SUUNTO VERTICAL 2

USER GUIDE

2025-05-16

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1. 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 USB cable away from medical devices such as pacemakers, as well as key cards, credit cards and similar items. The USB cable device connector 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: *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: *Only use the provided charging cable when charging your Suunto Vertical 2.*

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.*

CAUTION: *Colored textile straps might bleed onto other fabrics or skin when new or wet.*

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.*

2. Getting started

Starting your Suunto Vertical 2 for the first time is quick and simple.

1. Keep the upper button pressed to wake up the watch.
2. Tap the screen to begin the setup wizard.

3. Select your language by swiping up or down and tapping on the language.

4. Follow the wizard to complete initial settings. Swipe up or down to select values. Tap the screen or press the middle button to accept a value and go to the next step.

⚠ ***CAUTION:*** *Only use the provided charging cable when charging your Suunto Vertical.*

2.1. Touch screen and buttons

Suunto Vertical 2 has a touch screen and three buttons you can use to navigate through displays and features.

Swipe and tap

- swipe up or down to move in displays and menus
- swipe right and left to move backwards and forwards in displays
- tap to select an item

Upper button

- press to move up in views and menus
- from watch face, long press to define and open shortcuts

Middle button

- press to select an item
- keep pressed to go back in settings menu
- from watch face, press to open the pinned widget
- from watch face, long press to open settings menu

Lower button

- press to move down in views and menus
- from watch face, long press to define and open shortcuts

While recording an exercise:

Upper button

- press to pause and resume the activity
- keep pressed to change activity

Middle button

- press to change displays
- long press to go back to the previous display

Lower button

- press to mark a lap
- long press to open the control panel where you find the exercise options
- when the activity is paused, press to end or discard the activity

2.2. Adjusting settings

You can adjust all watch settings directly in the watch.

To adjust a setting:

1. From watch face, long press the middle button.
2. Scroll through the settings menu by swiping up/down or by pressing the upper or lower buttons.

3. Select a setting by tapping the setting name or pressing the middle button when the setting is highlighted. Go back in the menu by swiping right or selecting **Back**.
4. For settings with a value range, change the value by swiping up/down or by pressing the upper or lower button.

5. For settings with just two values, such as on or off, change the value by tapping the setting or by pressing the middle button.

2.3. Software updates

Software updates add important improvements and new features to your watch. Suunto Vertical 2 is updated automatically, if it is connected to Suunto app.

When an update is available and your watch is connected with Suunto app, the software update will be downloaded to the watch automatically. The status of this download can be viewed in Suunto app.

Once the software is downloaded to your watch, the watch will update itself during the night as long as the battery level is at least 20% and no exercise is being recorded simultaneously.

If you want to install the update manually before it happens automatically during the night, navigate to **Settings** » **General** and select **Software update**.

NOTE: *When the update is complete, the release notes will be visible in Suunto app.*

2.4. Suunto app

With the Suunto app, you can further enrich your Suunto Vertical 2 experience. Pair your watch with the mobile app to sync your activities, create workouts, get mobile notifications, in sights and more.

NOTE: *You cannot pair anything if airplane mode is on. Turn off airplane mode before pairing.*

To pair your watch with Suunto app:

1. Ensure your watch Bluetooth is on. Under the settings menu, go to **Connectivity** » **Discovery** and enable it if it is not already.
2. Download and install Suunto app on your compatible mobile device from the iTunes App Store, Google Play in addition to several popular app stores in China.
3. Start Suunto app and turn on Bluetooth if it is not on already.
4. Tap the watch icon in the upper-left of the app screen and then tap “PAIR” to pair your watch.
5. Verify the pairing by typing the code that is displayed on your watch in the app.

NOTE: *Some features require an internet connection over Wi-Fi or mobile network. Carrier data connection fees may apply.*

2.5. Optical heart rate

Optical heart rate measurement from the wrist is an easy and convenient way to track your heart rate. Best results for heart rate measurement may be affected by the following factors:

- 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 than where watches are normally worn. The sensor reads blood flow through tissue. The more tissue it can read, the better.
- Arm movements and flexing muscles, such as gripping a tennis racket, can change the accuracy of the 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.
- For higher accuracy and quicker responses to changes in your heart rate, we recommend using a compatible chest heart rate sensor such as Suunto Smart Sensor.

⚠ ***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.*

3. Settings

From the watch face, long press the middle button to open **Settings**.

TIP: *When on the watch face, you can press the lower button and select* ***Control panel*** *from the* ***Widgets*** *to get access to all of the watch settings.*

If you want quick access to a certain setting and/or feature, you can customize the upper and lower button logic (from watch face view) and create a shortcut to your most useful setting/feature.

Select **Customize** in Settings or in the Control panel, followed by **Top shortcut** and **Bottom shortcut** and select what setting/feature the upper and lower buttons will have when long pressed.

3.1. Button and screen lock

While recording an exercise you can lock the buttons by keeping the lower button pressed and and toggle **Button lock** on. Once locked, you cannot perform any action that requires button interaction (create laps, pause/end exercise etc.), but it is possible to change the display views and you can turn on the backlight with any button press if the backlight is in automatic mode.

To unlock everything, keep the lower button pressed again and toggle Button lock off.

TIP: *You can customize a lower button shortcut for locking the buttons and the screen with one button press when you are not recording an exercise. Select* ***Button lock*** *under Customize > Bottom shortcut. Then you can lock and unlock the buttons and the screen from the watch face by long pressing the lower button.*

When you are not recording an exercise, the screen becomes inactive and dims after one minute of inactivity. To activate the screen, press any button.

The screen also goes to sleep (blank) after a period of inactivity. Any movement turns the screen on again. See *3.2. Automatic backlight* for information on the screen behavior.

3.2. Automatic display brightness

The backlight has three features that you can adjust: the level of brightness (**Brightness**), whether the inactive display shows any information (**Always-on display**), and whether the display activates when you raise and turn your wrist (**Raise to wake**).

The backlight features can be adjusted from the settings under **General** » **Display**.

- The Brightness setting determines the overall intensity of the backlight; Low, Medium or High.
- The Always-on display setting determines if the inactive display is blank or shows information, for example, the time. Always-on display can be toggled to on or off:
    - **On**: The display shows certain information all the time.
    - **Off**: When the display is inactive, the screen is blank.

The Raise to wake feature activates the backlight when raising your wrist to look at the watch. The three options for Raise to wake are:

- **Off**: Raising your wrist does nothing.
- **Display only**: Raising your wrist only activates the display. A button press is required to use the watch.
- **Full wake mode**: Raising your wrist activates the watch, making it ready to use.

⚠ ***CAUTION:*** *Prolonged use of the high brightness display reduces battery life and may cause screen burn-in. Avoid using high brightness for extended period to lengthen display lifetime.*

3.3. Tones and vibration

Tones and vibration alerts are used for notifications, alarms and other key events and actions. Both can be adjusted from the settings under **General** » **Tones**.

Under **Tones**, you can select from the following options:

- **All on**: all events trigger an alert
- **All off**: no events trigger alerts
- **Buttons off**: all events other than pushing buttons trigger alerts.

By toggling **Vibration**, you can switch vibrations on and off.

Under **Alarm**, you can select from the following options:

- **Vibration**: vibration alert
- **Tones**: sound alert
- **Both**: both vibration and sound alert.

3.4. Bluetooth connectivity

Suunto Vertical 2 uses Bluetooth technology to send and receive information from your mobile device when you have paired your watch with the Suunto app. Same technology is also used when pairing PODs and sensors.

However, if you do not want your watch to be visible for Bluetooth scanners, you can activate or deactivate the discovery setting from the settings under **Connectivity** » **Discovery**.

The Bluetooth can also be completely turned off by activating airplane mode, see *3.5. Airplane mode*.

3.5. Airplane mode

Activate airplane mode when needed to turn off wireless transmissions. You can activate or deactivate airplane mode from the settings under **Connectivity**.

NOTE: *To pair anything with your device, you need to first turn off airplane mode if you have it on.*

3.6. Do Not Disturb mode

The Do Not Disturb mode is a setting that mutes all sounds and vibrations and dims the screen, making it a very useful option when wearing the watch in, for example, a theater or any environment where you want the watch to operate as usual, but silently.

To turn on/off the Do Not Disturb mode:

1. From the watch face, press the lower button and open **Control panel** from the list of widgets.
2. Scroll down to **Do Not Disturb**.
3. Tap or press the middle button to activate Do Not Disturb mode.

If you have an alarm set, it sounds as normal and disables Do Not Disturb mode unless you snooze the alarm.

3.7. Stand up reminder

Regular movement is very beneficial for you. With Suunto Vertical 2, you can activate a stand up reminder that reminds you to move around a bit if you have been sitting too long.

From the settings, select **Activity** and toggle on **Stand up reminder**.

If you have been inactive during 2 consecutive hours, your watch will notify you and remind you to stand up and move around a bit.

3.8. Find my phone

You can use the Find my phone feature to find your phone when you do not remember where you left it. Your Suunto Vertical 2 can ring your phone if they are connected. As Suunto Vertic al 2 uses Bluetooth to connect to your phone, the phone needs to be in Bluetooth range so th at the watch can ring it.

To activate the find my phone feature:

1. From the watch face, press the lower button and open **Control panel** from the list of widgets.
2. Scroll down to **Find my phone**.
3. Start ringing your phone by tapping on the function name or pressing the middle button.
4. Press the lower button to stop ringing.

3.9. Time and date

You can set time and date during the initial startup of your watch. After this, your watch uses GPS time to correct any offset.

Once you have paired with Suunto app, your watch gets updated time, date, time zone and daylight-saving time from mobile devices.
In the **Settings**, under **General** » **Time/date**, tap **Auto time update** to toggle the feature on and off.

You can manually adjust time and date from the settings under **General** » **Time/date** where you can also change time and date formats.

In addition to the main time, you can use dual time to follow the time at a different location, for example, when you are traveling. Under **General** » **Time/date**, tap **Dual time** to set the time zone by selecting a location.

3.9.1. Alarm clock

Your watch has an alarm clock that can sound once or repeat on specific days. Activate the alarm from the settings under **Alarm clock**.

Besides standard fixed alarms, you will also find an adaptive alarm type based on data for sunrise and sunset. See *3.15.1. Sunrise and sunset alarms*.

To set a fixed alarm time:

1. From the watch face, press the lower button and open **Control panel** from the list of widgets.
2. Select **Alarm clock**.
3. Select **New alarm**.
4. First select how often you want the alarm to sound. The options are:

   Once: alarm sounds once in the next 24 hours at the set time

   Weekdays: alarm sounds at the same time Monday thru Friday

   Daily: alarm sounds at the same time every day of the week

5. Set the hour and minutes and then exit the settings.

When the alarm sounds, you can dismiss it to end the alarm, or you can select the snooze option. The snooze time is 10 minutes and can be repeated up to 10 times.

