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# **SUUNTO SPARTAN ULTRA**


## **User Guide**


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## 1 SAFETY


 **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 device

 **NOTE:** is used to emphasize important information


 **TIP:** is used for extra tips on how to utilize the features and functions of the device.


### Safety precautions

 **WARNING:** ALLERGIC REACTIONS OR SKIN IRRITATIONS MAY OCCUR WHEN 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:** ONLY FOR RECREATIONAL USE.


 **WARNING:** DO NOT ENTIRELY RELY ON THE GPS OR BATTERY LIFETIME, ALWAYS USE MAPS AND OTHER BACKUP MATERIAL TO ENSURE YOUR SAFETY.

 **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 DEVICE, AS IT MAY BE DAMAGED.

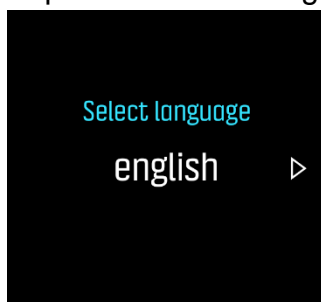
 **NOTE:** At Suunto we use advanced sensors and algorithms to generate metrics that can help you in your activities and adventures. We strive to be as accurate as possible. However, none of the data our products and services collect is perfectly reliable, nor are the metrics they generate absolutely 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.

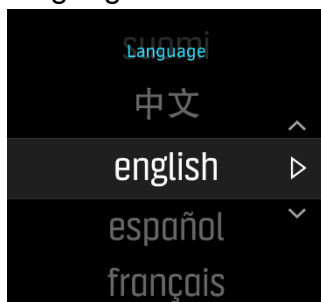
## 2 GETTING STARTED

Starting your Suunto Spartan Ultra for the first time is quick and simple. Time and date are automatically set if the watch acquires a GPS signal.

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 your language.



4. Follow the wizard to complete initial settings. Swipe up or down to select values and tap to accept 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](http://www.movescount.com/connect) for further information.

### 2.1 Touch screen and buttons

Suunto Spartan Ultra 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 left or right to see additional displays and details
- tap to select an item
- tap the display to view alternate information
- tap with two-fingers to turn on backlight

- tap and hold to open in-context options menu
- double-tap to return to time display

### **Upper button**

- press to move up in views and menus

### **Middle button**

- press to select an item or view alternate information
- keep pressed to open in-context options menu

### **Lower button**

- press to move down in views and menus

While recording an exercise:

### **Upper button**

- press to pause or resume recording
- keep pressed to change activity

### **Middle button**

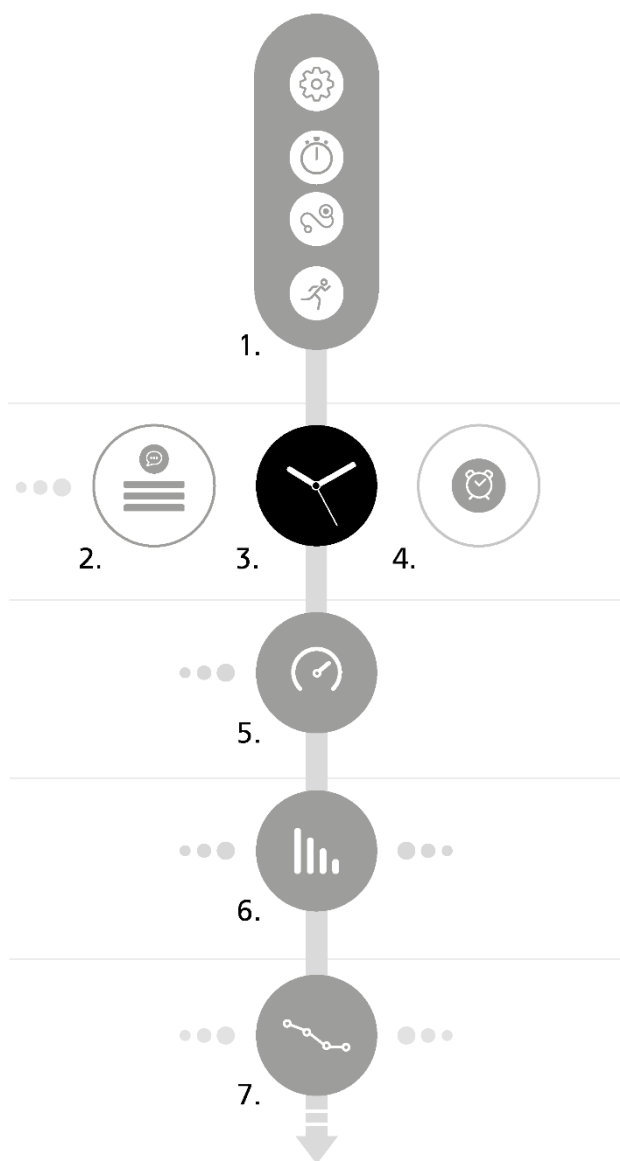
- press to change displays
- keep pressed to open in-context options menu

