**SUUNTO M4**
USER GUIDE

# 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 M4 heart rate monitor!

Suunto M4 heart rate monitor is like having a personal trainer on your wrist – telling you exactly what you need to do. Set your exercise targets and Suunto M4 provides an ideal daily workout schedule to help you achieve them. Depending on your progress, training routines, or if you miss a session, Suunto M4 automatically adapts your program in real time, providing smart fitness guidance before, during, and after training. So, whether you are exercising at home, out walking, or hitting the gym, you can just free your mind and enjoy your workouts.

Suunto M4 key features are designed to make your exercise as efficient as possible:

- easy to use with three buttons, large display, and nine language options
- start-up fitness test
- three personal targets to choose from: improving fitness, weight management or free training
- automatically adapting training program for the next seven days, based on your personal fitness data
- instructions during workout guiding when to work harder or ease down
- next workout suggestion showing ideal duration and intensity
- heart rate and calories burned
- exercise summaries
- motivating feedback
- comfortable heart rate belt that is compatible with most gym cardio equipment and Suunto Fitness Solution

This User Guide is here to help you get the most out of your exercise with Suunto M4. Read it through to make using your new Suunto M4 even more enjoyable.

Your exercise does not have to stop when your workout ends. Continue your fitness experience online and get even more out of every move at Movescount.com. With an optional Suunto Movestick you can connect your Suunto M4 to Movescount.com, upload training logs, share your progress with friends, and exchange emotions and thoughts. 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

| | |
|---|---|
| lb?kg | weight update reminder |
| ✓ | daily target reached |
| 🔔 | alarm |
| ▲ | value setting |
| ➡ | button reference |
| 🔇 | sounds off |
| ₚm | 12 h time |
| 🔒 | button lock |
| ➡ | button reference |
| ▼ | value setting |
| ◄ | exercise progress indicators |
| ▭ | battery low |
| ■ | information field |

SUUNTO

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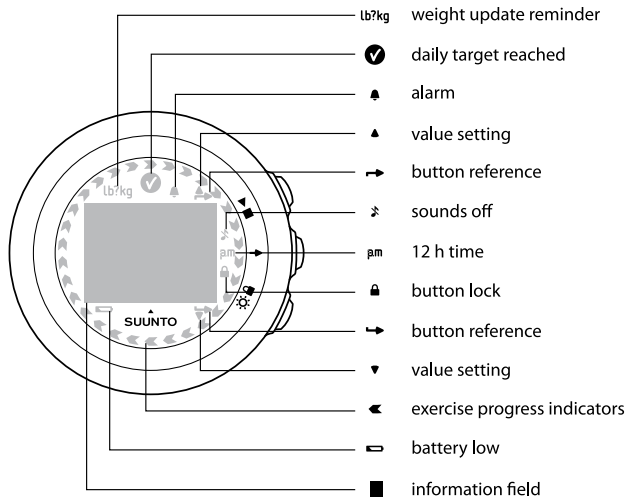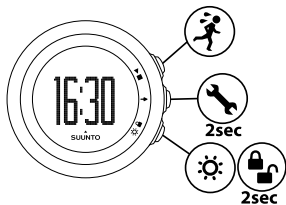
# 4 USING BUTTONS



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

▶■ (PLAY/STOP):

- choose **exercise**, **suggestion**, **prev. exercise**, **history & trend**, **fitness test**, **web connect**
- start/stop exercise
- increase/move up

➔ (NEXT):

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

☼▲ (LIGHT/LOCK):

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

# 5 GETTING STARTED

Start by personalizing Suunto M4 to get accurate guidance in reaching your goals. Through the **personal** settings, you tune your Suunto M4 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.

Press any button to activate your Suunto M4.

