SUUNTO AQUA

USER GUIDE

Suunto Aqua

1. Intended use

The Suunto Aqua headphones are wireless Bluetooth$^®$ compatible headphones designed and made for swimming and outdoor sports. With Suunto Aqua, you can safely and comfortably listen to music and make phone calls during exercises.

Do not use the product in situations that require special or full attention. The product is only for recreational use.

2. 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 the product is in contact with skin, even though our products comply with industry standards. In such event, stop use immediately and consult a doctor.*

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

⚠️ *WARNING: Suunto products and services are intended for recreational use only and are not meant for medical purposes of any kind.*

⚠️ *WARNING: Wearing headphones may impact your ability to hear your surroundings. Use your headphones responsibly and prioritize safety.*

⚠️ *WARNING: Before charging, ensure that the charging port of the headphones is free from any residual liquid. Liquid on the charging port damages the headphones' circuit.*

⚠️ *WARNING: Do not use the product during thunderstorms. Thunderstorms can cause abnormal device operation and increase the risk of electric shock.*

⚠️ *WARNING: Even if your headphones are waterproof, do not charge them while wet. Charging wet headphones can lead to fire or electrical shock. Make sure that the charging cable and the headphones are dry before charging the headphones.*

⚠️ *CAUTION: Only use the provided powerbank when charging your Suunto Aqua.*

⚠️ *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 knock or drop the product, as it may get damaged.*

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

NOTE: Always comply with the local laws and regulations when using the product outdoors and when using it among people.

NOTE: Make sure you fully understand how to use your headphones and what their limitations are by reading all the printed documentation and the online user manual. Always remember that you are responsible for your own safety.

3. Getting started

3.1. Buttons

Suunto Aqua has three buttons you can use to switch song, adjust volume and answer or end phone calls.
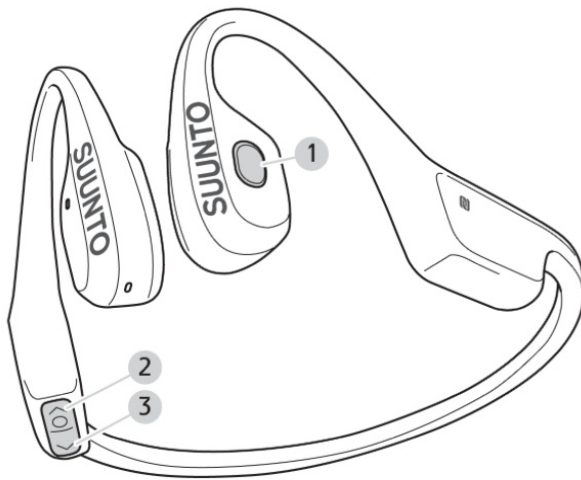
1. multifunction button
2. [○ ▷] button
3. [◁] button

The default button functions are as follows:

Switching on/off the device

5. keep the [○ ▷] button pressed for 3 seconds to switch the device on or off

Listening to audio

- press the multifunction button once to start or stop playing the audio
- press the multifunction button twice to skip to the next track
- press the multifunction button three times to return to the previous track
- press the [○ ▷] button to increase volume
- press the [◁] button to decrease volume
- keep the multifunction button and the [○ ▷] button pressed simultaneously for 3 seconds to switch sound mode

Making a phone call

- press the multifunction button once to answer or end a call
- long press the multifunction button to reject a call
- press the [○ ▷] button to increase volume

- press the [◁] button to decrease volume

Adjusting settings when the device is on

- keep the multifunction button and the [◁] button pressed simultaneously for 3 seconds to enable Head movement control
- keep the [◁] and [○ ▷] buttons pressed simultaneously for 3 seconds to activate exercise tracking (the default sport mode is pool swimming)
- in pairing mode, keep the multifunction button and the [○ ▷] button pressed simultaneously for 3 seconds to enable dual device connection
- press the [◁] button for 3 seconds to switch between Bluetooth mode and offline music mode
- press the multifunction button for 3 seconds to activate the voice assistant on your phone

During charging

- press the multifunctional button for 5 seconds to restore factory settings

⊜ **TIP:** *You can customize button functions in the Suunto app. See 4.4. Button customization.*

3.2. Microphone

Your Suunto Aqua comes with dual microphone and Environmental Noise Cancellation (ENC) technology. These features guarantee good voice quality of your phone calls even in noisy conditions.