If you let the alarm continue to sound, it will automatically snooze after 30 seconds.

3.10. Language and unit system

You can change your watch language and unit system from the settings under **General** » **Language**.

3.11. Watch faces

Suunto Vertical 2 comes with one watch face by default. You can install several other watch faces, both digital and analog styles, from the SuuntoPlus™ Store in Suunto app.

To change the watch face:

1. Open SuuntoPlus™ Store and install your favorite watch faces on your watch.
2. Sync the watch with the app.
3. Open **Customize** from the watch settings or in the Control panel.
4. Scroll to **Watch face** and tap or press the middle button to enter.
5. Swipe up and down to scroll through the watch face previews and tap on the one you want to use.

6. Scroll down and open **Accent color** to select the color you want to use on the watch face.
7. Scroll down and open **Complications** to customize the information you want to see on the watch face. See *3.11.1. Complications*.

3.11.1. Complications

Each watch face has additional information, such as date, dual time, outdoor or activity data. You can customize the information you want to see on the watch face.

1. Select **Customize** from the **Settings** or in the **Control panel**.
2. Scroll down and open **Complications**.
3. Select the complication you want to change by tapping on it.

4. Swipe up and down or press the lower button to scroll through the list of complications and select one by tapping on it or pressing the middle button.
5. After updating all complications, swipe up or press the lower button and select **Done**.

3.12. Power saving

Your watch includes a power saving option that turns off all vibration, daily HR and Bluetooth notifications to extend battery life during normal daily use. For power saving options while recording activities, see *4.4. Battery power management*.

Enable/disable power saving from the settings under **General** » **Power saving**.

NOTE: *Power saving is automatically enabled when the battery level reaches 10%.*

3.13. Pairing pods and sensors

Pair your watch with Bluetooth Smart pods and sensors to collect additional information, such as cycling power, when recording an exercise.

Suunto Vertical 2 supports the following types of pods and sensors:

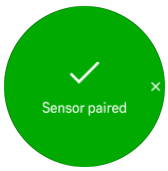
- Heart rate
- Bike
- Power
- Foot

NOTE: *You cannot pair anything if airplane mode is on. Turn off airplane mode before pairing. See 3.5. Airplane mode.*

To pair a pod or sensor:

1. Go to your watch settings and select **Connectivity**.
2. Select **Pair sensor** to get the list of sensor types.
3. Swipe down to see the whole list and tap on the sensor type you want to pair.

4. Follow the instructions in the watch to complete pairing (refer to sensor or pod manual if needed), press the middle button to advance to the next step.



If the pod has required settings, such as crank length for a power pod, you are prompted to enter a value during the pairing process.

Once the pod or sensor is paired, your watch searches for it as soon as you select a sport mode that uses that sensor type.

You can see the full list of paired devices in your watch from the settings under **Connectivity** » **Paired devices**.

From this list, you can remove (unpair) the device if needed. Select the device you want to remove, and tap **Forget**.

3.13.1. Calibrating bike pod

For bike pods, you need to set the wheel circumference in your watch. The circumference shall be in millimeters and it is done as a step in the calibration. If you change the wheels (with new circumference) of your bike, the wheel circumference setting in the watch must also be changed.

To change the wheel circumference:

1. In settings, go to **Connectivity** » **Paired devices**.
2. Select **Bike POD**.
3. Select the new wheel circumference.

3.13.2. Calibrating foot pod

When you pair a foot pod, your watch automatically calibrates the pod using GPS. We recommend using the automatic calibration, but you can disable it if needed from the pod settings under **Connectivity** » **Paired devices**.

For the first calibration with GPS, you should select a sport mode where the foot pod is used and the GPS accuracy is set to **Best**. Start the recording and run at a steady pace on a level surface, if possible, for at least 15 minutes.

Run at your normal average pace for the initial calibration, and then stop the exercise recording. The next time you use the foot pod, the calibration is ready.

Your watch automatically re-calibrates the foot pod as needed whenever GPS speed is available.

3.13.3. Calibrating power pod

For power pods (power meters), you need to initiate the calibration from the sport mode options in your watch.

To calibrate a power pod:

1. Pair a power pod with your watch if you have not done so already.
2. Select a sport mode that uses a power pod and then open the mode options.
3. Select **Calibrate power POD** and follow the instructions in the watch.

You should re-calibrate the power pod from time to time.

3.14. Flashlight

In addition to the normal backlight, Suunto Vertical 2 has an extra bright backlight that you can use as a flashlight.

To activate the flashlight, swipe up from the watch face and select the control panel. Scroll t

o select **Flashlight**, then tap it or short press the crown to turn it on.

The flashlight supports both red and white light, and offers steady and flashing modes.

3.15. Alarms

In the **Alarms** menu of your watch, under **Settings** you can set different adaptive alarm types.

You can set an alarm for sunrise and sunset and also for storm alarm.

3.15.1. Sunrise and sunset alarms

The sunrise/sunset alarms in your Suunto Vertical 2 are adaptive alarms based on your location. Instead of setting a fixed time, you set the alarm for how much in advance you want to be alerted before the actual sunrise or sunset.

The sunrise and sunset times are determined via GPS, so your watch relies on the GPS data from the last time you used GPS.

To set sunset/sunrise alarms:

1. From watch face, long press the middle button and scroll down to and select **Alarms**.
2. Scroll to the alarm that you want to set and select by pressing the middle button.

3. Set the desired hours and minutes prior to sunrise/sunset by scrolling up/down with the upper and lower buttons and confirming with the middle button.

4. Press the middle button to confirm and exit.

TIP: *A watch face is also available that shows sunrise and sunset times.*

NOTE: *Sunrise and sunset times and alarms require a GPS fix. The times are blank until GPS data is available.*

3.15.2. Storm alarm

A significant drop in barometric pressure typically means a storm is coming and you should take cover. When the storm alarm is active, Suunto Vertical 2 sounds an alarm and displays a storm symbol when the pressure drops 4 hPa (0.12 inHg) or more during a 3-hour period.

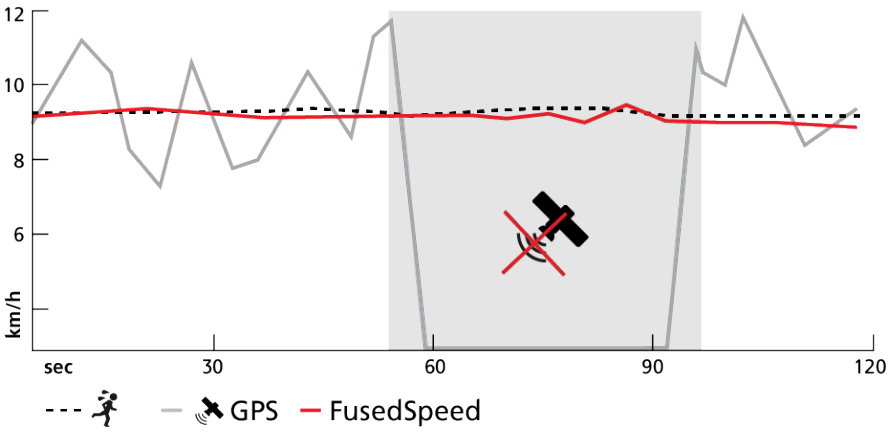
To activate the storm alarm:

1. From watch face, long press the middle button and scroll to **Alarms** and enter by pressing the middle button.
2. Scroll to **Storm alarm** and toggle on/off by pressing the middle button.

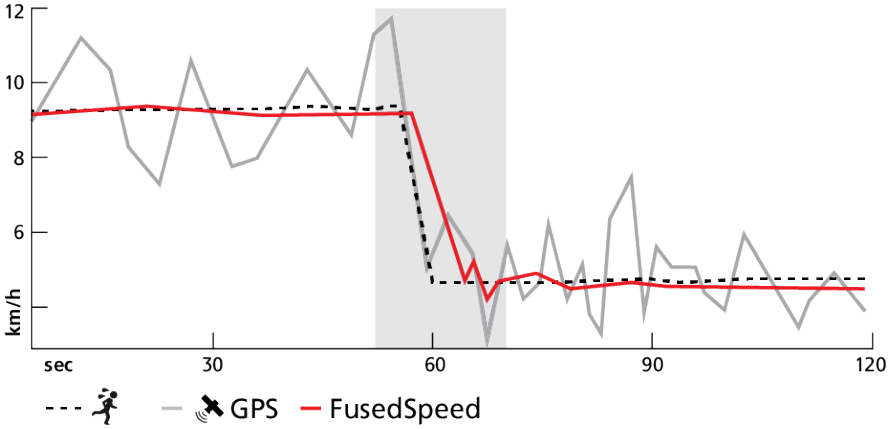
When a storm alarm sounds, pressing any button ends the alarm. If no button is pressed, the alarm notification lasts for one minute. The storm symbol remains on the display until the weather conditions stabilize (pressure drop slows down).

3.16. FusedSpeed™

FusedSpeed™ is a unique combination of GPS and wrist acceleration sensor readings for measuring your running speed more accurately. The GPS signal is adaptively filtered based on wrist acceleration, giving more accurate readings at steady running speeds and quicker responses to changes in speed.



FusedSpeed benefits you the most when you need highly reactive speed readings during training, for example, when running on uneven terrain or during interval training. If you temporarily lose the GPS signal, for example, Suunto Vertical 2 is able to continue showing accurate speed readings with the help of the GPS calibrated accelerometer.



TIP: *To get the most accurate readings with FusedSpeed, only glance shortly at the watch when needed. Holding the watch in front of you without moving it reduces the accuracy.*

FusedSpeed is automatically enabled for running and other similar types of activities, such as orienteering, floor ball and football (soccer).

3.17. FusedAlti

FusedAltiTM 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.

NOTE: *By default, altitude is measured with FusedAlti during exercises that use GPS and during navigation. When GPS is switched off, altitude is measured with the barometric sensor.*

3.18. Altimeter

Suunto Vertical 2 uses barometric pressure to measure altitude. To get accurate readings, you need to define an altitude reference point. This can be your current elevation if you know the e xact value. Alternatively, you can use FusedAlti (see *3.17. FusedAlti*) to set your reference point automatically.

Set your reference point from the settings under **Alti & baro**.

3.19. Position formats

The position format is the way your GPS position is displayed on the watch. All the formats relate to the same location, they only express it in a different way.

You can change the position format in the watch settings under **Navigation** » **Position format**.

Latitude/longitude is the most commonly used grid and has three different formats:

- WGS84 Hd.d°
- WGS84 Hd°m.m'
- WGS84 Hd°m's.s

Other common position formats available include:

- UTM (Universal Transverse Mercator) gives a two-dimensional horizontal position presentation.
- MGRS (Military Grid Reference System) is an extension of UTM and consists of a grid zone designator, 100,000-meter square identifier and a numerical location.