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** (☼⌂).
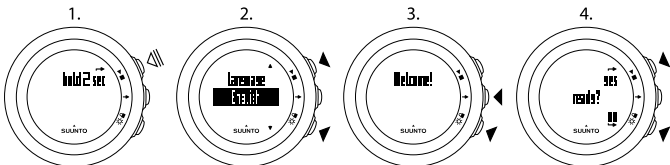


You can set the following initial settings:

- **language**: English, Deutsch, français, español, portuguese, italiano, Nederlands, svenska, suomi
- **units**: metric / imperial
- **time**: 12 / 24 h, hours and minutes

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- **date**
- **personal settings**: year of birth, sex, weight, height, (calculated BMI), fitness level

📝 **NOTE:** *BMI (Body Mass Index) is a number calculated from your weight and height. It indicates whether your weight is within healthy limits. However, if you are very muscular, your calculated BMI may be higher than expected, because the BMI ranges are based on average body types.*

📝 **NOTE:** *Once you have entered your year of birth, your device automatically sets the maximum heart rate (max. HR) using the formula 207 – (0.7 x 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 14 Adjusting settings on page 30*.

🗐 **TIP:** *Press ➔ in the time view to view the status of your current day exercise target, date and seconds with the time. The display returns to show only the time to save battery life, if you do not press ➔ 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.
- **below average**: 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.

To get even more accurate guidance, perform the fitness test, see *Section 12.1 Testing your fitness level on page 24*.

# 6  USING BACKLIGHT AND BUTTON LOCK

Press ☼🔒 to activate the backlight.

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.



⚠ **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 ensures 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 ANT icon (⚡) are compatible with ANT compatible Suunto wristop computers and with Suunto ANT Fitness Solution, while HR belts with IND icon (⚡) are compatible with most exercise equipment with inductive heart rate reception. Your Suunto Dual Comfort Belt is both IND and ANT compatible.*

# 8 STARTING EXERCISE

After the initial settings, you can start exercising. The guided exercise program is automatically used to guide you to the next fitness level, or to maintain an excellent fitness level. The guided exercise program is based on your current fitness level specified in the initial settings. For information on how to get to the next fitness level, see *Section 13.1 Exercise plan on page 28*. If you want to exercise without guidance, select the **free** exercise program in the settings, see *Chapter 14 Adjusting settings on page 30*.

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 ➜.
   Before the exercise begins, the device shows how long your HR should stay within specific HR limits.
4. Press ►■ to start recording your exercise.
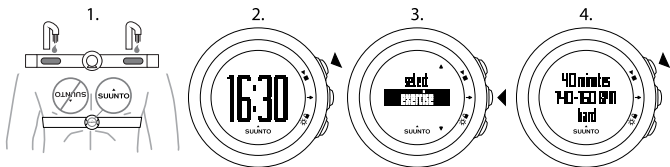


(≣) *TIP: You can use Suunto M4 as a stopwatch without the HR belt. Without the HR belt only the duration of the exercise is shown. After the exercise, you can estimate the intensity level of your exercise. Based on your estimation and the*

*duration, the device estimates the kcal consumption and adjusts your exercise plan and history accordingly.*

📖 **TIP:** *Warm up before and cool down after exercices. These should be done with low intensity.*

## 8.1 Troubleshooting: No 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.
● Replace the battery of the HR belt and/or the device, if problems persist.

# 9  DURING EXERCISE

Suunto M4 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 �'t 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 ➍ pressed. You cannot switch the sounds on, if you have set sounds to **all off** in general settings, see Chapter 14 Adjusting settings on page 30.*

**NOTE:** *Suunto M4 cannot receive the HR belt signal under water. However, you can always follow the program by training without the HR belt and estimate your effort level after the exercise.*

# 9.1 During guided exercise

A guided exercise is part of the recommended plan to achieve your target. In a guided exercise, Suunto M4 shows your progress and guides you towards the optimal intensity level. When the arrow on the display is pointing up, you should increase the intensity. When the arrow is pointing down, you should decrease the intensity.



The filling arrows on the outer rim tell you during the exercise how far you are from reaching your daily target. When you have reached your target, ⊘ is shown.

