**SUUNTO M1/M2**
USER GUIDE

# 1 WELCOME

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

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

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

● easy to use with three buttons, large display, and nine language options
● real time exercise guidance showing heart rate and calories burnt
● automatic switch between three different heart rate zones
● exercise summaries
● comfortable heart rate belt that is compatible with most gym cardio equipment
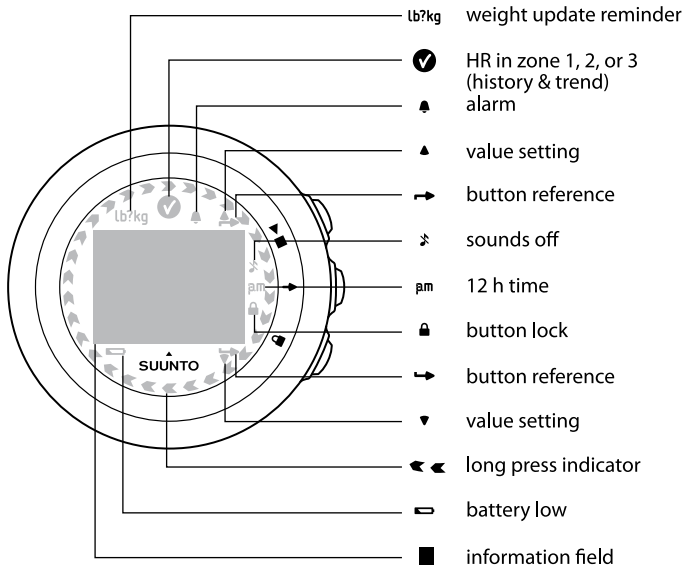
This User Guide is here to help you get the most out of your exercise with Suunto M1/M2. Read it through to make using your new Suunto M1/M2 even more enjoyable.

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

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

# 2 DISPLAY ICONS AND SEGMENTS

| | |
|---|---|
| lb?kg | weight update reminder |
| ✔ | HR in zone 1, 2, or 3 (history & trend) |
| 🔔 | alarm |
| ▲ | value setting |
| → | button reference |
| ♪ | sounds off |
| p.m | 12 h time |
| 🔒 | button lock |
| → | button reference |
| ▼ | value setting |
| ◄◄ | long press indicator |
| ▭ | battery low |
| ■ | information field |

SUUNTO

# 3  USING BUTTONS



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

▶■ (PLAY/STOP):

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

➔ (NEXT):

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

🔒 (LOCK):

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

# 4 GETTING STARTED

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

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

To set the initial settings:

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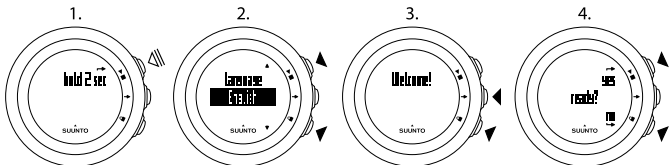


You can set the following initial settings:

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

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

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

For information about adjusting the settings at a later time, see *Chapter 12 Adjusting settings on page 22*.

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

## 4.1 Estimating your fitness level

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

Select one of the following options:

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

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

# 5  USING BUTTON LOCK

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

📖 **TIP:** *Lock the ▶■ button to avoid accidentally starting or stopping your stopwatch.*

📝 **NOTE:** *When the ▶■ button is locked during the exercise, you can still change the views by pressing �I.*

# 6 PUTTING ON HR BELT

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

**M1 heart rate belt**
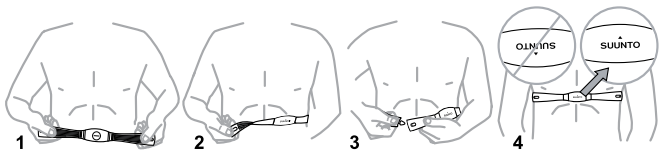


**M2 heart rate belt**



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

11

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

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

# 7  STARTING EXERCISE

To start exercising:

1. Moisten the contact areas and put on the HR belt.
2. In the time view, press ►■ to select **exercise**.
3. Confirm **exercise** with ➜.
4. Press ►■ to start recording your exercise.
   While you are wearing the HR belt properly, the HR values are shown.

