SUUNTO t6c

USER GUIDE

MODES & VIEWS

Time

13.11.
10:07
[views]

Training
display 1*

0'00.0
HR
[views]

Training
display 2*

0.00 km
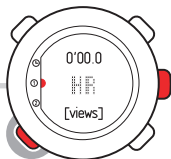SPD
[views]
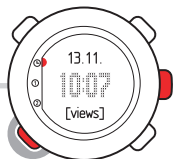
row 1: date
row 2: time
views: • weekday
      • seconds
      • dual time
      • altitude
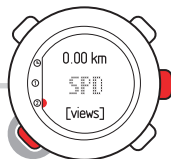
row 1: chrono
row 2: heart rate
views: • average
       heart rate
      • calories
      • EPOC
      • lap time
      • training effect

row 1: distance
row 2: speed
views: • altitude
      • ascent
      • average
       speed
      • chrono
      • descent

*) default settings

1 INTRODUCTION

Thank you for choosing Suunto t6c as your training companion. Suunto t6c is a high-precision heart rate monitor designed to make your training as beneficial as possible.

Suunto t6c gives you extremely accurate feedback on your fitness level. Before you start regular training with Suunto t6c, you should first learn the values of EPOC and other body parameters in your normal training sessions. This way you will learn to assess what type of training will help you to reach your goals.

Key features include:

- Personalized training features
- Log recorder that records each training session
- Functional extensions through Suunto PODs (Peripheral Observation Devices)
- Training analysis with Suunto software

2 USING TIME MODE

In **TIME** mode you can view the time of day in two time zones: the time at your actual location and in another time zone (dual time). The current date is displayed on the top row of the screen.

Use [View Back] to scroll through the following views:

- Day: name of the current weekday
- Seconds: seconds as numbers
- Dual time: time in another time zone
- Altitude: your altitude from the sea level

You can change the following **TIME** mode settings in the settings menu:

Setting	Value	Description
alarm	on / off / 00:00	Alarm feature: on or off / hours and minutes
time	hours / minutes / seconds	Main time: hours, minutes and seconds
date	year / month / day	Current date: year, month and day
dual time	hours / minutes	Dual time: hours and minutes

2.1 Setting time

To set time:

1. In the settings menu, enter **TIME**.

2. Scroll to **TIME** with [Lap +] and [Light -] and enter with [Mode].
3. Change the time with [Lap +] and [Light -] and accept with [Mode].
4. Reset seconds with [Light -]. To set specific seconds, keep [Lap +] pressed. The seconds start running. Accept the correct seconds with [Mode].
5. Press [Start Stop] to exit.

2.2 Setting dual time

To set dual time:

1. In the settings menu, enter **TIME**.
2. Scroll to **DUAL TIME** with [Light -] and [Lap +] and enter with [Mode].
3. Change the time with [Lap +] and [Light -] and accept with [Mode].
4. Press [Start Stop] to exit.

Possible real life situation: Knowing the time at home

You are traveling abroad and you set the dual time to be the time at home. The main time is the time at your current location. Now you always know the local time and you can quickly check what time it is at home.

📝 **NOTE:** *We recommend that you set the current time at your current location as the main time because the alarm clock operates according to the main time.*

2.3 Setting date

To set the date:

1. In the settings menu, enter **TIME**.
2. Scroll to **DATE** with [Lap +] and [Light -] and enter with [Mode].
3. Change the day, month, and year with [Lap +] and [Light -] and accept with [Mode].
4. Press [Start Stop] to exit.

2.4 Setting alarm

You can set up to three alarms on your Suunto t6c.

To set the alarms:

1. In the settings menu, enter **TIME**.
2. Scroll to **ALARM** with [Lap +] and [Light -] and enter with [Mode].
3. Scroll through the alarms with [Lap +] and [Light -] and enter with [Mode].
4. Set the alarm on or off with [Lap +] and [Light -] and accept with [Mode].
5. Change the alarm time with [Lap +] and [Light -] and accept with [Mode].
6. Press [Start Stop] to exit.

When the alarm sounds, acknowledge it by pressing any button. If you do not acknowledge the alarm, it will automatically stop sounding after 30 seconds.

