

# **SUUNTO GPS TRACK POD**


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# 1 SAFETY

## Types of safety precautions


 **WARNING:** - is used in connection with a procedure or situation that may result in serious injury or death.

 **CAUTION:** - is used in connection with a procedure or situation that will result in damage to the product.

 **NOTE:** - is used to emphasize important information.

 **TIP:** - is used for extra tips on how to utilize the features and functions of the device.

## Safety precautions

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

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

 **WARNING:** ONLY FOR RECREATIONAL USE.

 **WARNING:** DO NOT ENTIRELY RELY ON THE GPS OR BATTERY LIFETIME, ALWAYS USE MAPS AND OTHER BACKUP EQUIPMENT TO ENSURE YOUR SAFETY.

 **CAUTION:** DO NOT APPLY SOLVENT OF ANY KIND TO THE PRODUCT, AS IT MAY DAMAGE THE SURFACE.

 **CAUTION:** DO NOT APPLY INSECT REPELLENT ON THE PRODUCT, AS IT MAY DAMAGE THE SURFACE.

 **CAUTION:** DO NOT THROW THE PRODUCT AWAY, BUT TREAT IT AS ELECTRONIC WASTE TO PRESERVE THE ENVIRONMENT.

 **CAUTION:** DO NOT KNOCK OR DROP THE DEVICE, AS IT MAY BE DAMAGED.

## 2 WELCOME

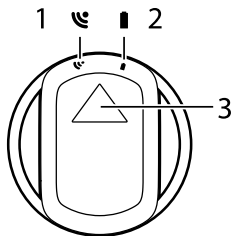
Thank you for choosing Suunto GPS Track POD.

Designed for hassle-free outdoor use, Suunto GPS Track POD is a powerful device that stores tracks, speed, distance and GPS altitude data while you explore new territories.

Once at home, you can connect Suunto GPS Track POD to *Movescount.com* online diary to visualize tracks on a map, or share them with friends. You can also customize device settings online.

When paired with Suunto Quest, Suunto M5, Suunto t3, Suunto t4 or Suunto t6, Suunto GPS Track POD provides you real time distance and highly responsive speed readings for your outdoor activities.


### 3 LIGHT SIGNALS




1 GPS signal

2 Battery


3 Power button

 Searching for GPS signal

 GPS signal found

 Charging

 Low battery (recharge soon)

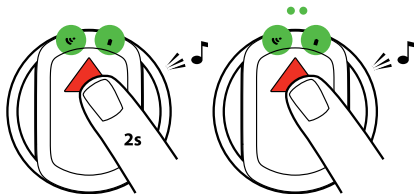
 Error (connect to Moveslink)

For a complete list of signals, see *Chapter 9 Icons and sounds* on page 21.

## 4 USING POWER BUTTON

Use the power button for the following functionalities:

- Keep the button pressed for 2 seconds to activate/deactivate the device.
- Press the button to start recording a log and make a lap during recording.




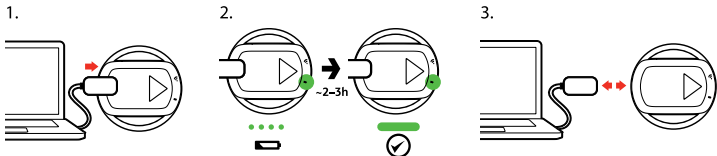


## 5 GETTING STARTED

To start using your Suunto GPS Track POD:

1. Charge the battery. Your Suunto GPS Track POD wakes up automatically when you attach it to your computer using the supplied USB cable. You can also wake up the device by attaching it to a mains socket using the optional Suunto wall charger.
2. The battery indicator starts blinking green. Fully charging an empty battery takes 2–3 hours. First time charging may take longer. The power button is locked during charging with the USB cable.
3. Remove the device when the battery has been fully charged and the battery indicator is continuously green.

 **NOTE:** Do not remove the USB cable until the battery has been fully charged to ensure longer battery lifetime. When the charging is complete, **Battery full** notification is displayed in the Moveslink window and the battery indicator on Suunto GPS Track POD is continuously green.



# 6 CUSTOMIZING YOUR SUUNTO GPS TRACK POD

## 6.1 Connecting to Movescount

*Movescount.com* is your free personal diary and online sports community that offers you a rich set of tools to manage your daily activities and create engaging stories about your experiences. Movescount allows you to transfer your recorded exercise logs from your Suunto GPS Track POD to Movescount and customize the device to best meet your needs.

