

SUUNTO 7

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1. WELCOME



Suunto 7 combines Suunto's sports expertise with the latest smartwatch features from Wear OS by Google™.

Learn how to get the most of your new watch. Let's get started!

Wear OS by Google works with phones running Android 6.0+ (excluding Go edition) or iOS 10.0+. Supported features may vary between platforms and countries.

[Change language](#)

2. GET STARTED

Your Suunto 7

Suunto 7 has a touch screen and four hardware buttons designed to provide you a great sport experience – even when you're wearing gloves or underwater.



1. **Power button**
2. **Suunto Wear app** / Navigate Suunto Wear app and control your exercise
3. Navigate Suunto Wear app and control your exercise
4. Navigate Suunto Wear app and control your exercise

While on the watch face, you can also use the buttons (3–4) on the right as shortcuts to open apps.

 **NOTE:** Some other apps may also support actions with hardware buttons.



1. Charging socket
2. Microphone
3. Optical heart rate sensor
4. Barometric sensor
5. Quick release straps

Set up and pair your Suunto 7

Before you get started, make sure you have:

- About 30 minutes (and maybe a coffee or some tea)
- [A compatible phone](#)
- A Wifi connection
- Bluetooth enabled on your phone
- A Google™ account (recommended)

1. [Charge and power on](#)
2. [Download and pair with Wear OS by Google](#)
3. [Follow the Wear OS tutorial on watch](#)
4. [Start your sports with Suunto](#)
5. [Get Suunto mobile app on your phone](#)

1. Charge and power on



1. Connect your watch to the USB cable in the box to power on your watch. Stay calm, your watch may take a couple minutes to wake up.
2. Tap the screen to begin.
3. Choose your language. Swipe up to browse the list and tap to choose.
4. Accept [Suunto's End User License Agreement](#).
5. Follow the on-screen instructions to continue the set-up on your phone.

 **NOTE:** If you need to go back to the previous step, swipe right.

[How to charge your watch](#)

2. Download and pair with Wear OS by Google



The **Wear OS by Google companion app** connects your Suunto 7 with your phone so that you can use smart features like notifications, Google Pay™ and more.

Suunto 7 can be paired with both **Android** and **iOS**.



1. On your phone, download the *Wear OS by Google* companion app on Google Play™ or App Store.
2. Enable Bluetooth on your phone and make sure your phone is charged.
3. Open the *Wear OS by Google* app and tap **Start setup**.

4. On your phone, follow the on-screen instructions until you find your Suunto 7. (You'll see the name of your watch on your watch screen. If you don't, swipe up.)



5. On your phone, tap when you see your watch.
6. A code will be shown on your phone and watch.
 - a. If the codes are the same: On your phone, tap **Pair**. This can take a few minutes.
 - b. If the codes don't match: [Restart your watch](#) and try again.
7. Follow the on-screen instructions to continue.
8. **Copy (Connect) your Google account**

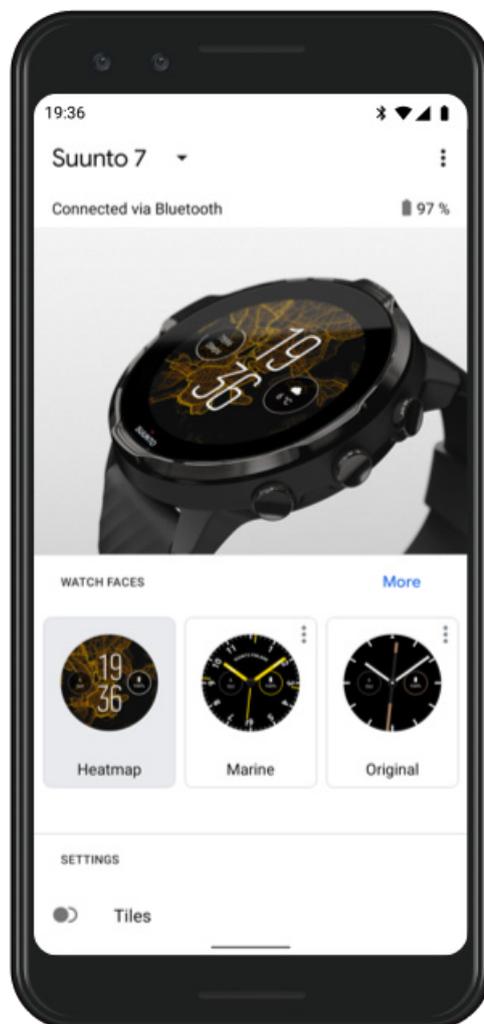
You will be guided to copy your Google account to your watch. We recommend copying your Google account, as it will enable you to use smart features on your watch, and to access Google Play Store from your watch to download apps and to get updates. In addition, you can see your activity data, including daily steps and

heart rate tracking from Google Fit. Daily activity data could also be viewed in Suunto app on your mobile phone.

[Create a Google account](#)

[Learn more about using Google accounts on your watch](#)

9. **Allow location services, notifications, and calendar access** to complete the process. You can adjust these later in the device settings or in the *Wear OS by Google* app on your phone.
10. When you're done, you are ready to get started with your new watch.



For more help with Wear OS by Google, please visit:

[Wear OS by Google Help](#)

3. Follow the Wear OS tutorial on watch

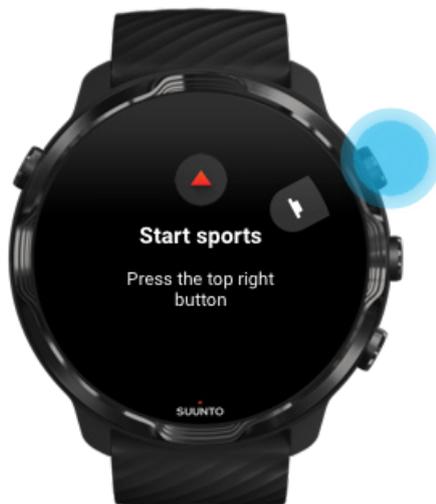


After the initial set-up is done, follow the tutorial on your watch to learn more about Wear OS by Google and how to navigate your Suunto 7.

[Learn how to navigate your watch](#)

 **NOTE:** *If you experience any slowness right after taking your watch into use, don't worry. Your watch is downloading available updates in the background to offer you the latest and greatest software right from the start. Once updates are complete, the slowness is gone.*

4. Start your sports with Suunto



Suunto Wear app is the home for sports on your Suunto 7. It tracks all your daily activities (steps and calories), sports and adventures with accurate real-time data and free offline maps and heatmaps.

To get started, **press the top right button to open Suunto Wear app** on your watch. Follow the on-screen instructions to set up your profile for accurate and personalized activity and exercise tracking. When you're all set, tap to download Suunto app on your phone.

[Get started with Suunto Wear app](#)

5. Get Suunto mobile app on your phone



Suunto mobile app on your phone is an essential part of the sports experience with your new watch. With Suunto app, you sync and save your exercises from your watch to your sports diary, get detailed insights on your training, sleep and daily activities, share your best moments with friends, connect to your favorite sport services like Strava or Relive, and many more.

Download Suunto mobile app on your phone. Once you've installed it, open the app and connect your watch with the app. Follow the on-screen instructions to get started.



[Get started with Suunto mobile app](#)

Change language

Your watch's language is the same language as on your phone. To change the language on your watch, change the language on your phone.

Suunto Wear app supports the following languages:

- Chinese (Simplified)
- Chinese (Traditional)
- Czech
- Danish
- Dutch
- English
- Finnish
- French
- German
- Hindi
- Indonesian
- Italian
- Japanese
- Korean
- Norwegian
- Polish
- Portuguese
- Russian
- Spanish
- Swedish

- Thai
- Turkish
- Vietnamese



NOTE: *If your phone's language is not supported in Suunto Wear app, the app will default to English.*

Charge your watch

Charging Suunto 7 is easy and fast. Connect the supplied USB cable with a USB port on your computer or a USB power adapter and power outlet. Place the magnetic end of the USB cable into the charging socket on the back of your watch.

When your watch is charging, you will see this symbol  on your watch face.



NOTE: *If the battery is completely discharged, charging must be done by a USB power adapter and power outlet.*

Good to know

Your watch – and the charging socket – can get dirty as you use it, especially when you exercise. To make sure your watch can charge properly, wash the watch body once in a while to remove sweat or any body lotion you might have on your skin. Use lukewarm water and mild hand soap to wash the watch body, rinse well with water and pat the device dry with a towel.

[Charging time](#)

[Check your battery](#)

[Get automatic updates and download offline maps during charging](#)

Charging time

It takes about 100 minutes to charge Suunto 7 from 0 to 100% using the included charging cable.

Check your battery



While on the watch face, swipe down from the top of the screen to see how much battery you have remaining.

[Maximize your watch's battery life](#)

Get automatic updates and download offline maps during charging



If you're connected to Wifi while charging, you can keep your watch and apps up to date and get local Suunto maps downloaded automatically to your watch. With offline maps, you can leave your phone behind, go out and use Suunto Wear app with maps without needing an Internet connection.

[Manage automatic app updates](#)

[Learn more about offline maps](#)

Learn to navigate your Suunto 7

You can navigate and interact with your Suunto 7 using the touch screen and the hardware buttons.

Basic touch gestures

Swipe

Move your finger up, down, left or right on the screen.

Tap

Touch the screen with one finger.

Tap and hold

Hold your finger against the screen.

Drag

Move your finger across the screen without lifting.

Explore your watch

Get to know your Suunto 7 and find out where different features and functionalities are.



Press the top left button (the Power button) to power on the watch and access all your apps with Wear OS by Google.

- Press the Power button to open your list of **apps**.
- Press the Power button again to go **back to watch face**.
- Press and hold the Power button for 4 seconds to **Power off / Restart** your watch.

Press the top right button to open Suunto Wear app

To go back to watch face, swipe right or press the Power button.

Use the middle and bottom button on the right as shortcuts



To open media controls, press the middle right button.

To use a stopwatch, press the bottom right button.

To go back to watch face, swipe right or press the Power button.

[Customize button shortcuts](#)

Swipe down to get quick access to handy features and shortcuts



- Check battery status
- Check your connectivity
- Make in-store payments with Google Pay*
- Turn screen off
- Turn Do not disturb on/off
- Turn Airplane mode on/off
- Turn Battery Saver on
- Find my phone
- Turn flashlight on/off
- Go to main settings menu

To go back to watch face, swipe up or press the Power button.

* *Google Pay is visible and available on watch in selected countries.*

[Check supported countries and learn more about Google Pay.](#)



NOTE: *Some icons might look different depending on your phone.*

Swipe up to view and manage your notifications



To go back to watch face, swipe down or press the Power button.

[Get notifications on your watch](#)

Swipe left for a quick glance at your Tiles



To go back to watch face, swipe right or press the Power button.

[View and manage your Tiles](#)

Swipe right to exit watch settings or apps



You can also press the Power button to go back to the watch face from any view or app.

Wake up your display

The display on your watch will go to sleep if you haven't interacted with your watch for a few seconds. By default, the display and gestures to interact with your Suunto 7 are set up to use a minimum amount of power in daily use. For the best experience, use default settings for Display and Gestures with Suunto's power optimized watch faces.

Default settings for Gestures on Suunto 7:

- Tilt-to-wake off
- Power saver tilt on
- Touch-to-wake on

Default setting for Display on Suunto 7:

- Always-on screen off

[Check the time](#)

[Wake up display](#)

[Put your display back to sleep](#)

[Wake up display during sports](#)

[Adjust display settings](#)

[Adjust gestures](#)

Check the time

With Power saver tilt, you can turn your wrist to check the time without activating your watch. When you turn your wrist, the display will brighten up so that it is easier to read the time.

 **NOTE:** *Suunto 7 has Power saver tilt on by default. You need to use a power optimized watch face to use Power saver tilt.*

Wake up display

To wake up your display and interact with your watch, you can:

- Tap the screen
- Press the Power button
- *Turn your wrist (off by default)*



 **NOTE:** *For longer battery life Suunto 7 has Tilt-to-wake off by default.*

Put your display back to sleep

To put your display back to sleep, you can:

- Tilt your wrist away from you
- Cover the screen with your hand for a few seconds
- Wait a few seconds. The display dims automatically when you don't interact with it.

Wake up display during sports

While recording an exercise with Suunto Wear app the display and gestures to interact with your watch are optimized for sports and longer battery life.

Your stats during exercise are always visible but to wake up the display, you can:

- Press the Power button
- Touch the screen



To wake up the display during exercise when in the map view, you can:

- Turn your wrist
- Press the Power button
- Touch the screen



 **NOTE:** During water sports, like swimming and kayaking, the touch screen for Suunto Wear app is disabled to avoid wet conditions causing unwanted touch actions.

If you exit Suunto Wear app during any exercise (including swimming), the touch screen will be enabled.

Adjust display settings

All watch faces designed by Suunto are power optimized to show the time in a low-power mode without activating your watch. *Keep in mind that other watch faces might not be optimized the same way.*

1. While on the watch face, swipe down from the top of the screen.
2. Tap **Settings**  » **Display**.
3. Adjust the settings according to your preferences.

 **NOTE:** To save more battery, Suunto 7 has Always-on screen turned off by default.

Adjust gestures

The way you interact with your watch affects how long your battery will last. By default, gestures to interact with your Suunto 7 are set up to use a minimum amount of power to provide you the best possible day-to-day experience with your watch.

1. While on the watch face, swipe down from the top of the screen.
2. Tap **Settings**  » **Gestures**.
3. Adjust the settings according to your preferences.

 **NOTE:** By default, Suunto 7 has Tilt-to-wake off, Power saver tilt on and Touch-to-wake on.

Connect to the Internet

When your watch is connected to the Internet you can do more with it – get the latest weather forecast or get updates and download new apps.

Your watch can connect to the Internet through Wifi or your phone. The connection via Wifi is faster than via your phone but uses more power. If both connections are available, your watch will automatically determine which one to use.