📝 **NOTE:** *The plans follow the guidelines of the American College of Sports Medicine for exercise prescription. For more information about the plans, see Section 13.1 Exercise plan on page 28.*

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# 10 WEEKLY EXERCISE PROGRAM EXAMPLE: FROM POOR TO EXCELLENT LEVEL

The following table shows the basis for recommendations provided by your device when you follow the exercise program.

| Level | Easy | Moderate | Hard | Very hard | Maximal | Weeks |
|-------|------|----------|------|-----------|---------|-------|
| Very poor | 1x25 min | 2x25 min | 1x15 min | | | x2 |
| Poor | | 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

## 11.1 After exercise with HR

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.
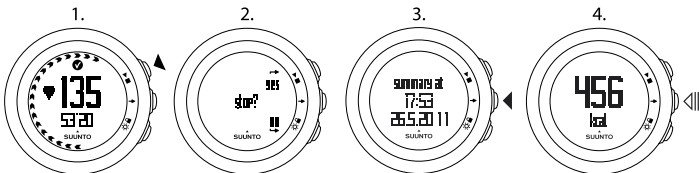


You can view the following information in the summary:

- starting time and date of the exercise
- percentage completed from the target (guided exercise)
- duration of the exercise
- amount of calories burned
- average HR
- peak HR

📝 **NOTE:** *If your peak HR during the exercise has exceeded your maximum HR set in the device settings, the device automatically asks if you want to update your maximum HR.*

$\textcircled{\equiv}$ **TIP:** *You can skip the summary by keeping* �é *pressed in the first summary view. To view the previous exercise summary later, press* ▶■ *in the time view and select* **prev. exercise***.*

$\textcircled{\equiv}$ **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** *(🔒).*

$\textcircled{\equiv}$ **TIP:** *Hand-wash the heart rate belt regularly after use to avoid unpleasant odor.*

## 11.2 After exercise without HR

1. Press ▶■ to stop the exercise.
2. Select **yes** (▶■) to confirm stopping the exercise, or **no** (☼🔒) to continue the exercise.
3. If you stopped the exercise, select **yes** (▶■) to save it. Select **no** (☼🔒) if you do not want to save the exercise.
4. If you saved the exercise, the device asks you to estimate your effort. Select **easy**, **moderate**, **hard**, **very hard**, or **maximal** with ▶■ and ☼🔒. Confirm with ➤.
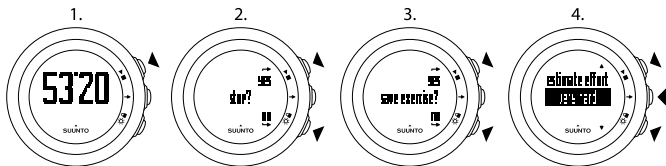
Based on your estimation, the device estimates the kcal consumption and adjusts your exercise plan and history accordingly.

📝 **NOTE:** *Follow your personal feeling during the exercise when estimating your exercise effort.*

You can view the following information in the summary:

● starting time and date of the exercise
● percentage of completion
● duration of the exercise
● estimated amount of calories burned

📖 **TIP:** *You can use the estimation feature in sports where you cannot record your HR or use your HR belt, for example swimming.*

# 12 REST HR AND FITNESS TEST

## 12.1 Testing your fitness level

Proceed with the fitness test (Rockport test) to evaluate your fitness level. The test helps you to follow your progress and give up-to-date information for various calculations in the device. The fitness test usually takes 10-30 minutes, depending on your walking speed.

Find a level and even place where the distance of 1.6 km/1 mile is known (for example, 4 times around a 400 m track).

