

SUUNTO VERTICAL

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.


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


Safety precautions

 **WARNING:** Keep the USB cable away from medical devices such as pacemakers, as well as key cards, credit cards and similar items. The USB cable device connector includes a strong magnet which may interfere with the operation of medical or other electronic devices and items with magnetically stored data.


 **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:** Only use the provided charging cable when charging your Suunto Vertical.


 **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.

 **CAUTION:** Colored textile straps might bleed onto other fabrics or skin when new or wet.

 **NOTE:** *At Suunto we use advanced sensors and algorithms to generate metrics that can help you in your activities and adventures. We strive to be as accurate as possible. However, none of the data our products and services collect is perfectly reliable, nor are the metrics they generate absolutely precise. Calories, heart rate, location, movement detection, shot recognition, physical stress indicators and other measurements may not match the real world. Suunto products and services are intended for recreational use only and are not meant for medical purposes of any kind.*

2. Getting started

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

1. Keep the upper button pressed to wake up the watch.
2. Tap the screen to begin the setup wizard.



3. Select your language by swiping up or down and tapping on the language.



4. Follow the wizard to complete initial settings. Swipe up or down to select values. Tap the screen or press the middle button to accept a value and go to the next step.

CAUTION: Only use the provided charging cable when charging your Suunto Vertical.

2.1. Touch screen and buttons

Suunto Vertical has a touch screen and three buttons you can use to navigate through displays and features.

Swipe and tap

- swipe up or down to move in displays and menus
- swipe right and left to backwards and forwards in displays
- swipe left or right to see additional displays and details
- tap to select an item
- tap the display to view alternate information

Upper button

- press to move up in views and menus

Middle button

- press to select an item
- from watch face, press to scroll through widgets
- from watch face, keep pressed to open settings menu
- keep pressed to go back in settings menu

Lower button

- press to move down in views and menus

While recording an exercise:

Upper button

- press to pause the activity (to access the exercise options)
- keep pressed to change activity

Middle button

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

Lower button

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

2.2. Adjusting settings

You can adjust all watch settings directly in the watch.

To adjust a setting:

1. From watch face, swipe up until you reach the **Settings** and press the middle button to select it, or by tapping it.



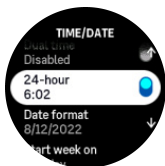
2. Scroll through the settings menu by swiping up/down or by pressing the upper or lower buttons.



3. Select a setting by tapping the setting name or pressing the middle button when the setting is highlighted. Go back in the menu by swiping right or selecting **Back**.
4. For settings with a value range, change the value by swiping up/down or by pressing the upper or lower button.



5. For settings with just two values, such as on or off, change the value by tapping the setting or by pressing the middle button.



2.3. Software updates

Software updates add important improvements and new features to your watch. Suunto Vertical is updated automatically, if it is connected to Suunto app.

When an update is available and your watch is connected with Suunto app, the software update will be downloaded to the watch automatically. The status of this download can be viewed in Suunto app.

Once the software is downloaded to your watch, the watch will update itself during the night as long as the battery level is at least 50% and no exercise is being recorded simultaneously.

If you want to install the update manually before it happens automatically during the night, navigate to **Settings > General** and select **Software update**.



NOTE: When the update is complete, the release notes will be visible in Suunto app.

2.4. Suunto app

With the Suunto app, you can further enrich your Suunto Vertical experience. Pair your watch with the mobile app to sync your activities, create workouts, 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 is displayed on your watch in the app.



NOTE: Some features require an internet connection over Wi-Fi or mobile network. Carrier data connection fees may apply.

2.5. 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. Settings

3.1. Button and screen lock

While recording an exercise you can lock the buttons by keeping the lower button pressed and then select **Lock**. Once locked, you cannot perform any action that requires button interaction (create laps, pause/end exercise etc.), but it is possible to scroll the display views and you can turn on the backlight with any button press if the backlight is in automatic mode.

To unlock everything, keep the lower button pressed again.

When you are not recording an exercise, the screen locks and dims after one minute of inactivity. To activate the screen, press any button.

The screen also goes to sleep (blank) after a period of inactivity. Any movement turns the screen on again.

3.2. Automatic backlight


The backlight has three features that you can adjust: the level of brightness (**Brightness**), how the standby backlight activates (**Standby**), and whether the backlight activates when you raise and turn your wrist (**Raise to wake**).

The backlight features can be adjusted from the settings under **General » Backlight**.

- The Brightness setting determines the overall intensity of the backlight; Low, Medium or High.
- The Standby setting controls the screen brightness when there is no active backlight turned on (e.g. triggered by button presses). Standby can be toggled to on or off:
 - **On:** Standby light is on all the time.
 - **Off:** Standby light is off.

The Raise to wake feature activates the backlight when raising your wrist to look at the watch. The three options for Raise to wake are:

- **High:** Raising your wrist activates high intensity backlight
- **Low:** Raising your wrist activates low intensity backlight. Note that this intensity is same as standby intensity, i.e. if standby light is set to ON, raising your wrist will not change the light.
- **Off:** Raising your wrist does nothing

 **NOTE:** You can also set the backlight to be always on. From watch face, swipe up or press the lower button and scroll to **Backlight** and toggle the switch to force backlight on.

3.3. 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 **Tones**, 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.

By toggling **Vibration**, you can switch vibrations on and off.

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

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

3.4. Bluetooth connectivity

Suunto Vertical 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 3.5. *Airplane mode*.

3.5. 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.

3.6. 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/off the Do Not Disturb mode:

1. From the watch face, swipe up or press the lower button to scroll down to **Do Not Disturb**.
2. Tap or 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.

3.7. Time and date

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

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

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

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.

3.7.1. Alarm clock

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

Besides standard fixed alarms, you will also find an adaptive alarm type based on data for sunrise and sunset. See 3.13. *Sunrise and sunset alarms*.

To set a fixed alarm time:

1. From the watch face, press the lower button (or swipe up) and scroll to **Alarms**.
2. Select **Alarm clock**.
3. 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



4. 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.

3.8. Language and unit system

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

3.9. Watch faces

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

To change the watch face:

1. From your current watch face, swipe up or press the lower button.
2. Scroll to **Watch face** and tap or press the middle button to enter.



3. Swipe up and down to scroll through the watch face previews and tap on the one you want to use.



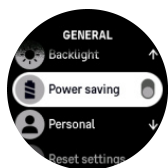
4. Swipe up and down to scroll through the color options and tap on the one you want to use.


