SUUNTO
PC POD

USER'S GUIDE

SUUNTO

CUSTOMER SERVICE CONTACTS

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Suunto website	www.suunto.com

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1. INTRODUCTION TO SUUNTO PC POD

Suunto PC POD is a wireless data receiver, which enables you to transfer data between Suunto sports instruments and your PC. You can then monitor and analyze your performance using the following Suunto software:

• Analyzing:
  Suunto Training Manager; Suunto t6
  Suunto Training Manager Lite; Suunto t3 and Suunto t4
• Monitoring:
  Suunto Monitor; Suunto ANT transmitter belt, which is included in the Suunto t3, t4 and t6 packages.

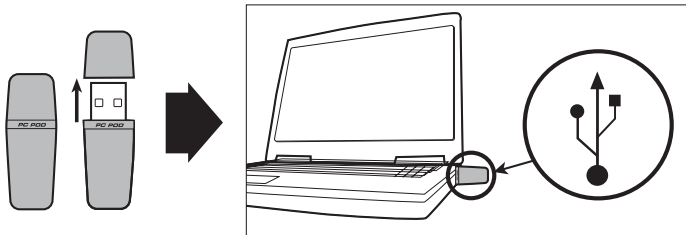# 2. INSTALLING SUUNTO SOFTWARE

1. Insert the Suunto Software CD-ROM into the drive.
2. Wait for the installation to begin and follow the installation instructions.
   NOTE: If the installation does not start automatically, click Start --> Run, and type D:\setup.exe.
3. Depending on your needs, select either Suunto Training Manager or Suunto Training Manager Lite.
   NOTE: The latest updates of Suunto software can be downloaded from www.suunto.com. Follow the link to Customer Service.

Check the website regularly to get the best functionality from your Suunto sports instruments.

3. ATTACHING SUUNTO PC POD

Take off the cover and plug the Suunto PC POD into your PC's USB port. You are now ready to start transferring data between your PC and Suunto device.

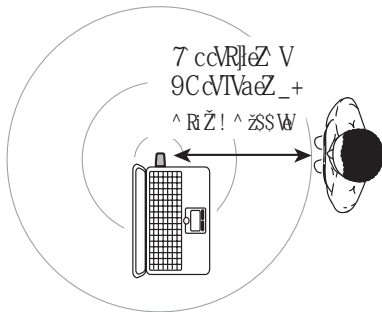## 4. SUUNTO TRAINING MANAGER WITH SUUNTO MONITOR

SUUNTO TRAINING MANAGER

Suunto Training Manager enables you to analyze data in detail. Real-time heart monitoring can be recorded with Suunto Monitor, which is included in the Suunto Training Manager software. From the beat-to-beat heart rate interval data, Suunto Training Manager calculates different physiological measures of your body. These parameters include Training Effect, EPOC (training load), oxygen consumption (VO2), energy consumption, ventilation, respiratory rate and, naturally, heart rate.

For more information on these parameters and their use in training, please visit www.suunto.com/training.

SUUNTO MONITOR

Suunto Monitor displays and records the heart rate data from your Suunto ANT transmitter belt in real time. The Suunto PC POD receives HR data from up to three belts within a 10 m/ 33 ft range. The data can then be analyzed in more detail with Suunto Training Manager.

How to start using Suunto Monitor:
1. Start Suunto Training Manager.
2. Choose your personal profile.
3. Start Suunto Monitor from the Actions menu of Suunto Training Manager.
4. Put on your heart rate belt and plug in the Suunto PC POD.
5. The belt ID number appears in the Belts window. Mark the check box next to the belt number. Select your user name from the drop-down list, which appears in the new window. You can also choose to insert your maximum heart rate.
6. When needed, start recording your heart rate by pressing the Record button. You also can follow your heart rate in real time without recording.

Heart rate transmission signals DO NOT go through:
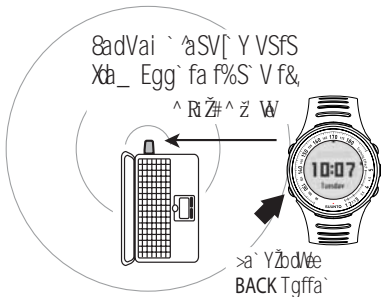• water
• obstacles
• the human body

Therefore, Suunto PC POD is not suitable for water-based activities. The signal can also be disrupted if the monitored athlete is facing away from the Suunto PC POD or if another athlete or an obstacle is blocking the signal between the HR belt and the Suunto PC POD.