Suunto Vertical 2 also supports the following local position formats:

- BNG (British)
- ETRS-TM35FIN (Finnish)
- KKJ (Finnish)
- IG (Irish)
- RT90 (Swedish)
- SWEREF 99 TM (Swedish)
- CH1903 (Swiss)
- UTM NAD27 (Alaska)
- UTM NAD27 Conus
- UTM NAD83
- NZTM2000 (New Zealand)

NOTE: *Some position formats cannot be used in the areas north of 84° and south of 80°, or outside the countries that they are intended for. If you are outside the allowed area, your location coordinates cannot be displayed on the watch.*

3.20. Device info

You can check details of your watch software and hardware from the settings under **General** » **About**.

3.21. Resetting your watch

All Suunto watches have two types of reset available to address different issues:

- the first one, the soft reset, also known as the restart.
- the second one, the hard reset, also known as the factory reset.

Soft reset (restart):

Performing a restart on your watch might help with the following situations:

- the device is not responding to any button presses, taps, or swipes (the touch screen is not working).
- the display is either frozen or blank.
- there is no vibration, e.g., during button presses.
- the watch functionalities are not working as expected, e.g., the watch does not record your heart rate (optical heart rate LEDs are not blinking), the compass is not finalizing the calibration process, etc.
- the step counter is not counting your daily steps at all (please note, recorded steps may be shown with a delay in the app).

NOTE: *The restart will end and save any active exercise. Under normal circumstances, the exercise data will not be lost. On rare occasions, a soft reset may cause memory corruption issues.*

Press and hold the upper button for 12 seconds and release it to perform a soft reset.

There are specific circumstances under which the soft reset might not solve the issue and the second type of reset may be performed. If the above has not helped with the issue you were aiming to solve; the hard reset might help.

The hard reset (factory reset):

The factory reset will restore your watch to the default values. It will erase all data from your watch, including exercise data, personal data and settings that have not been synced to Suunto app. After a hard reset, you must go through the initial setup of your Suunto watch.

Performing a factory reset on your watch may be performed in the following situations:

- a Suunto Customer Support representative has asked you to do so as part of the troubleshooting procedure.
- the soft reset did not solve the issue.
- the battery life of your device is significantly reducing.
- the device is not connecting to GPS and other troubleshooting has not helped.
- the device has connectivity issues with Bluetooth devices (e.g., Smart Sensor or mobile app) and other troubleshooting has not helped.

The factory reset of your watch is done via the **Settings** on your watch. Select **General** and scroll down to **Reset settings**. All data on your watch will be deleted during the reset. Initiate the reset by selecting **Reset**.

NOTE: *The factory reset deletes the previous pairing information your watch might have had. To start the pairing process with the Suunto app again, we recommend you delete the previous pairing from the Suunto app and your phone's Bluetooth - under Paired devices.*

NOTE: *Both presented scenarios are to be performed only for emergencies. You should not perform them regularly. If any issue persists, we recommend you either contact our Customer Support or send your watch to one of your authorized service centers.*

4. Recording an exercise

In addition to 24/7 activity monitoring, you can use your watch to record your training sessions or other activities to get detailed feedback and follow your progress.

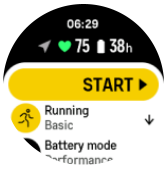
To record an exercise:

1. Put on a heart rate sensor (optional).
2. Swipe down from watch face or press the upper button.
3. Select the sport mode you want to use by scrolling up and select by pressing the middle button.
4. Different sport modes have different options, swipe up or press the lower button to scroll through them and adjust them by pressing the middle button.
5. Above the start indicator, a set of icons appear, depending on what you are using with the sport mode (such as heart rate and connected GPS):
   - The arrow icon (connected GPS) flashes gray while searching and turns green once a signal is found.
   - The heart icon (heart rate) flashes gray while searching and once a signal is found, it turns into a colored heart attached to a belt if you are using a heart rate sensor or a colored heart without the belt if you are using the optical heart rate sensor.
   - The icon to the left is only visible if you have a POD paired and it turns green when the POD signal is found.

   There is also a battery estimation visible, that tells you how many hours you can exercise before the battery runs out.

   If you are using a heart rate sensor but the icon turns to green only (meaning that the optical heart rate sensor is active), check that the heart rate sensor is paired, see *3.13. Pairing pods and sensors*, and try again.

   You can wait for each icon to turn green (recommended for more accurate data) or start the recording as soon as you like by selecting **Start**.

   Once the recording is started, the selected heart rate source is locked and cannot be changed during the ongoing training session.
6. While recording, you can switch between displays with the middle button.
7. Press the upper button to pause the recording. A timer starts blinking at the bottom of the screen showing how long the recording has been paused.

8. Press the lower button to open the list of options.
9. Stop and save by selecting **End**.

NOTE: *It is also possible to delete your exercise log by selecting* ***Discard.***

After you stop the recording, you are asked how you felt. You can answer or skip the question (see *4.12. Feeling*). The next screen shows a summary of the activity that you can browse through with the touch screen or buttons.

If you made a recording you do not want to keep, you can delete the log entry by scrolling to the bottom of the summary and tapping the delete button. You can also delete logs in the same way from the logbook.

4.1. Sport modes

Your watch comes with a wide range of pre-defined sport modes. The modes are designed for specific activities and purposes, from a casual walk outside to a triathlon race.

Before you record an exercise (see *4. Recording an exercise*), you can view and select from the complete list of sport modes.

Each sport mode has a unique set of displays that show different data depending on the selected sport mode. You can edit and customize the data shown on the watch display during your exercise with Suunto app.

Learn how to customize sport modes in *Suunto app (Android)* or *Suunto app (iOS).*

4.2. Navigating during exercise

You can navigate a route or to a POI while you are recording an exercise.

The sport mode you are using needs to have GPS enabled to be able to access the navigation options. If the sport mode GPS accuracy is OK or Good, when you select a route or POI, the GPS accuracy is changed to Best.

To navigate during exercise:

1. Create a route or POI in Suunto app and sync your watch if you haven't done so already.
2. Select a sport mode that uses GPS.
3. Scroll down and select **Navigation**.
4. Swipe up and down or press the upper and lower buttons to select a navigation option and press the middle button.
5. Select the route or POI you want to navigate and press the middle button. Then press the upper button to start navigating.
6. Scroll up to the start view and start your recording as normal.

While exercising, press the middle button to scroll to the navigation display where you will see the route or POI that you selected. For more information on the navigation display, see *5.5.2. Navigating to a POI* and *5.4. Routes*.

While in this display, press the lower button to open your navigation options. From the navigation options, you can, for example, select a different route or POI, check your current location coordinates, as well as end navigation by selecting **Breadcrumb**.

4.2.1. Find back

If you are using GPS when recording an activity, Suunto Vertical 2 automatically saves the starting point of your exercise. With Find back, Suunto Vertical 2 can guide you directly back to your starting point.

To start Find back:

1. Start an exercise with GPS.
2. Press the middle button until you reach the navigation display.
3. Press the lower button to open the shortcut menu.
4. Scroll to **Find back** and tap the screen or press the middle button to select.

The navigation guidance is shown in the navigation display.

4.2.2. Snap to route

In urban surroundings the GPS can struggle to follow you correctly. If you select one of your predefined routes and follow that route, the watch GPS is used purely to locate where you are on the predefined route, not actually creating a track from the run. The recorded track will be identical to the route used for the run.

To use Snap to route during exercise:

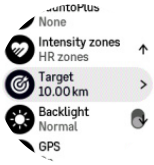
1. Create a route in Suunto app and sync your watch if you haven't done so already.
2. Select a sport mode that uses GPS.
3. Scroll down and select **Navigation**.
4. Select **Snap to route** and press the middle button.
5. Select the route you want to use and press the middle button.

Start your exercise as normal and follow the selected route.

4.3. Using targets when exercising

It is possible to set different targets with your Suunto Vertical 2 when exercising.

If the sport mode you selected has targets as an option, you can adjust them before starting the recording by swiping up or pressing the lower button.



To exercise with general target:

1. Before you start an exercise recording, swipe up or press the lower button and select **Target**.
2. Select **Duration** or **Distance**.
3. Select your target.
4. Scroll up and start your exercise.

When you have general targets activated, a target gauge is visible on every data display showing your progress.

You will also receive a notification when you have reached 50% of your target and when your selected target is fulfilled.

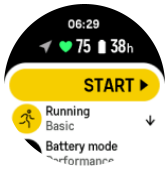
To exercise with intensity target:

1. Before you start an exercise recording, swipe up or press the lower button and select **Intensity zones**.
2. Select **HR zones**, **Pace zones** or **Power zones**.
   (The options depend on selected sport mode and if you have a power pod paired with the watch).
3. Select your target zone.
4. Scroll up and start your exercise.

4.4. Battery power management

Your Suunto Vertical 2 has a battery power management system that uses intelligent battery technology to help ensure your watch does not run out of power when you need it most.

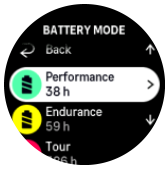
Before you start recording an exercise (see *4. Recording an exercise*) you see an estimate of how much battery life you have left in the current battery mode.



There are four predefined battery modes; **Performance** (default), **Endurance**, **Ultra** and **Tour**. Changing between these modes will change the lifetime of the battery but also changes the performance of the watch.

NOTE: *By default, Tour mode disables all HR tracking (both wrist and chest).*

While in the start display, scroll down and select **Battery mode** to change battery modes and see how each mode affects the performance of the watch.



In addition to these four predefined battery modes, you can create a custom battery mode with your own desired settings. The custom mode is specific for that sport mode, making it possible to create a custom battery mode for every sport mode.

Battery notifications

In addition to the battery modes, your watch uses smart reminders to help you ensure you have enough battery life for your next adventure. Some reminders are preemptive based on, for example, your activity history. You also get notified, for example, when the watch notices you are running low on battery while recording an activity. It will automatically suggest changing to a different battery mode.

Your watch will alert you once when the battery is at 20% and again at 10%.

⚠ ***CAUTION:*** *Only use the provided charging cable when charging your Suunto Vertical.*

4.5. Multisport exercise

Your Suunto Vertical 2 has predefined Triathlon sport modes that you can use to track your Triathlon exercises and races but if you need to track another sort of multisport activity, you can easily do so directly from the watch.

To use multisport exercises:

1. Select the sport mode you want to use for the first leg of your multisport exercise.
2. Start recording an exercise as normal.
3. Press and hold the upper button for two seconds to enter multisport menu.
4. Select the next sport mode you want to use and press the middle button.
5. The recording with the new sport mode will start immediately.

