



NEW LANCE ARMSTRONG IMAGE HERE



SUUNTO COLLECTION 2009

- RUNNING
- TRAINING
- SKIING
- MOUNTAINEERING
- SAILING
- SNOWBOARDING
- CYCLING
- FITNESS
- SWIMMING
- SKATING
- CLIMBING
- GOLF
- ROWING
- TRIATHLON
- ICE HOCKEY
- HIKING

Looking forward to 2009

2 2008 was an exciting and successful year for Suunto. Met with praise from athletes, coaches and industry professionals alike, the last 12 months saw a host of new Suunto devices, accessories and performance packs released across the globe. In 2009, we will give our well-known products even more swing by focusing on Suunto's brand awareness. Our global marketing campaigns and partnerships

with top athletes and sports organizations will be seen and recognized by millions of consumers around the world. Utilizing the immense power of television, internet, print advertising, online-marketing, press, and POS material, the Suunto brand and our selection of products are sure to make an everlasting impact on the world of athletics in 2009.

Suunto & Red Bull X-Alps 2009

For the second time running, Suunto will be the key sponsor and equipment supplier for the Red Bull X-Alps – the toughest hiking and paragliding adventure race in the world – which starts in Salzburg, Austria on July 19th, and finishes in Monaco.

In 2007, all of the participants were supplied with Suunto Core, Suunto Vector or Suunto X6 sports precision instruments to help them along their journey through the Alps. During the race, nearly 66 million people around the world saw the power of Suunto – online through a sponsored Live Tracking feature on the official Red Bull X-Alps website, and in person through sizeable Suunto logo on each participant's flying helmet.

In 2009, Suunto will supply all contestants participating in the Red Bull X-Alps 2009 with sports precision instruments to help track their achievements in front of a global audience.

Suunto and the International Triathlon Union (ITU)

After successfully acting as official timers for the 2008 International Triathlon Union (ITU) World Championships in Vancouver, Suunto will step up as the official time and data sponsor for the ITU World Champion Super Series in 2009.

With over 80 million people watching highlights of the last World Triathlon Championships, triathlon, a combination of swimming, cycling and running, is one of the fastest-growing sports in the world.

Suunto will take center-stage during the live broadcast. A GPS service will display athletes' speed and distance on the course and Suunto heart rate monitors will help keep audiences informed on the statuses of participating Suunto Ambassadors, such as gold medalists Emma Snowsill and Jan Frodeno, world champion Javier Gomez, and other accomplished professionals.

Suunto sponsors Lance Armstrong

In 2009, Suunto will begin a long-term partnership with one of the world's most famous athletes, Lance Armstrong. A record-breaking seven-time winner of the Tour-de-France race, Armstrong is not only a champion cyclist and admired athlete, but also a worldwide symbol of inspiration.

In 1997, after beating the odds and successfully battling cancer, Lance set up Livestrong, the Lance Armstrong Foundation (LAF), which helps, supports and advises those suffering from cancer. Since then, the LAF has raised over \$250 million to support its mission, and provided resources for 550 organizations that conduct cancer research and offer services to people affected by cancer.

Suunto will develop a strong promotional commercial campaign with a Livestrong theme, to inspire action and help support the fight against cancer.



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AMER SPORTS



PRECOR®

SUUNTO

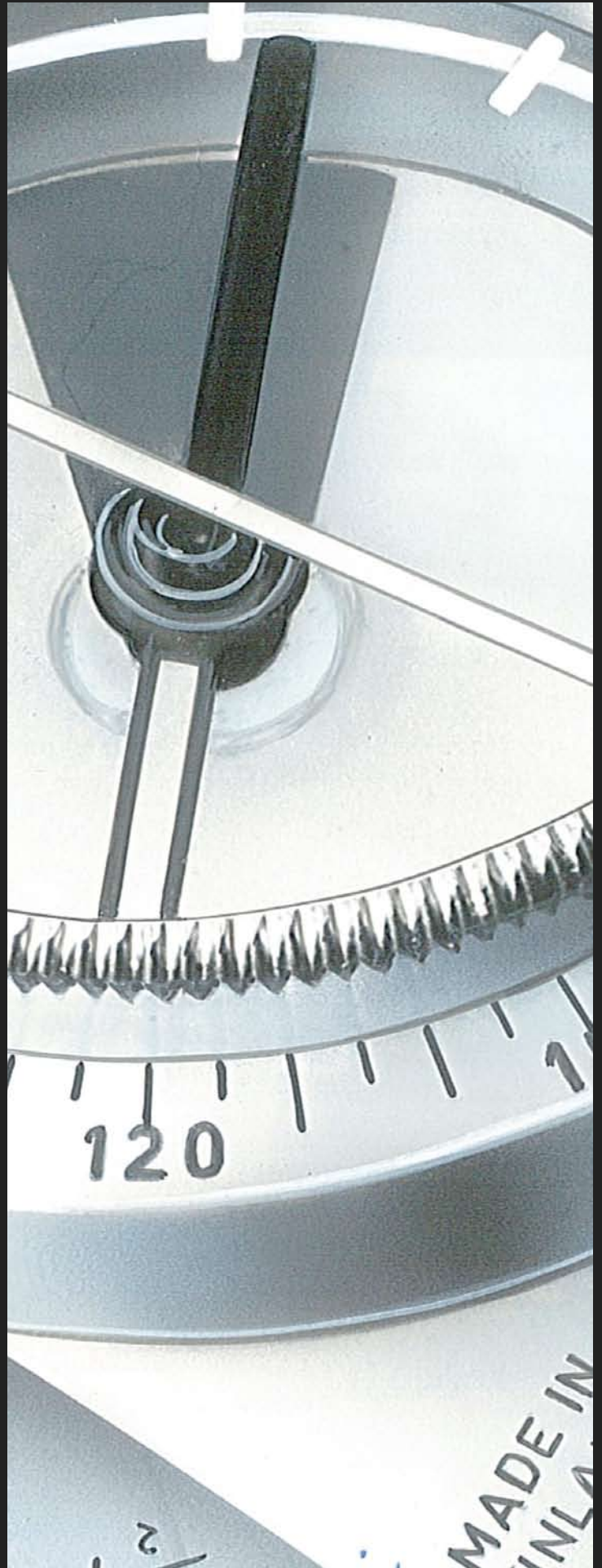
Wilson®

SALOMON

A heritage of reliable sports instruments

- 4 Suunto is a leading designer and manufacturer of sports precision instruments for diving, training, mountaineering, hiking, skiing, sailing and golf. Prized for our intuitive design, accuracy and dependability, our precise instruments combine the aesthetics and functionality of watches with sport-specific computers that help athletes at all levels analyze and improve their performance.

Suunto has channelled its engineering processes and sporting passions into designing the best instruments for the most challenging conditions. Whether divers, mountaineers, runners or other athletes, and regardless of skill level, the Suunto user community is bonded by a common passion for performance and design. Suunto products and services provide accurate and reliable guidance about our users' environment and their bodies, and inspire them to push their limits and get the most out of their active lifestyle.



A timeline in sports instruments history

Suunto Core Alu Alu arrives – weighing just over 100 grams, this stylish sports instrument combines a range of intelligent features with an attractive, robust aluminum design.

The enhanced Suunto t6c, Suunto Cadence POD and a custom t-Series line for women are launched to help athletes get even more out of their training sessions.

Suunto Comfort Belt launched – a soft, comfortable belt that sends accurate heart rate information to your compatible Suunto heart rate monitor.

Suunto X10 arrives: the world's smallest outdoor sports instrument with GPS navigation, Suunto X10 is the ultimate companion for adventurers who demand accuracy, quality and dependability.

Suunto releases the first dedicated outdoor sports instrument for females – Suunto Lumi.

A full line of heart rate monitors is launched to compliment the Suunto t6, offering accurate heart rate monitors for all users – from beginners to professionals and teams.

The Suunto D9 dive computer, the world's first all-in-one dive instrument with incorporated digital compass, is launched.

Suunto launches the Suunto t6 – the world's first heart rate monitor that accurately measures EPOC.

The first outdoor sports precision instrument, the Suunto Vector, is launched using innovative design ideas taken from the Suunto Spyder.

The Suunto Spyder is introduced – the world's first watch-sized instrument that combines the performance of a top-of-the line multi-level dive computer with a high-quality dive watch.

The SME dive computer is developed by Suunto, revolutionizing the sport by telling the safe duration of a dive and needed decompression time.

Suunto marine compasses become the standard in Swan and Baltic boats and are widely used in the Whitbread Round the World race.

The Suunto SK-4, Suunto's first dive compass, is developed and used actively by famous sea-dwellers, such as Jacques Cousteau, a French navy officer, explorer and scientist, who devoted his life to the sea.

Suunto is founded by the inventor and sportsman Tuomas Vohlonen, when he patents the mass production of the liquid-filled compass.

2008

2007

2006

2004

1998

1997

1987

1980 – 1989

1965

1936

Suunto ambassadors who've put our products to the test

6 At Suunto, we use a wide-range of first class athletes, teams and coaches to test our products in the field.

In Beijing in 2008, we were proud to have three of our top ambassadors win gold in their respective sports.



Jan Frodeno, GER
Olympic Gold Medalist '08
Triathlon

An accomplished German triathlete, Jan Frodeno trained intensively with his Suunto heart rate monitor for his gold medal win in triathlon.



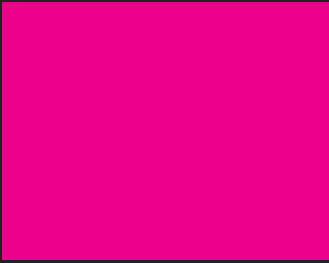
Alex Schwazer, ITA
Olympic Gold Medalist '08
Race Walking

A record-setting race walker from Italy, Alex Schwazer used his Suunto t6c to help him win the gold medal – and set a new world record – in race walking.



Emma Snowsill, AUS
Olympic Gold Medalist '08
Triathlon

A decorated Australian professional triathlete, Emma Snowsill used her Suunto t6c Red Arrow to help train for her gold medal win in triathlon.



William Trubridge, NZ
2 x World Record holder, 2008
Free Diving



Alex & Thomas Huber, GER
The world's most famous climbing
brothers



ENSA, FRA
One of the most famous schools for
outdoor professionals



Aino-Kaisa Saarinen, FIN
2 x World Champion, 2007
Nordic Skiing



Joe Rogowski, USA
Strength and Conditioning Coach for the
Orlando Magic
NBA



Doug McKenney, USA
Strength and Conditioning Coach for the
Buffalo Sabres
NHL



René Enders, GER
Sprint Bronze Medalist, 2008 Cycling



SRM Stevens Team, GER
Racing and Product Development Team
Cycling



Jonathan Wyatt, NZL
6 x World Champion
Mountain Running



Hiroki Ishikawa, JPN
Grand Slam of Ultra Running
Winner, 2007
Running



Markus Hohenwarter, AUT
3 x National Champion 1/2 Marathon
Running



**Marit van Eupen &
Kirsten van der Kolk, NED**
Olympic Gold Medalists, 2008
Rowing



Nicolas Lebrun, FRA
X-Terra European Tour Winner,
2006-2008
Triathlon



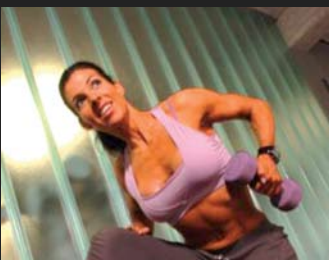
Marcel Zamora, ESP
IRONMAN France Winner, 2006-2008
Triathlon



Dr. Sibylle Matter, SUI
IRONMAN Switzerland Winner
2008
Triathlon



Oprea Diana Raluca, ROM
World Champion in Female Fitness



Susan Malekpur Shirazi, GER
4 x World Fitness Champion



Ilse Pol, NED
National Champion 5000m
Running

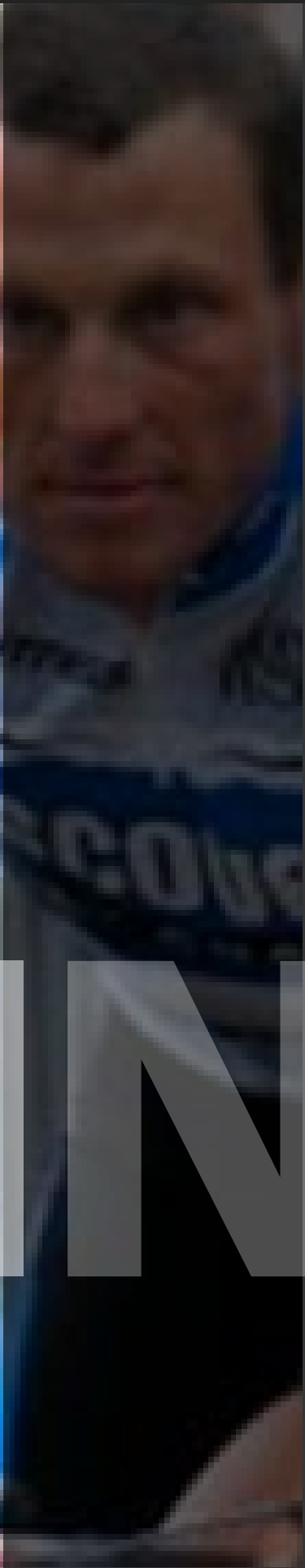


Vasilij Zbogor, SLO
Olympic Silver Medalist, 2008
Sailing



Italian National Team, ITA
Skiing champions

NEW LANCE ARMSTRONG IMAGE HERE



TRAINING

Suunto and Lance Armstrong

Lance Armstrong is one of the most globally recognized athletes of modern times. While his achievements in cycling and his incredible personal story are widely known, his success as an accomplished runner and triathlete might surprise a few of his fans.

A competitor since the age of 12, Lance was already an accomplished professional triathlete – and an amazing cyclist – by the age of 16. During the 1990s, he began to see success as a professional cyclist, with stage wins in the Tour de France and a world championship in 1993.

In 1996, though, Lance was diagnosed with life-threatening cancer. Successfully fighting the disease and eventually returning to professional cycling, Lance defied all the odds by becoming a record-breaking seven-time winner of the Tour de France.

In 1997 he set up Livestrong, the Lance Armstrong Foundation, which helps, supports and advises those suffering from cancer. After an initial retirement in 2005, Armstrong has since completed the New York Marathon three times, and recently announced a return

to professional cycling and an intention to participate in the ITU World Champion Super Series in 2009.

Armstrong is a long-time Suunto user, valuing the sports-laboratory accuracy of his Suunto t6c heart rate monitor when calculating his EPOC and Training Effect. The Suunto t6c's versatility and compatibility with SRM's Power Cranks are a must for helping Lance train for the big events.

Armstrong's coach, Chris Carmichael – the man behind Carmichael Training Systems – has worked with Suunto's products since the arrival of the Suunto t6. As in previous years, Carmichael will be using Armstrong's logfiles and training data to help Lance train for his upcoming events and help him push his limits even further.

TRAINING

Suunto and Livestrong

- 10 In 1996, Lance Armstrong was diagnosed with testicular cancer. Having spread to his lungs and brain, Lance was given a very slim chance of survival and underwent a course of aggressive chemotherapy, vowing to beat the odds.

