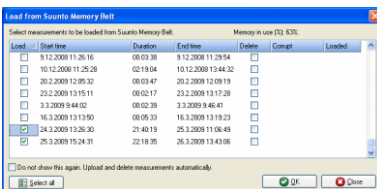


This is how to download training sessions from the Suunto Memory Belt to the Firstbeat.net service



- Make sure that you are connected to the internet. The Firstbeat Uploader program is found in the lower Windows task bar.**
 - If you cannot find it, start the Uploader by choosing 'Start' -> 'All programs' -> 'Firstbeat' -> 'Firstbeat Uploader'
 - If you have not installed the Uploader, log in to Firstbeat.net and choose 'Menu' -> 'My account information' -> 'Download Firstbeat Uploader'
- Attach the docking station to the computer's USB port and place the Memory Belt in the docking station.**
- Click the Firstbeat Uploader icon in the Windows task bar with the right mouse button and choose 'Search devices'.**
- In the login window, write your Firstbeat.net user name and password and click OK (you don't need to be logged in to the service).**
- Choose measurements and click OK.**
- Firstbeat Uploader will tell you when the heartbeat data of the selected measurements has been downloaded to the server.**
- Next time when you log in to Firstbeat.net, the measurement(s) you downloaded will be shown in your training program.**

ADDITIONAL INFORMATION:

- In the Firstbeat.net service ('Menu' -> 'My training settings'), you can choose whether you want your workouts to be detected automatically or not.
- Suunto Memory Belt holds app. 24 hours of heartbeat data.
- You can modify your Memory Belt settings in the Firstbeat Uploader menu under 'Suunto Memory belt config tool'