Each watch face has additional information, such as date or dual time. Tap the display to switch between views.

3.10. Power saving

Your watch includes a power saving option that turns off all vibration, daily HR and Bluetooth notifications to extend battery life during normal daily use. For power saving options while recording activities, see *4.4. Battery power management*.

Enable/disable power saving from the settings under **General » Power saving**.



 **NOTE:** Power saving is automatically enabled when the battery level reaches 10%.

3.11. 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 Vertical supports the following types of pods and sensors:

- Heart rate
- Bike
- Power
- Foot

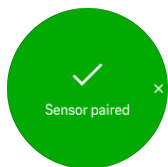
 **NOTE:** You cannot pair anything if airplane mode is on. Turn off airplane mode before pairing. See 3.5. Airplane mode.

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. Swipe down to see the whole list and tap on the sensor type you want to pair.



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

3.11.1. 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.

3.11.2. 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.

3.11.3. 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.

3.12. Flashlight

In addition to the normal backlight, Suunto Vertical has an extra bright backlight that you can use as a flashlight.

To activate the flashlight, swipe up or press the lower button from watch face and select **Flashlight**.

Press the middle button to turn off the flashlight.

3.13. Sunrise and sunset alarms

The sunrise/sunset alarms in your Suunto Vertical 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. From watch face, press the lower button or swipe up to scroll to **Alarms** and enter by pressing the middle button.
2. Scroll to the alarm that you want to set and select by pressing the middle button.



3. Set the desired hours and minutes prior to sunrise/sunset by scrolling up/down with the upper and lower buttons and confirming with the middle button.



4. 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.

3.14. Storm alarm

A significant drop in barometric pressure typically means a storm is coming and you should take cover. When the storm alarm is active, Suunto Vertical sounds an alarm and displays a storm symbol when the pressure drops 4 hPa (0.12 inHg) or more during a 3-hour period.

To activate the storm alarm:

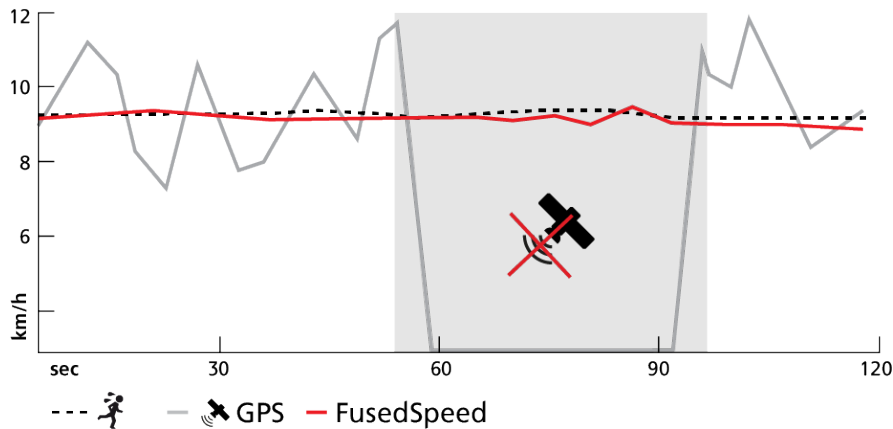
1. From watch face, press the lower button or swipe up and scroll to **Alarms** and enter by pressing the middle button.
2. Scroll to **Storm alarm** and toggle on/off by pressing the middle button.

When a storm alarm sounds, pressing any button ends the alarm. If no button is pressed, the alarm notification lasts for one minute. The storm symbol remains on the display until the weather conditions stabilize (pressure drop slows down).

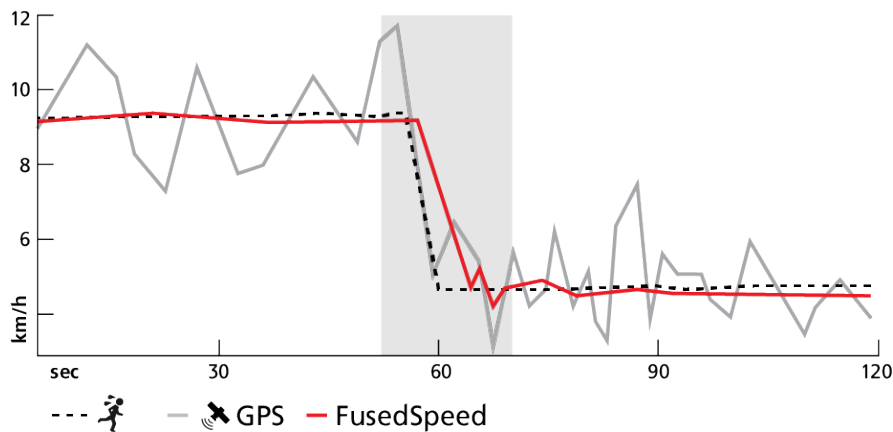


3.15. FusedSpeed™

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 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 Vertical 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).

3.16. FusedAlti™

FusedAlti™ provides an altitude reading that is a combination of GPS and barometric altitude. It minimizes the effect of temporary and offset errors in the final altitude reading.

NOTE: By default, altitude is measured with FusedAlti during exercises that use GPS and during navigation. When GPS is switched off, altitude is measured with the barometric sensor.

3.17. Altimeter

Suunto Vertical uses barometric pressure to measure altitude. To get accurate readings, you need to define an altitude reference point. This can be your current elevation if you know the exact value. Alternatively, you can use FusedAlti (see 3.16. FusedAlti™) to set your reference point automatically.

Set your reference point from the settings under **Outdoor**.



3.18. 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 Vertical 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.

3.19. Device info

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

3.20. Resetting your watch


All Suunto watches have two types of reset available to address different issues:

- the first one, the soft reset, also known as the restart.
- the second one, the hard reset, also known as the factory reset.

Soft reset (restart):

Performing a restart on your watch might help with the following situations:

- the device is not responding to any button presses, taps, or swipes (the touch screen is not working).
- the display is either frozen or blank.
- there is no vibration, e.g., during button presses.
- the watch functionalities are not working as expected, e.g., the watch does not record your heart rate (optical heart rate LEDs are not blinking), the compass is not finalizing the calibration process, etc.
- the step counter is not counting your daily steps at all (please note, recorded steps may be shown with a delay in the app).

 **NOTE:** *The restart will end and save any active exercise. Under normal circumstances, the exercise data will not be lost. On rare occasions, a soft reset may cause memory corruption issues.*

Press and hold the upper button for 12 seconds and release it to perform a soft reset.