TIP: You can use one alarm on workdays and the others on weekends. You can also use the extra alarms as reminders or snooze options.

3 SETTINGS BEFORE TRAINING

Before you start training, you need to define **PERSONAL** and **UNITS** settings. To be able to measure your altitude, you should also set the reference altitude. These settings ensure accurate measurements and calculations.

You are prompted to define the **PERSONAL** settings the first time you wake up the device (by pressing any button). If you want to learn more about these settings and modify them, continue reading. Otherwise, you can skip to *Chapter 4 Using TRAINING mode*.

3.1 Personal settings

Through the **PERSONAL** settings you tune your Suunto t6c according to your physical traits and activity. Many of the calculations use these settings, so it is important that you are as accurate as possible when defining the values.

Setting	Value	Description
weight	kg / lb	Weight according to selected units in **UNITS** settings
height	cm / ft	Height according to selected units in **UNITS** settings
act.class	1 - 10	Activity class: 1 to 10
sex	male / female	Gender: male or female
birth year	year	Year of birth

Setting	Value	Description
max hr	000	Maximum heart rate according to selected units in **UNITS** settings
fitness METS	00.0	Fitness METS value

To change **PERSONAL** settings:

1. In the settings menu, enter **PERSONAL**.
2. Scroll through the settings with [Lap +] and [Light -] and enter with [Mode].
3. Change the values using [Lap +] and [Light -].
4. Accept the setting and move to the next setting with [Mode].
5. Repeat steps 3 and 4 for remaining settings.
6. Press [Start Stop] to exit.

3.1.1 Maximum heart rate

Enter your real maximum heart rate, if you know it. Otherwise, you can calculate it using the formula 210-(0.65 x AGE).

$\textcircled{\equiv}$ **TIP:** *Ask your coach or doctor how to safely determine your real maximum heart rate.*

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3.1.2 Fitness METs level

Fitness METs (metabolic equivalents) value shows how much energy your body is able to consume compared to the energy consumption at rest. Roughly, the better your fitness level, the higher your maximum MET value is. Suunto t6c suggests a default fitness METS level, but if you know your real METs, you should use that value.

📝 **NOTE:** The maximum performance capacity measured in a laboratory test is sometimes given as ml oxygen/kg/min (VO_2 max). If you want to compare the maximum performance capacity calculated by the program in METs to your measured VO_2 max, use the relation 1 MET = 3.5 ml/min/kg.

3.2 Units settings

The **UNITS** settings define measurement units, as well as time and date format. You should define these according to your own preferences.

Setting	Value	Description
time	12h / 24h	Time format: 12 hour or 24 hour
date	d.m / m.d / day	Date format: day-month, month-day or weekday
HR	bpm / %	Heart rate units: beats per minute or percentage of maximum heart rate
temp	°C / °F	Temperature units: Celsius or Fahrenheit

Setting	Value	Description
alti	m/ft	Altitude measurement units: meters or feet
asc	m / s, m / min, m / h, ft / s, ft / min, ft / h	Ascent units: meters per second, minute, or hour / feet per second, minute or hour
dist	km / mi	Distance units: kilometers or miles
spd unit	Foot km / h, min /, Bike km / h, min /, GPS km / h, min /	Speed units for Foot POD, Bike POD, and GPS POD: kilometers per hour, minutes per kilometer or miles per hour, minutes per mile according to selected distance units
height	cm / feet	Height units: centimeteres or feet
weight	kg / lb	Weght units: kilograms or pounds

To change **UNITS** settings:

1. In the settings menu, enter **UNITS**.
2. Scroll through the units settings with [Lap +] and [Light -] and change the units with [Mode].
3. Enter height and weight unit settings with [Mode] and change the units with [Lap +] and [Light -].
4. Accept the height and weight units with [Mode].
5. Press [Start Stop] to exit.

3.3 General settings

In the **GENERAL** settings you can set button tones and icons on or off, modify backlight settings, and pair HR belts and PODs. Define the **GENERAL** settings according to your own preferences.