You find the microphones on the right side of the headphones:
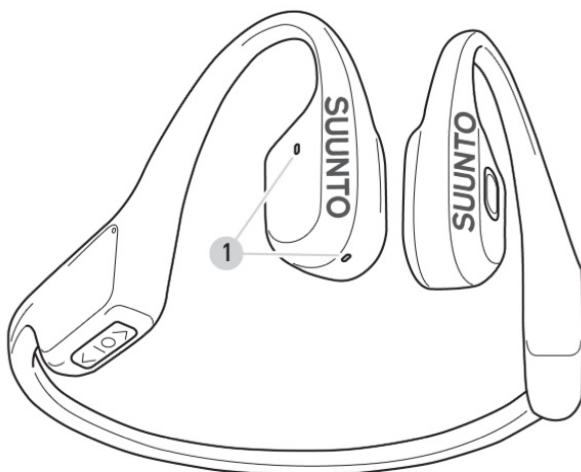
1. dual microphone

3.3. Bluetooth connectivity

Your Suunto Aqua headphones communicate with the compatible devices via Bluetooth. You can pair the product with any Bluetooth devices capable of playing audio, such as mobile phones, smart watches, tablets, etc. For information on how to pair the headphones with a compatible device, see *3.4. Pairing*.

You can connect your headphones to two Bluetooth devices at the same time. See *4.6. Dual device connection*.

If you want to disconnect the headphones and the compatible device, you can do so in the Bluetooth settings of the paired device. You have two options. To keep the headphones on the Bluetooth list of the paired device and ensure quick reconnection, simply disconnect the devices. If you want to completely remove the headphones from the Bluetooth list of the paired device, delete the headphones from the list of Bluetooth connections. In this case, if you want to use the headphones and the Bluetooth device again, you have to start pairing from the beginning.

🗒 **NOTE:** *If you move outside of the Bluetooth connection range for more than 3 minutes while wearing Suunto Aqua, the headphones and the paired device disconnect.*

When the Bluetooth connection between the headphones and the compatible device is lost, Suunto Aqua automatically enters standby mode to save power. When the headphones are in standby mode, press any button to quickly reconnect to the Bluetooth device.

When the headphones and the paired device are disconnected for more than an hour, the headphones automatically switch off.

3.4. Pairing

Before you use your Suunto Aqua for the first time, you need to pair it with a compatible device.

1. Keep the [○ ▷] button pressed for 5 seconds to switch the headphones on and enter pairing mode.
2. Make sure Bluetooth is enabled on the device you want to pair your Suunto Aqua with.
3. Under the Bluetooth settings of the compatible device, open the list of nearby devices.
4. Find Suunto Aqua headphones on the list and pair them with the device.

When the pairing is successful, the headphones will play a sound and the LED light switches off.

3.4.1. Near-field communication (NFC)

Your Suunto Aqua can be paired with a compatible mobile phone using NFC.

When the headphones are on, put their left side with the NFC logo close to the part of your mobile phone where the NFC chip is placed. A popup message appears on the screen offering to pair the phone with Suunto Aqua.

3.5. Suunto app

With the Suunto app on your phone, you can further enrich your Suunto Aqua experience. Pair your headphones with the mobile app to customize buttons, adjust Head movement control, sound mode, connections and more.

To adjust headphones settings in Suunto app:

1. Pair Suunto Aqua headphones with the compatible mobile device via Bluetooth. See *3.4. Pairing*.
2. Download and install Suunto app on your compatible mobile device from the App Store, Google Play or several popular app stores in China.
3. Start Suunto app on your phone.
4. The app automatically connects to your headphones.
5. Go to your profile in Suunto app and open the headphones menu to adjust product settings.

3.6. Wearing the headphones

Suunto Aqua headphones are bone conduction headphones with open-ear style, allowing you to listen to audio and still hear your surroundings during exercises.

