



SUUNTO

PRODUCTS

2008



SUUNTO - MORE THAN HEART RATE MONITORS

Founded in 1936, Suunto is the leading manufacturer of precision sports instruments for diving, mountaineering, hiking, skiing, sailing, training and golf. Suunto's award-winning wristop computers inspire athletes at all levels to reach new dimensions in the sports of their choice.

Recent Suunto innovations include the world's smallest and lightest GPS unit, the first dive computer with a digital compass, heart rate monitors with Training Effect, and the first wristop launch monitor for feeling and repeating the perfect golf swing.



SUUNTO t1 -



H/R Belt Included

SRP \$179.99

Powerful, Accurate, Easy to Use.

The Suunto t1 tempers science with style for a sophisticated heart rate monitor that's powerful yet decidedly simple.

Monitor your heart, counts calories, and keeps you on task for weight loss, maintenance and cardiovascular conditioning. Gives heart rate, real-time average heart rate, and accurate calories burned in real time. Heart rate limits and zones with alarms and timers. 1 log memory. Dual-time, daily alarms, stopwatch, user-replaceable battery.

Key features:

- * Heart Rate
- * Calories burned
- * Zone training at a glance

Additional functions include dual time, date, alarm and a stopwatch.

Material: white casing / Elastomer strap (black, coral, olive); Polished brown strap (sand)

Available in: Olive
Coral
Black
Espresso

Accessories: replacement battery

SUUNTO t3 -



H/R Belt Included

SRP \$299.99

Maximizes results by providing real-time information on the training effect of your workout.

The Suunto t3 logs your progress and helps you reach goals via Training Effect or traditional heart rate zones. Provides real-time training effect for every workout, on a simple one-to-five scale based off of heart rate variation. Shows heart rate, real-time average heart rate, and accurate calories burned in real time. Interference-free heart rate transmitter eliminates cross talk and electrical interference. Optional speed and distance with PODs. Optional PC-POD compatible to download workout summary from wristop to PC Dual-time, daily alarms, stopwatch, training timers, user-replaceable battery.

Key features:

- * Training Effect
- * Heart Rate
- * Calories burned
- * Logbook
- * Speed and distance with optional Suunto PODs

Additional functions include dual time, date, alarm and a stopwatch with splits and laps. With optional PC POD, you can transfer data to your PC and maintain a personal training log.

Material: White casing / Rose strap (t3 rose), Black casing / Black strap (t3 black); Orange webbing strap (t3 orange webbing); Black polished strap (t3 black polished).

Available in: Orange webbing
Black
Rose

Accessories: replacement battery

*All quoted dealer prices are excluding GST

SUUNTO t4 -



H/R Belt Included

SRP \$349.00

Guides you toward optimal fitness with individualized training plans for frequency, duration, and training effect.

Provides real time advice for achieving optimal Training Effect per workout. The Suunto Coach suggests training plans for up to five days for frequency, duration, and training effect. Adaptive recommendations for next workouts based on your actual training. Heart rate, real-time average heart rate, Training Effect, and accurate calories burned in real time. Interference-free heart rate transmitter eliminates cross talk and electrical interference.

Key features:

- * Suunto Coach (adaptive training advisor)
- * Training Effect
- * Heart rate
- * Calories burned
- * Logbook
- * Speed and distance with optional Suunto PODs

Additional Functions include dual time, date, alarm, and stop watch with splits and laps. With optional PC POD and software, you can easily maintain a personal training log on your PC.

Material: Black casing / Black and white webbing strap

Available in: Black valcano

SUUNTO t6 -



H/R Belt Included

SRP \$749.00

The first sports instrument in the world that measures the real effect of your training.

Provides sports-laboratory-accurate assessment of your cardiovascular training, guiding you toward optimal condition in the shortest time possible. Calculates seven different body parameters including: Heart Rate, EPOC, Energy Consumption, Ventilation, Oxygen Consumption, Respiratory Rate, Training Effect. Interference-free heart rate transmitter eliminates cross talk and electrical interference. Includes PC Interface to download logs, view HR and TE graphs, workout summary, and create training programs on the computer. Dual-time, daily alarms, stopwatch, and training timers. Altimeter, Barometer, Thermometer.

Key features:

- * Heart Rate
- * Energy consumption
- * Ventilation
- * Oxygen Consumption (VO2)
- * Respiratory Rate
- * Training Effect
- * EPOC (Excess Post-exercise Oxygen Consumption)

Additional Functions include dual time, date, alarm, and stop watch with splits and laps. With optional PC POD and software, you can easily maintain a personal training log on your PC.

Material: Black casing / Black elastomer strap

Accessories: replacement strap
replacement battery

HOME TRAINING PACK –

Ideal for indoor training, this pack displays, records, and analyzes heart rate data on a home PC. Activities include stationary biking, spinning, stair-stepping, rowing, and treadmill work.