There are specific circumstances under which the soft reset might not solve the issue and the second type of reset may be performed. If the above has not helped with the issue you were aiming to solve; the hard reset might help.


The hard reset (factory reset):


The factory reset will restore your watch to the default values. It will erase all data from your watch, including exercise data, personal data and settings that have not been synced to Suunto app. After a hard reset, you must go through the initial setup of your Suunto watch.

Performing a factory reset on your watch may be performed in the following situations:

- a Suunto Customer Support representative has asked you to do so as part of the troubleshooting procedure.
- the soft reset did not solve the issue.
- the battery life of your device is significantly reducing.
- the device is not connecting to GPS and other troubleshooting has not helped.
- the device has connectivity issues with Bluetooth devices (e.g., Smart Sensor or mobile app) and other troubleshooting has not helped.

The factory reset of your watch is done via the **Settings** on your watch. Select **General** and scroll down to **Reset settings**. All data on your watch will be deleted during the reset. Initiate the reset by selecting **Reset**.

 **NOTE:** *The factory reset deletes the previous pairing information your watch might have had. To start the pairing process with the Suunto app again, we recommend you delete the previous pairing from the Suunto app and your phone's Bluetooth - under Paired devices.*

 **NOTE:** *Both presented scenarios are to be performed only for emergencies. You should not perform them regularly. If any issue persists, we recommend you either contact our Customer Support or send your watch to one of your authorized service centers.*

4. 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.

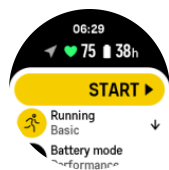
To record an exercise:

1. Put on a heart rate sensor (optional).
2. Swipe down from watch face or press the upper button.
3. Select the sport mode you want to use by scrolling up and select by pressing the middle button.
4. Different sport modes have different options, swipe up or press the lower button to scroll through them and adjust them by pressing the middle button.
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) flashes gray while searching and turns green once a signal is found.
 - The heart icon (heart rate) flashes gray while searching and 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.
 - The icon to the left is only visible if you have a POD paired and it turns green when the POD signal is found.

There is also a battery estimation visible, that tells you how many hours you can exercise before the battery runs out.

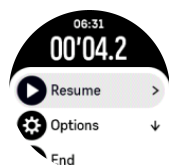
If you are using a heart rate sensor but the icon turns to green only (meaning that the optical heart rate sensor is active), check that the heart rate sensor is paired, see [3.11. Pairing pods and sensors](#), and try again.


You can wait for each icon to turn green (recommended for more accurate data) or start the recording as soon as you like by selecting **Start**.



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 or by using the touch screen if it is enabled.
7. Press the upper button to pause the recording. Stop and save by selecting **End**.



 **NOTE:** It is also possible to delete your exercise log by selecting **Discard**.

After you stop the recording, you are asked how you felt. You can answer or skip the question (see 4.12. *Feeling*). The next screen shows a summary of the activity that you can browse through with the touch screen or buttons.

If you made a recording you do not want to keep, you can delete the log entry by scrolling to the bottom of the summary and tapping the delete button. You can also delete logs in the same way from the logbook.



4.1. 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 a triathlon race.

Before you record an exercise (see 4. *Recording an exercise*), you can view and select from the complete list of sport modes.

Each sport mode has a unique set of displays that show different data depending on the selected sport mode. You can edit and customize the data shown on the watch display during your exercise with Suunto app.

Learn how to customize sport modes in *Suunto app (Android)* or *Suunto app (iOS)*.

4.2. 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 or Good, 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 Suunto app and sync your watch if you haven't done so already.
2. Select a sport mode that uses GPS.
3. Scroll down and select **Navigation**.
4. Swipe up and down or 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.
6. Scroll up to the start view and start your recording as normal.

While exercising, swipe right or 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 5.5.2. *Navigating to a POI* and 5.4. *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**.

4.2.1. Find back

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

To start Find back:

1. Start an exercise with GPS.
2. Swipe left or press the middle button until you reach the navigation display.
3. Press the lower button to open the shortcut menu.
4. Scroll to **Find back** and tap the screen or press the middle button to select.

The navigation guidance is shown in the navigation display.



4.2.2. Snap to route

In urban surroundings the GPS can struggle to follow you correctly. If you select one of your predefined routes and follow that route, the watch GPS is used purely to locate where you are on the predefined route, not actually creating a track from the run. The recorded track will be identical to the route used for the run.



To use Snap to route during exercise:

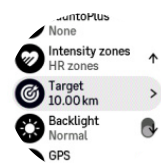
1. Create a route in Suunto app and sync your watch if you haven't done so already.
2. Select a sport mode that uses GPS.
3. Scroll down and select **Navigation**.
4. Select **Snap to route** and press the middle button.
5. Select the route you want to use and press the middle button.

Start your exercise as normal and follow the selected route.

4.3. Using targets when exercising

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

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



To exercise with general target:

1. Before you start an exercise recording, swipe up or press the lower button and select **Target**.
2. Select **Duration** or **Distance**.
3. Select your target.
4. Scroll up and start your exercise.

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.

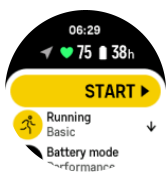
To exercise with intensity target:

1. Before you start an exercise recording, swipe up or press the lower button and select **Intensity zones**.
2. Select **HR zones**, **Pace zones** or **Power zones**.
(The options depend on selected sport mode and if you have a power pod paired with the watch).
3. Select your target zone.
4. Scroll up and start your exercise.

4.4. Battery power management

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

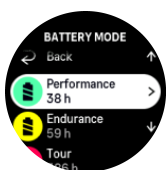
Before you start recording an exercise (see 4. Recording an exercise) you see an estimate of how much battery life you have left in the current battery mode.



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

 **NOTE:** By default, *Tour mode disables all HR tracking (both wrist and chest).*

While in the start display, scroll down and select **Battery mode** to change battery modes and see how each mode affects the performance of the watch.



In addition to these four predefined battery modes, you can 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.

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%.



⚠ CAUTION: *Only use the provided charging cable when charging your Suunto Vertical.*

4.5. Multisport exercise

Your Suunto Vertical has predefined Triathlon sport modes that you can use to track your Triathlon exercises and races but if you need to track another sort of multisport activity, you can easily do so directly from the watch.