Setting	Value	Description
pair	HR Belt, HR Belt2, Foot POD, Bike POD, Cad POD, GPS POD, SPD POD	Pairing POD options
tones	on / off	Button tones: indicate with a tone when a button is pressed
icons	on / off	Icons: mode icon appears on the screen when a mode is selected
light	normal, off, night use	Backlight: normal (switched on with [Light -]), off (no light activation), or night use (switched on with any button)

3.3.1 Setting tones

When you set the tones on, they indicate when you have pressed a button.

To set the tones:

1. In the settings menu, enter **GENERAL**.

2. Scroll to **TONES** with [Lap +] and [Light -].
3. Set the tones on or off with [Mode].
4. Press [Start Stop] to exit.

3.3.2 Setting icons

When the icons are enabled and you switch to a mode, a mode icon is briefly shown on the screen before the main display opens.

To set the icons:

1. In the settings menu, enter **GENERAL**.
2. Scroll to **ICONS** with [Lap +] and [Light -].
3. Set the icons on or off with [Mode].
4. Press [Start Stop] to exit.

3.3.3 Setting backlight

You can set the backlight on or off and adjust the backlight settings of the Suunto t6c display.

The backlight has three possible settings:

- **NORMAL**: The light switches on when you keep [Light -] pressed or when an alarm is activated. The light stays on for a short while after the last press of a button.
- **OFF**: The light cannot be switched on by pressing a button or during alarm.
- **NIGHT USE**: The light is switched on when you press any button and stays on for a short while after the last press of a button.

To set the backlight:

1. In the settings menu, enter **GENERAL**.
2. Scroll to **LIGHT** with [Lap +] and [Light -] and enter with [Mode].
3. Scroll through the settings with [Lap +] and [Light -] and accept the setting with [Mode].
4. Press [Start Stop] to exit.

3.4 Configuring TRAINING mode displays

In **TRAINING** mode, you can browse and record various data during your training sessions. Both displays have three configurable rows. Select which functions and parameters you want to be shown in each row of the displays.

Content	Description
altitude	Altitude from sea level according to selected units in **UNITS** settings
ascent	Total ascent: vertical movement upwards during training according to selected units in **UNITS** settings
avg HR	Average heart rate of training session
avg spd	Average speed of training session according to selected units in **UNITS** settings
cadence	Cadence data (if paired with Cadence POD)
calories	Calories consumed since the log start

Content	Description
chrono	Recording time since the log start
day time	Current time
distance	Distance from the log start according to selected units in **UNITS** settings
descent	Total descent: vertical movement downwards during training according to selected units in **UNITS** settings
empty	No supplementary information
EPOC	Measure of the accumulated training load
HR	Current heart rate according to selected units in **UNITS** settings
lap	Current lap number
lap time	Elapsed time of current lap
lap dist	Covered distance during current lap (if paired with a wireless speed and distance POD)
lap spd	Average speed of current lap (if paired with a wireless speed and distance POD)
speed	Speed according to selected units in **UNITS** settings (if paired with a wireless speed and distance POD)
TE	Training Effect, shows the total load of a workout
temp	Current temperature

Content	Description
vert. spd	Rate of ascent/descent

To configure **TRAINING** mode displays:

1. In the settings menu, enter **DISPLAYS**.
2. Scroll to **DISPLAY 1** or **DISPLAY 2** with [Lap +] and [Light -] and enter with [Mode].
3. Scroll to the row or view with [Lap +] and [Light -] and enter with [Mode].
4. Scroll through the functions with [Lap +] and [Light -] and enable a function with [Mode]. A tap is displayed next to the enabled function.
5. Press [Start Stop] to exit.
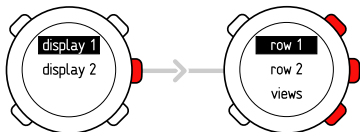
🗐 **TIP:** *If you want to disable a training display, choose* ***EMPTY*** *for* ***ROW 1*** *and* ***ROW 2***.

3.5 Setting reference altitude

To ensure you get correct altitude readings, you first have to set an accurate reference altitude. To do this, go to a location where you know the altitude, for example, with the help of a topographical map, and set the reference altitude to match the map reading.

