list of paired devices in your watch from the settings under **Connectivity » Paired devices**.

From this list, you can remove (unpair) the device if needed. Select the device you want to remove, and tap **Forget**.

### 3.19.1 Calibrating foot POD

If you have paired a foot POD, your watch automatically calibrates the POD using GPS.

For the first calibration, you should select a sport mode where the foot POD is used and the GPS accuracy is set to **Best**. Start the recording and run at a steady pace on a level surface, if possible, for at least 15 minutes.

Run at your normal average pace for the initial calibration, and then stop the exercise recording. The next time you use the foot POD, the calibration is ready.

Your watch automatically re-calibrates the foot POD as needed whenever GPS speed is available.

### 3.19.2 Calibrating power POD

For power PODs (power meters), you need to initiate the calibration from the sport mode options in your watch.

To calibrate a power POD:

1. Pair a power POD with your watch if you have not done so already.
2. Select a sport mode that uses a power POD and then open the mode options.
3. Select **Calibrate power POD** and follow the instructions in the watch.

Once calibrated, you can check the last calibrated date from the options whenever you use the sport mode. You should re-calibrate the power POD from time to time.

## 3.20 Points of interest

A point of interest, or POI, is a special location, such as camping spot or vista along a trail, you can save and navigate to later. You can create POIs in Suunto Movescount or in your watch by saving your current location.

Each POI is defined by:

- POI name
- POI type
- Date and time created
- Latitude
- Longitude
- Elevation

You can store up to 250 POIs in your watch.

### 3.20.1 Adding and deleting POIs

You can add a POI to your watch either with Suunto Movescount or by saving your current location in the watch.

To add a POI with Suunto Movescount:

1. Go to your watch settings on the Suunto Movescount website.
2. Expand the **NAVIGATION** section and then **POIS (POINTS OF INTEREST)**.
3. Click **Create new point of interest** and fill in your POI details. Use the map to enter latitude and longitude.
4. Save the POI and then add it to your watch by selecting **Use in watch**.

5. Sync your watch with Movescount using SuuntoLink (USB cable) or Suunto Movescount App (Bluetooth).

If you are outside with your watch and come across a spot you want to save as a POI, you can add the location directly in your watch. The POI is added to your list of POIs in the watch and will be added to your POI list in Movescount the next time you sync.

To add a POI with your watch:

1. Swipe down or press the upper button to open the launcher.
2. Scroll to **Navigation** and tap on the icon or press the middle button.
3. Swipe up or press the lower button to scroll down to **Your location** and press the middle button.
4. Wait for the watch to activate GPS and find your location.
5. When the watch displays your latitude and longitude, press the upper button to save your location as a POI and select the POI type.
6. By default the POI name is the same as the POI type (with a running number after it). You can edit the name later in Movescount.

## **Deleting POIs**

You can remove a POI from your watch either by deactivating the **Use in watch** setting for the POI in Movescount or by deleting the POI from the POI list in the watch.

To delete a POI in your watch:

1. Swipe down or press the upper button to open the launcher.

2. Scroll to **Navigation** and tap on the icon or press the middle button.
3. Swipe up or press the lower button to scroll down to **POIs** and press the middle button.
4. Scroll to the POI you want to remove from the watch and press the middle button.
5. Scroll to the end of the details and select **Delete**.

When you delete a POI from your watch, the POI is not permanently deleted. The next time you sync your watch with Movescount, the POI you deleted is deactivated.

To permanently delete a POI, you need to delete the POI in Movescount.

To permanently delete a POI:

1. Go to your watch settings in Movescount.
2. Expand the **NAVIGATION** section and then **POIS (POINTS OF INTEREST)**.
3. Scroll to the POI you want to delete and click on the trash bin icon.
4. Sync your watch with Movescount using SuuntoLink (USB cable) or Suunto Movescount App (Bluetooth) to also remove the POI from your watch POI list.

### **3.20.2 Navigating to a POI**

You can navigate to any POI that is in your watch POI list.



