

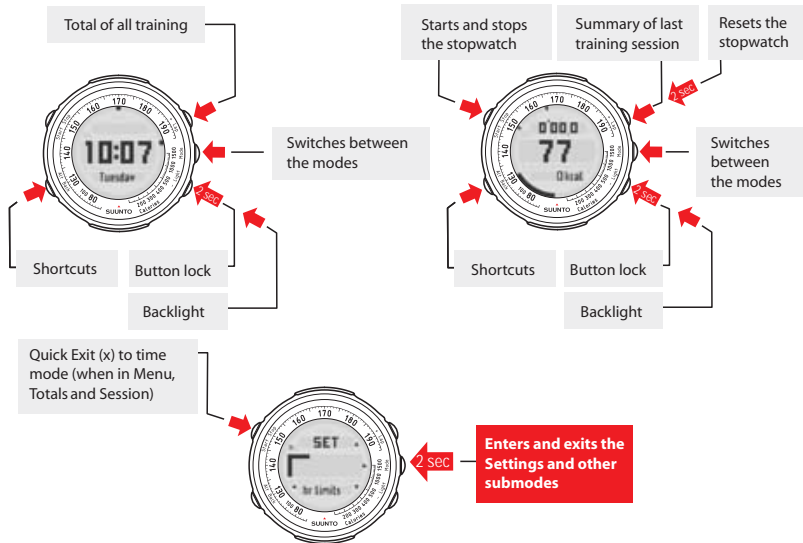
EN

SUUNTO
t1
USER'S GUIDE


SUUNTO

Time mode

Training mode



WELCOME

Congratulations on choosing Suunto t1 as your training companion. The Suunto t1 is a high-precision heart rate monitor designed to make your training as beneficial and enjoyable as possible.

Suunto t1 makes heart rate zone training more illustrative than ever before, accurately measures the calories you burn during the workout, and keeps track of your training history. It also includes a number of advanced training functions that enable the product to grow with your increasing demands.

The Suunto t1 has a coded transmission that prevents wrong readings caused by other heart rate monitors or sources of interference.

This User's Guide is here to help you get the most out of your training with Suunto t1. Please read through it to make using your new Suunto t1 even more fun and interesting.

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1. SUUNTO T1 AT A GLANCE

Time mode



In Time mode you can:

- view time
- go to totals
- go to settings

Training mode



In Training mode you can:

- use the stopwatch
- view your heart rate
- go to summary
- go to settings

Settings menu



In Settings menu you can change values for:

- heart rate limits
- heart rate zones
- time and date
- general
- personal

The Suunto wristop computer displays the icon HR for Training mode. In Time mode you will see the current time.

1.1. Navigating in the modes and menus

In Time and Training modes, a long press of the MODE button takes you to Settings. In Time mode, a short press of the + button takes you to Totals, whereas in Training mode, a short press of the + button accesses Summary. The figure below shows the functionality of both submodes.

Summary

(from Training mode)



In Summary you can view your last session's:

- duration
- calorie consumption (energy)
- average heart rate
- peak heart rate
- time spent in and out of zones and limits

Totals

(from Time mode)



In Totals you can view the total values of your sessions for:



- this week
- last week
- this month
- last month

You can quick exit Totals, Summary and Settings by pressing the START button.

1.2. Button symbols and functions

Button names on device	Name in User's Guide
+ / Lap	+
Mode	MODE
- / Light	-
Alt / Back	BACK
Start / Stop	START

In Totals and Summary, small arrows on the screen indicate the buttons that you can navigate with. The buttons' functions depend on the length of the press. A short press is less than 1 second, and a long press is more than 2 seconds. Throughout this user's guide, the following symbols are used to indicate short and long presses.

	Short press
	Long press

1.3. Button lock

You can lock and unlock the buttons in both Time and Training mode by long pressing the - button. When the buttons are locked, you still have access to shortcuts and backlight.