For the proper experience, put the headphones to the back of your head, with the hooks on your ears so that the transducers rest in front of your ears. Keep the back of the headphones parallel to the ground.
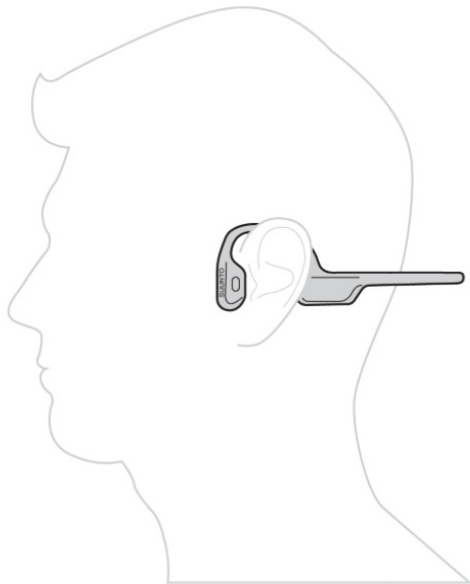
Whether you are swimming in the pool or are out on rugged paths, the headphones stay stable on your head. Thanks to their light weight and the open-ear style, the headphones are comfortable to use for several hours. You can wear the headphones together with a swimming cap, a bike helmet, and even under a beanie.

📝 **NOTE:** *For a better acoustic experience while swimming, the package of your headphones contains a pair of earplugs.*

4. Features

4.1. Head movement control

Head movement control is a function for convenient, hands-free operation. By nodding and shaking your head, you can switch between audio tracks and answer or decline phone calls.

To use the Head movement control, you have to activate the function. You can activate it in the Suunto app or by keeping the multifunction button and the [◁] button pressed simultaneously for 3 seconds.

After activating the Head movement control, you are able to control the audio playback and phone calls without pressing any buttons. While listening to music, shake your head twice to switch to the next track. When you have an incoming call while wearing the headphones, nod twice to answer the call or shake your head twice to decline it.

📝 **NOTE:** *Make sure you turn your head at a sufficiently large angle and complete the movements within 1 second.*
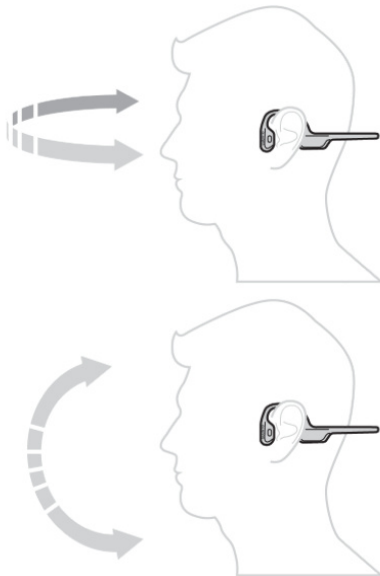
Take a break of at least 5 seconds between the different operations.

📝 **NOTE:** *If you use the Head movement control function during exercise, it may result in false triggering. We recommend that you familiarize yourself with the behavior of the Head movement control function to determine its suitability for your specific activities.*

📝 **NOTE:** *The Head movement control accelerates the battery consumption of the headphones, and when turned on, it reduces the battery life by about 15%.*

⚠️ **WARNING:** *Head movement control is intended for auxiliary operation only. Prioritize safety when using this function. Do not solely rely on Head movement control for critical actions that require your full attention and manual control.*

4.2. Sound mode

You can choose from different sound modes when wearing your headphones. Your Suunto Aqua offers a normal sound mode for everyday use and light exercises, a sound mode with higher volume for outdoor trainings and noisy conditions and an underwater sound mode for swimming. Select the mode that provides the best experience in your given situation.

📝 **NOTE:** *Noise may occur at high volume levels.*

While listening to audio, you can switch sound mode by keeping the multifunction button and the [○ ▷] button pressed simultaneously for 3 seconds. If you have Suunto app installed on your phone, you can also change sound mode in the app.

⚠️ **WARNING:** *Prolonged use of headphones at high volume levels can lead to hearing damage and sound distortion.*

⚠️ **WARNING:** *Wearing headphones may impact your ability to hear your surroundings. Use your headphones responsibly and prioritize safety.*

4.3. Offline music

Your Suunto Aqua headphones can store offline music, so you can listen to music even when the headphones are not connected with your phone, for example, while swimming.

To transfer music to your headphones, place them into the powerbank and connect the powerbank to your computer or a capable mobile phone with the USB (Type-C) cable included in the product package. Open the headphones' music folder on the computer or mobile phone and copy the audio files there. Suunto Aqua can store approximately 8000 songs and supports the following file formats: MP3, FLAC, WAV, AAC, M4A, APE, WMA.