After a long battle, the cancer eventually went into remission. By 1998, he was back in the professional peloton, and incredibly won the Tour de France for the first time in 1999 – and a record-breaking six more times after that.

To help cancer sufferers and their families deal with the illness and to educate the general public about its effects, Armstrong set up the Lance Armstrong Foundation (LAF) in 1997. Its motto: Livestrong. Its mission: to inspire and empower others.

Since then, the LAF has raised over \$250 million to support its mission, and provided resources for 550 organizations that conduct cancer survivorship research and offer services to people affected by cancer.

Over 60 million distinctive yellow “Livestrong” wristbands have been sold throughout the world, and the foundation organizes and raises funds for regular sporting events across the United States.

In recognition of the work undertaken by the LAF, Suunto will develop a strong promotional commercial campaign with a Livestrong theme, to inspire action and help support the fight against cancer.

For more information, please visit www.livestrong.org and www.suunto.com.



NEW LANCE ARMSTRONG IMAGE HERE



Suunto and the International Triathlon Union (ITU)

After successfully acting as official timers for the 2008 International Triathlon Union (ITU) World Championships in Vancouver, Suunto will now step up as the official time and data sponsor for the ITU World Champion Super Series in 2009.

This brand-new ITU concept will bring triathlons to the hearts of eight cities throughout the world, making them accessible to everyone with the will to compete – from early beginners to professional athletes.

For spectators, each race is a chance to see the excitement of a triathlon up-close. For those unable to watch in person, Suunto's innovative technology will give TV viewers an intimate look at the competition. A GPS service will display athletes' speed and distance on the course, and Suunto heart rate monitors will help keep audiences informed on the statuses of participating Suunto Ambassadors.

Triathlon, a combination of swimming, cycling and running, is one of the fastest-growing sports in the world, with competitors ranging from amateur to professional athletes. Suunto heart rate monitors, when combined with Suunto Foot POD and Road Bike PODs, can help triathletes develop and execute well-rounded training regimens for their next events.

In celebration of this collaboration, Suunto will develop a strong promotional commercial campaign with an ITU World Champion Super Series theme, as well as additional POS supporting material for retailers.

Keep an eye out for a race in your city in 2009:

April 19 – Singapore
 May 10 – Madrid, Spain
 May 31 – Washington D.C., USA
 June 28 – Kitzbühel, Austria
 July 26 – Hamburg, Germany
 August 16 – London, UK
 August 23 – Yokohama, Japan
 September 13 – Grand Finale – Gold Coast, Australia

For more information, please visit www.triathlon.org or www.suunto.com.



New for Suunto t-Series in 2009

- 12 We are proud to present several new additions to the t-Series Training Collection for 2009. A host of new and intuitive training Performance Packs and the arrival of the Suunto Dual Belt are just a few of the many services and products that will be available for Suunto customers in 2009.



Advanced Heart Rate Monitors and Belts

Suunto offers a collection of heart rate monitors and belts that accurately measure your heart rate. The Suunto Dual Belt pairs securely with your Suunto heart rate monitor or compatible gym equipment – through ANT or IND technology – and sends accurate, real-time training information directly to your wrist.



Speed and Distance Measurement

Pair your Suunto t-Series heart rate monitor with a compatible measurement sensor called a POD (Peripheral Observation Device), or use it as a part of a comprehensive Performance Pack. The PODs and Performance Packs both supply you with the ability to collect additional speed and distance information for a variety of sports, to help you better understand your training and body.



Software and Services

Plan, analyze and optimize your workout with Suunto PC software and our online web services at Suunto.com. Download useful software updates from our website and use the software to better understand your performance – both during and after your workouts.

The acclaimed and awarded Suunto t-Series

Since their introduction in 2004, our t-Series heart rate monitors have been awarded and recognized in several publications for their intelligent designs and innovative measurement capabilities.

SUUNTO t6c



"Runner's World Test Winners" for Suunto t6c and Suunto Foot POD (2008)

Runner's World, one of the leading running magazines in the world, tested six different models of speed and distance tracking devices from all major manufacturers and placed Suunto at the top of the list. Suunto t6c and Suunto Foot POD were awarded as "Runner's World Test Winners" for 2008, based on their accurate and versatile measurement capabilities.



"Best of Fitness Gear" by US Health Magazine for Suunto t6 (2006)

US Health magazine named the Suunto t6 as the "Best of Fitness Gear" in their second annual Best of Fitness Product Awards in 2006. The selection process included rigorous testing by a panel of experts who weighed each product against other competing brands.

SUUNTO t4c



"Top Gear" seal by shapeyou.com for Suunto t4c (2008)

The Suunto t4 heart rate monitor earned the "Top Gear" seal in the heart rate category for 2008 by www.shapeyou.com, a popular online health and fitness resource site for athletes who demand quality and accuracy in their heart rate monitors.



Runner's World ISPO Award for Suunto t4 (2007)

The Suunto t4 stood up against 17 other heart rate monitors and passed with flying colors. A successful combination of sophisticated technology combined with intelligent speed and distance measurement features were the basis for which the Suunto t4 was awarded with the Runner's World ISPO Award in the category of Accessories at the winter ISPO 2007.



Outside Magazine Honors Suunto t4 (2006)

The editors of Outside Magazine in the United States awarded the Suunto t4 heart rate monitor in its December 2006 issue by featuring it on its "O List" – a list of the year's most important people, ideas, trends and gear. The Suunto t4 ranked second (just behind America's seven-time Tour de France champion) for its Suunto Coach feature.

SUUNTO t3c



ISPO Outdoor Award for Suunto t3 and Suunto GPS POD (2007)

Several Suunto products were awarded for their ease-of-use and intelligent features that help both beginning and professional athletes reach their goals. The Suunto t3's Training Effect feature and its compatibility with the Suunto Bike POD, Suunto Foot POD, Suunto PC POD, and Suunto GPS POD were also grounds for the Outdoor Award.

SUUNTO t1c



"Great Gear of the Year" award for Suunto t1c and Suunto Foot POD (2008)

Suunto t1 and Suunto Foot POD earned the "Great Gear of the Year" seals for 2008 by www.shapeyou.com, a popular online health and fitness resource site for athletes who demand quality and accuracy in their sports devices.

Suunto t-Series – consumer segmentation

- 14 Training for some people is about improving performance and continually striving to exceed expectations – their own and those of their competitors. When training professionally, to relieve stress, to lose weight or for general fitness and well-being, your motivation is always the key to reaching your goals.

Whatever your motivation is, staying on the couch is not an option.

Performance



Performance

Active

Recreational



Active



Performance

Active

Recreational



Recreational



Performance

Active

Recreational



A compelling business case

Reaching goals made easy



Calories Burned

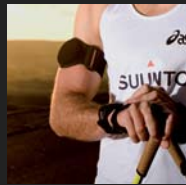
Training Effect
and Suunto Coach

Real-time EPOC

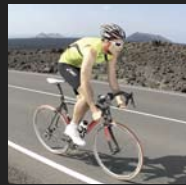
Optimized for many sports



Suunto Foot POD



Suunto GPS POD

Suunto Cadence POD
and Suunto Bike POD

Functional design for life

User-replaceable
batteriesComfortable heart
rate belts

Women's collection

A highly-inspirational brand

- _ Strong standing among top athletes and professional users
 - from practice fields to mountain peaks
- _ Awarded product designs that appeal to both men and women who appreciate functionality and everyday use
- _ High consumer satisfaction and customer retention rates among existing heart rate monitor owners
- _ A unique versatility that no other brand can match – the third most common use of Suunto heart rate monitors after running and cycling is day-to-day use

A strong push in consumer awareness campaigns for 2009

- _ The timing and data sponsor of the ITU Triathlon World Cup Series
- _ A sponsorship-based collaboration with Lance Armstrong and Livestrong
- _ New and exciting Suunto.com web campaigns

A full range of products

- _ For recreational athletes or elite professionals, Suunto's products cover both ends of the consumer spectrum
- _ Featuring tools such as Training Effect, EPOC and Suunto Coach that help sports participants get more out of each training session
- _ Equipped with advanced and industry-leading ANT technology that enables true modularity and an unrivaled quality of data transmission

Increased sales with less stock and floor space

- _ A selection of compact wrist units and PODs that are all compatible with each other make it possible for customers to find the solution that best works for them
- _ Suunto PODs complement the wrist units, proving to help increase overall sales and improve consumer retention
- _ Repeated sales are achieved through upgradable PODs

A flexible and service-minded operation

- _ Suunto offers the possibility to have customized models made for key accounts
- _ Suunto provides a free 24-hour global help desk and other educational tools for sales personnel
- _ All wrist units, belts and PODs feature user-replaceable batteries – sales personnel will not have to spend time performing maintenance tasks

SUUNTO t6c



A sports laboratory on your wrist – Suunto t6c is a professional-grade tool for monitoring, analyzing, and optimizing your training.



SS013580010 Fusion



SS013579010 Black



Suunto Training Manager Software

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SUUNTO t4c



A training schedule on your wrist – Suunto t4c optimizes your training schedule by maintaining an up-to-date plan to help you work your body into top physical form.



SS013577010 Black Volcano

Suunto Coach was developed following the guidelines of the American College of Sports Medicine, and generates a comprehensive 5-day training program based on your current fitness level and recorded training history.

SUUNTO t3c



Training Effect in real time – Suunto t3c heart rate monitor takes the guesswork out of your training and gives you the guidance you need to achieve your goals.



SS013575010 Black Polished



SS013574010 Brown



SS013573010 Black
SS013572010 Black (without Belt)

SUUNTO t1c



Comfortable and reliable heart rate monitoring – Suunto t1c is the perfect heart rate monitor for losing weight, maintaining fitness, or cardiovascular conditioning.



SS013569010 Black Pattern



SS013570010 Espresso Pattern

SUUNTO t1



Easy and reliable heart rate measuring – Suunto t1 is the ideal heart rate monitor for leisurely use in fitness clubs, when jogging, or walking.



SS013567010 Grey Pattern

The Suunto t6c works together with the included Suunto Comfort Belt and Suunto Training Manager PC software to give you a detailed analysis of seven physiological parameters, with accuracy previously available only in sports laboratories. Easily check your real-time Training Effect for an accurate measure of how hard your body's working, and quickly adjust your workout as needed. Get a read-out of your EPOC or securely pair your Suunto t6c and Suunto Comfort Belt to monitor your real-time heart rate and calorie consumption – and achieve your goals in the shortest time possible.

Key features:

- _Get a comprehensive physiological analysis of your training on your PC
- _Use the altimeter to monitor your hill and altitude performance
- _Monitor your real-time Training Effect and EPOC
- _Measure your speed, distance, and cadence with optional Suunto PODs
- _Use interference-free digital ANT transmission and coding to securely pair your Suunto devices

Additional functions include real-time heart rate and calories, watch with dual time, date, alarm, stopwatch with lap times, interval and countdown timers, graphic barometer and training logbook. User-replaceable battery.



The Suunto t4c boasts the Suunto Coach feature – an advanced program that evaluates your athletic performance, and gives you an easy-to-follow, personalized five-day training program. Rather than spending weeks tweaking your workout regimen, Suunto t4c quickly gets you on the right track by making intelligent training recommendations for the frequency, duration, and intensity of your workouts – to help ensure that your goals are efficiently met.

Key features:

- _Use Suunto Coach to get a personalized, detailed training schedule
- _Get real-time Training Effect
- _Measure your speed, distance, and cadence with optional Suunto PODs
- _Use interference-free digital ANT transmission and coding to securely pair your Suunto devices

Additional functions include real-time heart rate and calories burned, watch with dual time, date, alarm, and stopwatch with splits and laps. User-replaceable battery.

With the optional PC POD, you can transfer data to your PC and maintain a personal training log.



The Suunto t3c and included Suunto Comfort Belt work together to accurately monitor your real-time heart rate, calorie consumption, and Training Effect: a quick and accurate measurement of how hard your body's working at any given moment, so you can easily find that sweet spot for getting the most out of each workout. Get the edge you need to train effectively and ensure that all your pain is not in vain with the Suunto t3c.

Key features:

- _Get real-time Training Effect
- _Measure your speed, distance, and cadence with optional Suunto PODs
- _Use interference-free digital ANT transmission and coding to securely pair your Suunto devices

Additional functions include real-time heart rate and calories burned, watch with dual time, date, alarm, and stopwatch with splits and laps. User-replaceable battery.

With the optional PC POD, you can transfer data to your PC and maintain a personal training log.



The Suunto t1c works together with the included Suunto Comfort Belt to monitor your real-time or average heart rate and calorie consumption with precision, so you know how to train effectively to get the most out of each session. Both devices conveniently provide you with the comfort and accuracy you need to achieve your health, fitness and weight-loss goals.

Key features:

- _Monitor your real-time and average heart rate
- _Get your real-time calorie consumption
- _Check your zone training status at a glance
- _Use with compatible gym cardio equipment
- _Receive accurate readings in 29 different codes

Additional functions include watch with dual time, date, alarm, stopwatch and workout summary the past 2 months. User-replaceable battery.



The Suunto t1 and the included Suunto Heart Rate Belt work together to accurately monitor your real-time or average heart rate and calorie consumption, so you know how to train more efficiently to reach your fitness, health and weight-loss goals.

Key features:

- _Monitor your real-time and average heart rate
- _Get your real-time calorie consumption
- _Check your zone training status at a glance
- _Use with compatible gym cardio equipment
- _Receive accurate readings in 29 different codes

Additional functions include watch with dual time, date, alarm, stopwatch and workout summary the past 2 months. User-replaceable battery.



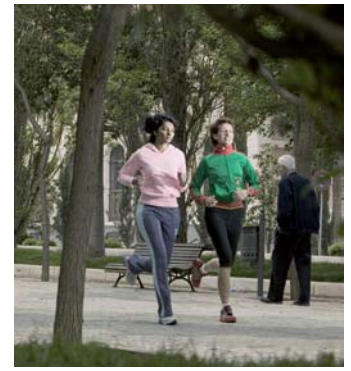
Suunto t-Series for women

18

The Suunto Training Series for women is a collection of female heart rate monitors designed by women, for women. Featuring softer wrist straps for improved fit and comfort, and boasting enhanced graphics

and textures, this line of Suunto t-Series heart rate monitors provides a more feminine feel without compromising the authentic, sporty look.





SUUNTO t4c



A training schedule on your wrist – Suunto t4c optimizes your training schedule by maintaining an up-to-date plan to help you work your body into top physical form.

SUUNTO t3c



Training Effect in real time – Suunto t3c heart rate monitor takes the guesswork out of your training and gives you the guidance you need to achieve your goals.

SUUNTO t1c



Comfortable and reliable heart rate monitoring – Suunto t1c is the perfect heart rate monitor for losing weight, maintaining fitness, or cardiovascular conditioning.

SUUNTO t1



Easy and reliable heart rate measuring – Suunto t1 is the ideal heart rate monitor for leisurely use in fitness clubs, when jogging, or walking.



SS013578010 Black Frost



SS013576010 Deep Green



SS013571010 Orange Flare



SS013568010 Grey Mist



Suunto Comfort belt

Suunto Comfort Belts are available in XS, S-L and XL sizes, and feature textile chest straps to help you comfortably and accurately monitor your training. Use the Suunto Dual Belt module to extend your pairing capabilities to both ANT and IND technology – enabling you to pair with either a Suunto heart rate monitor or compatible gym equipment.

