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# SUUNTO FOOT POD

USER'S GUIDE

  
SUUNTO

## CUSTOMER SERVICE CONTACTS

Global Help Desk	+358 2 284 11 60
Suunto USA Phone	+1 (800) 543-9124
Canada Phone	+1 (800) 776-7770
Suunto website	<a href="http://www.suunto.com">www.suunto.com</a>

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While we have taken great care to ensure that information contained in this documentation is both comprehensive and accurate, no warranty of accuracy is expressed or implied. Its content is subject to change at any time without notice.

## 1. INTRODUCTION

Suunto Foot POD is an accessory for your Suunto t3, Suunto t4 or Suunto t6 heart rate monitor. It is a light-weight, wireless speed and distance sensor suitable for activities where footsteps are taken in an even stride, such as running, jogging or walking.

It measures speed and distance by tracking and recreating the motion of the foot in the air. Unlike conventional pedometers, it measures each stride individually. Therefore, it displays the correct speed and distance information even when you vary your stride length, for example, when running uphill or downhill.

Unlike the GPS, the Suunto Foot POD functions both outdoors and indoors because it measures the stride length with built-in acceleration sensors.

It is firmly attached to your shoe laces with an easy-to-use clip ensuring that it does not become loose even when running in demanding conditions.

When paired with your Suunto t3, t4 or t6 heart rate monitor and properly calibrated, Suunto Foot POD measures your distance and speed information accurately and effortlessly.

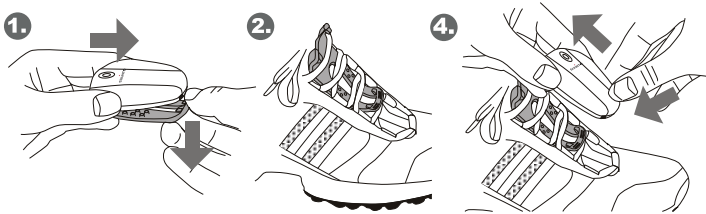
**NOTE:** *Suunto Foot POD does not get an accurate reading with activities involving fast acceleration, turns, jumps, side steps and abrupt halts, for example, racquet sports.*

**NOTE:** *The heart rate monitor functions related to the use of your Suunto Foot POD are explained in the individual Suunto t3, t4 and t6 instruction manuals. You can download the latest versions of the manuals at [www.suunto.com/training](http://www.suunto.com/training).*

## 2. ATTACHING THE FOOT POD

Attach the Foot POD to the laces of your running shoes as follows:

1. Remove the POD from the clip.
2. Attach the clip by sliding it under the laces.
3. Tighten the laces.
4. Attach the POD to the clip. (To ensure accurate measurement, make sure the device is not tilted to left or right and cannot move around.)



To remove the Foot POD from your shoe, press down firmly on the front tips of the clip one after the other to disengage the POD. Loosen the shoe laces and remove the clip.

## 3. BEFORE USE

### 3.1. ACTIVATING AND DEACTIVATING THE FOOT POD

The Foot POD reacts to motion. It turns on automatically by, for example, stumping or striding. This is indicated by 3 blinks of the red LED.

The Foot POD turns off automatically after being inactive for 30 minutes. This is indicated by 2 blinks of the red LED.

### 3.2. PAIRING YOUR FOOT POD

Before you can use your Suunto Foot POD, you have to pair it with your Suunto heart rate monitor. This is only necessary when you use your Foot POD for the first time.

To pair your Foot POD with your Suunto heart rate monitor:

1. **In your Suunto t3 or Suunto t4**, go to Training mode settings and select *Pair a POD* and then *Foot*. Then, press the *Mode* button. The message 'TURN ON FOOT' is displayed.

**In your Suunto t6**, go to the Training menu and select *Pair* and then *Foot POD* (if your device has a serial number 50500000 or higher) or *Spd sens* (if your device has a serial number 50499999 or lower). The message 'TURN ON NEW DEVICE' is displayed.

2. Turn the Foot POD on. Place the POD upside down (i.e. battery compartment cover facing up) in order to put the POD into pairing mode.

3. **Your Suunto t3 or t4** will display "Paired" or, if pairing failed, it returns to the *Pair a POD* menu.

**Your Suunto t6** will display either "PAIRING COMPLETE" or, if pairing failed, "NO DEVICES FOUND" within 30 seconds.

If pairing fails, make sure that there are no active ANT transmitters such as HR belts nearby and repeat steps 1 and 2.

After successful pairing, your heart rate monitor will display a new mode called Speed/Distance. There you can view all the Speed and distance-related information while you are on the move.

If you would like to use the Suunto t6 (serial number 50499999 or lower) simultaneously with both the Bike POD and the Foot POD, Suunto offers a free update of your Suunto t6. Please send your Suunto t6 and the Foot POD proof of purchase to your nearest Suunto Service Center and you will be provided with an update of your Suunto t6. Please remember to pay the postal costs.

For information on Suunto Service Center locations visit [www.suunto.com](http://www.suunto.com).

