

SUUNTO SPARK

USER GUIDE

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1. Intended use


The Suunto Spark headphones are wireless Bluetooth® compatible headphones designed and made for outdoor sports. With Suunto Spark, 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:** Keep the device away from medical devices such as pacemakers, as well as key cards, credit cards and similar items. The device includes a strong magnet which may interfere with the operation of medical or other electronic devices and items with magnetically stored data.


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


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


 **WARNING:** 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:** Do not charge the headphones 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:** 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 Spark has a touch panel you can use to switch song and answer or end phone calls.



Making a phone call

- double-tap either earbud to answer or end a call
- tap and hold either earbud to reject a call

Music control

- double-tap either earbud to play or pause
- triple-tap either earbud for next track

3.2. Microphone

Your Suunto Spark comes with dual microphone and environmental noise cancellation (ENC) technology. These features guarantee good voice quality of your phone calls even in noisy or windy conditions.


⚠ CAUTION: Do not wash the microphone holes directly with water or volatile liquids, as they may affect the performance of the microphone.

3.3. Bluetooth connectivity

Your Suunto Spark 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 4.4. *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 Spark, the headphones and the paired device disconnect.*

When the Bluetooth connection between the headphones and the compatible device is lost for more than one hour, Suunto Spark will automatically power off to save battery. To use the headphones again, you need to turn the device back on.

3.4. Pairing

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



1. Place the earbuds in the charging case.
2. Press and hold the button on the case for 2 seconds, until the LED light flashes white.
3. On your device, select Suunto Spark from the Bluetooth list to connect.
4. Pairing is complete when the LED light stops flashing.

3.5. Suunto app

With the Suunto app on your phone, you can further enrich your Suunto Spark experience. Pair your headphones with the mobile app to adjust Head Movement Control, sound mode, and more.

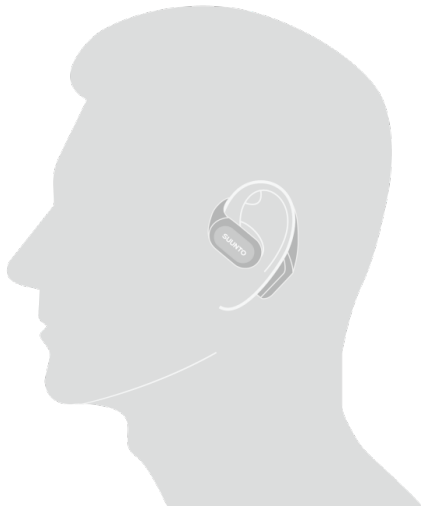
To adjust headphones settings in Suunto app:

1. Pair Suunto Spark with the compatible mobile device via Bluetooth. See 3.4. *Pairing*.
2. Download and install Suunto app on your compatible mobile device from the iTunes 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 Spark headphones are headphones with open-ear style, allowing you to listen to audio and still hear your surroundings during exercises.

For the best experience, place the ear hooks securely over your ears. Adjust the headphones so the speakers sit just in front of your ears.




Whether you are training in the gym or you 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 Suunto Spark together with a bike helmet or a hat and even under a beanie.

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.


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 Spark offers a normal sound mode for everyday use and light exercises and another sound mode for outdoor trainings and noisy conditions. In the outdoor sound mode, the volume is higher. Select the mode that provides the best experience in your given situation. You can change sound mode in the Suunto app.

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


 **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. 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 headphones must be paired with your watch before using this feature.

 **NOTE:** *This feature is available only on Suunto Run series, Suunto Vertical series, Suunto Race series, and Suunto Ocean series.*

To connect your headphones with your Suunto watch, you need to install the Suunto Spark app from the SuuntoPlus™ Store on the watch.

1. Keep your Suunto Spark in pairing mode.
2. From the exercise start screen on your watch, scroll down and select SuuntoPlus™.
3. Toggle Suunto Spark app on.
4. Wait for the watch to automatically connect with the Suunto Spark headphones.
5. Go back and press Start.

 **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 both the headphones and the Suunto app are connected to your watch, voice feedback may be played through the app. To ensure the feedback is heard through the headphones, it's recommended to close the app in the background.*

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** 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 your watch.
5. Go back and start your exercise as you normally do.

Your headphones 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. Long press the lower button to enter **Control panel**.
2. Scroll down and select **Voice feedback**.
3. Toggle **Voice feedback** on.
4. Scroll down and select which voice feedback you want activated by turning the toggles on/off.
5. Make sure your headphones are on and paired with your watch.
6. Go back and resume your exercise.


4.4. Dual device connection

You can connect your Suunto Spark 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.

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

1. Enable dual device connection in Suunto app.
2. Put the earbuds in the charging case.
3. Press the button on the charging case for 5 seconds to enter pairing mode.
4. Under the Bluetooth settings of the second compatible device, open the list of nearby devices.
5. Find Suunto Spark on the list and pair it 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 Spark 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. Settings

5.1. Device info

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

5.2. 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.

5.3. Resetting the headphones

In case you want to delete all your settings from Suunto Spark, you can reset the product. While Suunto Spark is in the charging case, press the button for 10 seconds. When the orange LED light blinks, 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.*

6. Care and support

6.1. 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 resistant to sweat and rain, 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.

6.2. 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 earbuds are fully charged in one hour, and you can listen to up to 6 hours of music with one charge.

When the battery level of the earbuds is more than 60%, the green LED light will blink when you open the charging case.

When the battery level of the earbuds is less than 60%, the orange LED light will blink when you open the charging case.

When the battery level of the charging case is more than 40%, the green LED light will blink when you close the case.

When the battery level of the charging case is less than 40%, the orange LED light will blink when you close the case.

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 your headphones, you can use the supplied USB cable or the portable powerbank.

USB cable

The USB charging cable is included in the product package. For charging the case with the cable, connect the end of the cable to the charging port of the case. While the case is charging, the LED light is on. When the battery is fully charged, the LED light turns off.

Charging case

For charging the earbuds while on the move, the package of the product contains a charging case, offering extra 24 hours of battery life.

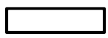
Before using the charging case, you have to charge it with a USB-C cable. While charging, the orange LED light on the charging case turns on. When the battery is fully charged, the LED light turns green.

To charge your earbuds with the charging case, put the earbuds into the case. The earbuds will automatically connect to the charging case. When the charging starts, the LED light on the charging case turns on for one second.

⚠ WARNING: Before charging, ensure that the charging case is free from any residual liquid. Liquid on the charging ports damage the earbuds and the charging case's circuit.

6.3. Disposal

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



7. Reference

7.1. Compliance

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

7.2. CE

Hereby, Suunto Oy, declares that the radio equipment type HS252 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: www.suunto.com/EUconformity.





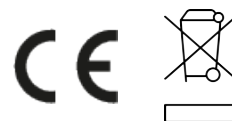
SUUNTO CUSTOMER SUPPORT

www.suunto.com/support

www.suunto.com/register

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