[Check your connectivity](#)

[Connect to the Internet through your phone](#)

[Connect to the Internet through Wifi](#)

[What still works when you are not connected to the Internet](#)

Check your connectivity

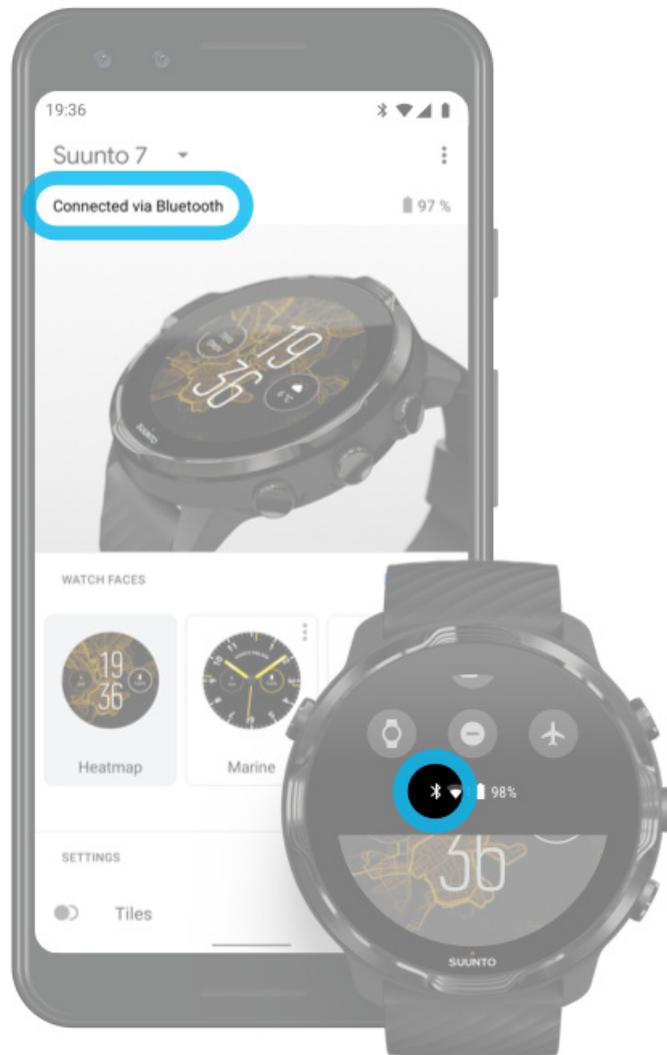
While on the watch face, swipe down on your screen to see if your watch is connected to the Internet.

 your watch is connected to the Internet through Wifi.

 your watch is connected to the Internet through your phone.

 your watch is not connected to the Internet.

Connect to the Internet through your phone



To use the Internet through your phone, your watch needs to be connected to the Wear OS by Google app. Suunto 7 automatically connects to the Internet through the phone that it is connected with, if the phone has Internet connection via:

- a Wifi network
- a mobile network

 **NOTE:** Keep in mind that there can be extra costs for data transfer.

Reconnect your watch with your phone

Your watch should automatically reconnect with your phone when:

- You have your watch and phone close together.
- Bluetooth on your watch and phone is turned on.
- The Wear OS by Google app is open on your phone.

If your watch doesn't automatically reconnect after a short while, try these:

- Tap the screen on your watch or press the Power button to make sure your watch is active.
- Tap the notification on your watch to reconnect. If you can't see it, swipe up and check your notification stream.
- Make sure the Airplane mode is not turned on on your watch or phone.
- Try switching your watch's Bluetooth off and then back on.
- Try switching your phone's Bluetooth off and then back on.
- Make sure your devices & app are up to date.
- If nothing else helps, [restart your watch](#) and your phone.

 **NOTE:** Do not try to fix connectivity by removing your watch from the list of paired Bluetooth devices on your phone's Bluetooth settings. If you remove the Bluetooth connection, you will need to reset your watch.

Connect to the Internet through Wifi



As long as your watch's Wifi is on, your watch can automatically connect to any saved and available Wifi networks.

Your watch can't connect to:

- Wifi networks that take you to a login page before you can connect (for example, Wifi networks at places like hotels or coffee shops)
- 5GHz networks

Turn on Wifi on your watch

1. While on the watch face, swipe down from the top of the screen.
2. Tap **Settings**  » **Connectivity** » **Wifi**.
3. If Wifi is set to off, tap Wifi to switch it to **Automatic**.

Choose a Wifi network

1. While on the watch face, swipe down from the top of the screen.
2. Tap **Settings** .
3. Go to **Connectivity** » **Wifi** » **Add network**.
4. You will see a list of available networks.
5. Tap the network you would like to connect to.
6. If a password is required you can:
 - a. Tap Enter on phone. When prompted, enter the password on your phone, then tap Connect. (Make sure you have the *Wear OS by Google* app open on your phone.)
 - b. Tap Enter on watch and type the network password using the keyboard on your watch.

Forget a network

1. While on the watch face, swipe down from the top of the screen.
2. Tap **Settings** .
3. Go to **Connectivity** » **Wifi** » **Saved networks**.
4. Tap the network you would like to forget.
5. Confirm your selection by tapping .

What still works when you are not connected to the Internet



When your watch is not connected to the Internet you can still use many of the basic features on your watch. You can:

- Record your exercises
- Track your daily activity
- [Use offline maps](#)
- Check your exercise and activity progress with Tiles
- Sync your exercises to Suunto mobile app
- See your step count
- Check your heart rate
- Track your sleep
- Tell time and see the date
- Use a timer
- Use a stopwatch
- Set an alarm (*Note: Alarm works with vibration only*)
- Change your watch face
- Change watch settings
- [Listen to music through your watch](#)

Keep your Suunto 7 up to date

To get the most out of your watch, make sure everything is up to date.

[System updates](#)

[App updates](#)

[Wear OS updates](#)

[Suunto Wear app updates](#)

System updates

System updates are automatically downloaded and installed when your watch is charging and connected to Wifi. However, if a system update does not install on its own, you can manually download and install it.

Check system version

1. While on the watch face, swipe down from the top of the screen.
2. Tap **Settings** .
3. Go to **System** » **About** » **Versions**.
4. See “System version”.

Download system updates manually

1. While on the watch face, swipe down from the top of the screen.
2. Tap **Settings** .
3. Go to **System** » **About** » **System updates**.

If an update is available, your watch will download it. If not, you will get a confirmation that your watch is up to date.

App updates

The apps on your watch are updated automatically while charging, if you:

- stay signed in to your **Google account** on your watch
- stay connected to **Wifi**
- keep **Auto-update apps** setting enabled

If you do not want to use the auto-update function, you can manually update apps.

Manage automatic app updates

1. To open your list of apps, press the Power button.

2. Tap the **Play Store** app .
(If necessary, follow the instructions to connect to Wifi and add a Google account.)
3. Scroll down and tap **Settings** .
4. Toggle **Auto-update apps** on or off.

Download app updates manually

1. To open your list of apps, press the Power button.
2. Tap the **Play Store** app .
(If necessary, follow the instructions to connect to Wifi and add a Google account.)
3. Scroll down and tap **My apps** .
4. If you see “Updates available”, select an app update to download or tap Update all.

If you do not see “Updates available”, all apps are up to date.

Wear OS updates

The Wear OS app on your watch is an app that is on top of the operating system and updated more frequently. Wear OS is updated automatically when your watch is charging, connected to Wifi and Auto-update apps is enabled.

Suunto Wear app updates

Suunto Wear app and services powering it, are updated automatically when your watch is charging, connected to Wifi and Auto-update apps is enabled.

Check your Suunto Wear app version

1. Press the top right button to open **Suunto Wear app** .
2. Scroll down and tap **General options**  » **About**.

Set an alarm

You can use Suunto 7 as a silent alarm that will only vibrate to wake you up without disturbing your partner or roommates.

1. To open your list of apps, press the Power button.
2. Tap the **Alarm** app .
3. Pick the time you want.

4. Confirm your selection by tapping ✓.

 **NOTE:** The Alarm app has no sound available.

Turn your watch on and off



Turn your watch on

Press and hold the **Power button** until your watch vibrates.

Turn your watch off

To turn off your watch, you can use the Power button:

1. Press and hold the Power button until the **Power off/Restart** screen is visible.
2. Tap **Power off** to turn off your watch.

Or go to the settings:

1. While on the watch face, swipe down from the top of the screen.
2. Tap **Settings** ⚙️ » **System** » **Power off**.
3. Confirm your selection by tapping ✓.

Restart your watch

To restart your watch, you can press the Power button.

1. Press and hold the Power button until **Power off/Restart** screen is visible.
2. Tap **Restart**.

Or go to the settings:

1. While on the watch face, swipe down from the top of the screen.
2. Tap **Settings**  » **System** » **Restart**.
3. Confirm your selection by tapping .

Reset your watch to factory settings

If you're having problems with your watch, you may need to reset to its original settings.

When you reset your watch to factory settings the following actions happen automatically:

- Data stored on your watch is **erased**. (including your exercises)
- Installed apps and their data are **erased**.
- System settings and preferences are **erased**.
- Your watch is unpaired from your phone. You'll need to pair your watch with your phone again.

 **NOTE:** Always remember to sync (and save) your exercises to [Suunto mobile app on your phone](#). If you need to reset your watch, all unsynced exercises in the Diary will be lost.

Reset your watch to factory settings

1. While on the watch face, swipe down from the top of the screen.
2. Tap **Settings**  » **System** » **Disconnect and reset**.
3. Confirm your selection by tapping .

Set up and pair after a factory reset

If you are pairing your watch with an iPhone, you need to manually remove your Suunto 7 from the list of paired Bluetooth devices on your phone's Bluetooth settings after a factory reset. Then you can set and pair your watch with the Wear OS by Google app on your phone.

 **NOTE:** To reconnect your watch with Suunto mobile app on your phone, you first need to forget the watch in Suunto mobile app, then reconnect.



3. WEAR OS BY GOOGLE

Your watch is powered with Wear OS by Google to enjoy the latest smart features and to stay connected. Wear OS by Google provides you with the functions below as standard:

- Dictation and voice commands
- Messaging and incoming phone call notification
- Google Fit™, Timer, Agenda, Translate and other standard Wear OS by Google apps
- Downloading and installing new apps and watch faces using Google Play Store on your watch
- Wear OS by Google settings

For more details on Wear OS by Google, please visit:

[Wear OS by Google Help](#)

Google Pay



Google Pay™ is the fast, simple way to pay in stores with your Wear OS by Google watch. Now you can purchase your daily coffee without having to dig for your wallet or phone.

To use Google Pay on your watch, you need to:

- Be in Australia, Belgium, Brazil, Canada, Chile, Croatia, Czech Republic, Denmark, Finland, France, Germany, Hong Kong, Ireland, Italy, New Zealand, Norway, Poland, Russia, Slovakia, Spain, Sweden, Switzerland, Taiwan, Ukraine, United Arab Emirates, United Kingdom, or the US.
- Use a [supported card](#).

 **NOTE:** Using PayPal on Google Pay isn't supported on watches.

How to pay with your watch in stores

Google Pay works in stores where contactless payments are accepted. Just open the Google Pay app, twist your wrist, and hold your watch face near the terminal until you hear a sound or feel vibration. If asked for your card type, choose “credit” – even if you are using a debit card.

Shop securely in stores

When you use your watch to pay in stores, Google Pay doesn't send your actual credit or debit card number with your payment. Instead, an encrypted virtual account number is used to represent your information – so your real card details stay safe.

If your watch is lost or stolen, lock and erase it with [Find My Device](#).

For more help with Google Pay, please visit:

[Wear OS by Google Help](#)

[Google Pay Help](#)

Google Fit



Google Fit™ is an activity tracker that coaches you to a healthier and more active life with activity goals like Heart Points — designed based on recommendations from the World Health Organization and the American Heart Association.

With Google Fit, you can:

- Set goals around personal fitness
- Track your daily activity and progress with Heart Points
- Get detailed insights on your training (when connected to Suunto Wear app)
- See your step count and burned calories at a glance
- Track your daily heart rate and its history
- Relax and achieve mindfulness with breathing exercises
- Get reminders, customized tips and coaching to keep you motivated
- Share your fitness information with the other apps and devices you use to stay healthy

For more help with Google Fit, please visit:

[Google Fit Help](#)

Get started with Google Fit



Your Suunto 7 comes with Google Fit already installed on it. Open the Google Fit app on your watch and sign in with your Google account to get started.

To follow your daily activity progress on your watch:

- Swipe left to check your daily metrics with the Fit Tile.
- Tap the Fit Tile to open the Google Fit app for more details such as daily heart rate.
- Add your activity goals or daily metrics like steps or calories on your watch face to track your progress.

Connect Suunto 7 with Google Fit

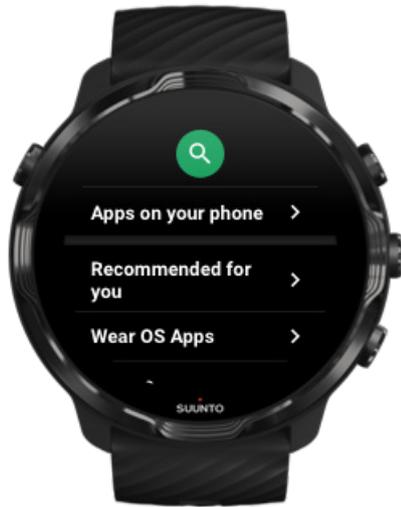
You can also connect Suunto 7 with Google Fit on your watch to see how your exercises, sleep and heart rate recorded with Suunto Wear app impact your daily activity goals.

[Connect Suunto with Google Fit](#)

Get Google Fit on your phone

Go to Google Play Store or App Store to download Google Fit on your phone to track your health and see your monthly, weekly, and daily progress on your activity goals.

Google Play Store



Find and download all your favorite apps and keep them up to date with Google Play™ Store on your watch.

To use Play Store on your watch, you'll need:

- A Google account on your watch
- An Internet connection on your watch via Wifi or your phone

[Get more apps from Google Play Store](#)

[Keep your Suunto 7 up to date](#)

Use and manage apps

Your Suunto 7 comes with a selection of apps to help you balance your daily life and sports.

[Open apps on your watch](#)

[Get more apps from Google Play Store](#)

[Remove apps](#)

[Update apps](#)

Open apps on your watch

1. To open your list of apps, press the **Power button**.



2. Scroll the list to find the app you want to use. Recently used apps are at the top.



3. Tap on an app to open it.

Get more apps from Google Play Store

To download more apps from Google Play Store on your watch, you'll need:

- A Google account on your watch
 - [An Internet connection](#) on your watch via Wifi or your phone
1. To open your list of apps, press the **Power button**.
 2. Tap the **Play Store** app .
(If necessary, follow the instructions to connect to Wifi and add a Google account.)
 3. Tap the search icon .
 4. You can either speak your search by tapping the microphone  or type it using the keyboard .
 5. To download the app to your watch, tap the install icon .

Remove apps

Remove apps through Google Play Store:

1. To open your list of apps, press the Power button.
2. Tap the **Play Store** app .
(If necessary, follow the instructions to connect to Wifi and add a Google account.)
3. Scroll down and tap **My apps** .
4. Tap the app you want to remove and tap **Uninstall** .

Remove apps through settings:

1. While on the watch face, swipe down from the top of the watch face.
2. Tap **Settings**  » **Apps & notifications** » **App info**.
3. Tap the app you want to remove.
4. Tap **Uninstall** .

Update apps

If you have **Auto-update apps** active, your apps will automatically update when your watch is charging and connected to Wifi. If you do not want to use the auto-update function, you can manually update apps.