## 4. USING YOUR FOOT POD

### 4.1. CONNECTION

To use your Foot POD, you must establish a connection between it and your heart rate monitor each time you want to use your heart rate monitor with your Foot POD.

1. Turn the Foot POD on by taking few strides.

2. **In your Suunto t3 or Suunto t4**, enter Training mode or start the stopwatch.

**In your Suunto t6**, select *Connect* in the Speed/Distance menu.

Your heart rate monitor informs you when the Foot POD has been found.

**Suunto t3 or Suunto t4:** If the connection fails, the message "Searching" disappears from the bottom row of the display and the selected shortcut returns.

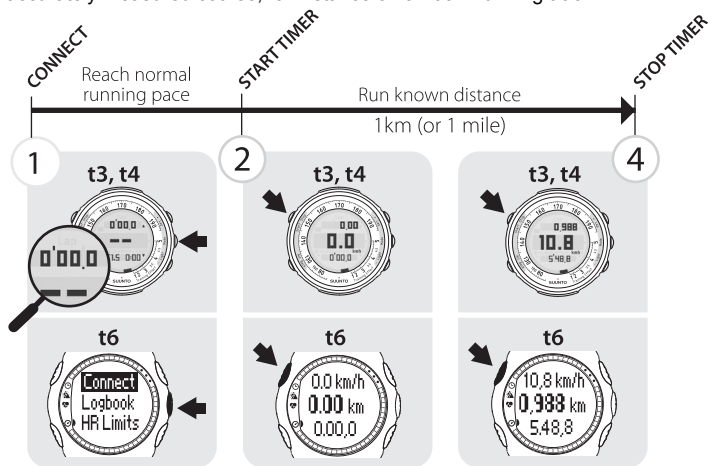
**Suunto t6:** If the connection fails, "NO DEVICES FOUND" is displayed on the screen.

In this case, make sure that the Foot POD is active and try again. If the connection still does not work, remove and reinstall the battery. If the red LED blinks 3 times after reinstalling the battery, the connection is working. If the red LED displays 6 quick blinks, you should change the battery. See Section 4.3. "Replacing the battery".

If the red LED burns continuously, the pod may require service.

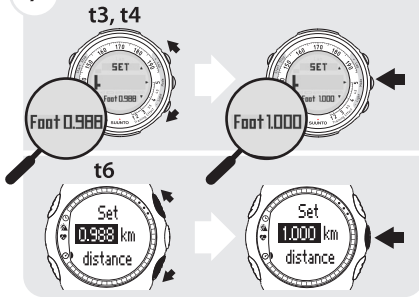
### 4.2. CALIBRATION

To ensure that your measurements are accurate, you must first calibrate the Foot POD using your heart rate monitor. Perform the calibration on an accurately measured course, for instance on a 400m running track.



## 7

## SET CORRECT DISTANCE



1. Turn the Foot POD on by taking few strides.
2. Set your heart rate monitor to Training mode and connect the Foot POD with it.
3. Start running at your usual pace. When you cross the starting line, start the stopwatch.
4. Run a distance of 800–1000 m (about 0.500–0.700 miles) at your usual pace. (for example, two laps on a 400-meter-track).
5. Stop the stopwatch when you reach the finish line.
6. **In your Suunto t3 or Suunto t4**, select *Calibrate* in Speed and Distance mode settings.  
**In your Suunto t6**, select *Calibrate* in the Speed/Distance menu.
7. Select *Foot POD*.
8. Adjust the measured distance (for example, 0.988 km) to the real covered distance (for example, 1.000 km) with UP/DOWN and press ENTER to finish the calibration.
9. The device calculates and displays the calibration factor on the second row of the display. Alternatively, you can provide the calibration factor manually using the UP/DOWN buttons.

**NOTE:** If you are training at different paces, you will reach the best accuracy by using different calibration factors for slow and fast running. For marathons, we recommend calibrating the Foot POD at your target marathon pace.

### 4.3. REPLACING THE BATTERY

When the battery level is low, the LED displays 6 quick blinks when you activate the Foot POD. After that, the battery will have power for approximately 5 hours. Replace the battery when it runs low or when the battery life significantly differs from the operational times mentioned in this manual.

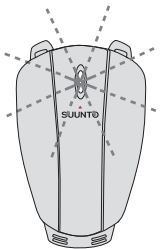
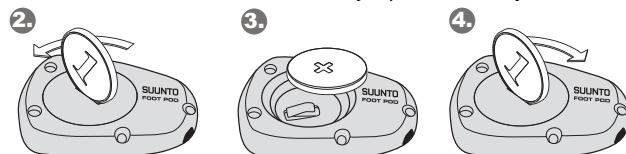
**NOTE:** For more information on estimated battery life expectancy, see Section 6. Technical Specifications. There may be differences in the operation time of Suunto Foot POD depending on type of battery, operating temperature and use.

**NOTE:** If you switch on the Foot POD in room temperature and take it out to the cold, battery consumption will increase. If the battery is already low, this may result in it emptying quickly.

