

SUUNTO 5

USER GUIDE

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1. Intended use


Suunto 5 is a sports watch that tracks your movement and other metrics, such as heart rate and calories. Suunto 5 is only for recreational use and not meant for medical purposes of any kind.

Do not use Suunto 5 outside the operating temperature intervals as it might damage the product. Do not use the product above the operating temperature as it might cause skin burns.

2. SAFETY

Types of safety precautions


 **WARNING:** - is used in connection with a procedure or situation that may result in serious injury or death.


 **CAUTION:** - is used in connection with a procedure or situation that will result in damage to the product.


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


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


Safety precautions


 **WARNING:** 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:** 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.

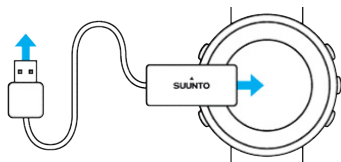
 **CAUTION:** Do not knock or drop the product, as it may get damaged.

 **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.

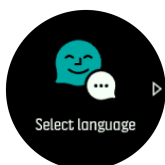
3. Getting started

Starting your Suunto 5 for the first time is quick and simple.

1. Wake up your watch by connecting it to a computer with the USB cable from the box.



2. Press the middle button to begin the setup wizard.



3. Select your language by pressing the right top or right bottom button and confirm with the middle button.



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


3.1. Suunto app

With the Suunto app, you can further enrich your Suunto 5 experience. Pair your watch with the mobile app to optimize the GPS, get mobile notifications, insights 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 are displayed on your watch in the app.

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

3.2. SuuntoLink

Download and install SuuntoLink on your PC or Mac to update your watch software.

We strongly recommend updating your watch when a new software release is available. If an update is available, you are notified via SuuntoLink as well as the Suunto app.

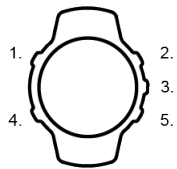
Visit www.suunto.com/SuuntoLink for further information.

To update your watch software:

1. Plug your watch into the computer with the supplied USB cable.
2. Start SuuntoLink if it is not already running.
3. Click the update button in SuuntoLink.

3.3. Buttons

Suunto 5 has five buttons you can use to navigate through displays and features.



1. Upper left button

- press to activate backlight
- press to view alternative information

2. Upper right button

- press to move up in views and menus

3. Middle button

- press to select an item
- press to change displays
- keep pressed to open in-context shortcut menu

4. Lower left button

- press to go back

5. Lower right button

- press to move down in views and menus

When you are recording an exercise, the buttons have different functions:

1. Upper left button

- press to view alternative information

2. Upper right button

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

3. Middle button

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

4. Lower left button

- press to change displays

5. Lower right button

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

3.4. 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.*

3.5. Icons

Suunto 5 uses the following icons:

	Airplane mode
	Altitude difference
	Ascent

	Back, go back in menu
	Button lock
	Cadence
	Calibrate (Compass)
	Calories
	Current location (navigation)
	Charging
	Descent
	Distance
	Duration
	EPOC
	Estimated VO2
	Exercise
	Failure
	Flat time
	GPS acquired
	Heading (Navigation)
	Heart rate
	HR sensor signal acquired
	Chest HR signal acquired
	Incoming call
	Logbook
	Low battery
	Message/notification

	Missed call
	Navigation
	Pace
	POD-signal acquired
	Power POD-signal acquired
	Peak training Effect
	Recovery time
	Steps
	Stopwatch
	Stroke rate (swimming)
	Success
	SWOLF
	Syncing
	Settings
	Training

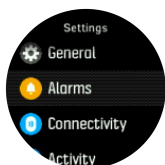
3.6. Adjusting settings

To adjust a setting:

1. Press the upper right button until you see the settings icon, then press the middle button to enter the settings menu.



2. Scroll through the settings menu by pressing the upper right or lower right buttons.




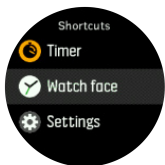
3. Select a setting by pressing the middle button when the setting is highlighted. Go back in the menu by pressing the lower left button.
4. For settings with a value range, change the value by pressing the upper right or lower right button.



5. For settings with just on or off, change the value by pressing the middle button.



 **TIP:** You can also access general settings from the shortcuts menu by keeping the middle button pressed.



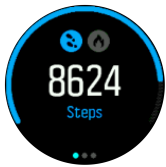
4. Features

4.1. Activity monitoring

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.

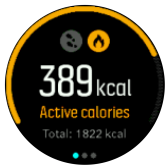
The activity counter automatically resets at midnight every day. At the end of the week, the watch provides a summary of your activity.

From the watch face display, press the lower right button to see your total steps for the day.



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.

In addition to steps, you can press the upper left button to see estimated calories for the day.



The large number in the center of the display 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 (see below).

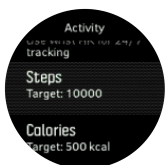
The ring in both displays indicates how close you are to your daily activity goals. These targets can be adjusted to your personal preferences (see below).

You can also check your steps over the last seven days by pressing the middle button. Press the middle button again to see the calories.



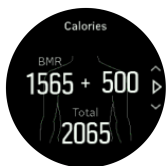
Activity goals

You can adjust your daily goals for both steps and calories. While in the activity display, keep the middle button pressed to open the activity goal settings.



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.



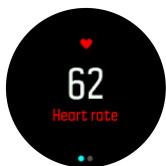
Your BMR is the amount of calories your body burns while at rest. These are the calories your body needs to stay warm and perform basic function like blink your eyes or beat your heart. This number is based on your personal profile, including factors such as age and gender.

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.

4.1.1. Instant HR

The instant heart rate (HR) display provides a quick snapshot of your heart rate.

From the watch face view, press the lower right button to scroll to the HR display.



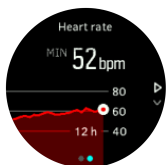
Press the upper button to exit the display and return to the watch face view.

4.1.2. Daily HR

The daily HR display provides a 12-hour view of your heart rate. This is a helpful source of information about, for example, your recovery after a hard training session.