[Manage automatic app updates](#)

[Download system updates manually](#)

Get notifications on your watch

Your watch can also show any messages, calls or notifications you receive on your phone.

[View new notifications](#)

[Manage your notifications](#)

[Answer or reject a call](#)

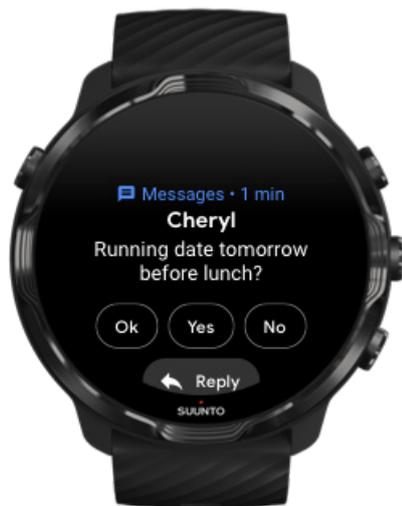
[Reply to a message with Android](#)

[Select which notifications show on your watch](#)

[Silence notifications temporarily](#)

[Trouble receiving notifications?](#)

View new notifications



When you get a new notification, your watch vibrates and displays the notification for a few seconds.

- Tap the notification and scroll down to read the full message.
- Swipe right to dismiss the notification.

Manage your notifications



If you don't react to a notification when it arrives, the message is saved in your notification stream. A small ring at the bottom of the watch face indicates you have a new notification.

- While on the watch face, swipe up to scroll through your notifications.
- Tap to expand a message to read and react to it.
- Swipe left or right to dismiss a notification.
- To clear all notifications, swipe to the bottom of the notification stream and select Clear all.

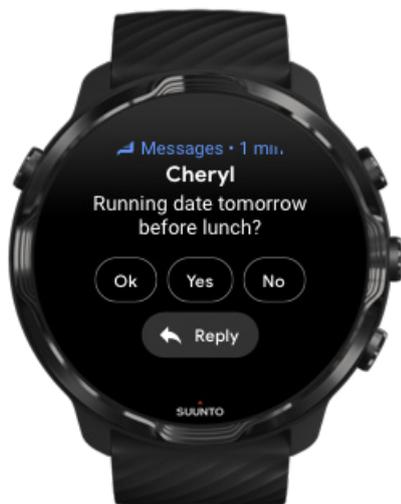
Answer or reject a call



If you get a call on your phone, you will see a notification of an incoming call on your watch. You can react to the call from your watch, but you must use the phone to carry out the call.

- Swipe left or tap the green phone to **answer a call**.
- Swipe right or tap the red phone to **reject a call**.
- To dismiss a call with a text, tap **More » Send message**, then choose a pre-written text.

Reply to a message with Android



If your watch is paired with an Android phone, you can also reply to messages on your watch.

1. Scroll down to the bottom of a message.
2. Tap **Reply** .
3. Options: Tap the microphone to speak your message, select the keyboard or emoji, or scroll down for pre-written message options.
4. You will see a check mark on your watch when your message has been sent.

Select which notifications show on your watch

If you want, you can stop receiving notifications from specific apps.

1. While on the watch face, swipe down from the top of your screen.
2. Go to **Settings**  » **Apps & notifications**.
3. Tap **App notifications**.
4. Select which apps you want to see notifications from.

 **NOTE:** You can also customize your notification settings in the Wear OS by Google app on your phone.

Silence notifications temporarily

1. While on the watch face, swipe down from the top of your screen.
2. Tap **Do not disturb** .

When you have Do not disturb turned on, your watch won't vibrate or display notifications when they arrive, but you can still view them in your notification stream.

Trouble receiving notifications?

- Make sure your watch is connected to the Wear OS by Google app on your phone.
- Check that your phone is connected to the Internet.
- Check if Do not disturb is active on your watch.
- Make sure you haven't turned off notifications for specific apps.
- Make sure that you are getting notifications on your phone.
- Make sure your watch is paired with your phone.

View and manage your Tiles

Tiles are a quick way to access information that is most relevant for you, whether it is checking your training status, the weather or progress on your daily activity goals.

Suunto 7 comes with six pre-selected Tiles – Heart rate, Today, Resources, Sleep, Overview and This week by Suunto.

[View and arrange Tiles](#)

[Add a new Tile](#)

[Check your exercise trends and daily activity with Suunto](#)

View and arrange Tiles

1. While on the watch face, swipe left on your screen to view your Tiles.
2. Touch and hold any Tile and then tap the arrows to reorder.

You can also arrange the Tiles in the Wear OS by Google app on your phone.

Add a new Tile

1. While on the watch face, swipe left on your screen to view your Tiles.
2. Touch and hold any Tile.
3. Swipe left through your Tiles and tap + to add more Tiles.
4. Browse the list and tap a Tile to choose it.

You can also add new Tiles in the Wear OS by Google app on your phone.

Check your exercise trends and daily activity with Suunto

Suunto 7 comes with six Tiles by Suunto – Heart rate, Today, Resources, Sleep, This week and Overview – to help you track your training and keep you motivated.

Swipe left to view your daily activity metrics. Swipe left again for a quick look at how much you have been exercising this week or during the past 4 weeks, which sports you have done and when. Swipe another left for a quick look at how much you have been exercising, have you had enough restorative sleep and are you recovering well enough. Tap to open Suunto Wear app to view your diary.

 **NOTE:** Touch and hold any Tile and then tap the arrows to reorder.



Heart rate

The Heart rate Tile provides a quick way to check your current heart rate and the 24 hour graph visualizes how your heart rate changes throughout the day - when you rest and when you are active. While the graph updates every 10 minutes, your current heart rate is measured every second to give you up to date feedback.



Today

Check your progress on daily activity such as steps and calories.

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.

The ring around the calorie icon advances according to how many active calories you burn during the day compared to your goal. The ring around the steps icon shows how many steps you have made during the day compared to your goal.

You can edit your daily steps and calories goals in the Suunto app on your mobile phone.

 **NOTE:** During exercise, Suunto 7 tracks the total energy consumption of the exercise (BMR + active calories).

 **NOTE:** The step count in Google Fit and Suunto Wear app might differ due to the use of different algorithms.

 **NOTE:** Some of the sport modes have step count disabled which will also have an impact on the daily step count. The Google Fit Tile will show steps for an activity recorded using one of these sport modes, whereas the Suunto Today Tile will not.



Resources

The Resources Tile provides a quick way to check your current resource level or see how sleep, daily activity and stress affect your body resources from the 24 hour graph. While the graph updates every 30 minutes, your current resource level is updated more frequently.



Sleep

Steady sleep schedule is often connected to improved sleep quality and recovery. The Sleep Tile helps you monitor how consistent your sleep times are. The graph displays your sleep durations, sleep start and wake-up times from past weeks.

The highlighted area on the sleep graph represents the past running 7-days of your tracked sleep. This helps you to track that you are getting enough sleep in the long term.

The duration of your previous sleep and how much body resources you gained during previous sleep are also shown in this Tile.



This week

Maintain a good training rhythm on a weekly level and stay motivated.



Overview (past 4 weeks)

Keep your training and recovery in balance and plan ahead or make adjustments as needed.

 **NOTE:** Tiles by Suunto will only show exercises recorded with Suunto Wear app on your watch.

4. CUSTOMIZE YOUR WATCH

There are many ways to customize your Suunto 7 to make it your own. Change the look of your watch with interchangeable straps and watch faces. Or download apps, add relevant data to your watch face and get button shortcuts to your favorite apps.

Customize watch faces

Suunto 7 comes with a set of pre-installed watch faces to choose from. You can also download many others from Google Play Store.

All watch faces designed by Suunto are optimized to use a minimum amount of power to provide you with the best possible day-to-day experience with your watch.

[Suunto watch faces](#)

[Change your watch face](#)

[Add functions \(or 'complications'\) to your watch face](#)

[Add a new watch face](#)

[Hide a watch face](#)

[Delete a watch face you found in the Play Store](#)

Suunto watch faces

Suunto 7 comes with four watch faces by Suunto – Heatmap, Original, Marine and Rose – to celebrate the history of Suunto and the community of passionate athletes and adventurers around the world.

Heatmap



To inspire and encourage you to explore the outdoors around you, the Heatmap watch face shows where other passionate Suunto athletes have been exercising in your area.

By default, the heatmap will show popular running routes in your area. If running is not your thing, you can go to the watch face settings and choose another sport for your heatmap. Suunto 7 has 15 different heatmaps to choose from.

The heatmap on your watch face is automatically updated based on your location. If you do not see a heatmap or the map does not update based on your location, check these:

- On your phone, allow location sharing for Wear OS by Google.
- On your watch, allow location sharing in Connectivity settings settings and in Suunto watch faces application permission settings.
- Make sure your watch is connected to the Internet.
- You have moved more than 2 kilometers (1.25 miles) from your previous location.
- Try a different heatmap – maybe there is no heat for the sport you chose yet.

Original



In 1936, Tuomas Vohlonen founded Suunto to mass produce stable and accurate compasses after he had long been bothered by the inaccuracy and lack of steady needle operation of traditional dry compasses. Ever since, the Suunto compasses and connected Suunto method have provided essential tools for navigation for outdoor enthusiasts, athletes and professionals. The Original watch face design is inspired by the very first Suunto marching compass, M-311.

Marine



Between 1953 and 2011 Suunto was in the marine compass market. The Marine watch face is inspired by the popular Suunto K-14 marine compass, which became a standard in a large number of sail and power boats around the world due to the stable and easy to read compass card and the smart mounting into the vessel.

Rose



The Rose watch face is inspired by the Suunto pocket TK-3 compass which was inspired by old marine compasses with compass roses. TK-3 compass was a tribute to the endeavors of explorers filling out the whites of the world atlas using a compass, the stars and ropes as their main means of position finding.

Change your watch face

You can change your watch face at any time to match your goals, needs and style.



1. While on the watch face, touch and hold the middle of the screen to see a list of watch faces.
2. Swipe left or right to browse watch faces.
3. Tap to select a watch face you want to use.

 **NOTE:** You can also go to **Settings** » **Display** » **Change watch face** or change your watch face in the Wear OS by Google app on your phone.

Add functions (or 'complications') to your watch face

With most watch faces, you can add additional functions to your watch face, such as shortcuts to apps, weather information or daily steps. Different watch faces may have a different set of complications available.

1. While on the watch face, touch and hold the middle of the screen to see a list of watch faces.
2. Tap Settings at the bottom of a watch face.



3. Tap the 'complication' on the watch face design that you would like to change.



4. Browse the list and tap to choose which complication you want to see on your watch face. (To add a shortcut, tap **General** » **App shortcut**.)

Add a new watch face

All watch faces designed by Suunto are optimized to use a minimum amount of power to provide you with the best possible day-to-day experience. When you add a new watch face from Google Play Store, *keep in mind that other watch faces might not be optimized the same way.*

1. While on the watch face, touch and hold the middle of the screen to see a list of watch faces.
2. Swipe left and tap the option to add more watch faces.
3. Scroll down and tap **Get more watch faces**. (If necessary, follow guidance to connect to Wifi and add a Google account.)

Hide a watch face

1. While on the watch face, touch and hold the middle of the screen to see a list of watch faces.
2. Swipe up on the watch face that you want to hide.

 **NOTE:** When a watch face is hidden, you will see it in the Wear OS by Google app on your phone, but not on your watch.

Delete a watch face you found in the Play Store

1. To open your list of apps, press the **Power button**.
2. Tap the **Play Store** app .
(If necessary, follow the instructions to connect to Wifi and add a Google account.)
3. Scroll down and tap **My apps** .
4. Scroll down to the watch face you want to remove and choose **Uninstall**.

 **NOTE:** You can also manage your watch faces in the Wear OS by Google app on your phone. Under the image of your watch, next to watch faces, tap **More**.

Customize button shortcuts

You can use some of the hardware buttons on Suunto 7 as shortcuts to open your favorite apps faster.

Use hardware buttons as shortcuts to apps

1. While on the watch face, swipe down from the top of the screen.
2. Tap **Settings**  » **Personalization** » **Customize hardware buttons**.
3. Tap the button you want to customize and select an app that you want the button to open.

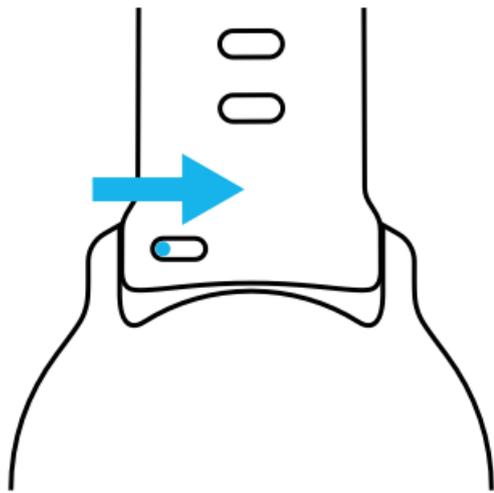
Change watch straps

Suunto 7 has a quick-release strap made of durable silicone. This quick release strap is comfortable to wear and easy to change without any additional tools.

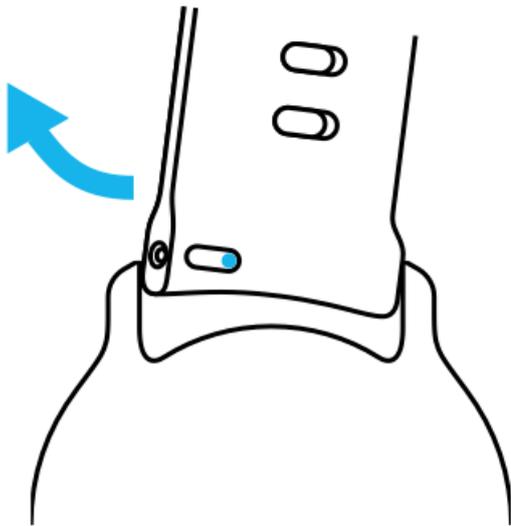
 **NOTE:** All 24 mm quick release straps sold at suunto.com are compatible with Suunto 7.

Detach the strap from the watch body

1. Turn the watch upside down.
2. Pull the small pin in the spring bar towards the middle of the strap to release the spring from its socket.