To use multisport exercises:

1. Select the sport mode you want to use for the first leg of your multisport exercise.
2. Start recording an exercise as normal.
3. Press and hold the upper button for two seconds to enter multisport menu.
4. Select the next sport mode you want to use and press the middle button.
5. The recording with the new sport mode will start immediately.

🗨 TIP: *You can change sport mode as many times you need during one single recording, including a sport mode you used previously.*

4.6. Snorkeling and mermaiding

You can use your Suunto Vertical for snorkeling and mermaid diving. These two activities are normal sport modes and are selected just like any other sport mode, see 4. *Recording an exercise.*

The Suunto Vertical is capable of measuring depth up to 10 m. It is however waterproof up to 100 m according to ISO 22810.

These sport modes have four exercise displays that focus on dive related data. The four exercise displays are:

Surface



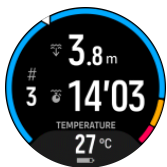
Navigation



Dive session



Underwater



 **NOTE:** The touch screen is not activated when the watch is underwater.


The default view for Snorkeling and Mermaiding is the Surface view. While recording the exercise, you can browse between the different views by pressing the middle button.


Suunto Vertical automatically switches between surface and dive state. If you are more than 1 m (3.2 ft) below the surface, the underwater view is activated.

When using the Snorkeling mode, the watch relies on GPS to calculate distance. Because GPS signals do not travel under water, the watch needs to come out of the water periodically to get a GPS fix.

These are challenging conditions for GPS, so it is important that you have a strong GPS signal before you jump in the water. To ensure good GPS, you should:

- Sync your watch with Suunto app before you go snorkeling to optimize your GPS with the latest satellite orbit data.
- After you selected the Snorkeling mode, wait at least three minutes on land before starting your activity. This gives the GPS time to establish strong positioning.

 **TIP:** During snorkeling we recommend resting your hands on your lower back for efficient water movement and optimal distance measurement.

 **WARNING:** Suunto Vertical is not for certified scuba divers. Recreational scuba diving may expose the diver to depths and conditions that tend to increase the risk of decompression sickness (DCS) and errors that may lead to serious injury or death. Trained divers should always use a dive computer developed for scuba diving purposes.

4.7. Swimming

You can use your Suunto Vertical for swimming in pools or openwater.

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

Openwater swimming relies on GPS to calculate distance. Because GPS signals do not travel under water, the watch needs to come out of the water periodically, such as with the freestyle stroke, to get a GPS fix.

These are challenging conditions for GPS, so it is important that you have a strong GPS signal before you jump in the water. To ensure good GPS, you should:

- Sync your watch with your online account before you go swimming to optimize your GPS with the latest satellite orbit data.
- After you select an openwater swimming sport mode and a GPS signal is acquired, wait at least three minutes before starting your swim. This gives the GPS time to establish strong positioning.

4.8. Interval training

Interval workouts are a common form of training consisting of repetitive sets of high and low intensity efforts. With Suunto Vertical, 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. Before you start an exercise recording, swipe up or press the lower button to scroll down to **Intervals** and tap the setting or press the middle button.



2. Toggle **Intervals** on and adjust the settings described above.
3. Scroll back up to the start view and start your exercise as normal.
4. Swipe left or press the middle button until you reach the intervals display and press the upper button when you are ready to start your interval training.



5. 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 button pauses the exercise recording, not just the interval training.

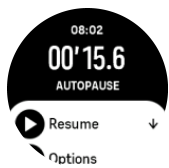
After you have stopped your exercise recording, interval training is automatically toggled off for that sport mode. The other settings, however, are maintained so you can easily start the same workout the next time you use the sport mode.

4.9. 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 in the start exercise view 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.



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

4.10. Display theme

To increase the readability of your watch screen while exercising or navigating, 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:

1. Select any sport mode and swipe up or press the lower button to scroll down to **Theme** and press the middle button.
2. Switch between Light and Dark by swiping up or down or by pressing the upper and lower buttons, and accept with the middle button.



3. Scroll back up to start the exercise.

4.11. Voice feedback

You can get voice feedback with valuable information during your exercise. The feedback can help you to keep track on your progress and give you useful indicators, depending on what feedback options you have selected. The voice feedback comes from your phone so your watch must be paired with Suunto app.

To activate voice feedback before an exercise:

1. Before starting an exercise, scroll down and select **Voice feedback**.
2. Toggle **Voice feedback from app** on.
3. Scroll down and select which voice feedback you want activated by turning the toggles on/off.
4. Go back and start your exercise as you normally do.

Your phone will now bring you various voice feedback during your exercise, depending on which voice feedback you have activated.

To activate voice feedback during an exercise:

1. Press the upper button to pause the exercise.
2. Select **Options**.
3. Scroll down and select **Voice feedback**.
4. Toggle **Voice feedback from app** on.
5. Scroll down and select which voice feedback you want activated by turning the toggles on/off.
6. Go back and resume your exercise.

4.12. Feeling

If you are training regularly, following how you feel after each session is an important indicator of your overall physical condition. A coach or personal trainer can also use your feeling trend to track your progress over time.

There are five degrees of feeling to choose from:

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

What these options mean exactly are up to you (and your coach) 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.

4.13. 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 Vertical 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.

4.13.1. 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 Vertical 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 HR zones for all sports**.

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



3. Tap your selection or press the middle button.
4. To exit the HR zones view, swipe right or keep the middle button pressed.



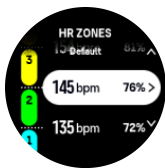
NOTE: You can also set your maximum HR from the settings under **General » Personal**.

Set default HR zones

Set your default HR zones from the settings under **Training » Intensity zones » Default HR zones for all sports**.



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



3. Tap your selection or press the middle button.
4. To exit the HR zones view, swipe right or keep the middle button pressed.



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



5. Tap your selection or press the middle button.
6. To exit the HR zones view, swipe right or keep the middle button pressed.

4.13.2. 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.

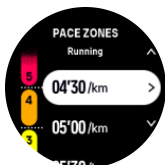
Suunto Vertical has five default pace zones that you can use or you can define your own.

Pace zones are available for running and cycling.

Set pace zones

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

1. Tap **Running** or **Cycling** or press the middle button.
2. Swipe or press the lower button and select pace zones.
3. Swipe up/down or press the upper or lower buttons and press the middle button when the pace zone you want to change is highlighted.
4. Select your new pace zone by swiping up/down or by pressing the upper or lower buttons.



