



BUILT FOR ADVENTURE
FROM FINLAND - EST. 1936


SUUNTO

There are very few brands out there in the world that can be associated with just one word.

SUUNTO is one of them.



SUUNTO EQUALS ADVENTURE

THE HISTORY OF SUUNTO



This is our essence.
Adventure is not a skill – it's an attitude.

We develop tools for people who have that attitude towards life, who are always looking around the next corner.



SUUNTO APP

Enable your active life.



- View key training, activity and sleep summaries.
- Use activity-specific heatmaps to discover the most popular routes, all around the world.
- Break the routine and find new places to train in your own neighborhood or find where the locals train when you travel. Sync them directly to your watch and GO!
- Customize what you want to see on your sports watch during training and adventure.
- Stay connected with notifications on your sports watch.
- Suunto App also works with the newest Suunto dive computers. Transfer your dive logs to your mobile phone after diving

DOWNLOAD SUUNTO APP

Download now and get to know Suunto.



CONNECT TO PARTNER SERVICES

Elevate your training & outdoor experience by connecting to world's leading sports services for tracking your activities, following up on progress and sharing with the communities.



SPORTS TRACKER



TRAINING PEAKS

SUUNTO VALUE PACK

Suunto Value Pack offers you premium trials, discounts and free training guidance, to mention a few. Value Pack comes with all new mobile-connected Suunto watches.



Learn more about partners on

suunto.com/partners

See the latest Value Pack contents on

suunto.com/valuepack.





Scan to compare the products in more detail



Smart fitness watch for healthy and balanced lifestyle



Compact GPS sports watch with great battery life



The robust Multisport GPS watch for demanding athletes



The robust Multisport GPS watch for demanding athletes

FEATURES		SUUNTO 3	SUUNTO 5	SUUNTO 9	SUUNTO 9 BARO
GENERAL	GPS	via mobile	•	•	•
	Battery life (training mode with GPS)*	30h	20h / 40h	25h / 50h / 120h	25h / 50h / 120h
	Intelligent charge reminders		•	•	•
	Wrist based heart rate	•	•	•	•
	Touch display			•	•
	Waterproof	30m	50m	100m	100m
HEALTH	Sleep duration, average hr during sleep	•	•	•	•
	Sleep quality	•			
	Recovery time daily view		•	•	•
	Daily resource level **	•			
ACTIVITY	Calorie burn rate and heart rate during daily activities	•	•	•	•
	Activity targets	steps, calories	steps, calories	steps, calories	steps, calories
	Step counter	•	•	•	•
	Activity, sleep and calorie trends	•	•	•	•
EXERCISE	Various sport modes (running, triathlon, gym, yoga etc.)	•	•	•	•
	Customizable sport modes and displays		•	•	•
	Adaptive training guidance	•			
	Speed and distance	•	•	•	•
	Auto- and manual laps	•	•	•	•
	Interval training	•	•	•	•
OUTDOORS	Barometer				•
	GPS altitude		•	•	•
	Weather functions				•
	Combined GPS and barometric altitude (FusedAlti™)				•
	Vertical speed		•	•	•
	Compass			•	•
	Waypoint and visual route navigation		•	•	•
	Breadcrumb trail in real time		•	•	•
	Route planning with heatmaps		•	•	•
	Personal route library synced to watch		•	•	•

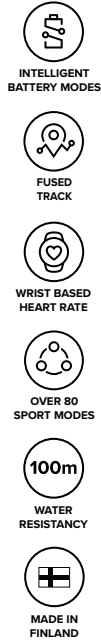
* Suunto 3, battery life up to 30 h with connected GPS, Suunto 5, two predefined battery modes to choose at any time, Suunto 9, Suunto 9 Baro, three predefined battery modes – Performance, Endurance and Ultra – to choose at any time With Suunto 5 and Suunto 9 / 9 Baro you'll get an estimate of how much battery you have left with the current mode. If it's not enough, switch to another mode at any time.

