

SUUNTO 9 2.1

USER GUIDE


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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.

 **CAUTION:** Colored textile straps might bleed onto other fabrics or skin when new or wet.

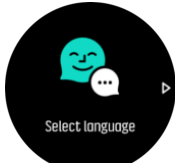


NOTE: *At Suunto we use advanced sensors and algorithms to generate metrics that can help you in your activities and adventures. We strive to be as accurate as possible. However, none of the data our products and services collect is perfectly reliable, nor are the metrics they generate absolutely precise. 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 9 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.

2.1. Touch screen and buttons

Suunto 9 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

Upper button

- press to move up in views and menus

Middle button

- press to select an item
- press to press to change displays
- keep pressed to got 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. SuuntoLink

Download and install SuuntoLink on your PC or Mac to update your watch software.

We strongly recommend updating your watch when a new software release is available. If an update is available, you are notified via SuuntoLink as well as the Suunto app.

Visit www.suunto.com/SuuntoLink for further information.

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.

2.3. Suunto app

With the Suunto app, you can further enrich your Suunto 9 experience. Pair your watch with the mobile app to sync your activities, get mobile notifications, insights and more.



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

To pair your watch with Suunto 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 app on your compatible mobile device from the iTunes App Store, Google Play in addition to several popular app stores in China.
3. Start Suunto app and turn on Bluetooth if it is not on already.
4. Tap the watch icon in the upper-left of the app screen and then tap “PAIR” to pair your watch.
5. Verify the pairing by typing the code that is displayed on your watch in the app.



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

2.4. Optical heart rate

Optical heart rate measurement from the wrist is an easy and convenient way to track your heart rate. Best results for heart rate measurement may be affected by the following factors:

- The watch must be worn directly against your skin. No clothing, however thin, can be between the sensor and your skin
- The watch may need to be higher on your arm than where watches are normally worn. The sensor reads blood flow through tissue. The more tissue it can read, the better.
- Arm movements and flexing muscles, such as gripping a tennis racket, can change the accuracy of the sensor readings.
- When your heart rate is low, the sensor may not be able to provide stable readings. A short warm up of a few minutes before you start the recording helps.
- Skin pigmentation and tattoos block light and prevent reliable readings from the optical sensor.
- The optical sensor may not provide accurate heart rate readings for swimming activities.
- For higher accuracy and quicker responses to changes in your heart rate, we recommend using a compatible chest heart rate sensor such as Suunto Smart Sensor.

⚠ WARNING: *The optical heart rate feature may not be accurate for every user during every activity. Optical heart rate may also be affected by an individual's unique anatomy and skin pigmentation. Your actual heart rate may be higher or lower than the optical sensor reading.*

⚠ WARNING: *Only for recreational use; the optical heart rate feature is not for medical use.*

⚠ WARNING: *Always consult a doctor before beginning a training program. Overexertion may cause serious injury.*

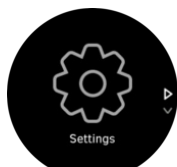
⚠ WARNING: *Allergic reaction or skin irritations may occur when products are in contact with skin, even though our products comply with industry standards. In such event, stop use immediately and consult a doctor.*

2.5. Adjusting settings

You can adjust all watch settings directly in the watch.

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.

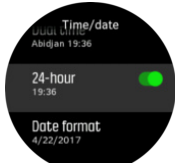



3. Select a setting by tapping the setting name or pressing the middle button when the setting is highlighted. Go back in the menu by swiping right or selecting **Back**.

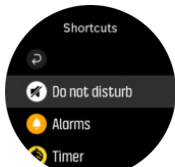
4. For settings with a value range, change the value by swiping up or down or by pressing the upper or lower button.



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 keeping the middle button pressed to open the shortcuts menu.



3. Settings

3.1. Button and screen lock

While recording an exercise you can lock the buttons by keeping the lower right button pressed. Once locked, you cannot perform any actions that requires button interaction (create laps, pause/end exercise etc.) but it is possible to scroll the display views and 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.

3.2. Backlight

The backlight has three features that you can adjust: the level of brightness (**Brightness**), how the standby backlight activates (**Standby**), and whether the backlight activates when you raise and turn your wrist (**Raise to wake**).

The backlight features can be adjusted from the settings under **General » Backlight**.

- The Brightness setting determines the overall intensity of the backlight; Low, Medium or High.
- The Standby setting controls the screen brightness when there is no active backlight turned on (e.g. triggered by button presses). The two Standby options are On and Off.
- The Raise to wake feature activates standby backlight in regular time mode and activates backlight in exercise mode when your wrist is lifted to watch reading position. The three Raise to wake options are:
 - On: Raising your wrist in regular time mode or during an exercise will activate backlight.
 - Exercise only: Raising your wrist will only turn on the backlight during an exercise.
 - Off: The Raise to wake feature is turned off.



NOTE: You can also set the backlight to be always on. Keep the middle button pressed to enter the **Shortcuts** menu, scroll to **Backlight** and toggle the switch to force backlight on.

3.3. 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**.

Under **General » Tones » General**, 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.

Under **General » Tones » Alarms** you can switch vibrations on and off.

You can select from the following options:

- **Vibration:** vibration alert
- **Tones:** sound alert
- **Both:** both vibration and sound alert.

3.4. Bluetooth connectivity

Suunto 9 uses Bluetooth technology to send and receive information from your mobile device when you have paired your watch with the Suunto App. Same technology is also used when pairing PODs and sensors.

However, if you do not want your watch to be visible for Bluetooth scanners, you can activate or deactivate the discovery setting from the settings under **CONNECTIVITY » DISCOVERY**.




The Bluetooth can also be completely turned off by activating airplane mode, see 3.5. *Airplane mode.*

3.5. Airplane mode

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



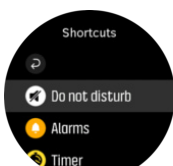
 **NOTE:** To pair anything with your device, you need to first turn off airplane mode if you have it on.

3.6. Do Not Disturb mode

The Do Not Disturb mode is a setting that mutes all sounds and vibrations and dims the screen, making it a very useful option when wearing the watch in, for example, a theater or any environment where you want the watch to operate as usual, but silently.

To turn on/off the Do Not Disturb mode:

1. From the watch face, keep the middle button pressed to open the shortcuts menu.
2. Swipe up or press the lower button to scroll down to the Do Not Disturb mode.
3. Tap the screen or press the middle button to confirm your selection.



If you have an alarm set, it sounds as normal and disables Do Not Disturb mode unless you snooze the alarm.

3.7. Notifications

If you have paired your watch with the Suunto app and using an Android phone, you can get notifications of incoming calls and text messages, for example, 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**.



NOTE: Messages recieved from some apps used for communication might not be compatible with Suunto 9.

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



If the message doesn't fit on the screen, press the lower right button or swipe up to scroll through the full text.

Press **Actions** to interact with the notification (the available options vary depending on which of your mobile apps sent the notification).

For apps used for communications you can use your watch to send a **Quick reply**. You can select and modify the predefined messages in Suunto app.

Notification history

If you have unread notifications or missed calls on your mobile device, you can view them on your watch.

From the watch face, press the middle button and then press the lower button to scroll through the notification history.

The notification history is cleared when you check the messages on your mobile device.

3.8. 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.

Once you have paired with Suunto app, your watch gets updated time, date, time zone and daylight-saving time from mobile devices.

Under **General » Time/date**, tap **Auto time update** to toggle the feature on and off.

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.

3.8.1. Alarm clock

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

Besides standard fixed alarms, you will also find an adaptive alarm type based on data for sunrise and sunset. See 3.12. *Sunrise and sunset alarms*.

To set a fixed alarm time:

1. From the watch face, press the middle button to open the shortcuts menu and scroll to **Alarms**.
2. 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



3. 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.

3.9. Language and unit system

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

3.10. Watch faces

Suunto 9 comes with several watch faces to choose from, both digital and analog styles.

To change the watch face:

1. From your current watch face view, keep the middle button pressed to open the shortcuts menu.
2. Scroll to **Watch face** and tap or press the middle button to enter.



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.

3.10.1. Moon phases

In addition to sunrise and sunset times, your watch can track moon phases. The moon phase is based on date you have set in your watch.

The moon phase is available as a view in the outdoor style watch face. Tap on the screen to change the lower row until you see the moon icon and percentage.



The phases are presented as an icon with percentage as follows:



3.11. Power saving

Your watch includes a power saving option that turns off all vibration, daily HR and Bluetooth notifications to extend battery life during normal daily use. For power saving options while recording activities, see [4.1.4. Battery power management](#).

Enable/disable power saving from the settings under **General » Power saving**.



NOTE: Power saving is automatically enabled when the battery level reaches 10%.