### **Lower button**

- press to mark a lap
- keep pressed to lock and unlock buttons

## **2.2 Displays**

Displays are customizable and subject to change with software updates. The basic arrangement remains, however, the same, as illustrated below.



1. Launcher
2. Notifications
3. Watch face
4. Alarm clock
5. Activity
6. Training
7. Recovery
8. Progress

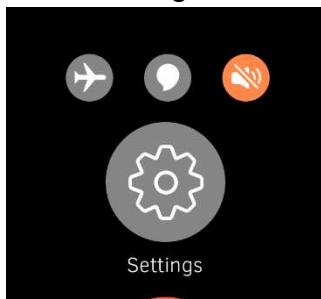


## 2.3 Adjust settings

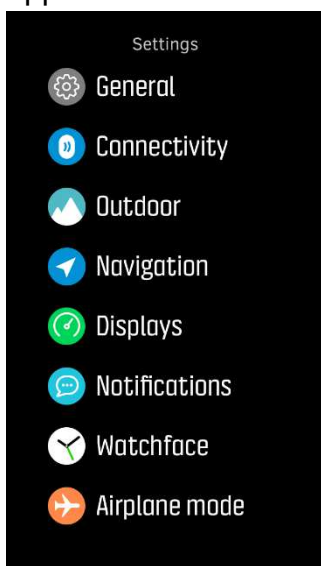
You can adjust all watch settings by swiping down until you reach the settings icon and tapping on the icon or pressing the middle button.

To change a setting:

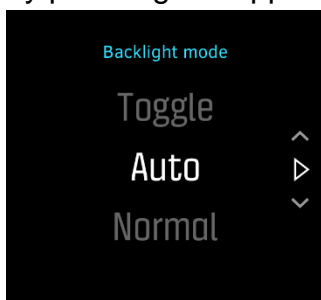
1. Go to settings icon in launcher and tap the icon.



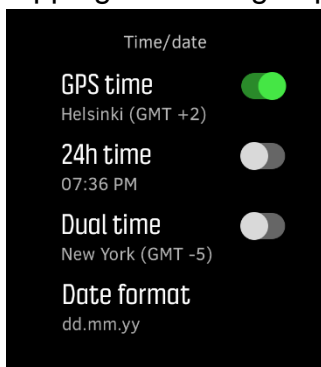
2. Scroll through the settings menu by swiping up or down or by pressing the upper or lower buttons.



3. Select a setting by tapping the setting name or pressing the middle button when the setting is highlighted.
4. For setting with a value range, change the value by swiping up or 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 pressing the middle button.



## 2.4 Icons

Suunto Spartan Ultra uses the following icons:

Icon	Description
	Daily alarm
	Battery charge level
	Bluetooth activity
	Button lock
	GPS signal strength
	Incoming call
	Message/notification
	Missed call
	Point of interest
	Storm alarm
	Sunrise
	Sunset

## 3 FEATURES

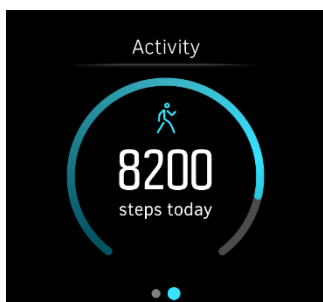
### 3.1 Alarm clock

### 3.2 Activity monitoring

Your watch keeps track over you overall level of activity 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.

