



bryton®



Amis
S430/S630

User's Manual

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 **WARNING**

Always consult your physician before you begin or modify any training program. Please read the details in Warranty and Safety Information guide in the package.

FCC Regulations

§ 15.19 (a)(3)

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

§ 15.21

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

§ 15.105 (b)

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC RF Exposure Compliance

This device is designed and manufactured not to exceed the emission limits for exposure to radio frequency (RF) energy set by the Federal Communications Commission for an uncontrolled environment.

IC Regulations

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions:

- (1) this device may not cause interference, and
- (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

CAN ICES-3(B)/NMB-3(B)

IC RF Exposure Compliance

This equipment complies with IC RSS-102 RF exposure limits set forth for an uncontrolled environment.

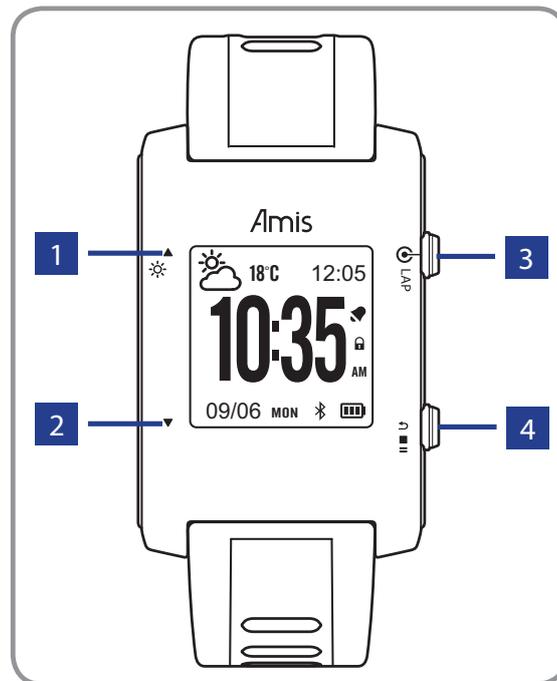
Australian Consumer Law

Our goods come with guarantees that can not be excluded under the New Zealand and Australian Consumer Laws. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Getting Started

This section will guide you on the basic preparations before you start using your device.

Your Amis S430/S630



1 Up (▲/☀)

- In Menu, press to move up to scroll through menu options.
- Press to turn on the backlight.

2 Down (▼)

- In Menu, press to move down to scroll through menu options.
- In data page view, press to switch data page screen.

NOTE: In swimming mode, the Amis device auto-locks the sensor keys (up and down keys) to prevent false contact by the water. In order to view the data page(s), please wipe off excess water on the surface of the watch and pause the recording before operating the sensor keys. Press the power key to resume the recording while pausing. We highly recommend to lock the sensor keys in humid environment.

3 Power / OK / Start / Lap (Ⓞ/LAP)

- Press and hold to turn the device on.
- In clock view, press to enter the main menu.
- In menu mode, press to enter or confirm a selection.
- When recording, press to mark the lap.
- In clock view, press and hold to turn off the device.
- In any modes, except clock view, press and hold to lock the Up and Down keys. While the keys are locked, press and hold to unlock.

4 Back / Pause / Stop (↩/=/■)

- Press to return to the previous page or cancel an operation.
- In data page view, press to pause log. While the recording is paused, press again to stop.
- In training mode, press to stop recording log.

NOTE: In data page view, quick press twice to stop recording log.

Accessories

The Amis S430/S630 comes with the following accessories:

	Amis S430	Amis S630
In the box		
Device	✓	✓
Magnet Charging Clip	✓	✓
Quick Start Guide	✓	✓
Warranty and Safety Booklet	✓	✓
Optional items		
Speed & Cadence Dual Sensor	✗	✓ (Amis S630 R)
Heart Rate Monitor Set	✓ (Amis S430 H)	✓ (Amis S630 H, Amis S630 R)
Heart Rate Chest Strap	✓ (Amis S430 H)	✓ (Amis S630 H, Amis S630 R)
Bike Mount	✗	✓ (Amis S630 R)
Adaptors	✓	✓

NOTE: For more information about purchasing optional accessories, please go to Bryton Eshop <http://www.brytonsport.com/eshop> or contact your Bryton dealer.

Initial Setup

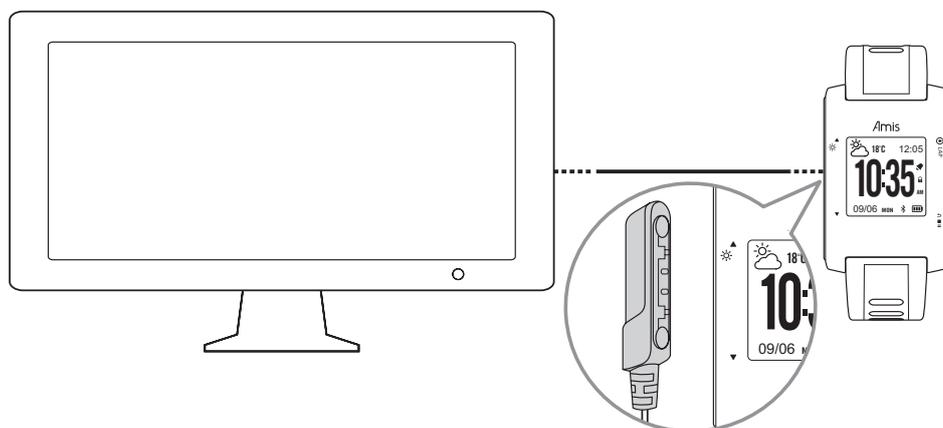
Step 1: Charge the Battery

Warning:

This product contains a lithium-ion battery. See the Warranty and Safety Information guide in the package for important battery safety information.

Charge the device for at least 4 hours before you start using it.

1. Attach the magnet charging clip onto the device.



2. Plug the other end of the magnet charging clip to a computer.

Step 2: Turn On the Device

Turn On/Off

- To turn on the device, press and hold /LAP.
- In clock view, press and hold /LAP to turn off the device.

Step 3: Initial Setup

When turning the device on for the first time, the setup wizard appears on screen. Follow the instructions to complete setup.

1. Select the display language.
2. Select the unit of measurement.
3. Enter your user profile (gender, date of birth, height, weight, maximum heart rate, lactate threshold heart rate, race time).