TIP: *You can change sport mode as many times you need during one single recording, including a sport mode you used previously.*

4.6. Snorkeling and mermaiding

You can use your Suunto Vertical 2 for snorkeling and mermaid diving. These two activities are normal sport modes and are selected just like any other sport mode, see *4. Recording an exercise*.

The Suunto Vertical 2 is capable of measuring depth up to 10 m. It is however waterproof up to 100 m according to ISO 22810.

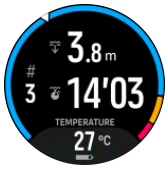
These sport modes have four exercise displays that focus on dive related data. The four exercise displays are:

Surface

Navigation

Dive session

Underwater



NOTE: *The touch screen is not activated when the watch is underwater.*

The default view for Snorkeling and Mermaiding is the Surface view. While recording the exercise, you can browse between the different views by pressing the middle button.

Suunto Vertical 2 automatically switches between surface and dive state. If you are more than 1m (3.2 ft) below the surface, the underwater view is activated.

When using the Snorkeling mode, the watch relies on GPS to calculate distance. Because GPS signals do not travel under water, the watch needs to come out of the water periodically 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:

- Sync your watch with Suunto app before you go snorkeling to optimize your GPS with the latest satellite orbit data.
- After you selected the Snorkeling mode, wait at least three minutes on land before starting your activity. This gives the GPS time to establish strong positioning.

  TIP: *During snorkeling we recommend resting your hands on your lower back for efficient water movement and optimal distance measurement.*

WARNING: *Suunto Vertical 2 is not for certified scuba divers. Recreational scuba diving may expose the diver to depths and conditions that tend to increase the risk of decompression sickness (DCS) and errors that may lead to serious injury or death. Trained divers should always use a dive computer developed for scuba diving purposes.*

4.7. Swimming

You can use your Suunto Vertical 2 for swimming in pools or openwater.

When you use a pool swimming sport mode, the watch relies on the pool length to determine distance. You can change the pool length as needed under the sport mode options before you start swimming.

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

- Sync your watch with your online account before you go swimming to optimize your GPS with the latest satellite orbit data.
- After you select an openwater swimming sport mode and a GPS signal is acquired, wait at least three minutes before starting your swim. This gives the GPS time to establish strong positioning.

4.8. Interval training

Interval workouts are a common form of training consisting of repetitive sets of high and low intensity efforts. With Suunto Vertical, you can define in the watch your own interval training for each sport mode.

When defining your intervals, you have four items to set:

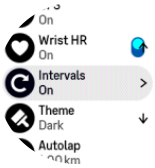
- Intervals: on/off toggle that enables interval training. When you toggle this on, an interval training display is added to your sport mode.
- Repetitions: the number of interval + recovery sets you want to do.
- Interval: the length of your high intensity interval, based on distance or duration.
- Recovery: the length of your rest period between intervals, based on distance or duration.

Keep in mind that if you use distance to define your intervals, you need to be in a sport mode that measures distance. The measurement can be based on GPS, or from a foot or bike POD, for example.

NOTE: *If you are using intervals, you cannot activate navigation.*

To train with intervals:

1. Before you start an exercise recording, swipe up or press the lower button to scroll down to **Intervals** and tap the setting or press the middle button.



2. Toggle **Intervals** on and adjust the settings described above.
3. Scroll back up to the start view and start your exercise as normal.
4. Press the middle button until you reach the intervals display and press the upper button when you are ready to start your interval training.

5. If you want to stop the interval training before you have completed all your repetitions, keep the middle button pressed to open the sport mode options and toggle off **Intervals**.

NOTE: *While you are in the intervals display, buttons work as normal, for example, pressing the upper button pauses the exercise recording, not just the interval training.*

After you have stopped your exercise recording, interval training is automatically toggled off for that sport mode. The other settings, however, are maintained so you can easily start the same workout the next time you use the sport mode.

4.9. Autopause

Autopause pauses the recording of your exercise when your speed is less than 2 km/h (1.2 mph). When your speed increases to more than 3 km/h (1.9 mph), the recording continues automatically.

You can turn autopause on/off for each sport mode in the start exercise view in the watch before you start your exercise recording.

If you turn this function on and the recording is paused automatically, a timer starts blinking at the bottom of the screen showing how long the recording has been paused.

You can let the recording resume automatically when you start moving again, or resume it manually by pressing the upper button.

4.10. Display theme

To increase the readability of your watch screen while exercising or navigating, you can change between light and dark themes.

With the light theme, the display background is light and the numbers dark.

With the dark theme, the contrast is reverse, with the background dark and the numbers light.

The theme is a global setting that you can change in your watch from any of your sport mode options.

To change display theme:

1. Select any sport mode and swipe up or press the lower button to scroll down to **Theme** and press the middle button.
2. Switch between Light and Dark by swiping up or down or by pressing the upper and lower buttons, and accept with the middle button.

3. Scroll back up to start the exercise.

4.11. Voice feedback

You can get voice feedback with valuable information during your exercise. The feedback can help you to keep track on 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 must be paired with Suunto app.

To activate voice feedback 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. 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 during an exercise:

1. Press the upper button to pause the exercise.
2. Press the lower button to open the list of options.
3. Select **Control panel**.
4. Scroll down and select **Voice feedback**.
5. Toggle **Voice feedback from app** on.
6. Scroll down and select which voice feedback you want activated by turning the toggles on/off.
7. Go back and resume your exercise by pressing the upper button.

4.12. Feeling

If you are training regularly, following how you feel after each session is an important indicator of your overall physical condition. A coach or personal trainer can also use your feeling trend to track your progress over time.

There are five degrees of feeling to choose from:

- **Poor**
- **Average**
- **Good**
- **Very good**
- **Excellent**

What these options mean exactly are up to you (and your coach) to decide. The important thing is that you use them consistently.

For each training session, you can record how you felt in the watch directly after stopping the recording by answering the '**How was it?**' question.

You can skip answering the question by pressing the middle button.

4.13. Intensity zones

Using intensity zones for exercising helps guide your fitness development. Each intensity zone stresses your body in different ways, leading to different effects on your physical fitness. There are five different zones, numbered 1 (lowest) to 5 (highest), defined as percentage ranges based on your maximum heart rate (max HR), pace or power.

It is important to train with intensity in mind and understand how that intensity should feel. And don't forget, regardless of your planned training, that you should always take time to warm up before an exercise.

The five different intensity zones used in Suunto Vertical 2 are:

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 exercise 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.

4.13.1. Heart rate zones

Heart rate zones are defined as percentage ranges based on your maximum heart rate (max HR).

By default, your max HR is calculated using the standard equation: 220 - your age. If you know your exact max HR, you should adjust the default value accordingly.

Suunto Vertical 2 has default and activity-specific HR zones. The default zones can be used for all activities, but for more advanced training, you can use specific HR zones for running and cycling activities.

Set max HR

Set your maximum HR from the settings under **Training** » **Intensity zones** » **Default HR zones for all sports**.

1. Tap the max HR (highest value, bpm) or press the middle button.
2. Select your new max HR by swiping up or down or by pressing the upper or lower buttons.

3. Tap your selection or press the middle button.
4. To exit the HR zones view, swipe right or keep the middle button pressed.

NOTE: *You can also set your maximum HR from the settings under* ***General*** *»* ***Personal****.*

Set default HR zones

Set your default HR zones from the settings under **Training** » **Intensity zones** » **Default HR zones for all sports**.

1. Scroll up/down and tap or press the middle button when the HR zone you want to change is highlighted.
2. Select your new HR zone by swiping up or down or by pressing the upper or lower buttons.

3. Tap your selection or press the middle button.
4. To exit the HR zones view, swipe right or keep the middle button pressed.

NOTE: *Selecting* ***Reset*** *in the HR zones view will reset the HR zones to the default value.*

Set activity specific HR zones

Set your activity specific HR zones from the settings under **Training** » **Intensity zones** » **Advanced zones**.

1. Tap the activity (Running or Cycling) that you want to edit or press the middle button when the activity is highlighted.
2. Press the middle button to toggle the HR zones on.
3. Scroll up/down and tap or press the middle button when the HR zone you want to change is highlighted.
4. Select your new HR zone by swiping up or down or by pressing the upper or lower buttons.

5. Tap your selection or press the middle button.
6. To exit the HR zones view, swipe right or keep the middle button pressed.

4.13.2. Pace zones

Pace zones work just like HR zones but the intensity of your training is based on your pace instead of your heart rate. The pace zones are shown either as metric or imperial value depending on your settings.

Suunto Vertical 2 has five default pace zones that you can use or you can define your own.

Pace zones are available for running and cycling.

Set pace zones

Set your activity specific pace zones from the settings under **Training** » **Intensity zones** » **Advanced zones**.

1. Tap **Running** or **Cycling** or press the middle button.
2. Swipe or press the lower button and select pace zones.
3. Swipe up/down or press the upper or lower buttons and press the middle button when the pace zone you want to change is highlighted.
4. Select your new pace zone by swiping up/down or by pressing the upper or lower buttons.

5. Press the middle button to select the new pace zone value.
6. Swipe right or press and hold the middle button to exit the pace zones view.

4.13.3. Power zones

Power meter measures the amount of physical effort needed to perform a certain activity. The effort is measured in watts. The main advantage gained with a power meter is precision. The power meter reveals exactly how hard you really work and how much power you produce. It is also easy to see your progress when analyzing the watts.

Power zones can help you train with the correct power output.

Suunto Vertical 2 has five default power zones that you can use or you can define your own.

Power zones are available in all default sport modes for cycling, indoor cycling and mountain biking. For running and trail running, you need to use the specific “Power” sport modes to get power zones. If you are using custom sport modes, make sure your mode uses a power POD so that you also get power zones.

Set activity specific power zones

Set your activity specific power zones from the settings under **Training** » **Intensity zones** » **Advanced zones**.

1. Tap the activity (running or cycling) that you want to edit or press the middle button when the activity is highlighted.
2. Swipe up or press the lower button and select power zones.
3. Swipe up/down or press the upper or lower buttons and select the power zone you want to edit.
4. Select your new power zone by swiping up/down or by pressing the upper or lower buttons.

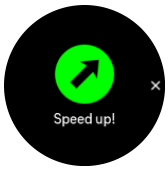
5. Press the middle button to select the new power value.
6. Swipe right or press and hold the middle button to exit the power zones view.

4.13.4. Using HR, pace or power zones when exercising

NOTE: *You need to have a power pod paired with your watch to be able to use power zones when exercising, see 3.13. Pairing pods and sensors.*

When you record an exercise (see *4. Recording an exercise*), and have selected HR, pace or power as an intensity target (see *4.3. Using targets when exercising*) a zone gauge, divided into five sections, is viewed. These five sections are shown around the outer edge of the sport mode display. The gauge indicates the zone you have chosen as an intensity target by lighting up the corresponding section. The small arrow in the gauge indicates where you are within the zone range.