Start by installing the Moveslink version relevant to Suunto GPS Track POD:


1. Go to [www.movescount.com/moveslink](http://www.movescount.com/moveslink).
2. Download, install and activate Moveslink.

1.



2.

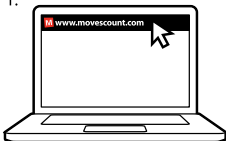


 **NOTE:** A Moveslink icon is visible on your computer's display when Moveslink is active.

To register to Movescount:


1. Go to [www.movescount.com](http://www.movescount.com).
2. Create your account.


1.



2.



 **NOTE:** The first time your Suunto GPS Track POD is connected to Movescount all information (including the device settings) is transferred from the device to your Movescount account. The next time you connect your Suunto GPS Track POD to your Movescount account, the changes in settings you made in Movescount will be updated to the device.

 **NOTE:** You can use the Moveslink application without registering to Movescount. However, Movescount greatly extends the usability, personalization and settings options of your Suunto GPS Track POD. It also visualizes recorded tracks and other data from your activities. Therefore, it is recommended to create a Movescount account in order to utilize the full potential of the device.

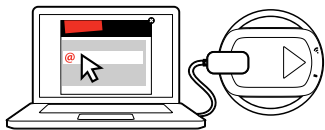
## 6.2 Customizing settings

You can customize your Suunto GPS Track POD settings in Movescount.

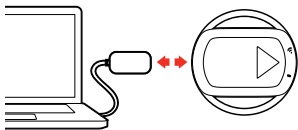
To customize your Suunto GPS Track POD:

1. Activate Moveslink and connect Suunto GPS Track POD to your computer using the supplied USB cable.
2. Log in to Movescount and customize the settings in the **GEAR** section of your profile. Remember to save the settings.
3. Reconnect your Suunto GPS Track POD to update the settings in the device.

1.-2.



3.




Your Suunto GPS Track POD includes the following default settings that you can modify in Movescount:

- **Automatic log recording:** When the automatic log recording is on, Suunto GPS Track POD starts recording your activity log as soon as it gets a GPS fix. When the automatic log recording is disabled, press the power button to start recording a log after the GPS fix is found.
- **GPS fix and recording rate:** By default Suunto GPS Track POD is recording data and looking for GPS signal every second.
- **Sleep mode:** By default the sleep mode is off. When the sleep mode is off, Suunto GPS Track POD continuously updates GPS data and records other data, such as time, speed and distance, at specified intervals.
- **Sounds:** By default the sounds are on. When the sounds are on, you will hear a sound when:
  - Suunto GPS Track POD receives GPS fix and starts recording a log.


- lap is stored.
- when a log is stopped and Suunto GPS Track POD turns off.

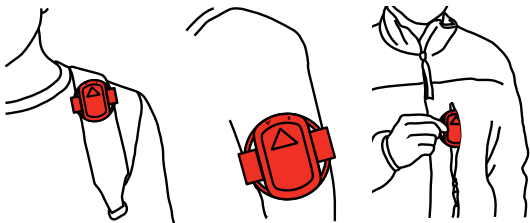
For a complete list of sounds, see *Chapter 9 Icons and sounds on page 21*.


 **NOTE:** Autolap distance is more accurate when you have selected a frequent GPS fix and recording rate and have a strong GPS signal.

# 7 USING YOUR SUUNTO GPS TRACK POD

## 7.1 Attaching Suunto GPS Track POD

 **NOTE:** For best GPS reception, make sure Suunto GPS Track POD faces the sky.




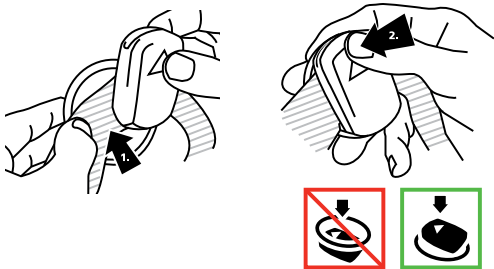
 **NOTE:** Always place the wrist unit and Suunto GPS Track POD on the same side.



To attach Suunto GPS Track POD to a strap:


1. Remove the plastic clip from the POD.
2. Place the strap between the clip and the POD and attach the clip back to the POD.


 **NOTE:** Always attach the strap and the clip from the backside of the POD.



## 7.2 Using GPS

Suunto GPS Track POD uses Global Positioning System (GPS) in determining your current position. GPS incorporates a set of satellites that orbit the Earth at an altitude of 20,000 km at the speed of 4 km/s.