Key features:

- _Made from comfortable textile materials
- _Uses unique traction strips for a closer fit
- _Equipped with a practical central closing mechanism for seamless length adjustment
- _User-replaceable battery
- _Available in three sizes: XS, S-L & XL
- _Pair with compatible gym equipment and Suunto heart rate monitors (with Suunto Dual Belt)
- _Send accurate heart rate information through both IND and ANT technology (with Suunto Dual Belt)

Performance measurements of Suunto t-Series

20

Suunto heart rate monitors feature a range of first-class technology to help you efficiently reach your fitness and training goals.

Our timeless dedication to the quality and accuracy of every Suunto product is what separates us – and you – from the rest of the competition.



Heart rate, calories burned and zone training

For weight loss, health, and general fitness, knowing this crucial information helps you accurately modify your intensity levels to achieve your desired fitness goals.



Actual HR and graphical HR limits

Burned calories graphical/numerical



Training Effect (TE)

Training Effect is an accurate measurement of how hard you have trained. To calculate your personal Training Effect, Suunto heart rate monitors use data from your personal fitness profile and combine it with an analysis of your physiological progress in real time. Your heart rate monitor then formulates your Training Effect, presented as a number on a scale from 1-5.

Look at the table on the right for a detailed analysis of what each number represents:



Set graphical HR limits

TE listed on a scale from 1-5

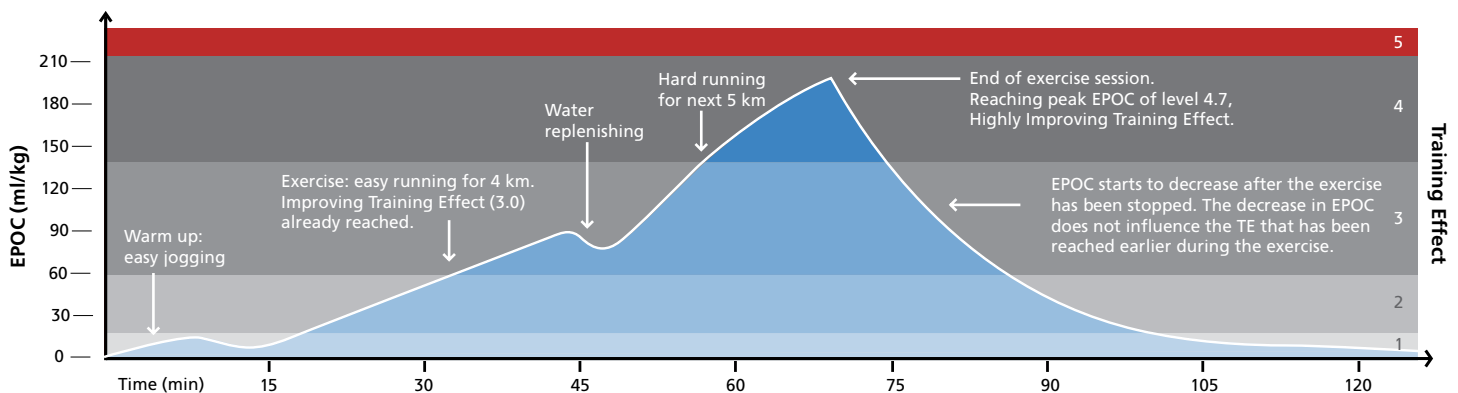
Your target TE (3.0) and time to target (5 mins at current intensity)

TE graph with scale

"I really value the Training Effect analysis. It gives me great info about my condition and real-time levels of exertion. Using the software, I can overlay charts from the same workout performed at different times to quickly gauge how my training is progressing – and make accurate adjustments. This is what technology should be about."

Jonathan Wyatt, Mountain Runner Legend, 5-time Mountain Running World Champion

Training Effect (TE)	Interpretation
1 Minor Training Effect	This workout improves your recovery time and basic endurance when performing consistently for an hour or more. In general, though, it does not significantly improve your aerobic performance.
2 Maintaining Training Effect	This workout helps you maintain a consistent level of aerobic performance. It also helps improve your respiratory and cardiovascular conditions, and will allow you to train at a higher intensity in the future.
3 Improving Training Effect	This workout helps improve your aerobic performance if repeated 2 to 4 times per week. Training at this level does not yet require the need for specific lengths of recuperation time.
4 Highly improving Training Effect	This workout highly improves your aerobic performance, if repeated 1 to 2 times per week. In order to achieve optimal development, it requires 2 to 3 recuperative workouts (with a Training Effect of 1–2) per week.
5 Over-reaching Training Effect	This workout helps you greatly improve your aerobic performance, but only if followed by a sufficient recuperation period. Training at this level requires an extremely high level of exertion and should not be performed often.



A deeper understanding

"Based on our extensive study at the sports medicine facility at the University of Bayreuth, we found the Suunto t6 to be an accurate and reliable instrument for performance diagnostics and training control under laboratory and field conditions."

*Prof. Dr. Dr. Walter Schmidt,
Sports Medicine Department,
University of Bayreuth, Germany*



Suunto Coach

The Suunto Coach feature generates a personalized 5-day training plan that helps you maintain a balance between workout and rest times. It makes intelligent recommendations

for the frequency, duration, and intensity of your workouts and gives you accurate, personalized guidance by prescribing different training intensities on different days. Using your Training Effect as a guide, Suunto Coach also maps out an accurate schedule of when to train and when to rest - and adapts your program according to the actual days that you train.



If your activity level decreases, Suunto Coach monitors and adapts your program automatically. It adjusts your schedule for the next five days to ensure you get the right amount of exercise in each phase of training.

Heart Rate Variation (HRV) analysis

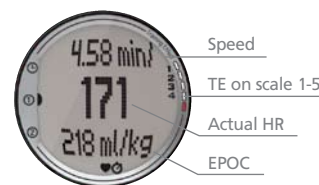
Beat-to-beat interval is the time difference (in milliseconds) between consecutive heartbeats and is measured from the R-peaks of the ECG curve. Heart Rate Variation (HRV)* is the fluctuation in these intervals. Beat-to-beat intervals and HRV are used by Suunto t-Series heart rate monitors for calculating calorie consumption, EPOC, Training Effect and other important variables.



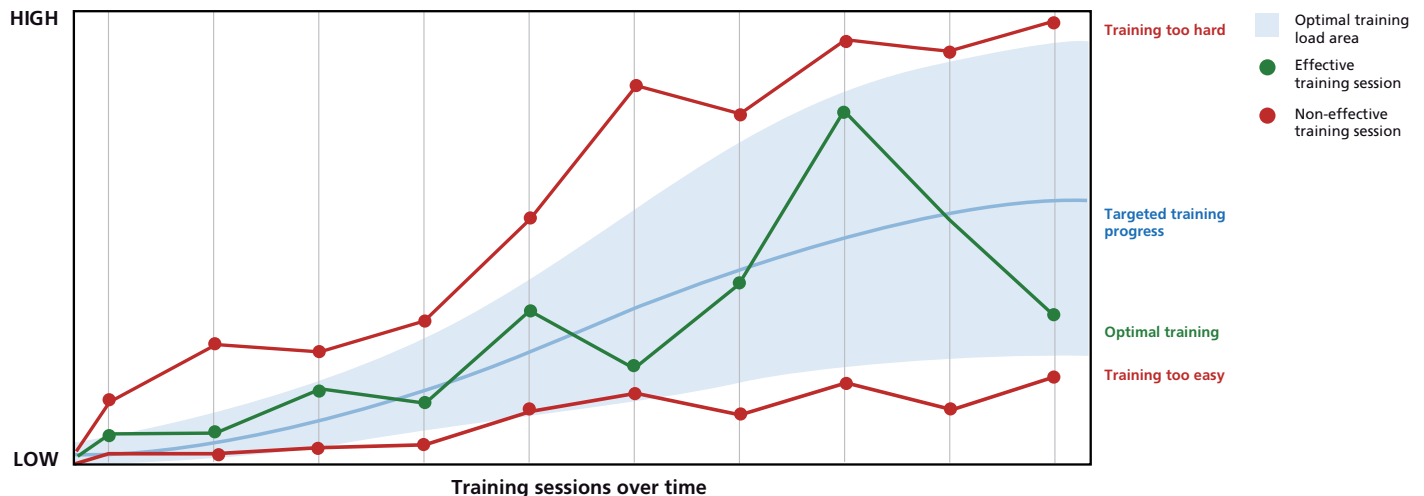
Excess Post-exercise Oxygen Consumption (EPOC)

EPOC is the additional amount of oxygen the body needs to recover from exercise. Previously only measurable in sports laboratories, EPOC is a scientific indicator for the accumulated training load of each training session. Measuring your EPOC makes it possible to objectively gauge whether the training session was sufficient to improve your fitness level. EPOC is also used to calculate your Training Effect.

The other remaining body parameters provided by the analysis software of Suunto t6c are energy consumption, ventilation, oxygen consumption and respiratory rate.



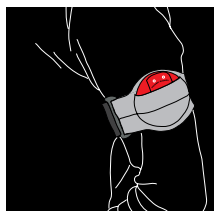
Correct training ensures optimal progress



Suunto Wireless Sports Network™ with Suunto PODs and Belts

A dependable wireless sports network is the foundation for the versatility of Suunto t-Series heart rate monitors. Allowing users to expand the use of their training equipment as their needs evolve, Suunto t-Series heart rate monitors enable the transfer of data between watches, heart rate belts, Suunto

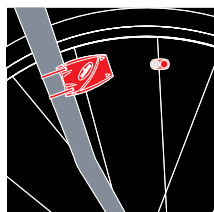
PODs* and PC software, via disturbance free ANT-Transmission Technology** . Suunto's digital 2.4 GHz radio frequency features 65,000 unique ID-codes and guarantees disturbance-free transmission and zero interference with other heart rate monitors.



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. Waterproof to one meter, it works with all POD-compatible Suunto heart rate monitors. User-replaceable battery.

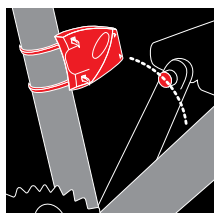
SS012702000



Suunto Bike POD

Engineered by Mavic, one of the leading bicycle component manufacturers in the world, the Suunto Bike POD turns your Suunto t3c, Suunto t4c or Suunto t6 heart rate monitor into a wireless bike computer with current and average speeds, distance and interval alarms. User-replaceable battery.

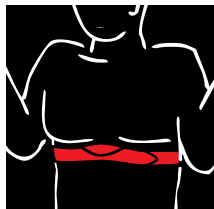
SS012700000



Suunto Cadence POD

Simple, discreet and easy to fit and adjust, this Mavic-engineered digital wireless cadence sensor provides pedaling pace to your Suunto t3c, t4c, and t6c heart rate monitor. In addition to the real-time information, you can access your cadence data later on a PC at various level of detail, depending on your HR monitor model. User-replaceable battery.

SS013717000



Suunto Memory Belt

Analyze your training with precision – Suunto Memory Belt transmits and records essential workout data for easy analysis on your home PC.

SS013444000

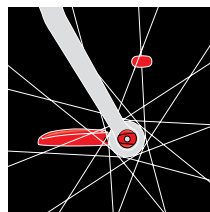
With Docking Station
SS013445000



Suunto Foot POD

The Suunto Foot POD wirelessly transmits speed and distance information to your Suunto t3c, Suunto t4c or Suunto t6c heart rate monitor. Combined with the Suunto t6 on-board altimeter, you'll get a complete picture of your performance under the rigors of hill climbing and altitude. User-replaceable battery.

SS013278000



Suunto Road 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. Its integrated quick-release design is optimized for high-performance road riding. User-replaceable battery.

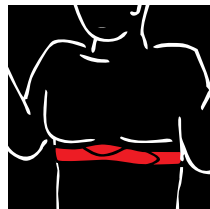
SS012701000



Suunto PC POD

Ideal for indoor training, the Suunto PC POD wirelessly receives heart rate data from a Suunto HR belt, allowing you or your trainer to monitor your performance in real-time on a PC screen. It also allows you to download your training data from Suunto t3c and t4c to PC software for recording and summaries.

SS011324000



Suunto HR Belt Coded
For Suunto t1
SS0013450000

Suunto Comfort Belt
Coded Black
For Suunto t1c
SS013590000

Suunto Heart Rate Belts

Suunto offers belts for all purposes: The simple, coded Suunto HR belt for Suunto t1, and various models of Suunto Comfort Belt send accurate heart rate information to your compatible wrist units. The 100% interference-free digital transmission technology is utilized in Suunto ANT belts and is compatible with all Suunto training instruments (excl. Suunto t1/t1c).

Suunto Comfort Belt ANT
Black
For Suunto t3c, Suunto t4c
and Suunto t6c
SS013588000

Suunto Comfort Belt Dual
Pair with your Suunto heart
rate monitor or compatible
gym equipment via ANT
or inductive technology to
receive accurate heart rate
information.
SS014543000

* Peripheral Observation Devices

** ANT radio technology is proprietary to Dynastream Innovations Inc.



Suunto Bike POD



Suunto Foot POD



Suunto GPS POD



Suunto Road Bike POD



Suunto Cadence POD



Suunto PC POD



Suunto Memory Belt



Suunto Heart Rate Belt



Suunto Comfort Belt



Suunto Dual Belt



SUUNTO t6c

SUUNTO t4c

SUUNTO t3c

Customized solutions with Suunto Performance Packs

24

Suunto Performance Packs are customized training solutions that enable you to comprehensively monitor your performance across a wide variety of sports.



SUUNTO t3c CYCLING PACK

For cycling enthusiasts

Track your speed and distance while cycling, monitor your Training Effect, and get versatile real-time training data to optimize your riding performance.

Contents: Suunto t3c Black, Bike POD, Handlebar Mount, Comfort Belt. SS013752000



SUUNTO t3c RUNNING PACK

For committed runners

Monitor your real-time speed, distance, Training Effect, and other data while running.

Contents: Suunto t3c Black, Foot POD, Comfort Belt. SS013753000



SUUNTO t3c GPS PACK

For sports enthusiasts

Track your GPS-based speed and distance across a range of outdoor sports, and get other real-time data such as your Training Effect to help optimize your workouts.

Contents: Suunto t3c Black, GPS POD, Comfort Belt. SS013754000





SUUNTO t4c RUNNING PACK

For training guidance in running

Monitor your real-time running speed, distance, Training Effect, and use the Suunto Coach feature to guide you to your fitness goals.

Contents: Suunto t4c Black Volcano, Foot POD, Comfort Belt. SS014551000



SUUNTO t4c GPS PACK

For training guidance in outdoor sports

Track your GPS-based speed and distance across a range of outdoor sports, and get the sports guidance you need with the intuitive Suunto Coach feature.

Contents: Suunto t4c Black Volcano, GPS POD, Comfort Belt. SS014453000



SUUNTO t6c TRIATHLON PACK

For active triathletes

Track your speed, distance, altitude and cycling cadence, record your heart rate while swimming and analyze your performance later on with this comprehensive triathlon training pack.

Contents: Suunto t6c Black, Foot POD, Road Bike POD, Cadence POD, Memory Belt. SS013758000



SUUNTO t6c CYCLING PACK

For competitive cyclists

Stay informed about your real-time speed, distance, altitude and cycling cadence, and combine it with a comprehensive physiological assessment of your performance on your PC.

