



SUUNTO SPARTAN ULTRA QUICK GUIDE



Read complete User Guide

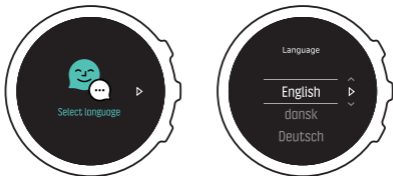
www.suunto.com/support

EN, DE, FR, ES, IT, NL, PT, EL, SV, FI, ET, NO, DA, RU, SK,
SL, PL, CS, HU, BG, TR, ZHTW, KO, ID, TL, TH

GETTING STARTED

EN

1. Keep the upper button pressed to wake up the watch.
2. Tap the screen to begin the setup wizard.
3. Select your language by swiping up or down and tapping on your language.



4. Follow the wizard to complete initial settings. Swipe up or down to select values and tap to accept and go to the next step.

After completing the wizard, charge the watch with the supplied USB cable until the battery is fully charged.

⚠ WARNING: Keep the USB cable away from medical devices such as pacemakers, as well as key cards, credit cards and similar items. The USB cable device connector includes a strong magnet which may interfere with the operation of medical or other electronic devices and items with magnetically stored data.

You need to download and install SuuntoLink on your PC or Mac to get software updates for your watch. We strongly recommend updating your watch when a new software release is available.

Visit www.movescount.com/connect for further information.

TOUCH SCREEN AND BUTTONS

Suunto Spartan Ultra has a touch screen and three buttons you can use to navigate through displays and features.

SWIPE
AND TAP



swipe up or down to move in displays and menus
swipe left or right to see additional displays and details



tap to select an item
tap the display to view alternate information



tap and hold to open in-context options menu



double-tap to return to time display

UPPER BUTTON



press to move up in views and menus

MIDDLE BUTTON



press to select an item or view alternate information
keep pressed to open in-context options menu

LOWER BUTTON



press to move down in views and menus

While recording an exercise:

UPPER BUTTON



press to pause or resume recording
keep pressed to change activity

MIDDLE BUTTON



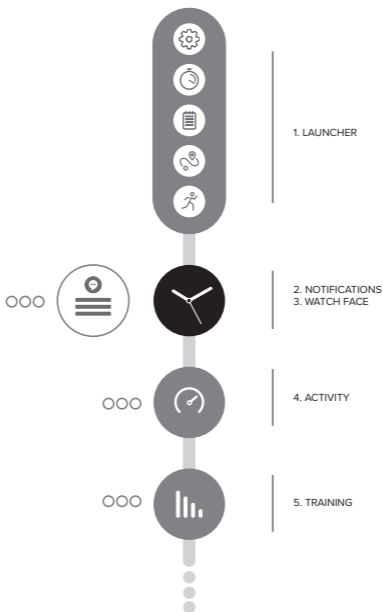
press to change displays
keep pressed to open in-context options menu

LOWER BUTTON



press to mark a lap
keep pressed to lock and unlock buttons

DISPLAYS

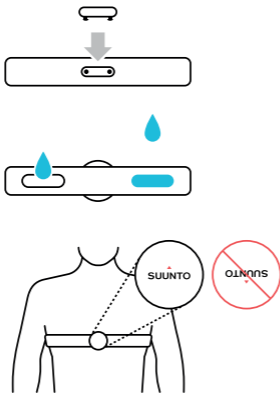


NOTE: Displays are customizable and subject to change with software updates.


RECORD AN ACTIVITY


To record an activity:

1. Put on heart rate sensor (optional).

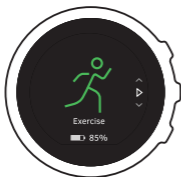


 WARNING: ONLY FOR RECREATIONAL USE.

 WARNING: ALWAYS CONSULT YOUR DOCTOR BEFORE BEGINNING AN EXERCISE PROGRAM. OVEREXERTION MAY CAUSE SERIOUS INJURY.

 WARNING: ALLERGIC REACTIONS OR SKIN IRRITATIONS MAY OCCUR WHEN PRODUCTS ARE IN CONTACT WITH SKIN, EVEN THOUGH OUR PRODUCTS COMPLY WITH INDUSTRY STANDARDS. IN SUCH EVENT, STOP USE IMMEDIATELY AND CONSULT A DOCTOR.

2. Swipe down or press the upper button to open the launcher.
3. Tap the start exercise icon or press the middle button.
4. Swipe up or down to scroll through the sport modes and tap on the one you want to use. Alternatively, scroll with the upper and lower buttons and select with the middle button.



5. During the recording you can change the display with the middle button or by using the touch screen if it is enabled.
6. Press the upper button to pause the activity. Stop and save with the lower button or continue with the upper button.



CONNECT AND CUSTOMIZE



We recommend creating an account in Suunto Movescount and download the Suunto Movescount App if you haven't done so already.

Through Movescount and the app, you can customize your watch, get software updates, create routes to navigate, analyze and share your activities, and much more.

REGISTER AND GET SUPPORT



videos

guides

Q&A

repair

help

Register your product to get personalized care and support.

CE COMPLIANCE

Hereby, Suunto Oy, declares that this product is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address:
www.suunto.com/EUconformity.



SUUNTO CUSTOMER SUPPORT

1. www.suunto.com/support
www.suunto.com/mysuunto
2.

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