⊜ *TIP: Use a treadmill or internet map services to determine a known distance.*

To take the test:

1. In the time view, press ►■ to select the test type.
2. Select **fitness test** with ►■ and ☼🔒.
3. Confirm with ➜ and wait until the device finds HR belt signal.
4. Press ►■ to start the test.
5. Walk 1.6 km (1 mile) as fast as possible at an even pace.
6. At 1.6 km (1 mile), stop the test with ►■.
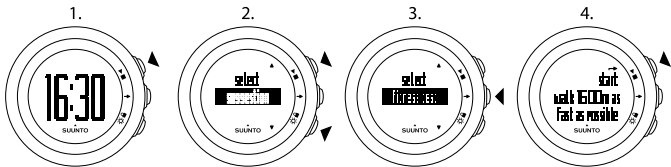
When ready, Suunto M4 calculates your fitness index (scale 0 - 10) and shows your current fitness level:

0 - 1.9    =    **very poor**
2 - 3.9    =    **below average**
4 - 4.9    =    **fair**
5.0 - 5.9  =    **good**
6.0 - 6.9  =    **very good**
7.0 - 10.0 =    **excellent**

📝 **NOTE:** *If you are using a guided exercise program, the fitness test is considered an exercise and affects the target completion.*

🗐 **TIP:** *Compare your results with your previous fitness test results in* **history & trend***, see Section 13.2 History & trend on page 28.*

🗐 **TIP:** *Perform the fitness test regularly, for example once a month, to keep your fitness level updated.*

## 12.2 Testing your rest HR

Rest HR is your HR at rest. Test your rest HR to get even more personalized guidance from Suunto M4 and to follow the development of your fitness level. Improving fitness level usually lowers the rest HR.
To test your rest HR:
1. Moisten the contact areas and put on the HR belt.

2. Make sure your device receives the HR signal.
3. Lie down and relax for three minutes.
4. Check your heart rate from the device and adjust it accordingly in the **personal settings**.

⊜ *TIP: The best time to perform the rest HR test is after a good night's sleep. If you just had coffee, feel tired or stressed, do the test later.*

# 13 REVIEWING PLANS AND HISTORY

You can review the following information:

- **suggestion**: recovery time and also the recommendation for your next exercise, if you have selected a guided exercise type in the settings
- **history & trend**: the cumulative information of your saved exercise sessions
- **prev. exercise**: the information of your previous exercise

To review your plans and history:

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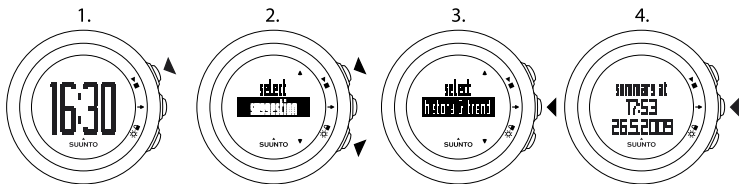


*TIP:* Keep ➜ pressed to return to the time view.

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## 13.1 Exercise plan

After you have set your fitness level in the initial settings, Suunto M4 offers you a long term plan with a 7-day overview, in line with the recommendations of the American College of Sports Medicine.

In **suggestion** you can view the following information:

- recommended exercise duration for the next 7 days
- graph of the recommended exercises for the next 7 days
- next recommended training time, duration, and intensity

Perform the fitness test to measure your current fitness level. Based on your current fitness level and ACSM guidelines, your Suunto M4 creates an exercise program that gradually guides you to **excellent** fitness level. For example, if your fitness level is **below average**, the exercise program guides you towards the **fair** fitness level first, before moving towards **good**. That way you can build a solid fitness base without the risk of overtraining. As your physical condition improves, the frequency, duration, and intensity of the exercise sessions recommended by your Suunto M4 will increase. After you reach the **excellent** fitness level, your Suunto M4 exercise program helps you in maintaining the **excellent** fitness level.

## 13.2 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
- exercise duration and calories burned during the last 4 weeks
- percentage completed from the weekly and monthly targets

- previous fitness test date and result
- graph of the previous 7 fitness test results

📝 *NOTE: The percentages of completed weekly and monthly targets include today's exercise. If you have not completed today's exercise, the percentage target is lower than 100% even if you have followed the recommendations.*

📝 *TIP: Transfer your saved exercise sessions to Movescount.com, for example, once a month with an optional Suunto PC POD or Suunto Movestick.*

## 13.3 Previous exercise

In **prev. exercise** you can view the information of your previous exercise. For more information about the views, see *Section 11.1 After exercise with HR on page 21* and *Section 11.2 After exercise without HR on page 22*.

