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# SUUNTO

## COMFORT BELT

Heart Rate Transmitter Belt

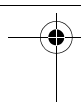
USER'S GUIDE



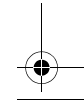
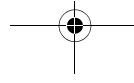
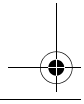
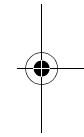
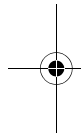
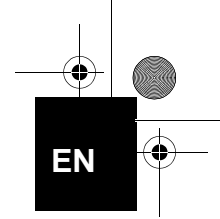
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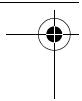


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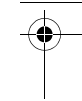


# SUUNTO COMFORT BELT USER'S GUIDE

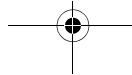
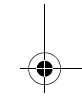
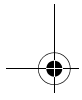
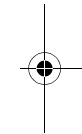
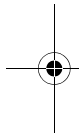


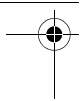
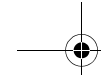


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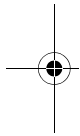
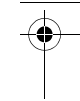


## 1. INTRODUCTION TO SUUNTO HEART RATE TRANSMITTER BELT

Suunto Heart Rate Transmitter Belt is a wireless heart rate transmitter belt that forms an integral part of the functionality of a variety of Suunto wristop computers and Peripheral Observations Devices.

With Suunto Heart Rate Transmitter Belt, you can monitor your heart rate in real time as you train. This allows you to adjust your training so that your real-time or average heart rate is within the range that is most effective in reaching your individual training goals.

Active sports people and anyone involved in physical training programs will find that Suunto Heart Rate Transmitter Belt is an invaluable tool in increasing the effectiveness of their training.

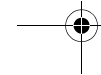
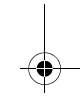
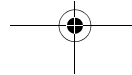
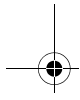
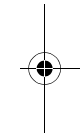


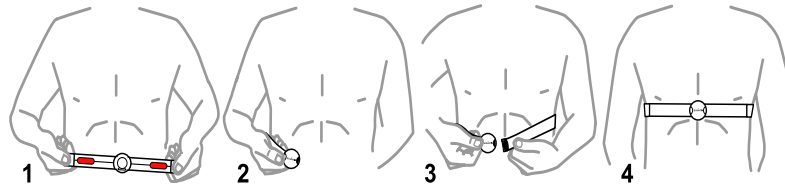
## 2. GETTING STARTED WITH SUUNTO HEART RATE TRANSMITTER BELT

### PUTTING ON SUUNTO HEART RATE TRANSMITTER BELT

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

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





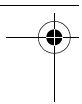
**NOTE:** We recommend that you wear the transmitter belt against your bare skin to ensure flawless operation

**WARNING**

People who have a pacemaker, defibrillator, or other implanted electronic device use the transmitter belt at their own risk. Before starting the initial use of the transmitter belt, we recommend an exercise test under a doctor's supervision. This will ensure the safety and reliability of the pacemaker and transmitter belt when being used simultaneously. Exercise may include some risk, especially for those who have been sedentary. We strongly advise you to consult your doctor prior to beginning a regular exercise program.

**ACTIVATING**

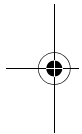
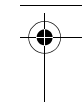
The belt activates and starts sending data automatically when you put it on.



### CONNECTING

For information on connecting the belt to your compatible Suunto device, please refer to the device's manual.

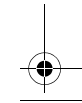
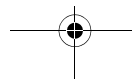
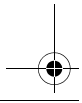
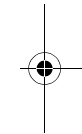
**NOTE:** *ANT compatible belts are paired with heart rate monitors while Coded belts are not. See backside of belt for belt type.*



### PRACTICAL TIPS

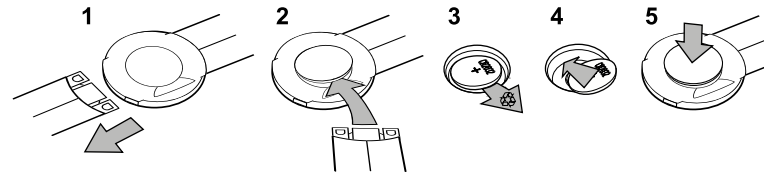
If the heart rate belt does not seem to be sending heart rate data:

1. Ensure the contacts (electrodes) are wet.
2. Adjust the belt so that it fits tighter against your chest.
3. Re-enter training mode.
4. Change the battery.
5. If your skin tends to remain dry during the workout, you can improve the contact by using electrode gel.



### REPLACING THE BATTERY

The transmitter belt operates on a 3-Volt lithium cell, type: CR 2032. The average expected battery life of the transmitter belt is 200 hours of use in ideal operating temperatures. Replace the battery as illustrated here:



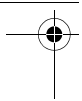
**NOTE:** Suunto recommends that the battery cover and the O ring are changed simultaneously with the battery to ensure that the transmitter remains clean and water resistant. Replacement covers are available with replacement batteries.

### 3. TECHNICAL SPECIFICATIONS

- Water resistance: 20 m / 66 ft
- Weight: 39g
- Frequency: 2.465 GHz Suunto ANT compatible / 5.3 kHz Suunto HR Belt (coded)
- Transmission range: up to 10 m Suunto ANT compatible / 1 m Suunto HR Belt (coded)
- User-replaceable battery CR2032

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## 4. INTELLECTUAL PROPERTY

### COPYRIGHT

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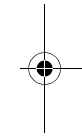
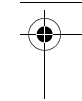
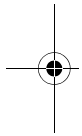
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### PATENT

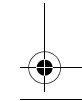
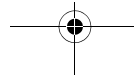
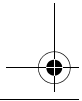
These products are protected by the following patent and patent applications US 7129835, US 11/169712, US 11/808391 and FI 20075938. Other patents have been applied for.

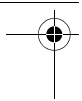


## 5. DISCLAIMERS

### USER'S RESPONSIBILITY

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





### CE

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

### FCC COMPLIANCE

This device complies with Part 15 of the FCC limits for class B digital devices. This equipment generates, uses, and can radiate radio frequency energy and, if not installed or used in accordance with the instructions, may cause harmful interference to radio communications. There is no guarantee that interference will not occur in a particular instance. If this equipment does cause harmful interference to other equipment, try to correct the problem by relocating the equipment.

Consult an authorized Suunto representative or other qualified service technician if you cannot correct the problem. Operation is subject to the following conditions:

- This device cannot cause harmful interference.
- This device must accept any interference received, including interference that may cause undesired operation.

Repairs should be made by authorized Suunto service personnel. Unauthorized repairs will void warranty.

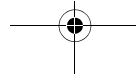
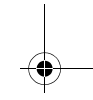
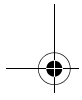
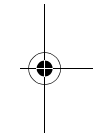
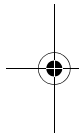
This product has been tested to comply with FCC standards and is intended for home or office use only.

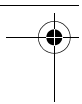
**FCC WARNING:** *Changes or modifications not expressly approved by Suunto Oy could void your authority to operate this device under FCC regulations.*

### DISPOSAL OF THE DEVICE



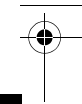
Please dispose of the device in an appropriate way, treating it as electronic waste. Do not throw it in the garbage. If you wish, you may return the device to your nearest Suunto representative.



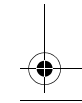
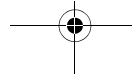
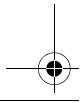
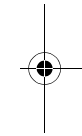
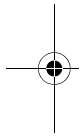


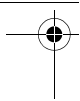
# SUUNTO COMFORT BELT

## GUIDE DE L'UTILISATEUR

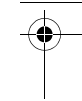


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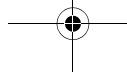
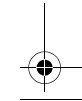
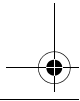
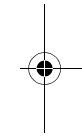
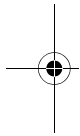


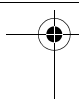
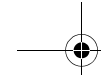


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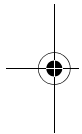
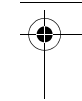


## 1. PRÉSENTATION DE LA CEINTURE ÉMETTEUR SUUNTO

La ceinture émetteur Suunto est un dispositif sans fil qui fait partie intégrante des fonctionnalités de nombreux ordinateurs de poignet et instruments d'observation périphériques Suunto.

Grâce à la ceinture émetteur Suunto, vous contrôlez votre fréquence cardiaque en temps réel pendant l'entraînement. Vous pouvez ainsi adapter votre entraînement afin que votre fréquence cardiaque instantanée et votre fréquence moyenne restent dans les limites permettant d'atteindre le plus efficacement possible vos objectifs individuels.

La ceinture émetteur Suunto est un formidable outil d'optimisation de l'efficacité d'entraînement pour les sportifs et tous ceux qui suivent des programmes d'entraînement physique.

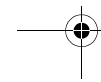
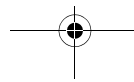
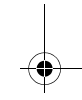
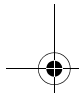
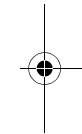


## 2. UTILISATION DE LA CEINTURE ÉMETTEUR SUUNTO

### MISE EN PLACE DE LA CEINTURE ÉMETTEUR SUUNTO

Pour obtenir les meilleurs résultats avec votre ceinture émetteur Suunto, il est important qu'elle soit correctement placée. Il suffit pour cela de suivre la procédure ci-dessous :

1. Mettez votre ceinture émetteur et assurez-vous qu'elle colle bien contre votre poitrine.
2. Vérifiez que les électrodes de la ceinture émetteur sont légèrement humides.





**REMARQUE :** Pour que votre ceinture émetteur fonctionne parfaitement, nous vous recommandons de la porter contre votre peau nue.

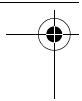
**MISE EN GARDE**

Les personnes qui portent un pacemaker, un défibrillateur ou tout autre appareil électronique intra-corporel utilisent la ceinture émetteur à leurs risques et périls. Avant d'utiliser la ceinture émetteur pour la première fois, il est conseillé d'effectuer une épreuve d'effort sous surveillance d'un médecin. Ce test garantira la sécurité et la fiabilité du pacemaker et de la ceinture émetteur utilisés en même temps.

Les activités sportives peuvent comporter certains risques, surtout pour les personnes sédentaires. Nous vous recommandons fortement de consulter un médecin avant de commencer un programme d'entraînement régulier.

**ACTIVATION**

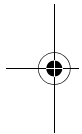
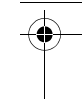
La ceinture est activée et commence automatiquement l'envoi de données dès que vous la portez.



### CONNEXION

Pour plus d'informations concernant la connexion de la ceinture à votre appareil compatible Suunto, reportez-vous au manuel de l'appareil.

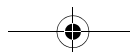
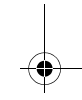
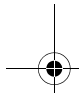
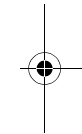
**Remarque :** les ceintures compatibles ANT sont reliées à des cardiofréquencemètres, contrairement aux ceintures codées. Reportez-vous au dos de la ceinture pour en connaître le type.