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

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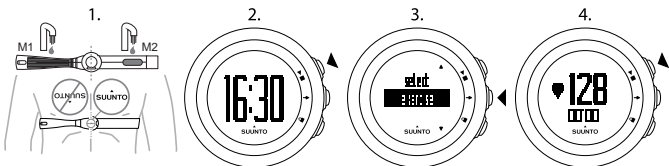


☰ **TIP:** *You can use Suunto M1/M2 as a stopwatch without the HR belt. During exercise, press ➜ to view the duration without HR.*

13

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

Read more about using HR zones in *Section 8.1 Heart rate zones on page 15*.

## 7.1 Troubleshooting

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

If you lose the HR signal, try the following:

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

# 8  DURING EXERCISE

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

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

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



🗐 *TIP: Switch the sounds on or off (🔔) during exercise by keeping ➔ pressed. You cannot switch the sounds on, if you have set sounds to **all off** in general settings, see Chapter 12 Adjusting settings on page 22.*

## 8.1  Heart rate zones

For information on maximum HR, see *Chapter 4 Getting started on page 7*.
Heart rate zones are percentages of your maximum heart rate. The intensity of your exercise is determined by the time you spend in each of the three zones.

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

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

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

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

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

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

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

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

17

# 10 AFTER EXERCISE

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

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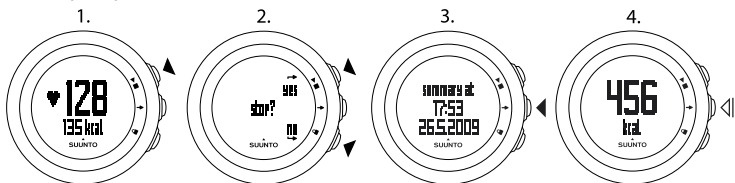


You can view the following information in the summary:

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

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

🗐 **TIP:** *You can skip the summary by keeping ➔ pressed in the first summary view. To view the previous exercise summary later, press ▶ ◼ in the time view and select* **prev. exercise**.

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

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

# 11 REVIEWING HISTORY

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

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

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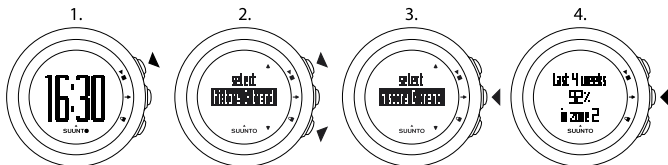


🗐 *TIP: Keep ➡ pressed at any time to return to the time view.*

## 11.1 History & trend

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

You can view the following information:

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

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

## 11.2 Previous exercise

In **prev. exercise** you can view the information of your previous exercise. For more information about views, see *Chapter 10 After exercise on page 18*.

# 12 ADJUSTING SETTINGS

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

To adjust the settings:

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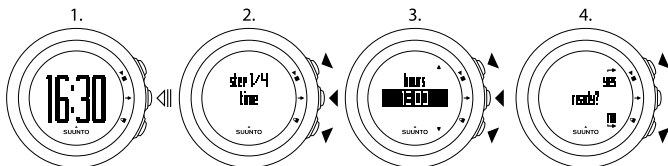


You can adjust the following settings:

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

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

$\stackrel{\text{(≡)}}{=}$ *TIP: Switch the sounds on or off (✶) during exercise by keeping* ➜ *pressed. You cannot switch the sounds on, if you have set sounds to **all off** .*

#### Example: adjusting alarm settings

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

To set the alarm on/off:

1. In the time view, keep ➜ pressed to enter the settings.
2. Browse to **alarm** with ▶■ and confirm with ➜.
3. Set the alarm **on** or **off** with ▶■ and ♙. Confirm with ➜.
4. Set the alarm time with ▶■ and ♙. Confirm with ➜.
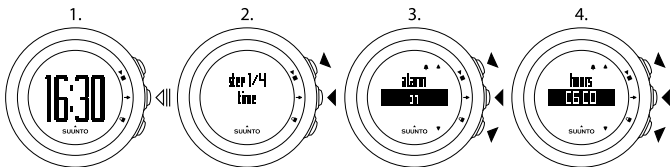
When the alarm sounds, press **stop** (♙) to turn it off.

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

## 12.1 Sleep mode and initial settings

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

To put the device into sleep mode:

1. After the last step of general settings, when the device asks you to confirm that the setting changes are done, keep ➜ pressed until the device goes into sleep mode.
2. Press any button to activate the device again.
3. Set the initial settings, see *Chapter 4 Getting started on page 7*.

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

## 12.2 Changing language

If you want to change the device's language or you have chosen the wrong language when setting up the device, the device needs to be put to sleep. For information on how to put the device to sleep, see *Section 12.1 Sleep mode and initial settings on page 24*

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

# 13  CARE AND MAINTENANCE

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

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

📝**NOTE:** *Do not expose the device to any detergents, solvents, or insect repellents, as they might damage it.*

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

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

## 13.1  Replacing battery

If 🔋 is displayed, a battery replacement is recommended.

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

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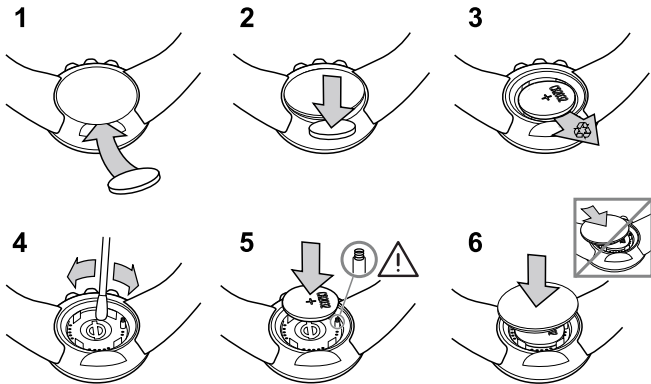
📝 **NOTE:** *Carefully ensure that the plastic O ring is properly placed so that the wristop computer remains water-resistant. Careless battery replacement may void the warranty.*

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

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

## 13.2 Replacing HR belt battery

Replace the battery as illustrated here:

**M1 heart rate belt**
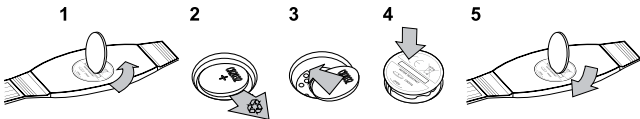


**M2 heart rate belt**
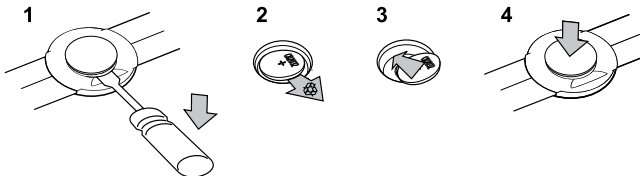


📝 **NOTE:** Suunto recommends that the battery cover and the O ring are changed simultaneously with the battery to ensure that the HR belt remains clean and water resistant. Replacement covers are available with replacement batteries from your authorized Suunto dealer or web shop.