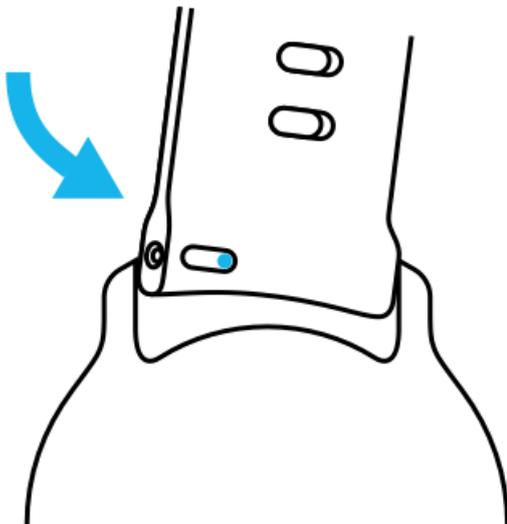


3. Remove the strap.



Attach a new strap

1. Insert the pin to the opposite end of the spring mechanism into its socket in the watch body.
2. Pull the pin towards the middle of the strap to retract the free end of the spring bar.
3. Slip the strap into place and release the pin.



Ensure the strap is in place by checking that the pin goes all the way into the pin hole and by pulling the strap gently.

5. SPORTS BY SUUNTO

Suunto Wear app on your watch



Suunto 7 comes with Suunto Wear app – your sports and adventure companion on your watch. Suunto Wear app has over 70 sport modes to track all your sports and free Suunto maps and heatmaps for exploring the outdoors – even when you're offline.

With Suunto Wear app on your watch, you can:

- Record all your exercises – running, swimming, cycling, hiking, yoga – you choose
- Follow your exercises with stats tailored to your sport
- Get accurate and convenient sports measurements with GPS, barometer and wrist heart rate
- Track your training, daily activity, sleep and body resources to help you maintain a good balance between being active and recovering enough
- Enjoy easy access to maps during your exercise and see your track on the map
- Navigate with routes and explore new places with heatmaps
- Download Suunto offline maps to your watch and use maps without an Internet connection
- Have easy access to your exercise diary with your watch
- Control your exercise with buttons when you're wearing gloves or underwater

Get started



Suunto Wear app is designed for sports and outdoor use. You can use the buttons instead of the touch screen when needed. If you're wearing gloves or underwater, you can use the three buttons on the right to navigate Suunto Wear app, track your exercise and zoom in on the map.

1. Press the top right button to open **Suunto Wear app** .
2. The first time you open the app, follow the on-screen instructions to set up your personal profile to get accurate and personalized measurements during exercise. Use touch or buttons.

Scroll up and down: use the top right and bottom right buttons or swipe up and down

Select: press the middle button or tap

Go back: swipe right

3. Use Suunto Wear app to:

[Record your exercise](#)

[View a map](#)

[Adjust options](#)

[View your diary](#)



 **NOTE:** To edit your profile information later, open Suunto Wear app, swipe up and go to General options.

Suunto mobile app on your phone



For the full Suunto 7 sports experience, you need Suunto mobile app – on your phone.

With Suunto app on your phone you can:

- Sync and save your exercises from your watch
- Get detailed insights on your training
- Follow your daily activity trends and history
- Follow your exercise trends and history
- View your outdoor exercise tracks on the map
- Explore heatmaps to see where others have been exercising
- Create your own routes or use other popular routes and sync them to your watch
- Share your best moments with friends
- Connect to other sport services like Strava and Relive

[Get started](#)

[Connect to your favorite sport services](#)

[Using multiple watches with Suunto mobile app](#)

Get started

Suunto mobile app works with mobile devices running Android 6.0 & Bluetooth 4.0 or later and iOS 11.0 or later. Supported features may vary across watches, phones and countries.

New to Suunto

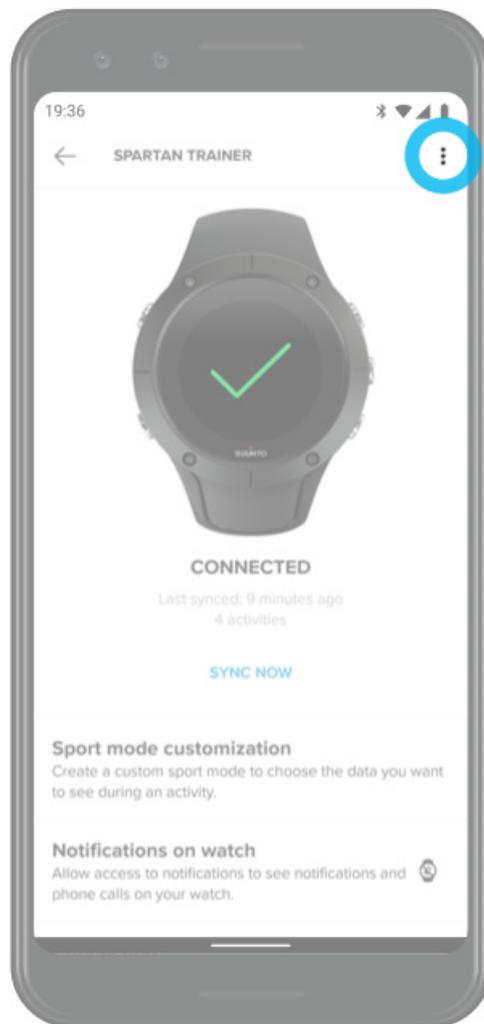
1. If you haven't yet, pair your watch with the Wear OS by Google app on your phone.
[Learn more](#)
2. Download and install Suunto app from Google Play Store or App store.
3. Make sure you have Bluetooth enabled *on your watch and on your phone*.
4. Open Suunto app on your phone.
5. Sign up with your preferred method.
6. Follow the on-screen instructions.
7. After signing up, you will be directed to the watch view.
8. Once you see your watch, tap "Connect".
9. After your watch is connected, follow the quick introduction to learn the basics about your new watch.

Already a Suunto app user

1. If you haven't yet, pair your watch with the Wear OS by Google app on your phone.

[Learn more](#)

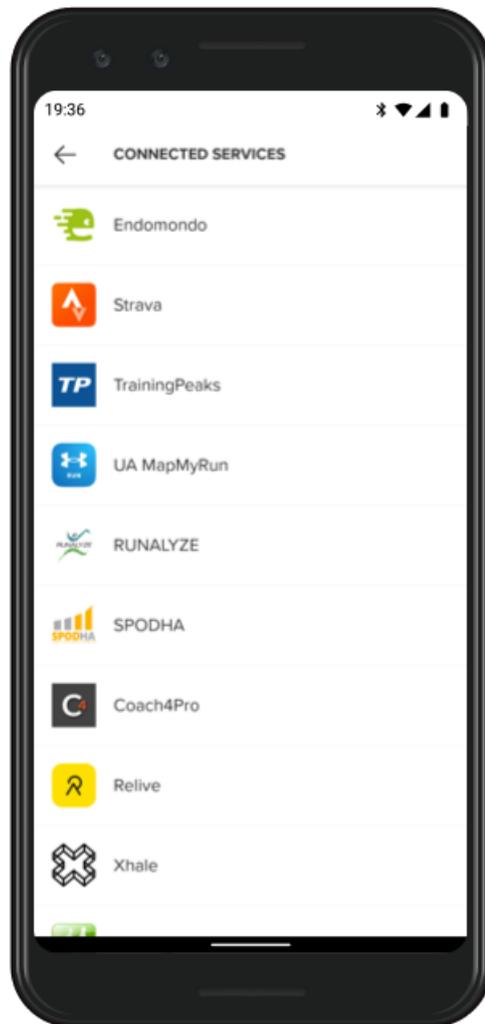
2. Make sure you have Bluetooth enabled *on your watch and on your phone*.
3. Open Suunto app on your phone.
4. If you are not automatically directed to the watch view, tap the watch icon on the top left corner.
5.
 - a. Once you see your new watch on the screen, tap **“Connect”**.
 - b. If you have another Suunto device already connected to Suunto app, unpair your old device first, then continue to connect Suunto 7 with the app.



6. After your watch is connected, follow the quick introduction to learn the basics about your new watch.

Connect to your favorite sport services

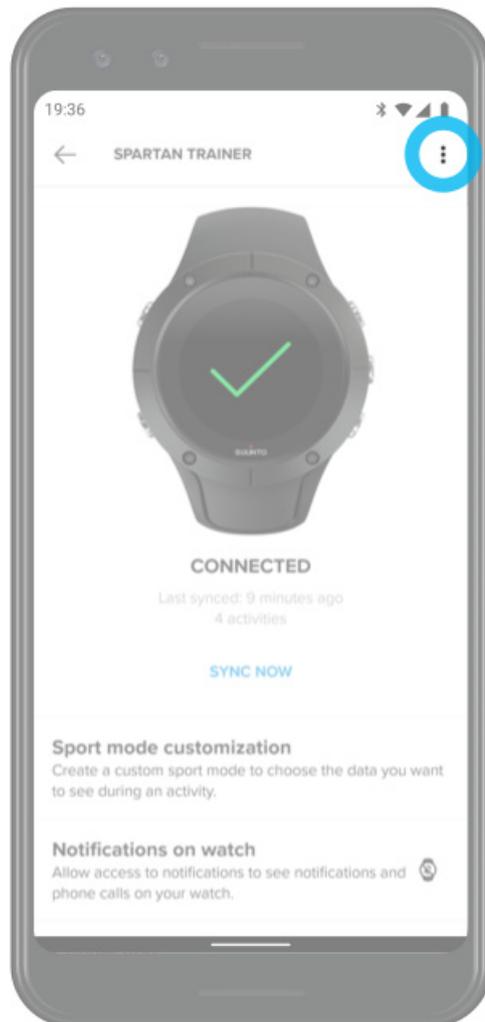
With Suunto app, you can connect to and sync your activities with your favorite sport services like Strava and Relive.



1. Open Suunto app on your phone.
2. Tap "Profile" tab.
3. Tap "Connect to other services" and choose which services you want to connect to and follow on-screen instructions.
4. For the full list of Suunto's partners go to suunto.com/partners

Using multiple watches with Suunto mobile app

You can have only one device connected to Suunto app at a time. When you have paired your watch with the Wear OS by Google app on your phone, unpair your other device from Suunto mobile app, then connect Suunto 7 with the app.



Suunto maps



Suunto Wear app has free outdoor maps and 15 sport-specific heatmaps to explore – even when you are offline. Optimized for the outdoors, Suunto maps highlight altitude differences with accurate contour lines and show popular cycling and skiing tracks in addition to basic trails. Heatmaps visualize where others have trained so that you can follow the most popular routes.

With Suunto maps, you can:

- See your location and direction
- Explore your surroundings with outdoor maps
- Navigate with routes and explore new places with heatmaps
- Have easy access to maps during your exercise
- See your track on the map during your exercise
- Download custom offline maps on your watch and use maps without an internet connection
- Get local offline maps downloaded to your watch automatically when connected to Wifi while charging

[Get started](#)

[Map gestures](#)

[Map view](#)

[Map styles](#)

[Heatmaps](#)

[Offline maps](#)

[Can't see the map?](#)

[Exercise with maps](#)

[Route navigation](#)

Get started

To use Suunto maps, you need to be [connected to the Internet](#) or [have offline maps](#) downloaded to your watch.

1. Press the top right button to open **Suunto Wear app** .
2. Press the top right button or swipe down to view the map.
Be patient, activating the map can take a few seconds.



3. Browse the map to explore your surroundings.
4. To go back to start, keep the bottom right button pressed or swipe up from the bottom of the screen to close the map.



5. To exit Suunto Wear app, press the Power button or swipe right.

Map gestures



Zoom in and out

Use top and bottom right buttons.

Pan the map

Touch and drag the map.

Center the map

When the map is panned, tap the map.

 **NOTE:** During exercise, the map will automatically center in a couple of seconds after you start moving.

Map view



Location

The black circle indicates your current position on the map. The circle is gray if the watch does not have accurate current location.

Heading arrow

The heading arrow inside the location indicator displays the direction you are headed.

Map scale

The numeric value at the bottom of the map screen displays distance from your current location to places around you. The distance is measured from the center of the screen to the thin circle on the outer rim (radius).

Map styles



Suunto Wear app has several map styles to choose from – an outdoor map, a winter map and 15 types of heatmaps for different sports like running, trail running, cycling and swimming. By default, the map view displays the Suunto outdoor map.

[Change map style](#)

Heatmaps

Heatmaps show the most popular tracks explored by the Suunto community around the world, based on millions of exercises. Discover new places to train in your own neighborhood or find out where the locals train when you are somewhere new. You can also explore heatmaps directly on Suunto mobile app.



Suunto Wear app has heatmaps for:

- running
- trail running
- cycling
- mountain biking
- all trails
- all walking
- mountaineering
- swimming
- surf & beach
- all paddling
- cross-country skiing
- downhill
- ski touring
- roller skiing / skating
- golf

Explore with heatmaps

 **NOTE:** Heatmaps are created based on exercises that are shared publicly.

Popular starting points



When heading to a new place or route, it's often hard to figure out where to start. Check out popular starting points in Suunto Wear app or Suunto mobile app. The popular starting points are visible on the heatmap as small dots.

Offline maps



With Suunto Wear app you can have Suunto maps downloaded on your watch, leave your phone behind and use maps without an Internet connection. Suunto Wear app downloads and updates local offline maps with heatmaps for you automatically when your watch is charging and connected to Wifi. You can also create custom offline maps for your travels and adventures away from home.

With offline maps you can:

- use Suunto maps and heatmaps without a phone or an Internet connection
- enjoy a faster maps browsing experience
- avoid roaming and data costs



NOTE: All heatmap styles are included in offline map downloads.

[Download a custom offline map](#)

[Get offline maps for routes](#)

[Connect to Wifi](#)

Get local offline maps automatically

Local offline maps and heatmaps are updated and downloaded automatically from an area around when your watch is charging and connected to Wifi based on your last known location. The downloaded map area varies from 35 km × 35 km to 50 km × 50 km (from 22 mi × 22 mi to 31 mi × 31 mi) depending on where you are located.

You will get a notification on your watch when the map download is complete.



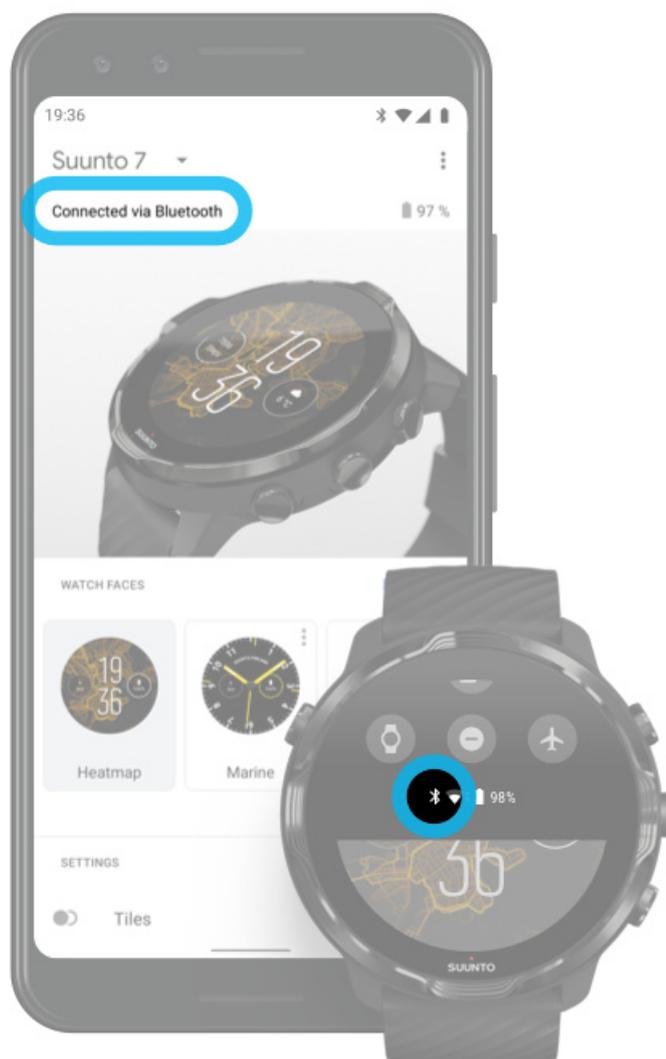
Can't see the map?