NOTE: It is recommended to input the data since data accuracy will highly affect your training analysis.

4. Scan the QR code with your phone to download the Bryton Mobile APP.

NOTE:

- The Amis S430/S630 was designed to wirelessly sync your data in the background using Bluetooth Smart.
- For more instructions, please refer to “Share Your Records” section. Bluetooth Smart and WiFi-enabled mobile phone is required. Android 4.3 or above.

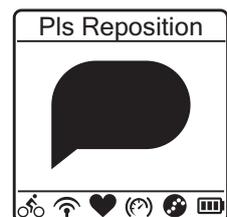
5. Read and accept the Safety Agreement.
 - Press ▲ and ▼ key to read the Safety Agreement.
 - Press /LAP to accept the Safety Agreement.

Step 4: Acquire Satellite Signals

Once the Amis S430/S630 is turned on, it will automatically search for satellite signals. While the device is searching for satellite signals, the screen may display:

- **Pls Reposition**

No GPS signal or GPS signal is weak. Under this environment, it is very difficult to get GPS position fix. This status usually happens when you're in urban area or close to buildings. Please move to an open area to acquire better GPS reception.



- **Searching**

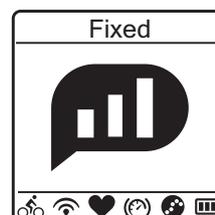
GPS should be able to acquire position in few minutes.

When () appeared, it is recommend to move to an open area until () is displayed to acquire as many satellites as possible.



- **Fixed**

GPS position is fixed. The screen will automatically enter data page.



NOTE:

- For a more accurate measurement the first time you use the device, please stay outdoor for at least 10 minutes with no obstructions overhead before performing a GPS search.
- If you are unable to get the GPS reception after 5 minutes or more, try again at another location.
- For more information on receiving GPS signals, refer to **Receiving GPS Signals** section.

Download Bryton Update Tool

NOTE: Bryton Update Tool can notify you if a new software version or GPS data is available. The newer GPS data can speed up the GPS acquisition. We highly recommend you to check for updates every 1-2 weeks.

1. Go to <http://www.brytonsport.com/help/start> and download Bryton Update Tool.
2. Follow the on-screen instructions to install Bryton Update Tool.

Share Your Records

Share Your Tracks to Brytonsport.com

1. Sign up/log in on Brytonsport.com
 - a. Go to <http://www.brytonsport.com/help/start>.
 - b. Register a new account or use your current Bryton account to log in.

NOTE: Bryton account is the email address used to register as a member of brytonsport.com.

2. Connect to PC

Turn on your Amis S430/S630 and connect it to your computer by using USB cable.

3. Share Your Records

- Go to <http://www.brytonsport.com/help/landing>. Click "Upload Files" button. Then, click "Select from Files".
- Choose to save as "History". Then, click "Select and Upload files".
- Select FIT files from Bryton folder in the device.

Share Your Tracks via Bryton Sports APP

When using the device for the first time, please download Bryton Mobile APP and pair your mobile phone with Amis S430/S630.

NOTE:

- You can also scan QR code here or go to corp.brytonsport.com/app/sports to download Bryton APP.
- You need to install the Bryton APP to enable the notification feature.



a. Go to **Settings > General > Bluetooth > Pairing**.



b. Use mobile phone to scan QR code to download Bryton APP.



c. Install the Bryton APP.



d. Press **C/LAP** and leave Amis device with the "Waiting for pairing".



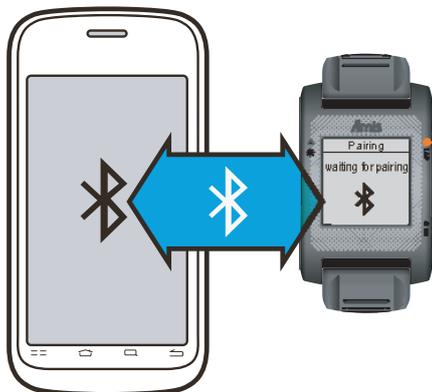
e. Sign up/log in on Bryton APP

Register a new account or use your current Bryton Account to log in.

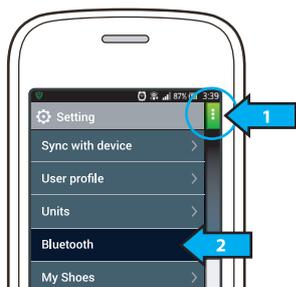


NOTE: Bryton Account is the email address that you used to register a member of brytonsport.com.

f. Make sure Bluetooth on mobile phone and Amis are turned on.



g. Pairing your mobile phone with Amis
Select **Setting > Bluetooth > Pairing**. Once the Amis appears on the list, select it to pair.

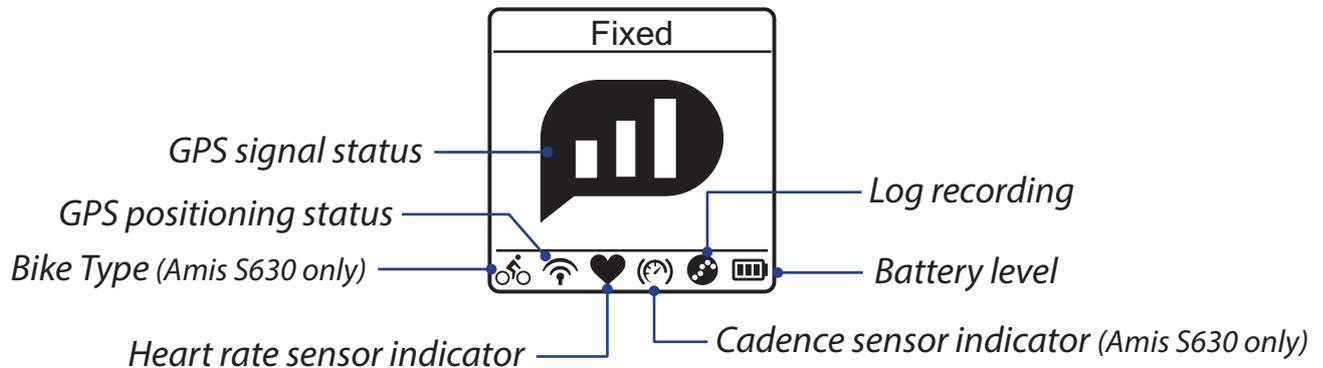


NOTE: The pairing process is required only one time. Once completed, your Amis and mobile phone will remain paired.