3.12. Sunrise and sunset alarms

The sunrise/sunset alarms in your Suunto 9 are adaptive alarms based on your location. Instead of setting a fixed time, you set the alarm for how much in advance you want to be alerted before the actual sunrise or sunset.

The sunrise and sunset times are determined via GPS, so your watch relies on the GPS data from the last time you used GPS.

To set sunset/sunrise alarms:

1. Press the middle button to open the shortcut menu.
2. Scroll down to **ALARMS** and enter by pressing the middle button.
3. Scroll to the alarm that you want to set and select by pressing the middle button.



4. Set the desired hours prior to sunrise/sunset by scrolling up/down with the upper and lower buttons and confirming with the middle button.
5. Set minutes in the same way.



6. Press the middle button to confirm and exit.



TIP: A watch face is also available that shows sunrise and sunset times.



NOTE: Sunrise and sunset times and alarms require a GPS fix. The times are blank until GPS data is available.

3.13. 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 9 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.*

3.14. Device info

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

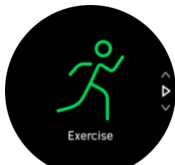
4. Features

4.1. 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:

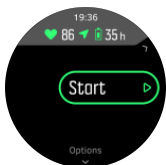
1. Put on a heart rate sensor (optional).
2. Swipe down or press the upper button to open the launcher.
3. Tap the exercise icon or press the middle button.



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 and connected GPS). The arrow icon (connected GPS) flash gray while searching and turn green once a signal is found. The heart icon (heart rate) flash gray while searching and when once a signal is found, it turns into a colored heart attached to a belt if you are using a heart rate sensor or a colored heart without the belt if you are using the optical heart rate sensor. There is also a battery estimation visible, that tells you how many hours you can exercise before the battery runs out.

If you are using a heart rate sensor but the icon turns to green only (meaning that the optical heart rate sensor is active), check that the heart rate sensor is paired, see [4.12. Pairing PODs and sensors](#), and select the sport mode again.

You can wait for each icon to turn green or start the recording as soon as you like by pressing the middle button.




Once the recording is started, the selected heart rate source is locked and cannot be changed during the ongoing training session.

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.



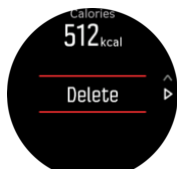
If the sport mode you selected has options, such as setting a duration target, you can adjust them before starting the recording by swiping up or pressing the lower button. You can also adjust sport mode options while recording by keeping the middle button pressed.

 **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 the question. (See 4.1.9. *Feeling*) 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 entry 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.



4.1.1. 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 4.1. *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 that show different data depending on the selected sport mode. You can edit and customize the data shown on the watch display during your exercise with Suunto app.

Learn how to customize sport modes in *Suunto app (Android)* or *Suunto app (iOS)*.

4.1.2. Using targets when exercising

It is possible to set different targets with your Suunto 9 when exercising.

If the sport mode you selected has targets as an option, you can adjust them before starting the recording by swiping up or pressing the lower button.



To exercise with general target:

1. Before you start an exercise recording, swipe up or press the lower button to open the sport mode options.
2. Tap **Target** or press the middle button.
3. Select **Duration** or **Distance**.
4. Select your target.
5. Swipe right to go back to the sport mode options.

When you have general targets activated, a target gauge is visible on every data display showing your progress.



You will also receive a notification when you have reached 50% of your target and when your selected target is fulfilled.

To exercise with intensity target:

1. Before you start an exercise recording, swipe up or press the lower button to open the sport mode options.
2. Tap **Intensity zones** or press the middle button.
3. Select **HR zones**, **Pace zones** or **Power zones**.
(The options depends on selected sport mode and if you have a power pod paired with the watch).
4. Select your target zone.
5. Swipe right to go back to the sport mode options.

4.1.3. 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 app 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 4.4.6.2. *Navigating to a POI* and 4.4.4. *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**.

4.1.3.1. Snap to route

In urban surroundings the GPS can struggle to follow you correctly. If you select one of your predefined routes and follow that route, the watch GPS is used purely to locate where you are on the predefined route, not actually creating a track from the run. The recorded track will be identical to the route used for the run.



To use Snap to route during exercise:

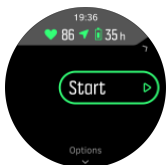
1. Create a route in Suunto app and sync your watch if you haven't done so already.
2. Select a sport mode that uses GPS and then swipe up or press the lower button to open the options.
3. Scroll to **Navigation** and tap it or press the middle button.
4. Select **Snap to route** and press the middle button.
5. Select the route you want to use and press the middle button.
6. Press the upper button or tap **Navigate**.

Start your exercise as normal and follow the selected route.

4.1.4. Battery power management

Your Suunto 9 has a battery power management system uses intelligent battery technology to help ensure your watch does not run out of power when you need it most.

Before you start recording an exercise (see 4.1. *Recording an exercise*) you see an estimate of how much battery life you have left in the current battery mode.




There are four predefined battery modes; **Performance** (default), **Endurance**, **Ultra** and **Tour**. Changing between these modes will change the lifetime of the battery but also change the performance of the watch.




NOTE: By default, *Ultra* and *Tour* mode disable all HR tracking (both wrist and chest). To enable HR tracking (in *Ultra* and *Tour* mode) go to **Options** under the start indicator.

While in the start display, tap **Options** » **Battery mode** to change battery modes and see how each mode affects the performance of the watch.



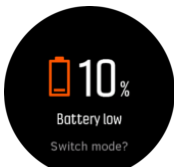
 **TIP:** You can also quickly change the battery mode in the start display by pressing the upper button.

In addition to these four predefined battery modes, you can create a custom battery mode with your own desired settings. The custom mode is specific for that sport mode, making it possible to create a custom battery mode for every sport mode.

 **NOTE:** If while exercising you start navigating or use navigation data like estimated time of arrival (ETA), the GPS goes to **Best**, regardless of the battery mode.

Battery notifications

In addition to the battery modes, your watch uses smart reminders to help you ensure you have enough battery life for your next adventure. Some reminders are preemptive based on, for example, your activity history. You also get notified, for example, when the watch notices you are running low on battery while recording an activity. It will automatically suggest changing to a different battery mode.



Your watch will alert you once when the battery is at 20% and again at 10%.

4.1.5. Swimming

You can use your Suunto 9 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 your online account 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.

4.1.6. Interval training

Interval workouts are a common form of training consisting of repetitive sets of high and low intensity efforts. With Suunto 9, 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.

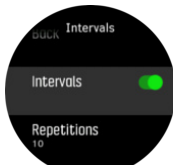
Keep in mind that if you use distance to define your intervals, you need to be in a sport mode that measures distance. The measurement can be based on GPS, or from a foot or bike POD, for example.



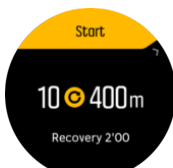
NOTE: If you are using intervals, you cannot activate navigation.

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.

4.1.7. 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.

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.

4.1.8. Autopause

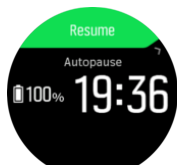
Autopause pauses the recording of your exercise when your speed is less than 2 km/h (1.2 mph). When your speed increases to more than 3 km/h (1.9 mph), the recording continues automatically.

You can turn autopause on/off for each sport mode 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.

4.1.9. Feeling

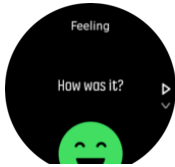
If you are training regularly, following how you feel after each session is an important indicator of your overall physical condition. A coach or personal trainer can also use your feeling trend to track your progress over time.

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.

4.2. Media controls

Your Suunto 9 can be used to control the music, podcast, other media played on your phone or being cast from your phone to another device. The media controls are on by default but can be turned off under **Settings » Media controls**.

 **NOTE:** You need to pair your watch with your phone before you can use Media controls.


To access the media controls, press the middle button from watch face or, during an exercise, press the middle button until the media control display is shown.

In the media control display, the buttons have the following functions:



- **Play/Pause:** Upper right button
- **Next track/episode:** Lower right button
- **Previous track/episode:** Upper left button (long press)
- **Volume:** Lower left button (long press), will open volume controls
 - In the volume controls display, the upper right button will increase the volume and the lower right button will decrease the volume. Press the middle button to return to media control display.

Press the middle button to exit the media control display.

 **NOTE:** If your watch has a touch screen, the media controls can also be used by tapping the icons on the screen.


4.3. Logbook

You can access the logbook by swiping down or pressing the upper button until you see the logbook icon..



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



 **NOTE:** The log entry remains gray until it has been synced with your online account.

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.

4.4. Navigation

4.4.1. Bearing navigation

Bearing navigation is a feature that you can use outdoors to follow the target path for a location you see or have looked at from map ahead. You can use this feature stand alone as a compass or together with a paper map.

If you set the target distance and altitude while setting the direction, your watch can be used to navigate to that target location.