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

4.13.3. 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.

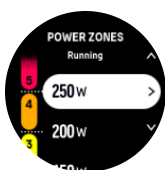
Suunto Vertical has five default power zones that you can use or you can define your own.

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. Tap the activity (running or cycling) that you want to edit or press the middle button when the activity is highlighted.
2. Swipe up or press the lower button and select power zones.
3. Swipe up/down or press the upper or lower buttons and select the power zone you want to edit.
4. Select your new power zone by swiping up/down or by pressing the upper or lower buttons.



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

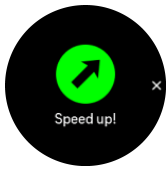
4.13.4. Using HR, pace or power zones when exercising

 **NOTE:** You need to have a power pod paired with your watch to be able to use power zones when exercising, see 3.11. Pairing pods and sensors.

When you record an exercise (see 4. Recording an exercise), and have selected HR, pace or power as an intensity target (see 4.3. Using targets when exercising) a 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 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 current HR, pace or power is outside the selected target zone.



In addition, a dedicated display for intensity zones can be added if you customize the current sport mode you are using. The zone display shows your current zone in the middle field, how long you have been in that zone, and how far away you are to the next zones up or down. The middle bar also lights up, indicating that you are training in the correct zone.

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

5. Navigation

You can use your watch to navigate in various ways. You can, for example, use it to orient yourself in relation to magnetic north, navigate a route or to a point of interest (POI).

To use the navigation feature:

1. Swipe up from watch face or press the lower button.


You can also access the navigation features from the *6.12. compass widget*.

2. Select **Map**.



3. The map display shows your current location and the surroundings.



 **NOTE:** *If the compass is not calibrated, you are prompted to calibrate the compass when you enter the map.*

4. Swipe up from the bottom of the screen or press the lower button to open a list of shortcuts. The shortcuts give you quick access to navigation actions such as checking the coordinates of your current location or selecting a route to navigate.



5.1. Offline maps

With Suunto Vertical you can have offline maps downloaded on your watch, and leave your phone behind and find your way just by using your watch.

Before you can use offline maps in your watch you need to setup a wireless network connection in Suunto app and download the selected map area to your watch. You will get a notification on your watch when the map download is complete.

A more detailed instruction on how to setup a wireless network and download offline maps in Suunto app is available *here*.



Select offline maps before exercise:

1. Select a sport mode that uses GPS.
2. Scroll down and select **Map**.
3. Select which map style you want to use and confirm with the middle button.
4. Scroll up and start your exercise as normal.
5. Press the middle button to scroll to the map.



NOTE: If **Off** is selected in map menu, no map will be shown, only a breadcrumb trail.

Select offline maps during exercise:

1. Press the upper button to pause the exercise.
2. Select **Options**.
3. Select **Map**.
4. Select which map style to use.
5. Go back and select **Resume** to continue your exercise.
6. Press the middle button to scroll to the map.

Select offline maps without exercising:

1. From watch face, swipe up or press the lower button.
2. Select **Map**.
3. To exit the map, swipe up or press the lower button from the bottom of the map display.
4. Scroll down and select **Exit**.

Map gestures

Upper button

- Press to zoom in
- Long press to zoom out

Lower button

- Press to open navigation options

Swipe and tap (if enabled)

- Touch and drag the map to pan (if the screen has not been touched for 5 seconds, the map returns to your current location)
- Tap to center the map around tapped location
- Flick to scroll the map

5.2. 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. During the exercise, swipe left or 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 (tap screen 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.

5.3. Bearing navigation

Bearing navigation is a feature that you can use outdoors to follow the target path for a location you see or have found on a map. You can use this feature stand alone as a compass or together with a paper map.

If you set the target distance and altitude while setting the direction, your watch can be used to navigate to that target location.



To use bearing navigation during an exercise (only available for outdoor activities):

1. Before you start an exercise recording, swipe up or press the lower button and select **Navigation**.
2. Select **Bearing**.
3. If needed, calibrate the compass by following the on-screen instructions.
4. Point the blue arrow on the screen towards your target location and press the middle button.
5. If you do not know the distance and altitude to the location, select **No**.
6. Press the middle button to acknowledge the set bearing.
7. If you know the distance and altitude to the location, select **Yes**.
8. Enter the distance and altitude to the location.
9. Press middle button to acknowledge the set bearing.

To use bearing navigation without exercising:

1. Scroll to **Map** by swiping up or pressing the lower button from watch face.
2. From the bottom of the map display, swipe up or press the lower button.
3. Select **Bearing navigation**.
4. If needed, calibrate the compass by following the on-screen instructions.
5. Point the blue arrow on the screen towards your target location and press the middle button.
6. If you do not know the distance and altitude to the location, select **No** and follow the blue arrow to the location.
7. If you do know the distance and altitude to the location, select **Yes**.
8. Enter the distance and altitude to the location and follow the blue arrow to the location. The display will also show the distance and altitude left to the location.
9. Set a new bearing by swiping up or by pressing the lower button.

10. End the navigation by pressing the top button.

5.4. Routes

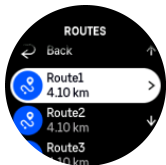
You can use your Suunto Vertical to navigate routes. Plan your route with Suunto app and transfer it to your watch with the next sync.

To navigate on a route:

1. From watch face, swipe up or press the lower button and select **Map**.



2. From the bottom of the map display, swipe up or press the lower 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.



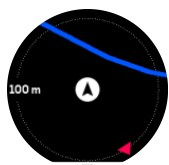
5. Select the route by pressing the upper button.
6. Select **Start exercise** if you want to use the route for exercising or select **Navigate only** if you only want to navigate the route.



 **NOTE:** If you only navigate the route, nothing will be saved or logged in Suunto app.

7. Press the upper button again at any time to stop navigating.

If the offline maps are off, only the route is shown. Keep the middle button pressed to activate/deactivate the zoom in and zoom out functions. Adjust the zoom level with the upper and lower buttons.



While you are in the route navigation display, you can swipe up from the bottom of the screen or 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 4.2. *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.*

Turn-by-turn navigation

When creating routes in Suunto app, you can choose to activate turn-by-turn instructions. When the route is transferred to your watch and used for navigation, it will give you turn-by-turn instructions with a sound alert and information on which way to turn.

5.5. 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 from a map and do not have to be at the POI location. Creating a POI in your watch is done 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.