h. Later, tap **Sync with device, the workout records will sync to Bryton APP.**



Status Page



Icon Description

GPS Signal Status	
	No Signal
	Poor *
	Fair **
	Good **
GPS Positioning/Function Status	
	No signal (not fixed)
	Weak
	Normal
	Good
	Heart rate sensor active
	Cadence sensor active (<i>Amis S630 only</i>)
	Speed sensor active (<i>Amis S630 only</i>)
	Combo sensor active (<i>Amis S630 only</i>)
	Cycling mode (<i>Amis S630 only</i>)
	Swimming mode (<i>Amis S630 only</i>)
	Running mode
	Log recording in progress
	Recording is paused
	Bluetooth function is enabled
	Alarm
	Lock screen
Power Status	
	Full battery
	Half battery
	Low battery
	Battery depleted
	Battery charging

NOTE:

- Only the active icons are displayed on the screen.
- When the speed & cadence dual sensor is activated, the sensor icon will appear at the speed sensor icon position.

* Please go to an open area for better reception.

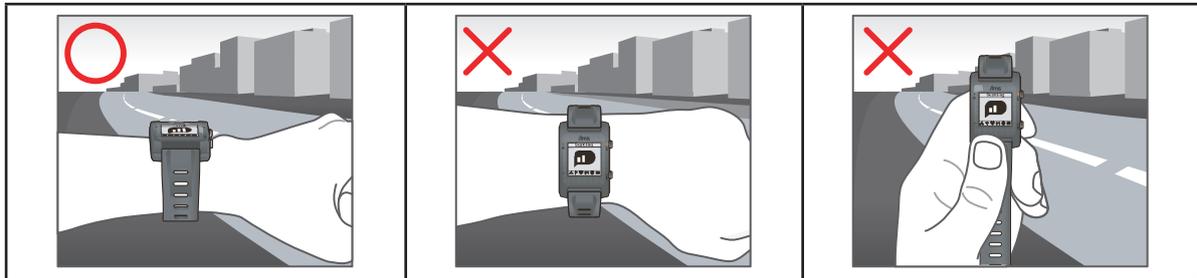
** When blinking, this indicates the device is still searching for the GPS signal.

Receiving GPS Signals

- Amis implements a status page to indicate current GPS signal strength. After position-fix is done, you can still check GPS status at data page by inspecting the icon located at up-right corner.

<p>GPS signal is weak. The satellite condition is only sufficient for position-fix. This situation may not be sustained if your sky-view changes, such as going to the obstructed environments.</p>	<p>GPS signal is normal. Adequate for normal use.</p>	<p>GPS signal is good.</p>

- The best way to allow GPS get your position is to wear the watch on your wrist, with the watch surface facing up. Please do not let the antenna facing down or cover it with hand.

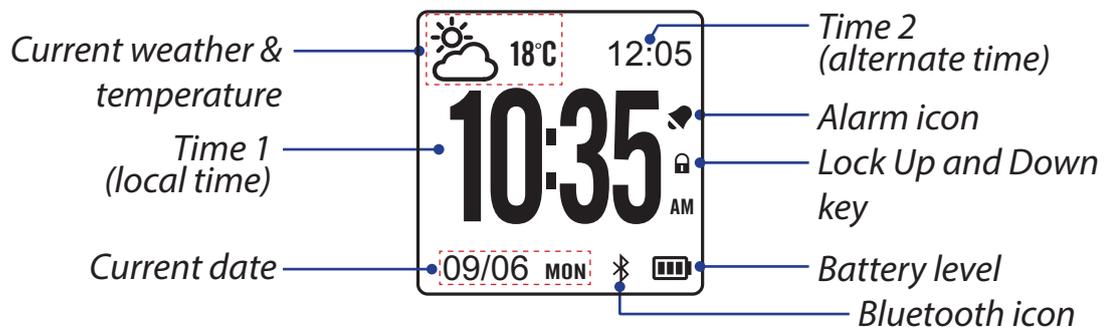


- Please avoid the obstructed environments since they might affect the GPS reception.

<p>Tunnels</p>	<p>Inside rooms, building, or underground</p>	<p>Under water</p>	<p>High-voltage wires or television towers</p>	<p>Construction sites and heavy traffic</p>

Clock View

Display Screen



Auto Time Calibration by GPS

1. Press **C/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > Watch > Time > By GPS** and press **C/LAP** to enter its submenu.
3. Press **▲/▼** to set the daylight saving time and press **C/LAP** to confirm.

NOTE: Please go outdoors to acquire GPS signal when you see "Pls Reposition" on the screen.

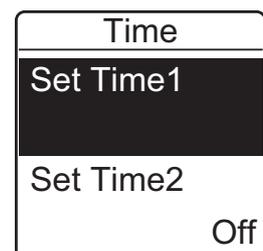


Manually Set Time

1. Press **C/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > Watch > Time > Manual > Set Time 1** or **Set Time 2** and press **C/LAP** to enter its submenu.

NOTE:

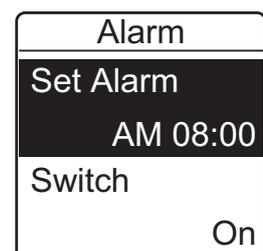
- To enable the Time 2, select **Settings > Watch > Time > Manual > Set Time 2 > Switch > On.**
- To change the time format, select **Settings > Watch > Time > Time Format.**



3. Press **▲/▼** to select the desired setting and press **C/LAP** to confirm.

Set Alarm (Time 1)

1. Press **C/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > Watch > Alarm > Set Alarm** and press **C/LAP** to enter its submenu.
3. Press **▲/▼** to select the desired setting and press **C/LAP** to confirm.



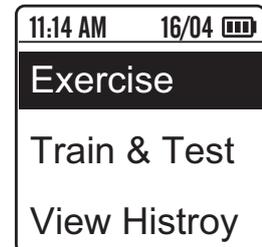
NOTE: To enable the alarm, select **Settings > Watch > Alarm > Switch > On.**

Exercises

Starting an Exercise

Amis S430

To start an exercise, press ▲/▼ to select **Running**. Then press ⌂/LAP to start.