Contents:

- * Suunto ANT Belt heart rate transmitter
- * Suunto PC POD



SRP \$299.00

CYCLING PACK –

Designed for avid cyclists, this pack easily adapts to the full range of bike forks and wheels. Information includes heart rate and physiological data, Training Effect, speed and distance.

Contents:

- * Suunto t3 Black
- * Suunto Universal Bike POD
- * Handlebar Mount



SRP \$399.99

RUNNING PACK –

This lightweight pack provides avid runners with heart rate and physiological data, Training Effect, speed and distance, pace, and automatic lap times.

Contents:

- * Suunto t3 Black
- * Suunto Foot POD



SRP \$449.99

MULTISPORT PACK –

Designed for athletes on foot, bike, ski or skate, this pack provides comprehensive heart rate monitoring while tracking speed and distance across a wide variety of outdoor activities

Contents:

- * Suunto t3 Black
- * Suunto GPS POD



SRP \$499.00

MARATHON PACK –

This Performance Pack helps runners maximize progress and reach goals with comprehensive heart rate monitoring, Training Effect, speed and distance, pace, custom workout plans and a PC logbook.

Contents:

- * Suunto t4
- * Suunto Foot POD
- * Suunto PC POD



SRP \$699.00

DUATHLON PACK –

This pro-caliber system meets the comprehensive training needs of elite endurance athletes who run and cycle. The Suunto t6 records more than 100,000 heartbeats with one-millisecond resolution. Combined with Foot and Bike PODS, it delivers speed, distance, elevation gain and loss, and performance on hills and altitude.

Contents:

- * Suunto t6
- * Suunto Foot POD
- * Suunto Road Bike POD
- * Handlebar Mount



SRP \$899.00

SUUNTO PC POD -

Used with a Suunto t3 or Suunto t4, the Suunto PC POD wirelessly uploads training sessions to your home PC for archiving and analysis. It also transmits realtime workouts, allowing your coach to monitor your performance beat-by-beat on a PC screen. Software included.



SRP \$199.99

SUUNTO GPS POD -

The Suunto GPS POD employs the Global Positioning System to track speed and distance across a wide variety of outdoor activities including hiking, cycling, cross-country skiing, inline skating and kayaking.



SRP \$259.99

SUUNTO UNIVERSAL (MTB BIKE) POD -

The Suunto Road Bike POD turns your Suunto heart rate monitor into a wireless bike computer. Current and average speeds combined with distance and interval alarms make sessions in the saddle more fun and productive.



SUUNTO ROAD BIKE POD -

The Suunto MTB BIKE POD is specifically designed for rough, off-road environments. A universal for attachment fits any bike, positioning the POD out of harm's way from rocks, stones and trunks.



SRP \$99.99

SRP \$119.99

SUUNTO FOOT POD -

A most accurate tool for runners, the Suunto Foot POD adds speed, distance, pace and automatic lap times to your Suunto wrist top unit.



SRP \$199.99

SUUNTO SMART BELT HR TRANSMITTER -

Records your heart rate without the need of a wristop. ANT-technology. 2Mb memory. Ideal for swimming, outdoor, and contact sports. Compatible with Suunto t3, t4, t6, PC POD and Smart Belt Docking Station.



SRP \$129.99

SUUNTO TEAM POD -

Ideal for group workouts and training sessions, the Suunto Team POD allows coaches and instructors to monitor the heart rate and physiology of up to 30 participants simultaneously. It wirelessly gathers information from participants wearing Suunto HR Belts within a 100 meter radius, in real time, on a PC screen. Software included.



SRP \$2,699.99

SUUNTO – MORE THAN HEART RATE MONITORS

COMPARISON TABLE OF PRODUCT FEATURES	†1	†3	†4	†6
TRAINING FUNCTIONS				
Accurate calories	X	X	X	on PC
Training Effect in real time	-	X	X	on PC
Sunnto Coach - personal training program	-	-	X	-
Speed & Distance functions (with optional PODS)	-	X	X	X
ANT - digital coded heartrate / speed signal	-	X	X	X
Average heart rate in real time	X	X	X	X
Heart rate in limit alarm	X	X	X	X
Number of adjustable heart rate zones	3	3	3	1
Stopwatch	X	X	X	X
Timers (interval, warm-up, countdown)	-	X	X	X
Altimeter and weather functions	-	-	-	X
MEMORY				
Capacity	1 log	15 logs	15 logs	25 logs
Start time & duration of workout	X	X	X	X
Total calories	X	X	X	on PC
Average & peak heart rate	X	X	X	X
Laps in each log, with average heart rate of lap	-	X	X	on PC
Time spent below/above/inside each zone	X	X	X	X
Training Effect	-	X	X	on PC
Speed & distance (with optional PODS)	-	X	X	X
Total ascent, decent + altitude profile	-	-	-	X
Heart rate interval recording (R-R)	-	-	-	100000 beats
Detailed analysis of seven body parameters	-	-	-	on PC
Workout summary	Last 2 months	Last 6 months	Last 6 months	Manually resetable
CALENDER / BASIC				
Time, date, weekday, dual time	X	X	X	X
Number of daily alarms	1	1	1	3
User replaceable battery (both watch and H/R belt)	X	X	X	X
Backlight	X	X	X	X
EXTRAS				
PC software	-	Optional	Optional	Optional
Change your style - replaceable accessory straps	X	X	X	-
Compatible with Sunnto team systems	-	X	X	X