### CONSEILS PRATIQUES

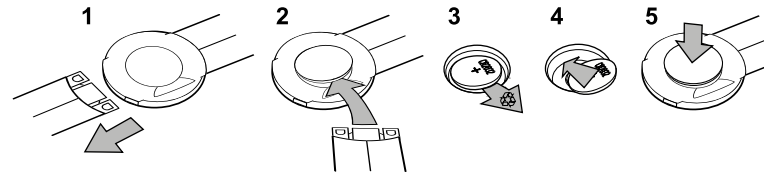
Si vous avez l'impression que la ceinture émetteur n'envoie pas les données de fréquence cardiaque :

1. Vérifiez que les contacts (électrodes) sont humides.
2. Réglez la ceinture pour qu'elle serre plus votre poitrine.
3. Entrez à nouveau dans le mode Training (Entraînement).
4. Changez la pile.
5. Si votre peau reste sèche pendant la séance, vous pouvez améliorer le contact en employant un gel spécial pour les électrodes.



### REPLACEMENT DE LA PILE

La ceinture émetteur est alimentée par une pile au lithium 3 volts de type CR 2032. Sa durée de vie moyenne est de 200 heures, dans des conditions de température idéales. Remplacez la pile comme illustré :



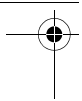
**REMARQUE :** Suunto recommande de changer le couvercle du logement de pile et le joint en même temps que la pile, pour que la ceinture émetteur reste propre et étanche. Les couvercles de rechange sont vendus avec les piles de rechange.

### 3. SPÉCIFICATIONS TECHNIQUES

- Etanchéité : 20 m (66 pieds)
- Poids : 39 g
- Fréquence : 2,465 GHz, compatibilité ANT Suunto/5,3 kHz ceinture FC Suunto (codée)
- Rayon de transmission : compatibilité ANT Suunto : 10 m max./ceinture FC Suunto (codée) : 1 m
- Pile remplaçable de type CR2032

6





## 4. PROPRIÉTÉ INTELLECTUELLE

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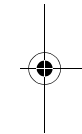
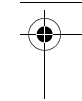
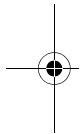
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### LICENCE

Ces produits sont protégés par les brevets et demandes de brevets suivants : US 7129835, US 11/169712, US 11/808391 et FI 20075938. D'autres demandes de brevets sont en cours.



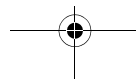
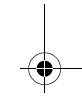
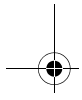
## 5. AVERTISSEMENTS

### RESPONSABILITES DE L'UTILISATEUR

Cet appareil est destiné uniquement à un usage récréatif. N'utilisez jamais la ceinture émetteur Suunto pour des mesures demandant une précision professionnelle ou la qualité d'un laboratoire.

### CONFORMITE CE

Le symbole CE est utilisé pour indiquer la conformité de ce produit avec les directives MCE 89/336/CEE et 99/5/CEE.





### CONFORMITE FCC

Cet appareil est conforme à la section 15 des règlements FCC sur les appareils numériques de classe B. Cet appareil génère et utilise un rayonnement de fréquence radio et peut causer des interférences nuisibles aux communications radio s'il n'est pas installé ou utilisé conformément aux instructions. Rien ne permet de garantir quand ces interférences peuvent se produire. Si cet appareil cause des interférences nuisibles à d'autres équipements, essayez de résoudre le problème en changeant l'équipement de place.

Consultez un représentant Suunto agréé ou tout autre technicien d'entretien habilité si vous ne parvenez pas à éliminer ce problème. Fonctionnement soumis aux conditions suivantes :

- Cet appareil ne doit pas causer d'interférences nuisibles.
- Cet appareil doit accepter toute autre interférence reçue, y compris les interférences pouvant entraîner un fonctionnement non désiré.

Les réparations doivent être effectuées par un personnel de maintenance agréé par Suunto. Les réparations non autorisées annulent la garantie.

Ce produit a été testé et déclaré conforme aux normes FCC, et est destiné à une utilisation à la maison ou au bureau.

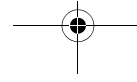
**AVERTISSEMENT FCC** : *Les changements ou modifications non expressément approuvés par Suunto Oy peuvent annuler votre droit d'utiliser cet appareil aux termes des réglementations FCC.*

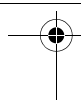


### ELIMINATION DU PRODUIT

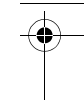


Éliminez ce produit de façon adéquate, en le considérant comme un déchet électronique. Ne le jetez pas avec les ordures ménagères. Si vous le désirez, vous pouvez retourner cet instrument au représentant Suunto le plus proche de chez vous.

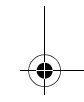
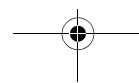
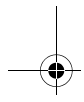
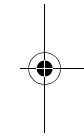
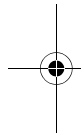


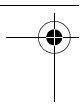


# SUUNTO COMFORT BELT BEDIENUNGSANLEITUNG

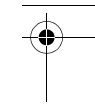


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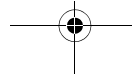
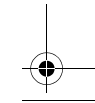
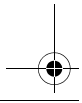
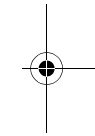
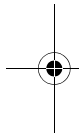


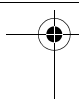
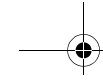


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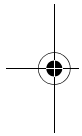
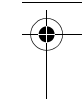


## 1. SUUNTO HERZFREQUENZ-SENDERGURT - EINFÜHRUNG

Der Suunto Herzfrequenz-Sendergurt ist ein drahtloses Mess- und Sendegerät, das für die vollständige Nutzung diverser Suunto-Armbandcomputer und POD-Zusatzgeräte benötigt wird.

Der Gurt ermöglicht Ihnen die Überwachung Ihrer Herzfrequenz in Echtzeit während des Trainings. Dadurch können Sie Ihre Trainingsintensität jederzeit so anpassen, dass Ihre durchschnittliche Herzfrequenz im für die Erreichung Ihres individuellen Trainingsziels optimalen Bereich liegt.

Der Suunto Herzfrequenz-Sendergurt ist ein wertvolles Hilfsmittel für SportlerInnen und alle aktiven Menschen, die ihr Training effizienter gestalten möchten.

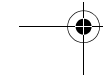
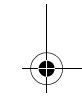
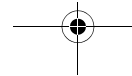
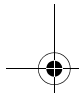
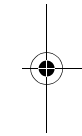


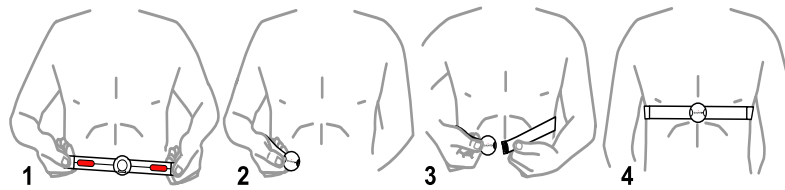
## 2. DAS ERSTE TRAINING MIT DEM SUUNTO HERZFREQUENZ-SENDERGURT

### SO LEGEN SIE DEN GURT AN

Voraussetzung für die optimale Funktion des Sendergurts ist das korrekte Anlegen am Körper. Gehen Sie in folgenden Schritten vor:

1. Legen Sie den HF-Sendergurt so an, dass er fest, aber bequem um Ihre Brust liegt.
2. Vergewissern Sie sich, dass die Senderelektroden leicht angefeuchtet sind.





**HINWEIS:** Wir empfehlen Ihnen, den Sendergurt direkt auf der Haut zu tragen, um seine korrekte Funktion zu gewährleisten.

#### **ACHTUNG**

Die Verwendung des Sendergurts durch Personen mit Herzschrittmacher, Defibrillator oder anderen implantierten elektronischen Geräten erfolgt auf eigene Gefahr. Vor der ersten Benutzung des Sendergurts empfehlen wir ein probeweises Training unter ärztlicher Aufsicht, um sicherzustellen, dass Schrittmacher und Gurt zusammen sicher und zuverlässig funktionieren.

Sportliches Training kann bestimmte Gesundheitsrisiken bergen, insbesondere für untrainierte Personen mit sitzendem Lebensstil. Vor der Aufnahme eines regelmäßigen Trainingsprogramms empfehlen wir ärztliche Beratung.

#### **AKTIVIERUNG**

Der Gurt schaltet sich nach dem Anlegen automatisch ein und beginnt mit der Datensendung.

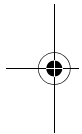
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### VERBINDUNGSaufbau

Die Herstellung der Funkverbindung zwischen dem Sendergurt und Ihrem kompatiblen Suunto-Sportinstrument ist im Handbuch des letzteren beschrieben.

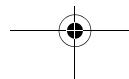
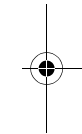
**HINWEIS:** ANT-kompatible Gurte werden mit Herzfrequenzmessern synchronisiert, codierte Gurte hingegen nicht. Welchen Gurtyp Sie verwenden, erfahren Sie auf der Rückseite des Gurts.



### PRAKTISCHE TIPPS

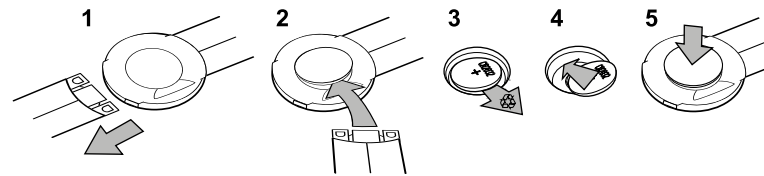
Falls das Sportinstrument keine HF-Daten vom Gurt empfängt:

1. Vergewissern Sie sich, dass die Kontaktelektroden angefeuchtet sind.
2. Stellen Sie den Gurt nach, falls er nicht straff genug anliegt.
3. Geben Sie den Trainingsmodus erneut ein.
4. Wechseln Sie ggf. die Batterie.
5. Falls Sie eine trockene Haut haben und nicht ausreichend Schweiß produzieren, verwenden Sie Elektrodengel, um für ausreichende Befeuchtung zu sorgen.



### BATTERIEWECHSEL

Der Sendergurt benötigt eine 3V-Lithiumbatterie des Typs CR 2032. Die durchschnittliche Lebenserwartung der Batterie beträgt bei optimaler Betriebstemperatur etwa 200 Stunden. Wechseln Sie die Batterie wie hier abgebildet:

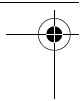
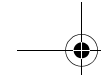


**HINWEIS:** Wir empfehlen, beim Batteriewechsel gleichzeitig auch Batteriefachdeckel und O-Ring zu ersetzen, damit die Sauberkeit und Wasserdichte des Senders gewährleistet bleiben. Ersatzdeckel können zusammen mit der Ersatzbatterie erworben werden.