Amis S630

To start an exercise, press ▲/▼ to select **Exercises > Running, Cycling, Triathlon, Multisport, Outdoor Swim, or Others**. Then press ⌂/LAP to start.

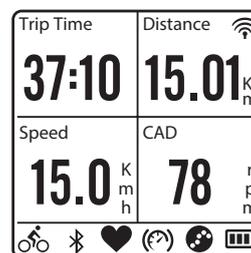


NOTE: In swimming mode, the Amis device auto-locks the sensor keys (up and down keys) to prevent false contact by the water. In order to view the data page(s), please wipe off excess water on the surface of the watch and pause the recording before operating the sensor keys. Press the power key to resume the recording while pausing. We highly recommend to lock the sensor keys in humid environment.

Running/Cycling

Select **Running/Cycling** and press ⌂/LAP to start exercise.

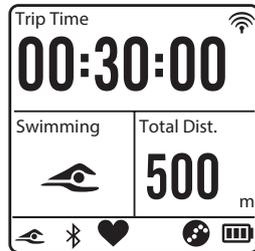
NOTE: **Cycling** option is only available on Amis S630.



NOTE: Displayed information varies on exercise mode and user preference. Refer to **Customize the Data Display** section for more information.

Triathlon (Amis S630 only)

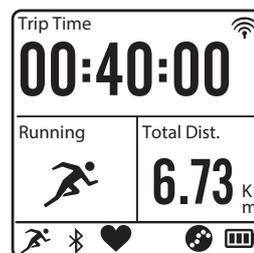
- The exercise information will be displayed as following order: **Swimming** > **Cycling** > **Running**. Press **⌂/LAP** to switch to the second or third sport.
- To add the transition time, refer to **Enable Triathlon Transition Time** section.



NOTE: Displayed information varies on exercise mode and user preference. Refer to **Customize the Data Display** section for more information.

Multisport (Amis S630 only)

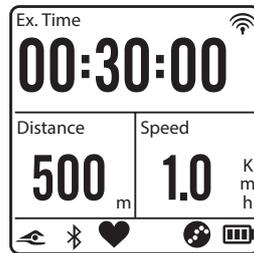
- During the Multisport exercise and the mode setting is set to **Manual**, press **▲/▼** select the desired sport (Running, Cycling, or Swimming) and press **⌂/LAP** to confirm. Then press **⌂/LAP** to start exercise.
- To switch to the second sport, press **⌂/LAP** to display the menu option. To preset the sports sequence in Multisport mode, refer to **Multisport Sequence Setup** section.



NOTE: Displayed information varies on exercise mode and user preference. Refer to **Customize the Data Display** section for more information.

Outdoor Swim (Amis S630 only)

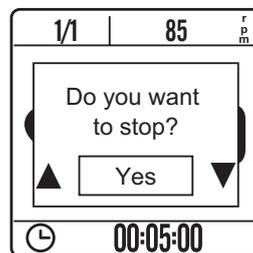
Select **Outdoor Swim** and press /LAP to start exercise.



NOTE: In swimming mode, the Amis device auto-locks the sensor keys (up and down keys) to prevent false contact by the water. In order to view the data page(s), please wipe off excess water on the surface of the watch and pause the recording before operating the sensor keys. Press the power key to resume the recording while pausing. We highly recommend to lock the sensor keys in humid environment.

Pause/ Stop Exercising

Press /= to pause the recording and press again to stop the recording.



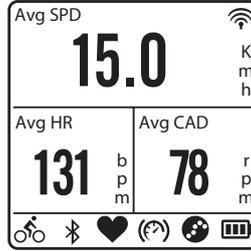
NOTE: When recording, press /= twice to stop recording.

Switch the Data Page

When you start an exercise, the data view appears on the screen. The Data Page displays information varies based on your personal setting.



2-grid display



3-grid display



4-grid display

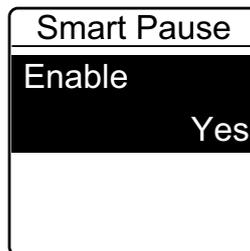
To customize the data page, refer to **Customize the Data Display** section.

Press ▼ to switch data screen page. However if the **Auto Scroll** feature is enabled, the data view will automatically switch pages at the preset time. To enable the Auto Scroll feature, refer to **Configure Auto Scroll** section.

Smart Pause

When you have a lot of obstacles along your route such as traffic lights, crosswalk, etc., this can really impact your recorded data. When the function is activated, the time and distance will automatically pause once you stop moving and resume once you start riding to enhance your data efficiency.

1. Press ⌂/LAP to enter the menu mode.
2. Press ▲/▼ to select **Settings > Exercises > Running, Cycling, Outdoor Swim, or Others > Smart Pause** and press ⌂/LAP to enter its submenu.
3. Select **Yes** to enable the function.



NOTE: On Amis S430, select **Settings > Exercises > Smart Pause** and press ⌂/LAP to enter its submenu.

Lap

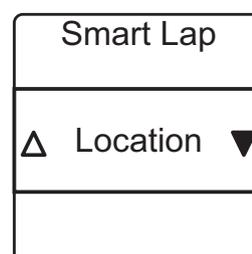
Smart Lap

Smart lap can automatically mark laps based on a defined distance or location. Whenever you reach the distance or pass the location, the device will trigger a lap marking.

- **Distance:** to mark laps based on a defined distance, such as every kilometer or every mile.
- **Location:** to mark laps based on a given position. Good for a course or route where you pass the same location over and over again.

Amis S430

1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > Exercises > Smart Lap > Distance** or **Location** and press **⌂/LAP** to enter its submenu.
3. Set the preferred criterion and press **⌂/LAP** to confirm.



Amis S630

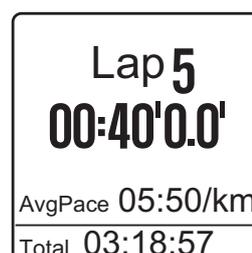
1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > Exercises > Running, Cycling, or Others > Smart Lap > Distance** or **Location** and press **⌂/LAP** to enter its submenu.
3. Set the preferred criterion and press **⌂/LAP** to confirm.

Mark Lap

To mark a lap, do the following:

Amis S430

Start an activity first by pressing **⌂/LAP**. While recording, press **⌂/LAP** to mark lap. When using Lap, the Lap screen will be displayed while you are doing exercise or training.