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X FEATURE

- MISSING FEATURE

SUUNTO – MORE THAN HEART RATE MONITORS



SUUNTO – YOUR EVERYDAY WORKOUT PARTNER



SUUNTO – PERSONAL TRAINING / ACCESSORIES



t6 strap kit

SRP \$24.99

Black elastomer replacement strap. Fits Suunto t6.



t-series strap - Rose medium

SRP \$24.99

Fits Suunto t1, t3, and t4 wristops. Originally on Suunto t3 rose



t-series strap - Black medium

SRP \$24.99

fits Suunto t1, t3, and t4 wristops.



t-series strap - Coral medium

SRP \$24.99

Fits Suunto t1, t3, and t4 wristops. Originally on Suunto t1 coral.



t-series strap Olive medium

SRP \$24.99

Fits Suunto t1, t3, and t4 wristops. Originally on Suunto t1 olive.



t-series replacement battery

SRP \$11.99

For Suunto t1, t3 and t4 only.



t series strap - Black pattern

SRP \$19.90

Fits Suunto t1, t3, and t4 wristops. Originally on Suunto t1 black.

t series strap - Espresso large

SRP \$19.90

Fits Suunto t1, t3, and t4 wristops. Originally on Suunto t1 Espresso.



t series strap - Rose medium

SRP \$19.90

Fits Suunto t1, t3, and t4 wristops. Originally on Suunto t3 rose.



t series strap - Black polished

SRP \$29.90

Fits Suunto t1, t3, and t4 wristops. Originally on Suunto t3 black polished.



t series strap - Brick polished

SRP \$29.90

Fits Suunto t1, t3, and t4 wristops. Originally on Suunto t1 brick polished.

SUUNTO – PERSONAL TRAINING / ACCESSORIES



Bike Adaptor

SRP \$16.99

Allows you to mount your wristop on the handlebars of your bike for maximum visibility. Black Neoprene.



Elastic Strap for HR Transmitter

SRP \$16.99

Connects transmitter belt to be worn around your chest. Adjustable and stretchy strap. Sizes (measured with transmitter belt and strap attached, non-stretched, smallest to longest extension)

Medium 61 cm – 88 cm



HR Transmitter Belt

SRP \$69.99

For Suunto t1. Includes elastic strap, size medium



HR Transmitter Belt (ANT) for t-series

SRP \$129.99

For t3, t4, and t6. Can also be used with Suunto PC POD and Team POD. ANT – Technology insures interference-free transmission. Includes elastic strap, size medium.



Suunto Smart Belt

SRP \$249.99

Records your heart rate without the need of a wristop. ANT-technology. 2Mb memory. Ideal for swimming, outdoor, and contact sports. Compatible with Suunto t3, t4, t6, PC POD and Smart Belt Docking Station.



USB Cable for Suunto t6

SRP \$84.99

PC Interface for Suunto t6. USB replacement datasnake.



Foot POD Jacket

SRP \$16.99

Replacement jacket for Suunto t-series foot POD.

SUUNTO – TRAINING



What is Training Effect?

Training Effect (TE), shows the degree to which a workout improves your cardiovascular and aerobic fitness. More powerful than conventional zone training features, Training Effect tells you the quantifiable results of your workout.



How Training Effect works

Training Effect is based on EPOC* measurements during exercise, combined with information about your current fitness level and exercise history (activity class).



*EPOC (Excess Post-exercise Oxygen Consumption) is a scientifically sound measure of training load.



Why Training Effect is important

If your workouts are too easy, your aerobic condition won't improve. Likewise, if your workouts are too difficult, you run the risk of over-training and hindering improvement.