To use bearing navigation during an exercise (only available for outdoor activities):

1. Before you start an exercise recording, swipe up or press the lower button to open the sport mode options.
2. Tap **Navigation** or press the middle button.
3. Select **Bearing**
4. If needed, calibrate the compass by following the on-screen instructions.
5. Point the blue arrow on the screen towards your target location and press the middle button.
6. If you do not know the distance and altitude to the location, select **No**
7. Press the middle button to acknowledge the set bearing and go back to the sport mode options.
8. If you know the distance and altitude to the location, select **Yes**
9. Enter the distance and altitude to the location.
10. Press middle button to acknowledge the set bearing and go back to the sport mode options.

To use bearing navigation without exercising:

1. Scroll to **Navigation** by swiping down or pressing the top button.
2. Select **Bearing**
3. If needed, calibrate the compass by following the on-screen instructions.

4. Point the blue arrow on the screen towards your target location and press the middle button.
5. If you do not know the distance and altitude to the location, select **No** and follow the blue arrow to the location.
6. If you do know the distance and altitude to the location, select **Yes**
7. Enter the distance and altitude to the location and follow the blue arrow to the location. The display will also show the distance and altitude left to the location.
8. Set a new bearing by swiping up or by pressing the lower button.
9. End the navigation by pressing the top button.

4.4.2. Compass

Suunto 9 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**.

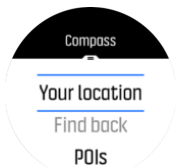
The compass display includes the following information:

- 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.



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

4.4.2.1. 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 » Navigation settings » Calibrate compass**.

4.4.2.2. 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).

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.

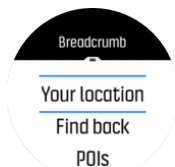
You can set your declination value from the settings under **Navigation » Navigation settings » Declination**.

4.4.3. Find back

If you are using GPS when recording an activity, Suunto 9 automatically saves the starting point of your exercise. With Find back, Suunto 9 can guide you directly back to your starting point.

To start Find back:

1. Start an exercise with GPS.
2. Swipe left or press the middle button until you have reached the navigation display.
3. Swipe up or press the lower button to open the shortcut menu.
4. Scroll to Find back and tap the screen or press the middle button to select.

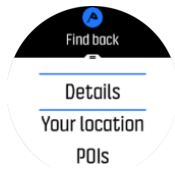


The navigation guidance is shown as the last display on the selected sport mode.

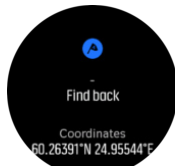


To view additional details about your current position:

1. From the Find back view, swipe up or press the lower button to open the shortcut menu.
2. Select **Details**.



3. Swipe up or press the lower button to scroll through the list.



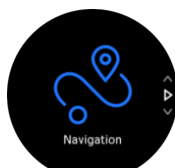
Swipe right or press the middle button to exit the details view.

4.4.4. Routes

You can use your Suunto 9 to navigate routes. Plan your route with Suunto app 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. Select **Start exercise** if you want to use the route for exercising or select **Navigate only** if you only want to navigate the route.

 **NOTE:** If you only navigate the route, nothing will be save or logged in Suunto app.

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.

It is also possible to start an exercise from the shortcut list. Selecting **Start exercise** will open the sport modes menu and you can start recording your exercise. If you end the exercise, the navigation will also end.

All sport modes with GPS also have a route selection option. See [4.1.3. Navigating during exercise](#).

Navigation guidance

As you navigate a route, your watch helps you stay on the correct path by giving you additional notifications as you progress along the route.

For example, if you go more than 100 m (330 ft) off route, the watch notifies you that you are not on the right track, as well as lets you know when you are back on route.

Once you reach a waypoint or POI on the route, you get an informative popup showing you the distance and estimated time en route (ETE) to the next waypoint or POI.



NOTE: If you navigating a route that crosses itself, such as a figure-8, and you make a wrong turn at the crossing, your watch assumes you are intentionally going in a different direction on the route. The watch shows the next waypoint based on the current, new direction of travel. So, keep an eye on your breadcrumb trail to ensure you are going the right way when you are navigating a complicated route.

Turn-by-turn navigation

When creating routes in Suunto app, you can choose to activate turn-by-turn instructions. When the route is transferred to your watch and used for navigation, it will give you turn-by-turn instructions with a sound alert and information on which way to turn.

4.4.5. Turn-by-turn navigation powered by Komoot

If you are a Komoot member, you can find or plan routes with Komoot and sync these to your Suunto 9 via Suunto app. In addition, your exercises recorded with your watch will automatically be synchronized to Komoot.

When using route navigation with your Suunto 9 together with routes from Komoot, your watch will give you turn-by-turn instructions with a sound alert and a text on which way to turn.



To use turn-by-turn navigation powered by Komoot:

1. Register at Komoot.com
2. In Suunto app, select partner services.
3. Select Komoot and connect by using the same credentials you used at the Komoot registration.

All your selected or planned routes (called “tours” in Komoot) in Komoot will automatically synchronize to Suunto app, which you then easily can transfer to your watch.

Follow the instructions in section 4.4.4. *Routes* and select your route from Komoot to get turn-by-turn instructions.

For more information regarding the partnership between Suunto and Komoot, please see <http://www.suunto.com/komoot>



NOTE: Komoot is currently not available in China.

4.4.6. 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 app from a map and do not have to be at the POI location. Creating a POI in your watch is done 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.

4.4.6.1. Adding and deleting POIs

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

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.

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 Suunto app.

Deleting POIs

You can remove a POI by deleting the POI from the POI list in the watch or removing it in Suunto app.

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.

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

4.4.6.2. 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:

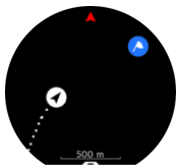
1. Swipe down or press the upper button to open the launcher.
2. Scroll to **Navigation** and tap on the icon or press the middle button.
3. Scroll to POIs and press the middle button to open your list of POIs.
4. Scroll to the POI you want to navigate to and press the middle button.
5. Press the upper 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 see additional information in the lower row such as altitude difference between current position and POI and estimated time of arrival (ETA) or en route (ETE).

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 POI details and actions such as saving your current location or selecting another POI to navigate to, as well as ending navigation.

4.4.6.3. POI types

The following POI types are available in Suunto 9:

	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

	Geocache
	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

4.5. Daily activity

4.5.1. Activity monitoring

Your watch keeps track of your overall activity level 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.

The activity counter automatically resets at midnight every day. At the end of the week (Sunday), the watch provides a summary of your activity showing your average for the week and daily totals.

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 during the day. 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 adjusted to your personal preferences (see below)

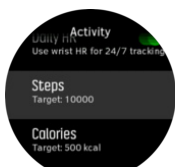
You can also check your steps over the last seven days with a swipe to the left. Swipe left or press the middle button again to see calories consumption.



Swipe up to check your activity over the last seven days in numbers instead of a graph.

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.



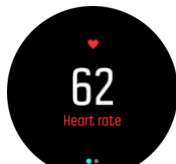
Your BMR is the amount of calories your body burns while at rest. These are the calories your body needs to stay warm and perform basic function like blink your eyes or beat your heart. This number is based on your personal profile, including factors such as age and gender.

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.

4.5.2. Instant HR

The instant heart rate (HR) display provides a quick snapshot of your heart rate.

From the watch face view, swipe up or press the lower button to scroll to the HR display.



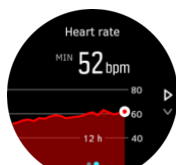
Swipe down or press the upper button to exit the display and return to the watch face view.

4.5.3. Daily HR

The daily HR display provides a 12-hour view of your heart rate. This is a helpful source of information about, for example, your recovery after a hard training session.

The display shows your heart rate over 12 hours as a graph. The graph is plotted using your average heart rate based on 24-minute time slots. In addition, by swiping up or pressing the lower button, you get an estimation of your average hourly calorie consumption rate and your lowest heart rate during the 12-hour period.

Your minimum heart rate from the last 12 hours is a good indicator of your recovery state. If it is higher than normal, you probably are not yet fully recovered from your last training session.



If you record an exercise, the daily HR values reflect the elevated heart rate and calorie consumption from your training. But keep in mind that the graph and consumption rates are averages. If your heart rate peaks at 200 bpm while exercising, the graph does not show that maximum value, but rather the average from the 24 minutes during which you hit that peak rate.

Before you can see the daily HR display values, you need to activate the daily HR feature. You can toggle the feature on or off from the settings under **Activity**. If you are in the daily HR display, you can also access the activity settings by keeping the middle button pressed.

With the daily HR feature on, your watch activates the optical heart rate sensor on a regular basis to check your heart rate. This slightly increases battery power consumption.



Once activated, your watch needs 24 minutes before it can start display daily HR information.

