

TRAIN TO THE RHYTHM OF OVER 500 SONGS AND THE BEAT OF YOUR HEART ON YOUR WRIST



WORKOUT WITH MUSIC, NOT YOUR PHONE

Carry 500 songs without carrying your phone. That's 3GB of music wrapped around your wrist. So you can listen to your favourite playlists straight from your watch. Wireless and phoneless.



RUNNING TRAX BY MINISTRY OF SOUND

Find your rhythm with exclusive preloaded Running Trax mix by Ministry of Sound. Train with a motivational, high energy mix of upbeat dance anthems from some of the world's biggest DJ's.



MEASURE YOUR HEART-RATE ON YOUR WRIST

Track your heart-rate with the built-in heart-rate monitor. No chest strap needed.



TRAIN IN 5 DIFFERENT HEART-RATE ZONES

Maximise performance. Improve fitness. Lose weight. Train in 5 different heart-rate zones to get results faster.



TRACK YOUR ACTIVITY ALL DAY

Measure your active minutes every day. Steps, strolls, sprints. Every step counts.



TRACK ALL YOUR SPORTS

Switch mode to mix up your training. Run. Bike. Gym. Swim. Treadmill.



AUTOMATICALLY TRACK YOUR SLEEP

Know if you're getting the sleep you need.



TRAIN SMARTER WITH REAL-TIME INFORMATION

Time. Distance. Speed. Pace. Calories burned. Live stats, on the go.



GET INSTANT AUDIO FEEDBACK

Stay motivated. Activate audio feedback on your performance as you workout.

MEASURE YOUR PROGRESS ON MYSPOITS

Challenge yourself to a daily or weekly target. Steps, calories, distance or active time. Set your goal and track your progress.



SYNC YOUR STATS TO YOUR APPS

Sync, store, share and study your sessions on all your favourite apps.



NO STRINGS ATTACHED WITH IN EAR MUSIC



Bluetooth

Listen to your favourite playlists while training with the TomTom Sports Bluetooth Headphones*. The TomTom Spark Music watch also pairs with a wide range of existing headphones from leading brands.

*Available as part of a bundle or sold separately.

DOWNLOAD YOUR FAVOURITE PLAYLISTS

Easily transfer your music playlists onto the TomTom Spark Music watch from iTunes and Windows Media Player.

TOMTOM

SPARK

GPS FITNESS WATCHES

TOMTOM.COM/FITNESS

BUILD YOUR PERFECT SPARK WATCH

STEP 1. SELECT YOUR SPARK

Do you workout with music to stay motivated? Do you train in specific heart-rate zones to get the most out of your training session? Select the perfect product for you, by simply selecting music and/or built-in heart-rate monitor.



STEP 2. SELECT YOUR STRAP SIZE

The new SPARK GPS FITNESS WATCHES come in two sizes. The large straps are longer and wider, the small straps are shorter and slimmer. Select large or small straps to ensure the perfect fit for your wrist.

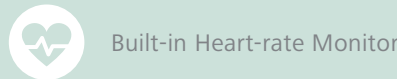
STEP 3. SELECT YOUR STRAP COLOUR

The new SPARK GPS FITNESS WATCHES come in various colours. Select the perfect colour to match your watch with your favourite trainers or outfit.

SPARK



SPARK
CARDIO



Built-in Heart-rate Monitor

SPARK
MUSIC



Over 500 Songs of Music Storage*

Also available with headphones

SPARK
CARDIO + MUSIC



Built-in Heart-rate Monitor



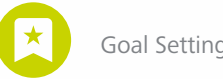
Over 500 Songs of Music Storage*

Also available with headphones

FEATURES ON ALL OUR SPARK WATCHES



24/7 Activity Tracking



Goal Setting



GPS Tracking



Multisport Mode



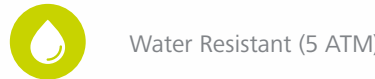
Automatic Sleep Tracking



Customisable Straps



Wireless Syncing



Water Resistant (5 ATM)

*Total number of songs may vary depending on size of files.

SELECT YOUR STRAP SIZE

Select large or small straps to ensure the perfect fit for your wrist.



SELECT YOUR STRAP COLOURS

Select the perfect colours to match your watch with your favourite trainers or outfit.

LARGE STRAP COLOURS



BLACK



ALE BROWN

SMALL STRAP COLOURS



BLACK



PURPLE HAZE

MUSIC
ON
YOUR
WRIST



TOMTOM

SPARK

GPS FITNESS WATCHES

TOMTOM.COM/FITNESS