To switch to offline music mode from Bluetooth mode, keep the [◁] button pressed for 3 seconds. You can also switch between the music modes in Suunto app. In the app, you can control the music and create playlists, too.

📝 **NOTE:** *By default, 10 copyrighted songs are stored in the offline music folder of the headphones. You cannot copy or delete these songs.*

📝 **NOTE:** *The offline music mode accelerates the battery consumption of the headphones. You can listen to around 6 hours of offline music with one charge.*

4.4. Button customization

You can customize the headphones button functions in the Button customization menu in Suunto app. View all current button functions in the Button customization menu and create simple and convenient button shortcuts for your favorite headphones functions.

📝 **NOTE:** *When you assign a button combination to a new function, the function that was previously paired with the given button combination will not have any button shortcut.*

4.5. Voice feedback

If you have a voice feedback capable Suunto watch, you can get voice feedback with valuable information during your exercise. The feedback can help you to keep track of your

progress and give you useful indicators, depending on what feedback options you have selected. The voice feedback comes from your phone so your watch and your headphones must be paired with Suunto app.

To activate voice feedback on your watch before an exercise:

1. Before starting an exercise, scroll down and select **Voice feedback**.
2. Toggle **Voice feedback from app** on.
3. Scroll down and select which voice feedback you want activated by turning the toggles on/off.
4. Make sure your headphones are on and paired with Suunto app.
5. Go back and start your exercise as you normally do.

Your phone will now bring you various voice feedback during your exercise, depending on which voice feedback you have activated.

To activate voice feedback on your watch during an exercise:

1. Press the upper button to pause the exercise.
2. Select **Options**.
3. Scroll down and select **Voice feedback**.
4. Toggle **Voice feedback from app** on.
5. Scroll down and select which voice feedback you want activated by turning the toggles on/off.
6. Make sure your headphones are on and paired with Suunto app.
7. Go back and resume your exercise.

4.6. Dual device connection

You can connect your Suunto Aqua headphones to two Bluetooth devices at the same time. With the help of the dual device connection function, you can easily switch to your phone and answer a call while listening to music from your computer.

Follow these steps to pair your headphones with two devices:

1. If your headphones are switched on, switch them off.
2. Keep the [○ ▷] button pressed for 5 seconds to switch the headphones on and enter pairing mode.
3. While the red LED light is blinking, keep the multifunction button and the [○ ▷] button pressed simultaneously for 3 seconds to enable dual device connection. The headphones will play a sound when the function is enabled.
4. Under the Bluetooth settings of the first compatible device, open the list of nearby devices.
5. Find Suunto Aqua in the list and pair the headphones with the first device.
6. Switch your headphones off.
7. Keep the [○ ▷] button pressed for 5 seconds to switch the headphones back on and enter pairing mode.
8. Under the Bluetooth settings of the second compatible device, open the list of nearby devices.
9. Find Suunto Aqua on the list and pair the headphones with the second device.

10. When you connect the second device, the first device temporarily disconnects from the headphones. To reconnect the first device, go to the Bluetooth settings of the device or simply restart the headphones.

When the headphones are already paired with a device with Suunto app:

1. Enable dual device connection in Suunto app.
2. Switch your headphones off.
3. Keep the [○ ▷] button pressed for 5 seconds to switch the headphones back on and enter pairing mode.
4. Under the Bluetooth settings of the second compatible device, open the list of nearby devices.
5. Find Suunto Aqua on the list and pair the headphones with the second device.
6. When you connect the second device, the first device temporarily disconnects from the headphones. To reconnect the first device, go to the Bluetooth settings of the device or simply restart the headphones.

You can check the list of the connected devices in Suunto app.

📝 *NOTE: When you use Suunto Aqua with two paired devices at the same time, the headphones determine their own priority based on the order of the played content and the tasks. Normally, the first played audio takes precedence over the second, and phone calls take precedence over audio playback. However, the actual operation of different brands and models of the compatible devices may vary.*

5. Motion detection and analysis

With the Suunto Aqua headphones, you can monitor your body status and receive valuable feedback. The received information helps you correct incorrect movements and postures and decrease the risk of injuries.