**NOTE:** When navigating to a POI, your watch uses full power GPS.

To navigate to a POI:

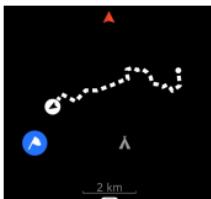
1. Swipe down or press the upper button to open the launcher.
2. Scroll to **Navigation** and tap on the icon or press the middle button.
3. Scroll to POIs and press the middle button to open your list of POIs.
4. Scroll to the POI you want to navigate to and press the middle button.
5. Press the upper button to start navigating.
6. Press the upper button again at any time to stop navigating.

The POI navigation has two views:

- POI view with direction indicator and distance to the POI



- map view showing your current location relative to the POI and your breadcrumb trail (the track you have traveled)



Swipe left or right, or press the middle button, to switch between views.

 **TIP:** While in the POI view, tap on the screen to check battery level, time of day and altitude difference (between current position and POI).

In the map view, other POIs nearby are shown in gray. Tap on the screen to switch between the overview map and a more detailed view. In the detailed view, you adjust the zoom level by pressing the middle button and then zooming in and out with the upper and lower buttons.

While navigating, you can swipe up from the bottom of the screen or press the lower button to open a list of shortcuts. The shortcuts give you quick access to navigation actions such as saving your current location or selecting another POI to navigate to.

### 3.20.3 POI types

The following POI types are available in Suunto Spartan Sport:

-  generic point of interest
-  Bedding (animal, for hunting)
-  Begin (start of a route or trail)
-  Big game (animal, for hunting)
-  Bird (animal, for hunting)
-  Building, home
-  Cafe, food, restaurant
-  Camp, camping
-  Car, parking
-  Cave
-  Cliff, hill, mountain, valley
-  Coast, lake, river, water
-  Crossroad
-  Emergency

-  End (end of a route or trail)
-  Fish, fishing spot
-  Forest
-  Geogache
-  Hostel, hotel, lodging
-  Info
-  Meadow
-  Peak
-  Prints (animal tracks, for hunting)
-  Road
-  Rock
-  Rub (animal marking, for hunting)
-  Scrape (animal marking, for hunting)
-  Shot (for hunting)



Sight



Small game (animal, for hunting)



Stand (for hunting)



Trail



Trail cam (for hunting)



Waterfall

## 3.21 Position formats

The position format is the way your GPS position is displayed on the watch. All the formats relate to the same location, they only express it in a different way.

You can change the position format in the watch settings under **Navigation » Position format**.

Latitude/longitude is the most commonly used grid and has three different formats:

- WGS84 Hd.d°
- WGS84 Hd°m.m'
- WGS84 Hd°m's.s

Other common position formats available include:

- UTM (Universal Transverse Mercator) gives a two-dimensional horizontal position presentation.
- MGRS (Military Grid Reference System) is an extension of UTM and consists of a grid zone designator, 100,000-meter square identifier and a numerical location.

Suunto Spartan Sport also supports the following local position formats:

- BNG (British)
- ETRS-TM35FIN (Finnish)
- KKJ (Finnish)
- IG (Irish)
- RT90 (Swedish)
- SWEREF 99 TM (Swedish)
- CH1903 (Swiss)
- UTM NAD27 (Alaska)
- UTM NAD27 Conus
- UTM NAD83
- NZTM2000 (New Zealand)



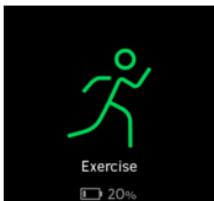
***NOTE:** Some position formats cannot be used in the areas north of 84° and south of 80°, or outside the countries that they are intended for. If you are outside the allowed area, your location coordinates cannot be displayed on the watch.*

## 3.22 Recording an exercise

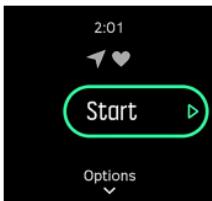
In addition to 24/7 activity monitoring, you can use your watch to record your training sessions or other activities to get detailed feedback and follow your progress.

