

SUUNTO M1/M2


USER GUIDE


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1 SAFETY


Types of safety precautions:

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

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

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

Safety precautions:

 **WARNING:** ALLERGIC REACTIONS OR SKIN IRRITATIONS MAY OCCUR WHEN PRODUCT IS IN CONTACT WITH SKIN, EVEN THOUGH OUR PRODUCTS COMPLY WITH INDUSTRY STANDARDS. IN SUCH EVENT, STOP USE IMMEDIATELY AND CONSULT A DOCTOR.

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

 **CAUTION:** DO NOT APPLY SOLVENT OF ANY KIND.

 **CAUTION:** DO NOT APPLY INSECT REPELLENT.

 **CAUTION:** TREAT AS ELECTRONIC WASTE.

 **CAUTION:** DO NOT KNOCK OR DROP.

2 WELCOME

Thank you for choosing Suunto M1/M2 heart rate monitor!


Suunto M1/M2 heart rate monitor is equipped with the essential tools you need to reach your fitness goals. Suunto M1/M2 makes heart rate monitoring simple and comfortable, it shows in real time your heart rate and calories burnt, and monitors you while you work out to ensure you stay within your ideal heart rate zone.

Suunto M1/M2 key features are designed to make your exercise as efficient as possible:

- easy to use with three buttons, large display, and nine language options
- real time exercise guidance showing heart rate and calories burnt
- automatic switch between three different heart rate zones
- exercise summaries
- comfortable heart rate belt that is compatible with most gym cardio equipment

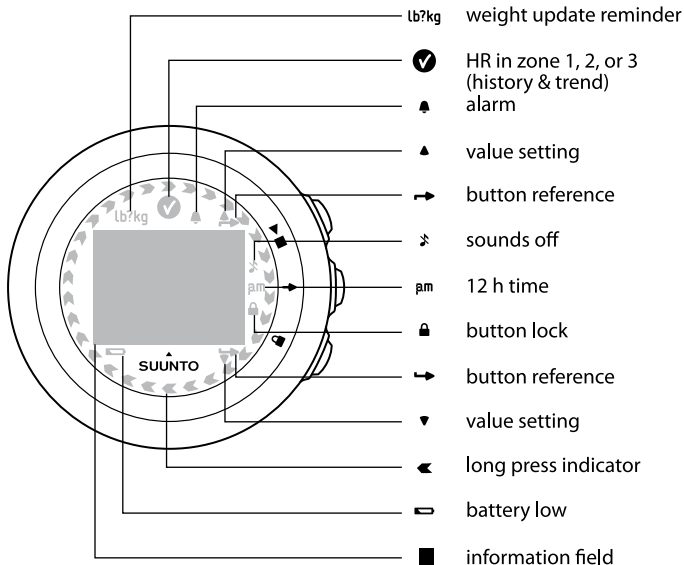
This User Guide is here to help you get the most out of your exercise with Suunto M1/M2. Read it through to make using your new Suunto M1/M2 even more enjoyable.

Your exercise does not need to stop when your workout ends. Continue your fitness experience online and get even more out of every move at Movescount.com. Check out Movescount.com today and sign up. Get motivated and start having fun. Because that's what fitness is all about.

 **NOTE:** Be sure to register your device at www.suunto.com/register to get the full range of Suunto support.

3 DISPLAY ICONS AND SEGMENTS

en



4 USING BUTTONS



By pressing the following buttons, you can access the following features:

▶■ (PLAY/STOP):

- select **exercise, history & trend, prev. exercise**
- start/stop exercise
- increase/move up

→ (NEXT):


- switch views
- enter/exit settings by keeping pressed
- accept/move to the next step

🔒 (LOCK):

- lock ▶■ button by keeping pressed
- decrease/move down

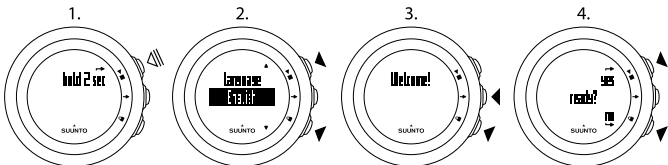
5 GETTING STARTED

Start by personalizing Suunto M1/M2 to get reliable and easy monitoring. Through the personal settings, you tune your Suunto M1/M2 according to your physical traits and activity. Many of the calculations use these settings, so it is important that you are as accurate as possible when defining the values.