Suunto t6c constantly measures absolute air pressure. Based on this measurement and your last altitude reference value, it estimates the current altitude.

📝 *NOTE: Changes in local weather conditions will affect altitude readings. If local weather changes often, it is advisable to reset the current altitude reference value frequently, preferably before starting your journey when the reference values are available. If local weather is stable, you do not need to set reference values.*

To set the reference altitude:

1. In the settings menu, enter **REFER**.
2. Change the value with [Lap +] and [Light -].
3. Accept the setting with [Mode].
4. Press [Start Stop] to exit.

Possible real life situation: Using altitude measurement during training

You participate in half marathon. Before you start the race you set the correct reference altitude to your Suunto t6c. You start the log recorder and set off. During running you compare your current altitude to the altitude at the start. At some point you notice that the altitude value has decreased. You realize that the rest of the route is going to be uphill,

because the starting and finishing line are the same. You adjust your running pace according to the altitude variation.

3.6 Setting heart rate limits

Setting upper and lower heart rate limits for yourself helps you exercise at the preferred intensity. An alarm notifies you when your heart rate is above or below the set limits.

In the **HR LIMITS** settings menu, you can set the heart rate limits on or off and define the upper and lower limits.

Setting	Value	Description
HR limits	ON / OFF	Heart rate limits feature: on or off
High	000 / %	Higher heart rate limit according to selected units in **UNITS** settings
Low	000 / %	Lower heart rate limit according to selected units in **UNITS** settings

To change the heart rate limit settings:

1. In the settings menu, enter **TRAINING**.
2. Scroll to **HR LIMITS** with [Lap +] and [Light -] and enter with [Mode].
3. Set the heart rate limits on or off with [Lap +] and [Light -] and accept with [Mode].
4. Set the high and low limits with [Lap +] and [Light -] and accept with [Mode].
5. Press [Start Stop] to exit.

📝 **NOTE:** *In the log, the training session is divided into different zones according to your HR limits regardless whether the limit alarm is on or off.*

3.7 Selecting log parameters

Before you start recording your training sessions, select the type of data you want to save in your log or view during your workout. The parameters you select can be analyzed in more detail in the Suunto Training Manager software.

Setting	Value	Description
inter	2s / 10s	Recording interval: 2 or 10 seconds (not for R-R values)
alti	on / off	Altitude: on or off
Cad	on / off	Cadence: on or off
EPOC	on / off	Excess Post-exercise Oxygen Consumption: on or off (only TE and EPOC Peak are saved)
kcal	on / off	Kilocalories consumed: on or off
R-R	on / off	Heart rate interval: on or off
speed	on / off	Speed: on or off (not saved)
temp	on / off	Temperature: on or off (not saved)

To select log parameters:

1. In the settings menu, enter **TRAINING**.
2. Scroll to **SET LOG** with [Lap +] and [Light -] and enter with [Mode].
3. Scroll through the parameters with [Lap +] and [Light -] and set the parameters on or off with [Mode].
4. Press [Start Stop] to exit.

⌁ *TIP: If you record altitude information during your training, you will be able to analyze the effect of altitude changes to your heart rate with the Suunto Training Manager software.*

✍ *NOTE: Recording R-R (heart rate interval data) requires a lot of memory space. If R-R is not recorded, more memory space is available for longer logs. However, you will not be able to analyze any body parameters with the software, e.g. the EPOC curve.*

4 USING TRAINING MODE

In **TRAINING** mode you can measure all your training activity.

📝 **NOTE:** *Even though both Suunto t6c and the transmitter belt are water-resistant, the radio signal does not carry in water, which makes the communication between Suunto t6c and the transmitter belt impossible.*

4.1 Putting on your transmitter belt

Put on the belt as illustrated and switch to **TRAINING** mode to start monitoring your heart rate. Moisten both contact areas (1) with water or gel before putting the belt on. Ensure the belt is centered on your chest.