Amis S630

1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > Exercises > Running, Cycling, or Others** and press **⌂/LAP** to enter its submenu.
3. While recording, press **⌂/LAP** to mark lap. When using Lap, the Lap screen will be displayed while you are doing exercise or training.

Train & Test

To Plan

The device offers you with two types of workouts: Simple and Interval.

Simple Workouts

There are three types of simple workouts: By Time, By Distance, and By Calories.

1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Train & Test** and press **⌂/LAP** to enter Training menu.

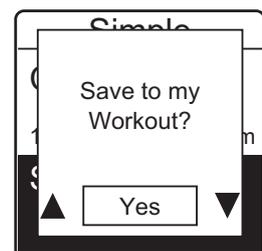
NOTE: On Amis S630, select **Train & Test > Running or Cycling**.

3. To set a simple workout, select **To Plan > Simple > Warm Up, Work, or Cooldown**.

- **Warm Up:**
Duration (manual, calorie,time, distance), Target (Pace, HR, MHR, LTHR).
- **Work:**
Duration (calorie, time,distance), Target (Pace, MHR%, LTHR%, HR, MHR, LTHR, Off).
- **Cooldown:**
Duration (manual, calorie,time, distance), Target (Pace, HR, MHR, LTHR).

Simple	
Warm Up	
10'0"	8'0"~7'0"
Work	
6'0"	148~160bpm

4. Set the training target and press **⌂/LAP** to confirm.
5. Choose **Save** and press **▲/▼** to enter the workout name.
When finishing the name, press **↩/=/■** to save the workout name.



NOTE: To perform the workout, go to

- Amis S630: **Train & Test > Running or Cycling > My Workout > View**.
- Amis S430: **Train & Test > My Workout > View**.

Interval Workouts

With the Interval training feature, you can use your device to customize interval workouts which include the warm up, interval, and cool down sections.

1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Train & Test** and press **⌂/LAP** to enter Training menu.

NOTE: On Amis S630, select **Train & Test > Running or Cycling**.

3. To set an interval workout, select **To Plan > Interval**.

To Plan
Simple
Interval

4. A "Set warm up?" message appears on the screen. Select **Yes** to set the "Warm up". After the settings are complete, select **OK** and press **⌂/LAP** to continue.

Warm Up
Duration
Target
OK

5. Set the interval workout settings (Work, Recovery, and Repeat Time). When finished, press **▲/▼** to select **Next** and press **⌂/LAP** to continue.

Work 1
Work
6'00" 158~170bpm
Recovery
2'00" 137~149bpm

6. A "Create a new main set?" message appears on the screen. To create another set of interval workout, select **Yes** and press **⌂/LAP** to confirm.

7. A "Set cool down?" message appears on the screen. Select **Yes** to set the "Cool down". After the settings are complete, select **OK** and press **⌂/LAP** to continue.

Cooldown
Duration
Target
OK

8. A "Save to My Workout" message appears on the screen. Select **Yes** and press **⌂/LAP** to continue. Press **▲/▼** to enter the workout name. When finishing the name, press **↵/=** and press **⌂/LAP** to save the workout.

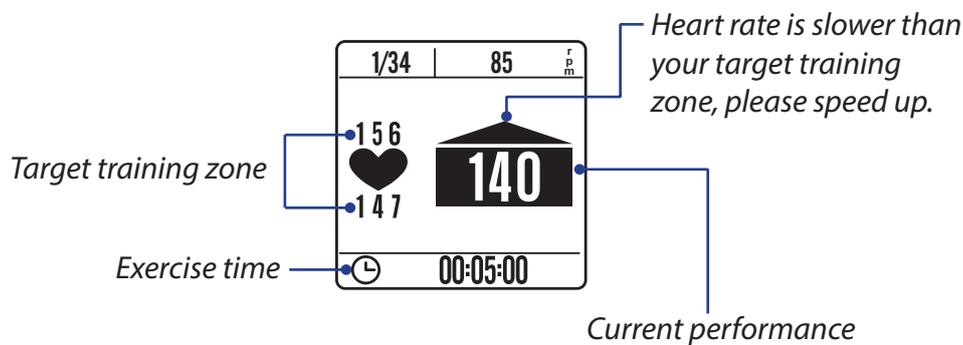
My Workout

You can start a workout using your planned workouts on Amis S430/S630.

1. Press **C/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Train & Test** and press **C/LAP** to enter Training menu.

NOTE: On Amis S630, select **Train & Test > Running or Cycling**.

3. Press **▲/▼** to select **My Workout > View**.
4. Select your desired training plan.
5. The selected workout details appear on the screen. Press **C/LAP** to start exercise.



Bryton Workout

Bryton Workout has preloaded on Amis S430/S630. If you don't have it on your device, please download from brytonsport.com.

1. Press **C/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Train & Test** and press **C/LAP** to enter Training menu.

NOTE: On Amis S630, select **Train & Test > Running or Cycling**.

3. Press **▲/▼** to select **Bryton WKT**.
4. Select your desired training plan.
5. The selected workout details appear on the screen. Press **C/LAP** to start exercise.

Bryton WKT
20' in Z 1-2
20' Z3

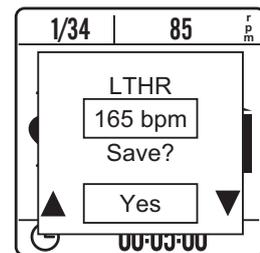
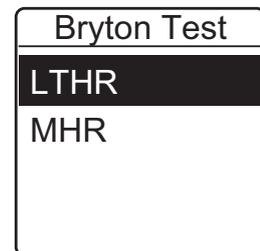
Bryton Test

Bryton Test has preloaded on Amis S430/S630. If you don't have it on your device, please download from brytonsport.com. Bryton Test includes two test courses to help you measuring your MHR and LTHR to allow Bryton Workout use these data to create target training zone. Knowing your MHR and/or LTHR gives you a benchmark of your overall efficiency. It also help you to judge progress over time and measure your exercise intensity.

1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Train & Test** and press **⌂/LAP** to enter Training menu.

NOTE: On Amis S630, select **Train & Test > Running or Cycling**.