 **NOTE:** Take time to carefully adjust the initial settings. Some settings can only be changed later by resetting the device.

To set the initial settings:


1. Press any button to activate the device. Wait until the unit wakes up and says **hold 2 sec.** Keep **▶■** pressed to enter the first setting.
2. Press **▶■** or **🔒** to change values.
3. Press **→** to accept a value and to move to the next setting. Press **🔒** to return to the previous setting.
4. When you are ready, select **yes** (**▶■**) to confirm all settings. If you want to modify the settings, select **no** (**🔒**) to return to the first setting.




You can set the following initial settings:

- **language:** English, Deutsch, français, español, português, italiano, Nederlands, svenska, suomi

- **units:** metric / imperial
- **time:** 12 / 24 h, hours and minutes
- **date**
- **personal settings:** year of birth, sex, weight

 **NOTE:** *Maximum HR is the absolute maximum number of times a person's heart can beat in one minute at the highest intensity. Once you have entered your year of birth, your device automatically sets the maximum heart rate (max. HR) using the formula $207 - (0.7 \times \text{AGE})$ published by the American College of Sports Medicine. If you know your real max. HR, you should adjust the automatically given value to the known value.*

For information about adjusting the settings at a later time, see *Chapter 13 Adjusting settings on page 24.*

 **TIP:** *See the date and seconds with the time by pressing \rightarrow in the time view. The display returns to show only the time to save battery life, if you do not press \rightarrow again after 2 minutes.*

5.1 Estimating your fitness level







To get guidance during exercise, you need to estimate your current fitness level in the initial settings.

Select one of the following options:



- **very poor:** you prefer using the elevator or driving to walking, or sometimes walk for pleasure, and occasionally exercise sufficiently to cause heavy breathing or perspiration.

- **poor:** you exercise regularly 10 to 60 minutes per week in recreation or work requiring modest physical activity, such as golf, horseback riding, calisthenics, gymnastics, table tennis, bowling, weight lifting, or yard work.
- **fair:** you run less than one mile (1.6 km) per week or spend less than 30 min per week in comparable physical activity.
- **good:** you run 1 to 5 miles (1.6 - 8 km) per week or spend 30 to 60 min per week in comparable physical activity.
- **very good:** you run 5 to 10 miles (8 - 16 km) per week or spend 1 to 3 hours per week in comparable physical activity.
- **excellent:** you run over 10 miles (16 km) per week or spend over 3 hours per week in comparable physical activity.




6 USING BUTTON LOCK

Keep  pressed to lock or unlock the   button. When the   button is locked,  is shown on the display.



TIP: Lock the   button to avoid accidentally starting or stopping your stopwatch.

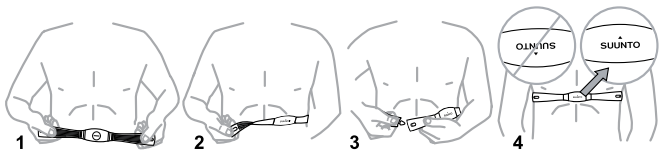


NOTE: When the   button is locked during the exercise, you can still change the views by pressing .

7 PUTTING ON HR BELT

Adjust the strap length so that the heart rate (HR) belt is tight but still comfortable. Moisten the contact areas with water or gel and put on the HR belt. Ensure the HR belt is centered on your chest and the red arrow is pointing up.

M1 heart rate belt






M2 heart rate belt



⚠ WARNING: People who have a pacemaker, defibrillator, or other implanted electronic device use the HR belt at their own risk. Before starting the initial use of the HR belt, we recommend an exercise test under a doctor's supervision. This will ensure the safety and reliability of the pacemaker and HR belt when being used simultaneously. Exercise may include some risk, especially for those who have been

inactive. We strongly advise you to consult your doctor prior to beginning a regular exercise program.


 **NOTE:** HR belts with IND icon are compatible with most exercise equipment with inductive heart rate reception. Suunto M1/M2 is compatible with Suunto Dual Comfort Belt (IND and ANT icons  ).


8 STARTING EXERCISE

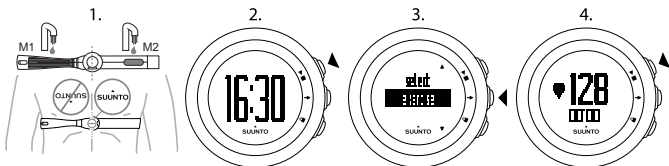
To start exercising:


1. Moisten the contact areas and put on the HR belt.
2. In the time view, press **▶■** to select **exercise**.
3. Confirm **exercise** with **→**.
4. Press **▶■** to start recording your exercise.