Contents: Suunto t6c Black, Road Bike POD, Cadence POD, Comfort Belt. SS013756000



SUUNTO t6c RUNNING PACK

For competitive runners

Determine your real-time speed, distance and altitude while running, and get a thorough physiological analysis of your performance on your computer.

Contents: Suunto t6c Black, Foot POD, Comfort Belt. SS013755000



SUUNTO t6c GPS PACK

For competitive athletes

Track your GPS-based speed, distance and barometric altitude across a range of outdoor sports, and combine it with a detailed state-of-the-art physiological assessment of your performance on your PC.

Contents: Suunto t6c Black, GPS POD, Comfort Belt. SS013757000

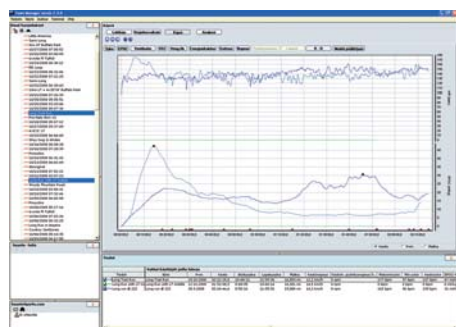


Suunto PC software and web services

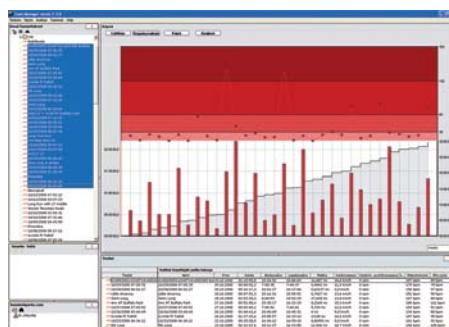
26

Suunto software provides you with an up-to-date, detailed analysis of your performance in an easy-to-understand format. Using this personalized information, you can track your overall progress and modify your training regimen to better reach your desired goals.

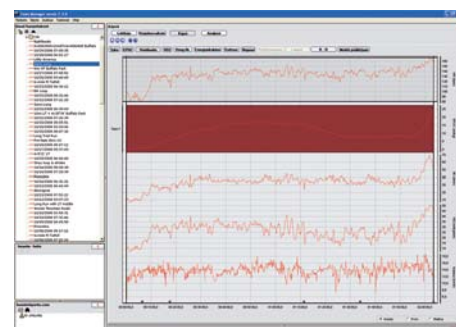
Find Suunto software and training-related content – such as training plans and Suunto product news – by visiting our website at www.suunto.com.



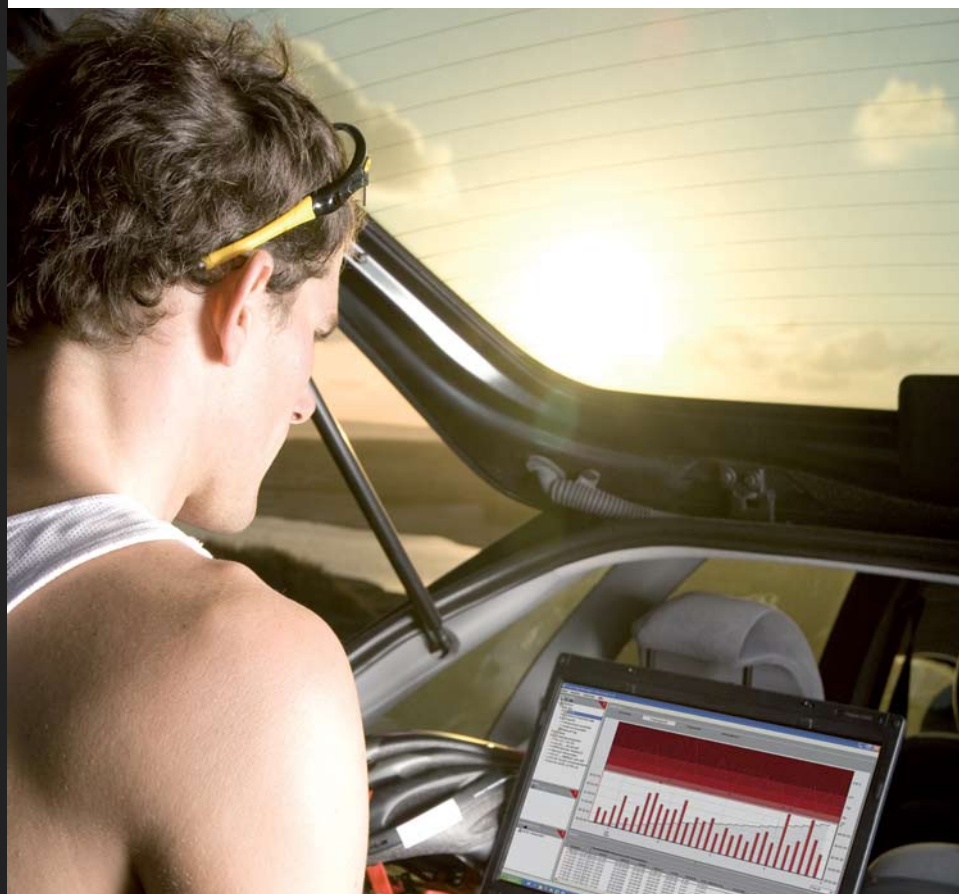
Overlaying graphs – Training Effect offers precise comparisons of your training load



Training Effect view over time



Get an accurate analysis of up to seven body parameters



Suunto Training Manager

Designed for professional-level athletes, Suunto Training Manager software is compatible with the Suunto t6c, Suunto Memory Belt, Suunto Team POD and Suunto PC POD, and works intuitively to provide you with an in-depth analysis of every workout.

Key features:

- _Get an accurate analysis of seven body parameters* previously only available in sports laboratories
- _Analyze your altitude, speed, distance, and cadence information from every individual workout
- _View your training summary over extended periods of time
- _Compare and monitor the progress of your training using overlaying graphs

Additional software **Also for MAC users!**

Some of Suunto's official partners also offer a great selection of compatible PC and Mac software to help you optimize your training:

2peak **Also for MAC users!**

On your Mac or PC, you can now get accurate web-based training schedules to use later with your Suunto t3c, Suunto t4c and Suunto t6c heart rate monitors.

For more information, please visit www.2peak.com

Firstbeat Technologies

From individual athletes, to sports professionals, to athletic institutions, Firstbeat Technologies helps plan, track and analyze your training with precision.

For more information please visit www.firstbeattechnologies.com

*Heart Rate, EPOC, TE, Respiration Rate, Ventilation, Oxygen Consumption, Energy Consumption

Training guidance and plans

Suunto Training World

Find the latest information about Suunto training products and Suunto Ambassadors, participate in discussions with other athletes, and get essential training tips to improve your performance.

Website: www.suunto.com/training

Suunto Product Chooser

Discover the right Suunto training products based on your individual interests.

Website: www.suunto.com/productchooser

Suunto Videos

Enjoy video tutorials showing you how to use and self service Suunto t-Series training products.

Website: www.suunto.tv

Suunto Training Guidebooks

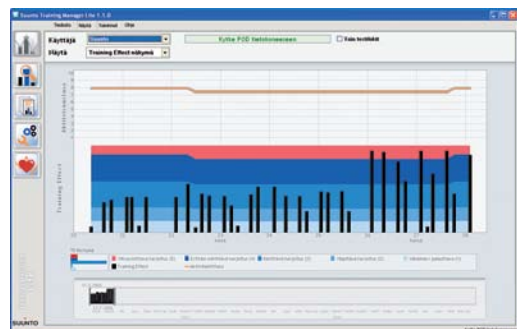
Gain insight on how to improve your training and health – whether you're a beginner or professional athlete – and learn how to get the most from your Suunto device.

Website: www.suunto.com/trainingguidebook

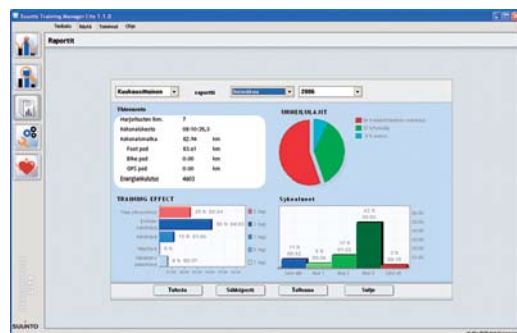
Suunto t6c Running Guide

Get essential information about enhancing your technique and learn more about the risks of over-training.

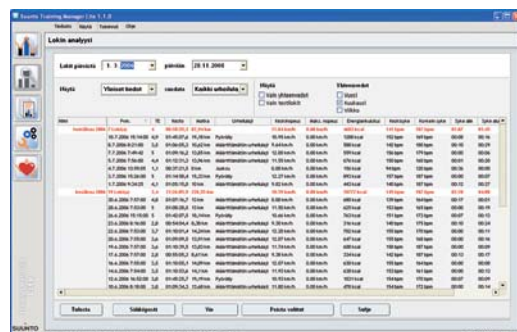
Website: www.suunto.com/trainingguidebook



Training Effect view over time



Training summary chart view



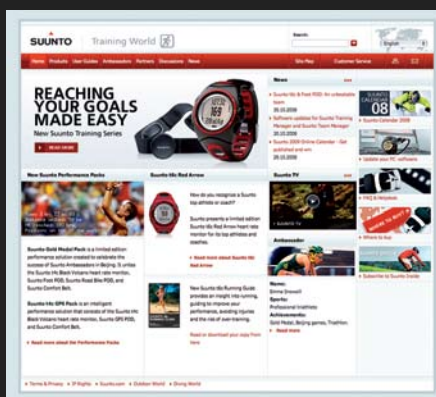
Training summary on TE, HR zones and activities

Suunto Training Manager Lite PC

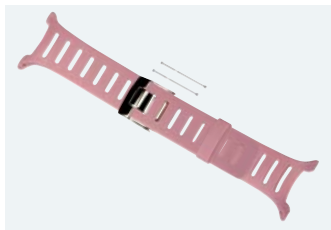
Compatible with Suunto t3c, Suunto t4c and Suunto PC POD, Suunto Training Manager Lite software provides you with an accurate training analysis and summary over time.

Key features:

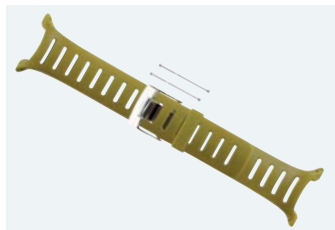
- _View an analysis over time of your Training Effect, heart rate zones, activities, calories, speed and time
- _Monitor your training in real time on a PC or projection screen
- _Use the lap times gathered by your Suunto device to view your heart rate and speed and distance curves



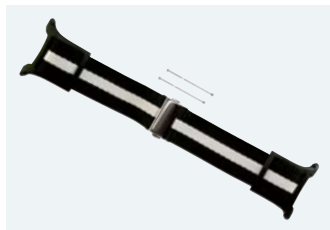
Optional straps, accessories and batteries



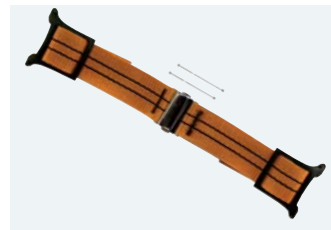
SS013213000
t-Series Strap
rose elastomer, medium



SS012803000
t-Series Strap
olive elastomer, medium



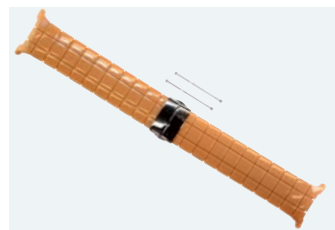
SS012799000
t-Series Strap
black and white webbing



SS012798000
t-Series Strap
orange webbing



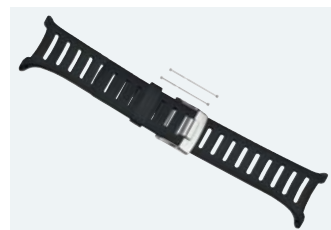
SS012805000
t-Series Strap
black polished



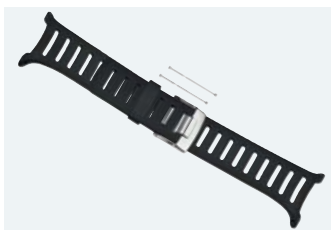
SS012806000
t-Series Strap
sand polished



SS013759000
t-Series Strap
brown elastomer, large



SS012800000
t-Series Strap
black elastomer, large



SS012801000
t-Series Strap
black elastomer, medium



SS004816000
t6c Strap Kit
black elastomer
– fits also X6HR, X6, S6



SS013800000
t6c Strap Kit
black elastomer
– fits also X6HR, X6, S6, t6



SS013801000
t6c Strap Kit
fusion elastomer
– fits also X6HR, X6, S6, t6



SS004813000
t6 Extension Strap Kit
black elastomer
– fits also X6HR, X6, S6



SS013449000
t-Series Strap
espresso elastomer, pattern



SS013760000
t-Series Strap
grey elastomer, pattern



SS012804000
t-Series Strap
black elastomer, pattern



SS013764000
t-Series Strap
black frost elastomer



SS013763000
t-series strap
deep green elastomer



SS013762000
t-series strap
orange flare elastomer



SS013761000
t-Series Strap
grey mist elastomer



SS004776000
Bike Adapter
 Lets you secure your sports instrument in your line of vision on the handlebar mount



SS005501000
Display Shields
 to protect t6c, 2 pieces



SS013059000
Polywatch Lens polishing cream
 for Suunto t1c, t3c, t4c



SS013085000
t-Series Strap Screw Driver Kit



SSXXXXXXX
Suunto Shoulder GPS Holder
 for keeping your Suunto GPS in place



SS012731000
Suunto Docking Station
 for Memory Belt



SS012207000
USB Cable
 for Suunto t1c, t3c and t4c



SS004806000
Suunto HR-transmitter Belt
 for t1 and other heart rate monitors



Elastic Strap
 for HR-transmitter
 Available sizes: small: **SS004803000**,
 medium: **SS004804000**, large: **SS004805000**



Black Strap
 for Suunto Comfort Belt (without module)
 Available sizes: XS: **SSXXXXXXX**,
 S-L: **SS013595000**, XL: **SS014356000**



Suunto Comfort Belt Module
 (without belt)
 ANT Module: **SS013592000**
 CODED Module: **SS013593000**
 DUAL Module: **SS013594000**

SS014205000
Suunto Foot POD Clip
 for securing your Suunto Foot POD

SS013784000
Battery Kit
 for Suunto Comfort Belt

SS012807000
Battery without plastic cover
 fits all training devices except Foot POD
 and GPS POD

SS013436000
Battery Kit with plastic cover
 for Suunto Foot POD

SS054721000
Battery Kit with plastic cover
 fits t6, X6HR, X6, S6, all Observer, G6,
 G3 and M3

SS013587000
Protective Scratch Guard
 for Suunto heart rate monitors

SS010450000
Battery Kit with plastic cover
 for Suunto HR-transmitter belt

SS011997000
Foot POD Jacket
 (for old Foot POD)