To record an exercise:

1. Put on heart rate sensor (optional).
2. Swipe down or press the upper button to open the launcher.
3. Tap the exercise icon or press the middle button.



4. Swipe up or down to scroll through the sport modes and tap on the one you want to use. Alternatively, scroll with the upper and lower buttons and select with the middle button.
5. Above the start indicator, a set of icons appear, depending on what you are using with the sport mode (such as heart rate, GPS and foot POD). These flash gray will searching and turn green once a signal is found. You can wait for each icon to turn green or start the recording as soon as you like by pressing the middle button.



6. While recording, you can switch between displays with the middle button or by using the touch screen if it is enabled.
7. Press the upper button to pause the recording. Stop and save with the lower button or continue with the upper button.



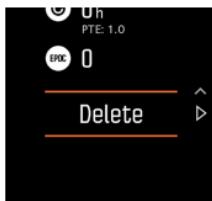
If the sport mode you selected has options, such as setting a duration target, you can adjust them before starting the recording by swiping up or pressing the lower button. You can also adjust sport mode options while recording by keeping the middle button pressed.

 **TIP:** During the recording, you can tap on the screen to get a pop-up that shows current time and battery level.

If you are using a multisport mode, switch sports by keeping the upper button pressed.

After you stop the recording, you are asked how you felt. You can answer or skip (see *3.10 Feeling*) the question. Then you get a summary of the activity that you can browse through with the touch screen or buttons.

If you made a recording you don't want to keep, you can delete the log by scrolling to the bottom of the summary and tapping the delete button. You can also delete logs in the same way from the logbook.



### 3.22.1 Navigating during exercise

You can navigate a route or to a POI while you are recording an exercise.

The sport mode you are using needs to have GPS enabled to be able to access the navigation options. If the sport mode GPS accuracy is OK or Good, when you select a route or POI, the GPS accuracy is changed to Best.

To navigate during exercise:

1. Create a route or POI in Suunto Movescount and sync your watch if you haven't done so already.
2. Select a sport mode that uses GPS and then swipe up or press the lower button to open the options.  
Alternatively, start your recording first, and then keep the middle button pressed to open the sport mode options.
3. Scroll to **Navigation** and tap the setting or press the middle button.
4. Swipe up and down or press the upper and lower buttons to select a navigation option and press the middle button.
5. Select the route or POI you want to navigate and press the middle button. Then press the upper button to start navigating.

If you have not started the exercise recording yet, the last step takes you back to the sport mode options. Scroll up to the start view and start your recording as normal.

While exercising, swipe right or press the middle button to scroll to the navigation display where you will see the route or POI that you selected. For more information on the navigation display, see

### *3.20.2 Navigating to a POI and 3.24 Routes.*

While in this display you can swipe up or press the lower button to open your navigation options. From the navigation options, you can, for example, select a different route or POI, check your current location coordinates, as well as end navigation by selecting **Breadcrumb**.

### 3.22.2 Sport mode power saving options

To extend battery life while using sport modes with GPS, your biggest gains come from adjusting GPS accuracy (see [3.12 GPS accuracy and power saving](#)). To extend battery life further, you can adjust use the following power saving options:

- Display color: by default, the display uses the full range of colors available. When you enable the Low color option, the display uses fewer colors which reduces the amount of battery power needed.
- Display timeout: normally, the display is always on during your exercise. When you turn on the display timeout, the display turns off after 10 seconds to save battery power. Press any button to turn the display back on.

To activate power saving options:

1. Before you start an exercise recording, swipe up or press the lower button to open the sport mode options.
2. Scroll down to **Power saving** and tap the setting or press the middle button.
3. Adjust the power saving options as you want and then swipe right or keep the middle button pressed to exit the power saving options.
4. Scroll back up to the start view and start your exercise as normal.

 **NOTE:** If the display timeout is on, you can still get mobile notifications as well as sound and vibration alerts. Other visual aids such as the autopause pop-up are not shown.

## 3.23 Recovery time

Recovery time is an estimate in hours of how long your body needs to recuperate after training. The time is based on the duration and intensity of the training session, as well as your overall fatigue.