While you are wearing the HR belt properly, the HR values are shown.

 **NOTE:** If the HR belt signal is not found after trying to connect, you are only shown the duration. In order to use heart rate information during exercise, HR value needs to be shown.

 **TIP:** During recording, press **→** to glance the heart rate and time.



 **TIP:** You can use Suunto M1/M2 as a stopwatch without the HR belt. During exercise, press **→** to view the duration without HR.



TIP: Warm up before and cool down after exercises. These should be done with low intensity (zone 1 or below).

Read more about using HR zones in *Section 9.1 Heart rate zones on page 17*.

8.1 Troubleshooting

Suunto M1/M2 uses coded transmission to prevent reading disturbances. However, exercising near overhead power lines, magnetic or electronic devices may cause interference with the HR signal.

If you lose the HR signal, try the following:

- Check that you are wearing the HR belt correctly.
- Check that the electrode areas of the HR belt are moist.
- Move away from any potential sources of interference.
- Replace the battery of the HR belt and/or the device, if problems persist.

9 DURING EXERCISE

Suunto M1/M2 gives you additional information to help guide you during your exercise. This information can be both helpful and rewarding.

Here are some ideas on how to use the device during exercise:

- Press **→** to see in real time the duration, your HR and additionally your average HR, kcal consumption, the heart rate zone you are in and the time. Adjust the intensity of the exercise to reach the desired heart rate zone.
- Keep **⏸** pressed to lock the **▶■** button to avoid accidentally stopping your stopwatch.
- Press **▶■** to stop the exercise.



TIP: Switch the sounds on or off (🔊) during exercise by keeping **→** pressed. You cannot switch the sounds on, if you have set sounds to **all off** in general settings, see Chapter 13 Adjusting settings on page 24.


9.1 Heart rate zones



For information on maximum HR, see *Chapter 5 Getting started on page 9*.


Heart rate zones are percentages of your maximum heart rate. The intensity of your exercise is determined by the time you spend in each of the three zones.

Zone training is an established training method, and the pre-set defaults are as follows:

- Zone 1 (60-70%): fitness zone; improves basic fitness and is suitable for weight control.
- Zone 2 (70-80%): aerobic zone; improves aerobic fitness and is suitable for endurance training.
- Zone 3 (80-90%): threshold zone; improves aerobic and anaerobic capacity and is suitable for improving peak performance.

 **TIP:** Use zones 2 and 3 to reach a good fitness level. Avoid exercising in zone 3 too often to avoid overtraining or injury.

 **TIP:** If you press  to see the heart rate zone you are in during exercise, you will also hear a sound when your HR zone changes.

 **NOTE:** The zone defaults follow the guidelines of the American College for Sports Medicine for exercise prescription.

10 WEEKLY EXERCISE PROGRAM EXAMPLE: FROM POOR TO EXCELLENT LEVEL

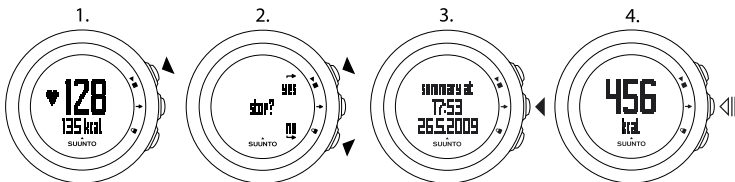
The following table shows a suggestion for a good exercise program, and illustrates how you could take full advantage of the zone exercise to improve your fitness level.

Level	<Zone 1	Zone 1	Zone 2	Zone 3	>Zone 3	Weeks
very poor	1x25 min	2x25 min	3x15 min			x2
below average		2 x30 min	2x20 min			x2
fair		1x35 min	2x30 min	3x25 min		x6
good			3x40 min	2x30 min		x6
very good			2x35 min	2x40 min	1x30 min	x8
excellent		1x60 min	1x50 min	2x40 min	2x20 min	

11 AFTER EXERCISE

After exercising, you can view the summary of your exercise.


1. Press **▶■** to stop the exercise.
2. Select **yes** (**▶■**) to confirm stopping the exercise and to view the summary, or select **no** (**⏏**) to continue the exercise.
3. Press **→** to browse through the different views of the summary.
4. Keep **→** pressed to return to the time view.