5.5.1. Adding and deleting POIs

You can add a POI to your watch either with Suunto app or 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. Swipe up or press the lower button and select **Map**.
2. From the bottom of the map display, swipe up or press the lower button.
3. Select **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 Suunto app.

Deleting POIs

You can remove a POI by deleting the POI from the POI list in the watch or removing it in Suunto app.

To delete a POI in your watch:

1. Swipe up or press the lower button and select **Map**.
2. From the bottom of the navigation display, swipe up or press the lower button.
3. Select **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 Suunto app.

5.5.2. 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. Swipe up or press the lower button and select **Map**.
2. From the bottom of the map display, swipe up or press the lower button.
3. Select **POIs** and press the middle button.
4. Scroll to the POI you want to navigate to and press the middle button.
5. Press the upper button or tap **Select**.
6. Select **Start exercise** if you want to use the POI for exercising or select **Navigate only** if you only want to navigate to the POI.



NOTE: If you only navigate to the POI, nothing will be saved or logged in Suunto app.

7. Press the upper button again at any time to stop navigating.

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.

 **NOTE:** If offline maps are activated the map view will display a detailed map of your surroundings.












In the map view, other POIs nearby are shown in gray. In the map view, you can adjust the zoom level by pressing the middle button and then zooming in and out with the upper and lower buttons.

























 **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).

While navigating, you can press the lower 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.

5.5.3. POI types

The following POI types are available in Suunto Vertical:

| | |
|---|--------------|
|  | Begin |
|  | End |
|  | Car |
| P | Parking |
|  | Home |
|  | Building |
|  | Hotel |
|  | Hostel |
|  | Lodging |
|  | Bedding |
|  | Camp |
|  | Camping site |

| | |
|---|-------------|
|  | Camp fire |
|  | Aid station |
|  | Emergency |
|  | Waterpoint |
|  | Information |
|  | Restaurant |
|  | Food |
|  | Cafe |
|  | Cave |
|  | Mountain |
|  | Peak |
|  | Rock |
|  | Cliff |
|  | Avalanche |
|  | Valley |
|  | Hill |
|  | Road |
|  | Trail |
|  | River |
|  | Water |
|  | Waterfall |
|  | Coast |
|  | Lake |
|  | Kelp forest |

| | |
|---|----------------|
|  | Marine reserve |
|  | Coral reef |
|  | Big fish |
|  | Marine mammal |
|  | Wreck |
|  | Fishing spot |
|  | Beach |
|  | Forest |
|  | Meadow |
|  | Coast |
|  | Stand |
|  | Shot |
|  | Rub |
|  | Scrape |
|  | Big game |
|  | Small game |
|  | Bird |
|  | Prints |
|  | Crossroads |
|  | Danger |
|  | Geocache |
|  | Sight |
|  | Trailcam |

6. Widgets

Widgets give you useful information of your activity and training. The widgets are accessible from the watch face by swiping left or pressing the middle button. Every swipe or button press displays a new widget until you reach the watch face again.

From a widget display, press and hold the middle button to go directly back to the watch face.

The widgets can be turned on/off from the settings under **Widgets**. Select which widgets you want to use by turning the toggle on.



You can select which widgets you want to use in your watch by turning them on and off in Suunto app. You can also select in which order you want the widgets to show in your watch by sorting them in the app.


6.1. Weather

From the watch face view, swipe left or press the middle button to scroll to the weather widget.



The weather widget provides you with information of the current weather. It shows the current temperature, wind speed and direction and current weather type both as text and icon. Weather types can be, for example, sunny, cloudy, rainy etc.


Swipe up or press the lower button to see more detailed weather data such as humidity, air quality and forecast data.

 **TIP:** Make sure that you sync your watch with Suunto app regularly to get the most accurate weather data.

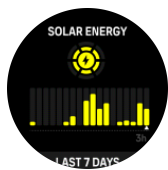
6.2. Solar charging (only valid for titanium version)


The titanium version of Suunto Vertical has a solar charging feature that will charge your watch when it is exposed to light. Some watch faces have a complication icon that shows how much solar energy is currently being harvested.

On a sunny day, the sun can provide your watch with 30% more battery life during training and even more in time mode (calculations made with an impact of 50 000 lux).

 **CAUTION:** Do not leave your watch in direct sunlight too long during days with high temperatures as it can damage the watch.

In addition to the complication icons in the watch faces there is a solar widget where additional data is shown. From the watch face, swipe left or press the middle button until you see your solar energy harvest data.




 **NOTE:** Do not use a screen cover, or similar, over your watch display because it can affect the solar charging.

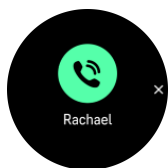
6.3. Notification and status

If you have paired your watch with Suunto app, you can get notifications of incoming calls and text messages, for example, on your watch.

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

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

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



Press the middle button to remove the popup. If the message doesn't fit on the screen, press the lower button or swipe up to scroll through the full text.

Below **Actions**, you can interact with the notification (the available options vary depending on your phone and which of your mobile apps sent the notification).

For apps used for communications, you can use your watch to send a **Quick reply**. You can select and modify the predefined messages in Suunto app.

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 until you reach the notification widget and then press the lower button to scroll through the notification history.

The notification history is cleared when you check the messages on your mobile device.

6.4. Media controls

Your Suunto Vertical can be used to control the music, podcast, other media played on your phone or being cast from your phone to another device. The media controls widget is on by default but can be turned off by swiping up from watch face and select **Media controls**.

 **NOTE:** You need to pair your watch with your phone before you can use Media controls.


To access the media controls widget, press the middle button from watch face or, during an exercise, press the middle button until the media control widget is shown.



In the media control widget, the buttons have the following functions:

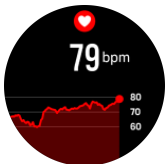
- **Play/Pause:** Upper button
- **Next track/episode:** Lower button
- **Previous track/episode:** Upper button (long press)
- **Volume:** Lower button (long press), will open volume controls
 - In the volume controls display, the upper button will increase the volume and the lower button will decrease the volume. Press the middle button to return to media control widget.

Press the middle button to exit the media control widget.

 **NOTE:** If your watch has a touch screen, the media controls can also be used by tapping the icons on the screen.

6.5. Heart rate

From the watch face view, swipe left or press the middle button to scroll to the heart rate (HR) widget.



The HR widget provides a quick snapshot of your heart rate and a 12-hour graph of your heart rate. The graph is plotted using your average heart rate based on 24-minute time slots.