To replace the battery:

1. Remove the POD from the clip.
2. Open the battery compartment cover with a coin.
3. Remove the old battery.
4. Replace the battery and close the battery compartment.
5. Attach the POD to the clip.

**NOTE:** Replace the battery with extreme care to ensure that your Foot POD remains water-resistant. Careless battery replacement may void warranty.



## 5. SUUNTO TRAINING MANAGER

While using Suunto Foot POD, the speed and distance data is recorded by your Suunto heart rate monitor. This data can be displayed in graphical format and analyzed in more detail with Suunto Training Manager software. The software is included in Suunto t6. With the Suunto t3 and Suunto t4, you need to buy Suunto PC POD to be able to transfer the data to your computer before using Suunto Training Manager. You can always download the latest version of the Suunto Training Manager free of charge from [www.suunto.com](http://www.suunto.com).

## 6. TECHNICAL SPECIFICATIONS

- **Weight:** 27 g (including battery)
- **Water-resistance:** 30 m / 100 ft. (ISO 2281)
- **Operating temperature:** -20°C to +60°C / -5°F to +140°F
- **User replaceable battery:** CR2032 lithium battery
- **Transmission range:** up to 10 m / 30 ft.
- **Accuracy:** When calibrated, 97% at 0°C to +40°C / +32°F to +104°F. Valid with speeds from 1 m/s to 5.5 m/s / 3 ft/s to 16.5 ft/s (3.6 km/h to 19,8 km/h)
- **Frequency:** 2.4 GHz ANT Compatible
- **Battery life:** 200 hours active life at 20°C / 68°F

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### 7.3. PATENT NOTICE

This product is protected by US6,513,381, US6,301,964, US5,955,667 patents and corresponding non-US patents. Other patents have been applied for.

## 8. DISCLAIMERS

### 8.1. USER'S RESPONSIBILITY

This instrument is intended for recreational use only. Suunto Foot POD must not be substituted for obtaining measurements that require professional or industrial precision.

### 8.2. CE

The CE mark is used to mark conformity with the European Union EMC directives 89/336/EEC and 99/5/EEC.

### 8.3. ICES

This Class [B] digital apparatus complies with Canadian ICES-003.

### 8.4. FCC COMPLIANCE

This device complies with Part 15 of the FCC limits for class B digital devices. This equipment generates, uses, and can radiate radio frequency energy and, if not installed or used in accordance with the instructions, may cause harmful interference to radio communications. There is no guarantee that interference will not occur in a particular instance. If this equipment does cause harmful interference to other equipment, try to correct the problem by relocating the equipment.

Consult an authorized Suunto dealer or other qualified service technician if you cannot correct the problem. Operation is subject to the following conditions:

(1) This device cannot cause harmful interference.

(2) This device must accept any interference received, including interference that may cause undesired operation.

Repairs should be made by authorized Suunto service personnel. Unauthorized repairs will void warranty.

Tested to comply with FCC standards. For home or office use.

**FCC WARNING:** Changes or modifications not expressly approved by Suunto Oy could void your authority to operate this device under FCC regulations.

## 8.5. LIMITS OF LIABILITY AND ISO 9001 COMPLIANCE

If this product should fail due to defects in materials or workmanship, Suunto Oy will, at its sole option, repair or replace it with new or rebuilt parts, free of charge, for two (2) years from the date of its purchase. This warranty is only extended to the original purchaser and only covers failures due to defects in materials and workmanship that occur during normal use while in the period of the warranty.

It does not cover battery, battery replacement, damage or failures resulting from accident, misuse, neglect, mishandling, alteration or modifications of the product, or any failure caused by operation of the product outside the scope of its published specifications, or any causes not covered by this warranty.

There are no express warranties except as listed above.

The client can exercise the right to repair under the warranty by contacting Suunto Oy's Customer Service department to obtain a repair authorization.

Suunto Oy and its subsidiaries shall in no event be liable for any incidental or consequential damages arising from the use of or inability to use the product. Suunto Oy and its subsidiaries do not assume any responsibility for losses or claims by third parties that may arise through the use of this device.

Suunto's Quality Assurance System is certified by Det Norske Veritas to be ISO 9001 compliant in all Suunto Oy's operations (Quality Certificate No. 96-HEL-AQ-220).

## 8.6. AFTER SALES SERVICE

If a claim under warranty appears to be necessary, return the product, freight prepaid, to your Suunto representative who is responsible for having your product repaired or replaced. Include your name, address, proof of purchase and/or service registration card, as required in your country. The claim will be honored and the product repaired or replaced at no charge and returned in what your Suunto representative determines a reasonable amount of time, provided that all necessary parts are in stock. All repairs that are not covered under the terms of this warranty will be made at the owner's expense. This warranty is non-transferable from the original owner.

You can locate your local Suunto representative at [www.suunto.com](http://www.suunto.com).

## 9. DISPOSAL OF THE DEVICE

Please dispose of the device in an appropriate way, treating it as electronic waste. Do not throw it in the garbage. If you wish, you may return the device to your nearest Suunto representative.



[www.suunto.com](http://www.suunto.com)

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