The display shows your heart rate over 12 hours as a graph. The graph is plotted using your average heart rate based on 24-minute time slots. In addition, by pressing the lower right button, you get an estimation of your average hourly calorie consumption rate and your lowest heart rate during the 12-hour period.

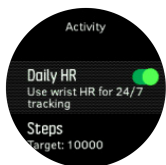
Your minimum heart rate from the last 12 hours is a good indicator of your recovery state. If it is higher than normal, you probably are not yet fully recovered from your last training session.



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 display, you need to activate the daily HR feature. You can toggle the feature on or off from the settings under **Activity**. If you are in the daily HR display, you can also access the activity settings by keeping the middle button pressed.


With the daily HR 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 daily HR information.

To view daily HR:


1. From the watch face view, press the lower right button to scroll to the instant HR display.
2. Press the middle button to enter the daily HR display.
3. Press the lower right button to see your calorie consumption.

 **NOTE:** After a period of inactivity, such as when you are not wearing the watch or sleeping soundly, the watch goes into hibernation mode and turns off the optical heart rate sensor. If you want to get heart rate tracking during the night, activate Do Not Disturb mode (see 4.13. Do Not Disturb mode).

4.2. 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.

4.3. Altimeter

Suunto 5 uses GPS to measure altitude. Under optimal signal conditions, eliminating potential errors typical in calculating GPS position, the GPS altitude reading should give a pretty good indication of your elevation.

To get a more precise reading from GPS altitude, comparable to what you can get from barometric altitude, you need additional sources of data like a gyroscope or Doppler radar to adjust GPS altitude.

Because Suunto 5 relies solely on GPS to measure altitude, if the GPS is not set for maximum accuracy, any filtering is subject to error and may result in potentially inaccurate altitude readings.

If you need good elevation readings, ensure your GPS accuracy is set to **Best** during the recording.

However, even with the best accuracy, GPS altitude should not be considered an absolute position. It is an estimation of your real elevation, and the accuracy of this estimation is heavily dependent on the surrounding conditions.

4.4. Adaptive training guidance

Your Suunto 5 automatically generates a 7-day training plan to help you maintain, improve, or boost your aerobic fitness. The weekly training loads and workout intensities are different in the three training programs.

Select your fitness goal:



Select the “maintain” option if you are already fairly fit and want to maintain your current fitness level. This option can also be useful for people just getting started with regular exercise. Once you get going, you can always change the program you follow to a more demanding one.

The “improve” option is targeted at improving your aerobic fitness with a moderate progress curve. If you want to improve your fitness more quickly, choose the “boost” program. This will bring you harder workouts and faster results.

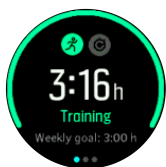
The training plan consist of planned excercises with a target duration and intensity. Each exercise is planned with the goal of helping you maintain and improve your fitness gradually without over-stressing your body. If you miss an exercise, or do a little more than planned, Suunto 5 automatically adapts your training plan accordingly.

When you start a planned exercise, your watch will guide you with visual and audio indicators to help you stay at the right intensity and keep track of your progress.

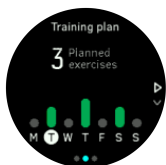
The HR zones settings (see *Heart rate zones*) affect the adaptive training plan. The upcoming activities in the training plan include intensity. If your HR zones are not set correctly, the intensity guidance during a planned exercise may not correlate to the real intensity of your exercise.

To see your next planned training sessions:

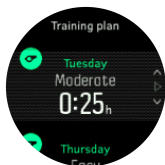
1. From the watch face, press the lower right button to scroll to the training insight view.




2. Press the middle button to view your plan for the current week.





3. Press the lower right button to see additional information; training day, duration and intensity level (based on the heart rate zones, see 4.19. *Intensity zones*).




4. Press the lower left button to exit the planned exercise views and return to the time display.

 **NOTE:** *Today's planned activity is also visible when pressing the middle button in the watch face view.*

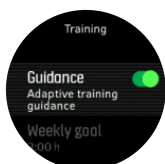
 **NOTE:** *Adaptive training guidance has the goals of maintaining, improving, or boosting your fitness. If you are already very fit and exercise frequently, the 7-day plan may not suite your existing routine.*

 **CAUTION:** *If you have been ill, the training plan may not adjust enough when you start exercising again. Be extra cautious and exercise easy after an illness.*

 **WARNING:** *The watch cannot tell if you have an injury. Follow the recommendations of your doctor to recover from the injury before following the training plan in your watch.*

To disable your personalized training plan:

1. Under the settings menu, go to **Training**.
2. Toggle the **Guidance** to off.



If you don't want the adaptive guidance but would like an exercise goal, you can define a target number of hours as your weekly goal from the settings under **Training**.

1. Disable **Guidance**.
2. Select **Weekly goal**. by pressing the middle button.
3. Select your new **Weekly goal** by pressing the upper right or lower right buttons.




4. Confirm by pressing the middle button.

Real-time guidance

If you have a planned exercise scheduled for the current day, that activity appears as the first option in the sport mode list when you enter the exercise view to start an exercise recording.

If you want real-time guidance, start the recommended exercise as you would a normal recording, see *Recording an exercise*.

 **NOTE:** Today's planned activity is also visible when pressing the middle button in the watch face view.

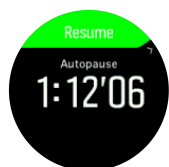
When exercising according to a planned exercise, you will see a green progress bar and percentage of your progress. The goal is estimated based on planned intensity and duration. When you exercise within the planned intensity (based on your heart rate), you should reach the goal around the planned duration. Higher exercise intensity will get you to the goal faster. Similarly a lower intensity will take longer.

4.5. 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 from the sport mode settings in the watch before you start your exercise recording.

If autopause is on during a recording, a pop-up notifies you when the recording is paused automatically.



Press the middle button to see and switch between the current distance, HR, time, battery level.