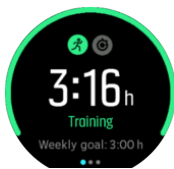
To view daily HR:

1. From the watch face view, swipe up or press the lower button to scroll to the HR display.
2. Swipe left to enter the daily HR display.
3. Swipe up or press the lower button to see your calorie consumption.

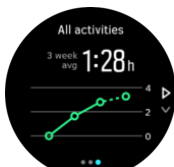
4.6. Training insight

Your watch provides an overview of your training activity.

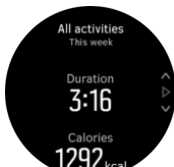
Swipe up or press the lower button to scroll to the training insight view



Swipe left or press the middle button twice to see a graph with all your activities for the last 3 weeks and the average duration. Tap the screen to toggle between the different activities you have done for the last 3 weeks.



Swipe up or press the lower right button to see a summary of your current week. The summary includes duration and calories. Swiping up when a specific activity is chosen will show details of that activity.



4.7. Recovery

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 your recorded activities, 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, from the watch face, swipe up or press the lower right button until you see the training and recovery display. Tap to toggle between training and recovery.



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.

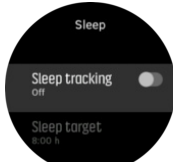
4.8. Sleep tracking

A good night's sleep is important for a healthy mind and body. You can use your watch to track your sleep and follow how much sleep you are getting on average.

When you wear your watch to bed, Suunto 9 tracks your sleep based on accelerometer data.

To track sleep:

1. Go to your watch settings, scroll down to **SLEEP** and press the middle button.
2. Toggle on **SLEEP TRACKING**.



3. Set the times for going to bed and waking up according to your normal sleep schedule.

After you have defined your bedtime, you can choose to have your watch in Do Not Disturb mode during your sleeping hours.

Step 3 above, defines your bedtime. Your watch uses that period to determine when you are sleeping (during your bedtime) and reporting all sleep as one session. If you get up for a drink of water during the night, for example, your watch still counts any sleep after that as the same session.



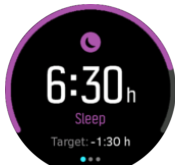
NOTE: If you go to bed before your bedtime and also wake up after your bedtime, your watch does not count that as a sleep session. You should set your bedtime according to the earliest you may go to bed and the latest you may wake up.

Once you have enabled sleep tracking, you can also set your sleep target. A typical adult needs between 7 and 9 hours of sleep per day, though your ideal amount of sleep may vary from the norms.

Sleep trends

When you wake up, you are greeted with a summary of your sleep. The summary includes, for example, the total duration of your sleep, as well as the estimated time you were awake (moving around) and the time you were in deep sleep (no movement).

In addition to the sleep summary, you can follow your overall sleep trend with the sleep insight. From the watch face, press the lower right button until you see the **SLEEP** display. The first view shows your last sleep compared to your sleep target.





While in the sleep display, you can swipe left to see your average sleep over the last seven days. Swipe up to see your actual sleeping hours for the last seven days.

While in the average sleep display you can swipe left to see a graph over your average HR values for the last seven days.



Swipe up to see the actual HR values for the last seven days.

 **NOTE:** From the **SLEEP** display, you can keep the middle button pressed to access sleep tracking settings.

 **NOTE:** All sleep measurements are based on movement only, so they are estimates that may not reflect your actual sleep habits.

Sleep quality

In addition to duration, your watch can also assess sleep quality by following your heart rate variability during sleep. The variation is an indication of how well your sleep is helping you rest and recover. Sleep quality is shown on scale from 0 to 100 in the sleep summary, with 100 being the best quality.

Measuring heart rate while sleeping

If you wear your watch during the night, you can get additional feedback on your heart rate while sleeping. To keep the optical heart rate on during the night, ensure that Daily HR is enabled (see 4.5.3. *Daily HR*).

Automatic Do Not Disturb mode

You can use the auto Do Not Disturb setting to automatically enable Do Not Disturb mode while you sleep.

4.9. Stress and recovery

Your resources are a good indication of your body's energy levels and translate into your ability to handle stress and cope with the day's challenges.

Stress and physical activity deplete your resources, while rest and recovery restore them. Good sleep is an essential part of ensuring your body has the resources it needs.

When your resource levels are high, you will likely feel fresh and energetic. Going for a run when your resources are high means you'll probably have a great run, because your body has the energy it needs to adapt and improve as a result.

Being able to track your resources can help you manage and use them wisely. You can also use your resource levels as a guide to identify stress factors, personally effective recovery boosting strategies, and the impact of good nutrition.

Stress and recovery uses optical heart sensor readings and to get those during the day, daily HR must be enabled, see *Daily HR*.

It is important that your Max HR and Rest HR are set to match your heart rate to ensure that you get the most accurate readings. By default, the Rest HR is set to 60 bpm and the Max HR is based on your age.

These HR values can easily be changed in the settings under **GENERAL** -> **PERSONAL**.

 **TIP:** Use the lowest heart rate reading measured during your sleep as your Rest HR.

Press the lower right button to scroll to the stress and recovery display.



The gauge around this display indicates your overall resource level. If it is green, it means you are recovering. The status and time indicator tell you your current state (active, inactive, recovering or stressed) and for how long you have been in that state. In this screenshot, for example, you have been recovering for the last four hours.

Press the middle button to see a bar chart of your resources over the last 16 hours.



The green bars indicate periods where you have been recovering. The percentage value is an estimate of your current resource level.

4.10. Fitness level

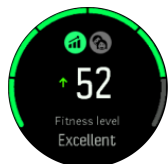
Good aerobic fitness is important for your overall health, well-being and sports performance.


Your aerobic fitness level is defined as VO2max (maximal oxygen consumption), a widely recognized measure of aerobic endurance capacity. In other words, VO2max shows how well your body can use oxygen. The higher your VO2max, the better you can use oxygen.

The estimation of your fitness level is based on detecting your heart rate response during each recorded running or walking workout. To get your fitness level estimated, record a run or walk with a duration for at least 15 minutes while wearing your Suunto 9.

Your watch is able to provide an estimation of your fitness level for all running and walking workouts.

Your current estimated fitness level is shown in the fitness level display. From the watch face, press the lower right button to scroll to the fitness level display.



 **NOTE:** If the watch hasn't estimated your fitness level yet, the fitness level display will instruct you further.

Historical data, from recorded running and walking workouts, plays a role in ensuring the accuracy of your VO2max estimate. The more activities you record with your Suunto 9, the more accurate your VO2max estimate becomes.

There are eight fitness levels, from low to high: Very poor, Poor, Fair, Average, Good, Very good, Excellent and Superior. The value is dependent of your age and gender and the higher value you have, the better your fitness level is.

Tap the screen to view your estimated fitness age. Fitness age is a metric value that reinterprets your VO2max value in terms of age. Regularly engaging in the right types of physical activity will help you boost your VO2max value and reduce your fitness age.



Improvement of VO2max is highly individual and it depends on factors such as age, gender, genetics and training background. If you are already very fit, increasing your fitness level will be slower. If you are just starting to exercise regularly, you may see a quick increase in fitness.

4.11. Chest heart rate sensor

You can use a Bluetooth® Smart compatible heart rate sensor, such as the Suunto Smart Sensor, with your Suunto 9 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.

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


See 4.12. *Pairing PODs and sensors* for instructions on how to pair an HR sensor with your watch.

4.12. 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 9 supports the following types of PODs and sensors:

- Heart rate
- Bike
- Power
- Foot

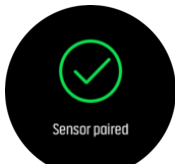
 **NOTE:** You cannot pair anything if airplane mode is on. Turn off airplane mode before pairing. See 3.5. Airplane mode.

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**.

4.12.1. Calibrating bike POD

For bike PODs, you need to set the wheel circumference in your watch. The circumference shall be in millimeters and it is done as a step in the calibration. If you change the wheels (with new circumference) of your bike, the wheel circumference setting in the watch must also be changed.

To change the wheel circumference:

1. In settings, go to **Connectivity » Paired devices**.

2. Select **Bike POD**.
3. Select the new wheel circumference.

4.12.2. Calibrating foot POD

When you pair a foot POD, your watch automatically calibrates the POD using GPS. We recommend using the automatic calibration, but you can disable it if needed from the POD settings under **Connectivity » Paired devices**.

For the first calibration with GPS, 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.

4.12.3. Calibrating power POD

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

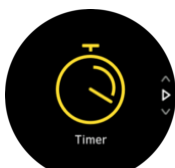
To calibrate a power POD:

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.

You should re-calibrate the power POD from time to time.

4.13. Timers

Your watch includes a stopwatch and countdown timer for basic time measurement. From the watch face, open the launcher and scroll up until you see the timer icon. Tap the icon or press the middle button to open the timer display.



