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## SUUNTO Vertical 2

# SUUNTO Vertical 2 GPS Sport Watch Instruction Manual

Model: Vertical 2

Brand: SUUNTO

## 1. PRODUCT OVERVIEW

The SUUNTO Vertical 2 is a robust GPS sport watch designed for outdoor athletes and adventurers. It features a bright 1.5-inch AMOLED touchscreen, an integrated LED flashlight, and extended battery life for prolonged use. This model includes advanced navigation capabilities, comprehensive training metrics, and recovery insights to support various activities.

- **Bright 1.5-inch AMOLED Touchscreen:** Provides clear visibility in diverse lighting conditions.
- **Integrated LED Flashlight:** Offers convenient illumination for low-light situations.
- **Extended Battery Life:** Up to 65 hours in best GPS mode and 20 days in smartwatch use.
- **Offline Maps & Dual-GNSS:** For reliable navigation and precise location tracking.
- **115+ Sport Modes:** Tailored tracking for a wide range of sports and activities.
- **Training Metrics & Recovery Insights:** Advanced tools for performance analysis and optimizing recovery.
- **Durable Construction:** Crafted with premium titanium or stainless steel for toughness.

## 2. WHAT'S IN THE Box

Upon opening your SUUNTO Vertical 2 package, you will find the following items:

- SUUNTO VERTICAL 2 TITANIUM SAGE watch (x1)
- Charging cable
- Printed user documentation

# SUUNTO VERTICAL 2 TITANIUM



**Bright AMOLED display**



**Built for toughest conditions**



**Built-in LED flashlight**



**115+ sport modes**



**Free offline maps and trusted navigation**



**Up to 20 days battery life in daily use**



Image: SUUNTO Vertical 2 watch, charging cable, and documentation as packaged.

Text Description: The image displays the contents of the SUUNTO Vertical 2 box, including the watch with its green strap, a black magnetic charging cable, and a small stack of printed user manuals and warranty information. All items are neatly arranged within the product packaging.

## 3. SETUP

### 3.1 Initial Power-On

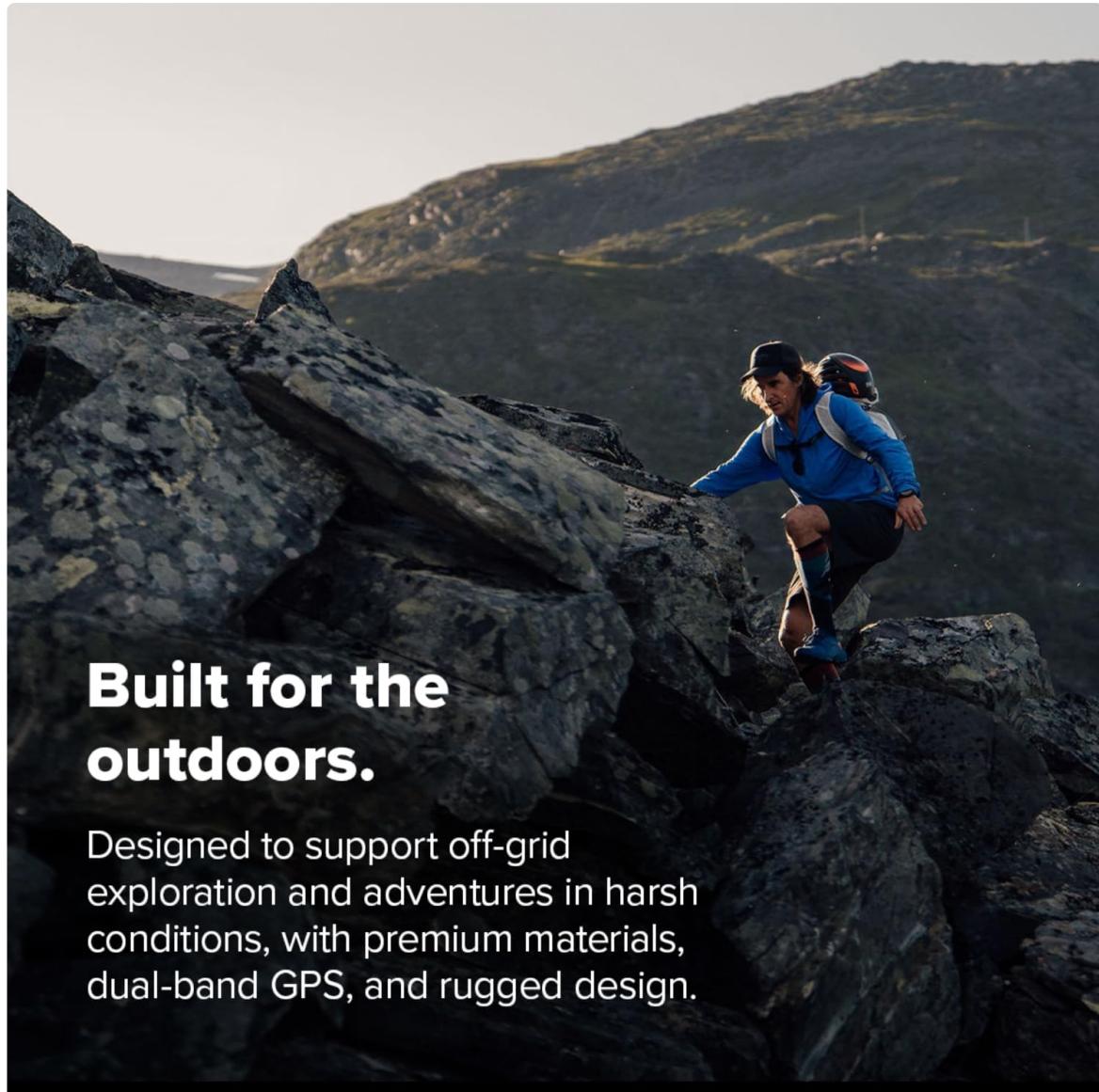
To power on your SUUNTO Vertical 2 for the first time, press and hold the upper right button for approximately 5 seconds until the SUUNTO logo appears on the screen. The watch will then guide you through the initial setup process, including language selection and basic profile information.