3. Press **▲/▼** to select **Bryton Test**.
4. Select your desired test workout.
5. The selected workout details appear on the screen. Press **⌂/LAP** to start exercise.
6. When finished the Bryton Test, press **▲/▼** to save the result.



NOTE:

- When the  icon appears on the screen, press **⌂/LAP** to skip the current *Interval*.
- It is highly recommend to implement the Bryton Test and save the test results to enhance your training efficiency.



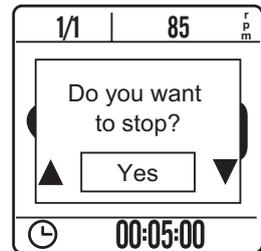
Start Training

Press **C/LAP** to start recording the log.

Stop Training

You can stop the current training after you have reached your goal.

Press **↩/=/■** to stop the recording.



NOTE: When recording, press **↩/=/■** to stop recording.

View History

View History

To view your history, do the following:

1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **View History > View** and press **⌂/LAP** to confirm.
3. Use **▲/▼** to view your history. Choose **More** by pressing **⌂/LAP** for more details.

12/25	12:23	▲
00:30:00	Run Time	
5.00	km	
06:00	min/km	
150	kcal	
5	laps	
⌂	More	2/5

View Summary

To view the summary, do the following:

Amis S430

1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **View History > Summary** and press **⌂/LAP** to confirm.
3. Use **▲/▼** to view the activities summary.

Total		
Time	68:07	
Dist	10.68 km	
Cal	376 kcal	
▲	Close	▼

Amis S630

1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **View History > Summary > Running, Cycling, Outdoor Swim, or Others** and press **⌂/LAP** to confirm.
3. Use **▲/▼** to view the activities summary.

Delete Exercise Records

To delete one record, do the following:

1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **View History > Delete** and press **⌂/LAP** to confirm.
3. Press **▲/▼** to select the record that you want to delete and press **⌂/LAP** to confirm.
4. A "Please backup data first. Erase?" message appears on the screen. To delete the data, press **▲/▼** to select **Yes** and press **⌂/LAP** to confirm.

12/25	12:23	▲
0	Please backup data first. Erase?	e
1		n
1		m
5		a
5		s
▲	No	▼
	Delete	

To delete all records, do the following:

1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **View History > Delete All** and press **⌂/LAP** to confirm.
3. A "Please backup data first. Erase?" message appears on the screen. To delete the data, press **▲/▼** to select **Yes** and press **⌂/LAP** to confirm.

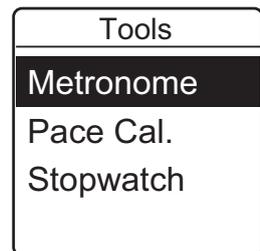
Tools

Metronome

The built-in Metronome helps train your stride rate and reduces the risk of being injured. When the metronome function is enabled, the device will beep to help you keep a steady stride while running.

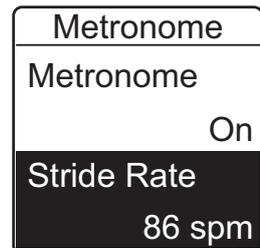
To enable the metronome function, do the following:

1. Press **C/LAP** to enter the menu mode.
2. In main menu, press **▲/▼** to select **Tools > Metronome > Metronome** and press **C/LAP** to enter sub menu.
3. Press **▲/▼** to select **On** and press **C/LAP** to confirm.

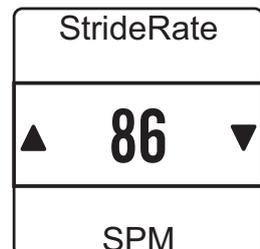


To set the stride rate, do the following:

1. Press **C/LAP** to enter the menu mode.
2. In main menu, press **▲/▼** to select **Tools > Metronome > Stride Rate** and press **C/LAP** to enter sub menu.



3. Use **▲/▼** to set the desired setting and press **C/LAP** to confirm.



Pace Calculator

With the pace calculator function, enter the distance you ran and the length of time you were running. It will estimate in how long it would take you to complete a variety of different races. (3km, 5km, 5mi, 10km, 10mi, half marathon, marathon). Besides, it will also predict what your personal pace should be when you are doing a Speed run, Maximum oxygen run (Vmax), Yasso run, Tempo run, Easy run, or Long slow distance run.

1. Press **⌂/LAP** to enter the menu mode.
2. In main menu, press **▲/▼** to select **Tools > Pace Cal.** and press **⌂/LAP** to enter sub menu.
3. Select **Race Time** to enter the run distance and run time.
4. Press **▲/▼** to select the run distance and press **⌂/LAP** to confirm.
5. Select the run time (Hour, Minute, and Second) and press **⌂/LAP** to confirm.
6. The estimate of different race time and training pace are displayed on the screen. Press **▲/▼** to view more information or press **⌂/LAP** to exit the screen.

Pace Cal.	
Race Time	
5 km 0:40:00	
View Info	

Distance	
▲	5km ▼

Minute	
▲	40 ▼

Race Time	
3km	00:23:16 07:45 min/km
5km	00:40:00 08:00 min/km
▲	Close ▼

Training Pace	
Speed	06:55
Vmax	07:26
Yasso	17:40
▲	Close ▼

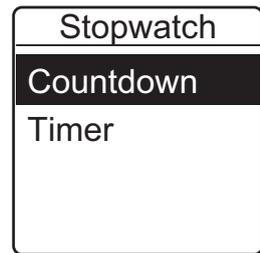
Stopwatch

With the Stopwatch feature, you can measure the amount of time elapsed from the time the device is activated and deactivated. You can select between two modes: Countdown and Stopwatch. Countdown is used to notify you when a set amount of time has passed. Stopwatch is used to record lap times within a particular period of time.

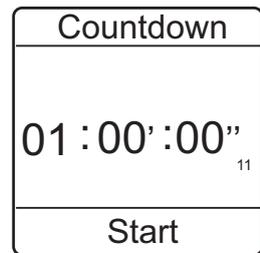
Countdown

To set the countdown time, do the following:

1. Press **⌂/LAP** to enter the menu mode.
2. In main menu, press **▲/▼** to select **Tools > Stopwatch > Countdown** and press **⌂/LAP** to enter sub menu.

