

EN

# SUUNTO

## MEMORY BELT

USER'S GUIDE



SUUNTO

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## **1. INTRODUCTION TO SUUNTO MEMORY BELT**

The Suunto Memory Belt is a sophisticated heart rate recorder and wireless transmitter. Self-contained and easy to use, it transmits data to a Suunto Team POD, Suunto PC POD or Suunto t-series heart rate monitor. It also records data on an integrated memory chip for downloading and analyzing at a later time. Designed for athletic, educational and wellness environments, the Suunto Memory Belt can be successfully used by athletes, fitness enthusiasts and physical education participants with minimal instruction or fuss.

As a recorder, the Suunto Memory Belt gives users the freedom to train when, where and how they want. Ideal for swimming, running, cycling or walking, the Suunto Memory Belt can record more than 24h of training without losing a beat. After downloading the data, an athlete, trainer or researcher can analyze and log it with Suunto PC software and receive detailed information based on heart rate variation.

As a transmitter, the Suunto Memory Belt is ideal for team sports in which watches and jewelry are banned or impractical. Operating on a secure, 2.4 GHz frequency, the Suunto Memory Belt transmits real-time heart rate information to a coach, trainer or researcher for immediate analysis during workout. What's more, if a break in transmission occurs, the complete training session can be retrieved from the unit's internal memory.

Self-contained, easy to operate and virtually maintenance-free, the Suunto Memory Belt is the ideal heart rate monitor for teams, trainers.

## **2. GETTING STARTED WITH SUUNTO MEMORY BELT**

This section contains all the information you need to get started with your Suunto Memory Belt, including putting on the Memory Belt, activating it, and recording data.

Suunto Memory Belt is comfortable and straightforward to use. The user interface consists of a color LED and a beeper that make the Suunto Memory Belt signals easy to understand and respond to.



## SIGNALS

The LED colors have the following meaning:

- Green light = normal operation
- Orange light = memory low or full
- Red light = battery low or empty

The beeps and color LED flashes indicating different states of Suunto Memory Belt are described in the following table. The symbols in the beep and flash columns indicate the length of the signal (short, medium-length or long).

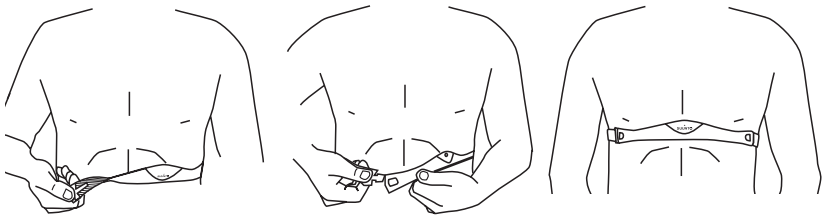
**NOTE:** *Suunto Memory Belt can give two long beeps for three different reasons. In this case, check the color of the flash to find out the correct cause.*

 BEEP	 FLASH	DESCRIPTION
-	- (green)	Successful operation: <ul style="list-style-type: none"><li>• Activated, starts recording</li><li>• Connected to PC</li><li>• New battery installed successfully</li></ul>
	• (green, every 4 seconds)	Measuring and recording
--	-- (green)	No heart rate detected for 30 seconds
...	... (green)	Belt goes into sleep mode Belt disconnected from PC
-- (3 times)	-- 3 times, then 1 every 4 seconds (orange)	Memory low, still recording
--	-- (orange)	Memory full, switching to sleep mode
-- (3 times)	-- 3 times, then 1 every 4 seconds (red)	Battery low, still recording and transmitting
--	-- (red)	Battery too low to operate, switching to sleep mode (this applies also to PC connection)

## PUTTING ON SUUNTO MEMORY BELT

To get the best results from your Suunto Memory Belt, it is important that you wear it correctly. To put it on, just follow the simple steps below:

1. Put on your Suunto Memory Belt and ensure it fits snugly against your chest.
2. Ensure the electrodes on the back of the transmitter belt are lightly wet.



**NOTE:** We recommend that you wear the transmitter belt against your bare skin to ensure flawless operation.

**WARNING:** People who have a pacemaker, defibrillator, or other implanted electronic device use the transmitter belt at their own risk. Before starting the initial use of the transmitter belt, we recommend an exercise test under a doctor's supervision. This will ensure the safety and reliability of the pacemaker and transmitter belt when being used simultaneously.

Exercise may include some risk, especially for those who have been sedentary. We strongly advise you to consult your doctor prior to beginning a regular exercise program.

## ACTIVATING AND RECORDING

Suunto Memory Belt is activated and starts recording automatically when you put it on and it starts reading your heart rate. This is indicated after about 5 seconds by a medium beep and a medium green flash.



- ☀ 1 medium, green
- 🔊 1 medium
- = activated, starts recording

After activation, the green light flashes every 4 seconds to show that the device is measuring and recording your heart rate.



- ☀ 1 green every 4 seconds
- = measuring and recording

If the beep and green flash do not occur when you have put the Suunto Memory Belt on, make sure that the belt fits snugly and that the electrodes are wet. If the orange or red light flashes, the memory or battery is low. For more information, refer to Section 4 *Errors and warnings*.