### 3. TECHNISCHE DATEN

- Wasserdichte: 20 m / 66 ft
- Gewicht: 39g
- Frequenz: 2.465 GHz Suunto ANT-kompatibel/5,3 kHz Suunto HF-Gurt (codiert)
- Übertragungsbereich: bis zu 10 m Suunto ANT-kompatibel/1 m Suunto HF-Gurt (codiert)
- Vom Benutzer austauschbare Batterie (CR2032)





## 4. GEISTIGES EIGENTUM

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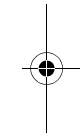
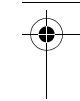
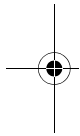
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### PATENT

Diese Produkte sind durch folgende Patente und Patentanträge geschützt: US 7129835, US 11/169712, US 11/808391 und FI 20075938. Weitere Patente angemeldet.



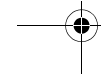
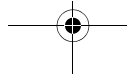
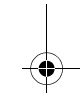
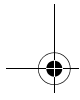
## 5. HAFTUNGSAUSSCHLÜSSE

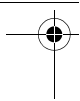
### VERANTWORTUNG DES BENUTZERS

Dieses Instrument ist nur für den Freizeitgebrauch bestimmt. Der Suunto Herzfrequenz-Sendergurt darf nicht als Ersatzinstrument benutzt werden, um Messungen durchzuführen, die professionelle Präzision oder laborgenaue Angaben erfordern.

### CE-KONFORMITÄT

Das CE-Siegel bestätigt die Übereinstimmung mit den EMC-Richtlinien 89/336/EEC und 99/5/EEC der Europäischen Union.





### FCC-KONFORMITÄT

Dieses Gerät entspricht den Vorschriften in Part 15 der FCC-Grenzwerte (U.S. Federal Communications Commission) für digitale Geräte der Klasse B. Dieses Instrument erzeugt und verwendet Funkfrequenzen und kann diese auch ausstrahlen. Deshalb kann es bei unsachgemäßer Installation oder Verwendung den Funkverkehr stören. In manchen Fällen können Interferenzen auftreten. Wenn dieses Instrument bei anderen Einrichtungen störende Interferenzen verursacht, versuchen Sie das Problem zu beheben, indem Sie den Standort dieser Einrichtungen verlegen.

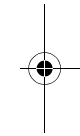
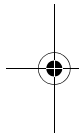
Sollte das Problem weiterhin bestehen, wenden Sie sich bitte an eine autorisierte Suunto-Vertretung oder an einen anderen qualifizierten Servicetechniker. Der Betrieb des Instruments unterliegt den folgenden Bedingungen:

- Das Gerät kann keine schädlichen Interferenzen verursachen.
- Das Gerät toleriert sämtliche empfangenen Interferenzen, einschließlich Interferenzen, die seinen Betrieb stören können.

Reparaturen sollten nur von autorisiertem Suunto-Servicepersonal durchgeführt werden. Unautorisierte Reparatur hat den Verfall des Garantieanspruchs zur Folge.

Die Einhaltung der FCC-Normen wurde in Prüfungen nachgewiesen. Das Produkt ist für den Heim- und Bürogebrauch bestimmt.

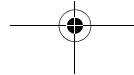
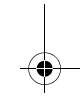
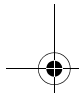
**FCC-WARNUNG:** Änderungen oder Modifikationen ohne ausdrückliche Genehmigung der Fa. Suunto Oy können Ihr Nutzungsrecht für dieses Gerät nach den Vorschriften der FCC nichtig machen.

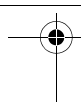


### ENTSORGUNG DES GERÄTS



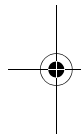
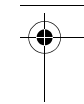
Nach Ablauf seiner Lebensdauer ist muss das Gerät vorschriftsmäßig als Elektronikschrott entsorgt werden. Es darf nicht in den Hausmüll gegeben werden. Sie können das Gerät auch bei Ihrer örtlichen Suunto-Vertretung abliefern.



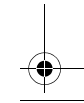
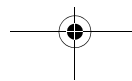
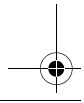
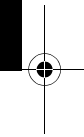


# SUUNTO COMFORT BELT

## GUÍA DEL USUARIO



**ES**

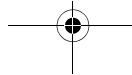
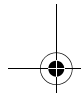
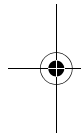


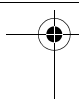


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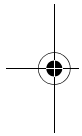
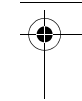


## 1. INTRODUCCIÓN A LA CORREA TRANSMISORA DE FRECUENCIA CARDÍACA SUUNTO

La correa transmisora de frecuencia cardíaca Suunto es una correa de transmisión inalámbrica de la frecuencia cardíaca que forma parte integrante de toda una gama de ordenadores de muñeca y dispositivos de observación periférica Suunto.

Con la correa transmisora de frecuencia cardíaca Suunto, puede monitorizar su frecuencia cardíaca en tiempo real durante sus entrenamientos. De esta forma, podrá ajustar sus entrenamientos de forma que la frecuencia cardíaca media o en tiempo real esté dentro del rango más eficaz a la hora de alcanzar sus objetivos de entrenamiento individuales.

Para los deportistas activos y todas las personas que participan en programas de entrenamiento físico, la correa transmisora de frecuencia cardíaca es una valiosa herramienta a la hora de aumentar la eficacia de su entrenamiento.

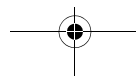
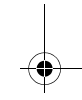
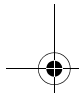
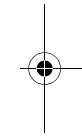


## 2. PRIMEROS PASOS CON LA CORREA TRANSMISORA DE FRECUENCIA CARDÍACA SUUNTO

### CÓMO PONERSE LA CORREA TRANSMISORA DE FRECUENCIA CARDÍACA SUUNTO

Para obtener los mejores resultados con su correa transmisora de frecuencia cardíaca Suunto, es importante ponérsela correctamente. Para ponérsela, siga estos sencillos pasos:

1. Póngase la correa transmisora de FC y asegúrese de que quede ajustada cómodamente sobre el tórax.
2. Asegúrese de que los electrodos de la correa transmisora estén levemente húmedos.





**NOTA:** Recomendamos apoyar la correa transmisora sobre la piel desnuda para garantizar un funcionamiento perfecto.

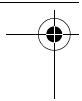
**ADVERTENCIA**

Los usuarios de marcapasos, desfibriladores u otros dispositivos electrónicos implantados utilizan la correa transmisora bajo su responsabilidad. Antes de comenzar el uso inicial de la correa transmisora, recomendamos la realización de ejercicios de prueba bajo la supervisión de un médico. Con ello se garantizará la seguridad y fiabilidad tanto del marcapasos como de la correa transmisora cuando se utilizan simultáneamente.

El ejercicio puede suponer cierto riesgo, especialmente para las personas que llevan una vida sedentaria. Recomendamos encarecidamente preguntar a su médico antes de iniciar un programa de ejercicio regular.

**ACTIVACIÓN**

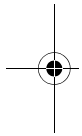
La correa se activa y empieza a enviar información automáticamente en cuanto se pone sobre el cuerpo.



### CONEXIÓN

Para obtener más información sobre la conexión de la correa a su dispositivo Suunto compatible, consulte el manual del dispositivo.

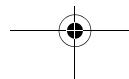
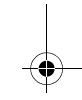
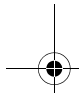
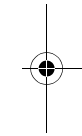
**NOTA:** Las correas compatibles con ANT se acoplan a monitores de frecuencia cardíaca, algo que no ocurre con las correas codificadas. Consulte el reverso de la correa para conocer el tipo de correa.



### CONSEJOS PRÁCTICOS

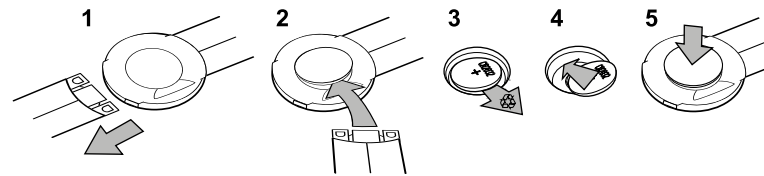
Si la correa de frecuencia cardíaca no parece estar enviando datos de frecuencia cardíaca:

1. Asegúrese de que los contactos (los electrodos) estén húmedos.
2. Ajuste la correa de forma que quede más apretada contra el tórax.
3. Vuelva a entrar en el modo Training.
4. Sustituya la pila.
5. Si su piel tiende a permanecer seca durante los ejercicios, puede mejorar el contacto con ayuda de un gel para electrodos.



### SUSTITUCIÓN DE LA PILA

La correa transmisor utiliza una pila de litio de 3 voltios de tipo CR 2032. La vida media esperada de la pila de la correa transmisor es de 200 horas de uso a las temperaturas de funcionamiento idóneas. Sustituya la pila de la forma mostrada aquí:

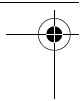


**NOTA:** Suunto recomienda sustituir la cubierta de la pila y la junta tórica a la vez que la pila para garantizar la limpieza y la estanqueidad de la correa transmisor. Puede solicitar cubiertas de recambio junto con las pilas de repuesto.

### 3. ESPECIFICACIONES TÉCNICAS

- Estanqueidad: 20 m/66 pies
- Peso: 39 g
- Frecuencia: 2,465 GHz, compatible con Suunto ANT / 5,3 kHz, correa de FC Suunto (codificada)
- Alcance de transmisión: hasta 10 m, compatible con Suunto ANT / 1 m, correa de FC Suunto (codificada)
- Pila CR2032 reemplazable por el usuario





## 4. PROPIEDAD INTELECTUAL

### COPYRIGHT

Copyright © Suunto Oy 2008. Reservados todos los derechos. Este documento y su contenido son propiedad de Suunto Oy y han sido creados exclusivamente para el uso por parte de sus clientes para obtener conocimientos e información esencial acerca del manejo de los productos Suunto. Su contenido no puede ser usado ni distribuido para ningún otro fin, ni comunicado, revelado o reproducido de ninguna otra forma sin el consentimiento previo por escrito de Suunto Oy.

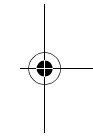
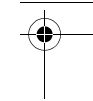
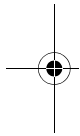
Este documento puede cambiar en cualquier momento sin previo aviso. Suunto no ofrece ninguna garantía, ya sea expresa o implícita, incluida, pero sin limitarse a ella, de que esta documentación sea exacta, esté completa o esté libre de errores. La versión más reciente de esta documentación puede descargarse de [www.suunto.com](http://www.suunto.com).