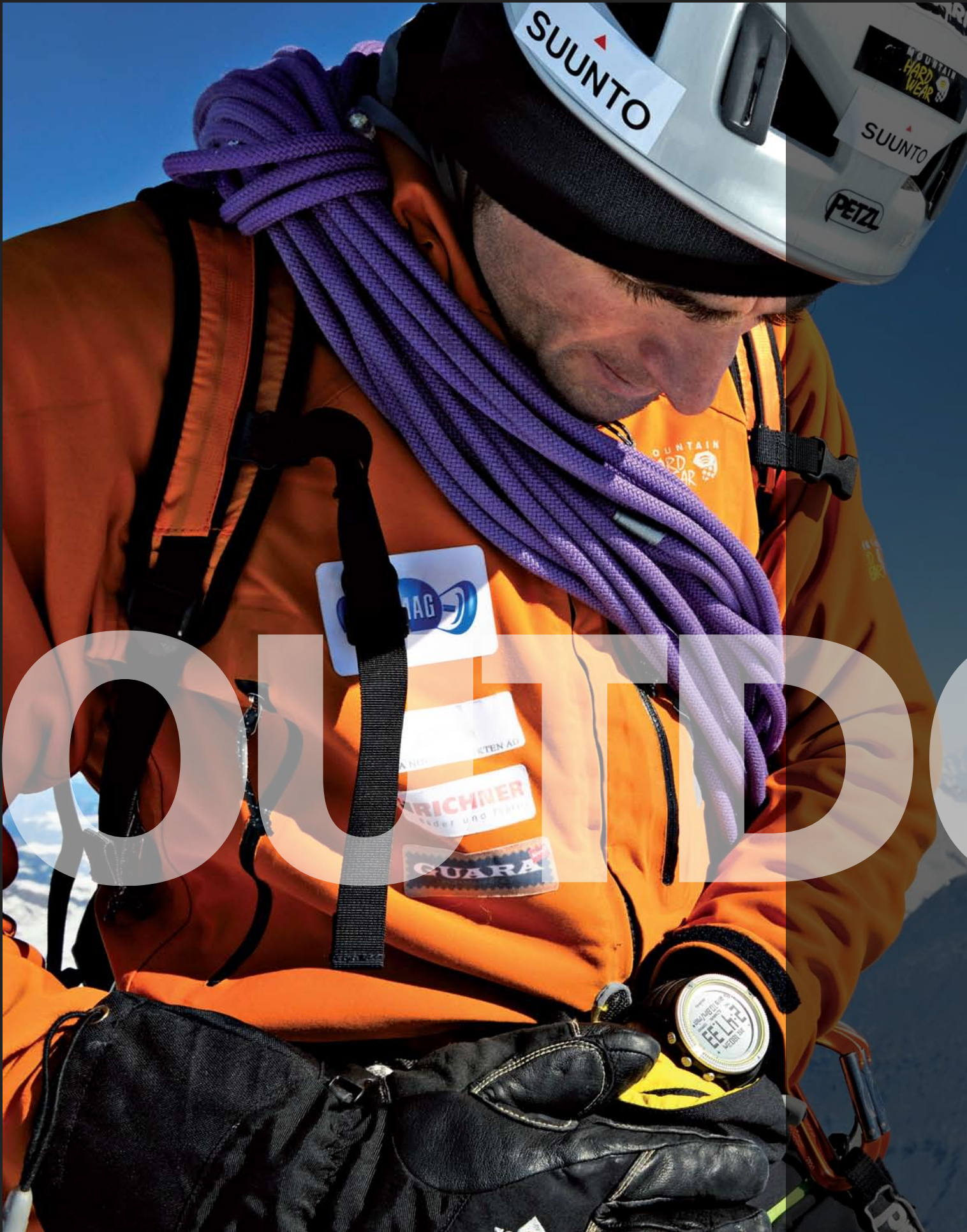
SS013435000
Battery Kit with plastic cover
 for Suunto Bike POD

Training



	t6c	t4c	t3c	t1c/t1
Training functions				
Stopwatch	•	•	•	•
Interval timers	•	•	•	
Coded heart rate transmission	DIGITAL	DIGITAL	DIGITAL	29 CODES
Average heart rate in real time	•	•	•	•
Heart rate limit alarm	•	•	•	•
Number of adjustable target zones	1	3	3	3
Accurate calories in real time	•	•	•	•
Training Effect in real time	•	•	•	
Suunto Coach - personal training plan		•		
Speed and distance functions (with optional PODs)	•	•	•	
Cycling cadence (with optional POD)	•	•	•	
ANT digitally coded transmission	•	•	•	
Altimeter functions	•			
PC software	INCLUDED	OPTIONAL	OPTIONAL	
Beat-to-beat recording (R-R) capacity	100 000 BEATS			
Comfort belt	•	•	•	• EXCL. t1
Summaries				
Memory capacity	30 LOGS	15 LOGS	15 LOGS	1 LOG
Workout summary	MANUALLY RESETTABLE	6 MONTHS	6 MONTHS	2 MONTHS
Total calories	•	•	•	•
Number of laps	99	50	50	30
Average and peak heart rate	•	•	•	•
Time in zones	•	•	•	•
Training Effect	•	•	•	
Heart rate and speed profile on PC	CONTINUOUS	FROM LAPS	FROM LAPS	
Altitude profile on PC	•			
Detailed analysis of seven body parameters on PC	•			
Basic functions				
Time, date, weekday, dual time	•	•	•	•
Number of daily alarms	3	1	1	1
User replaceable batteries (watch and belt)	•	•	•	•
Backlight	•	•	•	•
Button lock	•	•	•	•
Replaceable accessory straps	•	•	•	•
Compatible with Suunto Team System	•	•	•	
Water resistant	100m	30m	30m	30m





On February 13, 2008 Switzerland's Ueli Steck set a new world record in the Bernese Alps – climbing the Eiger North Face in just 2 hours 47 minutes and 33 seconds.

Using his trusted Suunto Core along the way, the 31-year-old adventurer rapidly ascended 1800 meters up the Swiss mountain at an amazing average rate of 10.8 vertical meters per minute.

In recognition of his achievements, Steck was the inaugural recipient of the Eiger Award – an award honoring those who help boost general interest and integrity of mountains and mountaineering through exceptional achievements.

OOOR

Suunto Outdoor Campaigns: Red Bull X-Alps 2009

34 Suunto and Red Bull team up for an intense race across Europe in 2009. For the second time running, Suunto is the key sponsor and equipment supplier for the Red Bull X-Alps 2009 – the toughest hiking and paragliding adventure race in the world. Starting their journey in Salzburg, Austria, a total of 30 competitors will race 818 kilometers via seven turnpoints in the Alps, with just a paraglider, a pair of hiking boots and a Suunto sports precision instrument to help them.

As an official sponsor in 2007, the Suunto brand was visible to nearly 66 million people around the world – through both a sponsored Live Tracking feature on the official Red Bull X-Alps website, as well as a sizeable Suunto logo on each participant's flying helmet for live spectators. In 2009, Suunto will supply all contestants with Suunto sports instruments to help track their achievements.

The race starts on July 19, 2009 – Visit www.redbullxalps.com or www.suunto.com to keep a close eye on the competition.



Suunto Outdoor Precision Sports Instruments

Made from both composite materials and metals, Suunto offers a complete range of tailored outdoor sports instruments for male and female adventurers of all skill levels.



Suunto X10
GPS on your wrist – confidently navigate your way through unpredictable terrain to reach your destination.



Core Series
For the hardcore user who is looking for clear, easy-to-read information and a robust, contemporary design



Lumi Series
The first outdoor sports instrument for females: sleek, versatile and intuitive, with all the necessary features and optional accessories



X-Series
For hardcore users who demand technically-superior features and capabilities



Outdoor HR Series
For outdoor enthusiasts who also take training seriously



Observer Series
Designed for everyday use and equipped with all of the essential features you need for outdoor excursions



Outdoor Originals
Original Suunto outdoor sports instruments with rugged and practical designs



Golf Series
For golfers who want an accurate and reliable swing analysis after every shot



Marine Series
For sailing enthusiasts who want accurate measurements and reliable tools while out at sea

A compelling business case

A reputation as the go-to brand for outdoor lovers
Suunto's history of producing reliable, accurate and high-quality sports instruments for outdoor professionals offers additional credibility for retailers carrying our products.

A complete range of sports instruments with different materials and varying price points
Suunto's loyal customers trust our products and often return to purchase additional sports instruments and services – increasing customer retention for Suunto retailers.

The leader in our category
Developed in close cooperation with key retailers, Suunto's sports instruments lead the way in their respective categories – improving business and providing higher absolute margins for our retailers.

Products for both male and female outdoor customers
Suunto's scope of male and female sports instruments offer the ability for retailers to cross-promote products in other areas, such as outdoor apparel and footwear.



Guidance and inspiration for an active outdoor life

36

Suunto's Outdoor sports instruments help professionals reach their goals

We have a renowned heritage of helping adventurers safely conquer the world's greatest challenges by providing them with an accurate and dependable range of sports precision instruments, based on rigorous research in technology and the evolving needs of our customers.

Suunto combines the right features with the highest quality materials

Our standard-setting innovations and product development methods are based on rigorous research and the evolving needs of our customers.

Suunto provides precise information in an easy-to-carry sports instrument

Our dependable and compact sports instruments feature a host of intelligent functions that provide users with the tools and information they need – wherever and whenever they need it.

Suunto offers serious tools in rugged, yet stylish designs

The principle behind the design of each of our sports instruments is combining reliability and functionality with usability and aesthetics.



GPS

Utilize the route planning, Find Home and Track Back functions, and make navigating your way through unknown terrain safer and easier.



Altimeter

Determine your current elevation, track your ascent or descent, and gauge your overall progress on a climb – ideal for mountaineers, skiers and wilderness travelers.



Barometer

Forecast sudden alterations in the weather by keeping a close eye on the air pressure – and take the necessary precautions to help make your journey safe and successful.



Compass

Navigate and pinpoint locations to safely find your way through wilderness and whiteout conditions.

Icon glossary



Heart Rate

Use the altimeter and heart rate functions together to know how your heart rate reacts to different altitudes, and easily find your ideal hiking pace.



Depth meter

Use your Suunto Core to calculate your current and maximum depth when on your next snorkeling dive.



Sailing Timer

Get the perfect start the next time you're on the water.



PC software

Store and analyze performance and route data gathered during your last excursion by connecting and transferring info from your compatible Suunto sports instrument to your PC.



Altimeter



GPS



Barometer



PC software



Automatic Alti/
Baro switch



Heart rate



Sailing timer



Sunrise/
Sunset times



Compass



Storm alarm



Depth meter



Day counter

Plan and navigate your way to the top with the world's smallest outdoor sports instrument with GPS navigation

SUUNTO X10



38

Suunto X10 is the ultimate companion for adventurers who demand accuracy, quality and dependability. Packed with features to help you along your journey, Suunto X10 enables you to confidently and conveniently navigate your way through unpredictable terrain and reach your destination.

With improved, faster GPS fixes, compatibility with Google Earth and other 3rd party mapping software, and 30 percent longer-lasting battery power, Suunto X10 is an essential tool for achieving your goals the next time you take on the great outdoors.

"To successfully reach the most desolate regions on the planet, knowing where you are and where you're going is crucial for surviving your journey and reaching your goals. Using my Suunto X10 to guide me over one thousand kilometers through the most unforgiving regions of Antarctica, I was able to make accurate measurements about my environment and had the comfort of knowing where I am. Now, being one of only 12 people to have reached both Poles unsupported by a team, I can confidently say that Suunto provided all the support that I needed."

Kari Poppis Suomela
Suunto Ambassador





NEW

NEW



SUUNTO X10
Plastic composite case with elastomer/stainless steel strap.

SS014005010

SUUNTO X10 MILITARY
Plastic composite case with elastomer/stainless steel strap.

SS014006010



Key Features:

- _Altimeter, Barometer, Compass
- _12 channel GPS
- _50 routes and 500 waypoints
- _Find Home, Track Back
- _View tracks on Google Earth
- _Plan and visualize routes on PC
- _PC interface + software

Additional functions include:

- _Altimeter log
- _Thermometer
- _Storm alarm
- _Multiple watch, date and alarm functions
- _Rechargeable Li-Ion battery

Additionally, the Suunto X10 Military features a red backlight and compass in degrees or mils units.



View tracks on Google Earth



Plan and analyze routes with Suunto Trek Manager PC software



Get an alternative view using Suunto compatible National Geographic TOPO! software

Essential outdoor sports instruments for vertical explorers and adventurers

SUUNTO CORE



Gear of The Year Award
Men's Journal, USA, 2007

40

The award-winning Suunto Core gathers a range of accurate data to help you navigate your way through the wilder parts of the world.

Featuring an improved, user friendly interface and packed with the tools you need to reach your destination safely, Suunto Core is an essential partner for outdoor enthusiasts.

"The sheer size of the thing caught me off-guard. As I went over the lip, I had thought it to be around 65 feet. Twenty feet or so from the bottom, I started wondering when the massive impact would come. For what seemed like an eternity, I reveled in the weightless feeling of flight. With my eyes closed and all muscles locked, I hit the pool with an unimaginable force..."

Pat Keller
Suunto Ambassador



NEW



SUUNTO CORE ALU ALU
Aluminum case, aluminum bracelet with lugs.
SS014443010

NEW



SUUNTO CORE ALL BLACK
Composite case, black aluminum bezel, black negative display, elastomer strap with black anodized buckle.
SS014279010

NEW



SUUNTO CORE ALU BLACK
Aluminum case, aluminum bezel, black negative display, leather strap with aluminum lugs.
SS014280010



SUUNTO CORE STEEL STEEL
Stainless steel case, stainless steel bezel, stainless steel bracelet with lugs.
SS013311010



SUUNTO CORE ALU BROWN
Aluminum case, aluminum bezel, brown negative display, leather strap with aluminum lugs.
SS013319010



SUUNTO CORE LIGHT BLACK
Composite case, aluminum bezel, elastomer strap with lugs.
SS013316010

Key Features:
_ Altimeter
_ Barometer
_ Compass
_ Storm alarm
_ Sunrise/Sunset times
_ Automatic Alti / Baro switch
_ Depth meter

Additional functions include:
_ Altitude log
_ Altitude difference measurement
_ Semi-automatic compass calibration
_ Menu in English, German, French, Spanish
_ Button lock
_ Quick exit button
_ Multiple watch, date and alarm functions
_ Interchangeable accessory straps
_ User-replaceable battery



SUUNTO CORE BLACK ORANGE
Composite case, aluminum bezel, brown negative display, elastomer strap with anodized aluminum lugs.
SS013317010



SUUNTO CORE BLACK YELLOW
Composite case, aluminum bezel, black negative display, standard elastomer strap.
SS013315010



SUUNTO CORE LIGHT GREEN
Composite case, aluminum bezel, airt elastomer strap.
SS013318010

The first outdoor sports precision instrument specifically designed for women

SUUNTO LUMI



42

The award-winning Suunto Lumi – the first outdoor sports instrument designed for women – now comes with a versatile selection of accessories for your next outdoor excursion. In addition to the wrist unit, you also get a Carabiner Jacket to protect it against harsh conditions, and a Lumi Lanyard to easily hang it around your neck.

And with a range of stylish wrist straps and bracelets, the beautifully-designed, fully-equipped Suunto Lumi is equally suited for a trek through the wilderness as it is for a night on the town.