### 3.2 App Pairing

To unlock the full potential of your SUUNTO Vertical 2, pair it with the SUUNTO app on your smartphone. The app is available on both the App Store and Google Play. Follow the on-screen instructions on your watch and in the app to complete the pairing process. Ensure Bluetooth is enabled on your smartphone.

### 3.3 Strap Attachment

The SUUNTO Vertical 2 uses 22mm quick-release straps. To attach a strap, locate the spring pin on the strap and align it with the lug holes on the watch body. Pull down the small lever on the spring pin, insert one end into the lug hole, then release the lever to secure the other end. Ensure both ends are firmly in place.



## Built for the outdoors.

Designed to support off-grid exploration and adventures in harsh conditions, with premium materials, dual-band GPS, and rugged design.

Image: The back of the SUUNTO Vertical 2 watch, showing the optical heart rate sensor and charging contacts. The green strap is attached.

Text Description: This image provides a detailed view of the watch's underside, highlighting the redesigned optical heart rate sensor with multiple LED lights and sensors, along with the magnetic charging contacts. The quick-release mechanism of the green silicone strap is also visible.

## 4. OPERATING THE WATCH

### 4.1 Display and Navigation

The SUUNTO Vertical 2 features a bright 1.5-inch AMOLED touchscreen for intuitive interaction. You can navigate through menus and screens by swiping left, right, up, or down. The watch also includes physical buttons for quick access to functions and for use in conditions where touchscreen interaction might be difficult.

## 4.2 Sport Modes

With over 115 pre-installed sport modes, the SUUNTO Vertical 2 is ready for almost any activity. To select a sport mode, navigate to the sport mode menu and choose your desired activity. Each mode is optimized to track relevant metrics for that specific sport.