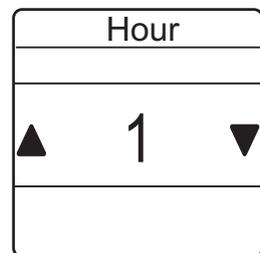


3. Press **▲/▼** to select the field (Hour, Minute, or Second) that you want to set and press **⌂/LAP** to enter the submenu.



4. Press **▲/▼** to select the desired setting and press **⌂/LAP** to confirm.

NOTE: Repeat Step 3~4 to set another field.

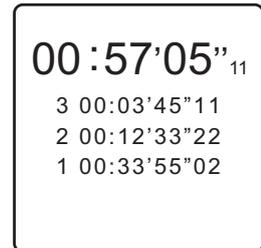
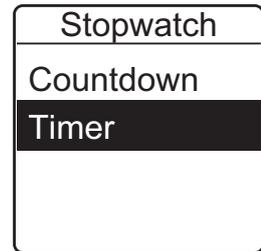


5. Once all settings are complete, select **Start** and press **⌂/LAP** to start the countdown.
 - To reset the countdown, press **↶/=/■** and press **▲/▼** to reset the countdown time.

Timer

To record lap times, do the following:

1. Press **C/LAP** to enter the menu mode.
2. In main menu, press **▲/▼** to select **Tools > Stopwatch > Timer** and press **C/LAP** to enter sub menu.
3. To start the timer, press **C/LAP**.
4. To record a lap while the watch is running, press **C/LAP**. It displays the first lap time. Repeat this step to record a new lap.
 - To stop recording laps, press **↶/= / ■**. To resume recording laps, press **C/LAP**.



Notification

The notification feature allows Amis S430/S630 to obtain information from a Bluetooth enabled mobile phone. When Bluetooth features are turned on, Amis S430/S630 will notify you of incoming calls and messages.

- Turn on the Bluetooth feature on your Bluetooth enabled mobile phone and Amis S430/S630.
- Pair your Bluetooth enabled mobile phone with Amis S430/S630. For the pairing instructions, please refer to **Share Your Records** section.

Settings

With the Settings feature, you can customize exercises settings, watch settings, general settings, sensor settings, and user profile and/or bike profile.

Exercises Settings

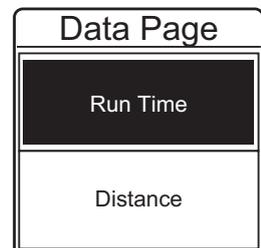
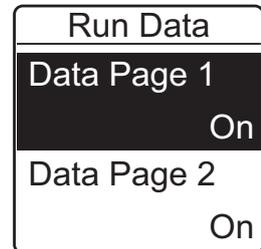
Customize the Data Display

1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings** and press **⌂/LAP** to enter Settings menu.
3. Press **▲/▼** to select **Exercises > Data Page > Data Page > Data Page 1, Data Page 2, Data Page 3, or Data Page 4** and press **⌂/LAP** to enter its submenu.

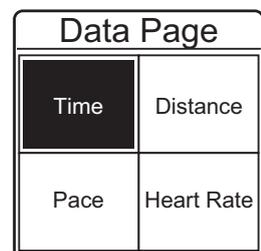
NOTE:

- On Amis S630, select **Exercises > Running, Cycling, Outdoor Swim, or Others > Data Page > Data Page > Data Page 1, Data Page 2, Data Page 3, or Data Page 4** and press **⌂/LAP** to enter its submenu.
- Lap only has Data Page 1 and Data Page 2 for personalized settings.

4. Press **▲/▼** to select the number of data fields and press **⌂/LAP** to confirm.
5. Press **▲/▼** to select the item field that you want to customize, and press **⌂/LAP** to confirm the selection.
6. Press **▲/▼** to select the desired setting and press **⌂/LAP** to confirm. You can customize your data page/lap page by selecting from the various items. Refer to page 42 on Appendix for the full list of personalized items.



2-grid display



4-grid display

NOTE: After the setting is complete, the Lap page appears only when Lap function starts.

Set Alert

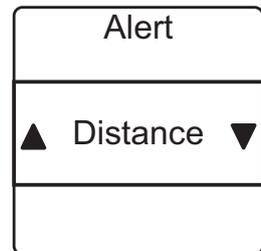
With the Alert feature, the device displays a message to notify you if:

- your heart rate exceeds or drops below a specific number of beats per minute (bpm).
- you exceed or drop below a custom speed setting during your ride.
- your cadence speed exceeds or drops below a specific number of revolutions of the crank arm per minute (rpm).
- you reach a certain amount of distance for the long workouts.
- you reach a certain amount of time for the long workouts.

1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings** and press **⌂/LAP** to enter Settings menu.
3. Press **▲/▼** to select **Exercises > Alert** and press **⌂/LAP** to enter its submenu.

NOTE: On Amis S630, select **Exercises > Running, Cycling, Outdoor Swim, or Others > Alert** and press **⌂/LAP** to enter its submenu.

4. Select **Pace, HR, StrideRate, Distance, or Time** and press **⌂/LAP** to configure the necessary settings.



NOTE: On Amis S630, the available options vary depending on the selected mode:

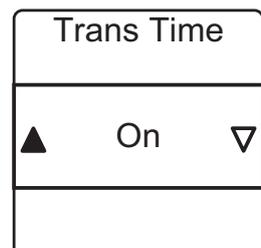
- Running mode: Pace/HR/StrideRate/Distance/Time/Off
- Cycling mode: Speed/Distance/Time/Off
- Outdoor Swim mode: Time/Distance/Off
- Others mode: Time/Distance/Off

5. Press **▲/▼** to select the desired setting and press **⌂/LAP** to confirm.

Enable Triathlon Transition Time (Amis S630 only)

With Triathlon Transition Time feature, you can add a transition time before starting the next sport.

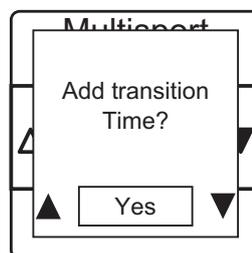
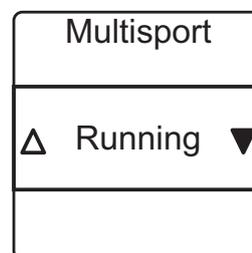
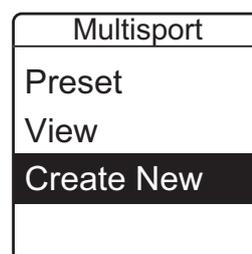
1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings** and press **⌂/LAP** to enter Settings menu.
3. Press **▲/▼** to select **Exercises > Triathlon** and press **⌂/LAP** to enter its submenu.
4. Press **▲/▼** to select **On** and press **⌂/LAP** to confirm.