### MARCA REGISTRADA

Suunto y sus nombres de producto, nombres de marca, marcas registradas y marcas de servicio, ya hayan sido registradas o no, están protegidas por Suunto o sus propietarios independientes respectivos. Reservados todos los derechos.

### PATENTE

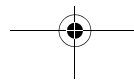
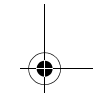
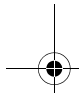
Estos productos están protegidos por las siguientes patentes concedidas y en tramitación: EE.UU. 7129835, EE.UU. 11/169712, EE.UU. 11/808391 y FI 20075938. Hay otras patentes en tramitación.

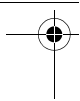
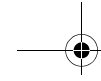
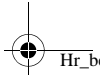


## 5. DESCARGOS DE RESPONSABILIDAD

### RESPONSABILIDAD DEL USUARIO

Este instrumento está destinado exclusivamente a usos recreativos. La correa transmisora de frecuencia cardíaca Suunto no debe utilizarse en sustitución de otros instrumentos a la hora de obtener mediciones que requieran una exactitud profesional y no debe utilizarse para obtener mediciones que requieran una calidad de laboratorio.





### Conformidad CE

El distintivo CE se utiliza para indicar la conformidad con las directivas de compatibilidad electromagnética 89/336/CEE y 99/5/CEE de la Unión Europea.

### CONFORMIDAD CON LA FCC

Este dispositivo cumple la parte 15 de los límites de la FCC para dispositivos digitales de la clase B. Este equipo genera, usa y puede radiar energía de radiofrecuencia y, si no se instala o usa de acuerdo con las instrucciones, puede ocasionar interferencias perjudiciales en las comunicaciones de radio. No existe garantía de que dichas interferencias no tengan lugar en un caso determinado. Si este equipo ocasiona interferencias perjudiciales para otro equipo, intente solucionar el problema reubicando el equipo.

Consulte con un representante autorizado de Suunto o con otro técnico cualificado si el problema no se soluciona. El funcionamiento está sujeto a las siguientes condiciones:

- Este dispositivo no puede ocasionar interferencias perjudiciales.
- Este dispositivo debe aceptar cualquier interferencia recibida, incluidas las interferencias que puedan ocasionar un funcionamiento no deseado.

Cualquier reparación debe ser realizada por personal de servicio técnico autorizado por Suunto. Cualquier reparación no autorizada supondrá la anulación de la garantía.

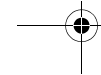
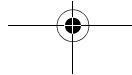
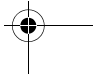
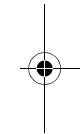
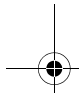
Este producto ha sido verificado y se comprueba que cumple las normas de la FCC y está destinado para uso doméstico o en oficinas.

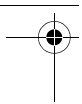
**ADVERTENCIA DE LA FCC:** *Cualquier cambio o modificación no aprobado expresamente por Suunto Oy podría anular el derecho del usuario a usar este dispositivo según las normas de FCC.*

### ELIMINACIÓN DEL DISPOSITIVO



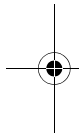
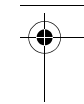
Elimine el dispositivo de la forma adecuada, tratándolo como residuos electrónicos. No lo arroje a la basura. Si lo desea, puede devolver el dispositivo a su representante de Suunto más cercano.



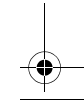
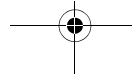
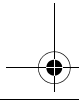
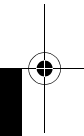


# SUUNTO COMFORT BELT

## GUIDA DELL'UTENTE



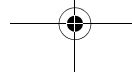
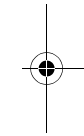
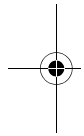
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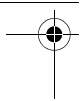




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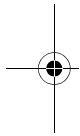


## **1. INTRODUZIONE ALLA CINTURA DI TRASMISSIONE DELLA FREQUENZA CARDIACA SUUNTO**

La Cintura di trasmissione della frequenza cardiaca Suunto è un trasmettitore della frequenza cardiaca senza fili che costituisce una parte integrante della funzionalità di diversi computer da polso e dispositivi periferici Suunto.

Con la Cintura di trasmissione della frequenza cardiaca Suunto è possibile monitorare la propria frequenza cardiaca in tempo reale durante l'allenamento. In questo modo è possibile calibrare l'allenamento in corso in modo che la propria frequenza cardiaca in tempo reale o media rientri nel campo più efficace per ottenere i propri obiettivi individuali di allenamento.

Gli sportivi professionisti e chiunque si sottoponga a programmi di allenamento fisico scoprirà nella Cintura di trasmissione della frequenza cardiaca Suunto uno strumento molto prezioso per aumentare l'efficacia del proprio allenamento.

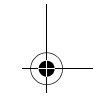
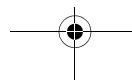
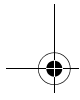


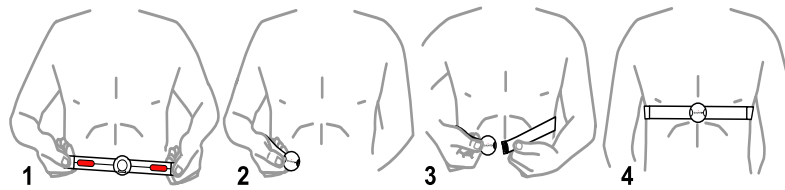
## **2. PREPARAZIONE ALL'UTILIZZO DELLA CINTURA DI TRASMISSIONE DELLA FREQUENZA CARDIACA SUUNTO**

### **INDOSSARE LA CINTURA DI TRASMISSIONE DELLA FREQUENZA CARDIACA SUUNTO**

Per ottenere i risultati migliori dalla Cintura di trasmissione della frequenza cardiaca Suunto, è importante indossarla correttamente. Per indossarla basta seguire i semplici passi seguenti:

1. Indossare la cintura trasmettitore della frequenza cardiaca controllando che aderisca bene al torace.
2. Inumidire gli elettrodi della cintura trasmettitore.





**NOTA:** Si consiglia di indossare la cintura di trasmissione sulla pelle nuda, per garantire risultati ottimali.

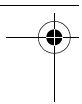
#### **ATTENZIONE**

I portatori di pacemaker, defibrillatore o altri dispositivi elettronici interni possono utilizzare la cintura di trasmissione a proprio rischio e pericolo. Si consiglia di effettuare un test di resistenza fisica in presenza del medico prima di utilizzare la cintura di trasmissione. In tal modo è possibile verificare il corretto e sicuro funzionamento simultaneo del pacemaker e del trasmettitore.

L'esercizio fisico può comportare alcuni rischi, in particolare per le persone più<sup>1</sup> sedentarie. Si raccomanda pertanto di consultare il proprio medico prima di iniziare un programma di allenamento regolare.

#### **ATTIVAZIONE**

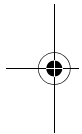
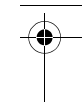
La cintura si attiva e inizia a inviare dati automaticamente non appena la si indossa.



### COLLEGAMENTO

Per informazioni relative al collegamento della cintura con il dispositivo Suunto compatibile, si rimanda al manuale del dispositivo.

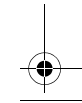
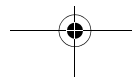
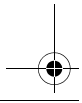
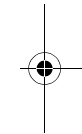
**NOTA:** Le cinture compatibili ANT sono associate ai cardiofrequenzimetri, mentre le cinture Coded non lo sono. Vedere il tipo sul retro della cintura.



### CONSIGLI PRATICI

Se sembra che la cintura non stia inviando dati sulla frequenza cardiaca:

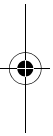
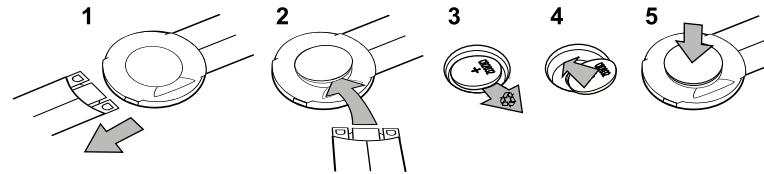
1. Assicurarsi che i contatti (elettrodi) siano bagnati.
2. Regolare la cintura in modo che aderisca bene al torace.
3. Rientrare nella modalità training.
4. Sostituire la batteria.
5. Se la pelle tende a rimanere asciutta durante l'allenamento, si può migliorare il contatto utilizzando del gel per elettrodi.





### SOSTITUZIONE DELLA BATTERIA

La cintura di trasmissione è alimentata da una batteria al litio da 3 volt di tipo CR 2032. In utilizzo a temperature operative ideali, la durata della batteria della cintura trasmettitore è pari a 200 ore. Per sostituire la batteria, fare riferimento alla figura seguente.

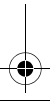


**NOTA:** La Suunto consiglia di sostituire il coperchio del vano batteria e l'O-ring ad ogni cambio di batteria, al fine di garantire l'impermeabilità e la pulizia del trasmettitore. I coperchi di ricambio sono disponibili insieme alle batterie sostitutive.



### 3. SPECIFICHE TECNICHE

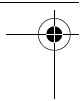
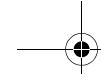
- Impermeabilità: 20 m / 66 ft
- Peso: 39g
- Frequenza: Suunto compatibile ANT 2,465 GHz / Suunto HR Belt (Coded) 5,3 kHz
- Portata di trasmissione: Suunto compatibile ANT fino a 10 m / Suunto HR Belt (Coded) 1 m
- Batteria CR2032 sostituibile dall'utente



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## 4. PROPRIETÀ INTELLETTUALE

### COPYRIGHT

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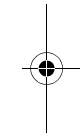
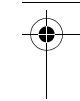
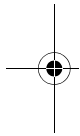
Il contenuto del documento è soggetto a modifiche senza preavviso. Nonostante siano state prese tutte le misure per garantire la completezza e l'accuratezza delle informazioni riportate in questa documentazione, Suunto non fornisce alcuna garanzia esplicita o implicita di precisione, completezza o assenza di errori. La versione aggiornata della documentazione può essere scaricata dal sito [www.suunto.com](http://www.suunto.com).

### MARCHIO DI FABBRICA

Suunto e i nomi dei prodotti Suunto, i nomi commerciali, i marchi commerciali e i marchi di servizio sono marchi o marchi registrati di Suunto o di terze parti proprietarie. Tutti i diritti riservati.

### BREVETTO

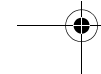
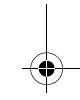
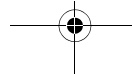
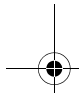
Questi prodotti sono protetti dai brevetti e richieste di brevetto seguenti US 7129835, US 11/169712, US 11/808391 e FI 20075938. Ulteriori richieste di brevetto sono in corso.