You can let the recording resume automatically when you start moving again, or manually resume from the pop-up screen by pressing the upper right button.

4.6. Backlight

The backlight has two modes: automatic and toggle. In automatic mode, the backlight comes on with any button press. In toggle mode, you turn the backlight on by keeping the upper left button pressed. The backlight stays on until you keep the upper left button pressed again.

By default, the backlight is in automatic mode. You can change the backlight mode from the settings under **General » Backlight**.

4.7. Bluetooth connectivity

Suunto 5 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**.

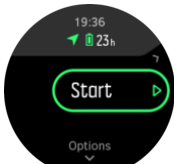


The Bluetooth can also be completely turned off by activating airplane mode, see 4.2. *Airplane mode*

4.8. Battery power management

Your Suunto 5 has a battery power management system uses intelligent battery technology to help ensure you watch does not run out of power when you need it most.

Before you start recording an exercise (see 4.28. *Recording an exercise*) you see an estimate of how much battery life you have left in the current battery mode.




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

In start display, tap **Options » Battery mode** to change battery modes and see how each mode affects the performance of the watch.



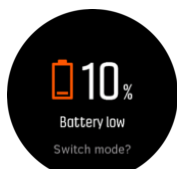
 **TIP:** You can also quickly change the battery mode in the start display by pressing the upper button.

In addition to these two predefined battery modes, you can also 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.

 **NOTE:** If while exercising you start navigating or use navigation data like estimated time of arrival (ETA), the GPS goes to **Best**, regardless of the battery 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%.

4.9. Button lock and screen dimming

While recording an exercise you can lock the buttons by keeping the lower right button pressed. Once locked, you cannot change the display views, but you can turn on the backlight with any button press if the backlight is in automatic mode.

To unlock, keep the lower right button pressed again.

When you are not recording an exercise, the screen dims after a short period of inactivity. To activate the screen, press any button.

After a longer period of inactivity, the watch goes into hibernation mode and turns the screen off completely. Any movement reactivates the screen.

4.10. Chest heart rate sensor

You can use a Bluetooth® Smart compatible heart rate sensor, such as the Suunto Smart Sensor, with your Suunto 5 to get accurate information about your exercise intensity.

If you use the Suunto Smart Sensor, you also have the added advantage of heart rate memory. The sensor memory function buffers data if the connection to your watch is interrupted, for example, when swimming (no transmission under water).

It also means you can even leave your watch behind after starting a recording. For more information, please refer to the Suunto Smart Sensor User Guide.

Refer to the user guide for Suunto Smart Sensor or other Bluetooth® Smart compatible heart rate sensor for additional information.

See [4.25. Pairing PODs and sensors](#) for instructions on how to pair an HR sensor with your watch.

4.11. Device info

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

4.12. Display theme

To increase the readability of your watch screen while exercising, 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 in sport mode options:

1. From the watch face, press the upper right button to scroll to **Exercise** and press the middle button.
2. Go to any sport mode and press the lower right button to open the sport mode options.
3. Scroll down to **Theme** and press the middle button.
4. Switch between Light and Dark by pressing the upper right and lower right buttons, and accept with the middle button.
5. Scroll back up to exit the sport mode options and start (or exit) the sport mode.

4.13. 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 the Do Not Disturb mode:

1. From the watch face, keep the middle button pressed to open the shortcuts menu.
2. 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.

4.14. Feeling

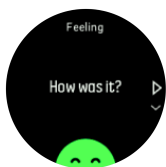
If you are training regularly, following how you feel after each session is an important indicator of your overall physical condition.

There are five degrees of feeling to choose from:

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

What these options mean exactly are up to you 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.

4.15. Find back

If you are using GPS when recording an activity, Suunto 5 automatically saves the starting point of your exercise. With Find back, Suunto 5 can guide you directly back to your starting point.

To start find back:

1. While you are recording an activity, press the middle button until you have reached the navigation display.
2. Press the lower right button to open the shortcut menu.
3. Scroll to Find back and press the middle button to select.
4. Press the lower left button to exit and return to the navigation display.

The navigation guidance is shown as the last display on the selected sport mode.

4.16. Fitness level

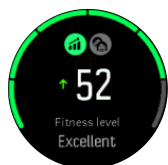
Good aerobic fitness is important for your overall health, well-being and sports performance.


Your aerobic fitness level is defined as VO₂max (maximal oxygen consumption), a widely recognized measure of aerobic endurance capacity. In other words, VO₂max shows how well your body can use oxygen. The higher your VO₂max, 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 5.

Your watch is able to provide an estimation of your fitness level for all running and walking workouts.

Your current estimated fitness level is shown in the fitness level display. From the watch face, press the lower right button to scroll to the fitness level display.

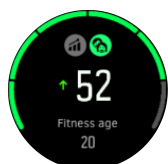


 **NOTE:** If the watch hasn't estimated your fitness level yet, the fitness level display will instruct you further.

Historical data, from recorded running and walking workouts, plays a role in ensuring the accuracy of your VO₂max estimate. The more activities you record with your Suunto 5, the more accurate your VO₂max estimate becomes.

There are six fitness levels, from low to high: very poor, poor, fair, good, excellent and superior. The value is dependent of your age and gender and the higher value you have, the better your fitness level is.

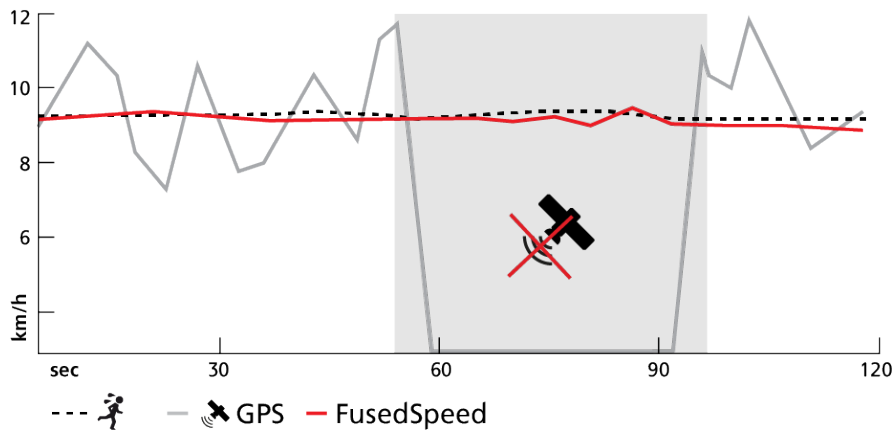
Press the upper left button to view your estimated fitness age. Fitness age is a metric value that reinterprets your VO₂max value in terms of age. Regularly engaging in the right types of physical activity will help you boost your VO₂max value and reduce your fitness age.