When the buttons are locked, you still have access to shortcuts and backlight.

2. GETTING STARTED

Before you are able to make the most of your Suunto t1, it's worth taking some time to personalize it to suit your individual needs. If you have already defined the settings, you can skip to *Section 3. Before training.*

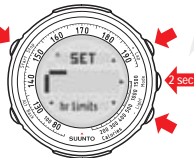
To recap, this figure shows how to enter the Settings menu and its different items.

Entering Settings



Long press the MODE button in Time or Training mode to enter the Settings menu.

Navigating in Settings



Use + and - buttons to toggle between the following setting submenus: heart rate limits, heart rate zones, time/date, general and personal. Exit the Settings menu by long pressing the MODE button or by pressing the START button.

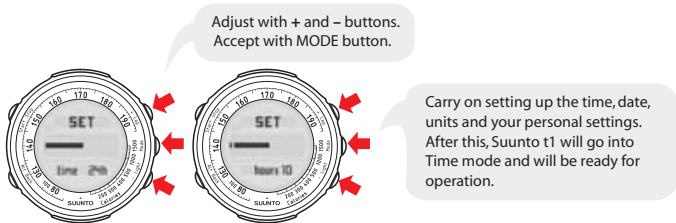
NOTE

Remember that you can see where you are within the Settings menu by following the flashing bar in the navigational aid.

2.1. Setting up Suunto t1

When you press a button on your new Suunto t1 for the first time, you will be asked to define some basic settings. Use the + and - buttons to change the values, accept and move to the next item by pressing the MODE button.

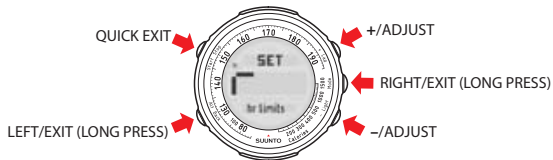
The following figure shows you how to set up your device for the first time.








NOTE

Your maximum heart rate is determined using the formula $210 \text{ minus } 0.65 \text{ times your age}$, which is automatically calculated from the date of birth that you enter. If you know your real maximum heart rate, you should use that instead of the calculated value.

Navigating in the Settings menus is very easy. Follow the position of the blinking empty box and you will know exactly where in the Settings menu you are. You can quick exit the Settings menu and go back to the Time mode by pressing START button.



Take a look at the following table showing the different Settings and the items you can define in them.

Symbol	Setting	Options					
	Heart rate limits	Heart rate limits: on/off	Lower limit	Upper limit	Alarm: on/off		
	Heart rate zones	Heart rate zones: on/off	Zone 1: lower/ upper %	Zone 2: upper %	Zone 3: upper %	Tones: on/off	
	Time/date	Alarm: on/off	Alarm time: hour/min	Time: hours/ minutes/ seconds	Dual time: hours/ minutes	Date: year/ month/ day	
	General	Tones: on/off	Heart rate: bpm/%	Weight: lb/kg	Height: ft/cm	Time: 12h/24h	Date: mmdd /ddmm
	Personal	Weight	Height	Activity class	Max heart rate	Sex	Date of birth

2.2. Activity class (act class)

Important: Your activity class is another one of the settings that you are asked to define when you set up your device for the first time. Your activity class is a measure of your current activity level. By entering your current activity class (1 - 10) into your Suunto t1, the device will be able to give much more accurate calorie consumption information. As the amount and/or intensity of your physical activity increases, the device will automatically increase your activity class based on your

recorded heart rate information. Your activity class will also be automatically decreased if, for example, you engage in recreational sports. See the following table for information on determining your activity class.