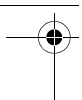


## 5. LIBERATORIE

### RESPONSABILITÀ DELL'UTENTE

Questo strumento è inteso per il solo uso ricreativo. La Cintura di trasmissione della frequenza cardiaca Suunto non deve essere utilizzata come strumento di misurazione per effettuare misurazioni che richiedono una precisione professionale o da laboratorio.





### CE

Il marchio CE certifica la conformità del prodotto con le direttive dell'Unione Europea numero 89/336/CEE e 99/5/CEE.

### CONFORMITÀ FCC

Questo apparecchio è conforme alla Parte 15 dei limiti FCC fissati per i dispositivi digitali di classe B. Questo apparecchio genera, utilizza e può irradiare energia a frequenza radio e, se non installato o utilizzato in conformità con le istruzioni, può causare interferenze alle radiocomunicazioni. Non si fornisce garanzia alcuna che non si verifichino interferenze in casi specifici. Se l'apparecchio dovesse causare interferenze nocive ad altri apparecchi, cercare di risolvere il problema spostando l'apparecchio.

Consultare un rivenditore autorizzato Suunto o altro tecnico qualificato se il problema rimane irrisolto. Il funzionamento è soggetto alle seguenti condizioni:

- Questo apparecchio non causa interferenze nocive.
- Questo dispositivo accetta tutte le interferenze ricevute, incluse quelle che potrebbero determinarne un funzionamento errato.

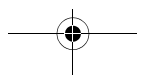
Le eventuali riparazioni vanno effettuate esclusivamente da personale di assistenza autorizzato Suunto. Eventuali riparazioni non autorizzate invalideranno la presente garanzia. Il prodotto è stato collaudato per essere conforme agli standard FCC ed è inteso per uso domestico o di ufficio.

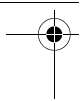
**AVVERTENZA FCC:** *Le modifiche non esplicitamente approvate dalla Suunto Oy possono impedire il funzionamento dello strumento in conformità alle direttive FCC.*

### SMALTIMENTO DEL DISPOSITIVO

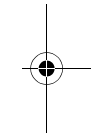
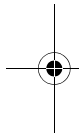
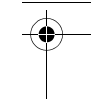


Smaltire il presente dispositivo come rifiuto elettronico. Non gettarlo nei rifiuti comuni. Se si preferisce, restituire il dispositivo al rivenditore di zona Suunto.

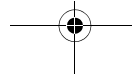
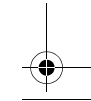
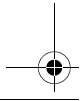


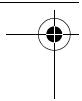


# SUUNTO COMFORT BELT GEBRUIKERSGIDS

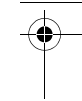


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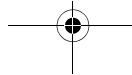
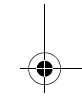
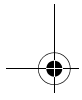
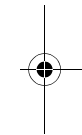
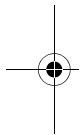


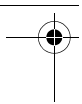
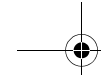


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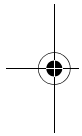
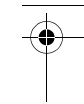


## 1. KENNISMAKING MET DE SUUNTO HARTSLAGBAND

De Suunto hartslagband is een draadloze hartslagband die een integraal onderdeel vormt van de functionaliteit van een reeks Suunto wristopcomputers en POD's (Peripheral Observations Devices).

Met de Suunto hartslagband kunt u uw hartslag direct bewaken tijdens het trainen. Hierdoor kunt u uw training aanpassen en zorgen dat uw realtime of gemiddelde hartslag zich in het bereik bevindt waarbij u uw individuele doelstellingen van het trainingsprogramma het snelst bereikt.

Actieve sporters en iedereen die een trainingsprogramma volgt, zal merken dat de Suunto hartslagband een waardevol hulpmiddel is dat het effect van trainingen optimaliseert.

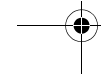
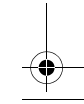
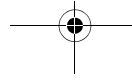
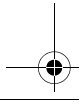
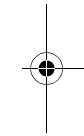


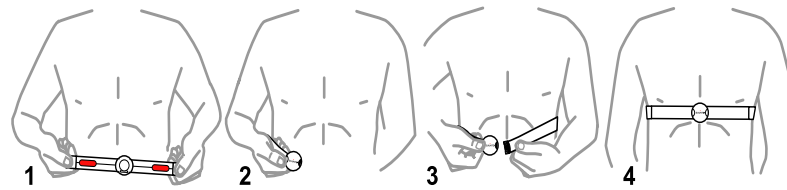
## 2. AAN DE SLAG MET DE SUUNTO HARTSLAGBAND

### DE SUUNTO HARTSLAGBAND OMDOEN

Om de beste resultaten te krijgen van de Suunto hartslagband is het belangrijk dat u de band op de juiste wijze draagt. Voer de eenvoudige stappen hieronder uit om de band om te doen:

1. Doe de hartslagband om en zorg dat deze nauwsluitend rond uw borstkas zit.
2. Zorg dat de elektroden van de zender enigszins bevochtigd zijn.





**OPMERKING:** voor een probleemloos functioneren verdient het aanbeveling de hartslagband op de huid te dragen.

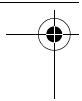
#### **WAARSCHUWING**

Het gebruik van de hartslagband in combinatie met een pacemaker, defibrillator of ander in het lichaam aangebracht elektronisch apparaat is voor eigen risico. Laat voordat u de hartslagband gaat gebruiken een conditietest onder medische begeleiding uitvoeren. Dit is nodig om vast te stellen of de pacemaker veilig en betrouwbaar blijft functioneren wanneer deze in combinatie met de hartslagband wordt gebruikt.

Training kan soms een risico inhouden, met name als u lange tijd niet aan sport hebt gedaan. Het is ten zeerste aan te bevelen een arts te raadplegen voordat u met een trainingsprogramma gaat beginnen.

#### **ACTIVEREN**

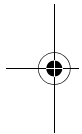
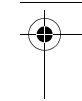
De band wordt automatisch gestart en begint automatisch gegevens te verzenden als u de band omdoet.



### AANSLUITEN

Voor informatie over het aansluiten van de hartslagband op een compatibel apparaat van Suunto, zie de handleiding van het apparaat.

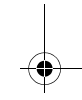
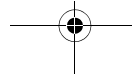
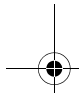
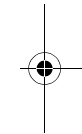
**NOTE:** ANT compatibele banden zijn gekoppeld aan de hartslagmeters, terwijl gecodeerde banden dit niet zijn. Kijk op de achterkant van de band om het bandtype te kennen.



### PRAKTISCHE TIPS

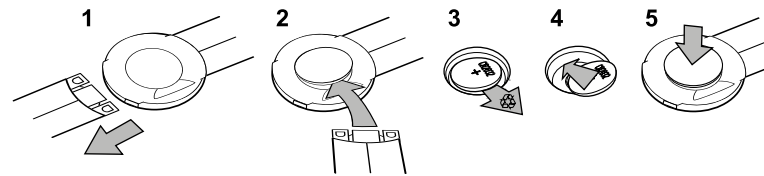
Als de hartslagband geen hartslaggegevens verzendt:

1. Zorg dat de contactpunten (elektrodes) vochtig zijn.
2. Pas de band aan zodat deze strakker om uw borst zit.
3. Open de modus training.
4. Vervang de batterij.
5. Als uw huid in het algemeen droog blijft tijdens de workout kunt u het contact verbeteren door elektrodegel te gebruiken.



### DE BATTERIJ VERVERGEN

De hartslagband is voorzien van een 3V-lithiumbatterij van het type CR 2032. Gemiddeld bedraagt de verwachte levensduur van de batterij 200 uur bij gebruik onder ideale temperaturen. Vervang de batterij zoals hier is weergegeven:

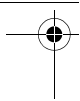


**OPMERKING:** Om ervan verzekerd te zijn dat de zender schoon en waterdicht blijft, verdient het aanbeveling tegelijk met de batterij ook het batterijdeksel en de O ring te vervangen. Hiervoor zijn sets met een nieuw deksel en een nieuwe batterij verkrijgbaar.

### 3. TECHNISCHE GEGEVENS

- Waterdichtheid: 20 m
- Gewicht: 39 g
- Frequentie: 2.465 GHz Suunto ANT compatibel / 5.3 kHz Suunto HR Belt (HS Band) (gecodeerd)
- Transmissiebereik: tot 10 m Suunto ANT compatibel / 1 m Suunto HR Belt (HS Band) (gecodeerd)
- Door gebruiker te vervangen CR2032-batterij





## 4. INTELLECTUEEL EIGENDOM

### COPYRIGHT

Copyright © Suunto Oy 2008. Alle rechten voorbehouden. Dit document en inhoud zijn eigendom van Suunto Oy en zijn uitsluitend bedoeld voor gebruik door haar klanten om kennis en informatie betreffende de werking van Suunto-producten te verkrijgen. De inhoud mag voor geen enkel ander doeleinde worden gebruikt of gedistribueerd en/of anders worden gecommuniceerd, openbaar gemaakt of gereproduceerd zonder hiervoor vooraf verkregen schriftelijke toestemming van Suunto Oy.

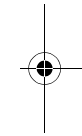
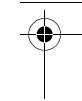
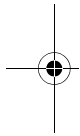
De inhoud van dit document kan op elk moment en zonder enige melding worden gewijzigd. Suunto geeft geen expliciete of impliciete garanties, waaronder zonder beperking dat deze informatie accuraat, volledig of zonder fouten is. De nieuwste versie van deze informatie kan altijd van [www.suunto.com](http://www.suunto.com) worden gedownload.

### HANDELSMERK

Suunto en de productnamen, handelsnamen, handelsmerken en dienstmerken, zowel geregistreerd als niet geregistreerd, worden beschermd door Suunto of andere respectievelijke eigenaren. Alle rechten voorbehouden.

### PATENT

Deze producten worden beschermd door de volgende patenten en octrooiaanvragen US 7129835, US 11/169712, US 11/808391 and FI 20075938. Andere patenten zijn aangevraagd.



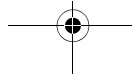
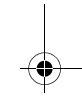
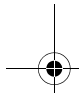
## 5. AANSPRAKELIJKHEID

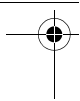
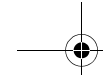
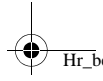
### VERANTWOORDELIJKHEDEN VAN DE GEBRUIKER

Dit instrument is alleen bestemd voor recreatief gebruik. De Suunto hartslagband mag niet worden gebruikt als vervangend instrument voor metingen die een professionele precisie vereisen en is niet bedoeld voor metingen die een precisie van laboratoriumkwaliteit vereisen.

### CE

De CE-markering geeft aan dat het product voldoet aan de EMC-richtlijnen 89/336/EEC en 99/5/EEC van de Europese Unie.