** Stress measurement to assess the level of stress built up during the day.

SUUNTO 9

SUUNTO 9 Baro

Multisport GPS watch for athletes who demand uncompromised battery endurance



- Intelligent battery life management system ensures that all the functions stay with you until the end and by connecting to Suunto app you can start planning the next adventure
- Ideal training partner for all long-distance endurance sports
- Suunto's unique FusedTrack™ algorithm combines GPS and motion sensor data to improve track and distance accuracy. This allows you to extend battery life by lowering GPS power without significantly compromising accuracy



SUUNTO 5

Compact GPS sports watch with great battery life



- Suunto 5 offers exceptional battery life in a compact GPS watch, packed with multiple sport features making it easy for you to track all your workouts and follow your progress
- The watch also tracks your 24/7 activity including stress and sleep, so you can make sure that you are recovered and ready for your next sports activity



SUUNTO 3

Smart fitness watch for healthy and balanced lifestyle



ADAPTIVE
TRAINING
GUIDANCE



STRESS AND
RECOVERY



FITNESS LEVEL
TRACKING



WRIST BASED
HEART RATE



SLEEP QUALITY
AND TRACKING

- A 7-day adaptive training plan based on your fitness level to improve your wellbeing and fitness
- 24/7 activity tracking, including sleep, steps, calories and recovery
- Designed for beautiful looks and simple to use
- With its pre-installed sport modes, Suunto 3 Fitness is ready for all your sports from running, swimming and cycling, to gym training, yoga and many more
- Speed and distance tracking via mobile device's GPS

Copper



All Black



Gold



SPARTAN SPORT WRIST HR SPARTAN SPORT WHR BARO

The outdoor multisport GPS watch



TOUCH
SCREEN



PACE ZONES



WRIST BASED
HEART RATE



OVER 80
SPORTMODES



MADE IN
FINLAND

- Stay up to date with functions like real-time lap tables and automatic intervals
- Spartan Sport wrist heart rate is the ideal training partner for all endurance sports and the Spartan Sport whr baro has outdoor functions like sunrise and sunset times

All Black



Gold



Amber



WATCH STRAPS

Give your Suunto watch a new look with changeable straps.

Silicone straps are perfect for sports and everyday wear, textile straps for outdoor exploration and leather straps turn your sports watch into an elegant timepiece.

Straps with a quick release mechanism are easy to change without any tools.



HEART RATE BELTS

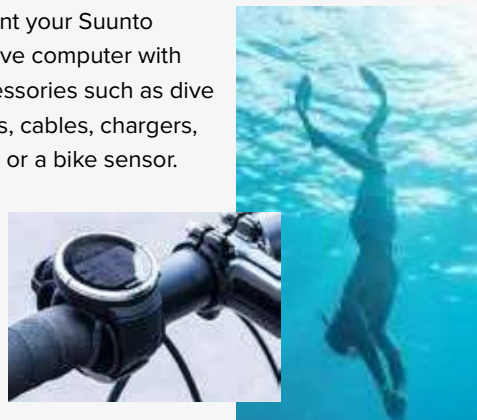
Comfortable and reliable heart rate belts to accompany your Suunto sport watch.

Suunto Smart Sensor is compatible with all BLE watches. You can buy the Smart sensor module and belt separately, or as a set. Heart rate belts are available in different colors and sizes.



DIVE ACCESSORIES OTHER ACCESSORIES

Complement your Suunto watch or dive computer with useful accessories such as dive accessories, cables, chargers, battery kits or a bike sensor.