When you first enter the display, it shows the stopwatch. After that, it remembers whatever you used last, stopwatch or countdown timer.

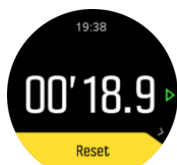
Swipe up or press the lower button to open the **SET TIMER** shortcuts menu where you can change the timer settings.

Stopwatch

Start the stopwatch by pressing the middle button.



Stop the stopwatch by pressing the middle button. You can resume by pressing the middle button again. Reset by pressing the lower button.



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

Countdown timer

In the timer display, swipe up or press the lower button to open the shortcuts menu. From there you can select a pre-defined countdown time or create custom countdown time.



Stop and reset as needed with the middle and lower buttons.

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

4.14. Intensity zones

Using intensity zones for exercising helps guide your fitness development. Each intensity zone stresses your body in different ways, leading to different effects on your physical fitness. There are five different zones, numbered 1 (lowest) to 5 (highest), defined as percentage ranges based on your maximum heart rate (max HR), pace or power.

It is important to train with intensity in mind and understand how that intensity should feel. And don't forget, regardless of your planned training, that you should always take time to warm up before an exercise.

The five different intensity zones used in Suunto 9 are:

Zone 1: Easy

Exercising in zone 1 is relatively easy on your body. When it comes to fitness training, intensity this low is significant mainly in restorative training and improving your basic fitness when you are just beginning to exercise, or after a long break. Everyday exercise – walking, climbing stairs, cycling to work, etc. – is usually performed within this intensity zone.

Zone 2: Moderate

Exercising at zone 2 improves your basic fitness level effectively. Exercising at this intensity feels easy, but workouts with a long duration can have a very high training effect. The majority of cardiovascular conditioning training should be performed within this zone. Improving basic fitness builds a foundation for other exercise and prepares your system for more energetic

activity. Long duration workouts at this zone consume a lot of energy, especially from your body's stored fat.

Zone 3: Hard

Exercising at zone 3 begins to be quite energetic and feels like pretty hard going. It will improve your ability to move quickly and economically. In this zone, lactic acid begins to form in your system, but your body is still able to completely flush it out. You should train at this intensity at most a couple of times per week, as it puts your body under a lot of stress.

Zone 4: Very hard

Exercising at zone 4 will prepare your system for competition type events and high speeds. Workouts in this zone can be performed either at constant speed or as interval training (combinations of shorter training phases with intermittent breaks). High-intensity training develops your fitness level quickly and effectively, but done too often or at too high intensity may lead to overtraining, which may force you to take a long break from your training program.

Zone 5: Maximal

When your heart rate during a workout reaches zone 5, the training will feel extremely hard. Lactic acid will build up in your system much faster than it can be removed, and you will be forced to stop after a few minutes at most. Athletes include these maximum-intensity workouts in their training program in a very controlled manner, fitness enthusiasts do not require them at all.

4.14.1. Heart rate zones

Heart rate zones are defined as percentage ranges based on your maximum heart rate (max HR).

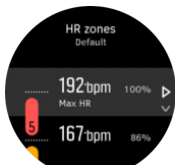
By default, your max HR is calculated using the standard equation: $220 - \text{your age}$. If you know your exact max HR, you should adjust the default value accordingly.

Suunto 9 has default and activity-specific HR zones. The default zones can be used for all activities, but for more advanced training, you can use specific HR zones for running and cycling activities.

Set max HR

Set your maximum HR from the settings under **Training » Intensity zones » Default zones**.

1. Tap the max HR (highest value, bpm) or press the middle button.
2. Select your new max HR by swiping up or down or by pressing the upper right or lower right buttons.



3. Tap your selection or press the middle button.
4. To exit the HR zones view, swipe right or keep the middle button pressed.



NOTE: You can also set your maximum HR from the settings under **General » Personal**.


Set default HR zones

Set your default HR zones from the settings under **Training » Intensity zones » Default zones**.

1. Scroll up/down and tap or press the middle button when the HR zone you want to change is highlighted.
2. Select your new HR zone by swiping up or down or by pressing the upper right or lower right buttons.



3. Tap your selection or press the middle button.
4. To exit the HR zones view, swipe right or keep the middle button pressed.

 **NOTE:** Selecting **Reset** in the HR zones view will reset the HR zones to the default value.

Set activity specific HR zones

Set your activity specific HR zones from the settings under **Training » Intensity zones » Advanced zones**.

1. Tap the activity (running or cycling) that you want to edit or press the middle button when the activity is highlighted.
2. Press the middle button to toggle the HR zones on.
3. Scroll up/down and tap or press the middle button when the HR zone you want to change is highlighted.
4. Select your new HR zone by swiping up or down or by pressing the upper right or lower right buttons.



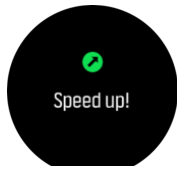
3. Tap your selection or press the middle button.
4. To exit the HR zones view, swipe right or keep the middle button pressed.

4.14.1.1. Using HR zones when exercising

When you record an exercise (see *Recording an exercise*), and have selected heart rate as an intensity target (see 4.1.2. *Using targets when exercising*), an HR zone gauge, divided into five sections, is shown around the outer edge of the sport mode display (for all sport modes that support HR). The gauge indicates in which HR zone you are currently training by lighting up the corresponding section. The small arrow in the gauge indicates where you are within the zone range.



Your watch alerts you when you hit your selected target zone. During your exercise the watch will prompt you to speed up or slow down, if your heart rate is outside the selected target zone.



In addition, there is a dedicated display for HR zones in the sport mode default display. The zone display shows your current HR zone in the middle field, how long you have been in that zone, and how far away you are in beats per minute to the next zones up or down. The background color of the bar also indicates which HR zone you are training in.



In the exercise summary, you get a breakdown of how much time you have spent in each zone.

4.14.2. Pace zones

Pace zones work just like HR zones but the intensity of your training is based on your pace instead of your heart rate. The pace zones are shown either as metric or imperial value depending on your settings.

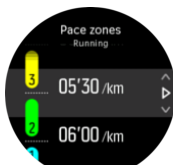
Suunto 9 has five default pace zones that you can use or you can define your own.

Pace zones are available for running and cycling.

Set pace zones

Set your activity specific pace zones from the settings under **Training » Intensity zones » Advanced zones**.

1. Tap **Running** or **Cycling** or press the middle button.
2. Swipe or press the lower button and select pace zones.
3. Swipe up/down or press the upper or lower buttons and press the middle button when the pace zone you want to change is highlighted.
4. Select your new pace zone by swiping up/down or by pressing the upper or lower buttons.



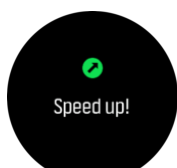
5. Press the middle button to select the new pace zone value.
6. Swipe right or press and hold the middle button to exit the pace zones view.

4.14.2.1. Using pace zones when exercising

When you record an exercise (see *Recording an exercise*), and have selected pace as an intensity target (see 4.1.2. *Using targets when exercising*) a pace zone gauge, divided into five sections, is viewed. These five sections are shown around the outer edge of the sport mode display. The gauge indicates the pace zone you have chosen as an intensity target by lighting up the corresponding section. The small arrow in the gauge indicates where you are within the zone range.



Your watch alerts you when you hit your selected target zone. During your exercise the watch will prompt you to speed up or slow down, if your pace is outside the selected target zone.



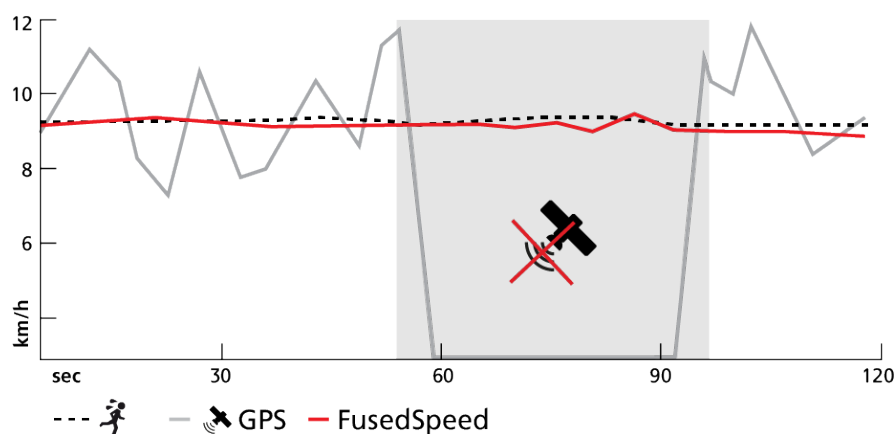
In addition, there is a dedicated display for pace zones in the sport mode default display. The zone display shows your current pace zone in the middle field, how long you have been in that zone, and how far away you are in pace to the next zones up or down. The middle bar also lights up, indicating that you are training in the correct pace zone.