⚠️ **WARNING:** *If you have a pacemaker, defibrillator, or other implanted electronic device, you use the transmitter belt at your own risk. Before using it, we recommend an exercise test with your Suunto heat rate monitor and belt under a doctor's supervision. Exercise may include some risk, especially for those who have been inactive. We strongly advise you to consult your doctor prior to beginning a regular exercise program.*

4.2 Using timers

Interval timer enables you to set and follow different timed intervals. This function is useful in timing intervals between periods of activity and rest.

Interval timer

Interval timer enables you to set and follow different timed intervals. This function is useful in timing intervals between your periods of activity and rest. In addition to alerting at selected time intervals, your Suunto t6c records lap information for each interval.

Warm-up timer

Warm-up is intended for distinguishing a separate warm-up period in the beginning of the training. Data measured during warm-up is stored in the memory of the device. With Suunto t6c you can start your training session with a warm-up and move on to normal training or interval training.

Countdown timer

Countdown timer functions as a start timer. It measures remaining time and upon reaching zero, it alerts you when the countdown has reached zero and automatically starts the timer/log. Use the countdown timer for example to exclude the warm-up session from the training log.

📝 **NOTE:** *The maximum countdown time is 59 mins 59 seconds.*

Setting	Value	Description
interval	00.00	Timer for interval training
warm up	00.00	Timer for a warm-up period
countd	00.00	Countdown to timer start

To set the timers:

1. In the settings menu, enter **TRAINING**.
2. Scroll to **TIMERS** with [Lap +] and [Light -] and enter with [Mode].
3. Scroll through the timers with [Lap +] and [Light -] and select a timer with [Mode].
4. Set the timer on or off with [Lap +] and [Light -] and accept with [Mode].
5. Change the values with [Lap +] and [Light -] and accept with [Mode].
6. Press [Start Stop] to exit.

4.3 Using Training Effect

Training Effect (TE) is a unique feature of Suunto t6c that measures the real effect of a workout on your physical fitness. With Training Effect, you can be sure that your workouts have the intended result.

There is a significant difference between heart rate zone (temporary training intensity) and Training Effect (total load of a workout). In zone training, you try to keep your heart rate at a certain level throughout the whole workout. With Training Effect you just need to reach the desired target once during training.

Training Effect	Result	Description
1.0-1.9	Minor	Improves recovery ability; in longer sessions (over one hour) also improves basic endurance. Does not significantly improve aerobic performance.
2.0-2.9	Maintaining	Maintains aerobic fitness. Builds base for harder training in the future.
3.0-3.9	Improving	Improves aerobic performance if repeated 2-4 times a week. No special recovery requirements.
4.0-4.9	Highly improving	Rapidly improves aerobic performance if repeated 1-2 times a week. Requires 2-3 recovery sessions (TE 1-2) per week.

Training Effect	Result	Description
5.0	Over-reaching	Extremely high effect on aerobic performance if adequate recovery allowed; should not be done often.

📝 **NOTE:** It is important to note that the numerical TE values do not mean that a workout with a lower numerical value is somehow worse or less significant than a workout with a high value. Both are needed in balanced training.

🗐 **TIP:** Training Effect is an advanced feature and can help you in many ways. More details about TE can be found in the Suunto Training Guide, available for download at suunto.com/training.

You can select the **TE** level to be shown in the **TRAINING** mode displays (see Section 3.4 Configuring TRAINING mode displays).

Training Effect is shown on the selected display and additionally with a scale from 1 - 5 on the right side of the screen.

Use the Training Effect calculator of the Suunto Training Manager software to define the time and average heart rate needed for the desired physiological training effect. For more information, see Suunto Training Manager online help.

FIRST BEAT Heart beat analysis technology producing Training Effect is provided and supported by Firstbeat Technologies Ltd.

4.4 Using EPOC

EPOC (Excess Post-exercise Oxygen Consumption) indicates the amount of extra oxygen that your body needs to recover after exercise. Your body consumes more oxygen after exercise than during rest. The higher the EPOC, the more strenuous the exercise. EPOC is most useful in measuring the exercise load in endurance sports such as running and cycling.

Suunto t6c allows you to predict EPOC already during exercise, which in turn makes it possible to monitor the exercise load and the Training Effect.