### FCC COMPLIANCE

Dit apparaat voldoet aan Deel 15 van de FCC-beperkingen voor digitale apparaten van klasse B. Dit apparaat genereert en gebruikt radiogolven en kan deze uitzenden. Het apparaat kan schadelijke interferentie met radiocommunicatie veroorzaken indien het apparaat niet in overeenstemming met de instructies is geïnstalleerd of wordt gebruikt. Het kan niet worden gegarandeerd dat in specifieke gevallen geen interferentie optreedt. Probeer het apparaat op een andere plaats te gebruiken als het schadelijke interferentie voor andere apparaten veroorzaakt.

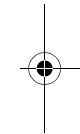
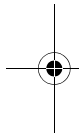
Neem contact op met een erkende Suunto-dealer of een andere gekwalificeerde reparateur als het probleem niet kan worden opgelost. Het gebruik is onderworpen aan de volgende voorwaarden:

- Dit apparaat mag geen schadelijke interferentie veroorzaken.
- Dit apparaat moet bestand zijn tegen alle interferentie waaraan het wordt blootgesteld, waaronder interferentie waardoor de werking kan worden beïnvloed.

Reparaties dienen alleen te worden uitgevoerd door erkende Suunto-reparateurs. Bij reparaties uitgevoerd door een niet-erkende reparateur vervalt de garantie.

Dit product is getest om te voldoen aan de FCC-standaarden en is bedoeld voor thuis- en kantoorgebruik.

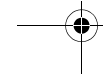
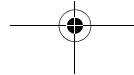
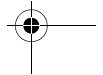
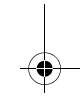
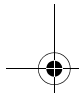
**FCC WAARSCHUWING:** *Door zonder uitdrukkelijke toestemming door Suunto Oy veranderingen of wijzigingen aan het product aan te brengen, kan uw bevoegdheid dit apparaat te bedienen onder FCC-bepalingen komen te vervallen.*

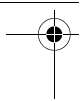


### AFDANKEN VAN HET APPARAAT

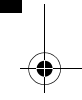
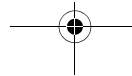
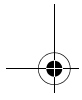
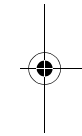
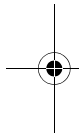
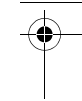


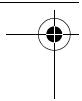
Verwijder het apparaat volgens de geldende voorschriften voor het verwijderen van elektronische apparatuur en bied het niet bij het gewone huisvuil aan. Eventueel kunt u het apparaat inleveren bij de dichtstbijzijnde Suunto-dealer.



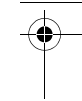


# SUUNTO COMFORT BELT KÄYTTÖOHJE

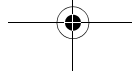
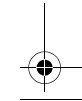
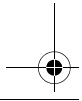
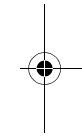
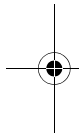


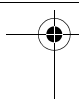


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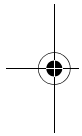
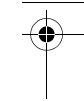


## 1. SUUNTO-SYKEMITTAUSVYÖN ESITTELY

Langaton Suunto-sykemittausvyö on monien Suunto-rannetietokoneiden ja -antureiden keskeisimpiä toimintoja.

Suunto-sykemittausvyön avulla sykettä voi seurata reaaliajassa harjoittelun aikana. Käyttäjä voi muokata harjoitteluaan niin, että tosiaikainen syke tai sykkeen keskiarvo vastaa täsmälleen käyttäjän yksilöllisiä harjoittelutavoitteita.

Aktiivisille urheilun harrastajille ja muille fyysistä harjoitteluohjelmaa noudattaville Suunto-sykemittausvyö on arvokas apuväline, joka tehostaa harjoittelua.

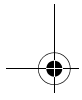
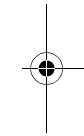


## 2. SUUNTO-SYKEMITTAUSVYÖN KÄYTÖN ALOITTAMINEN

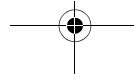
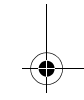
### SUUNTO-SYKEMITTAUSVYÖN KIINNITTÄMINEN

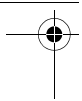
Mikäli haluat saada täyden hyödyn Suunto-sykemittausvyöstä, on tärkeää kiinnittää vyö asianmukaisesti. Kiinnitä vyö seuraavien ohjeiden mukaisesti:

1. Kiinnitä sykemittausvyö tiukasti rintaasi vasten.
2. Varmista, että sykemittausvyön elektrodit ovat hieman kosteat.



3

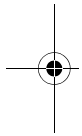




**HUOM!** Suosittelemme, että kiinnität lähettimen paljaalle iholle virheettömän toiminnan varmistamiseksi.

#### **VAROITUS**

Henkilöt, joilla on sydämentahdistin tai jokin muu istutettu elektroninen laite, käyttävät sykemittausvyötä omalla vastuullaan. Ennen sykemittausvyön käyttöönottoa suosittelemme kuntotestin suorittamista lääkärin valvonnassa. Näin voit varmistaa sydämentahdistimen ja sykemittausvyön turvallisen ja luotettavan yhteiskäytön. Liikunnallakin on omat riskinsä, jos olet aloittamassa säännöllistä liikuntaa pitemmän tauon jälkeen. Kehotamme käymään lääkärintarkastuksessa ennen säännöllisen kunto-ohjelman aloittamista.



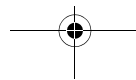
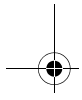
#### **AKTIVOINTI**

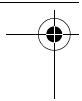
Kun sykemittausvyö on kiinnitetty, se aktivoituu ja alkaa lähettää mittaustietoja automaattisesti.

#### **YHTEYDEN MUODOSTAMINEN**

Lisätietoja yhteyden muodostamisesta sykemittausvyön ja yhteensopivan Suunto-laitteen välillä on laitteen käyttöohjeessa.

**HUOMAUTUS:** ANT-yhteensopivat vyöt yhdistetään sykemittariin. Koodattuja vyöitä ei yhdistetä sykemittariin. Vyön tyyppi on merkitty vyön takapuolelle.





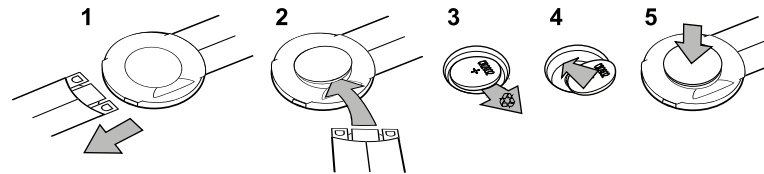
### KÄYTÄNNÖN VINKKEJÄ

Jos sykemittausvyö ei näytä lähettävän sykemittaustietoja:

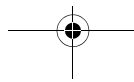
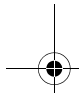
1. varmista, että koskettimet (elektrodit) ovat kosteat
2. tarkista, että vyö on kiinnitetty riittävän tiukasti rintaa vasten
3. siirry uudelleen TRAINING-tilaan
4. vaihda sykemittausvyön paristo
5. jos käyttäjän iho ei hikoja harjoittelun aikana, vyön pitoa voi parantaa käyttämällä elektrodigeeliä.

### PARISTON VAIHTAMINEN

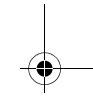
Sykemittausvyö toimii kolmen voltin CR 2032 -litiumparistolla. Vyön pariston keskimääräinen odotettavissa oleva käyttöikä on 200 tuntia ihanteellisessa käyttölämpötilassa. Vaihda paristo uuteen seuraavassa kuvatulla tavalla:

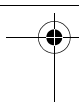


**HUOM!** Suunto suosittelee paristolokeron kannen ja tiivisterenkaan vaihtamista paristonvaihdon yhteydessä lähettimen puhtauden ja vesitiiviyyden varmistamiseksi. Vaihtokansia on saatavilla vaihtoparistojen kanssa.



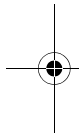
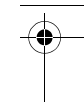
5





### 3. TEKNISET TIEDOT

- Vesitiiviyys: 20 m
- Paino: 39 g
- Taajuus: 2,465 GHz (ANT-yhteensopiva Suunto-vyö) / 5,3 kHz (koodattu Suunto-sykevyö)
- Lähetystäisyys: jopa 10 m (ANT-yhteensopiva Suunto-vyö) / 1 m (koodattu Suunto-sykevyö)
- Helposti vaihdettava paristo CR2032



### 4. TEOLLIS- JA TEKIJÄNOIKEUDET

#### TEKIJÄNOIKEUS

Copyright Suunto Oy 2008. Kaikki oikeudet pidätetään. Tämä asiakirja sisältöineen on Suunto Oy:n omaisuutta. Asiakirja sisältää Suunto-tuotteiden toimintaan liittyviä tietoja, jotka on tarkoitettu vain Suunnon asiakkaiden käyttöön. Sisältöä ei saa käyttää eikä jaella mihinkään muihin tarkoituksiin eikä välittää, kopioida tai jäljentää millään tavalla ilman Suunto Oy:n etukäteen antamaa kirjallista lupaa.

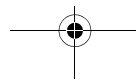
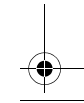
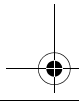
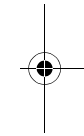
Asiakirjan sisältöä voidaan muuttaa milloin tahansa ilman ennakkoilmoitusta. Suunto ei myönnä mitään välillisiä tai välittömiä takuita, mukaan lukien rajoituksetta tämän asiakirjan tietojen kattavuutta, tarkkuutta ja virheettömyyttä koskevat takuut. Tämän asiakirjan uusimman version voi ladata Web-osoitteesta [www.suunto.com](http://www.suunto.com).

#### TAVARAMERKIT

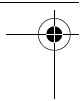
Suunto ja sen rekisteröidyt ja rekisteröimättömät tuotenimet, kaupanimet, tavaramerkit ja palvelumerkit ovat Suunnon tai niiden muiden omistajien suojaamia. Kaikki oikeudet pidätetään.

#### PATENTIT

Näitä tuotteita suojaavat seuraavat patentit ja patenttihakemukset: US 7129835, US 11/169712, US 11/808391 ja FI 20075938. Muita patenttihakemuksia on vireillä.







## 5. VASTUUVAPAUSLAUSEKKEET

### KÄYTTÄJÄN VASTUU

Tämä laite on tarkoitettu ainoastaan harrastuskäyttöön. Suunto-sykemittausvyö ei ole tarkoitettu ammatillista tai laboratoriotasoisista mittaustarkkuutta vaativaan käyttöön.

### CE-VAATIMUSTENMUKAISUUS

CE-merkintä osoittaa tuotteen noudattavan sähkömagneettista yhteensopivuutta koskevia Euroopan unionin direktiivejä 89/336/ETY ja 99/5/EY.