Best of Adventure Gear Award

National Geographic Adventure Magazine, USA 2008

"Being recognized as a 2008 Best of Adventure Gear is a great honor. It means that all of the passion, innovation and hard work that went into developing the Lumi is appreciated by our users."

Suunto Sports Marketing Manager
Martin Schamboeck



NEW



SUUNTO LUMI SPORTIF BLACK PACK
Polished stainless steel case, mineral crystal glass display, elastomer strap.

SS014267000

NEW



SUUNTO LUMI SPORTIF OLIVE GREEN PACK
Polished stainless steel case, mineral crystal glass display, elastomer strap.

SS014266000



SUUNTO LUMI TERRA PACK
Polished stainless steel case, mineral crystal glass display, elastomer bracelet/strap.

SS014270000



SUUNTO LUMI FLORETTE PACK
Polished stainless steel case, mineral crystal glass display, elastomer bracelet/strap.

SS014269000

The award-winning Suunto Lumi is packed with smart features to help you conquer the great outdoors, yet stylishly-designed for everyday use.

Wear your Suunto Lumi as a wrist unit and keep it protected against harsh conditions with the included Carabiner Jacket, or hang it around your neck using the stylish pendant. To make your Suunto Lumi even more personal, mix and match a range of colorful straps, jackets and pendants for a different look.



Key features:

- _ Altimeter
- _ Barometer
- _ Compass
- _ Storm alarm
- _ Sunrise/Sunset times
- _ Automatic Alti/Baro switch

Additional functions include:

- _ Altitude log
- _ Day counter
- _ Altitude difference measurement
- _ Logbook
- _ Scrolling text for instance guidance
- _ Semiautomatic compass calibration
- _ Menu in English, German, French and Spanish
- _ Button lock
- _ Quick exit button
- _ Multiple watch, date and alarm functions
- _ Versatile necessities
- _ User-replaceable battery



Sales package includes Lumi Lanyard and Carabiner Jacket

*Other accessory straps and bracelets can be viewed from the accessories section of the Trade Catalog

Technically-superior outdoor sports precision instruments for hardcore users

44

Suunto X-Series

Suunto X-Series sports instruments help you understand and analyze the unpredictable conditions and terrain that you encounter during your journey. With tools that calculate altitude, barometric pressure and help you

find your direction, Suunto X-Series sports instruments are perfect for hikers, backpackers, cross-country skiers and mountaineers who want to push their limits even further.

SUUNTO X6M



Outdoor essentials and PC connectivity.

Key Features:

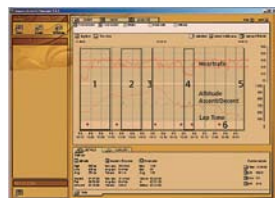
- _Altimeter, Barometer, Compass
- _Altitude difference measurement
- _Altitude profile memory
- _PC interface + software
- _Analysis software for PC (Activity Manager)

Additional functions include altitude log, 48 hour barometer memory, weather trend indicator, thermometer, storm alarm, multiple watch, date and alarm functions. User-replaceable battery.



SUUNTO X6M
Stainless steel case with leather strap

SS012201310



Suunto Activity Manager Software



SUUNTO X6M BLACK
Stainless steel case with stainless steel/elastomer bracelet

SS013245110



Durable outdoor sports precision instruments that are practical for everyday use

Suunto Observer Series

In addition to the standard features, Suunto Observer Series feature an easy-to-read display with an electroluminescent backlight

for improved visibility in darker environments – all packaged in a timeless, everyday design.

SUUNTO OBSERVER



An intelligent outdoor sports instrument for everyday use

Key Features:

Altimeter, Barometer, Compass

Additional functions include altitude difference measurement, altitude log, 4 day barometer memory, weather trend indicator, thermometer, multiple watch, date and alarm functions. User-replaceable battery.



SUUNTO OBSERVER TT
Titanium case with titanium/elastomer bracelet.

SS004746330



SUUNTO OBSERVER ST
Stainless steel case with stainless steel/elastomer bracelet.

SS004745330



SUUNTO OBSERVER SR
Stainless steel case with elastomer strap.

SS010660330



SUUNTO OBSERVER ST BLACK
Black stainless steel case with stainless steel/elastomer bracelet.

SS013246110



SUUNTO OBSERVER BLACK
Black stainless steel case with elastomer strap.

SS013244110

The perfect sports precision instruments for endurance athletes who want to improve their training.

Suunto Outdoor HR Series

Get valuable information about your environment and easily monitor the effects of altitude on your heart rate. With Suunto

Outdoor HR Series sports instruments, you can safely reach your destination and analyze your performance back at home.

SUUNTO X6HR



For avid outdoor adventurers who want to safely monitor the effects of altitude on their heart rate.

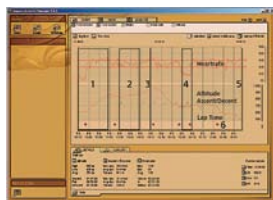


Gear of the Year Award, Salt Lake City, USA, 2003

Key Features:

- _ Heart Rate Monitor
- _ Altimeter with altitude alarm
- _ Barometer
- _ Compass
- _ Altitude difference measurement
- _ PC interface + software
- _ Analysis software for PC (Activity Manager)

Additional functions include heart rate limits, altimeter log, weather trend graph, storm alarm, thermometer, multiple watch, date and alarm functions. User-replaceable battery.



Suunto Activity Manager Software



SUUNTO X6HRT
A high-end outdoor sports instrument and heart rate monitor. Titanium case.

SS011356330



SUUNTO X6HRM
A classical outdoor sports instrument and heart rate monitor that is ideal for urban and outdoor settings. Stainless steel case.

SS011358330



SUUNTO X6HR
An easy-to-use outdoor sports instrument for those who want to check the impact of altitude on their heart rate. Composite case.

SS010602130

Photo: Brian Goldstone/Arc'teryx

SUUNTO ADVIZOR



A rugged outdoor sports instrument for adventurous hikers and climbers.

Key Features:

- _Heart Rate Monitor
- _Altimeter with altitude alarm
- _Barometer
- _Compass
- _Altitude difference measurement
- _Composite case
- _Elastomer strap

Additional functions include heart rate limits, altitude log, weather trend indicator, thermometer, multiple watch, date and alarm functions. User-replaceable battery.



SUUNTO ADVIZOR
Composite case, elastomer strap.

SS004790330

SUUNTO X3HR



A practical sports instrument for outdoor use.

Key Features:

- _Heart Rate Monitor
- _Altimeter
- _Barometer
- _Composite case
- _Elastomer strap

Additional functions include heart rate limits, absolute air pressure, thermometer, multiple watch, date and alarm functions. User-replaceable battery.



SUUNTO X3HR
Composite case, elastomer strap.

SS011671310



OUTDOOR

Rugged designs and intelligent features unite in a range of sports precision instruments for outdoor enthusiasts.

Suunto Outdoor Originals

Suunto's line of Outdoor Original sports instruments are packed with the features and tools you need to reach your goals outdoors.

SUUNTO VECTOR



The standard-setting outdoor sports instrument for adventurers.



European Outdoor Award, Friedrichshafen, Germany, 1999

Key Features:

- _Altimeter, Barometer, Compass
- _Altitude difference measurement
- _Countdown timer

Additional functions include altitude log, 4-day barometric memory, weather trend indicator, temperature, multiple watch, date and alarm functions. User-replaceable battery.



SUUNTO VECTOR BLACK
Composite case, elastomer strap.

SS010600110



SUUNTO VECTOR YELLOW
Composite case, elastomer strap.

SS010600610



SUUNTO VECTOR XBLACK
Composite case, elastomer strap.

SS012279110



SUUNTO VECTOR KHAKI
Composite case, elastomer strap.

SS010600210



SUUNTO X-LANDER



A versatile outdoor sports instrument packed with handy features for everyday use.

Key Features:

- _ Altimeter, Barometer, Compass
- _ Altitude difference measurement
- _ Countdown timer

Additional functions include altitude log, 4-day barometric memory, weather trend indicator, temperature, multiple watch, date and alarm functions. User-replaceable battery.



SUUNTO X-LANDER
Aluminum case, synthetic fabric strap.

SS011030310



SUUNTO X-LANDER BLACK
Aluminum case, leather strap.

SS012197310



SUUNTO X-LANDER MILITARY
Black Aluminum case, rubber strap.

SS012926110

SUUNTO S-LANDER



The ultimate winter sports companion that keeps you informed of your surroundings.

Key Features:

- _ Altimeter, Barometer
- _ Altitude difference measurement

Additional functions include number of runs, altitude log, 4-day barometric memory, weather trend indicator, temperature, multiple watch, date and alarm functions. User-replaceable battery.



SUUNTO S-LANDER
Aluminum case, synthetic fabric strap.

SS012199310

SUUNTO ALTIMAX



A reliable and accurate tool for gathering information on the slope.

Key Features:

- _ Altimeter, Barometer
- _ Altitude difference measurement

Additional functions include number of runs, altitude log, 4-day barometric memory, weather trend indicator, temperature, multiple watch, date and alarm functions. User-replaceable battery.



SUUNTO ALTIMAX
Composite case, elastomer strap.

SS004787110



Marine Series

Suunto's Marine Series sports precision instruments analyze prevailing conditions and deliver important navigational information directly to your wrist.

52

SUUNTO YACHTSMAN



An ideal sailing sports instrument that is also handy for everyday use.

Key Features:
 _ Sailing timer
 _ Barometer, Compass

Additional functions include 4-day barometric memory, stopwatch, bearing tracking, multiple watch, date and alarm functions. User-replaceable battery



SUUNTO YACHTSMAN
 Aluminum case,
 synthetic fabric strap.

SS010933310

SUUNTO REGATTA



A great sports instrument to have at your side when learning how to sail.

Key Features:
 _ Sailing timer
 _ Compass

Additional functions include stopwatch, bearing tracking, multiple watch, date and alarm functions. User-replaceable battery.



SUUNTO REGATTA
 Composite case, elastomer strap.

SS010910210

SUUNTO M3



Get a perfect start on your next sail with this useful outdoor wristop computer.

Key Features:
 _ Advanced sailing timer with synchronization and smart repeat

Additional functions include timer lock to prevent accidental off-sync, distance to start line, definition of favoured end of the line, wind direction memory, multiple watch, date and alarm functions. User-replaceable battery.



SUUNTO M3
 Stainless steel case, elastomer strap

SS011847310



Suunto Golf Series

Sports precision instruments that give you the accurate and reliable information you need to get the most out of every swing.

SUUNTO G6

Get instant feedback on your golf swing from the comfort of your wrist.

Key Features:

- _Practice and test modes measuring swing tempo, rhythm, backswing length and club head speed
- _Consistency test
- _Analysis software for PC (Golf Manager) available with G6Pro



SUUNTO G6PRO
Aluminum case, leather strap.

SS012208310



SUUNTO G6
Aluminum case, elastomer strap.

SS011740310

Additional functions include digital scorecard for 2 players, 4 different game types, statistics (FIR, GIR, Putts etc.), logbook game history, multiple watch and date functions. User-replaceable battery.



Tempo:
The total time from takeaway to contact – both backswing and downswing.

Rhythm:
The percentage of tempo that's spent on the downswing.

Length:
Measured in degrees, the distance your wrist travels during backswing.

Speed:
The speed of your club head at the moment of impact.



Suunto compasses and precision instruments

Suunto was born in 1936, when Finnish engineer and orienteer Tuomas Vohlonen invented a new method of producing liquid-filled compasses to help adventurers navigate their way through unfamiliar territories.

Since then, Suunto has developed a legacy as the world's leading manufacturer of compasses and precision instruments – placing a strong emphasis on the reliability, accuracy and quality in each one of its products.

Baseplate compasses

Accurate navigation made easy



SUUNTO A-10
SS012055013 (CM/NH)
SS012055014 (CM/SH)
SS012063013 (INCH/NH)

A basic compass, ideal for beginners.
_Fixed declination correction



SUUNTO A-20
SS012069013 (CM/NH)
SS012069014 (CM/SH)
SS012090013 (INCH/NH)

A recreational compass for hiking and orienteering.
_Marking holes, luminous markings, fixed declination correction



SUUNTO A-30 L
SS012095013 (CM/NH)
SS012095014 (CM/SH)
SS012100013 (INCH/NH)

A recreational compass for hiking and orienteering.
_Luminous bezel and markings, magnifying lens, marking holes, fixed declination correction



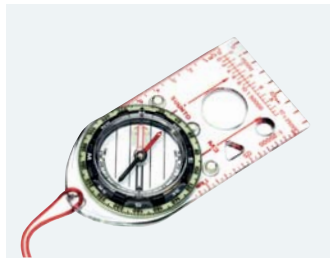
SUUNTO A-40 L
SS012104013 (CM/NH)
SS012104014 (CM/SH)

A recreational compass for use with a map.
_Map measurer, luminous bezel and markings, magnifying lens, marking holes, fixed declination correction



SUUNTO M-2 D
SS004298001 (INCH/NH)

A premium precision compass for convenient direction-taking.
_Adjustable declination correction, magnifying lens



SUUNTO M-3 D/L
SS004305011 (CM/NH)
SS004307001 (INCH/NH)

A premium precision compass for convenient direction-taking.
_Adjustable declination correction, luminous bezel, magnifying lens, marking holes



SUUNTO M-3 GLOBAL/D/L
SS004321010 (CM)
SSUM3GIN (CM/INCH)

A premium precision compass for global navigation.
_Global needle works anywhere in the world, adjustable declination correction, luminous bezel, magnifying lens, marking holes



Mirror sighting compasses

The perfect combination of baseplate and sighting compasses.



SUUNTO MCA D
SS012275013 (CM/NH)
SS012275014 (CM/SH)
SS012276013 (INCH/NH)

A compact mirror compass.
_Fixed declination correction



SUUNTO MCB
SS012277013 (CM/INCH/NH)
SS012277014 (CM/SH)

A floating mirror compass.
_Detachable lanyard with whistle, fixed declination correction



SUUNTO MB-6
SS010605011 (CM/NH)
SS010605012 (CM/SH)

A matchbox-style mirror compass.
_Clinometer, adjustable declination correction



SUUNTO MC-2 D
SS004242001 (CM/NH)
SS004247001 (INCH/NH)

SUUNTO MC-2 D/L
SS004231001 (CM/NH)
SS004230012 (CM/SH)
SS004239001 (IN/NH)

A professional-grade compass for taking precise directional measurements.
_Adjustable declination correction, clinometer, luminous bezel (D/L only)

SUUNTO MC-2 GLOBAL/D/L
SS004252010 (CM/INCH)
SSUMC2GIN (INCH)

A professional-grade compass with a global needle for taking precise directional measurements.
_Adjustable declination correction and clinometer

Micro compasses



SUUNTO COMET
SS004079011 (CM/NH)
SS004090001 (INCH/NH)

A handy key-ring compass.
_Thermometer, ruler, wind-chill chart



SUUNTO CLIPPER
SS004097011 (Blue/NH)
SS004104011 (L/NH)
SS004096001 (Blue/Velcro/NH)
SS004103001 (L/Velcro/NH)

A clip-on compass that easily attaches to watches or maps.
_LNH: Luminous bezel and black rose with luminous markings, blue/Velcro and L/Velcro: includes velcro strap

Multipurpose compasses

When flexibility and reliability are essential.