You can select EPOC to be shown in the **TRAINING** mode displays (see *Section 3.4 Configuring TRAINING mode displays*).

Use the Suunto Training Manager software to view your individual training sessions with their EPOC values correlated to the Training Effect level as graphs. For more information, see Suunto Training Manager Online help.

4.5 Starting a training session

When you enter **TRAINING** mode, your Suunto t6c automatically searches for signals from a transmitter belt. Once found, your heart rate is displayed on the screen. The

training session itself starts when you start the log recorder and ends when you stop it.

Using log recorder

By default, the log recorder (**CHRONO**) is displayed on the top row of the **DISPLAY 1**. You can personalize the **TRAINING** mode displays in the **DISPLAYS** settings.

To use the log recorder:

1. In **TRAINING** mode, start the log recorder with [Start Stop]. While the log recorder is running, you can add training laps with [Lap +].
2. Stop the log recorder with [Start Stop].
3. Continue with another timed session (lap) with [Start Stop].

To reset the timer and view the last log summary, keep [Lap +] pressed.

📝 **NOTE:** *The log recorder must be stopped before you can reset it.*

4.6 During training

Your Suunto t6c has a number of visual and audio indicators to help guide you during training. This information can be both helpful and rewarding.

Here are some ideas on what to do while training:

● Lock the buttons to avoid accidentally stopping your stopwatch.

- Switch between the two **TRAINING** displays to view various data about your exercise.
- Set HR limits on or off by keeping [View Back] pressed in **TRAINING** mode.

4.7 After training

4.7.1 Viewing logbook

While the log recorder is running, your Suunto t6c collects various data about the session, such as EPOC and calories burned. This data is saved in your device's memory. The content of the log depends on the parameters you have selected (see *Section 3.7 Selecting log parameters*). You can view the training data in the logbook.

To view logbook:

1. In settings menu, enter **TRAINING**.
2. Use [Lap +] and [Light -] to scroll to **LOGBOOK** and enter with [Mode]. The available free space in memory is briefly displayed before the logs.
3. Enter **VIEW** with [Mode].
4. Scroll through the logs using [Lap +] and [Light -] and open a log with [Mode].
5. Press [Lap +] or [Light -] to scroll through the log totals.

$\textcircled{\equiv}$ **TIP:** *You can view the summary of the last training log by keeping [Lap +] pressed in* **TRAINING** *mode.*

To erase logbook information:

1. In **LOGBOOK**, scroll to **ERASE** with [Lap +] and [Light -] and enter with [Mode].
2. Scroll to the log you want to erase with [Lap +] and [Light -] and select the log with [Mode].
3. Erase the log with [Ligh -] or cancel with [View Back].

To erase all logbook information, enter **LOGBOOK** and select **ERASE ALL**. Erase all logs with [Light -] or cancel with [View Back].

5 USING PODS

You can use various Peripheral Observation Devices (PODs) with your Suunto t6c. These include Foot POD, Bike POD, Cadence POD, GPS POD and generic Speed POD (see *Section 5.1 Pairing a POD*). After you have paired a POD with the device, Suunto t6c gives you additional information during your training.

5.1 Pairing a POD

To view speed and distance information, you first need to pair your Suunto t6c with a Suunto POD.

To pair a POD:

1. Turn on the POD (or belt).
2. In the settings menu, enter **SPD/DST**.
3. Scroll to **PAIR** with [Lap +] and [Light -] and enter with [Mode].
4. Scroll through the PODs and belts with [Lap +] and [Light -].
5. Activate pairing with [Mode].

5.2 Using autolap

With **AUTOLAP**, you can define laps in distance instead of time (interval training). When autolap is turned on (and your speed and distance POD is activated), your Suunto heart rate monitor shows total distance, average lap speed, and lap time for each lap.

Setting	Value	Description
autolap	on / off	Autolap feature: on or off
dist	00.00	Lap distance: between 0.0 and 99.9

NOTE: When using the autolap feature, it is very important to calibrate your speed and distance POD accurately.

