

SUUNTO SS051111000

SUUNTO Run Sports Watch User Manual

MODEL: SS051111000

Your guide to getting the most out of your SUUNTO Run Sports Watch.

1. INTRODUCTION

The SUUNTO Run Sports Watch is a compact and lightweight device designed for runners and sports enthusiasts. It features a vibrant 1.32-inch AMOLED touchscreen with a crown button for easy navigation, dual-band GPS for accurate tracking, and comprehensive health monitoring capabilities. With extended battery life and offline music storage, it's built to support your active lifestyle.

Your browser does not support the video tag.

Video Description: This video provides an overview of the new SUUNTO Run watch, highlighting its lightweight design, run-specific features, navigation capabilities, long battery life, and integration with the Suunto app for tracking progress and sharing runs. It showcases the watch in various running environments.

2. WHAT'S IN THE BOX

Upon unboxing your SUUNTO Run Sports Watch, you will find the following components:

- SUUNTO Run Watch (Lime)
- Watch Straps (two sizes: M/L)
- Charging Cable
- User Guide / Quick Start Guide

| What you get



Image Description: An overhead view of the SUUNTO Run Sports Watch packaging and its contents. The lime-colored watch is visible, along with two matching velcro straps, a black charging cable, and printed user guides, all neatly arranged on a white surface.

3. SETUP

3.1 Initial Setup and Pairing

Before first use, ensure your watch is fully charged. Connect the charging cable to the watch and a USB power source. Once charged, power on the watch and follow the on-screen instructions to select your language and pair it with the SUUNTO app on your smartphone. The app will guide you through the remaining setup steps, including personalizing settings and syncing data.

3.2 Strap Installation

The SUUNTO Run watch comes with two strap sizes (M/L) to ensure a comfortable fit. To attach a strap:

1. Locate the spring bars on the watch case.
2. Align one end of the strap's spring bar with a lug hole on the watch.

3. Push the other end of the spring bar inwards and slide it into the corresponding lug hole until it clicks into place.
4. Repeat for the other side of the strap.

Your browser does not support the video tag.

Video Description: This short video demonstrates the unboxing process of the SUUNTO Run watch, including removing the watch from its packaging, peeling off the screen protector, powering it on, and attaching the velcro strap. It also shows the initial pairing process with a smartphone app.

4. OPERATING THE WATCH

4.1 Display and Controls

The SUUNTO Run features a 1.32-inch AMOLED touchscreen for clear visibility and intuitive interaction. Navigation is also supported by a crown button and additional physical buttons on the side, allowing for easy browsing in various conditions.



**1.32" AMOLED
& lightweight**

11.5 mm

**35 g
lightweight**

**Large 1.32" AMOLED touchscreen
with crown button for easy
checking and operation**

**Easy-fasten
velcro textile strap**

The graphic features a yellow SUUNTO Run watch on a black background. The watch face shows a large digital display with '19' and '36' in green, '1.32" Apr 27' in white, and '8568' in small white text. A crown button is highlighted with a white circular arrow. A red vertical bar is on the left. The text '1.32" AMOLED & lightweight' is in large white and yellow font. Below are three panels: a full watch view with a crown button icon, a side view showing '11.5 mm' thickness and '35 g lightweight', and a close-up of the yellow velcro strap with 'SUUNTO' printed on it.

Image Description: This image showcases the SUUNTO Run watch, emphasizing its 1.32-inch AMOLED touchscreen and lightweight build (35g).

11.5mm thinness). It also highlights the easy-fasten velcro textile strap.

4.2 Customization

Personalize your watch experience by customizing watch faces and setting different widgets. This allows for quick access to your preferred information directly from the watch face.



Image Description: A close-up of the SUUNTO Run watch on a wrist, showing its customizable watch face with various widgets like battery status, weather, heart rate, calories, sleep, and steps, demonstrating the personalized display options.

4.3 Sports Modes

The watch offers over 34 preset sports modes, including running, cycling, swimming, and marathon. Select the appropriate mode to accurately record your activities and gain professional insights into your performance.

Offline music for your sports



4GB offline music storage

*Offline music can only be listened to by connecting Bluetooth headphones.



Breathing

Help users relax when feel nervous or need to relax.