Your watch alerts you when you hit your selected target zone. During your exercise the watch will prompt you to speed up or slow down, if your current HR, pace or power is outside the selected target zone.



In addition, a dedicated display for intensity zones can be added if you customize the current sport mode you are using. The zone display shows your current zone in the middle field, how long you have been in that zone, and how far away you are to the next zones up or down. The middle bar also lights up, indicating that you are training in the correct zone.

In the exercise summary, you get a breakdown of how much time you have spent in each zone.

5. Navigation

You can use your watch to navigate in various ways. You can, for example, use it to orient yourself in relation to magnetic north, navigate a route or to a point of interest (POI).

To use the navigation feature:

1. Swipe up from watch face or press the lower button.

   You can also access the navigation features from the *6.16. compass widget*.

2. Select **Map**.

3. The map display shows your current location and the surroundings.

NOTE: *If the compass is not calibrated, you are prompted to calibrate the compass when you enter the map.*

4. Press the lower button to open a list of shortcuts. The shortcuts give you quick access to navigation actions such as checking the coordinates of your current location or selecting a route to navigate.

5.1. Offline maps

With Suunto Vertical 2 you can have offline maps downloaded on your watch, and leave your phone behind and find your way just by using your watch.

Before you can use offline maps in your watch, you need to set up a wireless network connection in Suunto app and download the selected map area to your watch. You will get a notification on your watch when the map download is complete.

A more detailed instruction on how to set up a wireless network and download offline maps in Suunto app is available *here*.

Select offline maps before exercise:

1. Select a sport mode that uses GPS.
2. Scroll down and select **Map**.
3. Select which map style you want to use and confirm with the middle button.
4. Scroll up and start your exercise as normal.
5. Press the middle button to scroll to the map.

NOTE: *If **Off** is selected in map menu, no map will be shown, only a breadcrumb trail.*

Select offline maps without exercising:

1. From watch face, swipe up or press the lower button.
2. Select **Map**.
3. Press the lower button to exit the map.
4. Select **Exit**.

Map gestures

Upper button

- Press to zoom in
- Long press to zoom out

Lower button

- Press to open navigation options

Swipe and tap (if enabled)

- Touch and drag the map to pan (if the screen has not been touched for 5 seconds, the map returns to your current location)
- Tap to center the map around your current location
- Flick to scroll the map

NOTE: *If button lock is on, you cannot use the buttons and the swipe and tap functions in the map view.*

5.2. Altitude navigation

If you are navigating a route that has altitude information, you can also navigate based on ascent and descent using the altitude profile display. During the exercise, press the middle button to switch to the altitude profile display.

The altitude profile display shows you the following information:

- top: your current altitude
- center: altitude profile showing your current position
- bottom: remaining ascent or descent (tap screen to change views)

If you stray too far off from the route while using altitude navigation, your watch will give you an **Off route** message in the altitude profile display. If you see this message, scroll to the route navigation display to get back on track before continuing with altitude navigation.

5.3. Bearing navigation

Bearing navigation is a feature that you can use outdoors to follow the target path for a location you see or have found on a map. You can use this feature stand alone as a compass or together with a paper map.

If you set the target distance and altitude while setting the direction, your watch can be used to navigate to that target location.

To use bearing navigation during an exercise (only available for outdoor activities):

1. Before you start an exercise recording, swipe up or press the lower button and select **Navigation**.
2. Select **Bearing**.
3. If needed, calibrate the compass by following the on-screen instructions.
4. Point the blue arrow on the screen towards your target location and press the middle button.
5. If you do not know the distance and altitude to the location, select **No**.
6. Press the middle button to acknowledge the set bearing.
7. If you know the distance and altitude to the location, select **Yes**.
8. Enter the distance and altitude to the location.
9. Press middle button to acknowledge the set bearing.

To use bearing navigation without exercising:

1. Scroll to **Map** by swiping up or pressing the lower button from watch face.
2. Press the lower button to open navigation options.
3. Select **Bearing navigation**.
4. If needed, calibrate the compass by following the on-screen instructions.
5. Point the blue arrow on the screen towards your target location and press the middle button.
6. If you do not know the distance and altitude to the location, select **No** and follow the blue arrow to the location.
7. If you do know the distance and altitude to the location, select **Yes**.
8. Enter the distance and altitude to the location and follow the blue arrow to the location. The display will also show the distance and altitude left to the location.
9. Press the lower button and select **New Bearing** to set a new bearing.
10. Press the lower button and select **End navigation** to end the navigation.

5.4. Routes

You can use your Suunto Vertical 2 to navigate routes. Plan your route with Suunto app and transfer it to your watch with the next sync.

To navigate on a route:

1. From watch face, swipe up or press the lower button and select **Map**.

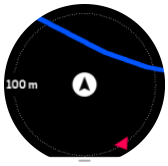
2. Press the lower button to open navigation options.
3. Scroll to **Routes** and press the middle button to open your list of routes.
4. Scroll to the route you want to navigate to and press the middle button.

5. Select the route by pressing the upper button.
6. Select **Start exercise** if you want to use the route for exercising or select **Navigate only** if you only want to navigate the route.

NOTE: *If you only navigate the route, nothing will be saved or logged in Suunto app.*

7. If you only navigate the route, press the lower button and select Exit to stop navigating. If you navigate during an exercise, press the lower button and select Breadcrumb to stop navigating without quitting the exercise.

If the offline maps are off, only the route is shown. Keep the middle button pressed to activate/deactivate the zoom in and zoom out functions. Adjust the zoom level with the upper and lower buttons.



While you are in the route navigation display, press the lower button to open a list of shortcuts. The shortcuts give you quick access to navigation actions such as saving your current location or selecting another route to navigate.

All sport modes with GPS also have a route selection option. See *4.2. Navigating during exercise*.

Navigation guidance

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 more than 100 m (330 ft) 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.

The guidance field shows the distance to the next waypoint (if there are no waypoints on your route, the distance to the end of the route is shown). Once you approach a waypoint or POI on the route, you get an informative popup showing the distance to the next waypoint or POI.

NOTE: *If you are navigating a route that crosses itself, such as a figure-8, and you make a wrong turn at the crossing, your watch assumes you are intentionally going in a different direction on the route. The watch shows the next waypoint based on the current, new direction of travel. So, keep an eye on your breadcrumb trail to ensure you are going the right way when you are navigating a complicated route.*

Turn-by-turn navigation

When creating routes in Suunto app, you can choose to activate turn-by-turn instructions. When the route is transferred to your watch and used for navigation, it will give you turn-by-turn instructions with a sound alert and information on which way to turn.

5.5. Points of interest

A point of interest, or POI, is a special location, such as camping spot or vista along a trail, you can save and navigate to later. You can create POIs in Suunto app from a map and do not have to be at the POI location. Creating a POI in your watch is done by saving your current location.

Each POI is defined by:

- POI name
- POI type
- Date and time created
- Latitude
- Longitude
- Elevation

You can store up to 250 POIs in your watch.

5.5.1. Adding and deleting POIs

You can add a POI to your watch either with Suunto app or by saving your current location in the watch.

If you are outside with your watch and come across a spot you want to save as a POI, you can add the location directly in your watch.

To add a POI with your watch:

1. Swipe up or press the lower button and select **Map**.
2. Press the lower button to open **Navigation options**.
3. Select **Your location** and press the middle button.
4. Wait for the watch to activate GPS and find your location.
5. When the watch displays your latitude and longitude, press the upper button to save your location as a POI and select the POI type.
6. By default the POI name is the same as the POI type (with a running number after it). You can edit the name later in Suunto app.

Deleting POIs

You can remove a POI by deleting the POI from the POI list in the watch or removing it in Suunto app.

To delete a POI in your watch:

1. Swipe up or press the lower button and select **Map**.
2. Press the lower button to open **Navigation options**.
3. Select **POIs** and press the middle button.
4. Scroll to the POI you want to remove from the watch and press the middle button.
5. Scroll to the end of the details and select **Delete**.

When you delete a POI from your watch, the POI is not permanently deleted.

To permanently delete a POI, you need to delete the POI in Suunto app.

5.5.2. Navigating to a POI

You can navigate to any POI that is in your watch POI list.

NOTE: *When navigating to a POI, your watch uses full power GPS.*

To navigate to a POI:

1. Swipe up or press the lower button and select **Map**.
2. Press the lower button to open **Navigation options**.
3. Select **POIs** and press the middle button.
4. Scroll to the POI you want to navigate to and press the middle button.
5. Press the upper button or tap **Select**.
6. Select **Start exercise** if you want to use the POI for exercising or select **Navigate only** if you only want to navigate to the POI.

   NOTE: *If you only navigate to the POI, nothing will be saved or logged in Suunto app.*
7. If you only navigate the route, press the lower button and select **End navigation** to stop navigating. If you navigate during an exercise, press the lower button and select **Breadcrumb** to stop navigating without quitting the exercise.

The POI navigation has two views:

- POI view with direction indicator and distance to the POI

- map view showing your current location relative to the POI and your breadcrumb trail (the track you have traveled)

- Press the middle button, to switch between views.

  NOTE: *If offline maps are activated the map view will display a detailed map of your surroundings.*

In the map view, other POIs nearby are shown in gray. In the map view, you can adjust the zoom level by pressing the middle button and then zooming in and out with the upper and lower buttons.

TIP: *While in the POI view, tap on the screen to see additional information in the lower row such as altitude difference between current position and POI and estimated time of arrival (ETA) or en route (ETE).*

While navigating, you can press the lower button to open a list of shortcuts. The shortcuts give you quick access to POI details and actions such as saving your current location or selecting another POI to navigate to, as well as ending navigation.

5.5.3. POI types

The following POI types are available in Suunto Vertical 2:

	Begin
	End
	Car
	Parking
	Home
	Building
	Hotel
	Hostel
	Lodging

	Bedding
	Camp
	Camping site
	Camp fire
	Aid station
	Emergency
	Waterpoint
	Information
	Restaurant
	Food
	Cafe
	Cave
	Mountain
	Peak
	Rock
	Cliff
	Avalanche
	Valley
	Hill
	Road
	Trail
	River
	Water
	Waterfall

	Coast
	Lake
	Kelp forest
	Marine reserve
	Coral reef
	Big fish
	Marine mammal
	Wreck
	Fishing spot
	Beach
	Forest
	Meadow
	Coast
	Stand
	Shot
	Rub
	Scrape
	Big game
	Small game
	Bird
	Prints
	Crossroads
	Danger
	Geocache

	Sight
	Trailcam

5.6. Climb guidance

When you navigate a route, **Climb guidance** provides you with elevation data.