 **NOTE:** When you activate GPS for the first time, or have not used it for a long time, it might take longer than usual to get a GPS fix. Subsequent GPS starts will take less time.

 **TIP:** To minimize GPS initiation time, hold the device steady with GPS facing up and make sure you are in an open area so that the device has a clear view of the sky.

### Troubleshooting: No GPS signal

- For an optimal signal, point the GPS part of the device upwards. The best signal can be received in an open area with a clear view of the sky.
- The GPS receiver usually works well inside tents and other thin covers. However, objects, buildings, dense vegetation or cloudy weather can reduce the GPS signal reception quality.
- GPS signal does not penetrate any solid constructions or water. Therefore do not try to activate GPS for example inside buildings, caves, or under water.



## 7.3 Recording logs

Once Suunto GPS Track POD is charged, you can start recording logs.

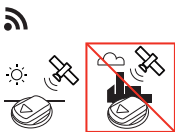
To record a log:

1. Go outdoors and make sure you have a clear view of the sky.

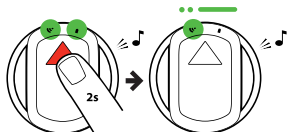


- To turn on Suunto GPS Track POD, keep the power button pressed until the GPS signal and battery indicators turn on. The GPS signal indicator starts blinking while Suunto GPS Track POD searches for GPS signal. Once the signal is found, the green GPS signal indicator stays on continuously. By default, Suunto GPS Track POD starts recording a log automatically when the GPS fix is found.
- (If you have disabled automatic recording in Movescount, press the power button to start recording the log.)

1.




2.



(3.)



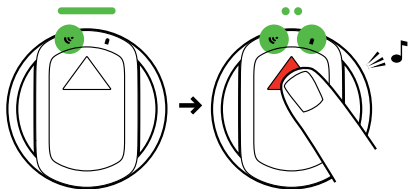
 **NOTE:** Connect your Suunto GPS Track POD regularly to Movescount to transfer your logs and update satellite data to get a shorter GPS fix time.


## 7.4 Making laps

When you are recording a log, you can make laps.

To make a lap:

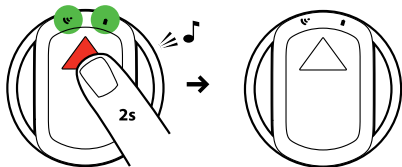
- Press the power button on your Suunto GPS Track POD.
- The indicator lights blink green to confirm that the lap is saved.



 **TIP:** When automatic log recording is on, you can make a lap, for example, to mark the crossing of the start or finish line in a marathon. This way, you will be able to see your exact running time, not the time from getting the GPS fix.

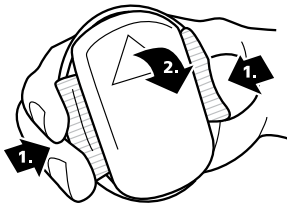
## 7.5 Deactivating Suunto GPS Track POD

To deactivate Suunto GPS Track POD, keep the power button pressed until both the battery and GPS signal indicators shut down.



## 7.6 Detaching Suunto GPS Track POD

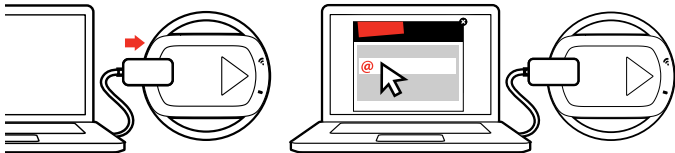
Pull the strap backward to release the clip from Suunto GPS Track POD.



## 7.7 Uploading data to Movescount

To upload your recorded logs from Suunto GPS Track POD to Movescount:

1. Activate Moveslink and connect the device to your computer using the Suunto USB cable.
2. Your logs are transferred automatically to your Movescount account.

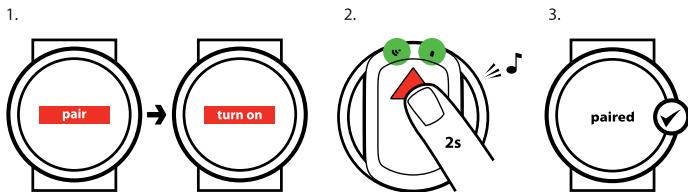



## 8 PAIRING SUUNTO GPS TRACK POD

Suunto GPS Track POD can be used as a standalone GPS device to save tracks, speed and distance data as well as GPS altitude during your activities. You can also pair your Suunto GPS Track POD with compatible Suunto wrist devices to receive real time speed, distance and cadence information during exercise. Suunto GPS Track POD is compatible with Suunto Quest, Suunto M5, Suunto t3, Suunto t4 and Suunto t6.