📝 **NOTE:** *The motion detection and analysis functions are not designed to diagnose, treat or prevent any medical condition. The results obtained should not be considered as medical advice or used as a substitute for professional healthcare consultation. Always consult a qualified healthcare provider with any questions you have regarding your medical condition based on the assessment results.*

5.1. Neck fatigue alert

The Neck fatigue alert function reminds you to move your neck after holding it in the same position for too long, to prevent stress and injury. To activate the monitoring, turn on Neck fatigue alert in Suunto app. When the Neck fatigue alert is on, you can set how often you would like to receive a reminder. The headphones will play a sound after the set interval.

The Neck fatigue alert function is recommended for cycling mainly.

5.2. Neck mobility assessment

The Neck mobility assessment function provides you with information about your cervical spine health.

You can assess cervical flexion and extension, cervical rotation, and lateral flexion.

To complete neck mobility assessment:

1. Put on your headphones and open Suunto app on your phone.
2. Enable Neck mobility assessment in the app.
3. Look straight ahead to complete the visual calibration.
4. Turn and tilt your head according to the headphones' instructions.
5. When you feel that you cannot move your head any further, hold the position. When the recording is successful, the headphones play a sound and a message pops up in Suunto app.
6. After completing all assessment steps, you can generate a report in Suunto app.
7. Save the report.

You can repeat the assessment whenever you want and access the saved reports in Suunto app.

5.3. Jump assessment

The Jump assessment function provides you with information about your lower-body strength and neuromuscular fatigue.

To assess neuromuscular fatigue, put on your headphones, enable Jump assessment in Suunto app, and follow the instructions. To track neuromuscular fatigue over the training season, first you need to build your jump baseline to receive the initial data. You can track your progress over time based on the baseline data. Suunto recommends that you build the jump baseline when you are in good physical condition.

To build your jump baseline:

1. Put on your headphones and open Suunto app on your phone.
2. Enable Jump assessment in the app.
3. Stand in a comfortable stance width and place your hands on your hips before jumping. Keep your hands on your hips during the test.
4. Rapidly squat and jump as high as possible with both legs extended in the air.
5. Land in the same spot where you took off.
6. When you see in Suunto app that the jump has been recorded, press Next.
7. Repeat steps 4 and 5 three times to complete the test.

When the test is completed, you can generate a report and save your data in Suunto app.

Complete the jump assessment regularly to track your progress and check your fatigue and recovery status. The assessment results will be illustrated in graphs in the Jump assessment menu in Suunto app.

6. Workout tracking

You can use your Suunto Aqua headphones for tracking certain exercises. Select the sport mode to track in the Sports switch menu in Suunto app.

📋 **NOTE:** *When workout tracking is on, it reduces the battery life by about 15%.*

6.1. Swimming

The Suunto Aqua headphones are waterproof down to 5 meters for 2 hours. Thus, you can wear your headphones and listen to music during swimming and snorkeling. For information about the offline music mode for swimming, see *4.3. Offline music*.

In addition, you can use the headphones to track your swimming if the swimming mode is activated. When swimming mode is activated, the sound mode changes to underwater mode automatically.

It is possible to track your swimming by using only the headphones or the headphones connected with your Suunto watch. If you connect your Suunto watch with your Suunto Aqua headphones, you will see the data the headphones collect during your swimming on your watch. In the exercise summary, you can check, for example, the duration of the glide phases, data regarding your head's position and breathing, etc. For more information, see Suunto app.

📋 **NOTE:** *Your swimming data will be available in the exercise summary on your watch and in Suunto app after you end and save the exercise.*

To record swimming with your headphones:

1. Keep the [◁] and [○ ▷] buttons pressed simultaneously for 3 seconds to activate swimming mode.
2. Follow the headphones instructions to complete visual calibration.
3. When you hear "swimming mode is on", start swimming.
4. When you finish your training, quit swimming mode by keeping the [◁] and [○ ▷] buttons pressed simultaneously for 3 seconds.
5. See the summary in Suunto app.

To record swimming with your headphones connected with your watch:

📋 **NOTE:** *To connect your headphones with your Suunto watch, you have to install the Suunto Aqua Swimming app from the SuuntoPlus™ Store on the watch.*

1. Switch the Suunto Aqua headphones on.
2. From the exercise start screen on your watch, scroll down and select SuuntoPlus™.
3. Toggle Suunto Aqua Swimming on.
4. Wait for the watch to automatically connect with the Suunto Aqua headphones.
5. Go back and press Start.
6. Follow the headphones instructions to complete visual calibration.
7. When you hear "swimming mode is on", start swimming.
8. When you finish your training, end the exercise on your watch as normal.
9. See the summary on the watch and in Suunto app.

