

How to use.....Suunto t6d

How to wear it

Put the transmitter belts on as shown, making sure that the sensors (1) are moistened.



Start/stop

+



Mode

-



Warning: if you have a pacemaker, defibrillator, or other implanted electronic device, use the transmitter belt at your own risk.

Clear memory

- Press and hold MODE button for 2 seconds, press MODE to enter training and then logbook, scroll down to erase all then Yes.
- Press view back until you reach the time screen

How to run a session

- Press MODE so display 1 is showing the device will automatically search and display your heart rate on the screen
- The session starts when you click on the START/STOP button
- Whilst the timer is running you can add laps by pressing the LAP+ button
- Press START/STOP when you wish to stop your session