When you plan a route in Suunto app, the app shows the route as sections, each marked with colors based on their elevation data. The five section categories are the following:

- Flat
- Uphill
- Downhill
- Climb
- Descent

While navigating with the watch, press the middle button to change between displays. The climb guidance view shows an overview of the elevation of the route you are navigating on. The following information is displayed:

- top: your current altitude
- below the top window: the total duration of the exercise
- center: route elevation graph
- below the graph: the remaining distance of the planned route
- bottom left: the ascent/descent done
- bottom right: the remaining ascent/decsent

Press the upper button to zoom into the section you are currently on. On the section display, you see the following information:

- top: the average acsent/descent grade of teh current section
- below the top window: the total duration of the exercise
- center: route elevation graph of the current section
- below the graph: the remaining distance of the current section
- bottom left: the ascent/descent done on the current section
- bottom right: the remainings ascent/descent of the current section

You can set climb guidance settings before and during exercise. To change the settings before starting an exercise, scroll down from the start view and open **Climb guidance**. To change the settings during exercise, pause the exercise and press the lower button. Open Control panel where you find **Climb guidance**. Toggle **Notifications** on or off according to your preferences. Open **Grade value** to select if you want to see the elevation data in degrees or percentages.

If you turn notifications on, the watch will notify you about the upcoming ascents and descents and provides you with a summary of the next the climb or descent before it starts.

5.7. Ruler

The **Ruler** is a tool to show the straight line distance between your location and any point you select on the map.

To use the ruler, press the lower button when on the map view (during exercise or without exercising). When the **Navigation options** opens, scroll down and toggle on **Ruler**. Go back to the map view and select any point on the map to measure its straight line distance from your current position. When you don't need the ruler anymore, you can turn it off in the Navigation options.

6. Widgets

Widgets give you useful information of your activity and training. The widgets are accessible from the watch face by swiping up or by pressing the lower button.

It is possible to pin a widget for quick and easy access. Select **Customize** from the **Control panel** or in the **Settings** to pin a widget.

The widgets can be turned on/off from the **Control panel** under **Customize** » **Widgets**. Select which widgets you want to use by turning the toggle on.

You can select which widgets you want to use in your watch by turning them on and off in Suunto app. You can also select in which order you want the widgets to show in your watch by sorting them in the app.

6.1. Weather

From the watch face view, swipe up or press the lower button to scroll to the weather widget.

The weather widget provides you with information of the current weather. It shows the current temperature, wind speed and direction and current weather type both as text and icon. Weather types can be, for example, sunny, cloudy, rainy etc.

Swipe up or press the lower button to see more detailed weather data such as humidity, air quality and forecast data.

TIP: *Make sure that you sync your watch with Suunto app regularly to get the most accurate weather data.*

6.2. Solar charging (only valid for the solar version)

The solar version of Suunto Vertical 2 has a solar charging feature that will charge your watch when it is exposed to light. Some watch faces have a complication icon that shows how much solar energy is currently being harvested.

On a sunny day, the sun can provide your watch with 30% more battery life during training and even more in time mode (calculations made with an impact of 50 000 lux).

⚠ ***CAUTION:*** *Do not leave your watch in direct sunlight too long during days with high temperatures as it can damage the watch.*

In addition to the complication icons in the watch faces there is a solar widget where additional data is shown. From the watch face, swipe up or press the lower button and scroll to the solar widget.

NOTE: *Do not use a screen cover, or similar, over your watch display because it can affect the solar charging.*

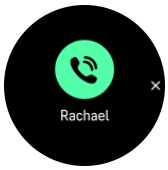
6.3. Notification and status

If you have paired your watch with Suunto app, you can get notifications of incoming calls and text messages, for example, on your watch.

When you pair your watch with the app, notifications are on by default. You can turn them off from the settings under **Notifications**.

NOTE: *Messages received from some apps used for communication might not be compatible with Suunto Vertical.*

When a notification arrives, a pop-up appears on the watch face.



Press the middle button to remove the popup. If the message doesn't fit on the screen, press the lower button or swipe up to scroll through the full text.

Below **Actions**, you can interact with the notification (the available options vary depending on your phone and which of your mobile apps sent the notification).

For apps used for communications, you can use your watch to send a **Quick reply**. You can select and modify the predefined messages in Suunto app.

Notification history

If you have unread notifications or missed calls on your mobile device, you can view them on your watch.

From the watch face, press the middle button until you reach the notification widget and then press the lower button to scroll through the notification history.

The notification history is cleared when you check the messages on your mobile device.

6.4. Media controls

Your Suunto Vertical 2 can be used to control the music, podcast, other media played on your phone or being cast from your phone to another device. The media controls widget is on by default but can be turned off by swiping up from watch face and select **Media controls**.

NOTE: *You need to pair your watch with your phone before you can use Media controls.*

To access the media controls widget, press the lower button from watch face or, during an exercise, press the middle button until the media control widget is shown.

In the media control widget, the buttons have the following functions:

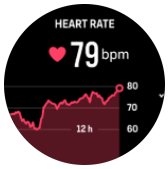
- **Play/Pause:** Upper button
- **Next track/episode:** Upper button (long press)
- **Previous track/episode and volume:** Lower button (will open media control options)

Press the middle button to exit the media control widget.

NOTE: *If your watch has a touch screen, the media controls can also be used by tapping the icons on the screen.*

6.5. Heart rate

From the watch face view, swipe up or press the lower button to scroll to the heart rate (HR) widget.



The HR widget provides a quick snapshot of your heart rate and a 12-hour graph of your heart rate. The graph is plotted using your average heart rate based on 24-minute time slots.

Your minimum heart rate from the last 12 hours is a good indicator of your recovery state. If it is higher than normal, you probably are not yet fully recovered from your last training session.

If you record an exercise, the daily HR values reflect the elevated heart rate and calorie consumption from your training. But keep in mind that the graph and consumption rates are averages. If your heart rate peaks at 200 bpm while exercising, the graph does not show that maximum value, but rather the average from the 24 minutes during which you hit that peak rate.

Before you can see the daily HR widget values, you need to activate daily HR feature. You can toggle the feature on or off from the settings under **Activity**.

With this feature on, your watch activates the optical heart rate sensor on a regular basis to check your heart rate. This slightly increases battery power consumption.

Once activated, your watch needs 24 minutes before it can start display heart rate information.

Swipe right or long press the middle button to return to the watch face view.

6.6. Logbook

Your watch provides an overview of your training activity via a logbook.

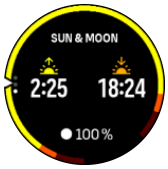
In the logbook you can see a summary of your current training week. The summary includes the total duration and an overview of which days you have exercised.

Swiping up gives you information on which activities you have performed and when. Selecting one of the activities, by pressing the middle button, provides you with even more details and also the possibility to delete the activity from your logbook.

6.7. Sun & Moon

From watch face, swipe up or press the lower button to scroll to the Sun & Moon widget. Your watch will give you the time until the next sunset or sunrise, depending on which one comes next.

If you select the widget, you get more details such as the time when the sun rises and sets, and also the current moon phase.



6.8. Steps and calories

From the watch face, swipe up or press the lower button until you see your total steps and estimated calories for the day.

Your watch keeps track of your overall activity level throughout the day. This is an important factor whether you just aim to be fit and healthy or you are training for an upcoming competition.

It is good to be active, but when training hard, you need to have proper rest days with low activity.

The activity counter automatically resets at midnight every day. At the end of the week (Sunday), the watch provides a summary of your activity showing your average for the week and daily totals.

Your watch counts steps using an accelerometer. The total step count accumulates 24/7, also while recording training sessions and other activities. However, with some specific sports, such as swimming and cycling, steps are not counted.

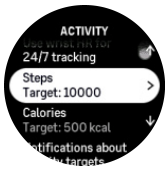
The top value in the widget shows the total step count for that day and the bottom value is the estimated amount of active calories you have burned so far during the day. Below this you see the total calories burned. The total includes both active calories and your Basal Metabolic Rate, BMR (see below).

The half rings in the widget indicates how close you are to your daily activity goals. These targets can be adjusted to your personal preferences (see below).

You can also check your steps and calories burned over the last seven days by swiping up from the widget.

Activity goals

You can adjust your daily goals for both steps and calories by swiping up from the widget. Your daily goals can also be adjusted under **Settings** » **Activity**.



When setting your steps goal, you define the total number of steps for the day.

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.

When you set a calorie goal, you define how many calories you want to burn in addition to your BMR. These are your so-called active calories. The ring around the activity display advances according to how many active calories you burn during the day compared to your goal.

6.9. Recovery, training

The recovery training widget shows your current form and your workout feelings the last week as well as your last 6 weeks. Please note that you need to register you feeling after each workout to get this data, see *4.12. Feeling*.

This widget will also tell you how your recovery matches your current training load.

TIP: *Please refer to www.suunto.com or Suunto app to learn more about Suunto's training load analysis concept.*

6.10. Recovery, HRV (Heart Rate Variability)

Heart Rate Variability (HRV) is a measure of the variation in time between heartbeats and its value is a good predictor of overall health and well-being.

HRV helps you to understand your recovery state and it measures your physical and mental stress and implies how ready your body is to train.

To be able to get an effective average HRV, you need to track your sleep at least three times a week over a longer period to establish your HRV range.

Different situations and conditions such as a relaxed holiday, physical and mental exertion or developing flu can lead to changes in HRV.

TIP: *Please refer to www.suunto.com or Suunto app to learn more about HRV recovery.*

6.11. Progress

The progress widget provides you with data that helps you to increase your training load over a longer period of time, whether it is the training frequency, duration or intensity.

Every training session gets a Training Stress Score (TSS) (based on the duration and the intensity) and this value is the base for calculating the training load for both short and long-time averages. From this TSS value, your watch can calculate your fitness level (defined as VO_2max) and CTL (Chronic Training Load).

The ramp rate is a metric that monitors your rate of increase or decrease in your fitness over a set time.

Your aerobic fitness level is defined as VO_2max (maximal oxygen consumption), a widely recognized measure of aerobic endurance capacity. In other words, VO_2max shows how well your body can use oxygen. The higher your VO_2max, the better you can use oxygen.

The estimation of your fitness level is based on detecting your heart rate response during each recorded running or walking workout. To get your fitness level estimated, record a run or walk with a duration for at least 15 minutes while wearing your Suunto Vertical 2.

The widget also views your estimated fitness age. Fitness age is a metric value that reinterprets your VO_2max value in terms of age.

NOTE: *Improvement of VO_2max is highly individual and it depends on factors such as age, gender, genetics and training background. If you are already very fit, increasing your fitness level will be slower. If you are just starting to exercise regularly, you may see a quick increase in fitness.*

TIP: *Please refer to www.suunto.com or Suunto app to learn more about Suunto's training load analysis concept.*

6.12. Training

The training widget provides you with information on the training load for the current week and also the total duration on all of your training sessions.