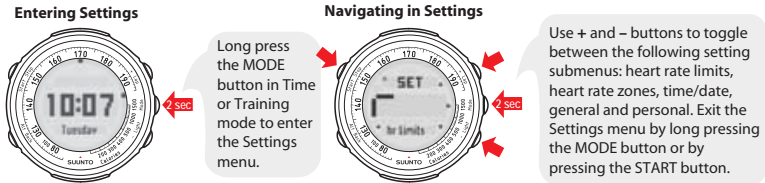
Activity description	Activity class	
No regular participation in recreational sports or heavy physical activity.	Always avoid exertion, whenever possible.	0
	Walk for pleasure, routinely use stairs, occasionally exercise sufficiently to cause heavy breathing or perspiration.	1
Regular participation in recreational sports or work requiring modest physical activity, such as yard work, nordic walking or moderate-intensity cycling.	10 - 60 minutes per week	2
	Over 1 hour per week	3
Regular participation in heavy physical exercise, such as running, aerobic classes or high-intensity cycling.	Less than 30 minutes per week	4
	30 - 60 minutes per week	5
	1 - 3 hours per week	6
	Over 3 hours per week	7
Training daily	5 - 7 hours per week	7.5
	7 - 9 hours per week	8
	9 - 11 hours per week	8.5
	11 - 13 hours per week	9
	13 - 15 hours per week	9.5
	More than 15 hours per week	10

2.3. Time mode

Here you can see the functionality of the buttons used in Time mode. This will help you get started with using the basic functions of your Suunto t1. Additionally, you will find options for the shortcut, which is in the bottom line of the display.

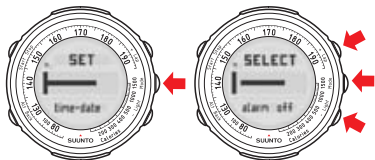


The following figure shows how to enter the Time mode Settings menu and its different items. You can quick exit the Settings menu by pressing the START button.



2.3.1. Time/date settings

In the Time/date menu, you can set the alarm, time, dual time, and date. Accept the settings with a short press of the MODE button, which also moves you on to the next menu item.

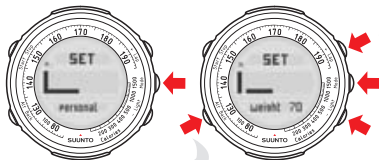


Adjust the alarm on/off setting with + and – buttons. Accept with MODE button.

Continue setting the alarm, time, dual time and date.

2.3.2. Personal settings

In the Personal menu, you can enter personal information such as your weight, height, activity class, maximum heart rate, gender, and date of birth. Accept the settings with a short press of the MODE button, which also moves you on to the next menu item.



Go back to the previous set value.

Adjust the weight setting with + and – buttons. Accept with MODE button.

Continue setting your height, activity class, maximum heart rate, sex and birth date.

NOTE

See the table in Section 2.2. Activity class (act class) for information on activity class descriptions.

2.3.3. General settings

In the General menu, you can set the button tones on or off and choose the units and format the information is displayed in. Accept the settings with a short press of the MODE button, which also moves you on to the next menu item.

Light

The light can be activated in both Time and Training mode at any point by short pressing the - button. If you want to use the light in Settings, Summary or Totals, the light must be activated before entering them.

Alarm snooze

Only the BACK button deactivates the alarm; pressing any other button activates the snooze function, which lasts for 5 minutes. The snooze function can be activated 12 times, after which the alarm will be deactivated until the set time the following day.

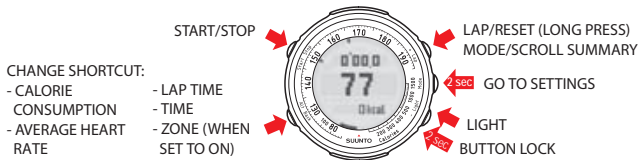
Pressing the BACK button switches off the alarm.



2.4. Training mode

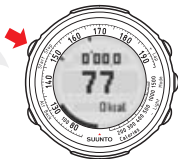
To switch to the Training mode, short press the MODE button.

Here you can see the basic functionality of the buttons used in Training mode as well as options for the shortcut, which is in the bottom line of the display.