You can view the following information in the summary:

- starting time and date of the exercise
- duration of the exercise
- percentage of time spent below, within and above each zone
- amount of calories burned
- average HR
- peak HR

NOTE: *If you exercised without HR, the summary shows only the starting time, date, and duration of the exercise.*

 **TIP:** You can skip the summary by keeping → pressed in the first summary view. To view the previous exercise summary later, press ►■ in the time view and select **prev. exercise**.

 **TIP:** During exercises using a heart rate belt, you can pause the stopwatch by pressing ►■. The device saves the exercise log automatically if you do not continue the exercise by pressing ►■ within one hour. To continue recording, select **no** (🔒).

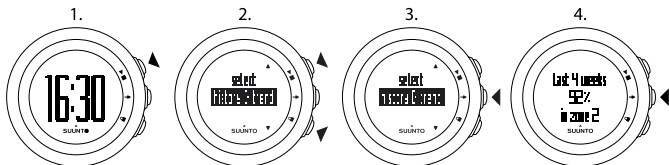
 **TIP:** Hand-wash the heart rate belt regularly after use to avoid unpleasant odor.


12 REVIEWING HISTORY

You can review the cumulative information of your saved exercise sessions and the information of your previous exercise.

To review **history & trend** or **prev. exercise**:

1. In the time view, press ►■.
2. Select **history & trend** or **prev. exercise** with ►■ or 🔒.
3. Confirm your selection with ➔.
4. Press ➔ to browse through the views. After you have browsed through the views, the device returns to the time view.



 **TIP:** Keep ➔ pressed at any time to return to the time view.

12.1 History & trend

History & trend shows you the cumulative information of your saved exercise sessions.

You can view the following information:

- number and duration of all saved exercises
- number and duration of the saved exercises during the last 4 weeks

- calories burned during the last 4 weeks
- percentage of time spent in each heart rate zone during the last 4 weeks (🕒 is shown when HR is in zone 1, 2, or 3)

12.2 Previous exercise

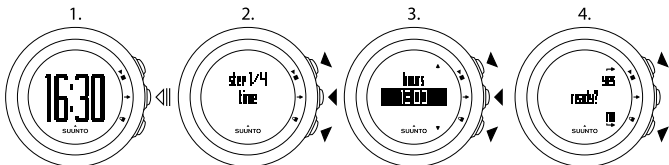
In **prev. exercise** you can view the information of your previous exercise. For more information about views, see *Chapter 11 After exercise on page 20*.

13 ADJUSTING SETTINGS

You can adjust the settings in the time view. During exercise, you can only set the sounds on or off by keeping **→** pressed.


To adjust the settings:




1. In the time view, keep **→** pressed to enter the settings.
2. Press **→** to enter the first setting. You can browse through the setting steps with **▶** and **◀**.
3. Press **▶** or **◀** to change the values. Press **→** to confirm and to move to the next setting.
4. When you are ready, select **yes** (**▶**) to confirm all settings. If you still want to modify the settings, select **no** (**◀**) to return to the first setting.



You can adjust the following settings:

- **time:** hours and minutes
- **alarm:** on/off, hours and minutes
- **date:** year, month, weekday
- **personal settings:** weight, maximum HR (max. HR)
- **sounds:**
 - **all on:** all sounds are on










- **buttons off:** you will hear all other sounds, except button presses
- **all off:** all sounds are off (when the sounds are off,  is shown on the display during exercise)

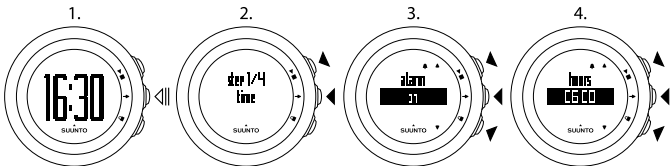
 **TIP:** Switch the sounds on or off () during exercise by keeping  pressed. You cannot switch the sounds on, if you have set sounds to **all off**.


Example: adjusting alarm settings

When the alarm is on,  is shown on the display.

To set the alarm on/off:

1. In the time view, keep  pressed to enter the settings.
2. Browse to **alarm** with  and confirm with .
3. Set the alarm **on** or **off** with  and . Confirm with .
4. Set the alarm time with  and . Confirm with .



When the alarm sounds, press **stop** () to turn it off.