Recovery time accumulates from all types of exercise. In other words, you accumulate recovery time on long, low intensity training session as well as at high intensity.

The time is cumulative across training sessions, so if you train again before the time has expired, the newly accumulated time is added to the remainder from your previous training session.

To view your recovery time, swipe until you see the recovery display.



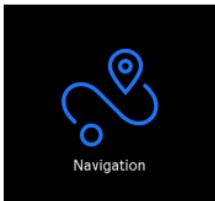
Because recovery time is an estimation only, the accumulated hours count down steadily regardless of your fitness level or other individual factors. If you are very fit, you may recover faster than estimated. On the other hand, if you have the flu, for example, your recovery may be slower than estimated.

## 3.24 Routes

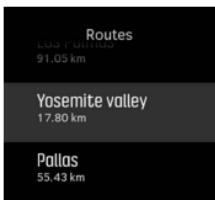
You can use your Suunto Spartan Sport to navigate routes. Plan your route in Suunto Movescount and transfer it to your watch with the next sync.

To navigate on a route:

1. Swipe down or press the upper button to open the launcher.
2. Scroll to **Navigation** and tap on the icon or press the middle button.



3. Scroll to **Routes** and press the middle button to open your list of routes.



4. Scroll to the route you want to navigate to and press the middle button.
5. Press the upper button to start navigating.

6. Press the upper button again at any time to stop navigating.  
Tap the screen to switch between the overview map and a more detailed view.



In the detailed view, zoom in and out by tapping the screen or keeping the middle button pressed. Adjust the zoom level with the upper and lower buttons.



While you are in the navigation display, you can swipe up from the bottom of the screen or press the lower button to open a list of shortcuts. The shortcuts give you quick access to navigation actions such as saving your current location or selecting another route to navigate.

All sport modes with GPS also have a route selection option. See *3.22.1 Navigating during exercise*.

### 3.24.1 Altitude navigation

If you are navigating a route that has altitude information, you can also navigate based on ascent and descent using the altitude profile display. While in the main navigation display (where you see your route), swipe left or press the middle button to switch to the altitude profile display.

The altitude profile display shows you the following information:

- top: your current altitude
- center: altitude profile showing your current position
- bottom: remaining ascent or descent (tap screen to change views)



If you stray too far off from the route while using altitude navigation, your watch will give you an **Off route** message in the altitude profile display. If you see this message, scroll to the route navigation display to get back on track before continuing with altitude navigation.

## 3.25 Software updates

Software updates for your watch bring new features and important improvements. We strongly recommend updating your watch as soon as an update is available.

If an update is available, you are notified via SuuntoLink as well as the Suunto Movescount App.

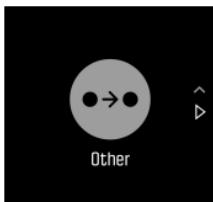
To update your watch software:

1. Plug your watch into the computer with the supplied USB cable.
2. Start SuuntoLink if it is not already running.
3. Click the update button in SuuntoLink.

## 3.26 Sport modes

Your watch comes with a wide range of pre-defined sport modes. The modes are designed for specific activities and purposes, from a casual walk outside to a triathlon race.

When you record an exercise (see *3.22 Recording an exercise*), you can swipe up and down to see the short list of sport modes. Tap the icon at the end of the short list to view the complete list and see all sport modes.



Each sport mode has a unique set of displays and views. You can read more about each mode in Suunto Movescount under your watch settings. You can also shorten the list of modes in your watch through Movescount.

### **3.26.1 Swimming**

You can use your Suunto Spartan Sport for swimming in pools or openwater.

When you use a pool swimming sport mode, the watch relies on the pool length to determine distance. You can change the pool length as needed under the sport mode options before you start swimming. Openwater swimming relies on GPS to calculate distance. Because GPS signals do not travel under water, the watch needs to come out of the water periodically, such as with the freestyle stroke, to get a GPS fix.