The stopwatch is accessed by pressing the START button in Training mode and can be seen in the top row. The information from the training that you time with the stopwatch, such as heart rate and calorie consumption, is stored and can later be seen in Totals and Summary. **Therefore, you should activate the stopwatch, and ensure you have a heart rate reading, whenever you start a training session.**

Pressing the START button starts the stopwatch and calculation of amount of calories consumed.



Pressing the START button again stops the stopwatch.



While the stopwatch is running, you can take up to 99 lap times, the first 30 of which are stored in the memory, by pressing the + button.

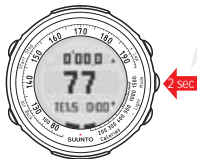
NOTE *It is not possible to reset the stopwatch while it is running. You must stop it before resetting it.*

NOTE

If the stopwatch is running, and you switch back to the Time mode, the stopwatch will be displayed on the top of the screen. To stop the stopwatch go back to the Training mode.

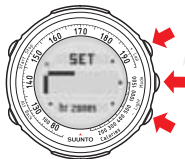
2.4.1. Training mode settings

The following figure shows how to enter the Training mode Settings menu and its different items.



2 sec

Long press the MODE button in Training mode to enter Training settings menu.



Use + and - buttons to toggle between the following Training setting submenus: heart rate zones, heart rate limits, time and date, general and personal.

2.4.2. Heart rate zone settings

In the Heart Rate Zone menu, you can define the 3 heart rate zones and set the tones on or off. The 3 heart rate zones are useful in training as they record how much of your training is spent within specific heart rate zones, or if you want to give yourself a long enough warm-up, or keep your heart rate at an optimum level for fat burning.

After training, you can see how much of the session was spent in each zone. Each zone is a range of heart rates expressed as a percentage of your maximum heart rate (which is calculated based on the age you enter in the Personal settings menu). Accept the settings with a short press of the MODE button, which also moves you on to the next menu item.

The default heart rates for zones 1-3 are 60-70%, 70-80%, and 80-90% of your maximum heart rate, but if you are following a specially designed training program, enter the zone values that have been tailored towards your individual goals. The benefits of training in each default zone are shown in the following table.

Heart rate zone	Default setting	Main benefit
Zone 1 (Fitness Zone)	60 - 70% of maximum heart rate	Improves your basic endurance, aerobic fitness, and helps you in weight control (fat burning zone)
Zone 2 (Aerobic Zone)	70 - 80% of maximum heart rate	Improves your aerobic fitness. This is the preferred zone if you are training for an endurance event.
Zone 3 (Threshold Zone)	80 - 90% of maximum heart rate	Improves your maximum aerobic capacity, and lactate tolerance ability - meaning your maximum endurance will improve and you'll be able to fight fatigue better.

NOTE

The heart rate zone defaults follow the guidelines of the American College of Sports Medicine for exercise prescription.

The device alerts you with a beep when you move from one zone to another so you can modify your training accordingly.

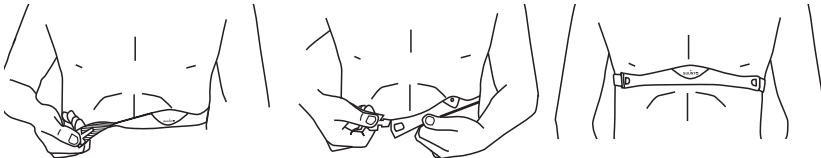
The average heart rate is also a useful measure during training where the heart rate levels vary a lot, such as biking in hilly terrain. In these cases, the target zone limits are less practical than the average heart rate.

3. BEFORE TRAINING

3.1. Putting on the heart rate transmitter belt

The heart rate transmitter belt is an integral part of Suunto t1's functionality, so it's important that you know how to wear it correctly.

We recommend that you wear the transmitter against your bare skin to ensure flawless operation.