### FCC-VAATIMUSTENMUKAISUUS

Tämä laite on FCC:n B-luokan digitaalilaitteille määrittämien rajoitusten osan 15 vaatimusten mukainen. Tämä laite tuottaa, käyttää ja voi säteillä radiotaajuista energiaa, ja mikäli sitä ei asenneta tai käytetä ohjeiden mukaisesti, se voi aiheuttaa haitallisia häiriöitä radioviestintään. Täydellistä radiohäiriöttömyyttä ei voida taata. Mikäli laite aiheuttaa haitallisia häiriöitä muihin laitteisiin, vika voidaan yrittää korjata vaihtamalla laitteen paikkaa.

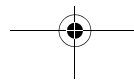
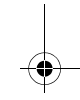
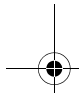
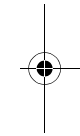
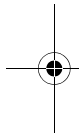
Ota yhteyttä valtuutettuun Suunto-edustajaan tai muuhun pätevään huoltoteknikkoon, mikäli vika jatkuu. Käyttöä koskevat seuraavat ehdot:

- Tämä laite ei saa aiheuttaa haitallisia häiriöitä.
- Tämän laitteen on hyväksyttävä kaikki vastaanottamansa häiriöt, mukaan luettuna häiriöt, jotka voivat aiheuttaa virheellisen toiminnan.

Ainoastaan valtuutettu Suunnon huoltohenkilöstö saa suorittaa korjauksia laitteeseen. Valtuuttamattomat korjaukset mitätöivät takuun.

Laitteen FCC:n vaatimusten mukaisuus on testattu. Laite on tarkoitettu koti- tai toimistokäyttöön.

**FCC:TÄ KOSKEVA VAROITUS:** *Muutokset, joita Suunto Oy ei ole nimenomaisesti hyväksynyt, saattavat mitätöidä oikeutesi käyttää tätä laitetta FCC-määräysten mukaisesti.*

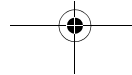
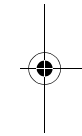
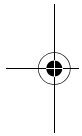


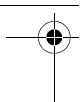


### LAITTEEN HÄVITTÄMINEN



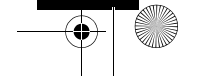
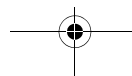
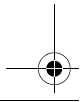
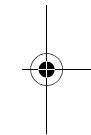
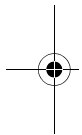
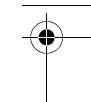
Ole hyvä ja hävitä tämä laite asianmukaisella tavalla käsitellen sitä elektronisena jätteenä. Laitetta ei saa heittää roskiin. Laitteen voi halutessaan palauttaa lähimmälle Suunnon edustajalle.





# SUUNTO COMFORT BELT

## BRUKSANVISNING

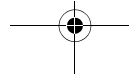
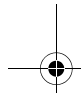
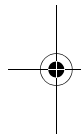


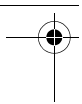
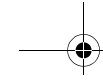


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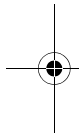
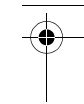




## 1. INTRODUKTION TILL SUUNTO PULSGIVARBÄLTE

Suunto Pulsgivarbälte är ett trådlöst pulsgivarbälte som är en viktig del av funktionen hos flera av Suuntos armbandsdatorer och PODs (Peripheral Observations Devices). Med Suunto Pulsgivarbälte kan du övervaka pulsen i realtid samtidigt som du tränar. Detta gör det möjligt för dig att anpassa din träning så att din puls i realtid eller din genomsnittliga puls ligger inom det område som är det mest effektiva för att du ska uppnå dina personliga träningsmål.

Aktiva sportare och alla som ägnar sig åt fysiska träningsprogram kommer att märka att Suuntos pulsgivarbälte är ett ovärderligt verktyg för att öka träningens effektivitet.

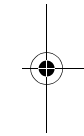


## 2. BÖRJA ANVÄNDA SUUNTO PULSGIVARBÄLTE

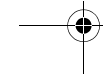
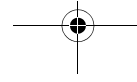
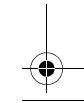
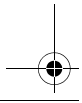
### SÄTTA PÅ SUUNTO PULSGIVARBÄLTE

För att ditt Suunto pulsgivarbälte ska ge bästa resultat, är det viktigt att du bär det på rätt sätt. Du sätter på det genom att följa dessa enkla steg:

1. Sätt på dig pulsgivarbältet och kontrollera att det sitter tätt mot bröstet.
2. Se till att elektroderna på givarbältet är lätt fuktiga.



3



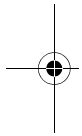


**OBS!** Vi rekommenderar att du bär givarbältet med direktkontakt mot huden för att den ska fungera optimalt.

#### **VARNING**

Personer som har pacemaker, defibrillator eller annan inopererad elektrisk utrustning för använda pulsmätaren på egen risk. Innan du börjar använda givarbältet rekommenderar vi att du genomgår ett konditionstest under överseende av läkare. På så vis garanteras att pacemakern och givarbältet fungerar säkert och tillförlitligt tillsammans.

Träning kan medföra en viss risk, särskilt för personer som har varit stillasittande. Vi rekommenderar å det bestämdaste att du rådgör med din doktor innan du påbörjar ett regelbundet träningsprogram.



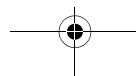
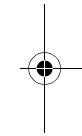
#### **AKTIVERING**

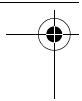
Bältet aktiveras och börjar sända data automatiskt när du sätter det på dig.

#### **ANSLUTNING**

För information om hur du ansluter bältet till din kompatibla Suunto-enhet, se enhetens bruksanvisning.

**OBS!** Bälten som är kompatibla med ANT-överföring paras ihop med pulsmätare, medan kodade bälten inte gör det. Kontrollera bältestyp på baksidan av bältet.

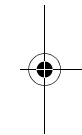
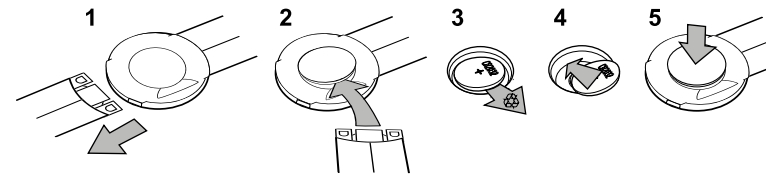
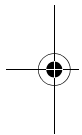
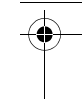




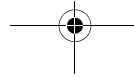
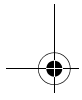
### PRAKTISKA TIPS

Om pulsgivarbältet inte verkar skicka några pulsdata:

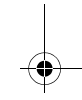
1. Försäkra att kontakterna (elektrodena) är fuktiga.
2. Justera bältet så att det sitter tätare mot bröstet.
3. Gå tillbaka till träning-läget.
4. Byt ut batteriet.
5. Om din hud har en tendens att förbli torr under träningspasset, kan du förbättra kontakten genom att använda elektroddgel.



**OBS!** Suunto rekommenderar att man byter ut batteriluckan och O-ringen samtidigt som man byter batteriet, för att garantera att givaren förblir ren och vattentät. Nya batteriluckor kan beställas tillsammans med nya batterier.



5





### 3. TEKNISKA SPECIFIKATIONER

- Vattentätthet: 20 m/66 fot
- Vikt: 39 g
- Frekvens: 2 465 GHz Suunto ANT-kompatibel/5.3 kHz Suunto pulsbälte (kodat)
- Sändningsavstånd: upp till 10 m Suunto ANT-kompatibel/1 m Suunto pulsbälte (kodat)
- Batteri av typen CR2032, kan bytas av användaren



### 4. IMMATERIALRÄTTIGHETER

#### COPYRIGHT

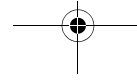
Copyright © Suunto Oy 2008. Med ensamrätt. Det här dokumentet och innehållet i det tillhör Suunto Oy och är enbart avsett att användas av företagets kunder i avsikt att få kunskap och viktig information om hur Suunto-produkterna fungerar. Innehållet får inte användas eller spridas i något annat ändamål och/eller på något annat sätt förmedlas, tillkännages eller reproduceras utan föregående skriftligt tillstånd från Suunto Oy. Innehållet i detta dokument kan komma att ändras när som helst utan föregående meddelande. Suunto lämnar inga uttryckliga eller underförstådda garantier, och detta omfattar men är inte begränsat till någon garanti om att denna dokumentation är korrekt, fullständig eller felfri. Den senaste versionen av dokumentet kan hämtas på [www.suunto.com](http://www.suunto.com).

#### VARUMÄRKE

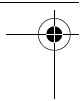
Suunto och dess produktnamn, varunamn, varumärken och servicemärken, både registrerade och oregistrerade, tillhör Suunto eller respektive tredje part. Med ensamrätt.

#### PATENT

Dessa produkter skyddas av följande patent och patentansökningar US 7129835, US 11/169712, US 11/808391 och FI 20075938. Andra patent har ansökts om.







## 5. FRISKRIVNINGSKLAUSULER

### ANVÄNDARENS ANSVAR

Det här instrumentet är endast avsett för fritidsanvändning. Suunto pulsgivarbälte får inte användas som ett substitut för att göra mätningar som kräver professionell precision och får inte användas för att göra mätningar som kräver laboratoriekvalitet.

### CE-märkning

CE-märkningen används för att visa att produkten uppfyller kraven i Europeiska unionens EMC-direktiv 89/336/EEG och 99/5/EEG.

### FCC-ÖVERENSSTÄMMELSE

Den här enheten överensstämmer med del 15 av FCC-reglerna för digitala enheter av klass B. Den här utrustningen genererar, använder och kan utstråla radiovågor, och om den ej installeras eller används i enlighet med instruktionerna kan den orsaka störningar av radiokommunikation. Det finns ingen garanti för att störningar inte kommer att uppstå vid ett visst tillfälle. Försök att åtgärda problemet genom att flytta den här utrustningen om den stör annan utrustning.

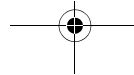
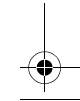
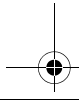
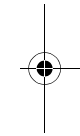
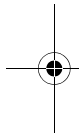
Vänd dig till en auktoriserad Suunto-representant eller en annan kvalificerad servicetekniker om du inte kan lösa problemet. Användningen är underkastad följande villkor:

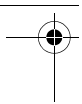
- Den här enheten får inte orsaka skadliga störningar.
- Den här enheten måste tillåta eventuell störning som mottas, inklusive störningar som kan ge oönskade effekter på driften.

Reparationer ska utföras av servicepersonal som har auktoriserats av Suunto. Garantin upphör att gälla om reparationer som ej är auktoriserade utförs.

Produkten har testats för att garantera överensstämma med FCC-standarder och är avsedd för bruk i hemmet eller på kontoret.

