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5. Verify the pairing by typing the code that are displayed on your watch in the app.

- The watch must be worn directly against your skin. No clothing, however thin, can be between the sensor and your skin.
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## 3. Features

### 3.1. Activity monitoring



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 display values, you need to activate the daily HR feature. You can toggle the feature on or off 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, swipe up or press the lower button to scroll to the HR display.
2. Swipe left to enter the daily HR display.
3. Swipe up or press the lower button to see your calorie consumption.

## 3.2. Airplane mode

Activate airplane mode when needed to turn off wireless transmissions. You can activate or deactivate airplane mode from the settings under Connectivity.

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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

- Time of day (local time) or battery level; tap on screen to change views



- Good
- Very good
- Excellent

Swipe right or press the middle button to exit the details view.

### 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 a quicker responses to changes in speed.

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FusedSpeed benefits you the most when you need highly reactive speed readings during

## 3.16. FusedTrack

To save battery when exercising, some of the battery modes in Suunto 9 change the interval of the GPS readings. To avoid getting bad GPS tracking when exercising Suunto 9 uses FusedTrack. FusedTrack uses motion sensors to log your movement between the

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,

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 right or lower right 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.

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

In addition, there is a dedicated display for pace zones in the sport mode default display. The zone display shows your current pace zone in the middle field, how long you have been in that zone, and how far away you are in pace to the next zones up or down. The middle bar also lights up, indicating that you are training in the correct pace zone.

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

### 3.18. Interval training

Interval workouts are a common form of training consisting of repetitive sets of high and low intensity efforts. With Suunto 9, you can define

6. 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.





## 3.22. Notifications

If you have paired your watch with the Suunto app, you can get notifications

4. Follow thi2.5(4.) -7lructions4.refer to sensor or POD manual if

3. Select Calibrate power POD and follow the instructions in the watch.  
You should re-calibrate the power POD from time to time.

### 3.24. Points of interest

### 3.24.2. Navigating to a POI

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







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3. Toggle General on.
4. Select Duration or Distance.
5. Select your target.
6. Swipe right to go back to the sport mode options.







## Automatic Do Not Disturb mode

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



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

Exit `oa4timer` by swiping right or keeping the middle button pressed.

## Countdown timer

In the `oa4timer` display, swipe up or press the power button to open the `oa4shortcuts` menu. From there you can select a system-defined countdown time or create a custom countdown time.

Stop and reset as needed with the middle and power buttons.

Exit `oa4timer` by swiping right or keeping the middle button pressed.

## 3.34. Time and date





## 4. Valid for barometer version only

The following features are only valid if your Suunto 9 has a built-in barometer.

### 4.1. Altimeter





## 5. Care and support

### 5.1. Handling guidelines

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

## 6. Reference

### 6.1. Technical specifications

#### General

- Operating temperature: -20° C to +55° C/-5° F to +131° F
- Battery charging temperature: 0° C to +35° C/+32° F to +95° F
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## 6.2. Compliance

### 6.2.1. CE

#### 6.2.4. NOM-121-SCT1-2009

The operation of this equipment is subject to the following two conditions: (1) it is possible that this equipment or device may not cause harmful interference, and (2) this equipment or device must accept any interference, including interference that may cause undesired operation of the equipment or device.

#### 6.2.5. NCC

For all Suunto Spartan watches purchased initially in 2016 the Warranty Period has been extended to three (3) years.

The Warranty Period is five (5) years for Suunto Dive Computers.

## 6.6. Copyright

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