- The electrodes must be wet during the exercise. Raise the transmitter a little off your chest and moisten the electrode area on the side in contact with your skin.
- Check that the wet electrode areas are firmly against your skin and that the logo is in a central upright position.
- Enter Training mode. (Your heart rate will not be visible until you enter Training mode.)

Whenever you enter Training mode or start the stopwatch, your Suunto t1 automatically searches for signals from a heart rate belt. Once the device has found the signals, your heart rate will be displayed in the center of the screen.

3.2. Heart rate signal troubleshooting

Although the heart rate transmitter belt can be used with gym equipment like treadmills and training bikes, using the belt near overhead power lines or some magnetic or electronic devices may cause interference with the belt's signal.

Although rare, it is possible that someone with the same heart rate transmitter belt code happens to be training close to you causing interference with your heart rate readings. In the event of such interference, check the belt codes by long pressing the BACK button in Training mode. You will see the belt code in the middle of the display for few seconds. If you have matching codes, move further off from your training partner. If the interference continues, you should remove the battery from one of the belts and reinstall it. The belt will then automatically search a new code from 1 to 29.

If you lose the signal, try the following steps to fix the problem.

- Exit and then re-enter Training mode.
- Make sure that you are wearing the heart rate transmitter belt correctly. (See *Section 3.1. Putting on the heart rate transmitter belt*)
- Ensure that the electrode area on the back of the belt is slightly wet.
- Move away from any potential source of interference.
- If you have been using the belt for some time, the battery may need changing. For instructions on how to change the transmitter belt's battery, see *Section 7.3.2. Replacing the battery of the heart rate belt.*

3.3. Heart rate limit settings

In the Heart Rate Limit menu, you can set the heart rate limits on or off, define the upper and lower limits, and set the heart rate alarm on or off. You can set the heart rate limits to help you stay within a defined heart rate range, which you can set to match the goal of your training.

The heart rate limits are displayed with dots on the left outer rim of the display.

While training, your real-time heart rate is displayed in both the center of the screen and on the left outer rim. If the average heart rate shortcut is selected, your real-time average heart rate of the entire log at that point is displayed in the bottom row as either beats per minute or a percentage of your maximum heart rate. In the Settings menu, you can set alarms to notify you when you go above your set upper heart rate or below the set lower heart rate.

By checking your average heart rate you can adjust your training intensity to make sure the session is as effective as possible.

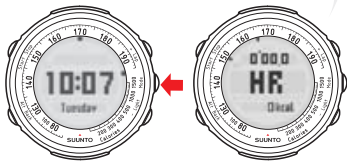
4. TRAINING

Once you have your Suunto t1 set up as you like it, it's time to get out and start training. For detailed information on training and tips on how to maximize its effectiveness, download Suunto Training Guidebook from www.suunto.com/training.

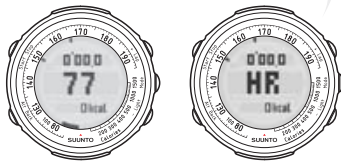
4.1. Connecting your Suunto t1 to the heart rate transmitter belt

Whenever you enter Training mode, your Suunto t1 automatically searches for signals from a heart rate belt. Once Suunto t1 has found the signals from your heart rate transmitter belt, your heart rate will be displayed in the center of the screen.

After switching to Training mode, Suunto t1 displays "HR" while it is seeking the HR belt signal.



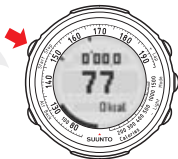
Instead of your heart rate, "HR" is shown in the center of the display if no heart rate belt is found.



4.2. Stopwatch

The stopwatch is activated by short pressing the START button in Training mode. It can be seen in the top row in Training mode. The information from the training that you time with the stopwatch, such as heart rate and calorie consumption, is stored and can later be seen in Totals and Summary. **Therefore, you should activate the stopwatch, and ensure you have a heart rate reading, whenever you start a training session.**

Pressing the START button starts the stopwatch and calculation of amount of calories consumed.