To set the autolap feature on:

1. In the settings menu, enter **SPD/DST**.
2. Scroll to **AUTOLAP** with [Lap +] and [Light -] and enter with [Mode].
3. Set the autolap on or off with [Lap +] and [Light -] and accept with [Mode].
4. Set the lap distance with [Lap +] and [Light -] and accept with [Mode].
5. Press [Start Stop] to exit.

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5.3 Using distance intervals

You can set distance intervals for interval training after you have paired your Suunto t6c with a speed and distance POD. When you start the stopwatch, your Suunto t6c alerts and records lap times and other data after every completed interval.

To set the distance intervals:

1. In the settings menu, enter **SPD/DST**.
2. Scroll to **INTERVAL** with [Lap +] and [Light -] and enter with [Mode].
3. Set the intervals on or off with [Lap +] and [Light -] and accept with [Mode].
4. Set the first interval with [Lap +] and [Light -].
5. Accept the setting and move to the next interval with [Mode].
6. Repeat steps 3 and 4 for remaining intervals.
7. Press [Start Stop] to exit.

5.4 Using speed limits

You can turn on speed limits and define the upper and lower speed limits for yourself, after you have paired your Suunto t6c with a speed and distance POD. The speed limits will notify you if you go above or below the limits.

Setting	Value	Description
limits	on / off	Limits feature: on or off
lower	00:00	Lower speed limit

Setting	Value	Description
upper	00:00	Upper speed limit

To set the speed limits:

1. In the settings menu, enter **SPD/DST**.
2. Scroll to **SPD LIM** with [Lap +] and [Light -] and enter with [Mode].
3. Set the limits on or off with [Lap +] and [Light -] and accept with [Mode].
4. Change the high and low speed limits with [Lap +] and [Light -] and accept with [Mode].
5. Press [Start Stop] to exit.

5.5 Using autopause

AUTOPAUSE is a feature that will automatically stop the log recorder during your training session when very slow speed is detected while using your Suunto speed and distance POD. The session is reactivated when you speed up again.

To activate autopause:

1. In the settings menu, enter **SPD/DST**.
2. Scroll to **PAUSE** with [Lap +] and [Light -].
3. Set autopause off, or activate it for one or all PODs with [Mode].
4. Press [Start Stop] to exit.

5.6 Calibrating your POD

A Suunto POD that measures speed and distances needs to be calibrated to give you accurate readings. The calibration procedure differs for each POD type, and you will need to read the POD user guide to get detailed instructions.

A simple way to get a quick calibration is to run or cycle a known distance using the POD.

1. Pair and activate your POD.
2. Start the log recorder.
3. Go a known distance.
4. Stop the log recorder.
5. In the settings menu, enter **SPD/DST**.
6. Scroll to **CALIBRATE** with [Lap +] and [Light -] and enter with [Mode].
7. Scroll through the PODs with [Lap +] and [Light -] and select a POD with [Mode].
8. Replace the measured distance with the actual (known) distance.

6 TROUBLESHOOTING

Suunto t6c uses coded transmission to prevent reading disturbances. However, exercising near overhead power lines or powerful magnetic / electronic devices may cause interference with the signal.

If you lose the signal, try the following:

- Exit and then re-enter **TRAINING** mode.
- Check that you are wearing the belt correctly.
- Check that the electrode areas of the belt are moist.
- Move away from any potential sources of interference.
- Replace the battery of the belt or wristop if problems persist.

Pairing your transmitter belt

If you replace the belt battery or are having troubles with the signal reception, you need to re-pair your belt with your Suunto t6c.

To re-pair the belt:

1. Remove the belt battery
2. Push the (new) battery into the compartment positive side down.
3. In your Suunto t6c, enter the settings menu and enter **GENERAL**.
4. Scroll to **PAIR** with [Lap +] and [Light -] and enter with [Mode].
5. Scroll to **HR BELT** with [Lap +] and [Light -].
6. Activate pairing with [Mode].
7. Put the battery in with the positive side up and close the cover.

The same procedure can be used if you experience problems with Suunto POD signal reception.

