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› SUUNTO 9 Peak Pro Sports GPS Watch User Manual

## SUUNTO 9 Peak Pro

# SUUNTO 9 Peak Pro Sports GPS Watch User Manual

Model: **9 Peak Pro** | Brand: **SUUNTO**

## 1. INTRODUCTION

The SUUNTO 9 Peak Pro is a powerful GPS multisport watch designed for demanding athletes and adventurers. It combines robust durability with advanced features for tracking performance, navigation, and daily health. This manual provides essential information to help you get started and make the most of your device.



Figure 1: SUUNTO 9 Peak Pro Sports GPS Watch in All Black.

## 2. SETUP

### 2.1. Initial Charge

Before first use, fully charge your SUUNTO 9 Peak Pro. A full charge takes approximately 1 hour. A quick 10-minute charge can provide up to 2 hours of GPS training time.

## 2.2. Power On and Pairing

1. **Long-press the top right button** to power on the watch.
2. Follow the on-screen instructions to select your language and basic settings.
3. Download the **Suunto App** on your smartphone (available on Google Play and App Store).
4. Open the Suunto App and follow the pairing instructions to connect your watch.

Your browser does not support the video tag. This video provides an overview of the SUUNTO 9 Peak Pro, highlighting its features and user interface. It demonstrates the watch's capabilities and ease of use.

Video 1: SUUNTO 9 Peak Pro Info. This video introduces the watch's key functionalities and redesigned user interface.

## 3. OPERATING THE WATCH

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### 3.1. Navigation and User Interface

The SUUNTO 9 Peak Pro features a redesigned, fresh, fast, and easy-to-use interface. Navigate through menus using the touchscreen or the physical buttons on the side of the watch.

### 3.2. Sport Modes

The watch offers 97 sport modes. Select your desired sport, training surface, and utilize turn-by-turn navigation for optimal performance tracking.



Figure 2: The SUUNTO 9 Peak Pro tracking a running activity.

### 3.3. GPS Accuracy

The SUUNTO 9 Peak Pro utilizes 4 different satellite systems for speedy connectivity and exceptional tracking, even in challenging environments like tall buildings, mountainous terrain, and steep canyons.

### 3.4. Battery Modes

Optimize battery life with various modes:

- **Best GPS Mode:** Up to 40 hours of tracking.
- **Endurance Mode:** Up to 70 hours of tracking.
- **Tour Mode:** Up to 300 hours of tracking.
- **Daily Use:** Up to 21 days.

### 3.5. Health Monitoring

Monitor various health metrics including heart rate, sleep, stress levels, HRV (Heart Rate Variability), and VO2 max

to better understand your physical state and recovery.

### 3.6. Suunto App Integration

Connect your watch to the Suunto App to create structured workouts, set goals, and receive real-time guidance. The app allows you to follow your progress, journal activities, analyze workouts, sleep, and recovery. It also connects with Strava, Training Peaks, and over 200 other fitness applications.

The graphic is set against a vibrant blue background of an underwater scene with a diver and a coral reef. At the top, the text 'Waterproof & Freediving' is displayed in large white font. Below this, three circular icons represent key features: '100m' for water resistance, a thermometer for temperature, and a diver icon for diving mode. The watch face in the foreground shows a 'BLOOD OXYGEN' reading of '98%' with a 'MEASURE NOW' button.

# Waterproof & Freediving

**100m**  
Water resistance:  
100m

**-20°C to 55°C**  
Temperature:

**Depth up to 10m**  
Diving Mode:

**BLOOD OXYGEN**  
**98%**  
Just now  
**MEASURE NOW**

Figure 3: Watch face showing integration with the Suunto App.

## 4. MAINTENANCE

### 4.1. Cleaning and Care

Regularly clean your watch and strap with mild soap and water. Rinse thoroughly and dry with a soft cloth. Avoid harsh chemicals or abrasive materials.

### 4.2. Water Resistance

The SUUNTO 9 Peak Pro is waterproof up to 100 meters (330 feet) and features military-grade durability. It is suitable for swimming, snorkeling, and other water sports. Always ensure the charging port is clean and dry before charging.

Your browser does not support the video tag. This video demonstrates the durability and water resistance of the SUUNTO 9 Peak Pro through various tests.

Video 2: SUUNTO 9 Peak Pro Durability Test. This video showcases the watch's resilience to extreme conditions.

## 5. TROUBLESHOOTING

### 5.1. Watch Not Powering On

Ensure the watch is fully charged. Connect it to the charging cable and a power source. If it still doesn't power on, perform a soft reset by holding down all physical buttons for 12 seconds.

### 5.2. GPS Signal Issues

For optimal GPS performance, ensure you are in an open area with a clear view of the sky. Sync your watch with the Suunto App regularly to update GPS satellite data.

### 5.3. Connectivity Problems

If your watch is not connecting to your smartphone, ensure Bluetooth is enabled on both devices and they are within range. Try restarting both the watch and your phone. If issues persist, unpair and re-pair the devices via the Suunto App.

## 6. SPECIFICATIONS

Feature	Detail
Model Name	9 Peak Pro
Model Number	SS050808
Brand	SUUNTO
Operating System	Android, smart
Memory Storage Capacity	32000 MB
Special Feature	Touchscreen, Waterproof

Feature	Detail
Battery Capacity	600 Milliamp Hours (Lithium Ion)
Connectivity Technology	Bluetooth
GPS	GPS enabled (4 satellite systems)
Screen Size	1.2 Inches
Display Type	Digital
Resolution	480 x 272
Maximum Display Brightness	1000 Nit
Water Resistance Level	Waterproof (100 Meters, IP67/IP68)
Case Material Type	Stainless Steel
Band Material Type	Silicone
Item Weight	0.06 Kilograms
Item Dimensions (D x W x H)	0.43"D x 1.69"W x 0.43"H
What's in the Box	Suunto 9 Peak Pro, battery, charging cord

## 7. WARRANTY INFORMATION

The SUUNTO 9 Peak Pro comes with a **2-year manufacturer's warranty**. For detailed terms and conditions, please refer to the official Suunto website or the warranty card included in your product packaging.

## 8. SUPPORT

For further assistance, product updates, and additional resources, please visit the official Suunto support page:

[suunto.com/support](https://suunto.com/support)

You can also find more information and connect with the Suunto community through the Suunto App.