Pressing the START button again stops the stopwatch.



While the stopwatch is running, you can take up to 99 lap times, the first 30 of which are stored in the memory, by short pressing the + button.



Pressing the + button, when the stopwatch is running, stores the split time and displays it in the top row of the Suunto t1. It also displays the average heart rate and shows the lap time. After 3 seconds the display jumps back to the stopwatch.



This number indicates the ongoing lap.

When the stopwatch has been stopped, you can either view the Summary of the most recent session or reset the stopwatch, as shown in the figure below. Resetting the stopwatch does not reset the Summary.



Pressing the + button when the stopwatch is stopped takes you to the Summary display.



Long pressing the + button when the stopwatch is stopped resets the stopwatch. Resetting the stopwatch doesn't reset the summary.

If your heart rate in the most recent session exceeded the maximum heart rate defined in Personal settings, Suunto t1 will ask if you want to update your maximum heart rate value after resetting the stopwatch.



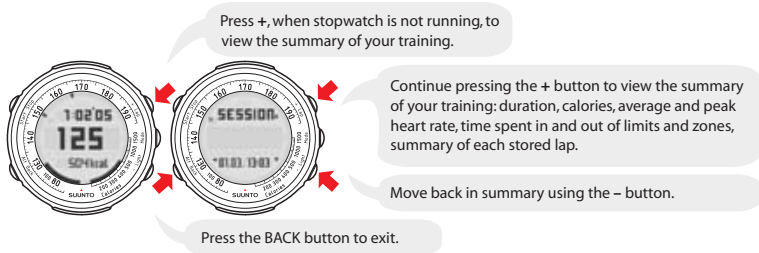
If you want to update your maximum heart rate, press the - button. Pressing the BACK button takes you back to the Training mode without updating your maximum heart rate.

5. AFTER TRAINING

Once you have finished your training, your Suunto t1 can provide you with detailed information on your performance. In this section, we'll look at the Summary and Totals functions, as well as Suunto's online training community, www.suunto.com/training.

5.1. Training Summary

Immediately after finishing your training, one of the first things you'll want to do is review all the data recorded during the session. You can see your peak heart rate, your average heart rate, how many calories you burned, how much time was spent in each zone, and more in the Summary submode. The training Summary can be accessed by short pressing the + button in Training mode. You can use the - and + buttons to navigate in the menu.

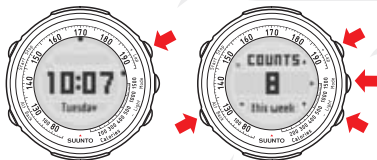


5.2. Training Totals

In addition to the last training session, Suunto t1 stores the data recorded this week (Monday - Sunday), last week, this month, and last month. This information can be seen in the Totals submode, which is accessed by short pressing the + button in Time mode.

When in the Totals submode, the word "Counts" appears at the top of the display. The following figure shows how to navigate within the Totals menu.

Press the + button in Time mode to view the totals of your training.



Pressing the MODE button takes you through your training totals for this week: calories consumed, training time and time spent within and outside of each zone.

In each display, you can use the + and – buttons to change between the view for this week, last week, this month and last month.

Press the BACK button to move back to the previous display.

NOTE *Totals contains information about heart rate zones from sessions where the zones were set on and a signal from the heart rate belt was received.*

Once you have reviewed your data, you can exit Totals by long pressing the MODE or BACK button. You can also exit Totals at any time by short pressing the START button (quick exit function).

5.3. Suunto Training World

Suunto Training World, Suunto's training-specific Web site, is dedicated to helping athletes and fitness enthusiasts at all levels achieve their goals. You'll find this site the perfect training partner for running, cycling, aerobics, spinning, walking and the whole range of endurance and team sports.

Whether you're working toward a marathon, or aiming for weight loss and a healthy heart, Suunto Training World is a valuable resource for tips, news and inspiration.

