

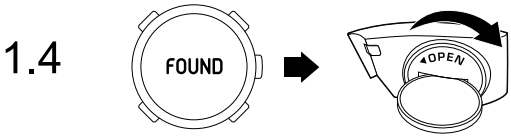
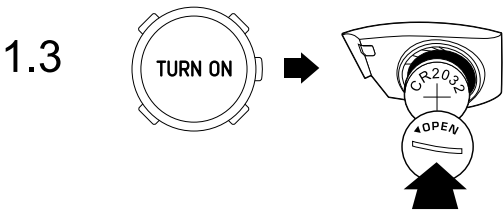
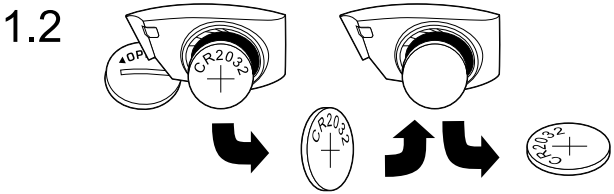
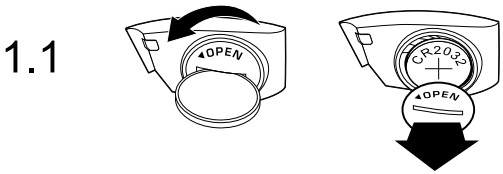
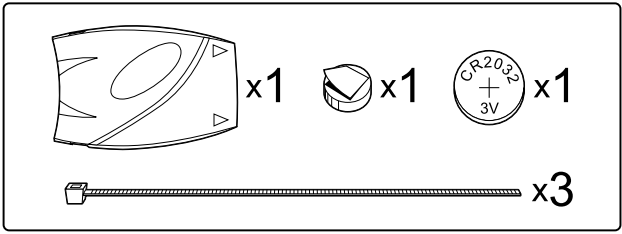
SUUNTO

CADENCE POD

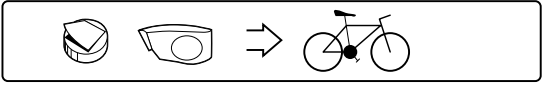
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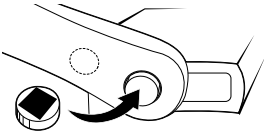
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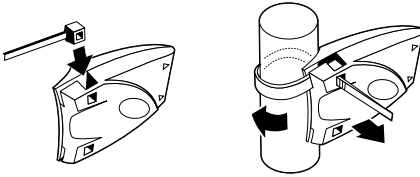
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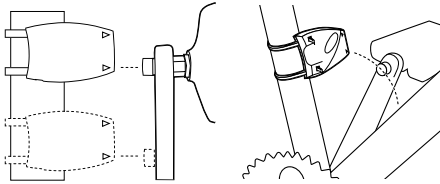
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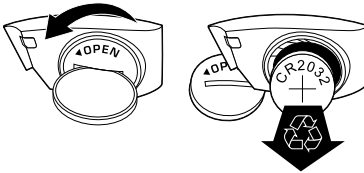
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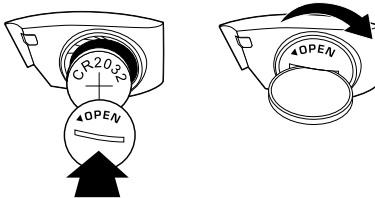
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2 ABOUT SUUNTO CADENCE POD


2.1 INTRODUCTION

Suunto Cadence POD is an accessory for Suunto t3c, t4c or t6c. This light-weight, wireless device measures pedalling cadence, allowing you to follow and optimize your cycling speed with your pedalling rate. It can be used together with Suunto Bike PODs.

2.2 INSTRUCTIONS

See preceding illustrations.

1. Pair your device.
Insert the battery backwards into the POD to reset it. Before re-installing the battery, enter the **PAIR A POD** setting in your Suunto heart rate monitor and select the POD type.
2. Install crank magnet and cadence sensor.
3. Install or replace battery.
Avoid using excessive force. Perform in a dry place.

 **NOTE:** If pairing fails, make sure there are no active ANT transmitters nearby, such as heart rate transmitter belts, then remove the POD battery and repeat steps 1.2-1.3.

2.3 MAINTENANCE

- Avoid subjecting components to high-pressure water jets.
- Avoid using solvents and oil-based products. When washing, use lukewarm water, with soap if necessary. Wipe clean with a dry cloth.
- Do not leave sensor exposed to sunlight when not in use.
- Disassembling any component voids the guarantee.
- Cycling can be physically demanding and presents certain risks. Use your road sense and keep an eye out for traffic. Remember to wear a helmet.
- Product characteristics, shape and general presentation are subject to modification without prior warning.

2.4 TECHNICAL SPECIFICATIONS

2.4.1 Technical data

- Transmission 2.465 GHz ANT compatible
- Transmission range up to 10 m / 30 ft
- Operating temperature -20°C to +60°C / -5°F to +140°F
- User replaceable battery 3V CR2032
- Battery life up to 300 h (at 20°C / 68°F)

2.4.2 Trademark

Suunto and its product names, trade names, trademarks and service marks whether registered or unregistered are protected by Suunto or respective third party owners. All rights reserved.

2.4.3 Copyright

Copyright © Suunto Oy 2007. All rights reserved. This document and its contents are proprietary to Suunto Oy and are intended solely for the use of its clients to obtain knowledge and information regarding the operation of Suunto products. Its contents shall not be used or distributed for any

other purpose and/or otherwise communicated, disclosed or reproduced without the prior written consent of Suunto Oy.

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2.4.4 CE

The CE mark is used to mark conformity with the European Union EMC directives 89/336/EEC and 99/5/EEC.

2.4.5 ICES

This Class [B] digital apparatus complies with Canadian ICES-003.

2.4.6 FCC Compliance

This device complies with Part 15 of the FCC limits for class B digital devices. This equipment generates, uses, and can radiate radio frequency energy and, if not installed or used in accordance with the instructions, may cause harmful interference to radio communications. There is no guarantee that interference will not occur in a particular instance. If this equipment does cause harmful interference to other equipment, try to correct the problem by relocating the equipment.

Consult an authorized Suunto dealer or other qualified service technician if you cannot correct the problem.

Operation is subject to the following conditions:

- This device cannot cause harmful interference.
- This device must accept any interference received, including interference that may cause undesired operation.

Repairs should be made by authorized Suunto service personnel.

Unauthorized repairs will void warranty.

Tested to comply with FCC standards. For home or office use.

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

2.5 DISCLAIMER

This instrument is intended for recreational use only. Suunto Training devices must not be substituted for obtaining measurements that require professional or industrial precision.

2.6 DISPOSAL OF DEVICE



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



SUUNTO

www.suunto.com

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