7 CARE AND MAINTENANCE

7.1 General guidance

For all Suunto Training devices:

- Only perform the procedures described in Suunto guides.
- Do not disassemble or service your device yourself.
- Protect your device from shocks, hard and sharp objects, extreme heat and prolonged exposure to direct sunlight.
- Store your device in a clean, dry environment at room temperature.
- Do not place the device where it could be scratched by hard objects.

Removing scratches

Use Polywatch to remove small scratches in the screen. It is available at authorized Suunto dealers, in most watch stores, and from Suunto Web Shop (shop.suunto.com). A protective plastic shield can also be placed over the screen to prevent scratches.

Cleaning and chemicals

Clean your device with a moist cloth. For stubborn marks, use a mild soap. Do not use gasoline, cleaning solvents, acetone, alcohol, insect repellents, paint, or other strong chemicals on your device.

7.2 Replacing wristop battery

Replace the battery as illustrated here:
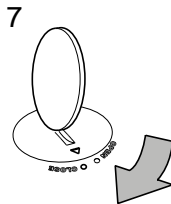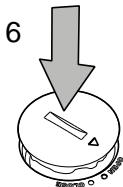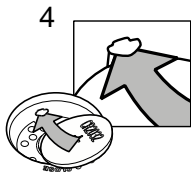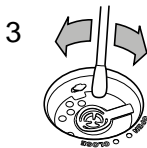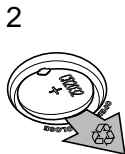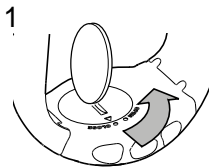
TIP: *Use the Suunto battery compartment opening tool to avoid cover damage.*

NOTE: Replace the battery with extreme care to ensure your Suunto heart rate monitor remains water resistant. Careless replacement may void the warranty.

7.3 Replacing belt battery

Replace the battery as illustrated here:
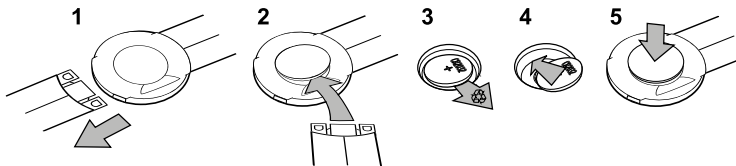
NOTE: We recommend that you replace the cover and O ring along with the better to ensure the transmitter remains clean and water resistant. Replacement covers are available with replacement batteries.

8 SPECIFICATIONS

8.1 Technical data

General

- Operating temperature: -20°C to +60°C / -5°F to +140°F
- Storage temperature: -30°C to +60°C / -22°F to +140°F
- Weight (device): 55 g
- Weight (belt): 39 g
- Water resistance (device): 100 m / 330 ft (ISO 2281)
- Water resistance (belt): 20 m / 66 ft (ISO 2281)
- User-replaceable battery: (device / belt) 3V CR2032

Log recorder

- Maximum number of logs: 30
- Maximum length of a log: 99 hours
- Maximum lap time: 99 hours
- Lap/split times: 199 per session (log)
- Resolution: 0.1 second

Heart rate

- Display: 30 to 240

- Limits: 30 to 230
- Maximum for percentage display: 240

8.2 Trademark

Suunto and its product names, trade names, trademarks and service marks whether registered or unregistered are protected by Suunto or respective third party owners. All rights reserved.

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8.3 Copyright

8.4 Patent notice

This product is protected by the following patents and patent applications and their corresponding national rights: US 11/432,380, US 11/169712,US 11/808,391, US 10/523,156, US 10/515,170. Additional patent applications have been filed.

8.5 Disposal of 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.

9 DISCLAIMERS

9.1 User's responsibility

This instrument is intended for recreational use only. Suunto heart rate monitors must not be used as a substitute for obtaining measurements that require professional or laboratory-quality precision.

9.2 Warnings

If you have a pacemaker, defibrillator, or other implanted electronic device, you use the transmitter belt at your own risk. Before using it, we recommend an exercise test with your Suunto heat rate monitor and belt under a doctor's supervision. Exercise may include some risk, especially for those who have been inactive. We strongly advise you to consult your doctor prior to beginning a regular exercise program.

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