See all watch straps, accessories and spare parts in suunto.com/accessories

EMELIE FORSBERG

TRAIL RUNNER AND MOUNTAIN LOVER
SUUNTO AMBASSADOR

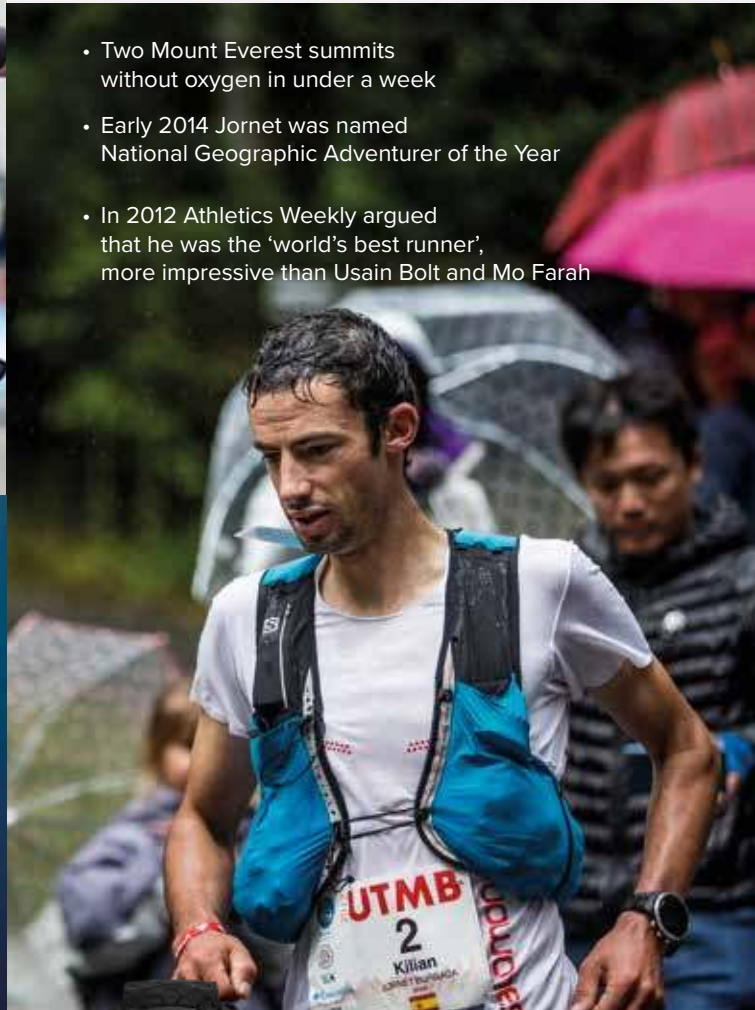
- Broke the Mont Blanc and Kungsleden Trail FKT (Fastest Known Time) records in 2018
- Skyrunning Ultra World Champion in 2014
- Runs a small self-sustainable farm in Norway



KILIAN JORNET

TRAIL RUNNER AND SKI MOUNTAINEER
SUUNTO AMBASSADOR

- Two Mount Everest summits without oxygen in under a week
- Early 2014 Jornet was named National Geographic Adventurer of the Year
- In 2012 Athletics Weekly argued that he was the 'world's best runner', more impressive than Usain Bolt and Mo Farah



WILLIAM TRUBRIDGE

FREEDIVER
SUUNTO AMBASSADOR



- First human to descend to 100m (330 feet)
- In July 2016 he furthered this record to 102m
- World record in Free Immersion, with 124m (406 feet)



The Suunto 9 baro gives Kilian the freedom to be outside tracking his altitude, elevation, pace and distance, whilst also keeping him safe with weather information and track back function.

SUUNTO SUPPORT

Learn more about your Suunto with how-to videos, tutorials, frequently asked questions and full user guides at <https://www.suunto.com/Support/>



Contact us, we are happy to assist you.

Support in English available 24/7.

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- Germany +49 893 803 8778
- Italy +39 029 475 1965
- Japan +81 34 520 9417 from 10 am to 6 pm
- Netherlands +31 10 713 7269 (in English)
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More information: <https://www.suunto.com/Support/customer-support/>

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