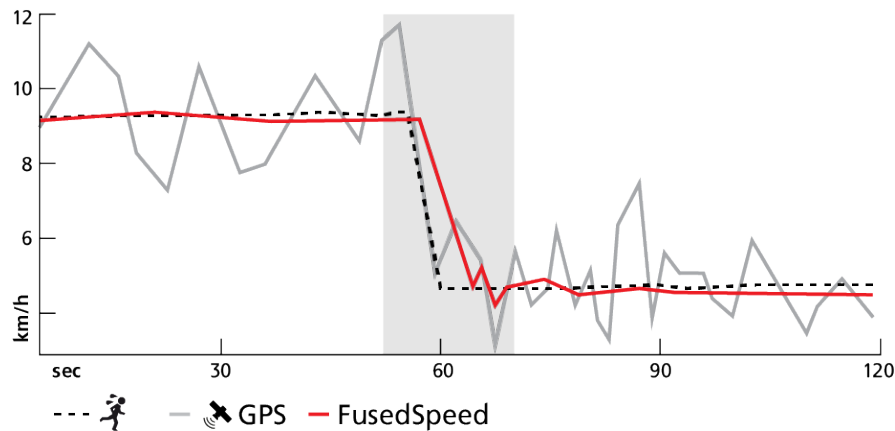
In the exercise summary, you get a breakdown of how much time you have spent in each zone.


4.15. 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 9 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).

4.16. FusedTrack

To save battery when exercising, some of the battery modes in Suunto 9 change the interval of the GPS readings. To avoid getting bad GPS tracking when exercising Suunto 9 uses FusedTrack. FusedTrack uses motion sensors to log your movement between the different GPS readings, which will provide better tracking of your exercise.

FusedTrack is activated automatically during running and trail running when **Ultra** or **Endurance** battery mode is chosen and it improves the tracking and distance accuracy between the GPS readings. **Endurance** mode uses a GPS reading interval of 1 minute and **Ultra** mode a GPS reading interval of 2 minutes.

5. SuuntoPlus™ Guides

SuuntoPlus™ Guides brings real-time guidances on your Suunto watch from your favorite sports and outdoor services. Whether you want to follow a training plan, use structured intervals or race with race guides and nutrition plans, SuuntoPlus™ Guides are here to help.

Suunto offers a selection of guides that will be available for all users automatically. You can activate additional guides by connecting Suunto app with SuuntoPlus™ Guides partner services.

For more information regarding all available guides and how to sync 3rd party guides to your device, visit www.suunto.com/suuntoplus/#HowToGuides.



NOTE: *The SuuntoPlus™ Guides made by Suunto will be permanently deleted if you removed them from your watch.*

To select SuuntoPlus™ Guides in your watch:

1. Before you starting an exercise recording, press the lower button and select **Options**.
2. Scroll to **SuuntoPlus™ Guides** and press the middle button.
3. Scroll to the guide you want to use and press the middle button.
4. Scroll up to the start view and start your exercise as normal.
5. Press the middle button until you reach the SuuntoPlus™ Guides, which is shown as an own display.



NOTE: *Ensure that your Suunto 9 has the latest software version and that you have synced your watch with Suunto app.*

6. SuuntoPlus™ features

SuuntoPlus™ features equips your Suunto 9 with new tools and new insights to give you inspiration and new ways to enjoy your active lifestyle.

To use SuuntoPlus™ features features:

1. Before you start an exercise recording, swipe up or press the lower button to open the sport mode options.
2. Scroll to and tap **SuuntoPlus™ features** or press the middle button.
3. Scroll to and tap the feature you want or press the middle button.
4. Scroll up to the start view and start your exercise as normal.
5. Swipe left or press the middle button until you reach the SuuntoPlus™ features feature, which is shown as an own display.
6. After you have stopped the exercise recording, you can find the SuuntoPlus™ features feature result in the summary, if there was a relevant result.

You can select which SuuntoPlus™ features features you want to use in the watch in Suunto app. Visit Suunto.com/Suuntoplus to see which features are available for your watch.

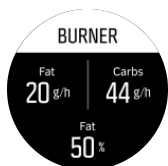
Ensure that your Suunto 9 has the latest software version and that you have synced your watch with Suunto app.

6.1. SuuntoPlus™ - Burner

The Burner feature gives you insight on how fast you are burning grams of fat and carbohydrates while exercising.

To use Burner with Suunto 9:

1. Before you start an exercise recording, swipe up or press the lower button to open the sport mode options.
2. Scroll to and tap **SuuntoPlus™ features** or press the middle button.
3. Scroll to and tap **Burner** or press the middle button.
4. Scroll up to the start view and start your exercise as normal.
5. During exercise, swipe left or press the middle button until you reach the Burner display to view the burn rate of fat and carbohydrates per hour.
6. After you have stopped the exercise recording, you can find the Burner results in the summary.



You can follow the rate of burning fat and carbohydrates in grams/hour while you are exercising as well as how much you have burn in total during the exercise. The burn rate will change when the intensity of the exercise increases or decreases.

The Burner feature also shows how much of the calories you are currently burning are coming from fat.



NOTE: One gram of fat contains 9 kcal of energy where as one gram of carbs contains 4 kcal of energy.

6.2. SuuntoPlus™: Climb - Hill training

The Climb feature gives you insights while hiking to the top of the mountains as well as doing hill repetitions in your local training ground.

To use Climb with Suunto 9:

1. Before you start an exercise recording, swipe up or press the lower button to open the sport mode options.
2. Scroll to and tap **SuuntoPlus™ features** or press the middle button.
3. Scroll to and tap **Climb** or press the middle button.
4. Scroll up to the start view and start your exercise as normal.
5. During exercise, swipe left or press the middle button until you reach the Climb display to view Climb insights.

The Climb insights shows the following:

Climb vertical and climb counter

While you start your upward effort, the first climb is triggered. This will start when your watch notice a 10 m continuous ascent. You will see the ascent you have covered and easy measure the total climb. Once the climb ends, the climb count will show the number of climbs you have covered.

Grade

The grade of the climb is shown with % of the grade. The grade is shown when you go up and down, with the arrow showing the direction of the hill.

NGP

When running, the running speed is shown as the Normalized graded pace (NGP). This gives you the running pace that equals your pace in flat surface.

Total Vertical meters

For other sport modes than running the Climb insight shows the total vertical meters covered in the session.

Vertical speed

The current vertical speed is, whether it is up or down, shown as meters / hour.

6.3. SuuntoPlus™ - Ghost runner

The Ghost runner feature helps you pace yourself during your run by setting a target pace for the ghost runner and showing your distance to the ghost runner along your run.

To use Ghost runner with Suunto 9:

1. Before you start an exercise recording, swipe up or press the lower button to open the sport mode options.
2. Scroll to and tap **SuuntoPlus™ features** or press the middle button.
3. Scroll to and tap **Ghost runner** or press the middle button.
4. Optionally, set a distance or duration target for your run (in the sport mode options).

5. Scroll up to the start view and start your exercise as normal.
6. During exercise, swipe left or press the middle button until you reach the Ghost runner display to view Ghost runner insights.

Target distance or duration:

Optional setting. Adjusts a target distance in km or miles or a target duration for the run. This enables the finish time/distance estimate calculation during the run. Target is set in the sport mode options. The finish estimation is shown on the bottom row on the display during the run.



The Ghost runner insights also shows the following:

Target pace

The top left corner shows the target pace for current run as determined automatically based on first kilometer/half mile or by your latest manual lap average pace. Before locking your target pace in beginning of the run this field will show the average pace that eventually will become your target pace.

Current pace

The top right corner shows your current pace.

Behind/ahead

The value in the middle shows the distance to the virtual Ghost runner that is moving with the determined target pace. A positive value means that you currently are ahead of the virtual Ghost runner.

6.4. SuuntoPlus™: Loop - Lap Timer (Speed, Pace, Power)

Many activities are done while going around and around. Cross country skiing loop, speed skating ring, running in track & field or even just running in a park. To keep you on track, motivated to push forward and see how you do, your Suunto 9 can provide you with a Loop feature.

The Loop feature comes in three different versions:

Loop – Lap Timer (Speed)

Tracks your speed, heart rate and distance during a Loop

Loop – Lap Timer (Pace)

Tracks your pace, heart rate and distance during a Loop

Loop – Lap Timer (Power)

Intended for cycling and tracks your power, heart rate and distance during a Loop



NOTE: For cycling, this feature requires a power meter.

To use the Loop with Suunto 9:

1. Before you start an exercise recording, swipe up or press the lower button to open the sport mode options.
2. Scroll to and tap **SuuntoPlus™ features** or press the middle button.
3. Scroll to and tap **Loop** feature you want to use or press the middle button.
4. Scroll up to the start view and start your exercise as normal.