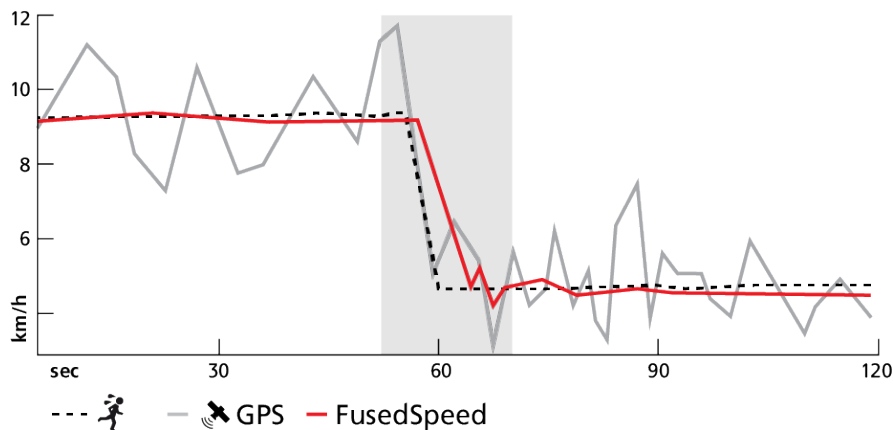
Improvement of VO₂max is highly individual and it depends on factors such as age, gender, genetics and training background. If you are already very fit, increasing your fitness level will be slower. If you are just starting to exercise regularly, you may see a quick increase in fitness.

4.17. 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 a 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 5 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).

4.18. GPS accuracy and power saving

The GPS fix rate determines the accuracy of your track - the shorter the interval is between fixes, the better the track accuracy is. Each GPS fix is recorded in your log when recording an exercise.

The GPS fix rate also directly affects battery life. By reducing GPS accuracy, you can extend the battery life of your watch.

The GPS accuracy options are:

- Best: ~ 1 sec fix rate
- Good: ~ 60 sec fix rate

You can change GPS accuracy from the sport options in your watch or in Suunto app.

Whenever you navigate a route or a POI, the GPS accuracy is automatically set to Best.



NOTE: *The first time you exercise or navigate with GPS, wait for the watch to acquire a GPS fix before starting. This may take 30 seconds or more depending on conditions.*

4.19. 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 5 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.

4.19.1. 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: $220 - \text{your age}$. If you know your exact max HR, you should adjust the default value accordingly.

Suunto 5 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 zones**.

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



3. Press the middle button to select the new max HR.
4. Keep the middle button pressed to exit the HR zones view.



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 zones**.

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



3. Press the middle button to select the new HR value.
4. Keep the middle button pressed to exit the HR zones view.



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



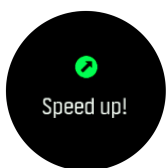
5. Press the middle button to select the new HR value.
6. Keep the middle button pressed to exit the HR zones view.

4.19.1.1. Using HR zones when exercising

When you record an exercise (see 4.28. *Recording an exercise*), and have selected heart rate as an intensity target (see 4.28.1. *Using targets when exercising*), an HR zone gauge, divided into five sections, is shown around the outer edge of the sport mode display (for all sport modes that support HR). The gauge indicates in which HR zone you are currently training 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 heart rate is outside the selected target zone.



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

4.19.2. 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.

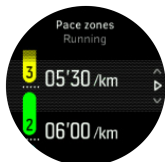
Suunto 5 has five default pace zones that you can use or you can define your own.

Pace zones are available for running.

Set pace zones

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

1. Select **Running** by pressing the middle button.
2. Press the lower right button and select pace zones.
3. Press the upper right or lower right buttons to scroll and press the middle button when the pace zone you want to change is highlighted.
4. Select your new pace zone by pressing the upper or lower buttons.



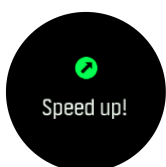
5. Press the middle button to select the new pace zone value.
6. Press and hold the middle button to exit the pace zones view.

4.19.2.1. Using pace zones when exercising

When you record an exercise (see 4.28. *Recording an exercise*), and have selected pace as an intensity target (see 4.28.1. *Using targets when exercising*) a pace 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 pace 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 pace is outside the selected target zone.



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

4.19.3. 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.

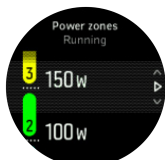
Suunto 5 has five default power zones that you can use or you can define your own.

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. Select the activity (**Running** or **Cycling**) that you want to edit or press the middle button when the activity is highlighted.
2. Press the lower right button and select power zones.
3. Press the upper right or lower right buttons and select the power zone you want to edit.
4. Select your new power zone by pressing the upper or lower buttons.



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

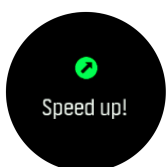
4.19.3.1. Using power zones when exercising

You need to have a power pod paired with your watch to be able to use power zones when exercising, see 4.25. *Pairing PODs and sensors*.

When you record an exercise (see 4.28. *Recording an exercise*), and have selected power as an intensity target (see 4.28.1. *Using targets when exercising*) a power 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 power 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 power is outside the selected target zone.