These are challenging conditions for GPS, so it is important that you have a strong GPS signal before you jump in the water. To ensure good GPS, you should:

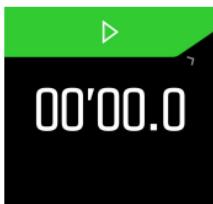
- Sync your watch with Movescount before you go swimming to optimize your GPS with the latest satellite orbit data.
- After you select an openwater swimming sport mode and a GPS signal is acquired, wait at least three minutes before starting your swim. This gives the GPS time to establish strong positioning.

### 3.27 Stopwatch

Your watch includes a stopwatch for basic time measurement. Swipe down to and tap on the stopwatch icon to access the stopwatch.

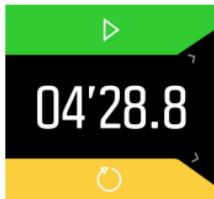


Start the stopwatch by tapping the start icon or pressing the upper button.



Stop the stopwatch by tapping the stop icon or pressing the lower button. You can resume by tapping the start icon or pressing the upper button again.

To reset the stopwatch, tap the reset icon or press the lower button.



Exit the stopwatch by swiping right or keeping the middle button pressed.

## 3.28 Time and date

You set time and date during the initial startup of your watch. After this, your watch uses GPS time to correct any offset.

You can manually adjust time and date from the settings under **GENERAL » Time/date** where you can also change time and date formats.

In addition to the main time, you can use dual time to follow the time at a different location, for example, when you are traveling. Under **General » Time/date**, tap **Dual time** to set the time zone by selecting a location.

### 3.28.1 Alarm clock

Your watch has an alarm clock that can sound once or repeat on specific days. Activate the alarm from the settings under **General » Time/date » Alarm**.

To set an alarm:

1. First select how often you want the alarm to sound. The options are:

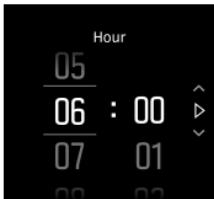
**Once:** alarm sounds once in the next 24 hours at the set time

**Weekdays:** alarm sounds at the same time Monday thru Friday

**Daily:** alarm sounds at the same time every day of the week



2. Set the hour and minutes and then exit the settings.



When the alarm sounds, you can dismiss it to end the alarm, or you can select the snooze option. The snooze time is 10 minutes and can be repeated up to 10 times.



If you let the alarm continue to sound, it will automatically snooze after 30 seconds.

## 3.29 Tones and vibration

Tones and vibration alerts are used for notifications, alarms and other key events and actions. Both can be adjusted from the settings under **General » Tones**.

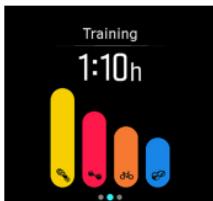
For each, you can select from the following options:

- **All on:** all events trigger an alert
- **All off:** no events trigger alerts
- **Buttons off:** all events other than pushing buttons trigger alerts

## 3.30 Training insight

Your watch provides an overview of your training activity over the last 30 days.

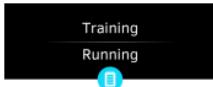
Swipe up or press the lower button to see your training totals.



Tap on the screen to switch between total time and total distance.



From the totals view you can swipe right to see summaries of your top four sports. The summary includes total time, distance and calories for each sport.

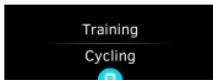


⌚ 12:52 h

🛣 115.2 km

🔥 6250 kcal

Swipe right again to see the next sport summary.



⌚ 08:05 h  
🛣️ 298.8 km  
🔥 1089 kcal

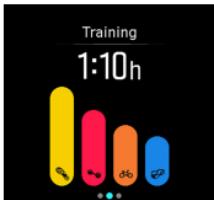
### 3.30.1 Training plans

In Suunto Movescount, you can make training programs for yourself by creating a totally new program or using an existing program made by other members.

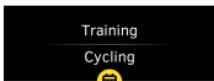
When you have planned Moves, your watch will show what's coming next after you have synced with Movescount.