When you start your exercise your Suunto 9 will record the starting point and if you pass this point later during your exercise, you have done a loop.

You can also start a Loop manually by pressing the lower right button at any stage, then this location will act as the start point of the Loop.

The result of each finished loop will be visible on your watch for 20 seconds before returning to Loop screen.

After you have stopped the exercise recording, you will find the Loop result in the summary and in Suunto app. The number of loops are counted as well as the average loop duration and distance. You will also see the fastest loop you tracked during the session.

6.5. SuuntoPlus™: Safe – My location

There is always a risk that something goes wrong while you are in mountains or deep in the forest and you need to call for help. Suunto 9 can provide you information that you could give to the rescue team. This feature will give you the location info, the direct distance and altitude from you starting place. This information could also be useful while using paper maps for orienteering.

To use Safe with Suunto 9:

1. Before you start an exercise recording, swipe up or press the lower button to open the sport mode options.
2. Scroll to and tap **SuuntoPlus™ features** or press the middle button.
3. Scroll to and tap **Safe** or press the middle button.
4. Scroll up to the start view and start your exercise as normal.
5. During exercise, swipe left or press the middle button until you reach the Safe display to view location information.

The Safe display shows your current location with:

- Latitude / Longitude
- Direct distance from starting point
- Altitude difference from starting point

The Safe display also gives you information regarding your starting point:

- Start time
- Start location with latitude/longitude
- Green arrow for direction to start point and red for north

6.6. SuuntoPlus™: Sprint - Running Pace, Cycling Power

The Sprint feature will automatically identify and track how many sprints you do during your exercise. The feature could either be used when running (pace) or cycling (power)



NOTE: For cycling, this feature requires a power meter.

During the first 10 minutes while running or cycling you will have a warmup period where Suunto 9 are identifying the base effort of your exercise. You can shorten the warmup period by pressing the lower right button.

During the warmup, you see the trigger level being updated. This trigger level is set to 25% faster running pace or 25% higher cycling power.

If you go harder than the level set during your warmup period, Sprint is automatically triggered. When you start to slow down, the Sprint will automatically end that sprint.

After your sprint is done, some key values are shown, such as max power/pace, heartrate, duration and distance, for 20 seconds.



NOTE: When using the Sprint feature during running with GPS data, there will be a 5-10 second delay on sprint identification.

To use the Sprint with Suunto 9:

1. Before you start an exercise recording, swipe up or press the lower button to open the sport mode options.
2. Scroll to and tap **SuuntoPlus™ features** or press the middle button.
3. Scroll to and tap **Sprint** or press the middle button.
4. Scroll up to the start view and start your exercise as normal.

After you have stopped the exercise recording, the sprints are stored as laps and viewed in Suunto app.

6.7. SuuntoPlus™ - Strava

Get specific about how much work goes into your exercise with real-time Relative Effort. Whether your exercise is slow and steady or short and strenuous, Relative Effort gives you a personalized measurement based on your heart rate zones, so you can adapt your effort on the go. Once you are done, sync your activity to Strava or get more of your workout with Strava Summit: deep dive into performance data, see how much progress you have made overall and where you are in your training cycle – whether you are peaking, maintaining or recovering.

To use the Strava Relative Effort with Suunto 9:

1. Before you start an exercise recording, swipe up or press the lower button to open the sport mode options.
2. Scroll to and tap **SuuntoPlus™ features** or press the middle button.
3. Scroll to and tap **Strava** or press the middle button.
4. Scroll up to the start view and start your exercise as normal.
5. During exercise, swipe left or press the middle button until you reach the Strava display to view Relative Effort value in real-time.
6. After you have stopped the exercise recording, you can find the Strava Relative Effort result in the summary.
7. To look at long term analysis related to relative effort, make sure your Suunto 9 is connected to Strava via Suunto App.

In order to get same Relative Effort results in Suunto 9 as in Strava, remember to adjust the heart rate zones in Suunto 9 to match the ones you have in Strava.

6.8. SuuntoPlus™ - TrainingPeaks

TrainingPeaks provides real time view for Training Stress Score® (TSS®) as well as Normalized Power® (NP®) for cycling and Normalized Graded Pace™ (NGP™) for running. These TrainingPeaks features are widely used in endurance training and your Suunto 9 gives you a possibility to follow these metrics while working out.

When your exercise is finished, the TrainingPeaks metrics will be available in the summary. For long term analysis, make sure to have your Suunto 9 connected to TrainingPeaks via Suunto app.

The TrainingPeaks features are divided into three segments.

TrainingPeaks – Cycling power

Normalized Power® (NP®) Cycling

Normalized Power® (NP®) is retrieved from measured watts and takes the variance between a steady and a fluctuating workout into account to calculate the physiological cost – how much stress you can put your body under vs. how much recovery is required. Normalized Power® (NP®) estimates your average power, if you would have ridden in steady effort.

Requires the use of a cycling power meter.

For more information, please visit: <https://www.trainingpeaks.com/blog/what-is-normalized-power/>

Training Stress Score® (TSS®)

Any workout that contains power, pace or heart rate data can be assigned a Training Stress Score® (TSS®) value. Training Stress Score® (TSS®) tells you the overall training load and physiological stress created by a training session, taking into account the duration and intensity of a workout.

Being able to follow the training load in real time lets you adjust the effort and duration of the exercise on the go, helping you reach your goal.

Long term training load data can be analyzed in the TrainingPeaks app.

Intensity Factor® (IF®)

Intensity Factor gives you relative intensity by comparing the Normalized Power® (NP®) to your functional threshold power. Intensity Factor® (IF®) gives you a simple metric on how hard you are working out.

The Intensity Factor® (IF®) for:

- recovery workouts should be under 0.75
- endurance rides 0.75-0.85
- tempo workouts 0.85-0.95
- anaerobic threshold intervals 0.95-1.05.

For short time trials i.e. 10km the Intensity Factor® (IF®) should be 1.05-1.15.

For more information, please visit: <https://www.trainingpeaks.com/blog/normalized-power-intensity-factor-training-stress/>

TrainingPeaks – Running Pace

Normalized Graded Pace™ (NGP™) Running

Pacing yourself while running on hilly terrain can be difficult. The pace gets slower on the uphill even while the effort remains the same. Normalized Graded Pace™ (NGP™) provides you the equivalent speed on a flat surface. During the run you can easily adjust your effort by monitoring Normalized Graded Pace™ (NGP™) in real time on your watch.

For more information, please visit: <https://www.trainingpeaks.com/blog/what-is-normalized-graded-pace/>

Running pace Training Stress Score (TSS r)

Any workout that contains power, pace or heart rate data can be assigned a Training Stress Score® (TSS®) value. Training Stress Score® (TSS®) tells you the overall training load and physiological stress created by a training session, taking into account the duration and intensity of a workout.

Being able to follow the training load in real time lets you adjust the effort and duration of the exercise on the go, helping you reach your goal.

Long term training load data can be analyzed in the TrainingPeaks app. The Training Stress Score® (TSS®) based on running pace is marked as rTSS.

Intensity Factor® (IF®)

Intensity Factor® (IF®) gives you relative intensity in running by comparing Normalized Graded Pace to an-aerobic threshold pace. Intensity Factor gives you a simple metric on how hard you are working out.

The Intensity Factor® (IF®) for:

- recovery workouts should be under 0.75
- endurance runs 0.75-0.85
- tempo workouts 0.85-0.95
- anaerobic threshold intervals 0.95-1.05.

For more information, please visit: <https://www.trainingpeaks.com/blog/normalized-power-intensity-factor-training-stress/>

TrainingPeaks – Heart rate

Heart rate Training Stress Score (TSS hr)

Any workout that contains power, pace or heart rate data can be assigned a Training Stress Score® (TSS®) value. Training Stress Score® (TSS®) tells you the overall training load and physiological stress created by a training session, taking into account the duration and intensity of a workout.

Being able to follow the training load in real time lets you adjust the effort and duration of the exercise on the go, helping you reach your goal.

Long term training load data can be analyzed in the TrainingPeaks app. The Training Stress Score® (TSS®) based on running pace is marked as hrTSS.

For more information, please visit: <https://www.trainingpeaks.com/blog/normalized-power-intensity-factor-training-stress/>

TrainingPeaks – Suunto 9

To use the TrainingPeaks with Suunto 9:

1. Before you start an exercise recording, swipe up or press the lower button to open the sport mode options.
2. Scroll to and tap **SuuntoPlus™ features** or press the middle button.
3. Scroll down to **TrainingPeaks** and select **Running pace**, **Cycling power** or **Heart rate**
4. Scroll up to the start view and start your exercise as normal.
5. During your activity, swipe left or press the middle button until you reach the TrainingPeaks display to view the Training Stress Score® (TSS®) value in real-time and Normalized Power® (NP®) for cycling or Normalized Graded Pace™ (NGP™) for running.
6. After you have stopped the exercise recording, you can find the TrainingPeaks Training Stress Score® (TSS®) and Normalized Power® (NP®) or Normalized Graded Pace™ (NGP™) as part of the summary.