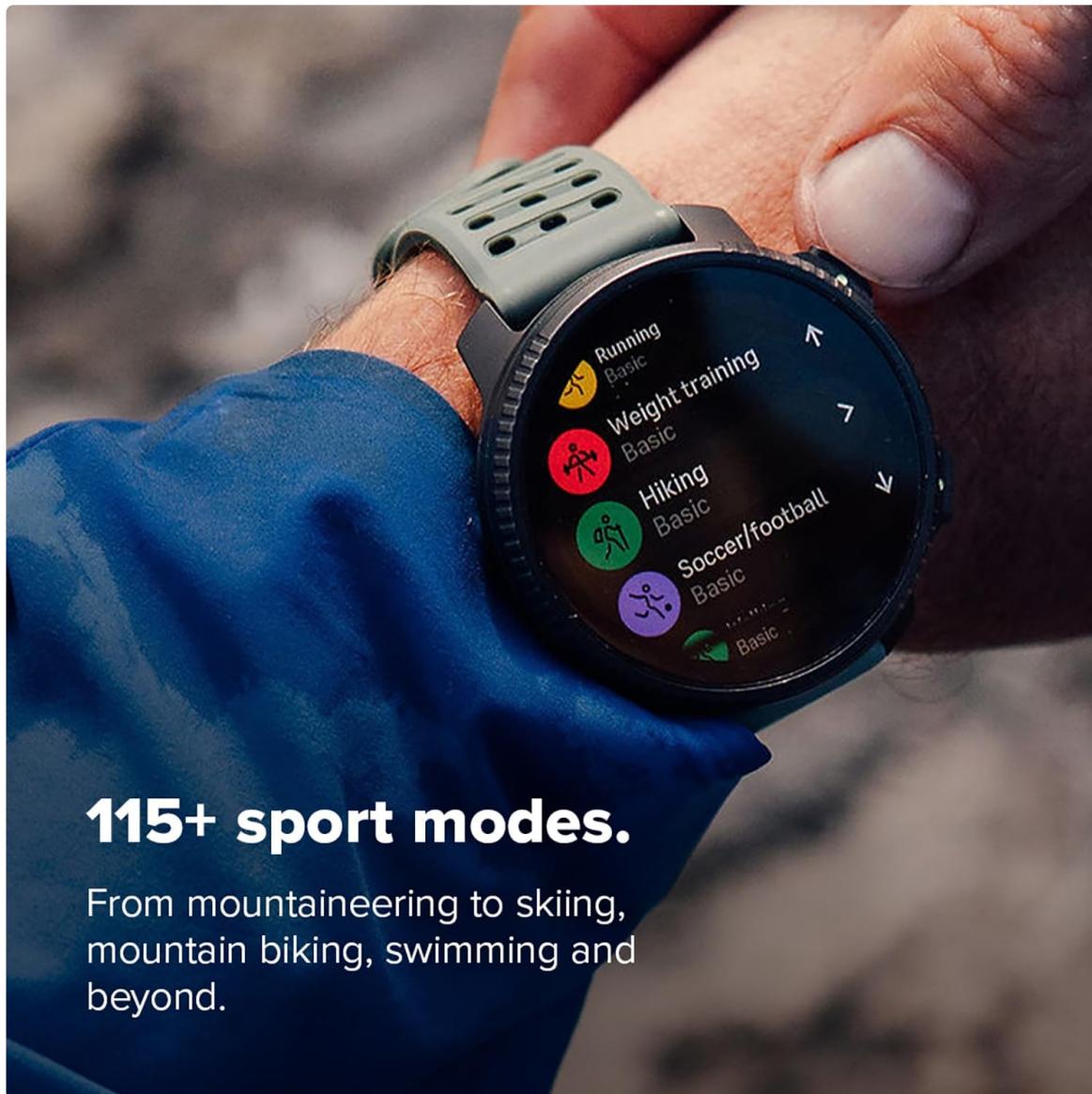


Image: The SUUNTO Vertical 2 watch is securely mounted on a bicycle handlebar, displaying a detailed color map with a route highlighted. The watch's bright AMOLED screen is clearly visible in an outdoor setting.

Text Description: This image shows the SUUNTO Vertical 2 attached to a bike's handlebars, actively displaying a navigation map. The watch's interface is clear, indicating its utility for outdoor activities like mountain biking, where route tracking is essential.