To see your next planned training sessions:

1. Swipe up or press the lower button to scroll to the training insight view.

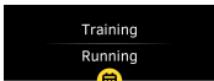


2. Then swipe left to view your next planned training session.

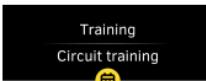


Today  
100.0 km · 4:00 h  
Moderate

3. Swipe left again to see additional planned sessions.



Today  
15.0 km · 2:20 h  
Intense



Fri  
1:00 h  
Very hard

>>

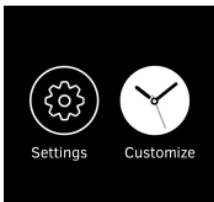
4. Exit the planned training views and return to the time display by double-tapping the screen.

### 3.31 Watch faces

Suunto Spartan Sport comes with several watch faces to choose from, both digital and analog styles.

To change the watch face:

1. Go to the **Watch face** setting from the launcher or tap and hold your finger on the time display or keep the middle button pressed to open the in-context menu, and then tap on the **Customize** icon or press the middle button.



2. Swipe up and down to scroll through the watch face previews and tap on the one you want to use.
3. Swipe up and down to scroll through the color options and tap on the one you want to use.



Each watch face has additional information, such as date or dual time. Tap the display to switch between views.

## 4 CARE AND SUPPORT

### 4.1 Handling guidelines

Handle the unit with care – do not knock or drop it.

Under normal circumstances, the watch does not require servicing.

On a regular basis, rinse it with fresh water, mild soap, and carefully clean the housing with a moist, soft cloth or chamois.

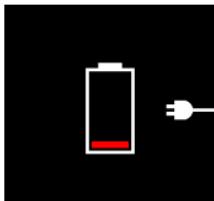
Use only original Suunto accessories - damage caused by non-original accessories is not covered by warranty.

### 4.2 Battery

The duration on a single charge depends on how you use your watch and in what conditions. Low temperatures, for example, reduce the duration of a single charge. In general, the capacity of rechargeable batteries decreases over time.

 *NOTE: In case of abnormal capacity decrease due to defective battery, Suunto covers battery replacement for one year or maximum 300 charging times, whichever comes first.*

When the battery charge level is less than 10%, your watch displays a low battery icon. If the charge level gets very low, your watch goes into a low power mode and display a charge icon.



Use the supplied USB cable to charge your watch. Once the battery level is high enough, the watch wakes up from lower power mode.

### 4.3 Disposal

Please dispose of the device in an appropriate way, treating it as electronic waste. Do not throw it in the garbage. If you wish, you may return the device to your nearest Suunto dealer.

## 5 REFERENCE

### 5.1 Technical specifications

#### General

- operating temperature: -20° C to +60° C/-5° F to +140° F
- battery charging temperature: 0° C to +35° C/+32° F to +95° F
- storage temperature: -30° C to +60° C/-22° F to +140° F
- weight: 70 g / 2.47 oz
- water resistance: 100 m/328 ft (according to ISO 6425)
- glass: mineral crystal
- power: rechargeable lithium-ion battery
- Battery life: 10-40 hours with GPS, depending on conditions

#### Radio receiver

- Bluetooth® Smart compatible
- communication frequency: 2.4 GHz ISM band
- Maximum transmission power: 1 mW
- range: ~3 m/9.8 ft

#### Compass

- resolution: 1 degree/18 mils

#### GPS

- technology: SiRF star V
- resolution: 1 m/3 ft

### 5.2 Compliance

### **5.2.1 CE**

Hereby, Suunto Oy, declares that this product is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address:  
[www.suunto.com/EUconformity](http://www.suunto.com/EUconformity).

The radio equipment operates at 2.4 GHz ISM frequency band(s) and 1 mW maximum power.

### **5.2.2 FCC compliance**

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation. This product has been tested to comply with FCC standards and is intended for home or office use.

Changes or modifications not expressly approved by Suunto could void your authority to operate this device under FCC regulations.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to

radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

### **5.2.3 IC**

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:

(1) this device may not cause interference, and  
(2) this device must accept any interference, including interference that may cause undesired operation of the device.