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 widget values, you need to activate daily HR feature. You can toggle the feature on or off from the settings under **Activity**.

With this 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 heart rate information.

Swipe right or long press the middle button to return to the watch face view.

6.6. Steps and calories

From the watch face, swipe left or press the middle button until you see your total steps and estimated calories for the day.

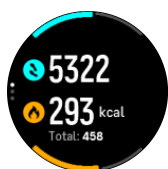
Your watch keeps track of your overall activity level throughout the day. This is an important factor whether you just aim to be fit and healthy or you are training for an upcoming competition.

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 (Sunday), the watch provides a summary of your activity showing your average for the week and daily totals.

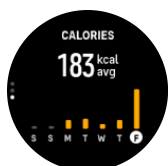
Your watch counts steps using an accelerometer. The total step count accumulates 24/7, also while recording training sessions and other activities. However, with some specific sports, such as swimming and cycling, steps are not counted.

The top value in the widget shows the total step count for that day and the bottom value 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, BMR (see below).



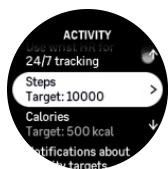
The half rings in the widget indicates how close you are to your daily activity goals. These targets can be adjusted to your personal preferences (see below).

You can also check your steps and calories burned over the last seven days by swiping up from the widget.



Activity goals

You can adjust your daily goals for both steps and calories. From the settings, select **Activity** 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.



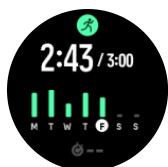
Your BMR is the amount of calories your body burns while at rest. These are the calories your body needs to stay warm and perform basic function like blink your eyes or beat your heart. This number is based on your personal profile, including factors such as age and gender.

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.

6.7. Training

Your watch provides an overview of your training activity.

From watch face, swipe left or press the middle button to scroll to the training widget.



In the training widget you can see a summary of your current training week. The summary includes the total duration and an overview of which days you have exercised. The total duration is compared with your weekly goal. The weekly goal can be changed from the settings under **Training**.

6.8. Fitness level

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


Your aerobic fitness level is defined as $VO_2\text{max}$ (maximal oxygen consumption), a widely recognized measure of aerobic endurance capacity. In other words, $VO_2\text{max}$ shows how well your body can use oxygen. The higher your $VO_2\text{max}$, 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 Vertical.

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 widget. Swipe left from the watch face or press the middle button to scroll to the fitness level widget.




 **NOTE:** If the watch has not estimated your fitness level yet, the fitness level widget 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 Vertical, the more accurate your VO₂max estimate becomes.

There are eight fitness levels, from low to high: Very poor, Poor, Fair, Average, Good, Very 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.

The widget also views 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.

 **NOTE:** 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.

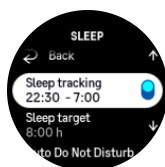
6.9. Sleep

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 Vertical 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 (or activate sleep tracking from the sleep widget).
2. Toggle on **Sleep tracking**.




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

After you have defined your bedtime, you can choose to have your watch in Do Not Disturb mode during your sleeping hours and also choose if you want to measure your Blood oxygen during your sleep.

Step 3 above, 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 widget. From the watch face, swipe left or press the middle button until you see the **Sleep** widget. The first view shows your last sleep and a graph of the last seven days.



While in the sleep widget, you can swipe up to see the sleep details for your last sleep.

 **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 and blood oxygen while sleeping

If you wear your watch during the night, you can get additional feedback on your heart rate and blood oxygen level (needs to be activated in the sleep tracking settings) while sleeping. To keep the optical heart rate on during the night, ensure that Daily HR is enabled (see 6.5. *Heart rate*).

Automatic Do Not Disturb mode

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

6.10. Resources

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.

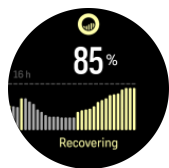
Stress and recovery uses optical heart sensor readings and to get those during the day, daily HR must be enabled, see 6.5. *Heart rate*.

It is important that your Max HR and Rest HR are set to match your heart rate to ensure that you get the most accurate readings. By default, the Rest HR is set to 60 bpm and the Max HR is based on your age.

These HR values can easily be changed in the settings under **General » Personal**.

 **TIP:** Use the lowest heart rate reading measured during your sleep as your Rest HR.


From the watch face, press the middle button to scroll to the resources widget.



The color around the widget icon indicates your overall resource level. If it is green, it means you are recovering. The status tells you your current state (active, inactive, recovering or stressed). The bar chart shows your resources over the last 16 hours and the percentage value is an estimate of your current resource level.

6.11. Outdoor insights

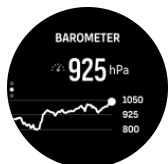
Suunto Vertical constantly measures absolute air pressure using the built-in pressure sensor. Based on this measurement and your altitude reference value, it calculates altitude or air pressure.

 **CAUTION:** Keep the area around the two air pressure sensor holes located at six o'clock on the side of your watch free of dirt and sand. Never insert any objects into the holes as this may damage the sensor.

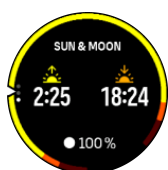
From watch face, swipe left or press the middle button to scroll to the outdoor widget. The outdoor widget has three views that can be accessed by swiping up and down. The first view displays the current temperature, altitude and the barometric pressure.



Swipe up to see the barometer trend graph.



Swipe up again to see sun and moon data. You can see the time when the sun rises and sets, and also the current moon phase.



Swipe down or press and hold the middle button to go back.

Be sure to have your altitude reference value set correctly (see 3.17. *Altimeter*). The altitude of your current location can be found from most topographic maps or major on-line map services such as Google Maps.

Changes in local weather conditions affect altitude readings. If local weather changes often, you should reset the altitude reference value regularly, preferably before starting your next journey.

Automatic alti-baro profile

Weather and altitude changes both cause a change in air pressure. To handle this, Suunto Vertical automatically switches between interpreting changes in air pressure as altitude or weather changes based on your movement.

If your watch senses vertical movement, it switches to measuring altitude. When you are viewing the altitude graph, it is updated with a maximum delay of 10 seconds.

If you are at a constant altitude (less than 5 meters of vertical movement within 12 minutes), your watch interprets air pressure changes as weather changes and adjusts the barometer graph accordingly.

6.12. Compass

Suunto Vertical has a gyro-assisted compass that allows you to orient yourself in relation to magnetic north. The tilt-compensated compass gives you accurate readings even if the compass is not horizontally level.