## 4.3 Integrated LED Flashlight

The watch includes a built-in LED flashlight located on the top edge of the watch body. This feature can be accessed quickly for immediate illumination. It offers multiple brightness levels and can also function as a red light to preserve night vision or an SOS/alert flash mode for emergencies.



Image: A close-up of the SUUNTO Vertical 2 watch, highlighting the activated LED flashlight on its top edge, emitting a bright white light.

Text Description: This image focuses on the watch's integrated LED flashlight, showing it illuminated. This feature is useful for navigating in dark environments or for quick checks without needing a separate light source.

## 5. BATTERY LIFE & CHARGING

The SUUNTO Vertical 2 offers impressive battery performance:

- **Performance Mode (best GPS accuracy, multi-band):** Up to 65 hours
- **Endurance Mode (all-systems single-band):** Up to 75 hours
- **Ultra Mode (all-systems single-band, no wrist HR):** Up to 110 hours
- **Tour Mode (GPS-only, 2-minute logging):** Up to 250 hours
- **Daily Use (with daily heart rate on, display wakes on wrist-raise):** Up to 20 days
- **Daily Use (with daily heart rate off, display wakes on wrist-raise):** Up to 30 days

The watch charges via a magnetic USB-C charging cable. Connect the magnetic end to the charging contacts on the back of the watch and the USB-C end to a compatible power source. A full charge from 20% typically takes approximately 2 hours.



Image: The SUUNTO Vertical 2 watch face showing the 'Battery Mode' menu, with 'Performance' selected and indicating '65 hours' of battery life.

Text Description: This image shows the watch's 'Battery Mode' settings, allowing users to select different power profiles like Performance, Endurance, and Ultra, each offering varying battery durations based on GPS accuracy and feature usage.

## 6. MAPS & NAVIGATION

The SUUNTO Vertical 2 supports free, high-detail offline maps and dual-band GPS for precise navigation. You can plan routes using the Suunto app and sync them to your watch. Advanced features like sport-specific heatmaps help discover popular routes, and ClimbGuidance assists with elevation and gradient planning.

- **Offline Maps:** Store maps directly on the watch's 32GB internal memory for use without network connectivity.
- **Dual-Band GPS:** Utilizes L1 + L5 satellite signals from major constellations (GPS, Galileo, GLONASS, BeiDou, QZSS) for meter-level accuracy.
- **Route Planning:** Create and import routes via the Suunto app, with turn-by-turn directions on the watch.
- **ClimbGuidance:** Provides real-time information on elevation, gradient, and remaining ascent/descent for planned routes.



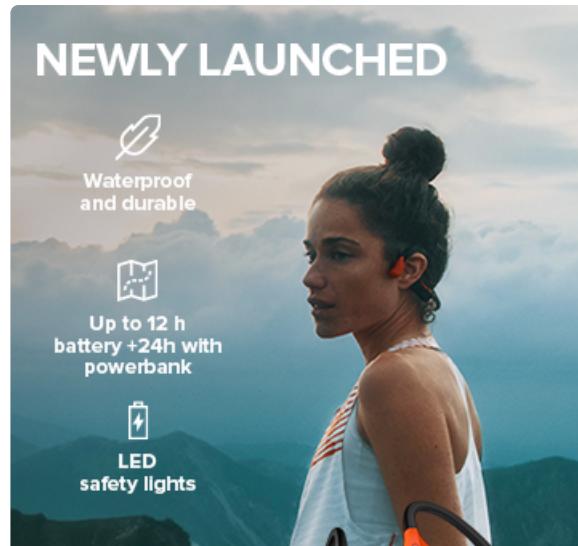
Image: The SUUNTO Vertical 2 watch face showing a detailed offline map with a highlighted route, indicating current position and distance to destination.

Text Description: This image illustrates the watch's offline mapping capabilities, displaying a topographical map with a clear route overlay. This feature is crucial for navigation in areas without cellular service, ensuring users stay on track during their adventures.

