SUUNTO

SUUNTO SPARTAN TRAINER QUICK GUIDE

OW163

Read complete User Guide

www.suunto.com/support

EN, ZH

OPTICAL HEART RATE

EN

Optical heart rate measurement from the wrist is an easy and convenient way to track your heart rate. To get the best results, please keep in mind factors that may affect heart rate measurement:

- 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.
- Darker skinned individuals may not get reliable readings from the optical sensor.
- For highest accuracy and quickest responses to changes in you heart rate, we recommend using a compatible chest heart rate sesnor such as Suunto Smart Sensor.

⚠ WARNING: ONLY FOR RECREATIONAL USE.

⚠ WARNING: ALWAYS CONSULT YOUR DOCTOR BEFORE BEGINNING AN EXERCISE PROGRAM. OVEREXERTION MAY CAUSE SERIOUS INJURY.

⚠ WARNING: ALLERGIC REACTIONS 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.

BUTTONS

Suunto Spartan Trainer has five buttons you can use to navigate through displays and features.

UPPER RIGHT	^	press to move up in views and menus
MIDDLE	▷	press to select an item or view alternate information
LOWER RIGHT	v	press to move down in views and menus

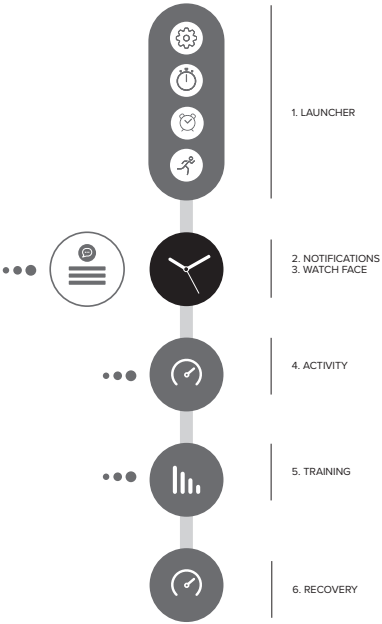
UPPER LEFT	^	press to activate backlight
LOWER LEFT	v	press to view notifications press to go back

While recording an exercise:

UPPER RIGHT	^	press to pause recording
MIDDLE	▷	press to change displays keep pressed to enter option menu
LOWER RIGHT	v	press to mark a lap keep pressed to lock buttons

LOWER LEFT	v	press to change displays

DISPLAYS


1. LAUNCHER
2. NOTIFICATIONS
3. WATCH FACE
4. ACTIVITY
5. TRAINING
6. RECOVERY

GETTING STARTED

1. Keep the upper right button pressed to wake up the watch.
2. Press the right middle button to begin the setup wizard.
3. Select your language by pressing the right top or bottom button and select with the middle button.

4. Follow the wizard to complete initial settings. Press the right top or bottom button to change values and press the middle button to select and go to the next step.

After completing the wizard, charge the watch with the supplied USB cable until the battery is fully charged.

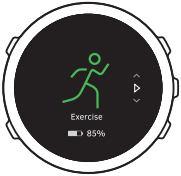
You need to download and install SuuntoLink on your PC or Mac to get software updates for your watch. We strongly recommend updating your watch when a new software release is available.

Visit www.movescount.com/connect for further information.

RECORD AN ACTIVITY

To record an activity:

1. Ensure the watch is fits snuggly on your wrist.
2. Press the upper right button to open the launcher.
3. Press the middle button to select Exercise
4. Scroll through the sport modes with the upper and lower right buttons and select one with the middle button.



5. Wait for the start icon to turn green and press the middle button to start the recording.
6. During the recording you can change the display with the middle button.
7. Press the upper button to pause the activity. Stop and save with the lower button or continue with the upper button.

CONNECT AND CUSTOMIZE

We recommend creating an account in Suunto Movescount and download the Suunto Movescount App if you haven't done so already.

Through Movescount and the app, you can get software updates, create routes to navigate, analyze and share your activities, and much more.

REGISTER AND GET SUPPORT

videos **guides** **Q&A** **repair** **help**

Register your product to get personalized care and support.

