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## SUUNTO Vertical 2

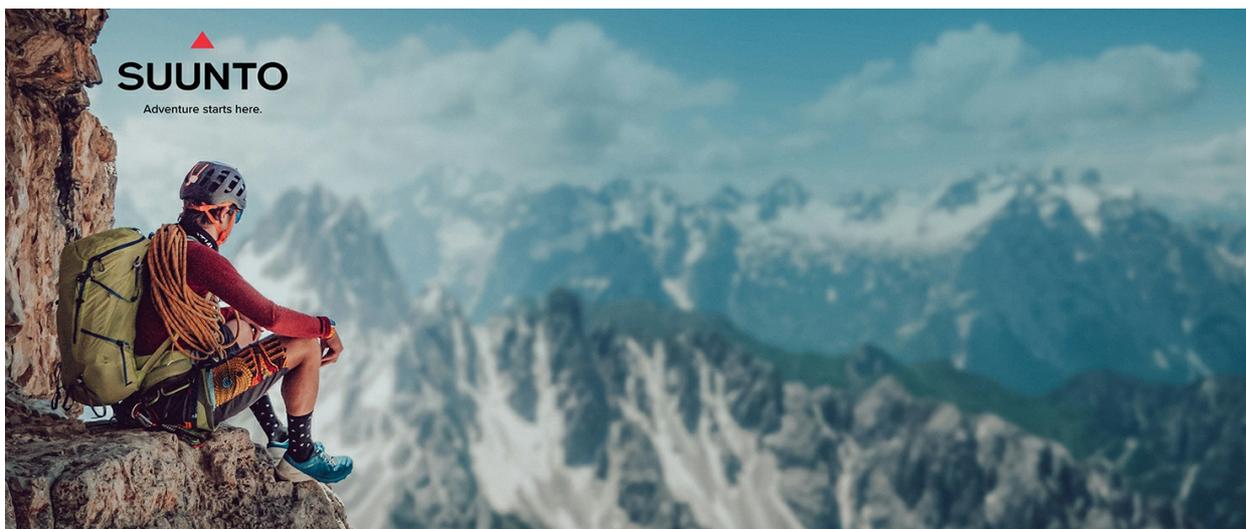
# SUUNTO Vertical 2 GPS Sport Watch Instruction Manual

MODEL: VERTICAL 2

### INTRODUCTION

The SUUNTO Vertical 2 GPS Sport Watch is engineered for outdoor athletes and adventurers. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device to ensure optimal performance.

Key features include a bright 1.5" AMOLED touchscreen, an integrated LED flashlight, and an impressive battery life of up to 65 hours in best GPS mode and 20 days in smartwatch use. It offers comprehensive training metrics, recovery insights, dual-band GNSS for superior accuracy, and over 115 sport modes. The watch is built with durable materials like stainless steel and sapphire glass, designed to withstand challenging conditions.



*Image: SUUNTO Vertical 2 GPS Sport Watch highlighting its main features.*

### SETUP

#### Initial Power On

To power on your SUUNTO Vertical 2, long-press the top right button until the display activates. Follow the

on-screen prompts to select your preferred language and basic settings.

## App Pairing

Download the official SUUNTO app from the iOS App Store or Google Play Store. Open the app and follow the instructions to pair your watch. This enables data synchronization, advanced settings, and access to additional features.

## Strap Attachment

The watch features quick-release straps for easy attachment and removal. To attach a strap, insert the pin into its socket on the watch body. Then, pull the pin towards the middle of the strap, slip the strap into place, and release the pin to secure it.

## Charging

Connect the magnetic charging puck to the back of the watch, ensuring the two contacts align. Plug the USB-A end of the cable into a compatible USB power adapter (not included). A full charge from 20% typically takes approximately 2 hours.

*Video: SUUNTO Vertical 2 Canyon Loop - Demonstrates the watch's design and strap.*

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## OPERATING

### Interface Navigation

The SUUNTO Vertical 2 features a bright AMOLED touchscreen display and a digital crown for navigation. You can interact with the watch by swiping up, down, left, or right on the screen, tapping to select, or rotating and pressing the digital crown. Additional action buttons on the side provide quick access to functions like 'back' or 'select'.

### Widgets

Access various widgets by swiping on the watch face. These widgets provide quick glances at information such as the control panel, steps & calories, logbook, timer, notifications, heart rate, blood oxygen, resources, sunset/sunrise times, weather, altitude & barometer, sleep tracking, compass, media controls, recovery HRV, and training progress. Widgets can be customized and reordered via the SUUNTO app.

### Sport Modes

The watch supports over 115 sport modes, tailored for diverse activities. These include running, cycling, hiking, trail running (basic and mountain), pool swimming, walking, mountain biking, weight training, treadmill, indoor cycling, open water swimming, circuit training, triathlon, trekking, mountaineering, yoga, and Pilates. More modes are available and can be added through software updates.

## A mode for every adventure

Months of preparation go into your expedition, and Suunto Vertical 2 will be with you every step and training along the way. With over 115 sport modes, you can track your everyday workouts -from trail running and backcountry skiing to mountain biking and swimming - to stay on target. Whatever your passion, this high-performance companion is designed to support every aspect of your active life, on the trail and off.

 115+ sport modes  Training Zone with AI Coach  Workout planning



Image: SUUNTO Vertical 2 displaying a selection of its 115+ sport modes.

### LED Flashlight

The watch includes a built-in LED flashlight, which can be accessed via a customizable action button. It can be set to emit white or red light, and offers SOS/Alert flash modes for emergencies or signaling.