## 7. HEALTH & TRAINING METRICS

The SUUNTO Vertical 2 provides comprehensive health and training insights:

- **Optical Heart Rate Sensor:** Redesigned for more accurate heart rate measurements during activities and throughout the day.
- **Blood Oxygen Monitoring (SpO2):** Track your blood oxygen levels, especially useful for altitude training and sleep analysis.
- **Sleep Tracking:** Monitor sleep stages (awake, light, REM, deep) and duration, along with heart rate and blood oxygen levels during sleep.
- **Training Zone & AI Coach:** Utilize smart planning and post-session analysis to optimize your training and recovery.
- **Daily Activity Tracking:** Monitor steps, calories burned, and other daily metrics 24/7.



## SUUNTO WING 2

Premium bone conduction headphones for safe adventuring.



Image: The SUUNTO Vertical 2 watch face showing detailed sleep tracking data, including sleep stages (awake, light, REM, deep) and duration.

Text Description: This image displays the watch's sleep tracking interface, providing a visual breakdown of sleep quality and duration, which is a key feature for recovery and overall well-being.

## 8. CUSTOMIZATION

The SUUNTO Vertical 2 is compatible with standard 22mm quick-release straps, allowing you to easily customize its look and feel. Choose from a variety of materials and designs to match your activity, style, or preference.



Image: A SUUNTO Vertical 2 watch with a green strap, alongside other interchangeable straps in various colors, demonstrating

customization options.

Text Description: This image showcases the versatility of the SUUNTO Vertical 2 with its interchangeable strap system, allowing users to personalize their watch for different occasions or activities.

## 9. SPECIFICATIONS

Feature	Detail
Item Weight	10.5 ounces
Product Dimensions	1.5" L x 1.5" W x 1.5" H
Item Model Number	SS051209000-NEW
Batteries	1 Nonstandard Battery (included)
Display Size	1.5 Inches
Battery Life (GPS)	Up to 65 Hours (Performance Mode)
Voice Command	Touchscreen
Special Features	Bluetooth, Touchscreen, Waterproof
Connectivity Technology	Bluetooth
Map Type	Worldwide
Mounting Type	Wrist Mount

## 10. TROUBLESHOOTING

### 10.1 Connectivity Issues

- **Watch not pairing with app:** Ensure Bluetooth is enabled on your phone and the watch is in pairing mode. Restart both devices and try again.
- **GPS signal not acquired:** Move to an open outdoor area away from tall buildings or dense foliage. Allow a few minutes for the watch to acquire a signal.

### 10.2 Display and Performance

- **Screen unresponsive:** Try restarting the watch by holding down the upper right button for 12 seconds.
- **Slow performance:** Ensure your watch firmware is up to date via the Suunto app. Close any unnecessary background applications on the watch if possible.

### 10.3 Battery and Charging

- **Watch not charging:** Ensure the charging cable is securely connected to both the watch and the

power source. Check for any debris on the charging contacts. Try a different USB port or power adapter.

- **Short battery life:** Review your battery mode settings. Performance-intensive features like multi-band GPS and always-on display consume more power. Adjust settings to extend battery life.

## 11. WARRANTY & SUPPORT

The SUUNTO Vertical 2 comes with a **2-Year Manufacturer Warranty**. For detailed warranty information, please refer to the included product safety & regulatory information booklet.

For further assistance, technical support, or service, please visit the official SUUNTO website or contact SUUNTO customer support directly. You can also find additional resources and FAQs on the SUUNTO app and online support pages.

## 12. OFFICIAL PRODUCT VIDEOS

### 12.1 SUUNTO Vertical 2 Product Introduction

Your browser does not support the video tag.

Text Description: This video provides a comprehensive introduction to the SUUNTO Vertical 2, showcasing its key features, design, and intended use for outdoor adventures and training. It highlights the watch's durability, navigation capabilities, and advanced metrics.

### 12.2 SUUNTO Vertical 2 Titanium Sage Loop

Your browser does not support the video tag.

Text Description: A short video loop showcasing the SUUNTO Vertical 2 in Titanium Sage, highlighting its aesthetic appeal and some dynamic views of the watch face and strap.

### 12.3 SUUNTO Vertical 2 Titanium Sage 360-Degree View

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Text Description: This video offers a 360-degree rotating view of the SUUNTO Vertical 2 in Titanium Sage, allowing viewers to examine the watch's design from all angles.