You can access the compass by swiping left from the watch face or by pressing the middle button. The compass is also accessible by swiping up from watch face and selecting **Compass**.

The compass widget includes the following information:

- Arrow pointing to magnetic north

- Heading cardinal
- Heading in degrees
- Altitude
- Barometric pressure



To exit the compass widget, swipe right or left until you reach the watch face. You can also use the middle button.

If you have accessed the compass from the main menu, you need to swipe up from the bottom of the screen and select **Exit** to exit the compass view.


While you are in the compass widget, you can swipe up from the bottom of the screen or press the lower button to open a list of shortcuts. The shortcuts give you quick access to navigation actions such as checking the coordinates of your current location or selecting a route to navigate.

Swipe down or press the upper button to exit the list of shortcuts.

6.12.1. Calibrating compass

If the compass is not calibrated, you are prompted to calibrate the compass when you enter the compass widget.



 **NOTE:** *The compass calibrates itself when in use, but if the watch been affected by strong magnetic fields or a hard knock the compass might show the wrong direction. Do a new calibration to resolve this issue.*

6.12.2. Setting declination

To ensure correct compass readings, set an accurate declination value.

Paper maps point to true north. Compasses, however, point to magnetic north – a region above the Earth where the Earth's magnetic fields pull. Because magnetic North and true North are not at the same location, you must set the declination on your compass. The angle in between magnetic and true north is your declination.

The declination value appears on most maps. The location of magnetic north changes yearly, so the most accurate and up-to-date declination value can be found from websites such as www.magnetic-declination.com.

Orienteering maps, however, are drawn in relation to magnetic north. If you are using an orienteering map, you need to turn the declination correction off by setting the declination value to 0 degrees.

You can set your declination value from the **Settings** under **Navigation » Declination**.

6.13. Timer

Your watch includes a stopwatch and countdown timer for basic time measurement. From the watch face, swipe left or press the middle button until you reach the timer widget.



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

Swipe up or press the lower button to open the **SET TIMER** shortcuts menu where you can change the timer settings.

Stopwatch

Start and stop the stopwatch by pressing the upper button. You can resume by pressing the upper button again. Reset by pressing the lower button.



Exit the timer by swiping right or left until you reach the watch face. You can also use the middle button to navigate.

Countdown timer

In the timer widget, swipe up or 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 upper and lower buttons.

Exit the timer by swiping right or by keeping the middle button pressed.

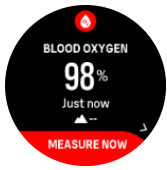
6.14. Blood oxygen

⚠ WARNING: *Suunto Vertical is not a medical device and the blood oxygen level indicated by Suunto Vertical is not intended for diagnosing or monitoring medical conditions.*

You can measure your blood oxygen levels with Suunto Vertical. From the watch face view, swipe left or press the middle button to scroll to the Blood oxygen widget.

Blood oxygen level can provide an indication of overtraining or fatigue and the measurement can also be a helpful indicator of high altitude acclimation progress.

Normal blood oxygen levels are between 96% and 99% at sea level. At high altitudes, healthy values can be slightly lower. Successful acclimation to high altitude makes the value increase again.



How to measure your blood oxygen level:

1. From the watch face, press the middle button or swipe left to enter the **Blood oxygen** widget.
2. Select **Measure now**.
3. Hold your hand still while the watch is measuring.
4. If the measuring failed, please follow the in-watch instructions.
5. When the measuring is complete, your blood oxygen value is displayed.

You can also measure your blood oxygen level during your [6.9. Sleep](#).


7. SuuntoPlus™ guides

SuuntoPlus™ guides bring real-time guidance on your Suunto watch from your favorite sports and outdoor services. You can also find new guides from SuuntoPlus™ Store or create new ones with tools such as Suunto app workout planner.

For more information regarding all available guides and how to sync 3rd party guides to your device, visit www.suunto.com/suuntoplus/#HowToGuides.

To select SuuntoPlus™ guides in your watch:

1. Before you start an exercise recording, swipe up or press the lower button and select **SuuntoPlus™**.
2. Scroll to the guide you want to use and press the middle button.
3. Go back to the start view and start your exercise as normal.
4. Press the middle button until you reach the SuuntoPlus™ guide, which is shown as a separate display.

 **NOTE:** Ensure that your Suunto Vertical has the latest software version and that you have synced your watch with Suunto app.

8. SuuntoPlus™ sports apps

SuuntoPlus™ sports apps equip your Suunto Vertical with new tools and new insights to give you inspiration and new ways to enjoy your active lifestyle. You can find new sports apps from SuuntoPlus™ Store where new apps are being published for your Suunto Vertical. Select the ones you find interesting and sync them to your watch and get more out of your exercises!

To use SuuntoPlus™ sports apps:

1. Before you start an exercise recording, scroll down and select **SuuntoPlus™**.
2. Select the sports app you want.
3. If the sports app is using an external device or sensor, it will make the connection automatically.
4. Scroll up to the start view and start your exercise as normal.
5. Swipe left or press the middle button until you reach the SuuntoPlus™ sports app, which is shown as a separate display.
6. After you have stopped the exercise recording, you can find the SuuntoPlus™ sports app result in the summary, if there was a relevant result.

You can select which SuuntoPlus™ sports apps you want to use in the watch in Suunto app. Visit Suunto.com/Suuntoplus to see which sports apps are available for your watch.



NOTE: Ensure that your Suunto Vertical has the latest software version and that you have synced your watch with Suunto app.

9. Care and support

9.1. 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.

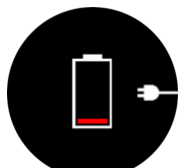
Use only original Suunto accessories - damage caused by non-original accessories is not covered by warranty.

9.2. 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.*

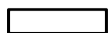
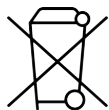
When the battery charge level is less than 20% and later 5%, your watch displays a low battery icon. If the charge level gets very low, your watch goes into a low power mode and display a charge icon.



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

9.3. 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.



10. Reference

10.1. Compliance

For compliance related information and detailed technical specifications, see “Product Safety and Regulatory Information” delivered together with your Suunto Vertical or available at www.suunto.com/userguides.

10.2. CE

Hereby, Suunto Oy, declares that the radio equipment type OW222. is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: www.suunto.com/EUconformity.





SUUNTO CUSTOMER SUPPORT

www.suunto.com/support

www.suunto.com/register

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