After you have stopped the alarm, it sounds the same time the following day. Remove the alarm in the settings.

13.1 Sleep mode and initial settings

To change the initial settings, you have to put the device into sleep mode.


To put the device into sleep mode:

1. After the last step of general settings, when the device asks you to confirm that the setting changes are done, keep **→** pressed until the device goes into sleep mode.
2. Press any button to activate the device again.
3. Set the initial settings, see *Chapter 5 Getting started on page 9*.

 **NOTE:** *When replacing the battery, only the time and date change. The device remembers your previous initial settings and recorded exercises.*

13.2 Changing language

If you want to change the device's language or you have chosen the wrong language when setting up the device, the device needs to be put to sleep. For information on how to put the device to sleep, see *Section 13.1 Sleep mode and initial settings on page 26*


 **NOTE:** *The device remembers your previous initial settings and recorded exercises.*

14 CARE AND MAINTENANCE


Handle the unit with care – do not knock or drop it.

Under normal circumstances the device will not require servicing. After use, rinse it with fresh water, mild soap, and carefully clean the housing with a moist soft cloth or chamois.

Do not try to repair the unit yourself. Contact an authorized Suunto service, distributor or retailer for any repair. Use only original Suunto accessories - damage caused by non-original accessories is not covered by warranty.

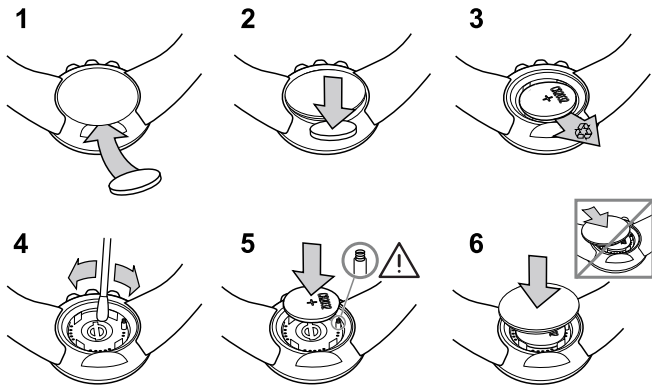
 **NOTE:** *Never push the buttons while swimming or in contact with water. Pressing the buttons while the unit is submerged could cause the unit to malfunction.*

14.1 Replacing battery

If  is displayed, a battery replacement is recommended.

Replace the battery with extreme care to ensure your Suunto M1/M2 remains water resistant. Careless replacement may void the warranty.

Replace the battery as illustrated here:



NOTE: Carefully ensure that the plastic O ring is properly placed so that the wristop computer remains water-resistant. Careless battery replacement may void the warranty.

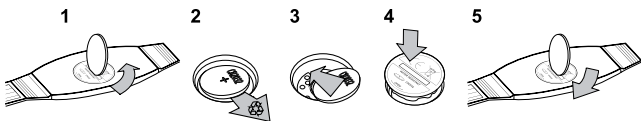
NOTE: Be careful with the spring in the battery compartment (see illustration). If the spring is damaged, please send your device to an authorized Suunto representative for service.

NOTE: When replacing the battery, only the time and date change. Previous initial settings and recorded exercises are restored.

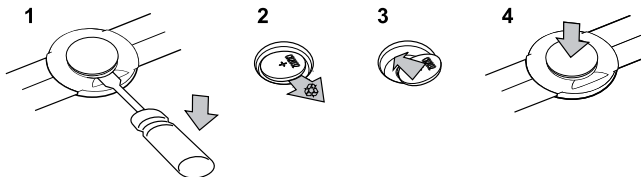
14.2 Replacing HR belt battery

Replace the battery as illustrated here:

M1 heart rate belt



M2 heart rate belt



NOTE: Suunto recommends that the battery cover and the O ring are changed simultaneously with the battery to ensure that the HR belt remains clean and water resistant. Replacement covers are available with replacement batteries from your authorized Suunto dealer or web shop.