📝 **NOTE:** *When multiple headphones are available for your watch to connect, make sure that you connect the intended devices. When connected to the watch, the headphones play a sound.*

📝 **NOTE:** *If the connection between the headphones and the watch is lost during the exercise, or you turn workout tracking with the headphones off before ending the exercise on the watch, the exercise records of the headphones and the watch will appear as separate exercises in Suunto app.*

⚠️ **WARNING:** *For safety reasons, Suunto recommends that you do not wear the headphones while diving openwater.*

7. Settings

7.1. Device info

You can check device info, for example, the software version of your headphones in Suunto app.

7.2. Software updates

Software updates add important improvements to your headphones. For updating the software, the headphones must be connected to Suunto app. Internet connection is required for downloading the update package. For installing the update package, the battery level of the headphones must be at least 20%.

When an update is available, a popup window offers you the update option after opening Suunto app. Keep the headphones connected to your mobile phone during the update process. When the update is complete, the headphones will restart.

You can check the software version of your headphones under the device settings in Suunto app.

7.3. Resetting the headphones

In case you want to delete all your settings from Suunto Aqua, you can reset the product. While Suunto Aqua is charging, keep the multifunction button pressed for 5 seconds. When the red LED light blinks twice and the headphones play a sound, the reset is successful.

NOTE: After the reset, the Bluetooth pairing records are deleted from the headphones. When you want to use the headphones again, you have to start the pairing process from the beginning. See 3.4. Pairing.

8. Battery and charging

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

The headphones are fully charged in one hour, and you can listen to up to 10 hours of music with one charge.

When the battery level is less than 5%, the headphones play a low battery alarm tone every 5 minutes, and the red LED light is blinking.

To check the battery status of your headphones, connect the product to Suunto app. You can see the battery status on the headphones' page in the app.

For charging the headphones, the package of the product contains a portable powerbank, offering extra 20 hours of battery life.

Before using the powerbank, you have to charge it with the provided USB-C cable. To check the battery status of the powerbank, press the button on its bottom. Lights light up on the top side of the device, each light representing 25% of battery capacity.

To charge your Suunto Aqua with the powerbank, press the button on the bottom of the powerbank and insert the headphones into the charging slot. Close the powerbank by slightly pressing its back and front parts together. If the headphones are switched on, they will automatically switch off when connected to the powerbank. While the headphones are charging, the LED lights on the powerbank are blinking. When the battery is fully charged, the LED lights turn off.

📝 *NOTE: When inserting the headphones into the powerbank, make sure that the charging ports are in contact. The charging starts only when the lights on the powerbank are blinking.*
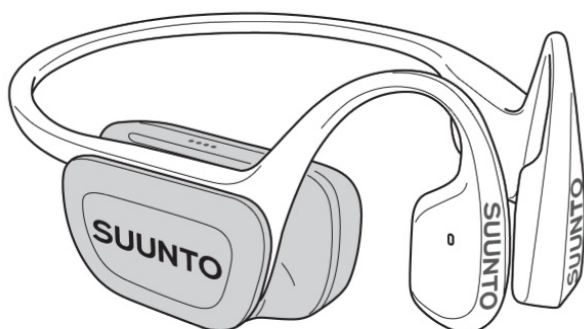
🔍 *TIP: You can use the powerbank with the supplied USB cable to transfer audio files to the headphones. See 4.3. Offline music.*

⚠ **WARNING:** *Before charging, ensure that the charging ports of the headphones and the powerbank are free from any residual liquid. Liquid on the charging ports damage the headphones' and the powerbank's circuit.*

9. Care and support

9.1. Handling guidelines

Handle the unit with care, do not knock or drop it. Do not store the headphones below heavy items as the headphones may get deformed.

Although the headphones are water-resistant, do not soak them in water for a long time. When the surface of the product is dirty, wipe it clean with a soft dry cloth. Pay special attention to the microphones, buttons, and charger pins.

Under normal circumstances, the headphones do not require servicing.

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

9.2. Disposal

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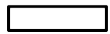
10. Reference

10.1. Compliance

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

10.2. CE

Hereby, Suunto Oy, declares that the radio equipment type HS241 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: *www.suunto.com/EUconformity*.

$C\epsilon$

SUUNTO CUSTOMER SUPPORT

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