**VARNING FRÅN FCC:** *Ändringar eller modifieringar som inte uttryckligen har godkänts av Suunto Oy kan medföra att din behörighet att använda denna enhet upphör i enlighet med FCC:s regler och föreskrifter.*

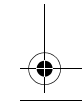
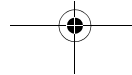
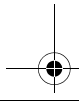
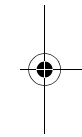
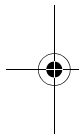
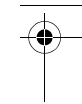




### BORTSKAFFANDE AV ENHETEN

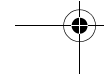
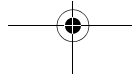
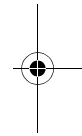
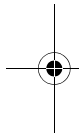
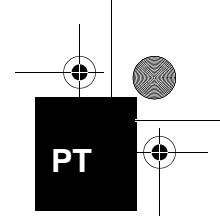


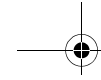
Enheten ska bortskaffas på lämpligt sätt och hanteras som elektronikskrot. Kasta den inte i soporna. Om du vill kan du återlämna enheten till närmaste Suunto-representant.





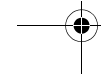
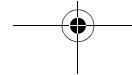
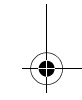
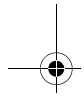
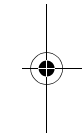
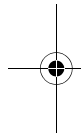
# SUUNTO COMFORT BELT MANUAL DO UTILIZADOR

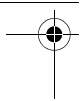




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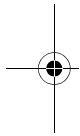


## 1. INTRODUÇÃO À FAIXA TRANSMISSORA DE FREQUÊNCIA CARDÍACA SUUNTO

A Faixa transmissora de frequência cardíaca Suunto é um dispositivo sem fios que faz parte das funcionalidades de vários POD (Peripheral Observations Devices) e computadores de pulso Suunto.

Com a Faixa transmissora de frequência cardíaca Suunto pode controlar a frequência cardíaca em tempo real, enquanto treina. Este dispositivo permite-lhe ajustar o treino de modo a que o seu tempo real ou a frequência cardíaca média estejam dentro do intervalo que seja mais eficaz para atingir objectivos individuais de treino.

Para os desportistas activos, e para todas as pessoas envolvidas em programas de treino físico, a Faixa transmissora de frequência cardíaca Suunto é uma ferramenta com um valor incalculável que faz aumentar a eficácia do treino.

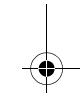
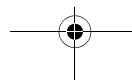
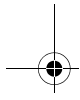
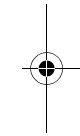
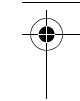


## 2. PRIMEIROS PASSOS COM A FAIXA TRANSMISSORA DE FREQUÊNCIA CARDÍACA SUUNTO

### COLOCAR A FAIXA TRANSMISSORA DE FREQUÊNCIA CARDÍACA SUUNTO

Para obter os melhores resultados da Faixa transmissora de frequência cardíaca Suunto é importante que a utilize correctamente. Para a colocar, basta seguir os passos simples abaixo:

1. Coloque a faixa transmissora de FC e certifique-se de que se ajusta confortavelmente no peito.
2. Assegure-se de que os eléctrodos da faixa transmissora estão ligeiramente molhados.





**NOTA:** Recomendamos que utilize a faixa transmissora directamente na pele para garantir uma operação sem problemas

#### **ADVERTÊNCIA**

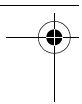
A utilização da faixa por pessoas com pacemaker, desfibrilador ou outro dispositivo electrónico implantado é da inteira responsabilidade dos utilizadores. Antes de utilizar a faixa transmissora pela primeira vez, recomendamos a execução de um teste de exercício sob a supervisão de um médico. Este procedimento garantirá a segurança e fiabilidade do pacemaker e da faixa transmissora quando da utilização simultânea. O exercício pode implicar algum risco, especialmente para as pessoas sedentárias. Recomendamos vivamente que consulte o seu médico antes de iniciar um programa de exercício regular.

#### **ACTIVAR**

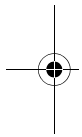
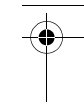
A faixa activa-se e começa a enviar dados automaticamente quando a coloca.

#### **LIGAR**

Para obter informações sobre a ligação da faixa ao dispositivo Suunto compatível, consulte o manual do dispositivo.



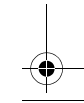
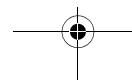
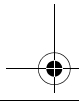
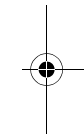
**NOTA:** As faixas ANT compatíveis são emparelhadas com monitores de frequência cardíaca, enquanto que as faixas Coded não o são. Consulte o lado posterior da faixa para saber o tipo.



#### DICAS PRÁTICAS

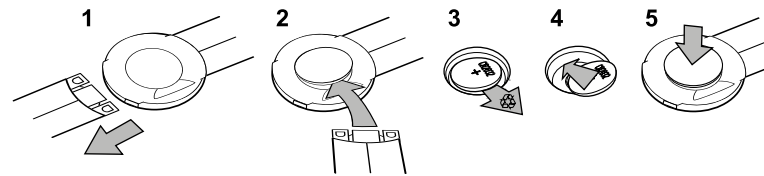
Se a faixa de frequência cardíaca não estiver a enviar dados de frequência cardíaca:

1. Certifique-se de que os contactos (eléctrodos) estão molhados.
2. Ajuste a faixa de modo a que ela fique bem ajustada ao peito.
3. Aceda novamente ao modo de treino.
4. Substitua a bateria.
5. Se a pele ficar molhada durante o treino, pode melhorar o contacto utilizando gel próprio para eléctrodos.



### SUBSTITUIR A BATERIA

A faixa transmissora funciona com uma bateria de célula de lítio de 3 Volts, tipo: CR 2032. O tempo de vida médio da bateria é de 200 horas, a temperaturas ideais de funcionamento. Substitua a bateria de acordo com a ilustração apresentada:

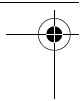
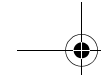


**NOTA:** A Suunto recomenda que a tampa da bateria e que o O-ring sejam substituídos simultaneamente com a bateria, para que o transmissor permaneça limpo e resistente à água. As tampas de substituição estão disponíveis juntamente com baterias sobressalentes.

### 3. ESPECIFICAÇÕES TÉCNICAS

- Resistência à água: 20 m / 66 pés
- Peso: 39g
- Frequência: Suunto ANT compatível de 2,465 GHz/Faixa de FC Suunto de 5,3 kHz (codificada)
- Intervalo de transmissão: Suunto ANT compatível até 10 m/Faixa de FC Suunto de 1 m (codificada)
- Pilha CR2032, que pode ser substituída pelo utilizador





## 4. PROPRIEDADE INTELECTUAL

### COPYRIGHT

Copyright © Suunto Oy 2008. Todos os direitos reservados. Esta publicação e o respectivo conteúdo são propriedade da Suunto Oy, e destinam-se unicamente para que os seus clientes possam obter instruções e informações sobre o funcionamento dos produtos Suunto. O conteúdo não deverá ser utilizado nem distribuído para qualquer outra finalidade e/ou comunicado, divulgado ou reproduzido de outro modo sem o consentimento prévio por escrito da Suunto Oy.

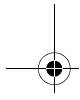
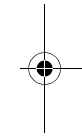
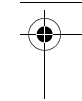
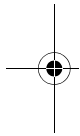
O conteúdo está sujeito a alterações a qualquer momento sem aviso prévio. A Suunto não garante, de forma expressa ou implícita, incluindo sem limitações que esta documentação seja precisa, compreensiva e isenta de erros. A versão mais recente desta documentação pode ser sempre descarregada em [www.suunto.com](http://www.suunto.com).

### MARCAS COMERCIAIS

Suunto e respectivos nomes de produtos, nomes comerciais, marcas comerciais e marcas de serviço, registadas ou não registadas, são propriedade da Suunto ou respectivas terceiras entidades. Todos os direitos reservados.

### PATENTES

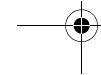
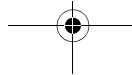
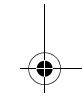
Estes produtos estão protegidos pelas seguintes patentes e aplicações de patente EUA 7129835, EUA 11/169712, EUA 11/808391 e FI 20075938. Outras patentes foram aplicadas para.

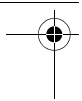
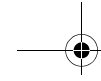
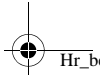


## 5. ISENÇÃO DE RESPONSABILIDADE

### RESPONSABILIDADE DO UTILIZADOR

Este instrumento destina-se apenas a utilização recreativa. A Faixa transmissora de frequência cardíaca Suunto não deve ser utilizada como substituto para a obtenção de medições que necessitem de precisão profissional, e não deve ser utilizada para obter medições que necessitem de medições com qualidade laboratorial.





## CE

A marca CE é utilizada para indicar a conformidade com as directivas EMC 89/336/EEC e 99/5/EEC da União Europeia.

## CONFORMIDADE COM FCC

Este dispositivo está em conformidade com a Parte 15 dos limites FCC para dispositivos digitais da Classe B. Este equipamento cria, utiliza e pode irradiar energia de frequência de rádio e, se não for instalado ou utilizado de acordo com as instruções, pode causar interferência prejudicial nas comunicações de rádio. Não existe qualquer garantia de que a interferência não ocorra em determinadas condições. Se este equipamento causar interferências prejudiciais noutros equipamentos, tente corrigir o problema mudando o local do equipamento.

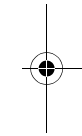
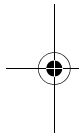
Consulte um representante autorizado da Suunto, ou outro técnico de assistência qualificado, se não conseguir corrigir o problema. O funcionamento está sujeito às seguintes condições:

- Este dispositivo não pode causar interferência prejudicial.
- Este aparelho deve aceitar qualquer interferência recebida, incluindo a interferência que possa causar um funcionamento indesejado.

As reparações devem ser efectuadas por pessoal de assistência técnica autorizado da Suunto. As reparações não autorizadas anularão a garantia.

Este produto foi testado para estar em conformidade com as normas FCC, e destina-se apenas a utilização em casa ou no escritório.

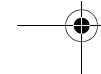
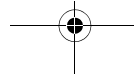
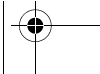
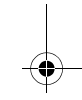
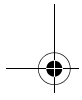
**ADVERTÊNCIA DA FCC:** As alterações ou modificações não expressamente aprovadas pela Suunto Oy poderão impedi-lo de funcionar com este dispositivo ao abrigo das normas FCC.



## ELIMINAÇÃO DO DISPOSITIVO



Elimine o aparelho de forma adequada, tratando-o como lixo electrónico. Não o coloque juntamente com o lixo doméstico. Se pretender, pode devolver o dispositivo ao representante da Suunto mais próximo.





## CUSTOMER SERVICE CONTACTS

Global Help Desk +358 2 284 11 60  
Suunto USA Phone +1 (800) 543-9124  
Canada Phone +1 (800) 776-7770  
Suunto website [www.suunto.com](http://www.suunto.com)



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