For information on alternative HR recording products, such as Suunto t3, t4, and t6 wristop computers, please contact your local Suunto representative.

5. SUUNTO TRAINING MANAGER LITE

The Suunto Training Manager Lite software allows you to wirelessly download data recorded with your Suunto t3 or Suunto t4. Training Manager Lite is your personal training logbook. It stores your workout data, displays it in graphical format, and creates reports of your training history. Wireless downloading requires your Suunto t3 or Suunto t4 to be no more than 2 m/6 ft from the Suunto PC POD.

To connect to the PC, plug in the Suunto PC POD, start Training Manager Lite and long-press the Back button of your Suunto t3 or Suunto t4 in the Time mode.

6. TECHNICAL SPECIFICATIONS

Suunto PC POD
- Width: 44 mm/1.7", length 16 mm/0.6", height 8 mm/0.3"
- Operating range: up to 10 m/33 ft with heart rate belt and 2 m/6 ft with Suunto t3 and Suunto t4
- Frequency: 2.4 GHz, ANT compatible
- USB-powered, power consumption approximately 50 mA. Depending on the laptop's battery capacity, Suunto PC POD will reduce the battery life by only a few minutes.

7. INTELLECTUAL PROPERTY

7.1. COPYRIGHT

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7.3. PATENT NOTICE

This product is protected by the following patents or patent applications: WO2004016173, WO03099114 and US 11/169712. Other patents have been applied for.

8. DISCLAIMERS

8.1. USER'S RESPONSIBILITY

Suunto cannot guarantee, that measurements obtained by the Suunto PC POD correspond to results obtained from laboratory measurements.

8.1.1. CE

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

8.1.2. ICES

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

8.2. FCC COMPLIANCE

This device complies with Part 15 of the FCC limits for class B digital devices. This equipment generates, uses, and can radiate radio frequency energy and, if not installed or used in accordance with the instructions, may cause harmful interference to radio communications. There is no guarantee that interference will not occur in a particular instance. If this equipment does cause harmful interference to other equipment, try to correct the problem by relocating the equipment.

Consult an authorized Suunto representative or other qualified service technician if you cannot correct the problem. Operation is subject to the following conditions:

(1) This device cannot cause harmful interference.

(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.

Tested to comply with FCC standards. For home or office use.

FCC WARNING: Changes or modifications not expressly approved by Suunto Oy could void your authority to operate this device under FCC regulations.

8.3. LIMITS OF LIABILITY AND ISO 9001 COMPLIANCE

If this product should fail due to defects in materials or workmanship, Suunto Oy will, at its sole option, repair or replace it with new or rebuilt parts, free of charge, for two (2) years from the date of its purchase. This warranty is only extended to the original purchaser and only covers failures due to defects in materials and workmanship that occur during normal use while in the period of the warranty.

It does not cover battery, battery replacement, damage or failures resulting from accident, misuse, neglect, mishandling, alteration or modifications of the product, or any failure caused by operation of the product outside the scope of its published specifications, or any causes not covered by this warranty.

There are no express warranties except as listed above.

The client can exercise the right to repair under the warranty by contacting Suunto Oy's Customer Service department to obtain a repair authorization.

Suunto Oy and its subsidiaries shall in no event be liable for any incidental or consequential damages arising from the use of or inability to use the product. Suunto Oy and its subsidiaries do not assume any responsibility for losses or claims by third parties that may arise through the use of this device.

Suunto's Quality Assurance System is certified by Det Norske Veritas to be ISO 9001 compliant in all Suunto Oy's operations (Quality Certificate No. 96-HEL-AQ-220).

8.4. AFTER SALES SERVICE

If a claim under warranty appears to be necessary, return the product, freight prepaid, to your Suunto representative who is responsible for having your product repaired or replaced. Include your name, address, proof of purchase and/or service registration card, as required in your country. The claim will be honored and the product repaired or replaced at no charge and returned in what your Suunto representative determines a reasonable amount of time, provided that all necessary parts are in stock. All repairs that are not covered under the terms of this warranty will be made at the owner's expense. This warranty is non-transferable from the original owner.You can locate your local Suunto representative at www.suunto.com.

9. DISPOSAL OF THE 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.