You can only view the details of your previous exercise from the device. However, it stores all exercise details from the previous 80 sessions, which you can view in more detail when you transfer the logs to Movescount.com.

# 14 ADJUSTING SETTINGS

You can adjust the settings in the time view. During exercise, you can only set the sounds on or off, 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.
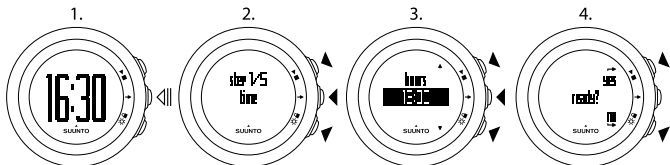


You can adjust the following settings.

## Time and personal settings

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

**Target type**

- **fitness**: guides you towards your next fitness level. When you reach the **excellent** fitness level, the device optimizes the exercise program to maintain the **excellent** fitness level.
- **weight**: guides you towards your target weight. The device only accepts safety weight targets within the limits of normal weights based on your BMI. When you set to lose more than 3 kg (7 lbs), the device will show the recommended weight loss for the next 6 weeks until you finally reach your weight target. When you reach your weight target, the program ends and you need to set a new target to get more guidance. Until then, the device sets the target to **free**.
- **free**: exercise without guidance

📝 **NOTE: fitness** and **weight** target types follow the guidelines of ACSM for exercise prescriptions. The device increases your fitness level automatically, if you follow the program.

**General settings**

**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** .

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**Pairing**

- **skip**: skip pairing
- **belt**: pair HR belt

📝 **NOTE:** *Sounds do not work while the backlight is on.*

## 14.1 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 11*.

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

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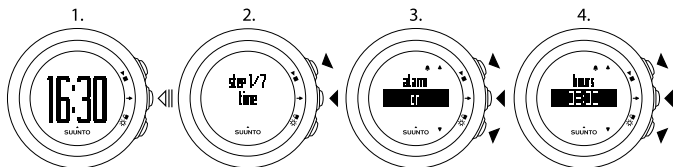
When the alarm sounds, press **stop** (☼🔒) to turn it off.

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

## 14.2 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 14.1 Sleep mode and initial settings on page 32*. For more information on battery replacement, see *Section 17.1 Replacing battery on page 37*.

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

# 15 CONNECTING TO WEB

Transfer your recorded logs with an optional Suunto PC POD or Suunto Movestick to Movescount.com.

Movescount is an online sports community that offers you a rich set of tools to manage your daily activities and create engaging stories about your experiences. Movescount offers you new ways to get inspired with other members to drive you forward!

📝 *NOTE: Before you plug in Suunto PC POD, register at Movescount.com and install Moveslink.*

To connect to Movescount:
1. Go to www.movescount.com.
2. Register and create your Movescount account.

To install Moveslink:
1. Go to **SETTINGS > MOVESLINK**.
2. Download and install Moveslink.

To transfer data:
1. Plug Suunto Movestick into your computer's USB port.
2. Follow the Movescount instructions on how to connect your device and transfer data to your Movescount account.

📋 *TIP: The device stores the latest 80 logs. After that it starts to overwrite the oldest logs. To avoid losing old logs and to view their details, transfer them to Movescount.com.*

# 16 PAIRING HR BELT

Pairing means that you connect two devices so that they send and receive information between each other.

The HR belt included in the Suunto M4 package is already paired with your Suunto M4. Pairing is required only if you want to change your HR belt. Suunto M4 is compatible with Suunto Dual Comfort Belt.