Take a tour of the site at www.suunto.com/training. Learn about new Suunto training products, gather training tips, participate in discussions, keep abreast of training news, and motivate yourself with the stories of Suunto Ambassadors.

5.4. Sleep mode

You can switch your Suunto t1 into sleep mode to save battery and to erase all information in the Logbook and Totals. Your personal values will be saved.

Switch to sleep mode by long pressing the START, BACK, + and - buttons simultaneously. To reactivate your Suunto t1, press any button.

6. WARRANTY

For warranty information and additional care and maintenance instructions please refer to the separate "Warranty, Care and Maintenance - Wristop Computers" leaflet.

7. CARE AND MAINTENANCE

Your Suunto t1 is a precision instrument. By following a few common sense points, you can maximize the life of your device. If your Suunto t1 does require servicing, you should take it to your nearest Suunto representative. This section also describes the steps to follow when replacing the battery in both your Suunto t1 and the transmitter belt.

7.1. General instructions

- Only perform the procedures described in this user's guide.
- Never attempt to disassemble or service your Suunto t1.
- Always protect your Suunto t1 from shocks, hard and sharp objects, extreme heat and prolonged exposure to direct sunlight.

- If not in use, store your Suunto t1 in a clean and dry environment at room temperature.
- In order to prevent the face from becoming scratched, the device should not be stored in the bottom of a bag or other place where it could come into contact with hard objects.

NOTE

In case the face becomes scratched, you can use Polywatch cream to eliminate most of the scratches if not all. The Polywatch cream will be available at your authorized Suunto dealer, in most of the watches stores and on Suunto web-shop (www.suunto.com/shop).

- You can wipe your Suunto t1 clean with a cloth lightly moistened with warm water. If there are stubborn stains or marks, you can apply mild soap to the area.
- Do not expose your Suunto t1 to strong chemicals, such as gasoline, cleaning solvents, acetone, alcohol, insect repellents, adhesives and paint, as they will damage the unit's seals, case and finish.

7.2. Water resistance


Your Suunto t1 is water resistant up to 30 m/100 ft and the transmitter belt to 20m/66ft according to ISO 2281 standard (www.iso.ch). This means that you can use your Suunto t1 for swimming and other water sports activities but you must not use it for scuba diving or freediving.

To maintain water resistance and to ensure that the warranty remains valid, we strongly recommend that you have all service, except for battery change, performed by authorized Suunto service personnel.

NOTE

Never push the buttons while swimming or in contact with water. Pressing the buttons while the unit is submerged could cause the unit to malfunction.

7.3. Replacing the battery

Your Suunto t1 operates on a 3-Volt lithium cell, type: CR 2032. The life expectancy is approximately 12 months of operation with an average of 4 hours of training a week. The higher your average amount of training hours a week, the shorter the battery's life expectancy will be. Your Suunto t1 will display the symbol  when the battery starts running low.

NOTE

To reduce the risk of fire or burns, do not crush, puncture or dispose of used batteries in fire or water. Only replace them with manufacturer-specified batteries. Recycle or dispose of used batteries properly.

7.3.1. Replacing the battery of the Suunto t1

To replace the battery:

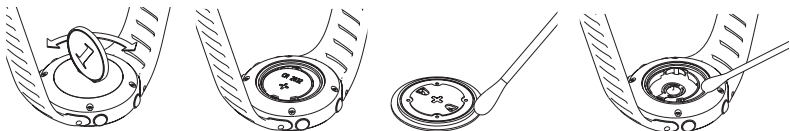
1. Use a coin to open the battery compartment on the back of your device. Ensure that the O ring and all surfaces are clean and dry.
2. Remove the old battery.
3. Place the new battery into the battery compartment with the positive side facing up.
4. Slide the battery gently against the contact plate on the side, ensuring that it does not break or bend out of place.
5. When replacing the cover, rotate it carefully counter-clockwise with your thumb in order to align the threads. The cover should rotate easily at first without having to use force. If you have to use force right at the start, the threads are misaligned and may be damaged.
6. Perform the final tightening with a suitably sized coin.