Be patient, activating the map can take a few seconds. If you still can't see the map after waiting:

1. **Make sure your watch is connected to the Internet.**

If there is no Wifi available, check that your watch is connected to the Wear OS companion app on your phone and that your phone has an Internet connection.

[Learn more](#)



2. **Make sure your watch has found a GPS signal.**

Suunto Wear app needs to know your location to show you the right map. If your watch keeps searching for location, make sure you are outside in an open area.

[Learn more](#)



3. **Get offline maps.**

With offline maps, you can enjoy a faster and smoother map experience without being connected to your phone or the Internet.

[Learn more](#)

Different sports and measurements

Suunto Wear app provides accurate and insightful sports measurements via built-in GPS, barometer and wrist heart rate sensor. The way your exercise is recorded – what you see on the screen during your exercise and what data you can see afterwards – depends on the sport mode you choose.

[Sport modes](#)

[Heart rate during exercise](#)

[Follow your progress with laps](#)

[GPS: speed, distance & location](#)

[Altitude, ascent & descent](#)

[Barometer](#)

Sport modes



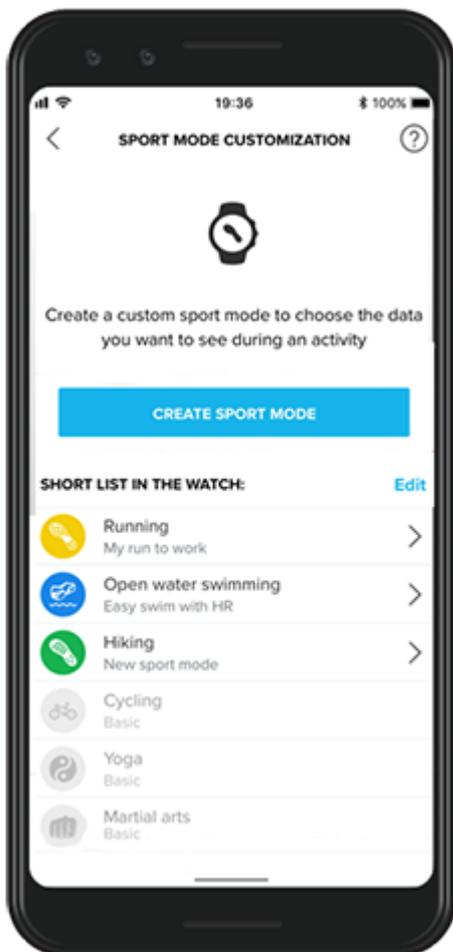
Suunto Wear app has over **70 sport modes** (different sports), ready to track all your sports – run, bike, swim, hike – you choose. Each sport mode has 2 to 4 exercise views to show the most relevant stats during your exercise and a map when you are exercising outdoors.



For instance, if you go running, you can follow your progress every kilometer or mile with automatic lap updates, see your running pace and view your track on the map. If you choose pool swimming, you get both your swimming intervals and overall progress tracked automatically. Easy!



Customize sport modes



With a wide range of pre-defined sport modes, your Suunto 7 always shows the most relevant data during your exercise. In addition to the pre-defined sport modes, you can also create custom sport modes using Suunto app.

Learn how to [create custom sport modes \(Android\)](#).

Learn how to [create custom sport modes \(iOS\)](#).

Heart rate during exercise

Tracking your heart rate during exercise tells you precisely how hard – or easy – your heart is working. Measuring your heart rate can help you to avoid making one of the most common mistakes – training too hard too often, which puts you at risk for injury and burnout.

Sport modes in Suunto Wear app are tailored to show heart rate in a meaningful way for each activity. Depending on the sport mode you choose, you can for example follow your current heart rate, average heart rate, heart rate during specific laps, or at which heart rate zone you are exercising.



After your exercise you can see detailed information of your efforts and exercise intensity such as what was your average heart rate, what was the peak training effect (PTE) or estimated recovery time. If you are not familiar with all of the terms, you can learn more in the [Glossary](#).



How to wear your watch to improve HR measurements

HR zones



Suunto Wear app has five different heart rate zones, numbered from 1 (lowest) to 5 (highest), defined as percentage range based on your maximum heart rate (max HR).

Understanding heart rate zones when exercising helps to guide your fitness development. Each zone stresses your body in different ways, leading to different effects on your physical fitness.

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 exercises 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.

How are heart rate zones calculated?

Heart rate zones are defined as percentage range based on your maximum heart rate (max HR). Your max HR is calculated using the standard equation: $220 - \text{your age}$.

The default zones used in Suunto Wear app, based on percentages of your maximum heart rate, are:

Zone 5: 87–100%

Zone 4: 82–86%

Zone 3: 77–81%

Zone 2: 72–76%

Zone 1: < 71%

To adjust your max. heart rate, see [Profile settings](#).

Follow your progress with laps

Laps are a great way to follow your progress during exercise and to analyze your efforts in more detail afterwards. With Suunto Wear app you can create lap marks manually or choose a sport mode that creates laps automatically for you.

Autolaps

Sport modes, like running, cycling, and indoor rowing, come with automatic lap updates to follow your progress based on certain distance or time. For instance, with running sport mode, your watch alerts you every kilometer or mile and shows your average pace and heart rate of your last kilometer on the screen.



To follow and compare your efforts real-time between different laps, go to the dedicated lap table view. In most sport modes it is the second exercise screen.



Mark a lap manually during exercise



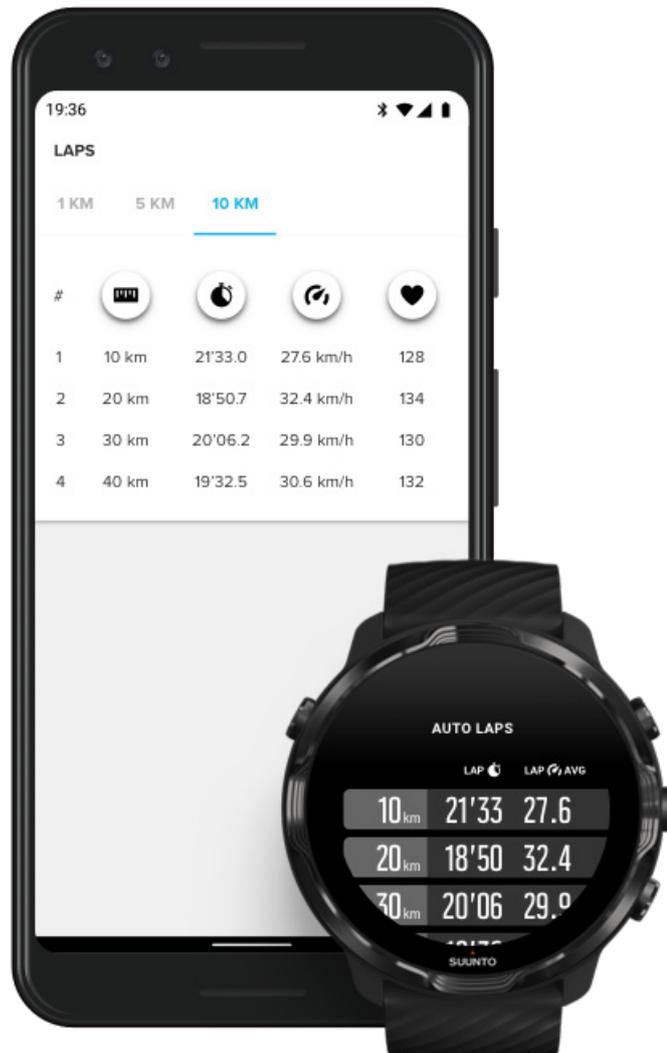
In addition to autolaps, you can manually mark laps to track different sections of your exercise. For example, during an interval session, you could create a lap mark for both your intervals and rest periods to help analyze your session afterwards or you could mark a lap to time reaching a milestone or a turning point on your regular training route.

To mark a lap, press the bottom right button when you are in an exercise view. You will briefly see the key stats for that section of your exercise.



 **NOTE:** With some sport modes, such as Track and field, you can also compare your manually marked laps real-time in the lap table view.

View laps stats after exercise



To see your lap stats after your exercise, scroll down in the exercise summary and select **Laps**.

Sync your exercises to Suunto mobile app on your phone to analyze your laps in more detail.

GPS: speed, distance & location



Suunto 7 uses GPS (location information) during exercise to draw your track on the map and – together with accelerometer data – for measurements like speed and distance.

 **NOTE:** *Suunto 7 can also use Glonass and BeiDou for location information.*

How to improve GPS accuracy

To provide the best accuracy for your exercise stats, Suunto 7 uses, by default, 1 second GPS fix rate to update GPS location information. However, there are several other factors that also affect the signal strength and GPS accuracy.

See [Change the location accuracy](#) to change the GPS accuracy.

If you notice challenges with GPS accuracy, try these tips:

1. Wait for GPS signal before starting an exercise



Before starting your exercise recording, go outside and wait for the watch to find the GPS signal. When the watch is searching for a GPS signal, the arrow icon in the start view is gray. Once the GPS signal is found, the arrow icon will turn white.

When you are open water swimming or exercising in difficult terrain, we recommend you wait a couple of additional minutes after the signal is found to allow the watch to download all needed GPS data to get a more accurate track.

2. Move to an open area

The GPS signal strength can be affected by your surroundings and terrain such as:

- trees
- water
- buildings
- bridges
- metal constructions
- mountains
- gullies or ravines
- thick, humid clouds

If possible, try to move to a more open area outside when starting your exercise and wait a couple of additional minutes after the GPS signal is found to allow the watch to download all needed GPS data to get more accurate exercise stats.

3. Keep your watch connected to Wifi



Connect your watch to Wifi to optimize your GPS with the latest satellite orbit data. Your watch can acquire a GPS signal faster when GPS data is up to date.

 **NOTE:** If you can't connect to Wifi, you get GPS updates once a week via Bluetooth.

4. Use the latest software for your watch



We continuously improve the software of our watches and fix possible bugs. Ensure you have the latest software installed on your watch.

[Learn how to update your watch](#)

Altitude, ascent & descent

Suunto Wear app uses FusedAlti™ – a combination of GPS and barometric altitude – to provide an altitude reading and derived ascent and descent values during exercise.



Barometer

Suunto 7 has a built-in pressure sensor that measures absolute air pressure. Suunto Wear app uses both GPS and air pressure data (FusedAlti™) to provide a more accurate altitude reading.



⚠ 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.*

Start an exercise

[Before you begin](#)

[Start an exercise](#)

[Waiting to start](#)

[Avoid accidental touch and button actions during exercise](#)

Before you begin

- The way you wear your watch has a big impact on the heart rate accuracy during your exercise.
[Learn how to wear your watch to improve HR measurements](#)
- GPS accuracy is important for measurements such as speed and distance. Make sure you are outside in an open area before you start your exercise to get a good GPS signal.
[Learn how to improve GPS accuracy](#)
- Suunto 7 is ideal for all sorts of exercise, but battery use varies depending on your sport and the way you interact with your watch during exercise.
[Learn how to maximize battery life during exercise](#)

Start an exercise

1. Press the **top right button** to open Suunto Wear app.



2. Tap the activity below the start button to open a list of sport modes.



3. Browse the list and **select a sport mode** you wish to use. [Learn more about sport modes.](#)



4. **Optional:** Change the Location accuracy and the display settings for the chosen sport mode. [Maximize battery life during exercise](#)



5. When you're ready to go, **press the middle button** or **swipe left on the start button** to start your exercise.



To get the most accurate HR and GPS data from the start, you can wait until the arrow icon (location) and heart icon (heart rate) above the start button turn white before starting your exercise.



If the heart rate icon stays gray, try moving your watch on your wrist about two fingers up from the wrist bone. If the arrow icon stays gray, move outside to an open area and wait for a better GPS signal.

Waiting to start

If you stay in the start view for a while, for example when you wait for your watch to acquire its GPS location or get ready to start your race, you might see that the display

switches to a low-power mode. Don't worry, you can still start your exercise recording immediately by pressing the middle button.



Avoid accidental touch and button actions during exercise



Wet conditions or, for instance, the gear you are wearing can sometimes accidentally interrupt your exercise recording. To avoid accidental taps and button presses during exercise, you can lock the touch screen and button actions.

 **NOTE:** Unwanted actions such as rain drops or a wet sleeve can also drain your battery faster than expected by waking up the display repeatedly without you noticing.

Lock touch screen and button actions

1. To lock the screen and button actions, keep the middle button pressed.
2. To unlock, keep the middle button pressed again.

When the screen and buttons actions are locked, **you can:**

- change the exercise view with middle button
- return to the watch face with Power button
- zoom the map with the top right and bottom right buttons

When the screen and buttons actions are locked, **you can't:**

- pause or end the exercise
- create manual laps
- access exercise options or map options
- swipe the screen or pan the map
- tap to wake up screen

Control watch during exercise

[Wake up display](#)

[Change exercise views](#)

[Open other apps while exercising](#)

[Buttons and touch screen use during exercise](#)

Wake up display

While recording an exercise with Suunto Wear app the display and gestures to interact with your watch are optimized for sports and longer battery life.

Your stats during exercise are always visible but to wake up the display, you can:

- Press the Power button
- Touch the screen



To wake up the display during exercise when in the map view, you can:

- Turn your wrist
- Press the Power button
- Touch the screen



 **NOTE:** During water sports, like swimming and kayaking, the touch screen for Suunto Wear app is disabled to avoid wet conditions causing unwanted touch actions.

If you exit Suunto Wear app during any exercise (including swimming), the touch screen will be enabled.

Change exercise views



The stats you can follow during your exercise depend on the sport mode you choose. Most sport modes have 2 to 4 different exercise views displaying the most relevant exercise data for each sport. When you do outdoor sports, you can also see your track on a map.