After training, when you take off the Suunto Memory Belt, 2 long beeps and 2 long green flashes will indicate that the device hasn't received data for 30 seconds. After 60 seconds, the device will stop recording and transmitting, then go into sleep mode, which is indicated by 3 short beeps and 3 short green flashes.



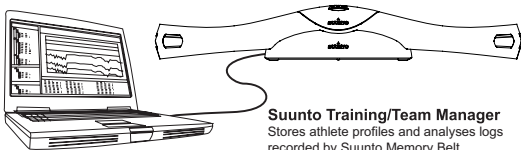
- ☀ 3 short, green
- 🔊 3 short
- = stops recording. After 60 seconds, enters sleep mode

### 3. DOWNLOADING AND ANALYZING DATA RECORDED WITH SUUNTO MEMORY BELT

Suunto Memory Belt records your heart rate interval data for further analysis. To transfer the data to your PC, you need the Suunto Memory Belt docking station and appropriate PC software. With the software you can analyze the recorded data and customize the belt settings.

#### **Suunto Memory Belt and docking station**

Suunto Memory Belt records heart rate interval data. The data is transferred to your PC with the docking station.

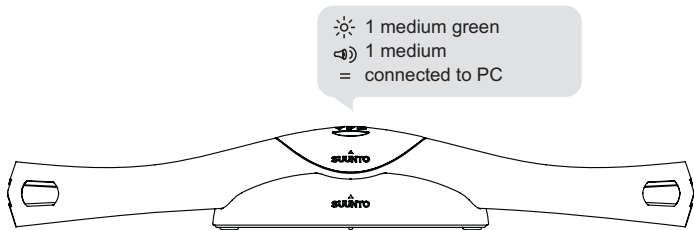


**Suunto Training/Team Manager**  
Stores athlete profiles and analyses logs recorded by Suunto Memory Belt.

## CONNECTING TO THE DOCKING STATION

Connect the docking station by plugging the cable into your PC's USB port. Then place your Suunto Memory Belt into the docking station as shown in the figure below.

When the belt is connected to your PC via the docking station, a medium-length beep and a medium-length green flash indicate that the connection is successful.



## DOWNLOADING AND ANALYZING DATA

Use the PC software to start transferring the data from the Suunto Memory Belt. You can then view the data in graphical form and analyze it in more detail using Suunto Team Manager or Suunto Training Manager PC software. For activating the data transfer, please refer to the Help of the software you are using. 3 short beeps and 3 short green flashes indicate when the belt is disconnected from the PC.



- ☀ 3 short green
- 🔊 3 short
- = belt disconnected



## CUSTOMIZING YOUR SUUNTO MEMORY BELT

You can use your PC to adjust your Suunto Memory Belt settings. You can make the following adjustments to the belt's functionality through the PC interface:

- Switch the belt's own recording function on or off. (Turning off recording also turns off all sound and light signals, and the belt works as a normal heart rate belt for Suunto ANT-compatible devices.)
- Switch the belt's transmitting function on or off. (If turned off, heart rate cannot be received with a wrist monitor or other heart rate receiver.)
- Define the percentage of free memory available before the belt gives a low-memory warning.
- Define the user's personal profile and name in the belt's memory.

## 4. ERRORS AND WARNINGS

Suunto Memory Belt communicates errors and warnings with long orange and red flashes and long beeps.

### LOW BATTERY

If the battery is low, a signal of 2 long beeps and long, red flashes is repeated 3 times. This is followed by a flash every 4 seconds and indicates that you should replace the battery. As the battery is low, not empty, Suunto Memory Belt continues to operate normally.



- ☀ 2 long, red, then 1 every 4 seconds
- 🔊 2 long = battery low, still reading heart rate

If the battery is too low to operate, the device will switch to sleep mode, and 2 long beeps and 2 long, red flashes will indicate that you must replace the battery before you can continue to use your Suunto Memory Belt. This signal continues until you take off the belt.

If you don't need to transmit data with your Suunto Memory Belt, it is worth turning off the belt's transmitting function with the PC software, as transmitting data has a significant impact on battery life.



- ☀ 2 long, red
- 🔊 2 long
- = battery too low to operate, switching to sleep mode

## MEMORY LOW/FULL

If the memory is low, a signal of 2 long beeps and 2 long, orange flashes are repeated 3 times. This is followed by a flash every 4 seconds, which indicates that you should download your data to your PC and empty the belt's memory. However, as the memory is low, not full, Suunto Memory Belt will continue recording normally.



- ☀ 2 long, orange, then 1 every 4 seconds
- 🔊 2 long
- = memory low, still recording heart rate

If the memory is full, measuring ends and the device switches to sleep mode. This is indicated by 2 long beeps and 2 long, orange flashes. This signal continues until you take off the belt. You should then download your data to your PC and must empty the belt's memory before you can continue to use your Suunto Memory Belt to record heart rate data.



