SUUNTO 5
USER GUIDE

1. Intended use

SUUNTO 5 is a sports watch that tracks your movement and other metrics, such as heart rate

3. Getting started

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

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

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

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

4. For settings with a value range, change the value by pressing the upper right or lower right button.

5. For settings with just on or

4. Features

4.1. Activity monitoring

Your watch keeps track of your overall activity level throughout the day. This is an important factor whether you just aim to be fit and healthy or you are training for an upcoming competition. It is good to be active, but when training hard, you need to have proper rest days with low activity.

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

With the daily HR feature on, your watch activates the optical heart rate sensor on a regular basis to check your heart rate. This slightly increases battery power consumption.

Once activated, your watch needs 24 minutes before it can start display daily HR information.

To view daily HR:

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

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

4.4. Adaptive training guidance

Your SUUNTO 5 automatically generates a 7-day training plan to help you maintain, improve, or boost your aerobic

3. Press the lower right button to see additional information; training day, duration and intensity level (based on the heart rate zones, see *Intensity zones-SF3*.

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

    📝 *NOTE:*

If you want real-time guidance, start the recommended excercise as you would a normal recording, see

However, if you do not want your watch to be visible for Bluetooth scanners, you can activate

Your watch will alert you once when the battery is at 20% and again at 10%.

4.9. Button lock and screen dimming

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

To unlock, keep the lower right button pressed again.

When you are not recording an exercise, the screen dims after a short period of inactivity.

1. From the watch face, press the upper right button to scroll to Exercise and press the middle button.
2. Go to any sport mode and press the lower right button to open the sport mode options.
3. Scroll down to Theme and press the middle button.

1. While you are recording an activity, press the middle button until you have reached the

The GPS accuracy options are:

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When your heart rate during a workout reaches zone 5, the training will feel extremely hard. Lactic acid will build up in your system much faster than it can be removed, and you will be forced to stop after a few minutes at most. Athletes include these maximum-intensity workouts in their training program in a very controlled manner, fitness enthusiasts do not require them at all.

4.19.1. Heart rate zones

Heart rate zones are defined as percentage ranges based on your maximum heart rate (max HR).

By default, your max HR is calculated using the standard equation: 220 - your age. If you know your exact max HR, you should adjust the default value accordingly.

SUUNTO 5 has default and activity-specific HR zones. The default zones can be used for all activities, but for more advanced training, you can use specific HR zones for running and cycling activities.

Set max HR

Set your maximum HR from the settings under Training HT /F1lity

1.c 0 9toose the activity (running or cycling) that you want to edit (by pressing upper right or

1. Select

Set activity specific power zones

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

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

that measures distance. The measurementcan be based on GPS, or from a foot or bike POD, for exa

Intervals. On/o
↑ training display is added to your sport mode.

4.22. Logbook

You can access the logbook from the launcher.

If the message doesn't fit

Once the POD or sensor is paired, your watch searches for it as soon as you select a sport

- POI name
- POI type
- Date and time created
- Latitude
- Longitude
- Elevation

You can store up to 250 POIs in your watch.

4.26.1. Navigating to a POI

You can navigate to any POI that is in your watch POI list.

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While navigating, press the lower right button to open a list of shortcuts. The shortcuts give you quick access to POI details and actions such as saving your current location or selecting another POI to navigate to, as well as ending navigation.

4.26.2. POI types

The following POI types are available in SUUNTO 5:

2. Press the upper right button to open the launcher.

4.28.1. Using targets when exercising

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

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

2. Select a sport mode that uses GPS and press the lower button to open the options. Alternatively, start your recording first, and then keep the middle button pressed to open the sport mode options.
3. Scroll to Navigation and press the middle button.
4. Press the upper and lower buttons to select a navigation option and press the middle button.
5. Select the route or POI you want to navigate and press the middle button. Then press the upper button to start navigating.

If you have not started the exercise recording yet, the last step takes you back to the sport mode options. Scroll up to the start view and start your recording as normal.

While exercising, press the middle button to scroll to the navigation display where you will see the route or POI that you selected. For more information on the navigation display, see *4.26.1. Navigating to a POI* and *4.30. Routes.*

While in this display you can swipe up or press the lower button to open your navigation options. From the navigation options, you can, for example, select a diaesstheuwntﬁﬀﬃﬂﬁdiaesorﬁatEﬃﬀﬀ[echetl

3. Scroll to Routes and press the middle button to open your list of routes.

4. Scroll to the route you want to navigate to and press the middle button.
5. Press the upper right button to start navigating.
6. Press the upper right button again at any time to stop navigating.

4.30.1. Altitude navigation

If you are navigating a route that has altitude information, you can also navigate based on

Sleep trends

When you wake up, you are greeted with a summary of your sleep. The summary includes, for example, the total duration of your sleep, as well as the estimated time you were awake (moving around) and the time you were in deep sleep (no movement).

In addition to the sleep summary, you can follow your overall sleep trend with the sleep insight. From the watch face, press the lower right button until you see the SLEEP display. The first view shows your last sleep compared to your sleep target.

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

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

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

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

4.33. Swimming

You can use your SUUNTO 5 for swimming in pools.

When you use a pool swimming sport mode, the watch relies on the pool length to determine

4.35. Sunrise and sunset alarms

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

Exit the timer by keeping the middle button pressed.

Countdown timer

In the timer display, press the lower button to open the shortcuts menu. From there you can select a pre-defined countdown time or create custom countdown time.

Stop and reset as needed with the middle and lower right buttons.

Exit the timer by keeping the middle button pressed.

4.38. 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.

5. Care and support

5.1. Handling guidelines

Exclusions and Limitations

This International Limited Warranty does not cover:

SUUNTO CUSTOMER SUPPORT

1. www.suunto.com/support