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

4.20. Interval training

Interval workouts are a common form of training consisting of repetitive sets of high and low intensity efforts. With Suunto 5, 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. From the launcher, select your sport.
2. Before you start an exercise recording, press the lower right button to open the sport mode options.
3. Scroll down to **Intervals** and press the middle button.
4. Toggle intervals on and adjust the settings described above.



5. Scroll up to **Back** and confirm with the middle button.
6. Press the upper right button until you are back at the start view and start your exercise as normal.
7. Press the lower left button to change the view to intervals display and press the upper right button when you are ready to start your interval training.



8. 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 right 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.

4.21. Language and unit system

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

4.22. Logbook

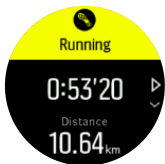
You can access the logbook from the launcher.



Scroll through the log by pressing the upper right or lower right buttons. Press the middle button to open and view the entry of your choice.



To exit the log, press the lower left button.



4.23. Moon phases

In addition to sunrise and sunset times, your watch can track moon phases. The moon phase is based on date you have set in your watch.

The moon phase is available as a view in the outdoor style watch face. Press the middle button to change the lower row until you see the moon phase.




The phases are presented as an icon with percentage as follows:

○ 0% ○ 25% ◐ 50% ◑ 75% ● 100% ◑ 75% ◐ 50% ○ 25%

4.24. Notifications

If you have paired your watch with the Suunto app, you can receive notifications such as incoming calls and text messages on your watch.

 **NOTE:** Messages received from some apps used for communication might not be compatible with Suunto 5.

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

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



If the message doesn't fit on the screen, press the lower right button to scroll through the full text.

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 and then press the lower button to scroll through the notification history.

4.25. 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.

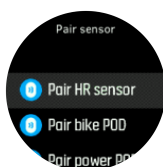
Suunto 5 supports the following types of PODs and sensors:

- Heart rate
- Bike
- Power
- Foot

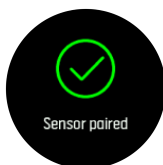
 **NOTE:** You cannot pair anything if airplane mode is on. Turn off airplane mode before pairing. See 4.2. Airplane mode.

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. Press the lower right button to scroll through the list and select the sensor type with the middle button.



4. Follow the instructions in the watch to complete pairing (refer to sensor or POD manual if needed), pressing 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**.

4.25.1. 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.

4.25.2. 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.

4.25.3. 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.

4.26. 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 or in your watch 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.

4.26.1. 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. Press the upper right button to open the launcher.
2. Scroll to **Navigation** and press the middle button.
3. Scroll to POIs and press the middle button to open your list of POIs.
4. Scroll to the POI you want to navigate to and press the middle button.
5. Press the upper button to start navigating.

To stop navigating, press the upper button again at any time.

While you are moving, 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. If you stop moving, the watch cannot determine which direction you are going based on GPS.
























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).

In the map view, other POIs nearby are shown in gray. Press the upper left button to switch between the overview map and a more detailed view. In the detailed view, you adjust the zoom level by pressing the middle button and then zooming in and out with the upper and lower buttons.

While navigating, press the lower right 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.

4.26.2. POI types

The following POI types are available in Suunto 5:

	generic point of interest
	Bedding (animal, for hunting)
	Begin (start of a route or trail)
	Big game (animal, for hunting)
	Bird (animal, for hunting)
	Building, home
	Cafe, food, restaurant
	Camp, camping
	Car, parking
	Cave
	Cliff, hill, mountain, valley
	Coast, lake, river, water
	Crossroad
	Emergency
	End (end of a route or trail)
	Fish, fishing spot
	Forest
	Geocache
	Hostel, hotel, lodging
	Info
	Meadow

	Peak
	Prints (animal tracks, for hunting)
	Road
	Rock
	Rub (animal marking, for hunting)
	Scrape (animal marking, for hunting)
	Shot (for hunting)
	Sight
	Small game (animal, for hunting)
	Stand (for hunting)
	Trail
	Trail cam (for hunting)
	Waterfall

4.26.3. Adding and deleting POIs

You can add a POI 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. Press the upper button to open the launcher.
2. Go to **Navigation** and press the middle button.
3. Press the lower button to scroll down to **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 your online account.

Deleting POIs

You can remove a POI by deleting the POI from the POI list in the watch.

To delete a POI in your watch:

1. Press the upper button to open the launcher.

2. Go to **Navigation** and press the middle button.
3. Press the lower button to scroll down to **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 your online account.

4.27. 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 5 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.

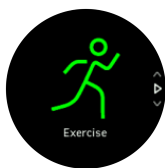
4.28. Recording an exercise

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:

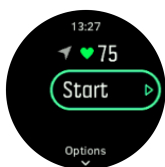
1. Put on a heart rate sensor (optional).

2. Press the upper right button to open the launcher.
3. Scroll up to the exercise icon and select with the middle button.



4. Press upper right or lower right button to scroll through the sport modes and press the middle button to select the one you want to use.
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) flash gray while searching and turn green once a signal is found. The heart icon (heart rate) flash gray while searching and when 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.

If you are using a heart rate sensor but the icon turns green, check that the heart rate sensor is paired, see 4.25. *Pairing PODs and sensors*, and select the sport mode again. You can wait for each icon to turn green or red or start the recording as soon as you like by pressing the middle button.



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 right button to pause the recording. Stop and save with the lower right button or continue resume with the upper right button.



If the sport mode you selected has options, such as setting a duration target, you can adjust them before starting the recording by pressing the lower right button. You can also adjust sport mode options while recording by keeping the middle button pressed.

If you are using a multisport mode, switch sports by keeping the upper right button pressed.

After you stop the recording, you are asked how you felt. You can answer or skip the question (see 4.14. *Feeling*). Then you get a summary of the activity that you can browse through with the upper or lower right buttons.

If you made a recording you don't want to keep, you can delete the log entry by scrolling down to **Delete** and confirm with the middle button. You can also delete logs in the same way from the logbook.



4.28.1. Using targets when exercising

It is possible to set different targets with your Suunto 5 when exercising.