To pair Suunto GPS Track POD with a compatible Suunto wrist device:

1. Enter the pairing menu on your wrist device (follow the device-specific instructions) and select the relevant option from the menu (GPS POD or Speed POD). Wait for the wrist device to prompt you to turn on your POD.
2. Keep the power button pressed to activate Suunto GPS Track POD.
3. Hold Suunto GPS Track POD close to the wrist device and wait for the device to notify that the POD has been paired.


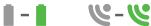












 **NOTE:** You do not need a GPS fix to pair Suunto GPS Track POD with a Suunto wrist device.

## 9 ICONS AND SOUNDS

- No sound
- ♪ Short sound
- ♪♪ Longer sound

Lights	Sounds	POD status
	—	Device off
	♪	Power turns on
	—	Battery OK
	—	Battery low (recharge battery)
	♪♪	Battery empty
	—	Looking for GPS signal
	♪	GPS signal found
	♪♪	Starts recording a log
	♪	New lap

Lights	Sounds	POD status
	—	POD in sleep mode
	 	Stop exercise/POD deactivated
	—	USB cable connected and battery charging
		Battery fully charged
		ERROR: memory full, connect to Moveslink
		ERROR: error when saving log, memory full
	—	ERROR: connect to Moveslink

## 10 CARE AND MAINTENANCE

Handle the unit with care – do not knock or drop it.

Under normal circumstances the device will not require servicing. After use, rinse it with fresh water, mild soap, and carefully clean it with a moist soft cloth or chamois.

For more information on care and maintenance of the unit, refer to the comprehensive range of support materials, including Questions and Answers and instruction videos, available at [www.suunto.com](http://www.suunto.com). There you can also post questions directly to Suunto Contact Center or get instructions on how to get your product repaired by an authorized Suunto Service, if needed. Do not repair the unit yourself.

Alternatively, you may contact Suunto Contact Center at the phone number listed on the last page of this document. Suunto's qualified customer support staff will help you and, if needed, troubleshoot your product during the call.


Use only original Suunto accessories - damage caused by non-original accessories is not covered by warranty.



**TIP:** Remember to register your Suunto GPS Track POD in MySuunto at [www.suunto.com/register](http://www.suunto.com/register) to get personalized support for your needs.

### 10.1 Water resistance

Suunto GPS Track POD is water resistant. Its water resistance is tested to 30 m/100 ft according to ISO 22810 standard ([www.iso.ch](http://www.iso.ch)). This means that you can use Suunto GPS Track POD for swimming, but it should not be used for any form of diving.

 **NOTE:** *Water resistance is not equivalent to functional operating depth. The water resistance marking refers to static air/water tightness withstanding shower, bathing, swimming, poolside diving and snorkeling.*

To maintain water resistance, it is recommended to:

- never push the button while submerged.
- never use the device for other than intended use.
- contact an authorized Suunto service, distributor or retailer for any repairs.
- keep the device clean from dirt and sand.
- never attempt to open the case yourself.
- avoid subjecting the device to rapid air and water temperature changes.
- always clean your device with fresh water if subjected to salt water.
- never direct water pressure flow towards buttons.
- never knock or drop the device.

## 10.2 Charging the battery

The battery life on a single charge depends on GPS fix and recording settings. With 1 second fix and recording interval, the battery will last up to 15 hours. With 60 second fix and recording interval, the battery will last up to 100 hours on a single charge.

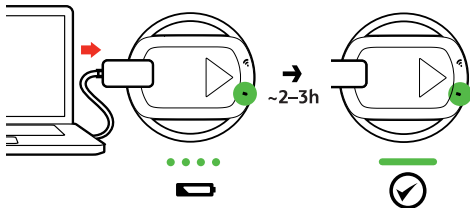
 **NOTE:** *Low temperatures reduce the duration of a single charge.*

 **NOTE:** *The capacity of rechargeable batteries decreases over time.*

When the battery charge level is low (less than 2 hours left), the red battery indicator starts blinking. You should recharge the battery soon.



Charge the battery by attaching it to your computer with the Suunto USB cable, or charge with the USB-compatible Suunto wall charger. It takes approximately 2–3 hours to fully charge an empty battery.