To pair an HR belt:

1. In the time view, keep ➜ pressed to enter the settings.
2. Press ➜ to scroll to the pairing options. You can browse through the setting steps with ▶■ and ☼🔒.
3. Select **belt** with ▶■ and ☼🔒. Confirm with ➜.
4. Wait for the message **paired**.
5. If the pairing fails, press ➜ to return to the pairing setting.
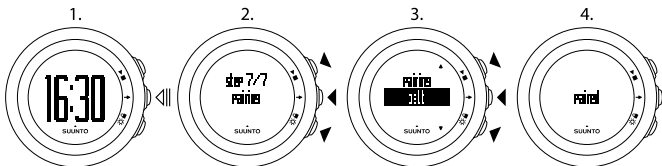


## 16.1 Troubleshooting

If HR belt pairing fails, try the following:

1. Remove the battery.
2. Re-insert the battery upside down to reset the HR belt and remove the battery again.

3. Scroll to the device's pairing option.
4. Insert the battery in the HR belt the right side up.

# 17 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.*

## 17.1 Replacing battery

If 🔲 is displayed, a battery replacement is recommended.

Replace the battery with extreme care to ensure your Suunto M4 remains water resistant. Careless replacement may void the warranty.

Replace the battery as illustrated here:

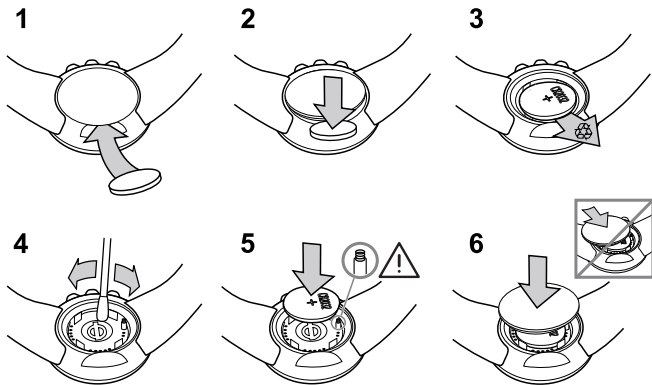 **NOTE:** *Carefully ensure that the plastic O ring is properly placed so that the wristop computer remains water-resistant. Careless battery replacement may void the warranty.*

 **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.*

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## 17.2 Replacing HR belt battery

Replace the battery as illustrated here:
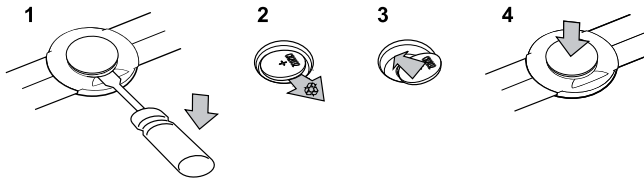


📝 **NOTE:** Suunto recommends that the battery cover and the O ring are changed simultaneously with the battery to ensure that the HR belt remains clean and water resistant. Replacement covers are available with replacement batteries from your authorized Suunto dealer or web shop.

# 18 SPECIFICATIONS

## 18.1 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 (HR belt): max. 55 g / 1.95 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 / week exercise with HR)

**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**
- Maximum number of logs in device memory: 80
- Total exercise time: 0 - 9999 h (After 9999 h back to 0 h)
- Last 4 weeks kcal and duration: 0 - 99999 kcal, duration 00:01 - 99:59

**Heart rate**

- Display: 30 to 240
- Rest HR: estimated at 60 bpm. Adjustable from 30 to 150 bpm.

**Personal settings**

- Birth year: 1910 - 2009
- Weight: 30 - 200 kg or 66 - 400 lb
- Height: 90 - 256 cm or 3 ft 03 in - 7 ft 06 in

## 18.2 Trademark

Suunto M4, its logos, and other Suunto brand trademarks and made names are registered or unregistered trademarks of Suunto Oy. All rights are reserved.

## 18.3 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.

## 18.4 CE

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

## 18.5 ICES

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

## 18.6 Copyright

## 18.7 Patent notice

This product is protected by pending patent applications and their corresponding national rights: US 11/432,380, US 11/169,712, US 12/145,766, US 7,526,840, US 11/808,391, USD 603,521, USD 29/313,029. Additional patent applications have been filed.

# 19 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 2841160 (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

**Global**             **+358 2 284 1160**
**USA (toll free)**     **1-800-543-9124**
**Canada (toll free)**   **1-800-267-7506**

**www.suunto.com**

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