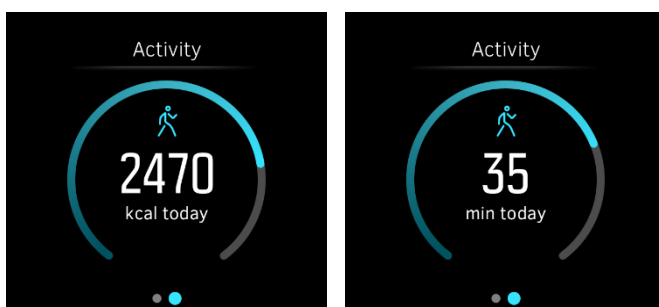
Swipe up or press the lower button to see your level of activity for the day.



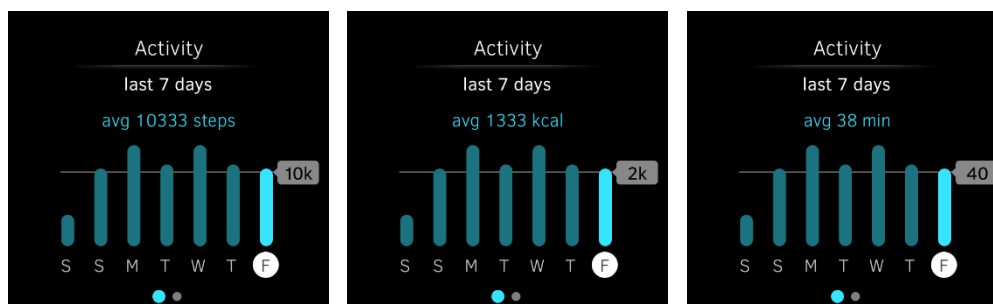
Your watch counts steps using an accelerometer. The total step count accumulates 24/7, even while recording training sessions and other activities.

By default, your watch has 10,000 steps as your daily goal, indicated by the outer ring on the display.

In addition to steps, you can tap on the display to see estimated calories and total active time.



You can also check your activity over the last seven days with a swipe to the right. Tap on the screen to see steps, estimated calories and total active time.



### 3.2.1 Daily activity goal

You can change the default daily activity goal of 10,000 steps to anything between 1,000 and 50,000. Alternatively, you can define your daily goal in calories or active time.

Change your daily under **Settings** » **TBD** » **TBD**.

### 3.3 Airplane mode

### 3.4 Altimeter

### 3.5 Autopause

### 3.6 Backlight

### 3.7 Barometer

### 3.8 Battery

### 3.9 Button lock

- 3.10    Compass**
- 3.11    Countdown timer**
- 3.12    Device info**
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- 3.18    Interval timer**
- 3.19    Language and unit system**
- 3.20    Navigation**
- 3.21    Notifications**
- 3.22    Pairing heart rate sensor**

### 3.23 Pairing mobile app

### 3.24 Position formats

### 3.25 Recording an exercise

In addition to 24/7 activity monitoring, you can use your watch to record your training sessions or other exercise and activities to gather detailed information about the impact of the activity and follow your progress.

To record an exercise:

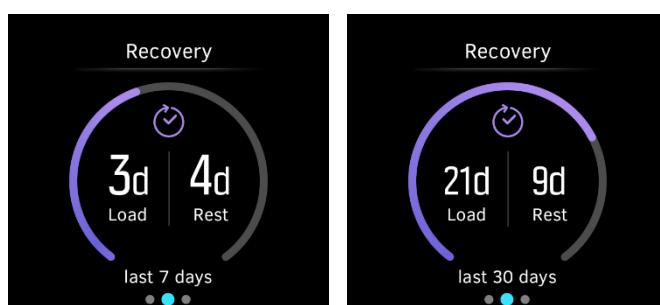
1. Put on heart rate sensor (optional).
2. Swipe down or press the upper button to open the launcher.
3. Tap the start exercise icon or press the middle button.
4. Swipe up or down to scroll through the sport modes and tap on the one you want to use. Alternatively, scroll with the upper and lower buttons and select with the middle button.
5. During the recording, you can change the display with the middle button or by using the touch screen if it is enabled.
6. Press the upper button to pause the activity. Stop and save with the lower button or continue with the upper button.