To change between views:

- Press the middle button
- Swipe left or right

Open other apps while exercising



If you need to use another app during your exercise, for example to skip a song or to check the weather, you can exit Suunto Wear app and keep the exercise recording.

1. Press the Power button or touch the screen to wake up the display.
2. Press the Power button to go to the watch face.
3. Use your watch as you wish.
4. Press the Power button to go back to the watch face.
5. Press the top right button to go back to your exercise.

 **NOTE:** Keep in mind that some actions and apps can consume a lot of battery, which may affect how long you can record your exercise.

Buttons and touch screen use during exercise

You can start your exercise and adjust your watch during exercise even with gloves on or underwater. All sport features are optimized to work with buttons only if needed.

Change between views

Press the middle button or swipe left or right to see different metrics or to check the map.

Pause

Press the top right button. Press again to resume.

End

Press the top right button, then press the bottom right button.

Mark a lap

Press the bottom right button.

Lock buttons

Keep the middle button pressed.

Control the map

While in the map view, use the top right and bottom right button to zoom in and out.

Adjust exercise options

Keep the bottom right button pressed or swipe up from the bottom of the screen to open the menu.

Change map style

Keep the bottom right button pressed or swipe up from the bottom of the screen to open the menu.

Pause and resume exercise

1. Make sure you are in an exercise view.



2. Press the top right button to pause your exercise.



3. While paused, you can view your data and change displays with the middle button or by swiping left or right.



4. To resume your exercise, press the top right button.



Check your location while paused

1. While paused, press the middle button until you are in the map view.



2. While in the map view, you can zoom the map with the top right and bottom right buttons and touch and drag the map to move it around.



3. **To resume your exercise**, press the middle button to return to an exercise view, then press the top right button.



End and review exercise

[End your exercise](#)

[View your exercise summary](#)

[Delete your exercise](#)

[View your exercise details in Suunto mobile app](#)

[Access your exercise diary on your watch](#)

End your exercise

When you are finished and ready to end your exercise:

1. Make sure you are in an exercise view.
2. Press the top right button.



3. Then press the bottom button to end and save the exercise.



View your exercise summary



When you have finished your exercise, you will get an exercise summary to see how you did. Scroll down to see detailed information of your efforts and exercise intensity such as what was your average heart rate, what was the peak training effect (PTE) or estimated recovery time. If you are not familiar with all of the terms, you can learn more in the [Glossary](#).

To exit the exercise summary, you can:

- Swipe right
- Scroll down and select Close.

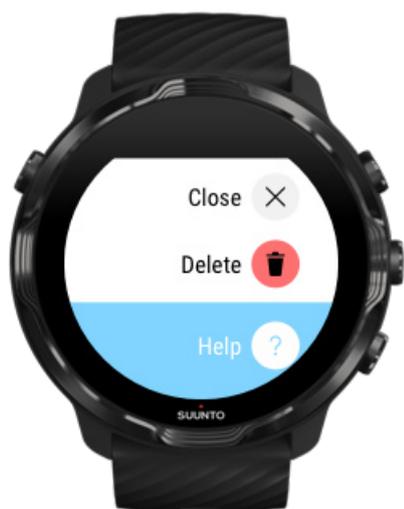


NOTE: *The content of the summary depends on the sport mode and measured values.*

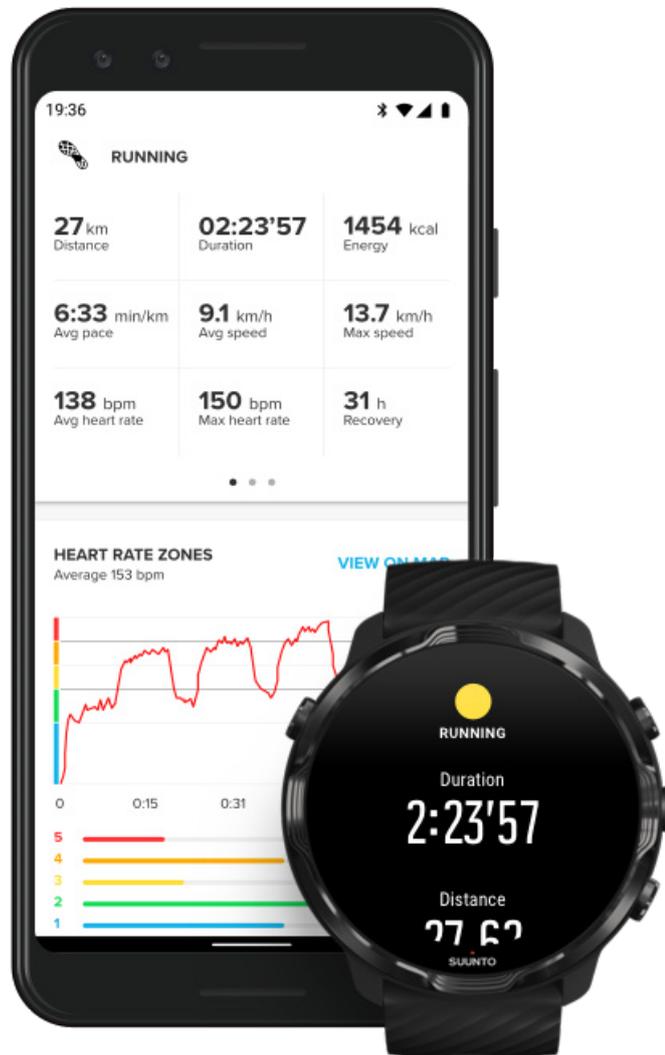
Delete your exercise

If you don't want to save the exercise you just recorded, you can delete it from your watch before you exit the summary.

1. Scroll down to the bottom of the exercise summary.
2. Tap Delete.



View your exercise details in Suunto mobile app



When your watch is connected to Suunto mobile app, your exercises will be automatically synced and saved to the app on your phone. In Suunto mobile app, you can view and analyze your exercise in more detail, add photos and videos, sync them to your favorite sport services like Strava and Relive and share your best moments with friends.

[Connect to Suunto mobile app](#)

 **NOTE:** *Suunto mobile app syncs exercises via Bluetooth so that you can sync your exercises even when there is no Wifi available.*

Access your exercise diary on your watch



To quickly check your previous exercises, open Suunto Wear app on your watch and swipe up the menu. Scroll down and tap **Diary** to view your previous exercises, daily activity or sleep. You can also access your Diary by tapping any of the following Suunto Tiles: Heart rate, Resources, Today or Sleep.

 **NOTE:** Remember to sync (and save) your exercises to Suunto mobile app. If you ever need to reset your watch, all unsynced exercises in the Diary will be lost.

Swimming with Suunto 7

Suunto 7 is a great companion for swimming with tailored sport modes for swimming exercises in pools or in open water. You can take your watch under water without a worry and even press buttons – your watch is waterproof for up to 50 m.

[Pool swimming](#)

[Open water swimming](#)

 **NOTE:** To avoid unwanted touch actions caused by wet conditions, the touch screen is disabled by default when using swimming sport modes.

Pool swimming



With pool swimming sport mode, it is easy to follow your overall progress as well as your swimming intervals. Whenever you stop for a rest at the end of the pool, your watch marks a swimming interval for you and shows it real time in the lap table view.

Your watch relies on the pool length to determine the swimming intervals and to measure your swimming pace and distance. You can easily set pool length in exercise options before you start swimming.

Learn how to [set pool length](#).

 **NOTE:** You can analyze the laps later in your exercise summary on the watch or in Suunto mobile app on your phone.

Open water swimming



With open water swimming mode, you can follow your swimming pace and distance as well as see your track on the map. To find the best open water area near you, check the swimming heatmap on your watch or explore heatmaps in Suunto mobile app.



Open water swimming relies on GPS to calculate distance. Because GPS signals do not travel underwater, 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:

- Connect your watch to Wifi to optimize your GPS with the latest satellite orbit data.
- Wait at least three minutes before starting your swim after you select an open water swimming sport mode and a GPS signal is acquired. This gives the GPS time to establish strong positioning.

Exercise with maps



With Suunto Wear app, you have easy access to an outdoor map and heatmaps when you're exercising outdoors. You can see your track on the map, use your own or other popular routes to navigate with, use heatmaps to explore new routes or follow your track to find your way back to where you started from.

To use Suunto maps, you need to be [connected to the Internet](#) or [have offline maps](#) downloaded on your watch.

[Start an exercise with maps](#)

[Leave the map to end your exercise](#)

[Explore with heatmaps](#)

[See your track on the map](#)

[Find your way back](#)

[Route navigation](#)

[Maximize battery life during exercise](#)

 **TIP:** Whenever your watch is connected to Wifi while charging, local maps with heatmaps are automatically downloaded on your watch. [Learn more](#)

Start an exercise with maps

1. Press the top right button to open Suunto Wear app.



2. **Choose a sport mode** for an outdoor activity **with GPS** like running, cycling or mountaineering.



3. To change a map style, swipe up the menu and go to **Map options » Map style**.



4. Browse the list to find a map style or a heatmap you would like to use. You can scroll with buttons or touch.
5. Press the middle button or tap to select a new mapstyle.
6. Swipe right to exit the menu and scroll up back to the start.
7. Press the middle button or swipe left on the start button to start your exercise.



8. To follow your progress on the map, press the middle button or swipe left or right until you see the map view.



Can't see the map?
Map gestures

Leave the map to end your exercise

When you are finished and ready to end your exercise:

1. Press the middle button or swipe left or right to leave the map.



2. While in the exercise view, press the top right button to pause.



3. Press the bottom right button to end and save the exercise.

Explore with heatmaps



Suunto's heatmaps make it easy to find new trails on the go. Switch the heatmap on and see where other passionate Suunto users have been exercising and explore the outdoors with more confidence.

[Change map style during exercise](#)

See your track on the map



When you are doing outdoor sports, you can see your track and follow your progress on the map in real time. Use Suunto's outdoor maps to choose where to go next – check where the forest path leads to or where the biggest hills are.

Find your way back



During exercise, Suunto Wear app marks your starting point and draws the route you have travelled as long as you have GPS available – even if the map is not yet loaded. If you need help to find your way back, go to the map view and zoom out to see your full route and see which way you need to go.

Route navigation

Suunto 7 offers you easy offline route navigation with outdoor maps. It is possible to create your own routes or use other popular routes from Suunto community as well as other partner services via Suunto mobile app. The routes are synced to your Suunto 7 via Bluetooth and route navigation works with all outdoor sport modes where a map is available and GPS is enabled.

[Sync routes to watch](#)

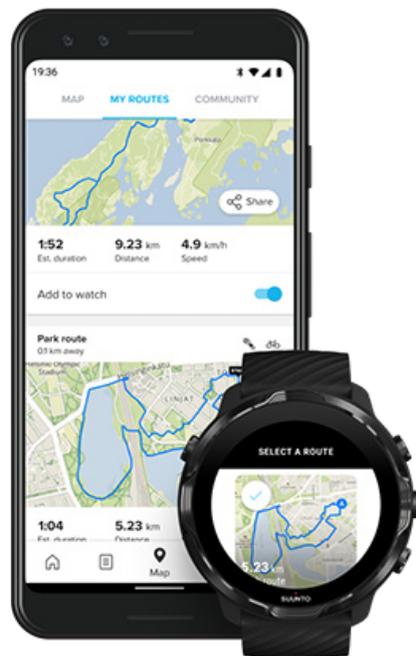
[Get offline maps for routes](#)

[Select a route](#)

[Navigating a route](#)

[Deleting a route](#)

Sync routes to watch



It is possible to create your own routes or use other popular routes from Suunto community as well as other partner services via Suunto app.

To be able to sync routes to your watch make sure that it is connected to Suunto mobile app and the Wear OS companion app on your phone.

Learn how to [create routes in Suunto app \(Android\)](#).

Learn how to [create routes in Suunto app \(iOS\)](#).

 **NOTE:** a maximum of 15 routes can be stored in the watch.

Get offline maps for routes



When the watch is charging and connected to Wifi, an offline map is downloaded for each route on watch automatically. The download includes the basic outdoor map (no heatmaps).

Select a route



When selecting a sport mode that uses GPS, a shortcut to route selection is visible right below the selected sport mode.



You can also go to **Map options** » **Select a route** to find a list of your routes. Tap or press the middle button to select a route.

The map preview is visible for the route if the route has an offline map downloaded.



View the route before exercise

The selected route can also be viewed on the map before you started your exercise.

On the start view, press the top right button or swipe down to view the map with an overview of the route length. Tap the map to see a zoomed in view with distance (birds-eye-view) to the starting point.

Select a route during exercise

1. During exercise, keep the bottom button pressed or swipe up from the bottom of the screen to open the menu.



2. Select **Select a route**
3. Choose the route you want to use.
4. To exit the menu, press the top right button or swipe down.

Navigating a route

The selected route is automatically visible in the map view during exercise if the chosen sport mode has a map available and GPS enabled. Depending on the selected sport mode and while on route, you can see the distance left, ETA (Estimated Time of Arrival) and ascent left or ETE (Estimated Time Enroute) to the route end.

If you are using waypoints, the distance, ETA, ascent left and ETE are referring to the next waypoint instead of the route end.



Tap the map to see the overview of the route and the distance to the route end. The watch automatically returns to the default view after a while.



All route information is not visible in low-power mode.



Turn your wrist, touch the screen or press the Power button to wake up the display.

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 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 on the route, you get an informative popup showing you the distance to the next waypoint.

 **NOTE:** If you have changed the [Location accuracy](#) to Good a small delay for notifications can occur.

Deleting a route

If you want to remove a route from your watch but still keep it in Suunto mobile app, select the route in the app on your phone and uncheck the option Add to watch.

Make sure that your watch is connected to Suunto mobile app and synced after the changes..

To delete a route completely from both the watch and Suunto mobile app, select the route in Suunto mobile app and choose the delete option.

Exercise with music

With Suunto 7, you have access to your music and other audio during sports – even with gloves on or in wet conditions.

[Automatic media controls](#)

[Open media controls during exercise](#)

[Pause and skip tracks with buttons](#)

[Listen to music without your phone](#)

Automatic media controls



If you start playing music from your phone during exercise, the media controls can appear on top of your exercise views.

To exit the media control view, swipe right.

Manage media controls

Open media controls during exercise

If you need to pause or skip tracks during exercise you need to first leave Suunto Wear app, then open media controls.

Using [a button shortcut](#) this is easy even with gloves on or in wet conditions:

1. Press the Power button to leave Suunto Wear app during your exercise.



2. While on the watch face, press the middle button to open media control view.



3. Adjust your music however you want, you can use touch or buttons.



4. Press the Power button to go back to the watch face.
5. Press the top right button to go back to your exercise recording.

