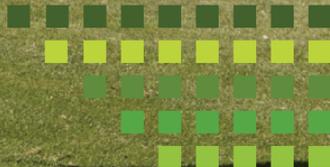


SUUNTO G6



CONSISTENCY

It's the mark of a pro. And it's the product of good swing mechanics. What happens during the 1.2 seconds from takeaway to contact means everything.

The **Suunto G6** improves swing consistency by monitoring Tempo, Rhythm, backswing Length and club head Speed with each stroke—providing instant feedback that allows you to quickly feel and repeat the perfect swing.

HOW THE SUUNTO G6 WORKS

The **Suunto G6** contains three tiny sensors. (Engineers call them “accelerometers.”) With each swing—from the moment of takeaway to contact—the three sensors work in concert to record 200-plus measurements. Employing proprietary Suunto algorithms, the Suunto G6 then transposes these measurements into four distinct swing components: **Tempo**, **Rhythm**, backswing **Length** and club head **Speed**.



THE MEANING OF TEMPO, RHYTHM, LENGTH AND SPEED

TEMPO:

The total time from takeaway to contact—both backswing and downswing.

RHYTHM:

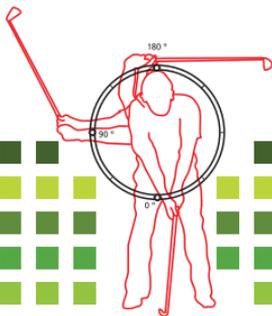
The percentage of tempo that's spent on downswing.

LENGTH:

Measured in degrees, the distance your wrist travels during backswing.

SPEED:

The speed of your club head at the moment of impact.



IMPROVING YOUR SWING AND ACHIEVING CONSISTENCY

Whether you're hitting well or well below your goals, the Suunto G6 can tell you why. While you might attribute an off-day to lack of sleep or too much caffeine, the real reason might be over-swinging. Or it might be over-swinging with a sluggish tempo. The Suunto G6 helps you realize your potential by identifying the problems that hold you back. Likewise, if you're having a stellar day, the Suunto G6 can tell you precisely why you're in the zone.

The following scenarios show how a player or golf professional can use the Suunto G6 to diagnose problems and improve performance.



THE SHORT HITTER

Swing data from Suunto G6 PRACTICE mode

T: 1.8 s
R: 20%
L: 180'
S: 70 mph

Observation:

This golfer suffers from sluggish Tempo and low club head Speed.

Solution:

The fix is simple—faster club head speed. He can achieve this by accelerating his Tempo to 1.3 seconds or less and increasing his Rhythm to 25 percent. By practicing with the Suunto G6, he'll internalize his new Tempo and Rhythm and consistently hit longer shots.

THE INCONSISTENT SWINGER

Swing deviation percentages from TEST mode

T: 16.9 %
R: 17.5 %
L: 27.7 %
S: 9.2 %

Observation:

This golfer suffers from the number-one problem among avid players—inconsistency.

Solution:

With a Suunto G6, he'll have the tools to gauge and improve his consistency with each club in his bag. Progressing from wedge to driver, the Suunto G6 will analyze the consistency of each swing component (Tempo, Rhythm, Length and Speed), pinpointing areas in need of improvement.

Starting with a wedge, the first component he should work on is the Length of his backswing. Checking the Suunto G6 after each swing, he should strive for five swings in a row between 125 and 145 degrees.

Next in line is Tempo. Using the same five-in-a-row standard, he should strive for consistency within one-tenth of a second. For example, if his target Tempo is 1.2 seconds, he should strive for five swings in a row between 1.1 and 1.3 seconds.

After backswing Length and Tempo comes Rhythm: five swings in a row between 23 and 27 percent.

Having developed consistency with a wedge, he'll be ready to accomplish the same with an iron and driver.

THE SLOW OVER-SWINGER

Swing data from PRACTICE mode

T: 1.95 s
R: 18 %
L: 195"
S: 60 mph

Observation:

This golfer's Tempo and Rhythm are too slow. What's more, her backswing is too long.

Solution:

Shorten the backswing to 150 degrees for faster Tempo and Rhythm. This golfer should strive to keep her Tempo below 1.33 seconds, with Rhythm above 24 percent.

Monitoring her swing with the Suunto G6, she should aim for the following ranges:

T: 1.00 to 1.33 s
R: 23 to 27 %
L: 150" or less

Suunto G6 swing data of fictitious tour pro John Powerdriver

Tempo: 1.07 seconds
Rhythm: 25 %
Length: 170"
Speed: 120 mph

Target swing data for a skilled amateur

Tempo: .8 to 1.3 seconds
Rhythm: 24 to 27 %
Length: 120 to 180"
Speed: as fast as possible while maintaining proper balance and ball contact

OVERVIEW OF SUUNTO G6 MODES



PRACTICE MODE

Ideal for the driving range, the PRACTICE mode displays your Tempo, Rhythm, Length and Speed after each stroke. Use the information to train within your target parameters (developed by yourself or a golf professional). If you have a particularly good or bad shot, press SELECT so you can analyze it later. When you're finished training, the Suunto G6 will detail your swing consistency for the session, identifying areas for improvement.

You can also use the PRACTICE mode at the beginning of a game to make sure your swing is consistent with your range work.

TEST MODE

Used at the driving range, the TEST mode monitors your swing consistency and improvement with each club. The TEST mode also provides a quick way to identify areas of your swing that need improvement.

GAME MODE

The Suunto G6 keeps score in four popular game modes: scratch, stroke-play, stableford and match. It also records your game statistics off the tee, in the fairway and on the green.

The GAME mode can also display your Tempo, Rhythm, Length and Speed after each stroke. You can reference this information to make sure your game is consistent with your practice.



**optional Suunto Golf Manager*



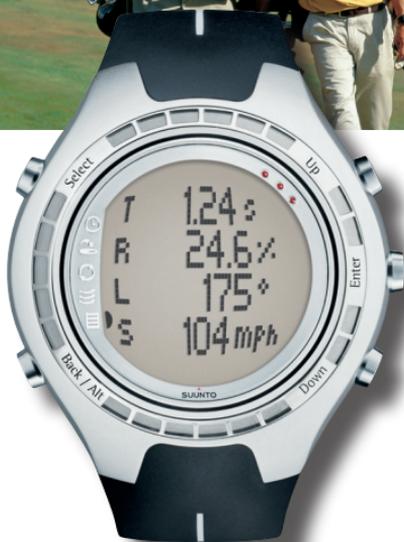
TIME MODE

Dual time
Date
Alarm
Stopwatch

SUUNTO GOLF MANAGER

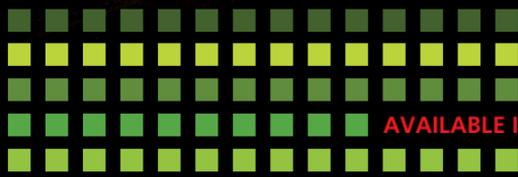
*Sold with the Suunto G6 PRO or
as an upgrade for the Suunto G6.*

*Create and download course
information to your Suunto G6.
*Upload PRACTICE, TEST and GAME
information to your PC for storing,
analyzing and sharing.



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AVAILABLE IN SUUNTO G6 & G6 PRO MODELS

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