### 3.26 Recovery

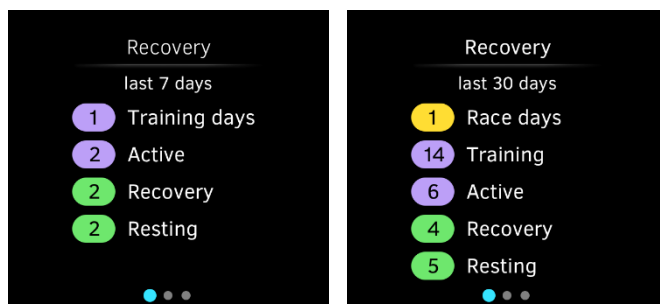
One of the key ingredients to improving your fitness and performance is recovery. The balance between physical stressing through exercise (training load) and resting (recovery) plays a key role in your progress or lack thereof.

Your watch provides a quick and easy way to check if you are giving yourself enough time to recover.

Swipe up or press the lower button to see your current balance of load days vs. rest days. Tap on the screen to switch between 7-day and 30-day views.



To get a more detailed breakdown of your days, swipe right. Tap on the screen to switch between 7-day and 30-day views.



## Load days

Your watch counts three types of load days:

- Race day: a day when you have recorded a race Move
- Training day: a day when you have recorded a Move that is at least 30 min long or has a Peak Training Effect of 2.0 or higher
- Active day: daily activity is above 10,000 steps

## Rest days

Your watch counts two types of rest days:

- Rest day: a day with no recorded Moves and daily activity is below 10,000 steps
- Recovery day: a day with a recorded move of one hour or less and a Peak Training Effect below 2.0; if no Peak Training Effect is recorded, the Move duration must be below 30 minutes

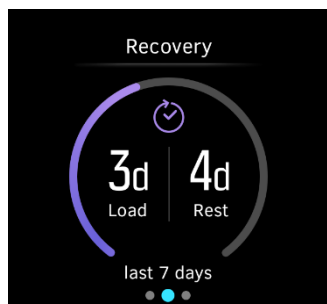
### 3.26.1 Recovery time

Recovery time is an estimate in hours of how long your body needs to recuperate after training. The time is based on the duration and intensity of the training session, as well as your overall fatigue.

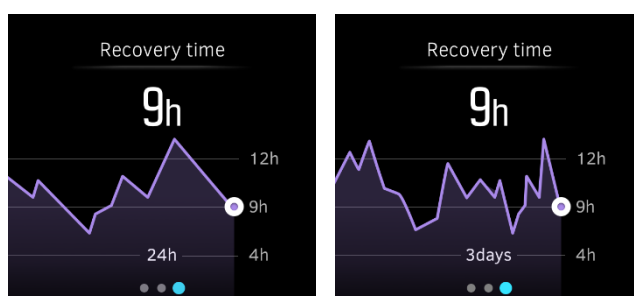
Recovery time accumulates from all types of exercise. In other words, you accumulate recovery time on long, low intensity training session as well as at high intensity.

The time is cumulative across training sessions, so if you train again before the time has expired, the newly accumulated time is added to the remainder from your previous training session.

To view your recovery time, swipe until you reach the recovery display.



Then swipe left. Tap on the screen to switch between 24-hour and 3-day views.



Because recovery time is an estimation only, the accumulated hours count down steadily regardless of your fitness level or other individual factors. If you are very fit, you may recover faster than estimated. On the other hand, if you have the flu, for example, your recovery may be slower than estimated.

To get an accurate indication of your current recovery state, we recommend using one of the recovery tests.