 **NOTE:** Your exercise continues to record even if you leave Suunto Wear app.

Pause and skip tracks with buttons

The media controls app supports using buttons in addition to touch gestures. With buttons, you can control your music even if your hands are sweaty or you have gloves on.



Pause & play

Press the middle button to pause, press again to play.

Next track

Press the top right button.

Previous track

Press the bottom right button.

Exercise options

[Tones & vibration during exercise](#)

[Pool length](#)

[Power saving](#)

Tones & vibration during exercise

Suunto Wear app uses sound and vibration to notify you during your exercise so that you can follow your progress without checking the screen all the time. For example,

you hear a sound and feel the watch vibrate when you get an automatic lap update to make sure you won't miss key stats.

Manage tones

1. Press the top right button to open **Suunto Wear app** .
2. Swipe up the menu and go to **Exercise options**  » **Tones & vibration**.
3. Turn Tones on or off.

Manage vibration

1. Press the top right button to open **Suunto Wear app** .
2. Swipe up the menu and go to **Exercise options**  » **Tones & vibration**.
3. Turn Vibration on or off.

Pool length

Your watch relies on pool length to determine the swimming intervals and to measure your swimming pace and distance. You can easily set pool length in exercise options before you start swimming.

Set pool length

1. Press the top right button to open **Suunto Wear app** .
2. Tap the activity below the start button.



3. Choose Pool swimming sport mode.



4. Swipe up the menu and go to **Exercise options** » **Pool length**.



5. Set correct pool length.
6. Return to the start view and start your exercise.



Power saving

[Change the location accuracy](#)

[Change the display settings](#)

Change the location accuracy

When you are recording an exercise, Suunto 7 updates your location information every 1 second. To save battery power, you can change the GPS accuracy before or during your exercise.

The Location accuracy options are:

- Best: ~ 1 sec GPS fix interval, highest power consumption
- Good: ~ 10 sec GPS fix interval, moderate power consumption

If you select Good Location accuracy your battery will last longer during your outdoor workouts. For some sport modes such as running or cycling, FusedTrack™ is used to improve tracking quality. FusedTrack™ uses motion sensors to log your movement between the different GPS readings, which will provide better tracking of your exercise.

How to change the Location accuracy before an exercise:

1. Choose a sport mode for an outdoor activity with GPS like running, cycling or walking.

2. Scroll down and select **Power saving** » **Location accuracy**.
3. Change Location accuracy to **Good**.

How to change the Location accuracy during an exercise:

1. Keep the bottom button pressed or swipe up from the bottom of the screen to open the menu.
2. Scroll down and select **Power saving** » **Location accuracy**.
3. Change Location accuracy to **Good**.

 **NOTE:** *The power-saving settings you choose are saved to the sport mode. Selecting the same sport mode (ex. running) a second time will automatically employ the previously used power-saving configuration (Location accuracy, display settings, etc).*

Change the display settings

By default, Display settings during exercise are set to off to optimize battery life.

Always-on map

Manage Always-on map during exercise

Always-on map

If you are doing a workout where you need to see the map at all times, you can choose to keep the map on during exercise.

Good to remember:

- Keeping the screen on through the whole exercise significantly decreases the battery life.
- As image persistence or screen burn-in is normal behaviour for OLED displays, keeping your screen on for long periods of time affects the life span of your display.

Enable Always-on map before exercise

Activate **Always-on map** to see the map constantly without turning your wrist or pressing the power button:

1. **Choose the sport mode** you want to use.
2. Scroll down and select **Power saving » Display » Always-on map**
3. Activate **Always-on map**.

 **NOTE:** *Activating Always-on map will increase battery consumption.*

 **NOTE:** *The Power saving settings you choose are saved to the sport mode. Selecting the same sport mode (ex. running) a second time will automatically employ the previously used Power saving configuration (Always-on map, Location accuracy, etc).*

Manage Always-on map during exercise

1. Keep the bottom button pressed or swipe up from the bottom of the screen to open the menu.



2. Select **Power saving » Display » Always-on map**
3. Activate **Always-on map**.
4. To exit the menu, press the top right button or swipe down.

Map options

[Change map style](#)

[Download a custom offline map](#)

[Select a route](#)

[Change the location accuracy](#)
[Always-on map](#)

Change map style

Suunto Wear app has different map styles. To change map styles:

1. Press the top right button to open **Suunto Wear app** .
2. Swipe up the menu and go to **Map options**  » **Map style**.
3. Browse the list and select the preferred map style.

Change map style during exercise

1. Keep the bottom button pressed or swipe up from the bottom of the screen to change the map style.



2. Browse the list to find a map style or a heatmap you would like to use. You can scroll with buttons or touch.
3. Press the middle button or tap to select a new map style.
4. Keep exploring, the menu will close automatically after your selection!

Download a custom offline map



In addition to [automatically downloaded local maps](#), Suunto Wear app allows you to download a custom offline map for your adventures away from home. For example, if you are not sure your travel destination has a Wifi network available, you can download a map for the area in advance.

1. Make sure your watch is connected to Wifi.



2. Press the top right button to open **Suunto Wear app** .
3. Swipe up the menu and go to **Map options**  » **Offline map**.

- Zoom the map with the top right and bottom right buttons and touch and drag to pan the map to define a map area to be downloaded.



- Tap the check mark or press the middle button to select the area.



- The map will start downloading when the watch is charging and connected to Wifi.
- You will get a notification on your watch when the map download is complete.



 **NOTE:** For local and custom offline maps, all heatmap styles are included in the download.

 **NOTE:** You can save one custom map on your watch at a time.

General options

[Profile settings](#)

[Units](#)

[Google Fit](#)

[Check your Suunto Wear app version](#)

Profile settings

You can check your weight, height, birth year, gender, resting heart rate and max heart rate in your personal settings. To adjust the settings:

1. Press the top right button to open **Suunto Wear app** .
2. Swipe up the menu and go to **General options**  » **Profile**.
3. Choose which setting you need to adjust.
4. Adjust the setting.
5. To confirm, tap the check mark or press the middle button.

Units

Suunto Wear app supports both metric (kg, km) and imperial (mi., lbs) unit systems for setting your personal information and for viewing your exercise stats.

1. Press the top right button to open **Suunto Wear app** .
2. Swipe up the menu and go to **General options**  » **Units**.
3. Adjust the setting.
4. To confirm, tap the check mark or press the middle button.

Google Fit

If you use Google Fit to track your daily activities and want to see how your exercises, daily activity and sleep recorded with Suunto Wear app impact your daily activity goals, connect Suunto Wear app with Google Fit. When connected, training insights from exercises recorded with Suunto Wear app will also be accessible in Google Fit.

Connect to Google Fit

1. Go to Google Fit on your watch.



2. Sign in to Google Fit with your Google account.
3. Go to **Suunto Wear app** .
4. Swipe up the menu and go to **General options**  » **Google Fit**.



5. Tap Connect.
6. Select the same Google account you used to sign in to Google Fit.
7. Scroll down and tap the check mark to allow Suunto to sync data recorded during your activity to Google Fit.

Diary



In the diary you can find your previous exercises and see today's daily activity stats and your last sleep.

To view your Diary on your watch:

1. Press the top right button to open **Suunto Wear app** .
2. Swipe up the menu and tap **Diary**  to open a list of exercise summaries.
3. Tap the exercise you would like to see in more detail.

 **NOTE:** Remember to sync (and save) your exercises to Suunto mobile app. If you ever need to reset your watch, all unsynced exercises in the Diary will be lost.

6. HEART RATE

Follow your heart rate with Suunto 7



Suunto 7 uses wrist heart rate (WHR) technology, also known as optical heart rate, which measures heart rate via LEDs to track blood flow in your wrist. This means that you can see your heart rate data during your exercise or in daily use without a chest heart rate strap.

[Factors that affect wrist heart rate measurements](#)

[How to wear your watch to improve HR measurements](#)

[Heart rate during exercise](#)

[Daily heart rate](#)



NOTE: *Suunto Wear app does not support using an external heart rate belt.*

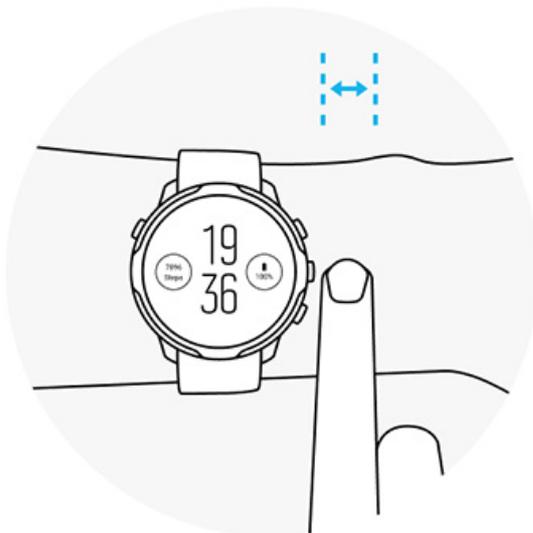
Factors that affect wrist heart rate measurements

- 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 compared to where watches are normally worn. The sensor reads blood flow through tissue, so the more tissue it can read, the better.
- Arm movements and flexing muscles, such as gripping a tennis racket, can change the accuracy of 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.

How to wear your watch to improve HR measurements

The accuracy of optical HR measurement is influenced by a number of factors and it can differ depending on the person. One of the factors that makes the biggest difference is how you wear your watch. The right fit can help improve the accuracy of your heart rate readings. Start with the following tips, then test and improve the fit of your watch until you find your personal optimal spot.



During daily use

Wear your Suunto watch at least **1 finger above your wrist bone** and make sure the watch is snug on your wrist. Your watch should always maintain contact with your skin so that you can't see the light shining from the sensor.



During exercise

Test the fit – the key is to wear the watch as high up on your wrist as possible, and to prevent it from sliding down during exercise. A good indicator is to wear it **about 2 fingers above your wrist bone**. Again, make sure you wear the watch tight and close against the skin, however not tight enough to cut off blood circulation.

Too loose



Just right



⚠ 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.*

7. DAILY ACTIVITY

In addition to sports tracking, you can use your Suunto 7 to keep track of your daily activity and recovery. You can follow your daily steps, calories, heart rate, body resources and sleep on your watch and follow the trends with the Suunto mobile app.

[Steps](#)

[Calories](#)

[Daily heart rate](#)

[Body resources](#)

[Sleep](#)

[Google Fit](#)

Daily heart rate

Your watch can measure your heart rate throughout the day to give you an overview of your activity and recovery level.

The Heart rate Tile provides a quick way to check your current heart rate and the 24 hour graph visualizes how your heart rate changes throughout the day — when you rest and when you are active. While the graph updates every 10 minutes, your current heart rate is measured every second to give you up to date feedback.

You can also go to your **Diary > Daily activity** to see your daily heart rate information.

Body resources

Your watch can measure your stress and recovery throughout the day to help you ensure you have enough in the tank to make it through the day and to maintain a healthy balance between activity, stress and recovery.

The Resources Tile provides a quick way to check your current resource level or see how sleep, daily activity and stress affect your body resources from the 24 hour graph. While the graph updates every 30 minutes, your current resource level is updated more frequently. The green bars indicate periods where you have been recovering.

If you are tracking sleep with your Suunto 7, you can also follow the amount of body resources you have gained during the night and level of your total body resources when you wake up.

Body resources information can also be found in Suunto Wear app via **Diary > Daily activity**.

Turn on Daily heart rate & resources

To turn on **Daily heart rate & resources** from Tiles:

1. While on the watch face, swipe left on your screen to view your Tiles.
2. Find the Heart rate Tile or Resources Tile.
3. Tap Turn on and follow the on-screen instructions to continue.

To turn on **Daily heart rate & resources** from Suunto Wear app:

1. Press the top right button to open Suunto Wear app.
2. Scroll down the menu and go to **Diary > Daily activity**.
3. Turn on **Daily heart rate & resources** and follow the on-screen instructions to continue.



NOTE: *The Daily heart rate & resources tracking slightly increases battery usage.*



NOTE: *Sleep tracking requires heart rate data. If you have turned sleep tracking on, Daily heart rate & resources are turned on as well.*

8. SLEEP

With Suunto 7, you can keep track of how you sleep. One of the commonly agreed things about sleep is that we rest to recover and the single best way to do this is during sleep. If you want to improve your performance, a good and restorative sleep is a key.

The two fundamentals of getting the most out of your sleep are:

1. Make sure you get enough sleep.
2. Maintain a regular sleep rhythm.

Suunto's sleep tracking solution is founded on these two principles.

[Turn sleep tracking on](#)

[Sleep Tile](#)

[Sleep report](#)

[Cinema mode](#)

[Sleep insights in Suunto mobile app](#)

Turn sleep tracking on

Sleep tracking is not activated by default, so to track sleep you first need to activate this feature. There are two ways of activating the sleep tracking.

You can activate sleep tracking features from Suunto [Sleep Tile](#):

1. While on the watch face, swipe right to access Tiles
2. Find the Sleep Tile and press Turn on
3. Follow the on-screen instructions.

It is also possible to activate the feature from Suunto Wear app:

1. Press the top right button to open Suunto Wear app
2. Scroll down the menu and go to **Diary > Sleep > Sleep tracking**
3. Follow the on-screen instructions.

Sleep report



You can get more insights into your sleep from the sleep report. The sleep report summarizes your sleep quality and the various sleep stages. It also shows your heart rate during your sleep and your body resources at your wake-up time.

To access your sleep report from the Sleep Tile:

1. While on the watch face, swipe left on your screen to view your Tiles.
2. Find the Sleep Tile and tap it.

The sleep report can also be accessed from Suunto Wear app:

1. Press top right button to open Suunto Wear app
2. Scroll down the menu and go to **Diary > Sleep**.

Cinema mode



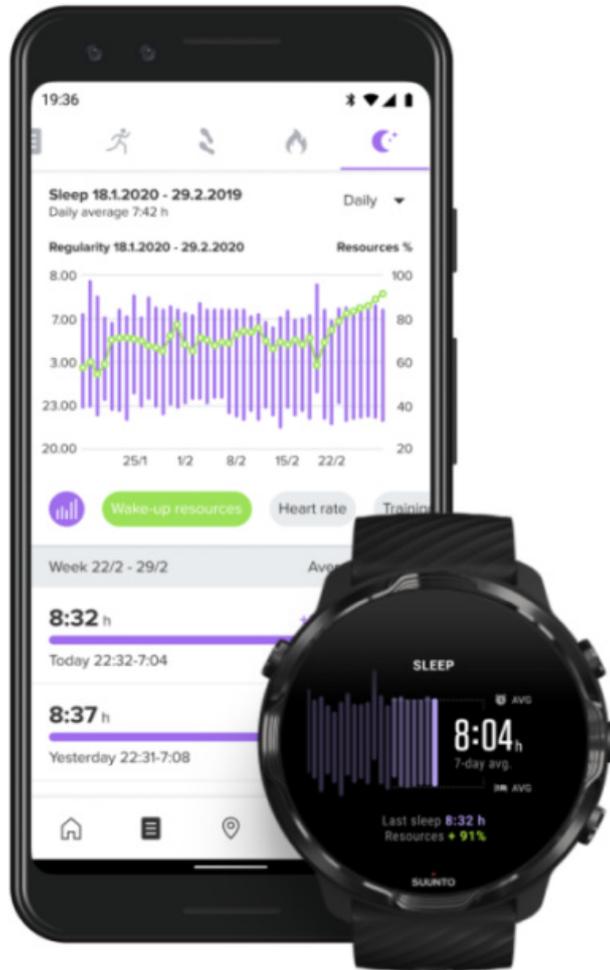
You can silence your watch during sleep by turning on Cinema mode from the watch system settings. Cinema mode turns your display off so that it will not disturb you during sleep or while getting to sleep.