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



To exercise with general target:

1. Before you start an exercise recording, press the lower right button to open the sport mode options.
2. Select **Targets** and press the middle button.
3. Select **Duration** or **Distance**.
4. Select your target.
5. Press and hold the middle button to go back to the sport mode options.

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, press the lower right button to open the sport mode options.
2. Select **Intensity zones** and press the middle button.
3. Select **Heart rate**, **Pace** or **Power**.
(The options depends on selected sport mode and if you have a power pod paired with the watch).
4. Select your target zone.
5. Press and hold the middle button to go back to the sport mode options

4.28.2. 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 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 your online account and sync your watch if you haven't done so already.
2. Select a sport mode that uses GPS and press the lower button to open the options. Alternatively, start your recording first, and then keep the middle button pressed to open the sport mode options.
3. Scroll to **Navigation** and press the middle button.
4. 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.

If you have not started the exercise recording yet, the last step takes you back to the sport mode options. 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 [4.26.1. Navigating to a POI](#) and [4.30. Routes](#).

While in this display you can swipe up or 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**.

4.29. Recovery

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, from the watch face, press the lower right button until you see the recovery display.



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.

4.30. Routes

You can use your Suunto 5 to navigate routes.

To navigate on a route:

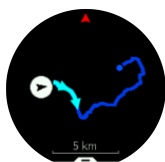
1. Press the upper right button to open the launcher.
2. Scroll to **Navigation** and press the middle button.



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. Press the upper right button to start navigating.
6. Press the upper right button again at any time to stop navigating.



In the detailed view, zoom in and out by keeping the middle button pressed. Adjust the zoom level with the upper right and lower right buttons.



While you are in the navigation display, you can 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 [4.28.2. 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.

Once you reach a waypoint or POI on the route, you get an informative popup showing you the distance and estimated time en route (ETE) 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.

4.30.1. 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. While in the main navigation display (where you see your route), 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 (press the upper left button 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.

4.31. Sleep tracking

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 5 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.
2. Toggle on **SLEEP TRACKING**.



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

The last step 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.

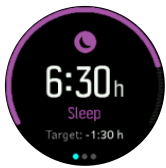
 **NOTE:** If you go to bed before your bedtime and also wake up after your bedtime, your watch does not count that as a sleep session. You should set your bedtime according to the earliest you may go to bed and the latest you may wake up.

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 insight. From the watch face, press the lower right button until you see the **SLEEP** display. The first view shows your last sleep compared to your sleep target.





While in the sleep display you can press the middle button to see your average sleep over the last seven days. Press the lower right button to see your actual sleeping hours for the last seven days.

While in the average sleep display you can press the middle button to see a graph over your average HR values for the last seven days.



Press the lower right button to see the actual HR values for the last seven days.

 **NOTE:** From the **SLEEP** display, you can keep the middle button pressed to access sleep tracking settings.

 **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 while sleeping

If you wear your watch during the night, you can get additional feedback on your heart rate while sleeping. To keep the optical heart rate on during the night, ensure that Daily HR is enabled (see 4.1.2. *Daily HR*).

Automatic Do Not Disturb mode

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

4.32. 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 cross country skiing.


When you record an exercise (see *Recording an exercise*), you can scroll up and down to see the short list of sport modes. Select the **Other** icon at the end of the short list to view the complete list of sport modes.

Each sport mode has a unique set of displays and views.

4.33. Swimming

You can use your Suunto 5 for swimming in pools.

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.

 **NOTE:** *The wrist heart rate sensor may not work under water. Use a chest heart rate sensor to get a more reliable HR tracking.*

4.34. Stress and recovery

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.

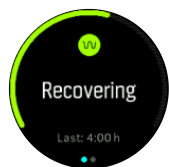
Stress and physical activity deplete your resources, while rest and recovery restore them. Good sleep is an essential part of ensuring your body has the resources it needs.

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 *Daily HR*.

Press the lower right button to scroll to the stress and recovery display.



The gauge around this display indicates your overall resource level. If it is green, it means you are recovering. The status and time indicator tell you your current state (active, inactive, recovering or stressed) and for how long you have been in that state. In this screenshot, for example, you have been recovering for the last four hours.

Press the middle button to see a bar chart of your resources over the last 16 hours.



The green bars indicate periods where you have been recovering. The percentage value is an estimate of your current resource level.

4.35. Sunrise and sunset alarms

The sunrise/sunset alarms in your Suunto 5 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. Press the middle button to open the shortcut menu.
2. Scroll down to **ALARMS** and enter by pressing the middle button.
3. Scroll to the alarm that you want to set and select by pressing the middle button.



4. Set the desired hours prior to sunrise/sunset by scrolling up/down with the upper and lower buttons and confirming with the middle button.
5. Set minutes in the same way.



6. 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.

4.36. SuuntoPlus

SuuntoPlus™ equips your Suunto 5 with new tools and new insights to give you inspiration and new ways to enjoy your active lifestyle.

To use SuuntoPlus™ features:

1. Before you start an exercise recording, press the lower button to open the sport mode options.
2. Scroll to **SuuntoPlus™** and press the middle button.
3. Scroll to the feature you want and press the middle button.
4. Scroll up to the start view and start your exercise as normal.
5. Press the middle button until you reach the SuuntoPlus™ feature, which is shown as an own display.
6. After you have stopped the exercise recording, you can find the SuuntoPlus™ feature result in the summary, if there was a relevant result.

Visit Suunto.com/Suuntoplus for the latest SuuntoPlus™ features.

Ensure that your Suunto 5 has the latest software version.

4.36.1. SuuntoPlus - Strava

Get specific about how much work goes into your exercise with real-time Relative Effort. Whether your exercise is slow and steady or short and strenuous, Relative Effort gives you a personalized measurement based on your heart rate zones, so you can adapt your effort on the go. Once you are done, sync your activity to Strava or get more of your workout with Strava Summit: deep dive into performance data, see how much progress you have made overall and where you are in your training cycle – whether you are peaking, maintaining or recovering.