### 3.26.2 Recovery tests

### 3.27 Routes

### 3.28 Running performance

### 3.29 POIs

### 3.30 Screen settings (contrast, color)



### 3.31 Software updates

### 3.32 Sport modes

### 3.33 Stopwatch

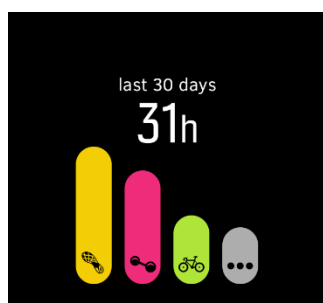
### 3.34 Time and date

### 3.35 Time syncing (GPS time)

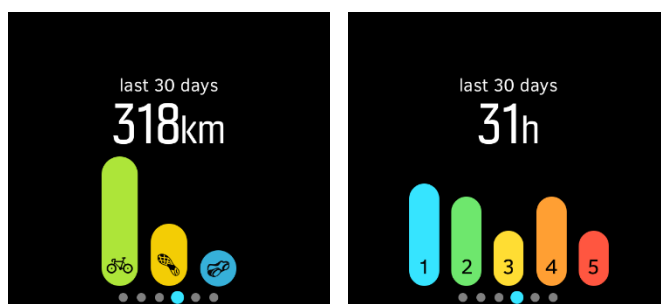
### 3.36 Training history

Your watch provides an overview of your training totals as well as quick summaries to your latest recorded activities.

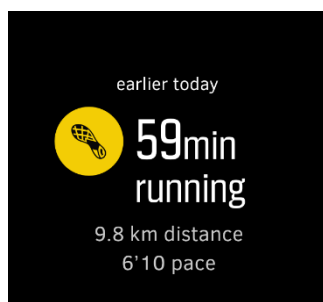
Swipe up or press the lower button to see your training totals for the last 30 days.



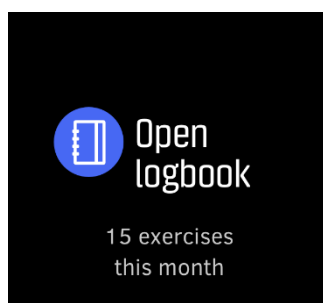
Tap on the screen to see different views including distance and hours per PTE.



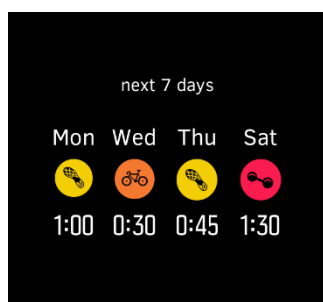
Swipe right from the training totals view to see a quick summary of your latest recorded activities.



Continue to swipe right to reach your logbook. Tap on the icon enter the logbook (see 3.36.1).



You can also see your next planned training sessions by swiping left in the training display until you see the next week plan.



Tap on the screen to switch between planned duration and distance.

For further information about training plans, see 3.37.

### 3.36.1 **Logbook**

You can access the logbook from the launcher or by swiping right when in the training history display.

### 3.37 **Training plans**

### 3.38 **Tones**

**3.39 Vibration alerts**

**3.40 Weather**

## **4 CARE AND SUPPORT**

### **4.1 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.

## 5 REFERENCE

### 5.1 Technical specifications

#### General

- operating temperature: -20° C to +60° C/-5° F to +140° F
- battery charging temperature: 0° C to +35° C/+32° F to +95° F
- storage temperature: -30° C to +60° C/-22° F to +140° F
- weight: 73 g (titanium bezel), 77g (steel bezel)
- water resistance: 100 m/328 ft/10 bar
- glass: Sapphire crystal
- bezel: titanium or stainless steel
- power: rechargeable lithium-ion battery
- battery life: 20-200 hours with GPS, depending on conditions

#### Radio transceiver

- Bluetooth® Smart compatible
- Communication frequency band: 2.4 GHz ISM band
- Maximum transmission power: 1 mW
- range: ~3 m/9.8 ft

#### Altimeter

- display range: -500 m to 9999 m/-1640 ft to 32805 ft
- resolution: 1 m/3 ft

#### Compass

- resolution: 1 degree/18 mils

#### GPS

- technology: SiRF star VI
- resolution: 1 m/3 ft

## 5.2 Compliance

### 5.2.1 CE

Hereby, Suunto Oy, declares that the radio equipment type OW161 (Suunto Spartan Ultra) is in compliance with Directive **1999/5/EC**. The full text of the EU declaration of conformity is available at the following internet address: [www.suunto.com/EUconformity](http://www.suunto.com/EUconformity).