光学心率

ZH

从腕部进行的光学心率测量是轻松、便捷的心率跟踪方式。 为了获得最佳测量结果，请记住可能影响心率测量的因素：

- 必须紧贴皮肤穿戴腕表。 无论衣服有多薄，传感器和皮肤之间都不能有衣服。
- 此腕表在手臂上的穿戴位置可能高于腕表通常的穿戴位置。 传感器读取组织中的血液流动。 可以读取的组织越多，效果越好。
- 手臂运动和肌肉屈伸（例如握住网球拍）可能改变传感器读数的精确度。
- 当心率较低时，传感器可能无法提供稳定的读数。 在开始记录前，做几分钟的热身运动会有所帮助。
- 深色皮肤的用户可能无法从光学传感器获得可靠的读数。
- 为了获取最高的精确度和最快的心率变化响应，我们建议使用兼容的胸部心率传感器，例如 Suunto Smart Sensor。

⚠ 警告：僅限娛樂性用途。

⚠ 警告：務必先向醫師諮詢， 才能開始運動訓練課程。 過度運動可能會造成嚴 重傷害。

⚠ 警告：我們的產品雖然符合 業界標準，但接觸到皮膚時 仍會引起過敏反應或皮膚發 炎症狀。若發生這種情況， 請立即停止使用， 並請醫 生診治。

按钮

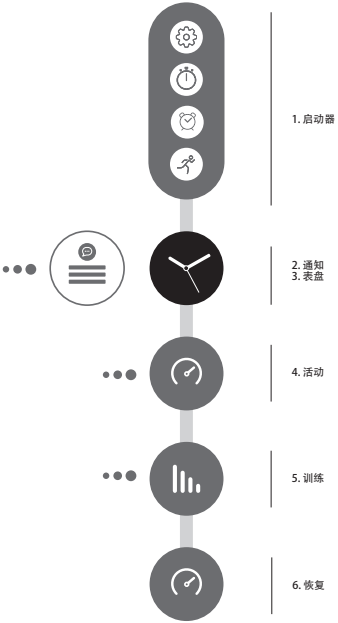
Suunto Spartan Trainer 包含五个按钮供您用来浏览显示屏和功能：

右上方	^	按下可在视图和菜单中向上移动
中间	▷	按下可选择一个项目或查看替代信息
右下方	⌄	按下可在视图和菜单中向下移动
左上方	^	按下可启动背光灯
左下方	⌄	按下可查看通知 按下可返回

在记录一项锻炼时：

右上方	^	按下可暂停记录
中间	▷	按下可更改显示屏 按住可进入选项菜单
右下方	⌄	按下可标记一圈 按住可锁定按钮
左下方	⌄	按下可更改显示屏

显示屏



开始使用

1. 按住上方按鈕以喚醒手錶。
2. 按右側中间按钮开始设置向导。
3. 通过按右側顶部或底部按钮选择您的语言，并按中间按钮选择。

4. 按照向导进行操作，完成初始设置。按右側顶部或底部按钮更改值，并按中间按钮选择并前往下一步。

在設定精靈完成後，請使用隨附的 USB 纜線為手錶充電，直到電池充飽電。

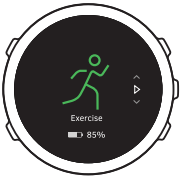
您必須在 PC 或 Mac 下載並安裝 SuuntoLink，以取得手錶的軟體更新。 強烈建議您在新的軟體版本發布後更新手錶。

請造訪 www.movescount.com/connect 以瞭解詳情。

记录活动

若要记录活动：

1. 确保腕表贴合手腕、佩戴舒适。
2. 按右上角按钮打开启动器。
3. 按中间按钮选择 “锻炼”
4. 按右上角和右下角按钮滚动浏览运动模式，并按中间按钮选择。



5. 等待开始图标变成绿色，并按中间按钮开始记录。
6. 在记录过程中，您可以按中间按钮更改显示屏。
7. 按上按钮暂停活动。按下按钮停止并保存，或按上按钮继续。

连接与自定义

我们建议您在 Suunto Movescount 创建帐户并下载 Suunto Movescount App（如您尚未进行此操作）。

通过 Movescount 和此应用程序，您可以自定义腕表、获取软件更新、创建导航路线、分析并分享个人活动、获得教练指导，还有更多其他功能。

注册并获取支持

videos guides Q&A repair help

注册您的产品以获得个性化保养与支持。

CE COMPLIANCE

Hereby, Suunto Oy declares that this product 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

1. www.suunto.com/support
   www.suunto.com/mysuunto

2.

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