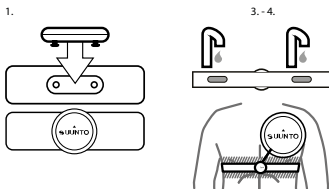



1 PUTTING ON BELT

To start using the Putting on belt:

1. Snap the sensor firmly into the strap connector.
2. Adjust the strap length as needed.
3. Moisten the belt contact areas with water or electrode gel.
4. Put the strap on so that it fits snugly and the Suunto logo is facing up.



The belt turns on automatically when it detects a heart beat.

 **TIP:** Wear the belt against your bare skin for best results.