While in Cinema mode, your watch will also silence all notifications excluding alarms.

To activate Cinema mode:

1. While on the watch face, swipe down from the top of the screen.
2. Tap the Cinema mode icon 

Sleep insights in Suunto mobile app



Suunto mobile app provides even more insights into your sleep. From Suunto mobile app, you can check your sleep history logs and long term analysis.

The detailed sleep analysis and history logs can be found from day and diary views.

9. MUSIC

Listen to tracks that take you further – connect your headphones to your phone and control music from your wrist or download your favorite songs to your watch and leave your phone behind.

Control music from your wrist

Connect your headphones to your phone and control music and other audio – adjust volume, pause and skip tracks – straight from your wrist without taking your phone out of your pocket.

[Automatic media controls](#)

[Button shortcut to media controls](#)

[Download an app for your music](#)

[Exercise with music](#)

Automatic media controls



Media controls will automatically appear on your watch when you start playing music or other audio from your phone.

To exit media controls, swipe right or press the Power button.

To go back to media controls while on the watch face, swipe down from the top of your screen or use the button shortcut (press middle button).

Manage media controls

1. While on the watch face, swipe down from the top of your screen.
2. Tap **Settings** ⚙️ » **General**.
3. Turn **Autolaunch media controls** on or off.

If media controls won't appear on your watch

If you can't see the media controls automatically on your watch when you start playing music from your phone:

1. Make sure your [watch is connected to the Wear OS by Google app](#) on the phone that you are playing music from, then try again.
2. Go to **Settings** » **General** » **Autolaunch media controls** and make sure it is turned on.

Button shortcut to media controls

By default, Suunto 7 has [a button shortcut](#) to media controls for easy access to your music and other audio – also during exercise.

1. While on the watch face, **press the middle button** on the right to open media controls.



2. Use touch or buttons to control your music or other audio.



3. To exit media controls, swipe right or press the Power button.



[Learn more about button shortcuts](#)

Download an app for your music

Some music services like Spotify and Pandora offer an app for controlling your music with the watch. With a music app you can, for example, see your recently played

tracks or save your favorite songs with your watch. You can find and download apps from Google Play Store on your watch.

Listen to music without your phone

Suunto 7 can store thousands of tracks so that you can listen to your favorite songs or other audio on the go – without your phone.

To listen to music on your watch without your phone you need:

- a music app on your watch that supports offline use
- Bluetooth headphones connected to your watch

[Connect headphones to your watch](#)

[Long exercise and music](#)

Connect headphones to your watch

You need Bluetooth headphones to listen to music or other audio on your watch.

To connect your headphones to your watch:

1. Follow the steps that came with your Bluetooth headphones to put them in pairing mode.
2. While on the watch face, swipe down from the top of your screen and tap **Settings** .
3. Go to **Connectivity** » **Bluetooth** » **Available devices**.
4. Your watch will search for nearby devices. When you see the name of your headphones, **tap the name to connect**. Your watch will then connect with the headphones.

Long exercise and music

Listening to music directly from your watch with Bluetooth headphones consumes a lot of power and makes the battery drain faster. This is good to keep in mind when you are planning to record longer exercises.

[Learn how to maximize battery life during exercise](#)

10. BATTERY LIFE

Suunto 7 is full of powerful features for your sports and everyday life and it is optimized to save power whenever possible. The actual battery life varies depending on the features and apps you use, and the way you use them. Also, the sports you do can have a big effect on your overall battery life, as outdoor sports with GPS consume more power than training indoors.

[Maximize battery life in daily use](#)

[Maximize battery life during exercise](#)

[Check battery life & usage](#)

[Charge your watch](#)

Maximize battery life in daily use

The features, apps and watch faces you use, and the way you use them, all affect how long your battery will last. Also, the more you interact with your watch – check and scroll through your notifications, browse maps and use features that require Internet connection – the more power is consumed.

To maximize the battery life of your watch in daily use, try the solutions below.

Use Suunto's watch faces



All watch faces designed by Suunto are power optimized to show time in a low-power mode without waking up the display and activating your watch. *Keep in mind that other watch faces might not be optimized the same way.*

If you recently added a new watch face and notice that your battery is draining faster than normal, try uninstalling that watch face.

[Change your watch face](#)

[Delete a watch face](#)

Use default settings for Display and Gestures

By default, the display and gestures to interact with your Suunto 7 are set up to use a minimum amount of power in daily use. For the best experience, use default settings with Suunto's power optimized watch faces.

- **Keep Power saver tilt on**

With Power saver tilt, you can turn your wrist to check the time without activating your watch.

[Adjust gestures](#)



NOTE: You need to use a power optimized watch face to use Power saver tilt.

- **Keep Tilt-to-wake off**

If you turn Tilt-to-wake on, the display wakes up and activates your watch every time you turn your wrist. For longer battery life, press the Power button or use touch to wake up the display. [Adjust display settings](#)

- **Keep Always-on screen turned off**

Let the screen turn off when you are not using your watch to save power.

[Adjust display settings](#)

Use Battery Saver mode



When your watch's battery gets low or you are, for instance traveling, you can turn Battery Saver on to use your watch for longer. When Battery Saver is turned on, your Suunto 7 works just like a traditional watch – you can check the time and date, and see an estimation of remaining battery level.

If you turn Battery Saver on with a full battery, you can use Suunto 7 as a traditional watch for up to 40 days.

 **NOTE:** *Battery Saver turns on automatically when the battery is getting critically low.*

Turn on Battery Saver

1. While on the watch face, swipe down from the top of your screen.
2. Tap Battery Saver.



When Battery Saver is on, check the time by pressing the Power button.

Restart your watch to turn Battery Saver off



1. Keep the Power button pressed for 12 seconds to restart your watch.
2. Attach your watch to a charger and your watch will automatically restart.

Turn off notifications you don't want on your watch

Turning less important notifications off will reduce unnecessary interaction with your watch – you can stay focused and save battery at the same time.

Select which notifications show on your watch

Remove apps

If you recently installed an app and notice that your battery is draining faster than normal, try uninstalling that app. You can also remove apps that you don't use to avoid any unnecessary data connections to your phone or the Internet.

Remove apps

Turn the Airplane mode on



When your watch is on, even with the screen off, it is still searching for and maintaining data connections. When you don't need to be connected, you can save power by turning the connections to your phone and the Internet off using the Airplane mode.

1. While on the watch face, swipe down from the top of the screen.
2. Tap  to turn Airplane mode on.

What happens when you take off your watch

After 30 minutes of inactivity, your watch will recognize that it's not on your wrist and then switch to a low-power mode.

Maximize battery life during exercise

Suunto 7 is ideal for all sorts of activities. Battery consumption varies depending on your choice of sports – training outdoors with GPS uses up more power than training indoors. Also, the way you interact with your watch during the exercise – check your stats, browse maps, or use other features on your watch – will also influence the battery consumption.

To maximize the battery life of your watch during exercise, try the solutions below.

Change location accuracy

If you select Good Location accuracy your battery will last longer during your outdoor workouts. For some sport modes such as running or cycling, FusedTrack™ is used to improve tracking quality.

[Change the location accuracy](#)

Stay in low-power mode



During exercise, Suunto Wear app automatically switches the display to a low-power mode after 10 seconds of inactivity to save more power. Suunto Wear app will still record and show your current exercise stats in this mode.

To save even more power, please check that [Always-on map](#) is not enabled.

 **NOTE:** Low-power mode does not affect the accuracy of your exercise data.

 **NOTE:** Using low-power mode together with Always-on map enabled will increase the power consumption.

Avoid accidental touch and button actions during exercise



Some movements and wet conditions such as rain drops or a wet sleeve, can sometimes wake up your display repeatedly without you noticing, and drain your battery faster than expected. To avoid accidental taps and button presses during exercise, you can lock the touch screen and button actions.

[Lock touch screen and button actions](#)

Stay in Suunto Wear app during exercise recording

Suunto Wear app supports low-power mode during exercise. If you leave Suunto Wear app during your exercise, keep in mind that some actions and apps can consume a lot of battery, which may affect how long you can record your exercise.

Use your watch to control music on your phone

Listening to music directly from your watch with Bluetooth headphones consumes a lot of power and makes the battery drain faster. When you are planning to train longer

and want to listen to music, use your watch to control music that's playing on your phone.

Check battery life & usage



To get information about battery usage on your watch, open the Wear OS by Google app on your phone and go to Advanced settings » Watch battery.

 **NOTE:** Your battery info resets each time your watch is fully charged. The battery usage for apps and watch faces is an estimate, and not guaranteed to be accurate. Watch faces may use more battery than estimated.

11. FAQ

Please see our [FAQs](#) for Suunto 7.

12. HOW TO VIDEOS

Please see our [How to videos](#) on Youtube.

13. CARE AND SUPPORT

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.

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.



Getting support

For more help with Wear OS by Google, please visit:

[Wear OS by Google Help](#)

[Google Help](#)

For more help with sport features by Suunto, please visit:

[Suunto's product support](#)

Our online support provides a comprehensive range of support materials, including the user guide, frequently asked questions, how to videos, service and repair options,

our service center locator, warranty terms and conditions as well as contact details for our customer support.

If you could not find answers to your questions on our online support, please contact our customer support. We are happy to assist you.

14. GLOSSARY

EPOC

Excess Post-exercise Oxygen Consumption (EPOC)

If you want to know about intensity, think EPOC! The higher your EPOC number, the higher the intensity of your workout - and the higher the amount of energy you'll spend recovering from your (presumably epic) exercise.

Beidou

Beidou is a Chinese satellite navigation system.

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.

FusedTrack™

FusedTrack™ technology combines movement data with GPS data to ensure more accurate tracking.

Glonass

Global Navigation Satellite System (GLONASS) is an alternative positioning system to GPS.

GPS

The Global Positioning System (GPS) provides location and time information in all weather conditions by satellites orbiting Earth.

Popular starting points

Popular starting points are generated from exercises done by the Suunto community and are visible as small dots in the heatmaps for Suunto Wear app and Suunto app.

PTE

Peak Training Effect (PTE)

Check out PTE when you want to know how big of an impact your exercise had on your overall aerobic fitness. Looking at the PTE scale is the easiest way to grasp why it's useful: 1-2: Improves basic endurance, builds a good foundation for progress 3-4:

Doing this 1-2 times a week effectively improves aerobic fitness 5: You're really exerting yourself and you shouldn't do this often.

Recovery time

Recovery time pretty much does what it states: it gives you an estimation on how long you need to recover from your exercise based on stats like duration and intensity. Recovery is a key element of both your training and overall wellness. Taking time to rest when needed is as important as your activities, and will help prepare you for adventures to come.

Suunto Wear app

A built-in app on your Suunto 7 to track your sports and adventures with accurate real-time data and free offline maps and heatmaps.

Suunto app

A mobile companion app to sync and save your exercises from your watch to your sports diary on your phone.

SWOLF

SWOLF is a not-all-that-catchy way of saying “how efficiently you swim”. Basically, it measures how many strokes you need to cover a certain distance when you’re swimming. That’s why a lower SWOLF number means a more efficient swimming technique.

Wear OS by Google companion app

A mobile companion app that connects your Suunto 7 with your phone so that you can use smart features like notifications, Google Pay and more.

15. REFERENCE

Manufacturer's info

Manufacturer

Suunto Oy

Tammiston kauppatie 7 A

FI-01510 Vantaa

FINLAND

Date of manufacture

The manufacturing date can be determined from your device's serial number. The serial number is always 12 characters long: YYWWXXXXXXXXXX.

In the serial number, the first two digits (YY) are the year and the following two digits (WW) are the week within the year when the device was manufactured.

Technical specifications

For detailed technical specifications of Suunto 7 see "Product Safety and Regulatory Information" delivered together with your Suunto 7 or available at www.suunto.com/Suunto7Safety.

Compliance

For compliance related information, see "Product Safety and Regulatory Information" delivered together with your Suunto 7 or available at www.suunto.com/Suunto7Safety

Trademark

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Google, Wear OS by Google, Google Play, Google Pay, Google Fit and other related marks and logos are trademarks of Google LLC.

App Store and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries.

Other trademarks and trade names are those of their respective owners.

Patent notice

This product is protected by patents and pending patent applications and their corresponding national rights. For a list of the current patents, visit:

www.suunto.com/patents

Additional patent applications have been filed.

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International Limited Warranty

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

Warranty Period

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

The Warranty Period is two (2) years for Watches, Smart Watches, Dive Computers, Heart Rate Transmitters, Dive Transmitters, Dive Mechanical Instruments, and Mechanical Precision Instruments unless otherwise specified.

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

The Warranty Period is five (5) years for failures attributable to the depth measurement (pressure) sensor on Suunto Dive Computers.

Exclusions and Limitations

This International Limited Warranty does not cover:

1. a. normal wear and tear such as scratches, abrasions, or alteration of the color and/or material of non-metallic straps, b) defects caused by rough handling, or c) defects or damage resulting from use contrary to intended or recommended use, improper care, negligence, and accidents such as dropping or crushing;
2. printed materials and packaging;

3. defects or alleged defects caused by use with any product, accessory, software and/or service not manufactured or supplied by Suunto;
4. non-rechargeable batteries.

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

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

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

Access to Suunto warranty service

You must provide proof of purchase to access Suunto warranty service. You must also register your product online at www.suunto.com/register to receive international warranty services globally. For instructions on how to obtain warranty service, visit www.suunto.com/warranty, contact your local Suunto retailer, or contact Suunto support at www.suunto.com/support.

Limitation of Liability

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

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

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

 **WARNING:** Only for recreational use.

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

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

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

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

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

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



SUUNTO CUSTOMER SUPPORT

www.suunto.com/support
www.suunto.com/register

Manufacturer:

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Tammiston Kauppatie 7 A,
FI-01510 Vantaa FINLAND



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