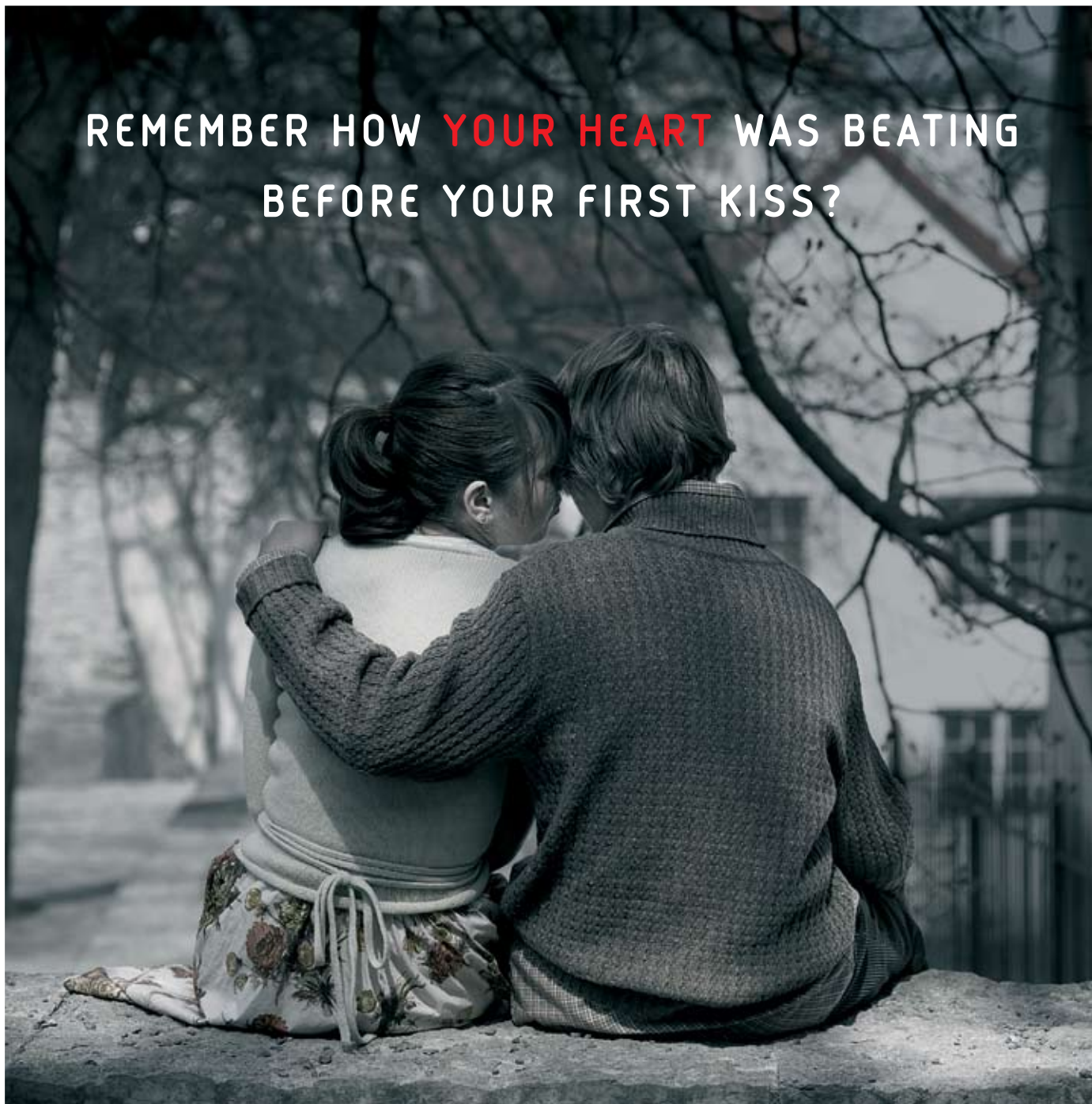
Between those two extremes, it's difficult to gauge the effectiveness of a workout on gut-feeling alone (especially considering variables such as intensity, duration, and frequency). Training Effect takes the guesswork out of working out.



During exercise, Training Effect shows the real-time effectiveness of your workout. After exercise, Training Effect displays the final degree to which a workout improved your cardiovascular condition.

1	TE 1.0-1.9	Training Effect: Minor Can develop endurance base with sessions longer than one hour.
2	TE 2.0-2.9 come.	Training Effect: Maintenance Maintains cardiovascular fitness. Helps build foundation for harder training to come.
3	TE 3.0-3.9	Training Effect: Improvement Improves cardiovascular fitness if repeated two to four times weekly.
4	TE 4.0-4.9	Training Effect: Rapid Improvement Rapidly improves cardiovascular fitness if repeated one to two times weekly. Augment with recovery sessions in the TE 1-2 range.
5	TE 5.0	Training Effect: Overreaching Dramatic increase in cardiovascular fitness if combined with substantial recovery.

REMEMBER HOW **YOUR HEART** WAS BEATING
BEFORE YOUR FIRST KISS?



The new Suunto heart rate monitors capture your every heartbeat. They measure the Training Effect, the real result of your workout, live on your wrist. So you know that your training makes a difference.



On a scale from 1 to 5, Training Effect 3.1 means that this workout improves your fitness level.

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