To look at long term analysis related to relative effort, make sure your Suunto 9 is connected to TrainingPeaks via Suunto app.

7. Valid for barometer version only

The following features are only valid if your Suunto 9 has a built-in barometer.

7.1. Outdoor insight

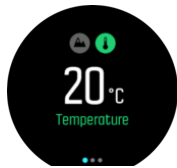
Suunto 9 constantly measures absolute air pressure using the built-in pressure sensor. Based on this measurement and your altitude reference value, it calculates altitude or air pressure.

⚠ CAUTION: Keep the area around the air pressure sensor holes on the left-side of your watch free of dirt and sand. Never insert any objects into the holes as this may damage the sensor.

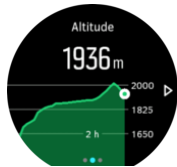
Swipe up or press the lower button to view the current altitude and barometric pressure.



Tap the display to view the current temperature.



Swipe left or press the middle button to switch between altimeter and barometer trend graphs.



Be sure to have your altitude reference value set correctly (see 7.1.1. *Altimeter*). The altitude of your current location can be found from most topographic maps or major on-line map services such as Google Maps.

Changes in local weather conditions affect altitude readings. If local weather changes often, you should reset the altitude reference value regularly, preferably before starting your next journey.

ⓘ TIP: While in the altimeter or barometer graph view, keep the middle button pressed for quick access to the outdoor settings where you can adjust the reference value.

Automatic alti-baro profile

Weather and altitude changes both cause a change in air pressure. To handle this, Suunto 9 automatically switches between interpreting changes in air pressure as altitude or weather changes based on your movement.

If your watch senses vertical movement, it switches to measuring altitude. When you are viewing the altitude graph, it is updated with a maximum delay of 10 seconds.

If you are at a constant altitude (less than 5 meters of vertical movement within 12 minutes), your watch interprets air pressure changes as weather changes and adjusts the barometer graph accordingly.

7.1.1. Altimeter

Suunto 9 uses barometric pressure to measure altitude. To get accurate readings, you need to define an altitude reference point. This can be your current elevation if you know the exact value. Alternatively, you can use FusedAlti (see 7.4. *FusedAlti*) to set your reference point automatically.

Set your reference point from the settings under **Outdoor**.

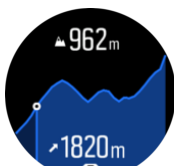


7.2. Altitude navigation

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.

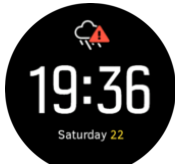
7.3. Storm alarm

A significant drop in barometric pressure typically means a storm is coming and you should take cover. When the storm alarm is active, Suunto 9 sounds an alarm and displays a storm symbol when the pressure drops 4 hPa (0.12 inHg) or more during a 3-hour period.

To activate the storm alarm:


1. Press the middle button to open the shortcut menu.
2. Scroll down to **ALARMS** and enter by pressing the middle button.
3. Scroll to **STORM ALARM** and toggle on/off by pressing the middle button.

When a storm alarm sounds, pressing any button ends the alarm. If no button is pressed, the alarm notification lasts for one minute. The storm symbol remains on the display until the weather conditions stabilize (pressure drop slows down).



7.4. FusedAlti

FusedAlti™ provides an altitude reading that is a combination of GPS and barometric altitude. It minimizes the effect of temporary and offset errors in the final altitude reading.

 **NOTE:** By default, altitude is measured with FusedAlti during exercises that use GPS and during navigation. When GPS is switched off, altitude is measured with the barometric sensor.

8. SuuntoPlus™ (Baro)

SuuntoPlus™ features equips your Suunto 9 with new tools and new insights to give you inspiration and new ways to enjoy your active lifestyle.

To use SuuntoPlus™ features features:

1. Before you start an exercise recording, swipe up or press the lower button to open the sport mode options.
2. Scroll to and tap **SuuntoPlus™ features** or press the middle button.
3. Scroll to and tap the feature you want or press the middle button.
4. Scroll up to the start view and start your exercise as normal.
5. Swipe left or press the middle button until you reach the SuuntoPlus™ features feature, which is shown as an own display.
6. After you have stopped the exercise recording, you can find the SuuntoPlus™ features feature result in the summary, if there was a relevant result.

You can select which SuuntoPlus™ features features you want to use in the watch in Suunto app. Visit Suunto.com/Suuntoplus to see which features are available for your watch.

Ensure that your Suunto 9 has the latest software version and that you have synced your watch with Suunto app.

8.1. SuuntoPlus™ - Variometer

This feature is mainly designed for paragliding use but can also be used with other sport modes. Variometer shows valid information that can be very useful when paragliding.



NOTE: This feature is only intended to be used as an in-flight aid and should not be used as a primary information source.

To use Variometer with Suunto 9:

1. Before you start recording an exercise, swipe up or press the lower button to open the sport mode options.
2. Scroll to and tap **SuuntoPlus™ features** or press the middle button.
3. Scroll to and tap **Variometer** or press the middle button.
4. Scroll up to the start view and start your exercise as normal.
5. During the exercise, swipe left or press the middle button until you reach the Variometer display.



The upper part of the Variometer display shows your current horizontal speed and current altitude, calculated from sea level.

The variometer scale in the middle of the display shows your vertical speed in real-time, up to ± 3 m/s. When the bar is on the positive side of the scale, your paraglider is ascending. If the bar is on the negative side, the paraglider is descending. Variometer will also alarm you of

changes in your vertical speed with sound and vibration. The frequency of these alarms will depend on how fast you are ascending/descending, similar to a variometer.

The value at the bottom of the display indicates the total ascend during the last thermal.

The red arrow on the outer edge of the display is always pointing north.

8.2. SuuntoPlus™: Weather - Insights

When hiking or trekking, it is always good to keep track on surrounding environment and weather status.

Weather insights provides the weather conditions in the context of your current hike. There is combination of functionalities that are beneficial to keep you alert on the changing conditions. You can get storm alarms, measure the water temperature, notice if your hike is going past the sunset and you can follow the barometric trend continuously.

To use Weather with Suunto 9:

1. Before you start an exercise recording, swipe up or press the lower button to open the sport mode options.
2. Scroll to and tap **SuuntoPlus™ features** or press the middle button.
3. Scroll to and tap **Weather** or press the middle button.
4. Scroll up to the start view and start your exercise as normal.
5. During exercise, swipe left or press the middle button until you reach the Weather display to view Weather insights.

The Weather insights shows the following:

Sunrise / Sunset

The upcoming sunrise or sunset, depending on which is next.

Temperature

If you place the watch into the water (below 10 cm/ 4 inches) you can measure the water temperature. After you take the watch out of the water the temperature is shown for next 30 seconds. This is indicated with a separate temperature icon.



NOTE: *Measuring the water temperature will affect the ascent/descent values as these are pressure based.*

Estimated time of arrival (ETA)

If the estimated time of arrival goes past the sunset, it will be shown in red.

Barometric trend and storm alarm

The barometric trend is shown on the bottom of the screen, with current barometric value. The Suunto storm alarm will be given automatically and shown in this view. A storm symbol is shown if the pressure drops 4 hPa (0.12 inHg) or more during a 3-hour period.

Oxygen level

If you are above 2000 m (6 561 ft) you will get a reading on the oxygen % compared to sea level.

9. Care and support

9.1. 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.

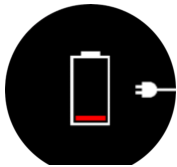
Use only original Suunto accessories - damage caused by non-original accessories is not covered by warranty.

9.2. 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.*

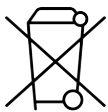
When the battery charge level is less than 20% and later 5%, your watch displays a low battery icon. If the charge level gets very low, your watch goes into a low power mode and display a charge icon.



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

9.3. Disposal

Please dispose of the device in accordance with local regulations for electronic waste. Do not throw it in the garbage. If you wish, you may return the device to your nearest Suunto dealer.



10. Reference

10.1. Compliance

For compliance related information and detailed technical specifications, see “Product Safety and Regulatory Information” delivered together with your Suunto 9 or available at www.suunto.com/userguides.

10.2. CE

Hereby, Suunto Oy, declares that the radio equipment type OW183 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.





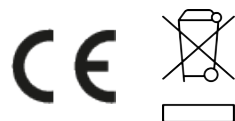
SUUNTO CUSTOMER SUPPORT

www.suunto.com/support

www.suunto.com/register

Manufacturer:

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