To use the Strava Relative Effort with Suunto 5:

1. Before you start an exercise recording, press the lower button to open the sport mode options.
2. Scroll to **SuuntoPlus™** and press the middle button.
3. Scroll to **Strava** and press the middle button.
4. Scroll up to the start view and start your exercise as normal.
5. During exercise, press the middle button until you reach the Strava display to view Relative Effort value in real-time.
6. After you have stopped the exercise recording, you can find the Strava Relative Effort result in the summary.
7. To look at long term analysis related to relative effort, make sure your Suunto 5 is connected to Strava via Suunto App.

In order to get same Relative Effort results in Suunto 5 as in Strava, remember to adjust the heart rate zones in Suunto 5 to match the ones you have in Strava.

4.36.2. SuuntoPlus – TrainingPeaks

TrainingPeaks provides real time view for Training Stress Score® (TSS®) as well as Normalized Power® (NP®) for cycling and Normalized Graded Pace™ (NGP™) for running. These TrainingPeaks features are widely used in endurance training and your Suunto 5 gives you a possibility to follow these metrics while working out.

When your exercise is finished, the TrainingPeaks metrics will be available in the summary. For long term analysis, make sure to have your Suunto 5 connected to TrainingPeaks via Suunto app.

The TrainingPeaks features are divided into three segments.

TrainingPeaks – Cycling power

Normalized Power[®] (NP[®]) Cycling

Normalized Power[®] (NP[®]) is retrieved from measured watts and takes the variance between a steady and a fluctuating workout into account to calculate the physiological cost – how much stress you can put your body under vs. how much recovery is required. Normalized Power[®] (NP[®]) estimates your average power, if you would have ridden in steady effort.

Requires the use of a cycling power meter.

For more information, please visit: <https://www.trainingpeaks.com/blog/what-is-normalized-power/>

Training Stress Score[®] (TSS[®])

Any workout that contains power, pace or heart rate data can be assigned a Training Stress Score[®] (TSS[®]) value. Training Stress Score[®] (TSS[®]) tells you the overall training load and physiological stress created by a training session, taking into account the duration and intensity of a workout.

Being able to follow the training load in real time lets you adjust the effort and duration of the exercise on the go, helping you reach your goal.

Long term training load data can be analyzed in the TrainingPeaks app.

Intensity Factor[®] (IF[®])

Intensity Factor gives you relative intensity by comparing the Normalized Power[®] (NP[®]) to your functional threshold power. Intensity Factor[®] (IF[®]) gives you a simple metric on how hard you are working out.

The Intensity Factor[®] (IF[®]) for:

- recovery workouts should be under 0.75
- endurance rides 0.75-0.85
- tempo workouts 0.85-0.95
- anaerobic threshold intervals 0.95-1.05.

For short time trials i.e. 10km the Intensity Factor[®] (IF[®]) should be 1.05-1.15.

For more information, please visit: <https://www.trainingpeaks.com/blog/normalized-power-intensity-factor-training-stress/>

TrainingPeaks – Running Pace

Normalized Graded Pace[™] (NGP[™]) Running

Pacing yourself while running on hilly terrain can be difficult. The pace gets slower on the uphill even while the effort remains the same. Normalized Graded Pace[™] (NGP[™]) provides you

the equivalent speed on a flat surface. During the run you can easily adjust your effort by monitoring Normalized Graded Pace™ (NGP™) in real time on your watch.

For more information, please visit: <https://www.trainingpeaks.com/blog/what-is-normalized-graded-pace/>

Running pace Training Stress Score (rTSS)

Any workout that contains power, pace or heart rate data can be assigned a Training Stress Score® (TSS®) value. Training Stress Score® (TSS®) tells you the overall training load and physiological stress created by a training session, taking into account the duration and intensity of a workout.

Being able to follow the training load in real time lets you adjust the effort and duration of the exercise on the go, helping you reach your goal.

Long term training load data can be analyzed in the TrainingPeaks app. The Training Stress Score® (TSS®) based on running pace is marked as rTSS.

Intensity Factor® (IF®)

Intensity Factor® (IF®) gives you relative intensity in running by comparing Normalized Graded Pace to an-aerobic threshold pace. Intensity Factor gives you a simple metric on how hard you are working out.

The Intensity Factor® (IF®) for:

- recovery workouts should be under 0.75
- endurance runs 0.75-0.85
- tempo workouts 0.85-0.95
- anaerobic threshold intervals 0.95-1.05.

For more information, please visit: <https://www.trainingpeaks.com/blog/normalized-power-intensity-factor-training-stress/>

TrainingPeaks – Heart rate

Heart rate Training Stress Score (hrTSS)

Any workout that contains power, pace or heart rate data can be assigned a Training Stress Score® (TSS®) value. Training Stress Score® (TSS®) tells you the overall training load and physiological stress created by a training session, taking into account the duration and intensity of a workout.

Being able to follow the training load in real time lets you adjust the effort and duration of the exercise on the go, helping you reach your goal.

Long term training load data can be analyzed in the TrainingPeaks app. The Training Stress Score® (TSS®) based on running pace is marked as hrTSS.

For more information, please visit: <https://www.trainingpeaks.com/blog/normalized-power-intensity-factor-training-stress/>

TrainingPeaks – Suunto 5

To use the TrainingPeaks with Suunto 5:

1. Before you start an exercise recording, press the lower button to open the sport mode options.
2. Scroll to **SuuntoPlus™** and press the middle button.
3. Scroll down to **TrainingPeaks** and select **Running pace, Cycling power** or **Heart rate**
4. Scroll up to the start view and start your exercise as normal.
5. During your activity, press the middle button until you reach the TrainingPeaks display to view the Training Stress Score[®] (TSS[®]) value in real-time and Normalized Power[®] (NP[®]) for cycling or Normalized Graded Pace[™] (NGP[™]) for running).
6. After you have stopped the exercise recording, you can find the TrainingPeaks Training Stress Score[®] (TSS[®]) and Normalized Power[®] (NP[®]) or Normalized Graded Pace[™] (NGP[™]) as part of the summary.