SUUNTO PILOT
SS003100111 (NH)
SS003100112 (SH)

A compass for small boats and vehicles.
_Bracket for easy installation and detaching



SUUNTO ORCA
SS003112611 (Yellow/NH)
SS003112612 (Yellow/SH)
SS003112111 (Black/NH)
SS003112112 (Black/SH)

An easy-to-install, detachable compass for kayaks or canoes.
_2 1/2" direct read capsule, bungies and clips



SUUNTO PIONEER
SS003113111 (NH)
SS003113112 (SH)

A compact compass ideal for kayaks, dinghies, small sail and power boats.
_Rubber housing, adapter and screw set that mounts onto any flush surface

Using your Suunto compass

_Compasses and maps are essential tools for safely exploring unfamiliar regions.
_Liquid compasses rely solely on the earth's magnetic forces and will never run out of battery power.

_Metal items and strong magnetic fields may cause the compass needle to stray - therefore, you should regularly check the accuracy of your compass.

_Small bubbles may appear in the compass liquid as a result of changes in atmospheric pressure or temperature - these bubbles will not affect the functionality of the compass.

_"Declination" is the angle between true north and magnetic north. A bearing corrected with the local declination can be read off the compass using the fixed or adjustable declination scale. For reference, the local declination can typically be found on local maps.

_The vertical intensity and direction of the earth's magnetic field - the inclination influences the horizontal plane of a compass needle according to the latitude of where it is being used.

_The complete Suunto range is equipped with liquid-filled capsules for steady needle operation for 2 different geographical zones: the Northern Hemisphere (NH) and the Southern Hemisphere (SH).

_Selected Suunto compasses feature the Global System - where the magnet is separated from the needle to compensate for inclination. As a result, these compasses remain fully-functional in all latitudes and thus can be used for accurate direction-taking anywhere in the world.

Hand bearing compasses / precision instruments

Instruments for professionals.



SUUNTO KB-14/
SS011105011 (360)
SS011106011 (360/R)
SS002064011 (360/R/D)

A highly accurate hand-bearing compass for demanding users.
_V-sight and adjustable optics, aluminum body and lanyard



SUUNTO KB-20/
SS002110011 (360/R yellow)
SS002114011 (360/R grey)

A floating hand-bearing compass for marine and recreational use.
_Reverse scale, V-sight and adjustable optics, plastic composite body and lanyard

Electronic altimeter

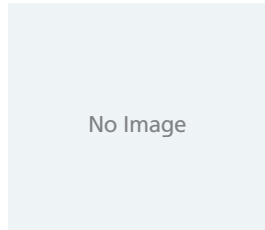


SUUNTO E203
SS004742110 (black)

Practical altimeter-barometer functions for outdoor enthusiasts.
_Barometer, thermometer, respective memory functions with belt loop and lanyard, plastic composite body, user-replaceable battery.



Optional straps, accessories and batteries



No Image

SS013285000
X10, X9, X9i, G9-Strap kit
-fits also M9



SS004816000
X6HR Strap Kit
black elastomer
- fits also X6, S6, t6



SS004813000
X6HR Extension Strap Kit
black elastomer
- fits also X6, S6, t6



SS011666000
X6HR Strap Kit
black & white elastomer - fits
also X6M, Observer, G6, G3, M3



SS011672310
X3HR Strap Replacement Kit
black



SS010795000
Black extension strap kit
- fits also X9, M9, G9



SS013236000
X6M Black Strap Kit



SS054722000
Observer Tt Strap Kit
titanium/elastomer - fits also
X6HRM, X6HRT and X6M



SS054724000
Observer St Strap Kit
steel/elastomer - fits also X6HRM,
X6HRT and X6M



SS013233000
Observer St Black Strap Kit
steel/elastomer - fits also
X6HRM, X6HRT and X6M



SS054723000
Observer Sr Strap Kit
black elastomer - fits also
X6HRM, X6HRT and X6M



SS013279000
Observer Black Strap Kit
- fits also X6HRM, X6HRT and X6M



SS013341000
Core Stainless Steel Strap



SS013335000
Core Aluminum Strap



SS013334000 Core Leather Strap black
SS014444000 Core Leather Black
Matt strap (for Suunto Core Alu
Black)



SS013340000
Core Leather Strap
brown



SS013339000
Core flat elastomer strap
orange



SS013338000
Core flat elastomer strap
black



SS013337000
Core light elastomer strap
black



SS013333000
Core light elastomer strap
brown



SS013336000
Core standard elastomer strap
black



SS014274000
Lumi Sportif Black Strap



SS014273000
Lumi Sportif Olive Green Strap



SS014272000
Lumi Sportif Red Brick Strap



SS014276000
Lumi Terra Strap



SS014277000
Lumi Terra Black Strap



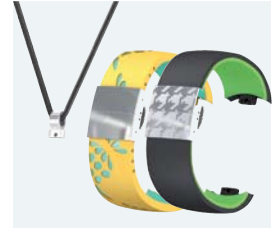
SS014275000
Lumi Florette Strap



SS014278000
Lumi Lanyard and Carabiner Jacket



SS013331000
Lumi Florette/Florette Pack



SS013330000
Lumi Florette/Plain Pack



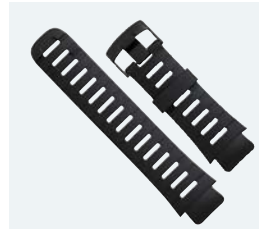
SS013329000
Lumi Sportif/Terra Pack



SS013332000
Lumi Carabiner Jacket Pack



SS054703000
Black Leather Strap Kit
– fits Yachtsman, X-Lander, S-Lander, Metron



SS013706000
X-Lander Military Strap kit



SS011004000
Black Synthetic Fabric Strap Kit
– fits Yachtsman, X-Lander, S-Lander, Metron



SS004775000
Vector Strap Kit, black elastic fabric – fits also Advizor, Altimax, Mariner, Regatta



SS004769000
Vector Strap Kit, black fabric – fits also Advizor, Altimax, Mariner, Regatta



SS004768000
Vector Strap Kit, black elastomer – fits also Advizor, Altimax, Mariner, Regatta



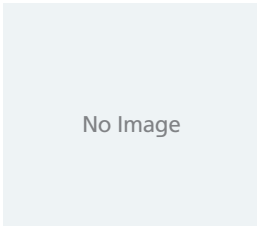
SS004777000
Altimax Strap Kit, red fabric – fits also Advizor, Vector, Mariner, Regatta



SS055010000
Black Neoprene Strap Kit – fits also Altimax, Advizor, Vector, Mariner, Regatta



SS012210000
Black Leather Strap Kit – fits G3, G6, Observer, X6M



SS010987000
G3 Strap Kit black elastomer – fits also M3



SS004806000
HR-Transmitter
For Suunto t1 and other compatible heart rate monitors



SS012503000
Charger and PC-connector for X10 and X9i series (USB)



SS004819000
Datasnake/PC-Interface Cable for 6-series (serial port)



SS010498000
USB Serial Adapter for 6- and 9-series



SS012209000
Datasnake/PC-Interface Cable and PC-Software for G6 PRO & G6 (USB)



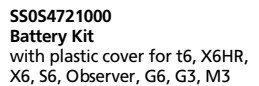
SS004776000
Bike Adapter
Lets you secure your sports instrument in your line of vision on the handlebar mount



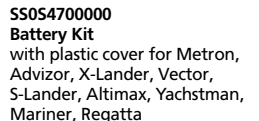
SS005501000
Display shield
Protects all sports instruments. Contains 2 pieces



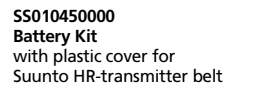
Elastic Strap for HR-Transmitter
SS004803000 Small
SS004804000 Medium
SS004805000 Large



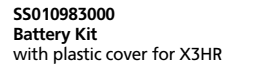
SS054721000
Battery Kit with plastic cover for t6, X6HR, X6, S6, Observer, G6, G3, M3



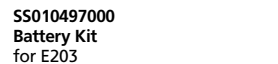
SS054700000
Battery Kit with plastic cover for Metron, Advizor, X-Lander, Vector, S-Lander, Altimax, Yachtsman, Mariner, Regatta



SS010450000
Battery Kit with plastic cover for Suunto HR-transmitter belt



SS010983000
Battery Kit with plastic cover for X3HR



SS010497000
Battery Kit for E203

Outdoor



	LUMI	CORE	X10	X6M	OBSERVER
Altimeter functions					
Altitude range -500 m – 9000 m / -1600 ft – 29500 ft	•	•	•	•	•
Resolution	1M/3FT	1M/3FT	1M/3FT	1M/3FT	1M/3FT
Vertical speed	•	•	•	•	•
Total ascent / descent	•	•	•	•	•
Difference measurement	•	•	•	•	•
Altitude memory	•	7 DAYS	•	•	•
Logbook function	•	•	•	•	•
Recording intervals / total log time	30S/33H	1S/30MIN, 5S/2H, 10S/5H, 30S/16H, 60S/33H	10S/60H, 20S/400H, 60S or MANUAL/UP TO 400H	10S/33H, 60S/200H (SUMMARY LOG ONLY: 10S/168H)	99 LOGS W SUMMARY
Altitude graph	•	•	•	•	•
Quick access to logbook	•	•	•	•	•
Real-time vertical cumulative	•	•	•	•	•
History/totals	•	•	•	•	•
Altitude alarm	•	•	•	•	•
Ascent speed alarm	•	•	•	•	•
Alti/Baro lock	MANUAL/AUTOMATIC	MANUAL/AUTOMATIC	•	•	•
Weather functions					
Absolute barometric pressure	•	•	•	•	•
Sea level pressure	•	•	•	•	•
Trend indicator	•	•	•	•	•
Pressure graph	•	•	•	•	•
Weather memory	•	7 DAYS	7 DAYS	2 DAYS	4 DAYS
Temperature	•	•	•	•	•
Weather/storm alarm	•	•	•	•	•
Difference measurement	•	•	•	•	•
Compass functions					
Bearing in degrees, 1° resolution	•	•	•	•	•
North-South arrow/North indicator	•	•	•	•	•
Graphic compass rose	•	•	•	•	•
Bearing tracking	•	•	•	•	•
Declination setting	•	•	AUTOMATIC	•	•
Heart rate functions					
HR limits	•	•	•	•	•
Recording intervals / total log time	•	•	•	•	•
HR graph	•	•	•	•	•
Average HR in real time	•	•	•	•	•
History memory	•	•	•	•	•
Chronograph functions					
Stopwatch	•	•	•	•	•
Max number of split times	•	•	29	UNLIMITED	99
Interval timer	•	•	•	•	•
Countdown timer	•	•	•	•	•
GPS functions					
Speed and distance	•	•	•	•	•
Navigation	•	•	•	•	•
Routes / Waypoints	•	•	50/500	•	•
Track Logs / Points	•	•	25/8000	•	•
Battery lifetime	•	•	15 FIX/6H; 1MIN FIX/16H*	•	•
Special features					
Depth meter	•	•	•	•	•
Sunrise/sunset time	•	•	•	•	•
Watch functions					
12/24 h	•	•	•	•	•
Calendar	•	•	•	•	•
Dual time	•	•	•	•	•
Daily alarms	1	1	3	3	3
Alarm snooze	•	•	•	•	•
Day counter	•	•	•	•	•
General properties					
Water resistance	30 M/100 FT	30 M/100 FT	100 M/330 FT	100 M/330 FT	100 M/330 FT
Metric/imperial units	•	•	•	•	•
User-replaceable battery	•	•	RECHARGEABLE LI-ION	•	•
Mineral crystal glass	•	•	•	•	•
Sapphire glass	•	•	•	•	•
Button lock	•	•	•	•	•
Menu-based user interface	EN, DE, FR, ES	EN, DE, FR, ES	EN	EN	•
Text guide	•	•	•	•	•
PC software included	•	•	•	•	•
Extension strap	•	•	INCLUDED	AVAILABLE	AVAILABLE

*The battery lifetime information in this catalogue expresses only our estimate and does not constitute a legally binding obligation. The information is provided in good faith and is based on our internal testing results. No representations or warranties are given of the use of or reliance of the before mentioned battery lifetime information.

Marine



REGATTA

M3

YACHTSMAN

Weather functions

Absolute barometric pressure			•
Sea level pressure			•
Trend indicator/graph			•
Weather memory			4 DAYS
Temperature			•
Difference measurement			•
Temperature compensation			•

Compass functions

Bearing resolution	1°		1°
Cardinal bearing	•		•
North-South arrow	•		•
Bearing tracking	•		•
Declination setting	•		•
Level for higher accuracy	•		•

Chronograph functions

Max number of split times in memory	50		50
Stopwatch	•	•	•
Countdown timer	•	•	•

Special features

Sailing timer (max countdown time)	120 MIN	99 H	120 MIN
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Watch functions

12/24 h	•	•	•
Calendar	•	•	•
Dual time	•	•	•
Daily alarms	3	3	3

General properties

Water resistance	30M/100FT	30M/100FT	30M/100FT
Changeable units	•	•	•
Battery	USER-REPLACEABLE	USER-REPLACEABLE	USER-REPLACEABLE
Low battery warning	•	•	•
Backlight	•	•	•
Backlight option for night use		•	
Mineral crystal glass		•	•
Menu-based user interface		•	
Housing material	COMPOSITE	ALUMINUM	ALUMINUM
Strap material	RUBBER	RUBBER	WATER RESISTANT FABRIC
Extension strap available	AVAILABLE	AVAILABLE (D9 EXT. STRAP FITS)	AVAILABLE

Golf



Golf features	G6 PRO	G6
Tempo, Rhythm, Backswing Length, Club head Speed	•	•
200 Hertz measurement	•	•
Three motion sensors	•	•
Consistency index, variation analysis	•	•
Tests (10 swings each)	20	20
Practice Sessions (100 swings each)	20	20
Swing measurement during the game	•	•
Games	20	20
Games analysis	•	•
Player Management	•	•
Opponents	9	9
Course Management	•	•
Strokes, Putts, FIR, GIR, Score	•	•
1 or 2 players	•	•
4 game types	•	•
Automatic HCP adjustment	•	•
Other		
Backlight for night use	ELECTRO-LUMINESCENT DISPLAY	ELECTRO-LUMINESCENT DISPLAY
Dot-matrix display	•	•
Menu-based user interface	•	•
Mineral crystal glass	•	•
Selectable metric/imperial units	•	•
Weight (Aluminum Case, Strap, Battery)	55 G / 1.94 OZ	55 G / 1.94 OZ
Strap	BLACK LEATHER	BLACK LEATHER
Water resistance	30 M / 100 FT	30 M / 100 FT
PC software		
Software name	SUUNTO GOLF MANAGER	
Suuntosports.com compatible	•	
Long term analysis	•	
PC interface	USB	
Power		
User-replaceable battery	•	•
Battery type	CR 2032	CR 2032
Low battery warning	•	•
Watch		
Dual time	•	•
Calendar clock	•	•
Daily alarms	•	•
Stopwatch	•	•
12/24 h	•	•

Compasses / Sports precision instruments

Recreational compasses:



Professional compasses:



Mirror and sighting compasses:



Micro compasses:



Multipurpose compasses:



User groups

	A-10	A-20	A-30	A-40	M-2	M-3	M-3G	MCA	MCB	MC-2	MC-2G	MB-6	KB-20	KB-14	COMET	CLIPPER	ORCA	PILOT	PIONEER
Beginners/Juniors	•							•	•						•	•			
Hikers		•	•	•	•	•	•	•	•	•	•	•	•	•					
Orienteering		•	•	•															
Professionals, Military					•	•	•			•	•	•	•	•					
Marine									•	•	•		•	•			•	•	•

Product features

Jewel bearing	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•		•	•	•
Oil filled	•	•	•	•	•	•	•	•	•	•	•	•	•	•		•	•	•	•	•
Adjustable declination correction					•	•	•			•	•	•	•	•						
Fixed declination correction	•	•	•	•				•	•											
Needle for northern or southern hemisphere	•	•	•	•				•	•	•	•		•							
Global needle																				
Luminous bezel			•	•		•	•				•	•								
Clinometer											•	•	•							

Scales

1:10 000 CM	•	•	•	•	•	•	•	•	•	•	•	•	•	•		•	•			
1:15 000 CM	•	•	•	•	•	•	•	•	•											
1:20 000 CM	•	•	•	•	•	•	•	•	•											
1:24 000 INCH	•	•	•	•	•	•	•	•	•	•	•									
1:25 000 CM	•	•	•	•	•	•	•	•	•	•	•									
1:50 000 CM					•	•	•				•									
1:62 500 INCH	•				•	•	•	•	•	•	•									

Compasses are available in either

cm = • or in inch = • scales.