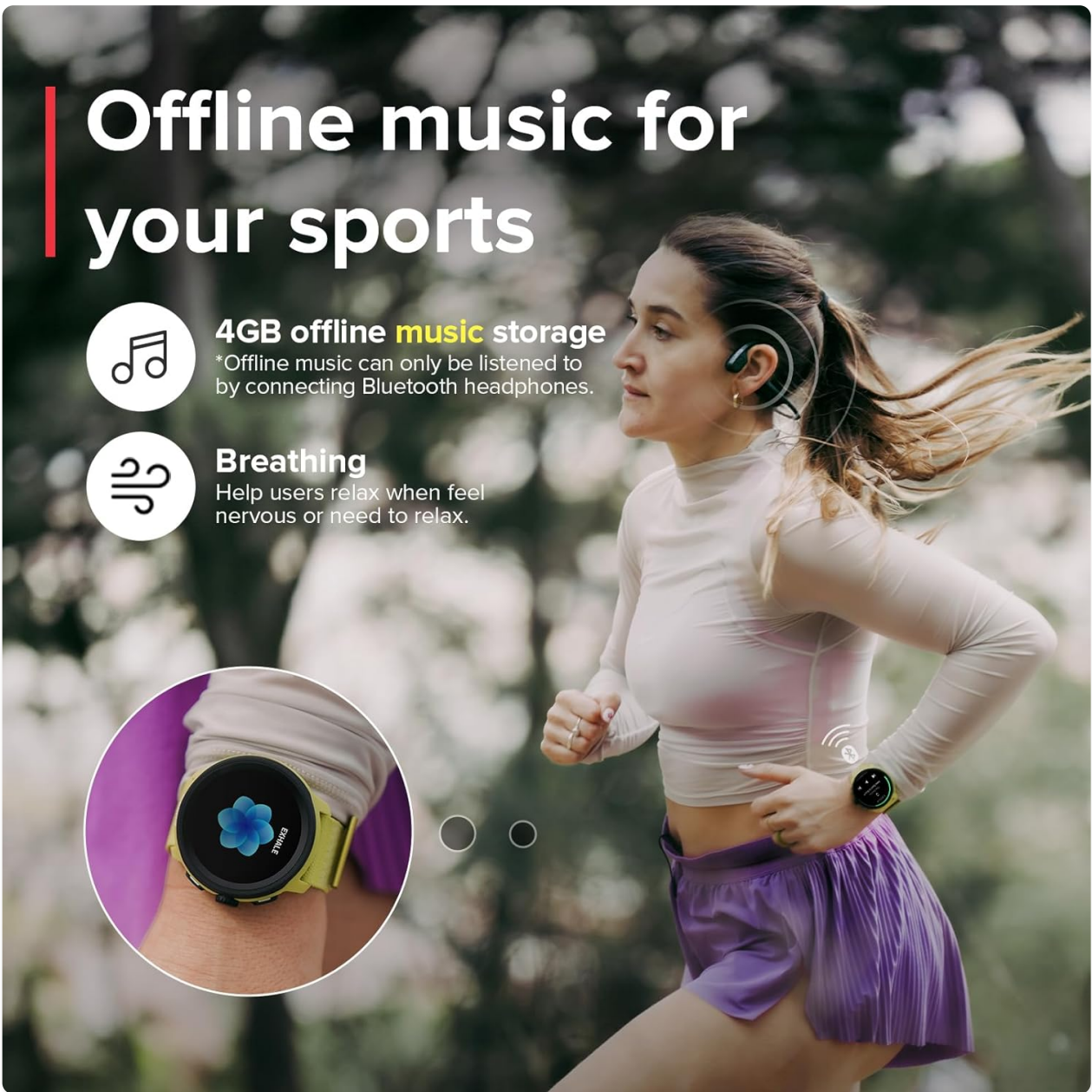


Image Description: This image illustrates the SUUNTO Run watch's capability to track over 34 multi-sports modes. It shows the watch displaying training volume and recovery metrics, with background images of people engaged in running, cycling, and swimming.

4.4 GPS and Navigation

Benefit from superior tracking accuracy with dual-band GPS. The watch supports route navigation, POI (Point of Interest) setting, breadcrumb trails, and find-back functions, ensuring you stay on track during your adventures.

New running functions

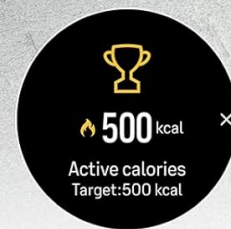
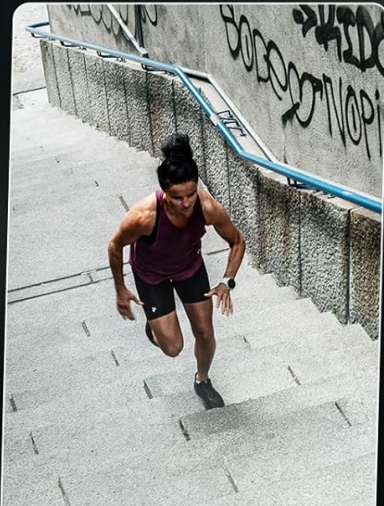
Help plan and push yourself on your runs.



Plan interval runs



Race against friends



Reach goals

Image Description: The image highlights the accurate navigation and GPS tracking features of the SUUNTO Run watch. It shows the watch displaying a map with a route, distance, and current location, set against a background of runners in a natural outdoor environment.

4.5 Health Tracking

The SUUNTO Run provides 24/7 daily health monitoring, including wrist heart-rate tracking, sleep analysis, calorie burn, and step count. It also introduces training volume tracking to help you understand your physical condition, progress, and recovery.

| 34+ multiple sports modes

Discover your daily workout, understand your recovery status, and track your progress.



Image Description: This image showcases the 24/7 health tracking capabilities of the SUUNTO Run watch, displaying metrics such as steps, average heart rate, calories burned, and sleep duration. The watch face shows a detailed sleep tracking graph.

4.6 Offline Music

With 4GB of internal storage, the SUUNTO Run allows you to store and play offline music. Connect your Bluetooth headphones to the watch and enjoy your favorite tunes during runs or workouts without needing your phone.

| 24/7 health care tracking

Multipul health data tracking all your daily activity, become more healthy and smart training.



Image Description: The image highlights the offline music feature of the SUUNTO Run watch, showing a woman running while listening to music through Bluetooth headphones. The watch is on her wrist, and text indicates 4GB of offline music storage and the breathing exercise function.

4.7 Breathing Exercises

The watch includes a dedicated