### 5.2.2 FCC compliance

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.

#### **FCC Class B digital device notice**

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.

### 5.2.3 IC

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:

- (1) this device may not cause interference, and
- (2) this device must accept any interference, including interference that may cause undesired operation of the device.

## **CAN ICES-3 (B) / NMB-3 (B)**

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

*Cet appareil numérique de classe B est conforme à la norme canadienne NMB-003.*

### **5.2.4 NOM-121-SCT1-2009**

The operation of this equipment is subject to the following two conditions: (1) it is possible that this equipment or device may not cause harmful interference, and (2) this equipment or device must accept any interference, including interference that may cause undesired operation of the equipment or device.

### **5.3 Trademark**

Suunto Traverse, its logos, and other Suunto brand trademarks and made names are registered or unregistered trademarks of Suunto Oy. All rights are reserved.

### **5.4 Patent notice**

This product is protected by pending patent applications and their corresponding national rights: FI 20155573, US 7,324,002, US 7,271,774, US 13/744,493, US 13/794,468, US 13/833,755, US 13/827,418, US 14/195,670, US 14/331,268, US 14/839,928, US 14/882,487.

Additional patent applications have been filed.

### **5.5 Warranty**

Suunto warrants that during the Warranty Period Suunto or a Suunto Authorized Service Center (hereinafter Service Center) will, at its sole discretion, remedy defects in materials or workmanship free of charge either by a) repairing, or b) replacing, or c) refunding, subject to the terms and conditions of this Limited Warranty. This Limited Warranty is only valid and enforceable in the country of purchase, unless local law stipulates otherwise.

#### **Warranty Period**

The Limited Warranty Period starts at the date of original retail purchase. The Warranty Period is two (2) years for Products unless otherwise specified.

The Warranty Period is one (1) year for accessories including but not limited to wireless sensors and transmitters, chargers, cables, rechargeable batteries, straps, bracelets and hoses.

### **Exclusions and Limitations**

This Limited Warranty does not cover:

1. a) normal wear and tear such as scratches, abrasions, or alteration of the color and/or material of non-metallic straps, b) defects caused by rough handling, or c) defects or damage resulting from use contrary to intended or recommended use, improper care, negligence, and accidents such as dropping or crushing;
2. printed materials and packaging;
3. defects or alleged defects caused by use with any product, accessory, software and/or service not manufactured or supplied by Suunto;
4. non-rechargeable batteries.

Suunto does not warrant that the operation of the Product or accessory will be uninterrupted or error free, or that the Product or accessory will work with any hardware or software provided by a third party.

This Limited Warranty is not enforceable if the Product or accessory:

1. has been opened beyond intended use;
2. has been repaired using unauthorized spare parts; modified or repaired by unauthorized Service Center;
3. serial number has been removed, altered or made illegible in any way, as determined at the sole discretion of Suunto; or
4. has been exposed to chemicals including but not limited to sunscreen and mosquito repellents.

### **Access to Suunto warranty service**

You must provide proof of purchase to access Suunto warranty service. For instructions how to obtain warranty service, visit [www.suunto.com/warranty](http://www.suunto.com/warranty), contact your local authorized Suunto retailer, or call Suunto Contact Center.

### **Limitation of Liability**

To the maximum extent permitted by applicable mandatory laws, this Limited Warranty is your sole and exclusive remedy and is in lieu of all other warranties, expressed or implied. Suunto shall not be liable for special, incidental, punitive or consequential damages, including but not limited to loss of anticipated benefits, loss of data, loss of use, cost of capital, cost of any substitute equipment or facilities, claims of third parties, damage to



property resulting from the purchase or use of the item or arising from breach of the warranty, breach of contract, negligence, strict tort, or any legal or equitable theory, even if Suunto knew of the likelihood of such damages. Suunto shall not be liable for delay in rendering warranty service.

## **5.6 Copyright**

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