15 SPECIFICATIONS

15.1 Technical specifications

General

- Operating temperature: -10° C to +50° C / +14° F to +122° F
- Storage temperature: -30° C to +60° C / -22° F to +140° F
- Weight (device): 40 g / 1.41 oz
- Weight (Suunto Basic HR belt): max. 55 g / 1.95 oz
- Weight (Suunto Dual Comfort belt): max. 42 g / 1.48 oz
- Water resistance (device): 30 m / 100 ft (ISO 2281)
- Water resistance (HR belt): 20 m / 66 ft (ISO 2281)
- Transmission frequency (belt): 5.3 kHz inductive, gym equipment and 2.465 GHz Suunto-ANT compatible
- Transmission range: ~ 2 m / 6 ft
- User-replaceable battery (device / HR belt): 3V CR2032
- Battery life (device / HR belt): approximately 1 year in normal use (2.5 h exercise with HR / week)

Log recorder/stopwatch

- Maximum log time: 9 hours 59 minutes and 59 seconds
- Resolution: The first 9.9 seconds are shown with 0.1 second accuracy. After 10 seconds the duration is shown with 1 second accuracy.

Totals

- Previous exercise summary: 1

- Total exercise time: 0 - 9999 h (After 9999 h back to 0 h)
- Last 4 weeks kcal and duration: 0-99999 kcal and 00:01 - 99:59 h

Heart rate

- Display: 30 to 240

Personal settings

- Birth year: 1910 - 2009
- Weight: 30 - 200 kg or 66 - 400 lb

15.2 Trademark

Suunto M1/M2, its logos, and other Suunto brand trademarks and made names are registered or unregistered trademarks of Suunto Oy. All rights are reserved.

15.3 FCC compliance

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. Repairs should be made by authorized Suunto service personnel. Unauthorized repairs will void warranty. This product has been tested to comply with FCC standards and is intended for home or office use.

15.4 CE

The CE mark is used to mark conformity with the European Union EMC directives 89/336/EEC and 99/5/EEC.

15.5 ICES

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

15.6 Copyright

Copyright © Suunto Oy 2009. All rights reserved. Suunto, Suunto product names, their logos and other Suunto brand trademarks and names are registered or unregistered trademarks of Suunto Oy. This document and its contents are proprietary to Suunto Oy and are intended solely for the use of clients to obtain knowledge and information regarding the operation of Suunto products. Its contents shall not be used or distributed for any other purpose and/or otherwise communicated, disclosed or reproduced without the prior written consent of Suunto Oy. While we have taken great care to ensure that information contained in this documentation is both comprehensive and accurate, no warranty of accuracy is expressed or implied. This document content is subject to change at any time without notice. The latest version of this documentation can be downloaded at www.suunto.com.

15.7 Patent notice

This product is protected by pending patent applications and their corresponding national rights. US 11/432,380 US 7129835, US 7,526,840, US 11/808,391, USD 603,521, USD 29/313,029. Additional patent applications have been filed.

16 WARRANTY

SUUNTO 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 Limited Warranty. This Limited Warranty is only valid and enforceable in the country of purchase, unless local law stipulates otherwise.

Warranty Period

The Limited Warranty Period starts at the date of original retail purchase. The Warranty Period is two (2) years for display devices. The Warranty Period is one (1) year for accessories including but not limited to PODs and heart rate transmitters, as well as for all consumable parts.

Exclusions and Limitations

This Limited Warranty does not cover:

1. a) normal wear and tear, b) defects caused by rough handling, or c) defects or damage caused by misuse contrary to intended or recommended use;
2. user manuals or any third-party items;
3. defects or alleged defects caused by the use with any product, accessory, software and/or service not manufactured or supplied by Suunto;
4. replaceable batteries.

This Limited Warranty is not enforceable if item:

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;
4. has been exposed to chemicals including but not limited to mosquito repellents.

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

Access to Suunto warranty service

You must have proof of purchase to access Suunto warranty service. For instructions how to obtain warranty service, visit www.suunto.com/warranty, contact your local authorized Suunto retailer, or call Suunto Help Desk +358 2 2841 160 (national or premium rates may apply).

Limitation of Liability

To the maximum extent permitted by applicable mandatory laws, this Limited Warranty is your sole and exclusive remedy and is in lieu of all other warranties, expressed or implied. Suunto shall not be liable for special, incidental, punitive or consequential damages, including but not limited to loss of anticipated benefits, loss of data, loss of use, cost of capital, cost of any substitute equipment or facilities, claims of third parties, damage to property resulting from the purchase or use of the item or arising from breach of the warranty, breach of contract, negligence, strict tort, or any legal or equitable theory, even if Suunto knew of the likelihood of such damages. Suunto shall not be liable for delay in rendering warranty service.



SUUNTO HELP DESK

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Canada (toll free)	1-800-267-7506

www.suunto.com

**▲
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