The combination of cm / inch scales is not available.



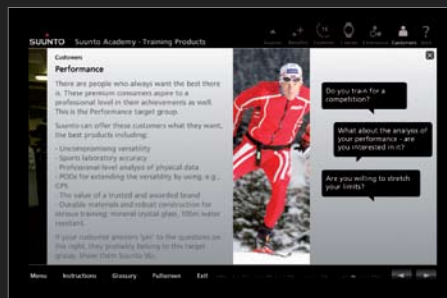
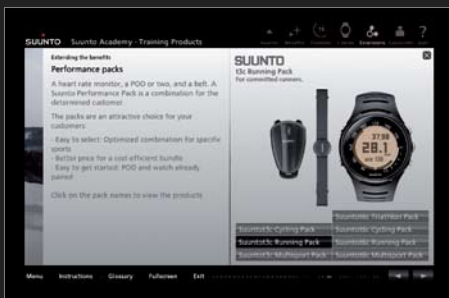
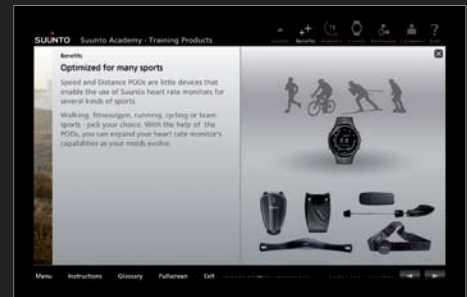
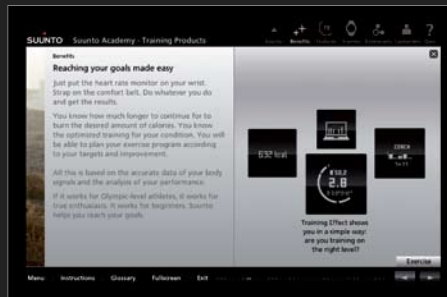
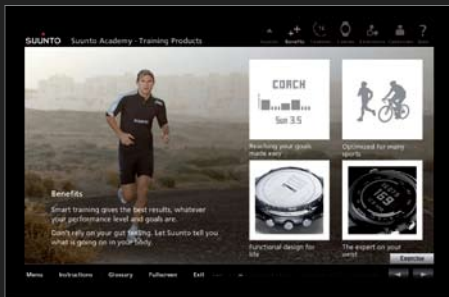
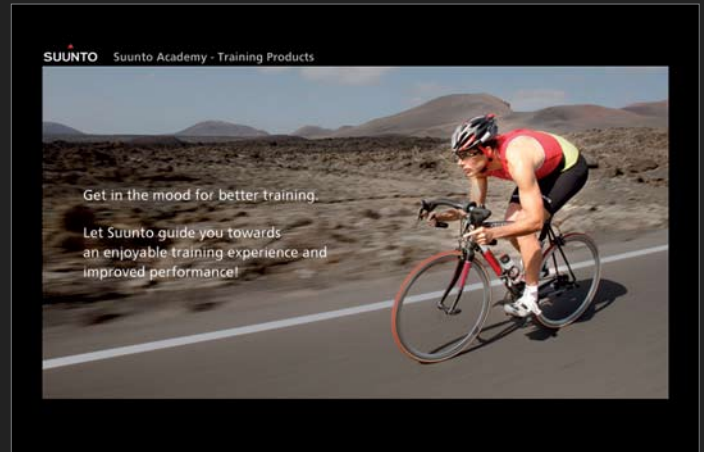


Suunto provides a comprehensive range of customer support services and promotional packages to help keep our network of retailers informed and up-to-date on what is happening in the world of Suunto. This constant open dialogue also helps ensure consumer satisfaction by meeting our consumers' needs as efficiently and quickly as possible.

SERVICES & PROMOTIONS

Suunto Customer Care Services

66 **Suunto's e-learning tool**
 Get useful hints, tips and in-depth information about the Suunto brand and t-Series products with our new e-learning tool. This handy online reference tool presents our line of products in an easy-to-understand format, and provides useful advice about how to sell Suunto products from a customer-based approach. Ask your local Suunto representative to tell you more about this online resource – and become a genuine Suunto expert.



To improve consumer service, Suunto has a unique system that allows customers to have their device repaired without having to take it into a retailer or service center. The service promises a hand-to-hand time of 7 days for warranty cases, and 14 days for non-warranty cases.

Should the customer decide to visit a Suunto retailer instead, we offer an easy online tool that helps retailers give their customers the best possible service for repairing Suunto devices at www.suunto.com/servicerequest/ retailers.

For more complicated questions about Suunto products, customers can contact our Global Help Desk 24 hours a day, 5 days a week, in eight different languages. We also offer e-newsletters for our Diving, Training and Outdoor categories, to keep customers informed of new products, promotions, services and competitions. To subscribe to our official newsletter, visit www.suunto.com/inside

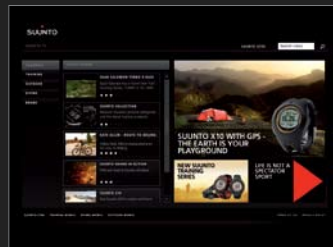


Global Help Desk

The Suunto Global Help Desk is a service we provide to answer your difficult questions about Suunto products. It is available 24 hours a day, 7 days a week in English, and during local office hours in German, French, Spanish, Italian, Swedish, Japanese and Finnish. All questions will be saved and categorized for further use in developing Suunto products.

Three different Suunto worlds for you to enjoy at www.suunto.com
www.suunto.com/outdoor
www.suunto.com/training
www.suunto.com/diving

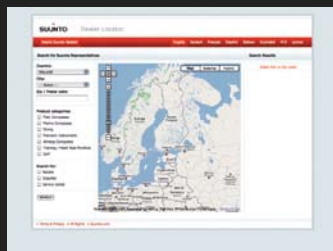
- _Get the latest product information and product comparison tools
- _Download updates for Suunto PC software, manuals and demos
- _Use our map-based dealer locator



Suunto TV

Created using your feedback, Suunto TV brings all the best Suunto videos together under one roof. Packed with handy 'how-to' clips to help you get the most from your Suunto devices, as well as exciting videos of Suunto products in action, Suunto TV will keep you both informed and inspired.

Visit www.suunto.tv for more information.



Dealer Locator

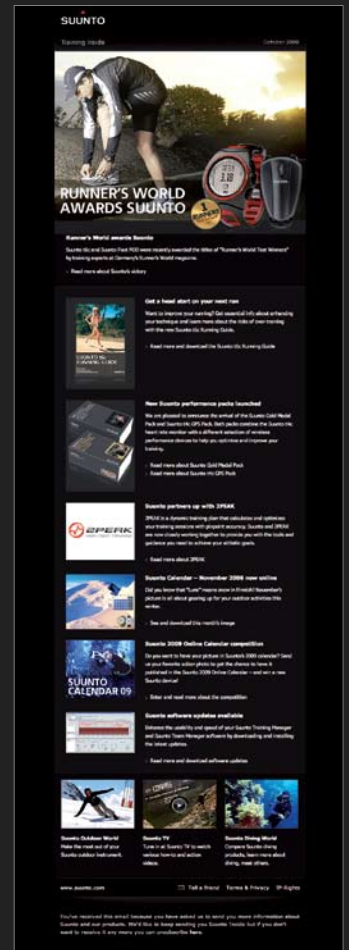
Looking to buy a Suunto device in person? Use our handy dealer locator tool to help you find a Suunto dealer in your area. Search by country, city, zip code or product category to get a clear view of where you can find your local Suunto dealer.

Go to www.suunto.com/dealer to start your search.

Suunto Inside e-Newsletter

Stay informed on Suunto products, events, competitions, services and ambassadors by subscribing to our e-newsletter. Available in three different categories (Outdoor, Training or Diving), our e-Newsletter is sent to subscribers 4-6 times a year and is designed to keep customers actively involved in the world of Suunto.

Visit www.suunto.com/inside to subscribe today.



Point of Sale Material and Displays

Suunto's Point of Sale (POS) display program helps unify and strengthen our visibility and appearance in the retail environment. Enhancing your sales through visible promo-

tions, our selection of mobiles, cardboards, posters and indoor and outdoor banners re-enforce the Suunto brand and product visibility, both inside and outside your store.

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Suunto Display Range

Suunto provides a wide selection of displays that are customized to fit your retail environment, available space and order sizes. Our displays are easy to set up and upgrade, and offer valuable information for customers and employees alike. Please contact your Suunto sales representative to find the most appropriate solutions for your store.

Suunto displays for watch/jewelry stores:
Suunto in-counter and window displays are currently being updated and will be available midyear, 2009.

Suunto counter displays:

- _Generic one-sided counter display A2
- _Generic double-sided counter display A3
- _Generic four-sided counter display B2

Suunto counter displays that can evolve into floor standing displays:

- _Generic four-sided counter display B2
- _High Plinth

Suunto floor standing displays:

- _Generic four-sided floor standing display E1
- _Generic double-sided floor standing display A4

Suunto dummy products:

In Suunto displays, you have the choice of placing either real Suunto products or dummy products that do not require batteries. Either way, your Suunto products will always look good and remain visible to customers. Please see our price list for the full selection of Suunto dummies.

Your Suunto sales representative can let you know more about the benefits of our merchandise display program, and can also provide you with upgrades of additional display accessories, such as interior panels, product info cards, and more.

- _Generic four-sided counter display B2 on high plinth
- _Generic four-sided floor standing display E1
- _Generic double-sided floor standing display A4

- _Generic one-sided counter display A2
 - _Generic double-sided counter display A3
 - _Generic four-sided counter display B2
- These can also be used as floor standing displays



Suunto is happy to work with you to develop the ideal in-store solution for your shop. The pictures on this page are just a few examples of successful indoor material placement.

We would like to thank the following partners based in Munich, Germany for allowing us to use these pictures from their stores: Sporthaus Schuster, Sport und Lauffladen Ruscher and Amer Sports Europe

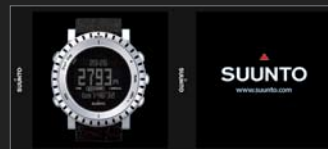
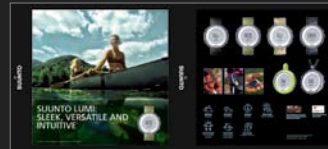
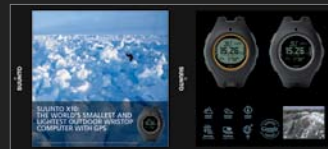
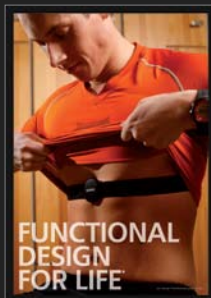
Merchandising Suggestions

Suunto utilizes a versatile and modular display program that enables us to offer customized POS solutions for different retailers and customers around the globe.



Suunto Literature

We offer a complete range of brochures, guidebooks and activity cards that can provide customers with more details about Suunto's range of products. This useful selection of information is also intended to give sales personnel an in-depth understanding of our products' features to help improve their level customer service.



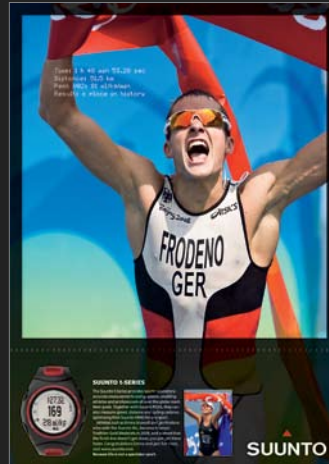
Your Suunto Sales representative will keep you posted on our various point of sale materials such as video boards, outdoor/training table talkers and outdoor/training pizza boxes.

Suunto Promotions

Suunto offers large range of ready-made advertisements for key products. The advertisements are available at Suunto databank, in three different sizes: A4, half page tall and half page wide format. There is a possibility to add retailer contact information in the advertisements to make sure the consumers

will find the nearest store. To leverage your local media campaigns in a best possible way, please contact your sales representative to place your contact information in the advertisement, and to find out about the local media coverage and timings.

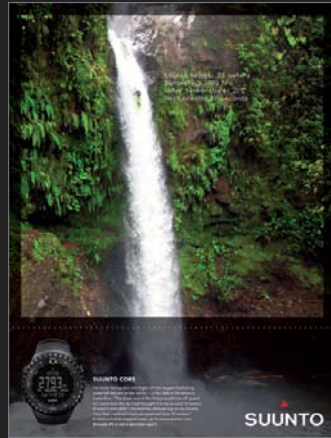
70 Training Ads



Advertising Material and Trade Strategy

- _ Create a pull effect by increasing advertising in key media
- _ Joint advertising possibilities
- _ Multiple insertions to create high impact
- _ Outdoor and Training line advertisements

Outdoor Ads



Trade Shows



Each year, Suunto launches its new products at the most important trade shows in the world, such as Winter ISPO in Munich, Germany, FIBO in Essen, Germany, Outdoor in Friedrichshafen, Germany, Outdoor Retailer Show in Salt Lake City, USA and IRSHA in Las Vegas, USA.

Public Relations

Suunto understands the importance of product public relations in various countries and media around the world. We strongly emphasize brand-placement at international sporting events, and continue to develop a range of award-winning products to generate interest and press for both Suunto and its retailers. We pride ourselves on working together with our network of retailers to provide athletes with the tools and information they need to improve their training.

Consumer Events

A host of first-class athletes serve as Suunto ambassadors, actively demonstrating the importance and versatility of Suunto products. Our ambassadors range from gold medalists from Beijing in 2008, to a number of other world champions, such as Jonathan Wyatt, the proclaimed "Best Mountain Runner of the World", and compete in a range of international events like marathons in Berlin and New York, the Redbull X-Alps race in Europe and ITU events all around the world.

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