### **5.2.4 NOM-121-SCT1-2009**

The operation of this equipment is subject to the following two conditions: (1) it is possible that this equipment or device may not cause harmful interference, and (2) this equipment or device must accept any interference, including interference that may cause undesired operation of the equipment or device.

## **5.3 Trademark**

Suunto Spartan Sport, its logos, and other Suunto brand trademarks and made names are registered or unregistered trademarks of Suunto Oy. All rights are reserved.

## **5.4 Patent notice**

This product is protected by pending patent applications and their corresponding national rights: FI 20155573, US 7,324,002, US 7,271,774, US 13/794,468, US 13/833,755, US 13/827,418, US 14/195,670, US 14/331,268, US 14/839,928, US 14/882,487.

Additional patent applications have been filed.

## **5.5 International Limited Warranty**

Suunto warrants that during the Warranty Period Suunto or a Suunto Authorized Service Center (hereinafter Service Center) will, at its sole discretion, remedy defects in materials or workmanship free of charge either by a) repairing, or b) replacing, or c) refunding, subject to the terms and conditions of this International Limited Warranty. This International Limited Warranty is valid and enforceable regardless of the country of purchase. The International Limited Warranty does not affect your legal rights, granted under mandatory national law applicable to the sale of consumer goods.

### **Warranty Period**

The International Limited Warranty Period starts at the date of original retail purchase.

The Warranty Period is two (2) years for Products and Dive wireless transmitters unless otherwise specified.

The Warranty Period is one (1) year for accessories including but not limited to wireless sensors and transmitters, chargers, cables, rechargeable batteries, straps, bracelets and hoses.

## Exclusions and Limitations

This International Limited Warranty does not cover:

1. a) normal wear and tear such as scratches, abrasions, or alteration of the color and/or material of non-metallic straps, b) defects caused by rough handling, or c) defects or damage resulting from use contrary to intended or recommended use, improper care, negligence, and accidents such as dropping or crushing;
2. printed materials and packaging;
3. defects or alleged defects caused by use with any product, accessory, software and/or service not manufactured or supplied by Suunto;
4. non-rechargeable batteries.

Suunto does not warrant that the operation of the Product or accessory will be uninterrupted or error free, or that the Product or accessory will work with any hardware or software provided by a third party.

This International Limited Warranty is not enforceable if the Product or accessory:

1. has been opened beyond intended use;
2. has been repaired using unauthorized spare parts; modified or repaired by unauthorized Service Center;
3. serial number has been removed, altered or made illegible in any way, as determined at the sole discretion of Suunto; or
4. has been exposed to chemicals including but not limited to sunscreen and mosquito repellents.

## **Access to Suunto warranty service**

You must provide proof of purchase to access Suunto warranty service. You must also register your product online at [www.suunto.com/mysuunto](http://www.suunto.com/mysuunto) to receive international warranty services globally. For instructions how to obtain warranty service, visit [www.suunto.com/warranty](http://www.suunto.com/warranty), contact your local authorized Suunto retailer, or call Suunto Contact Center.

## **Limitation of Liability**

To the maximum extent permitted by applicable mandatory laws, this International Limited Warranty is your sole and exclusive remedy and is in lieu of all other warranties, expressed or implied. Suunto shall not be liable for special, incidental, punitive or consequential damages, including but not limited to loss of anticipated benefits, loss of data, loss of use, cost of capital, cost of any substitute equipment or facilities, claims of third parties, damage to property resulting from the purchase or use of the item or arising from breach of the warranty, breach of contract, negligence, strict tort, or any legal or equitable theory, even if Suunto knew of the likelihood of such damages. Suunto shall not be liable for delay in rendering warranty service.

## **5.6 Copyright**

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# SUUNTO CUSTOMER SUPPORT

1. [www.suunto.com/support](http://www.suunto.com/support)  
[www.suunto.com/mysuunto](http://www.suunto.com/mysuunto)

2. **AUSTRALIA (24/7)**

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CHINA - Hong Kong

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FRANCE

GERMANY

ITALY

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