This widget also gives you guidance on how your form is, if you start losing fitness, if you are maintaining it or if you currently do productive training.

The CTL (Chronic Training load) value is a weighted average on your long term TSS (Training Stress Score), the more you train the higher your fitness is.

The ATL (Acute Training Load) value is the 7-day weighted average of your TSS and basically tracks how fatigued you currently are.

The TSB (Training Stress Balance) value shows your form which is basically the difference between long-term, chronic training load (CTL) and short-term, acute training load (ATL).

TIP: *Please refer to www.suunto.com or Suunto app to learn more about Suunto's training load analysis concept.*

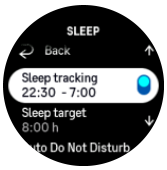
6.13. Sleep

A good night's sleep is important for a healthy mind and body. You can use your watch to track your sleep and follow how much sleep you are getting on average.

When you wear your watch to bed, Suunto Vertical 2 tracks your sleep based on accelerometer data.

To track sleep:

1. Go to your watch settings, scroll down to **Sleep** and press the middle button (or activate sleep tracking from the sleep widget).
2. Toggle on **Sleep tracking**.



3. Set the times for going to bed and waking up according to your normal sleep schedule.

After you have defined your bedtime, you can choose to have your watch in Do Not Disturb mode during your sleeping hours and also choose if you want to measure your Blood oxygen during your sleep.

Step 3 above, defines your bedtime. Your watch uses that period to determine when you are sleeping (during your bedtime) and reporting all sleep as one session. If you get up for a drink of water during the night, for example, your watch still counts any sleep after that as the same session.

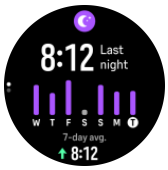
NOTE: *If you go to bed before your bedtime and also wake up after your bedtime, your watch does not count that as a sleep session. You should set your bedtime according to the earliest you may go to bed and the latest you may wake up.*

Once you have enabled sleep tracking, you can also set your sleep target. A typical adult needs between 7 and 9 hours of sleep per day, though your ideal amount of sleep may vary from the norms.

Sleep trends

When you wake up, you are greeted with a summary of your sleep. The summary includes, for example, the total duration of your sleep, as well as the estimated time you were awake (moving around) and the time you were in deep sleep (no movement).

In addition to the sleep summary, you can follow your overall sleep trend with the sleep widget. From the watch face, swipe up or press the lower button and select the **Sleep** widget. The first view shows your last sleep and a graph of the last seven days.



While in the sleep widget, you can swipe up to see the sleep details for your last sleep.

NOTE: *All sleep measurements are based on movement only, so they are estimates that may not reflect your actual sleep habits.*

Sleep quality

In addition to duration, your watch can also assess sleep quality by following your heart rate variability during sleep. The variation is an indication of how well your sleep is helping you rest and recover. Sleep quality is shown on scale from 0 to 100 in the sleep summary, with 100 being the best quality.

Measuring heart rate, blood oxygen and heart rate variability (HRV) while sleeping

If you wear your watch during the night, you can get additional feedback on your heart rate, HRV and blood oxygen level (needs to be activated in the sleep tracking settings) while sleeping. To keep the optical heart rate on during the night, ensure that Daily HR is enabled (see *6.5. Heart rate*).

Automatic Do Not Disturb mode

You can use the auto Do Not Disturb setting to automatically enable Do Not Disturb mode while you sleep.

6.14. Resources

Your resources are a good indication of your body's energy levels and translate into your ability to handle stress and cope with the day's challenges.

Stress and physical activity deplete your resources, while rest and recovery restore them. Good sleep is an essential part of ensuring your body has the resources it needs.

When your resource levels are high, you will likely feel fresh and energetic. Going for a run when your resources are high means you'll probably have a great run, because your body has the energy it needs to adapt and improve as a result.

Being able to track your resources can help you manage and use them wisely. You can also use your resource levels as a guide to identify stress factors, personally effective recovery boosting strategies, and the impact of good nutrition.

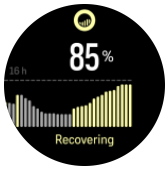
Stress and recovery uses optical heart sensor readings and to get those during the day, daily HR must be enabled, see *6.5. Heart rate*.

It is important that your Max HR and Rest HR are set to match your heart rate to ensure that you get the most accurate readings. By default, the Rest HR is set to 60 bpm and the Max HR is based on your age.

These HR values can easily be changed in the settings under **General** » **Personal**.

TIP: *Use the lowest heart rate reading measured during your sleep as your Rest HR.*

From the watch face, press the lower button to scroll to the resources widget.



The color around the widget icon indicates your overall resource level. If it is green, it means you are recovering. The status tells you your current state (active, inactive, recovering or stressed). The bar chart shows your resources over the last 16 hours and the percentage value is an estimate of your current resource level.

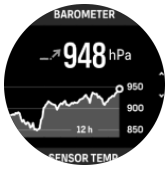
6.15. Alti & Baro

Suunto Vertical 2 constantly measures absolute air pressure using the built-in pressure sensor.Based on this measurement and your altitude reference value, it calculates altitude or air pressure.

⚠ ***CAUTION:*** *Keep the area around the two air pressure sensor holes located at six o'clock on the side of your watch free of dirt and sand. Never insert any objects into the holes as this may damage the sensor.*

From watch face, swipe up or press the lower button to scroll to the alti & baro widget. The widget has three views that can be accessed by swiping up and down. The first view displays the current altitude.

Swipe up to see the barometric pressure and the barometer trend graph.



Swipe up again to see the temperature.

Swipe right or press the middle button to go back.

Be sure to have your altitude reference value set correctly (see *3.18. Altimeter*). The altitude of your current location can be found from most topographic maps or major on-line map services such as Google Maps.

Changes in local weather conditions affect altitude readings. If local weather changes often, you should reset the altitude reference value regularly, preferably before starting your next journey.

Automatic alti-baro profile

Weather and altitude changes both cause a change in air pressure. To handle this, Suunto Vertical 2 automatically switches between interpreting changes in air pressure as altitude or weather changes based on your movement.

If your watch senses vertical movement, it switches to measuring altitude. When you are viewing the altitude graph, it is updated with a maximum delay of 10 seconds.

If you are at a constant altitude (less than 5 meters of vertical movement within 12 minutes), your watch interprets air pressure changes as weather changes and adjusts the barometer graph accordingly.

6.16. Compass

Suunto Vertical 2 has a gyro-assisted compass that allows you to orient yourself in relation to magnetic north. The tilt-compensated compass gives you accurate readings even if the compass is not horizontally level.

You can access the compass by swiping up from the watch face or by pressing the lower button.

The compass widget includes the following information:

- Arrow pointing to magnetic north
- Heading cardinal
- Heading in degrees
- Altitude

- Barometric pressure

To exit the compass widget, swipe right or use the middle button.

While you are in the compass widget, you can swipe up from the bottom of the screen or press the lower button to open a list of shortcuts. The shortcuts give you quick access to navigation actions such as checking the coordinates of your current location or selecting a route to navigate.

Swipe down or press the upper button to exit the list of shortcuts.

6.16.1. Calibrating compass

If the compass is not calibrated, you are prompted to calibrate the compass when you enter the compass widget.

NOTE: *The compass calibrates itself when in use, but if the watch has been affected by strong magnetic fields or a hard knock, the compass might show the wrong direction. Do a new calibration to resolve this issue.*

6.16.2. Setting declination

To ensure correct compass readings, set an accurate declination value.

Paper maps point to true north. Compasses, however, point to magnetic north – a region above the Earth where the Earth's magnetic fields pull. Because magnetic North and true North are not at the same location, you must set the declination on your compass. The angle in between magnetic and true north is your declination.

The declination value appears on most maps. The location of magnetic north changes yearly, so the most accurate and up-to-date declination value can be found from websites such as *www.magnetic-declination.com*.

Orienteering maps, however, are drawn in relation to magnetic north. If you are using an orienteering map, you need to turn the declination correction off by setting the declination value to 0 degrees.

You can set your declination value from the **Settings** under **Navigation** » **Declination**.

6.17. Timer

Your watch includes a stopwatch and countdown timer for basic time measurement. From the watch face, swipe up or press the lower button until you reach the timer widget.

When you first enter the widget, it shows the stopwatch. After that, it remembers whatever you used last, stopwatch or countdown timer.

Swipe up or press the lower button to open the **SET TIMER** shortcuts menu where you can change the timer settings.

Stopwatch

Start and stop the stopwatch by pressing the upper button. You can resume by pressing the upper button again. Reset by pressing the lower button.

Exit the timer by swiping right or use the middle button.

Countdown timer

In the timer widget, swipe up or press the lower button to open the shortcuts menu. From there you can select a pre-defined countdown time or create custom countdown time.

Stop and reset as needed with the upper and lower buttons.

Exit the timer by swiping right or by pressing the middle button.

6.18. Blood oxygen

⚠ ***WARNING:*** *Suunto Vertical 2 is not a medical device and the blood oxygen level indicated by Suunto Vertical 2 is not intended for diagnosing or monitoring medical conditions.*

You can measure your blood oxygen levels with Suunto Vertical 2. From the watch face view, swipe up or press the lower button to scroll to the Blood oxygen widget.

Blood oxygen level can provide an indication of overtraining or fatigue and the measurement can also be a helpful indicator of high altitude acclimation progress.

Normal blood oxygen levels are between 96% and 99% at sea level. At high altitudes, healthy values can be slightly lower. Successful acclimation to high altitude makes the value increase again.

How to measure your blood oxygen level:

1. From the watch face, swipe up or press the lower button to scroll to the Blood oxygen widget.
2. Select **Measure now**.
3. Hold your hand still while the watch is measuring.
4. If the measuring failed, please follow the in-watch instructions.
5. When the measuring is complete, your blood oxygen value is displayed.

You can also measure your blood oxygen level during your *6.13. Sleep*.

7. SuuntoPlus™ guides

SuuntoPlus™ guides bring real-time guidance on your Suunto watch from your favorite sports and outdoor services. You can also find new guides from SuuntoPlus™ Store or create new ones with tools such as Suunto app workout planner.

For more information regarding all available guides and how to sync 3rd party guides to your device, visit *www.suunto.com/suuntoplus/#HowToGuides*.

To select SuuntoPlus™ guides in your watch:

1. Before you start an exercise recording, swipe up or press the lower button and select **SuuntoPlus™**.
2. Scroll to the guide you want to use and press the middle button.
3. Go back to the start view and start your exercise as normal.
4. Press the middle button until you reach the SuuntoPlus™ guide, which is shown as a separate display.