NOTE

The markings on the cover may be left unaligned once the cover has been tightened. If the old cover is undamaged, it does not need to be replaced.

NOTE

If the threads of the battery compartment cover are damaged, please send your device to an authorized Suunto representative for service.

**NOTE**

Replace the battery with extreme care to ensure that your Suunto t1 remains water resistant. Careless battery replacement may void the warranty.

NOTE

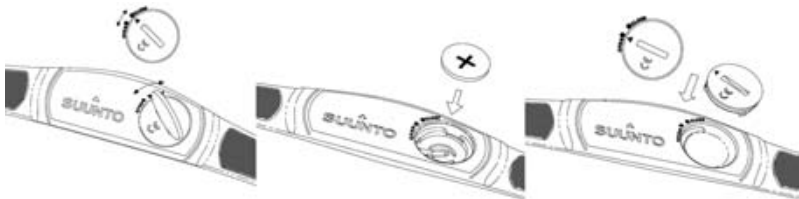
Heavy use of the backlight will significantly reduce battery life.

7.3.2. Replacing the battery of the heart rate belt

The average expected battery life of the transmitter belt is 300 hours of use in ideal operating temperatures. If your Suunto t1 does not receive a signal when the transmitter belt is active, you might need to replace the battery.

To replace the battery:

1. Use a coin to open the battery compartment cover on the backside of the transmitter belt. Ensure that the O ring and all surfaces are clean and dry. Do not stretch the O ring.
2. Remove the old battery.
3. Place the new battery into the battery compartment with the positive side facing up.
4. With the O ring in the correct position, replace the battery compartment cover.



NOTE

We recommend that you replace the battery cover and the O ring simultaneously with the battery to ensure that the transmitter remains clean and water-resistant. Replacement covers are available with replacement batteries.

NOTE

Battery covers of the transmitter belt and Suunto t1 are not interchangeable.

8. TECHNICAL SPECIFICATIONS

General

- Operating temperature: -20°C to +60°C/-5°F to +140°F
- Storage temperature: -30°C to +60°C/-22°F to +140°F
- Weight: 45 g/50 g/65 g (depending on the strap)
- Water-resistance: 30 m/100 ft (ISO 2281)
- User replaceable battery CR2032

Calendar clock

- Resolution: 1 s. Programmed until 2050

Stopwatch

- Stopwatch range: 99 hours. Lap time range: 99 hours. Lap/split times: 30/log
- Resolution: 0.1 s

Heart rate data

- Display range: 30 - 240 bpm
- Heart rate limits: 30 - 230 bpm
- Maximum heart rate for percentage display: 240 bpm

Coding

- 29 codes

Transmitter belt

- Water-resistance: 20 m/66 ft (ISO 2281)
- Weight: 61 g
- User-replaceable battery: CR2032

9. INTELLECTUAL PROPERTY

9.1. Trademark

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9.2. Patent notice

This product is protected by the following patents and patent applications and their corresponding national rights: US 11/432,380, US 11/181,836 and EU Design 000528005-0001/000528005-0010.

10. DISCLAIMERS

10.1. User's responsibility

This instrument is intended for recreational use only. Suunto t1 must not be used as a substitute for obtaining measurements that require professional or laboratory-quality precision.

10.2. Warnings

If you have a pacemaker, defibrillator, or other implanted electronic device, you use the transmitter belt at your own risk. Before you start using a transmitter belt, we recommend an exercise test under a doctor's supervision. This will ensure the safety and reliability of the pacemaker and transmitter belt when used simultaneously.

Exercise may include some risk, especially for those who have been sedentary. We strongly advise consulting your doctor prior to beginning a regular exercise program.

11. DISPOSAL OF THE DEVICE

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



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