# 14 SPECIFICATIONS

## 14.1 Technical specifications

**General**
- Operating temperature: -10° C to +50° C / +14° F to +122° F
- Storage temperature: -30° C to +60° C / -22° F to +140° F
- Weight (device): max. 36 g / 1.27 oz
- Weight (Suunto Basic HR belt): max. 55 g / 1.95 oz
- Weight (Suunto Dual Comfort belt): max. 42 g / 1.48 oz
- Water resistance (device): 30 m / 100 ft (ISO 2281)
- Water resistance (HR belt): 20 m / 66 ft (ISO 2281)
- Transmission frequency (belt): 5.3 kHz inductive, gym equipment and 2.465 GHz Suunto-ANT compatible
- Transmission range: ~ 2 m / 6 ft
- User-replaceable battery (device / HR belt): 3V CR2032
- Battery life (device / HR belt): approximately 1 year in normal use (2.5 h exercise with HR / week)

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

**Totals**
- Previous exercise summary: 1

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

**Heart rate**
- Display: 30 to 240

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

## 14.2 Trademark

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

## 14.3 CE

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

## 14.4 ICES

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

## 14.5 Copyright

Copyright © Suunto Oy 2009. All rights reserved. Suunto, Suunto product names, their logos and other Suunto brand trademarks and names are registered or unregistered trademarks of Suunto Oy. This document and its

29

## 14.6 FCC compliance

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

## 14.7 Patent notice

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

## 14.8  Disposal of device

Please dispose of the device in an appropriate way, treating it as electronic waste. Do not throw it in the garbage. If you wish, you may return the device to your nearest Suunto representative.

# 15 WARRANTY

SUUNTO LIMITED WARRANTY FOR Suunto M1/M2

This Limited Warranty is valid as of January 1st, 2008.

Suunto warrants that during the Warranty Period Suunto or a Suunto Authorized Service Center (hereinafter referred to as Service Center) will, at its sole discretion, remedy defects in materials or workmanship free of charge either by a) repairing the Product or the parts, or b) replacing the Product or the parts, or c) refunding the purchase price of the Product, subject to the terms and conditions of this Limited Warranty.

This Limited Warranty is only valid and enforceable in the country in which the Product was purchased, provided that Suunto has intended the Product for sale in that country.

## Warranty Period

The Warranty Period starts at the date of retail purchase by the original end-user purchaser. The Warranty Period is two (2) years for the Product.

The Warranty Period for the consumable parts and accessories for all products including (but not limited to) PODs, heart rate transmitters, chargeable batteries, chargers, docking stations, straps, cables and hoses (whether included in the sales package or sold separately) is one (1) year.

## Exclusions and Limitations

This Limited Warranty does not cover:

1. 1. a) normal wear and tear, b) defects caused by rough handling (defects caused by sharp items, by bending, compressing or dropping, etc.), or c)

defects or damage caused by misuse of the Product or contrary to the instructions.
2. user manuals or any third-party software;
3. defects or alleged defects caused by the fact that the Product was used with, or connected to, any product, accessory, software and/or service not manufactured or supplied by Suunto, or was used otherwise than for its intended use;
4. replaceable batteries.

This Limited Warranty is not enforceable if:

1. the Product has been opened, modified or repaired by anyone other than Suunto or Service Center;
2. the Product has been repaired using unauthorized spare parts;
3. the Product's serial number has been removed, erased, defaced, altered or made illegible in any way - and this shall be determined at the sole discretion of Suunto;
4. the Product has been exposed to influence from chemical products including (but not limited to) mosquito repellents.

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

**Access to Suunto warranty service**

Please remember to register your Product at www.suunto.com/register. Save also the purchase receipt and/or registration card.

For Products covered by this Limited Warranty, contact your local authorized Suunto retailer – for contact information please visit the Suunto website www.suunto.com or call the Suunto Help Desk +358 2 284 1160. (national or

premium rates may apply) for further details and instructions on how to bring your Product for Warranty Service. Please, use prepaid freight when shipping your Product to your local authorized Suunto retailer.

**Limitation of Liability**

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

## ⓘ SUUNTO HELP DESK

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

**www.suunto.com**

## SUUNTO