## HEALTH AND FITNESS TRACKING

### Heart Rate Monitoring

The redesigned optical heart rate sensor provides accurate measurements directly from your wrist. Track your heart rate during activities to monitor exertion and training zones, and observe resting heart rate for overall health insights.

### Blood Oxygen (SpO2)

Monitor your blood oxygen saturation levels (SpO2) to gain insights into your body's acclimatization at altitude and overall well-being. This data is crucial for understanding recovery and physiological responses.

### Sleep Tracking and Recovery

The watch tracks your sleep patterns, including different sleep stages (awake, light, REM, deep). It provides detailed recovery insights based on your sleep quality and heart rate variability (HRV) to help you optimize rest and prepare for your next activity.

## A smart way to prepare and progress

Prepare for your Type 2 adventure with smart planning and progress tracking. The redesigned backpanel creates a better connection for the upgraded OHR sensor so you can train more efficiently with improved blood oxygen readings, HRV measurements, and sleep tracking. Post-session, the Training Zone and Suunto Coach features help you analyse your progress and provide evolving guidance, ensuring you're ready for the next challenge.



*Image: SUUNTO Vertical 2 displaying sleep tracking data.*

## Steps and Calories

Monitor your daily steps and estimated calorie consumption to stay active and track your overall energy expenditure.

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## MAPS AND NAVIGATION

### Offline Maps

The SUUNTO Vertical 2 supports free offline maps, allowing you to navigate without a network connection. The watch has 32GB of internal memory for map storage. Maps can be downloaded via the SUUNTO app when connected to a 2.4GHz WiFi network. Note that the watch maps do not display street names or detailed identifiers, focusing on trails and terrain.

### Dual-Band GPS

Equipped with dual-band GPS (L1 + L5 satellite signals from all major constellations), the watch offers enhanced accuracy and smoother tracking, especially in challenging environments like dense forests or urban canyons. GPS lock-on time is typically around 20 seconds, but can vary based on environment.



*Image: SUUNTO Vertical 2 displaying an offline map for navigation.*

### Route Planning and ClimbGuidance

Plan and import routes using the SUUNTO app. The watch provides turn-by-turn directions with vibrations for major changes in direction. Utilize ClimbGuidance to plan for elevation and gradient changes along your route.

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## CUSTOMIZATION

### Watch Faces

Personalize your watch with a variety of watch faces. Many options allow you to customize data fields and display preferences directly on the watch or through the SUUNTO app. Additional watch faces can be downloaded from the app.

### Interchangeable Straps

The SUUNTO Vertical 2 features interchangeable 22mm quick-release straps, allowing you to easily swap them to match your activity, style, or comfort preference.

## Customize your watch with new straps

Suunto's interchangeable straps let you customize your watch for any sport, activity, or style. They are easy to change on your own and come in a variety of materials and designs, so you can swap them quickly to match your training, trail run, swim, or everyday outfit—without compromising comfort, durability, or performance. With so many options, your watch can be as versatile as your lifestyle, ready for every adventure.



Image: SUUNTO Vertical 2 watches showcasing interchangeable straps.

## SPECIFICATIONS

Feature	Specification
Item Weight	10.5 ounces
Package Dimensions	9.09 x 3.03 x 1.3 inches
Item Model Number	SS051206000
Batteries	1 Nonstandard Battery (included)
Display Size	1.5 Inches
Battery Life (GPS Mode)	65 Hours
Voice Command	Touchscreen
Special Feature	Bluetooth, Touchscreen, Waterproof
Connectivity Technology	Bluetooth
Map Type	Worldwide
Mounting Type	Wrist Mount

## MAINTENANCE

### Cleaning

Regularly clean your SUUNTO Vertical 2 watch and strap with mild soap and water. Rinse thoroughly and dry with a soft cloth. This helps prevent skin irritation and maintains optimal sensor performance.

### Charging Best Practices

Always use the provided magnetic charging cable. Avoid exposing the charging contacts to excessive moisture or corrosive substances. Charge the device in a cool, dry environment. Do not attempt to open or

repair the watch yourself, as this will void the warranty.

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## **TROUBLESHOOTING**

### **WiFi Connectivity Issues**

If your watch struggles to connect to WiFi for map downloads, ensure your network operates on the 2.4GHz frequency band. The watch may have difficulty connecting to SSIDs (network names) that contain special characters (e.g., brackets, hyphens). Manual SSID entry is not supported. If necessary, try creating a mobile hotspot with a simple name (no special characters) for initial map downloads.

### **GPS Lock Time**

If GPS acquisition takes longer than expected (typically around 20 seconds), ensure you are in an open area with a clear view of the sky. Starting an activity before GPS fully locks may result in incomplete or inaccurate tracking data.

### **Heart Rate Sensor Accuracy**

For optimal heart rate readings, ensure the watch is worn snugly on your wrist, but not uncomfortably tight. Inconsistent readings, especially during high-intensity activities, may sometimes be improved with firmware updates. Keep the sensor area clean and free of debris.

### **Touchscreen Unresponsiveness**

If the touchscreen becomes unresponsive, ensure the screen is clean and dry. You can also navigate the watch's interface using the digital crown and side buttons. If the issue persists, try restarting the device.

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## **WARRANTY AND SUPPORT**

### **Manufacturer's Warranty**

The SUUNTO Vertical 2 GPS Sport Watch is covered by a 2-year manufacturer's warranty, protecting against defects in materials and workmanship under normal use.

### **Customer Support**

For further assistance, troubleshooting guides, or to explore additional accessories, please visit the official [SUUNTO Store](#) on Amazon or refer to the printed user documentation included in your product box.

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