- ☀️ 2 long, orange
- 🔊 2 long
- = memory full, switching to sleep mode

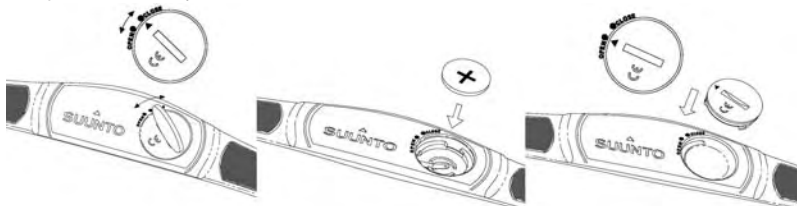
## **NO HEART RATE DETECTION**

If, during recording, Suunto Memory Belt no longer detects your heart rate, it will alert you by 2 long beeps and 2 long, green flashes every 30 seconds. As long as there is available memory, the device will continue to give this warning every 30 seconds while in contact with the skin. If the belt detects your heart rate again, it will give a medium-length beep and a medium-length, green flash. If you take the belt off, it will stop recording and go into sleep mode after 60 seconds. This is indicated by 3 short beeps and 3 short, green flashes.

## REPLACING THE BATTERY

The transmitter belt operates on a 3-Volt lithium cell, type: CR 2032. The average expected battery life of the transmitter belt is 300 hours of use in ideal operating temperatures. To replace the battery:

1. Insert a coin into the slot located on the battery compartment cover on the backside of the transmitter belt.
2. Turn the coin counterclockwise until it is aligned with the open position marker, or even slightly further for easy opening.
3. Remove the battery compartment cover. Ensure that the O ring and all surfaces are clean and dry. Do not stretch the O ring.
4. Carefully remove the old battery.
5. Place the new battery into the battery compartment with the positive side facing up.
6. Replace the battery cover and turn clockwise until it is locked.



A short beep and a short green flash indicate that the new battery has been installed successfully.

- ☀ 1 short green
- 🔊 1 short
- = battery installed successfully



**NOTE:** If the Suunto Memory Belt has been stored in a cold place, it may give a low battery warning even though the battery has enough power left. In such cases, allow the device to warm up in room temperature for 15 minutes and then activate it again.

**NOTE:** Suunto recommends that the battery cover and the O ring are changed simultaneously with the battery to ensure that the transmitter remains clean and water resistant. Replacement covers are available with replacement batteries.

## 5. INSTALLING SUUNTO SOFTWARE

### INSTALLING THE SOFTWARE

**NOTE:** Do not plug the Memory Belt docking station into the PC before the installation has been completed.

1. Insert the Suunto software CD-ROM into the drive.
2. Wait for the installation to begin and follow the installation instructions.

**NOTE:** If the installation does not start automatically, click Start --> Run, and type D:\suunto.exe.

## 6. USING SUUNTO MEMORY BELT WITH OTHER SUUNTO DEVICES

Suunto Memory Belt dual functionality of recording and transmitting is maximized when it is used in conjunction with Suunto PC software and other Suunto devices. The optional software and devices enable both real-time analysis, through viewing the data as it is being transmitted, and deeper analysis after the training has finished.

To use Suunto Memory Belt with other Suunto devices, pair the Suunto Memory Belt with the device with which you want to monitor your heart rate. You will find the pairing instructions in the user's guide of each device.

## TRANSMITTING AND ANALYZING DATA

### Suunto Memory Belt

Suunto Memory Belt can be used for real-time heart rate transmission to a number of ANT-enabled devices. The transmitted data can be analyzed in more detail using Suunto PC software.



### Suunto PC POD

Receives real-time data from the HR belts of 1–3 athletes.



### Suunto Team Pod

Receives real-time data from the HR belts of up to 42 athletes.



### Suunto t-series heart rate monitors

Receives real-time data from one HR belt. You can use Suunto t-series compatible heart rate monitors with Suunto Memory Belt to see your heart rate instantly.



### Suunto Monitor

Displays and records the HR data received by the Team POD and the PC POD.



### Suunto Training/Team Manager

Stores athlete profiles and analyzes logs recorded by Suunto Monitor and Suunto t-series heart rate monitors.

*For further information, please refer to the User Guides of individual devices.*



## **7. TECHNICAL SPECIFICATIONS**

- Water resistance: 2 m / 6.5 ft in normal use (e.g. swimming)
- Weight: 61g
- Frequency: 2.465 GHz Suunto ANT compatible
- Transmission range: up to 10 meters
- User-replaceable battery CR2032
- Memory capacity: Approximately 200 000 heart beats. (Approximately 2 days with a 60 bpm heart rate, or 1 day with a 120 bpm heart rate)

## **8. INTELLECTUAL PROPERTY**

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### **PATENT**

This product is protected by the following patent application, US 11/169712. Other patents have been applied for.

## 9. DISCLAIMERS

### USER'S RESPONSIBILITY

This instrument is intended for recreational use only. Suunto Memory Belt must not be used as a substitute for obtaining measurements that require professional precision and must not be used to obtain measurements that require laboratory-quality measurements.

### CE

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

### ICES

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

### 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 representative 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.

## **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).

## **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).

## 10. 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.



## **CUSTOMER SERVICE CONTACTS**

Global Help Desk +358 2 284 11 60

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