To look at long term analysis related to relative effort, make sure your Suunto 5 is connected to TrainingPeaks via Suunto App.

4.37. Time and date

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

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.

Once you have paired with Suunto app, your watch gets updated time, date, time zone and daylight-saving time from mobile devices.

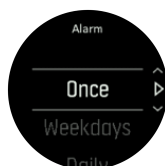
Under **General » Time/date**, tap **Auto time update** to toggle the feature on and off.

4.37.1. Alarm clock

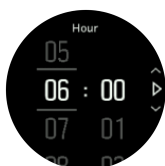
Your watch has an alarm clock that can sound once or repeat on specific days. Activate the alarm from the settings under **Alarms » Alarm clock**.

To set an alarm:

1. 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



2. 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.

4.38. Timers

Your watch includes a stopwatch and countdown timer for basic time measurement. From the watch face, open the launcher and scroll up until you see the timer icon. Press the middle button to open the timer display.

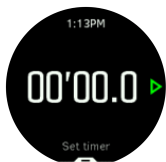


When you first enter the display, it shows the stopwatch. After that, it remembers whatever you used last, stopwatch or countdown timer.

Press the lower right button to open the **Set timer** shortcuts menu where you can change the timer settings.

Stopwatch

Start the stopwatch by pressing the middle button.



Stop the stopwatch by pressing the middle button. You can resume by pressing the middle button again. Reset by pressing the lower button.



Exit the timer by keeping the middle button pressed.

Countdown timer

In the timer display, 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 middle and lower right buttons.

Exit the timer by keeping the middle button pressed.

4.39. 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 **General » Tones** and **Vibration**, 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

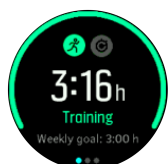
Under **Alarms**, you can select from the following options:

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

4.40. Training insight

Your watch provides an overview of your training activity.

Press the lower right button to scroll to the training insight view

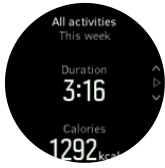


Press the middle button twice to see a graph with all your activities for the last 3 weeks and the average duration. Press the upper left button to toggle between the different activities you have done for the last 3 weeks.



From the totals view you can press the upper left button to toggle between your top three sports.

Press the lower right button to see the summary for the current week. The summary includes total time, distance and calories for the sport chosen in the totals view. Pressing the lower right button when a specific activity is chosen will show details of that activity.



4.41. Watch faces

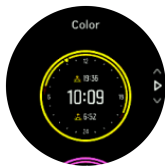
Suunto 5 comes with several watch faces to choose from, both digital and analog styles.

To change the watch face:

1. Go to the **Watch face** setting from the launcher or keep the middle button pressed to open the in-context menu. Press the middle button to select **Watch face**



2. Use the upper right or lower right buttons to scroll through the watch face previews and select the one you want to use by pressing the middle button.
3. Use the upper right or lower right buttons to scroll through the color options and select the one you want to use.



Each watch face has additional information, such as date or dual time. Press the middle button to switch between views.

5. Care and support

5.1. 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.

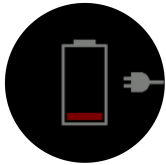
Use only original Suunto accessories - damage caused by non-original accessories is not covered by warranty.

5.2. 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.

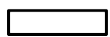
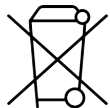


Use the supplied USB cable to charge your watch. Once the battery level is high enough, the watch wakes up from lower power mode.

 **WARNING:** *Only charge you watch using USB adapters that comply with the IEC 60950-1 standard for limited power supply. Using non-compliant adapters may damage your watch or cause a fire.*

5.3. 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.



6. Reference

6.1. Technical specifications

General

- Operating temperature: -10° C to +50° C (15° F to +120° F)
- Battery charging temperature: 0° C to +45° C (+32° F to +113° F)
- Storage temperature: -30° C to +60° C (-22° F to +140° F)
- Water resistance: 50 m (164 ft)
- Battery: rechargeable lithium-ion battery
- Battery life: 20-40 hours with GPS, depending on conditions and settings

Optical sensor

- Optical heart rate by Valencell

Radio transceiver

- Bluetooth Smart compatible
- Frequency band: 2402-2480 MHz
- Maximum output power: <6 dBm
- Range: ~3 m/9.8 ft

GPS

- Technology: Sony
- Frequency band: 1575.42 MHz

Manufacturer

Suunto Oy

Tammiston kauppatie 7 A

FI-01510 Vantaa

FINLAND

Date of manufacture

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

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.

6.2. Compliance

For compliance related information, see "Product Safety and Regulatory Information" delivered together with your Suunto 5 or available at www.suunto.com/Suunto5Safety.

6.2.1. CE

Hereby, Suunto Oy, declares that the radio equipment type OW186 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.



6.3. Trademark

Suunto 5, its logos, and other Suunto brand trademarks and made names are registered or unregistered trademarks of Suunto Oy. All rights are reserved.

6.4. Patent notice

This product is protected by patents and pending patent applications and their corresponding national rights. For a list of the current patents, visit:

www.suunto.com/patents

www.valencell.com/patents

Additional patent applications have been filed.

6.5. International Limited 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 International Limited Warranty. This International Limited Warranty is valid and enforceable regardless of the country of purchase. The International Limited Warranty does not affect your legal rights, granted under mandatory national law applicable to the sale of consumer goods.

Warranty Period

The International Limited Warranty Period starts at the date of original retail purchase.

The Warranty Period is two (2) years for Products and Dive wireless transmitters 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.

For all Suunto Spartan watches purchased in 2016 the Warranty Period has been extended to three (3) years.

The Warranty Period is five (5) years for failures attributable to the depth measurement (pressure) sensor on Suunto Dive Computers.

Exclusions and Limitations

This International 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 International 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. You must also register your product online at www.suunto.com/register to receive international warranty services globally. For instructions how to obtain warranty service, visit 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 International 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.



SUUNTO CUSTOMER SUPPORT

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