# 11 TECHNICAL SPECIFICATIONS

## Technical specifications

- operating temperature: -20° C to +60° C/-5° F to +140° F
- storage temperature: -30° C to +60° C/-22° F to +140° F
- battery charging temperature: 0° C to +45° C/+32° F to +113° F
- water resistance: 30 m/100 ft (ISO 22810)
- transmission frequency (belt/POD): 2.4 GHz Suunto ANT compatible receiver
- battery: rechargeable lithium-ion
- battery duration (single charge):
  - ~ 15 hours with 1 sec GPS fix & recording rate\*
  - ~ 100 hours with 60 sec GPS fix & recording rate\*
- weight: ~ 35 g / ~ 1.2 oz

 **NOTE:** *Water resistance is not equivalent to functional operating depth.*

## 11.1 Trademark

Suunto GPS Track POD, its logos, and other Suunto brand trademarks and made names are registered or unregistered trademarks of Suunto Oy. All rights are reserved.

## 11.2 FCC compliance

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference,

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

### **11.3 IC**

This device complies with Industry Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:

- (1) this device may not cause interference, and
- (2) this device must accept any interference, including interference that may cause undesired operation of the device.

### **11.4 CE**

Suunto Oy hereby declares that this device is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

### **11.5 Copyright**

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content is subject to change at any time without notice. The latest version of this documentation can be downloaded at [www.suunto.com](http://www.suunto.com).

## **11.6 Warranty**

### **SUUNTO LIMITED WARRANTY**

Suunto warrants that during the Warranty Period Suunto or a Suunto Authorized Service Center (hereinafter Service Center) will, at its sole discretion, remedy defects in materials or workmanship free of charge either by a) repairing, or b) replacing, or c) refunding, subject to the terms and conditions of this Limited Warranty. This Limited Warranty is only valid and enforceable in the country of purchase, unless local law stipulates otherwise.

### **Warranty Period**

The Limited Warranty Period starts at the date of original retail purchase. The Warranty Period is two (2) years for display devices. The Warranty Period is one (1) year for accessories including but not limited to PODs and heart rate transmitters, as well as for all consumable parts.

The capacity of rechargeable batteries decreases over time. In case of abnormal capacity decrease due to defective battery, Suunto warranty covers the battery replacement for 1 year.

### **Exclusions and Limitations**

This Limited Warranty does not cover:

1. a) normal wear and tear, b) defects caused by rough handling, or c) defects or damage caused by misuse contrary to intended or recommended use;

2. user manuals or any third-party items;
3. defects or alleged defects caused by the use with any product, accessory, software and/or service not manufactured or supplied by Suunto;

This Limited Warranty is not enforceable if item:

1. has been opened beyond intended use;
2. has been repaired using unauthorized spare parts; modified or repaired by unauthorized Service Center;
3. serial number has been removed, altered or made illegible in any way, as determined at the sole discretion of Suunto;
4. has been exposed to chemicals including but not limited to mosquito repellents.

Suunto does not warrant that the operation of the Product will be uninterrupted or error free, or that the Product will work with any hardware or software provided by a third party.

### **Access to Suunto warranty service**

You must have proof of purchase to access Suunto warranty service. For instructions how to obtain warranty service, visit [www.suunto.com/warranty](http://www.suunto.com/warranty), contact your local authorized Suunto retailer, or call Suunto Contact Center.

### **Limitation of Liability**

To the maximum extent permitted by applicable mandatory laws, this Limited Warranty is your sole and exclusive remedy and is in lieu of all other warranties, expressed or implied. Suunto shall not be liable for special, incidental, punitive or consequential damages, including but not limited to loss of anticipated benefits, loss of data, loss of use, cost of capital, cost of any substitute equipment or facilities, claims of third parties, damage to property resulting

from the purchase or use of the item or arising from breach of the warranty, breach of contract, negligence, strict tort, or any legal or equitable theory, even if Suunto knew of the likelihood of such damages. Suunto shall not be liable for delay in rendering warranty service.

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## SUUNTO CUSTOMER SUPPORT

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

INTERNATIONAL	+358 2 284 1160
AUSTRALIA	1-800-240498 (toll free)
AUSTRIA	0720883104
CANADA	1-800-267-7506 (toll free)
FINLAND	02 284 1160
FRANCE	0481680926
GERMANY	08938038778
ITALY	0294751965
JAPAN	03 6831 2715
NETHERLANDS	0107137269
RUSSIA	4999187148
SPAIN	911143175
SWEDEN	0850685486
SWITZERLAND	0445809988
UNITED KINGDOM	02036080534
USA	1-855-258-0900 (toll free)

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

  
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