NOTE: *Ensure that your Suunto Vertical 2 has the latest software version and that you have synced your watch with Suunto app.*

8. SuuntoPlus™ sports apps

SuuntoPlus™ sports apps equip your Suunto Vertical 2 with new tools and new insights to give you inspiration and new ways to enjoy your active lifestyle. You can find new sports apps from SuuntoPlus™ Store where new apps are being published for your Suunto Vertical 2. Select the ones you find interesting and sync them to your watch and get more out of your exercises!

To use SuuntoPlus™ sports apps:

1. Before you start an exercise recording, scroll down and select **SuuntoPlus™**.
2. Select the sports app you want.
3. If the sports app is using an external device or sensor, it will make the connection automatically.
4. Scroll up to the start view and start your exercise as normal.
5. Press the middle button until you reach the SuuntoPlus™ sports app, which is shown as a separate display.
6. After you have stopped the exercise recording, you can find the SuuntoPlus™ sports app result in the summary, if there was a relevant result.

You can select which SuuntoPlus™ sports apps you want to use in the watch in Suunto app. Visit *Suunto.com/Suuntoplus* to see which sports apps are available for your watch.

NOTE: *Ensure that your Suunto Vertical 2 has the latest software version and that you have synced your watch with Suunto app.*

9. Care and support

9.1. 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.

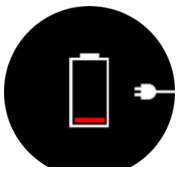
Use only original Suunto accessories - damage caused by non-original accessories is not covered by warranty.

9.2. Battery

The duration on a single charge depends on how you use your watch 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.

NOTE: *In case of abnormal capacity decrease due to defective battery, Suunto covers battery replacement for one year or maximum 300 charging times, whichever comes first.*

When the battery charge level is less than 20% and later 5%, your watch displays a low battery icon. If the charge level gets very low, your watch goes into a low power mode and display a charge icon.



Use the supplied USB cable to charge your watch. Once the battery level is high enough, the watch wakes up from lower power mode.

9.3. 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.

10. Reference

10.1. Compliance

For compliance related information and detailed technical specifications, see “Product Safety and Regulatory Information” delivered together with your Suunto Vertical 2 or available at *www.suunto.com/userguides*.

10.2. CE

Hereby, Suunto Oy, declares that the radio equipment type OW244. 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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EN

PRODUCT SAFETY AND REGULATORY INFORMATION

INTENDED USE

Suunto Vertical 2 is a sports watch that tracks your movement and other metrics, such as heart rate and calories. You can use your device as an optional diving equipment while immersed in water to a maximum depth of 10 meters. This device is not a dive computer or a standalone product for measuring any certified scuba diving activity. Suunto Vertical 2 is only for recreational use and not meant for medical purposes of any kind.

To get the most out of your device, use Suunto app. For Privacy Policy and Terms of Use, visit suunto.com.

OPTICAL HEART RATE

Optical heart rate measurement from the wrist is an easy and convenient way to track your heart rate. Best results for heart rate measurement may be affected by the following factors:

- 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 than where watches are normally worn. The sensor reads blood flow through tissue. The more tissue it can read, the better.
- Arm movements and flexing muscles, such as gripping a tennis racket, can change the accuracy of the 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 and freediving activities.
- For higher accuracy and quicker responses to changes in your heart rate, we recommend using a compatible chest heart rate sensor such as Suunto Smart Sensor.

⚠ 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.

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SAFETY

⚠ WARNING: To use the device, you must be at least sixteen (16) years of age.

⚠ 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.

⚠ WARNING: For safety reasons, you should never dive alone. Dive with a designated buddy.

⚠ WARNING: Freediving involves risks that are not obvious. There is always a risk of decompression sickness for all diving activity types and dive profiles. Suunto strongly recommends that you do not engage in any diving activity type without proper training and a complete understanding and acceptance of the risks. Always follow the rules of your training agency. Assess your own physical condition and consult a physician regarding your fitness before diving.

⚠ WARNING: This device is not for certified scuba divers. Recreational scuba diving may expose the diver to depths and conditions that tend to increase the risk of decompression sickness (DCS) and errors that may lead to serious injury or death. Trained divers should always use a dive computer developed for scuba diving purposes.

⚠ WARNING: Do not participate in freediving and scuba diving activities on the same day.

NOTE: Make sure you fully understand how to use your dive instrument and what its limitations are by reading all the printed documentation and the online user manual. Always remember that YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY.

DEVICE INFO

To check the hardware, software and certification details of your watch, complete the following steps:

When on the watch face:

1. Long press the middle button to enter **Settings**.
2. Press the middle button to enter **General**.
3. Press the middle button again to open **About** where you find device information and e-Labels.

OPERATING CONDITIONS

- Altitude range: 0 to 10000 m / 0 to 30000 ft above sea level
- Maximum diving depth: 10 m / 33 ft
- Operating and storage temperature (above sea level): -20 °C to +55 °C / -4 °F to +131 °F
  NOTE: Do not leave the watch in direct sunlight!

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- Operating temperature (diving): 0 °C to +40 °C / +32 °F to +104 °F
  NOTE: Diving in freezing conditions may damage the watch. Make sure the device does not freeze when wet.
- Recommended charging temperature: 0 °C to +45 °C / +32 °F to +113 °F
- Water resistance: 100 m / 328 ft/10 bar
- IP-class: IPX8

WARNING: Do not expose the device to temperatures above or below the given limits, otherwise it might get damaged or you might be exposed to safety risk.

TECHNICAL INFORMATION

- Temperature compensated pressure sensor
- Maximum depth of operation while diving: 10 m / 33 ft, complying with EN 13319
- Accuracy: ± 1% of full scale or better from 0 to 10 m at 20 °C / 0 to 33 ft at 68 °F, complying with EN 13319
- Depth display range: 0 to 10 m / 0 to 33 ft
- Resolution: 0.1 m from 0 to 10 m / 1 ft from 0 to 33 ft
- Depth of automatic start and stop of dive: adjustable between 0.3–1.6 m / 1–5 ft

BATTERY

- Type: rechargeable Lithium-ion battery
- Battery voltage: 3.87 Vdc
- Charging: USB 5 Vdc, 1 A

WARNING: Do not impact, crush, heat, puncture, short-circuit, or throw the battery into fire. Do not use the battery if it has been submerged in water.

WARNING: If the battery leaks, emits an odor, or expands during use or storage, stop using it immediately and stay away.

WARNING: Keep the battery out of reach of children. If swallowed or inserted into the body, seek medical attention immediately. Ingestion can cause burns, soft tissue perforation, and severe damage within two hours.

WARNING: Do not disassemble, replace, modify or remanufacture the battery.

HANDLING GUIDELINES AND MAINTENANCE

Do not try to open or repair your Suunto device by yourself. If you are experiencing problems with the device, please contact your nearest authorized Suunto service center.

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⚠ WARNING: ENSURE THE WATER RESISTANCE OF THE DEVICE! Moisture inside the device may seriously damage the unit. Only an authorized Suunto service center should do service activities.

NOTE: Thoroughly rinse the device with fresh water, mild soap, and carefully clean the housing with a moist soft cloth or chamois, especially after salt-water and pool dives. Pay special attention to the pressure sensor area, water contacts, buttons, and charger pins. Carefully clean the device end of the charging cable, but do not immerse it in water.

NOTE: Do not leave your Suunto device immersed in water (for rinsing).

Maintenance cycle is 500 hours of diving or two years, whichever comes first. Please bring your device to an official Suunto service center.

CE

Hereby, Suunto Oy declares that the radio equipment type OW244 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: suunto.com/EUconformity.

CE SAR

RF exposure information: The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction. Radiation Exposure Statement Power is so low that no RF exposure calculation is needed.

This product can be used across EU member states.

UK RADIO EQUIPMENT REGULATION

Hereby, Suunto Oy declares that the radio equipment type OW244 is in compliance with Radio Equipment Regulations 2017. The full text of the UK declaration of conformity is available at the following internet address: suunto.com/UKconformity.

UK Importer:

TD Synnex UK

Maplewood, Crockford Lane,

Chineham Park, Basingstoke

Hampshire RG24 8YB , United Kingdom

For all up to date product support related information and inquiries, visit suunto.com/support.

- Product name: Outdoor watch
- Model no.: OW244
- Bluetooth LE:
  - Frequency band: 2402–2480 MHz

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- Maximum output power: -3dBm
- Range: ~10 m
- WLAN:
  - Frequency band: 2402–2480 MHz
  - Maximum output power: b/g/n: 12 dBm
  - Range: ~10 m

NFC: -17.66dB μ A/m@10m

FCC (USA)

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) this device may not cause harmful interference, and

(2) this device must accept any interference received, including interference that may cause undesired operation.

This product has been tested to comply with FCC standards and is intended for home or office use.

Changes or modifications not expressly approved by Suunto could void your authority to operate this device under FCC regulations.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver. Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

US Importer:

Huish Outdoors LLC

1540 2200 W, Salt Lake City, UT 84116, USA

For all up to date product support related information and inquiries, visit suunto.com/support.

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FCC SAR

This device has been tested and meets RF exposure guidelines when used with an accessory that contains no metal and that positions the mobile device a minimum of 0 mm from the extremity and the highest reported SAR value for the device is: 0.026W/kg (wrist).

ISED REGULATORY COMPLIANCE (CANADA)

This device contains licence-exempt transmitter(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s).
Operation is subject to the following two conditions:

1. This device may not cause interference.
2. This device must accept any interference, including interference that may cause undesired operation of the device.

This equipment complies with IC RSS-102 radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
The device has been evaluated to meet general RF exposure requirement. This equipment should be installed and operated with a minimum distance of 0 mm from the extremity, and the highest reported SAR value for the device is: 0.026 W/kg (wrist).

CAN ICES-3 (B)/NMB-3(B) (CANADA)

This Class B digital apparatus complies with Canadian ICES-003.

DATE OF MANUFACTURE

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

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.

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.

version：MB244

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Cet appareil est conforme avec Industrie Canada RSS exemptes de licence standard(s).
Son fonctionnement est soumis aux deux conditions suivantes:
(1) cet appareil ne peut pas provoquer d'interf é rences, et
(2) cet appareil doit accepter toute interf é rence, y compris celles pouvant causer un mauvais fonctionnement de l'appareil.

Cet appareil num é rique de la classe B est conforme à la norme NMB-003 du Canada.
Le dispositif a é t é é valu é pour r é pondre aux exigences g é n é rales d'exposition RF. Cet é quipement doit ê tre install é et utilis é à une distance minimale de 0 mm de l'extr é mit é , et la valeur SAR la plus é lev é e signal é e pour l'appareil est: 0,026 p/kg (poignet).

RCM：
Our goods come with guarantees that cannot be excluded under the Australian Consumer Law.
You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.
You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.