Multisport Sequence Setup (Amis S630 only)

With Multisport Sequence feature, you can use your device to arrange the sports sequence.

1. Press **C/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings** and press **C/LAP** to enter Settings menu.
3. Press **▲/▼** to select **Exercises > Multisport > Manual** and press **C/LAP** to enter its submenu.
4. Press **▲/▼** to select **Preset** and press **C/LAP**.
5. Press **▲/▼** to select **Create New** and press **C/LAP** to edit the sports sequence.
6. Press **▲/▼** to select the desired sport and press **C/LAP** to confirm.
7. To add more sports, press **C/LAP** and repeat Step 6.
8. After the setup is complete, press **↶/=/■** and press **▲/▼** to select **Yes** and press **C/LAP** to enter the transition time submenu.



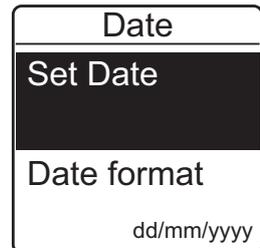
NOTE: If you select **Manual** on step 4, you need to press **C/LAP** to switch to another sport after you start the exercise.

Watch Settings

Adjust Date

Adjust the date and specify the date format.

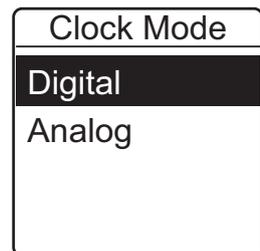
1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > Watch > Date** and press **⌂/LAP** to enter its submenu.
3. Select the desired option and configure the necessary settings.
 - **Set Date:** adjust the date.
 - **Date format:** specify the date format.
4. Press **▲/▼** to select the desired setting and press **⌂/LAP** to confirm.



Change Clock View

Specify the clock view.

1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > Watch > Clock Mode** and press **⌂/LAP** to enter its submenu.
3. Press **▲/▼** to select **Digital** or **Analog** and press **⌂/LAP** to confirm.
4. Press **▲/▼** to select the desired digital/analog format and press **⌂/LAP** to confirm.

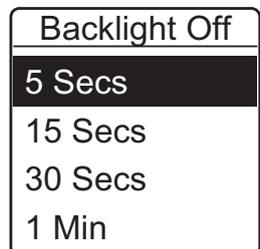


General Settings

Change Backlight Off Settings

Specify the backlight time.

1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > General > System > Backlight Off** and press **⌂/LAP** to enter its submenu.
3. Press **▲/▼** to select the desired setting and press **⌂/LAP** to confirm.

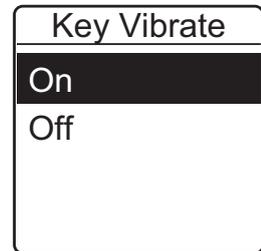


NOTE: The auto mode is based upon the current date and GPS position by which this navigator calculates the exact sunrise and sunset times on the particular day at the particular location. Using this information, the device can automatically turn on the backlight a few minutes after sunset before the sky gets dark.

Enable Key Vibrate

When the feature is enabled, the key will vibrate whenever you click a button.

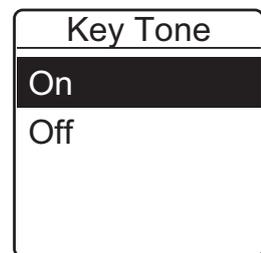
1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > General > System > Key Vibrate** and press **⌂/LAP** to enter its submenu.
3. Press **▲/▼** to select **On** and press **⌂/LAP** to confirm.



Enable Key Tone

When the feature is enabled, the device will play sounds whenever you click a button.

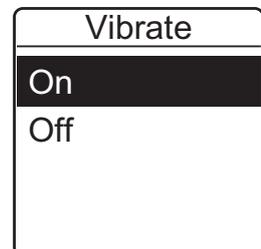
1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > General > System > Key Tone** and press **⌂/LAP** to enter its submenu.
3. Press **▲/▼** to select **On** and press **⌂/LAP** to confirm.



Enable Vibrate

When the feature is enabled, the device will vibrate once you miss your targeted goal.

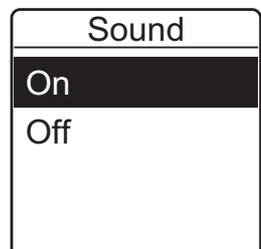
1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > General > System > Vibrate** and press **⌂/LAP** to enter its submenu.
3. Press **▲/▼** to select **On** and press **⌂/LAP** to confirm.



Enable Sound Alert

When the feature is enabled, the device will play sounds to remind you once you miss your targeted goal.

1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > General > System > Sound** and press **⌂/LAP** to enter its submenu.
3. Press **▲/▼** to select **On** and press **⌂/LAP** to confirm.



Specify Unit

Specify the measurement unit.

1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > General > System > Unit** and press **⌂/LAP** to enter its submenu.
3. Press **▲/▼** to select the desired setting and press **⌂/LAP** to confirm.

Unit
KM, KG
MI, LB

Specify the On-Screen Display (OSD) Language

Specify the OSD language.

1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > General > System > Language** and press **⌂/LAP** to enter its submenu.
3. Press **▲/▼** to select the desired language and press **⌂/LAP** to confirm.

Set GPS Mode

Set the GPS operating mode.

1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > General > GPS** and press **⌂/LAP** to enter its submenu.
3. Set the desired setting.

- **Off:** Disable the GPS. Please use this mode for indoor activities.
- **Full Power:** GPS is set on to provide more accurate position but consume more power. The full power mode is recommended for the following conditions:
 - Environments with limited sky view, such as forest or urban area.
 - In small, repeated path, such as track fields.
 - If your exercise time is less than the specified battery hour, choose Full Power mode to maximize GPS accuracy.
- **PowerSaving:** The GPS positioning will be less accurate but battery hours can last longer. When exercising in environments with good sky view, such as in country side or along the river, there will be no differences between power saving mode and full power mode. In these cases, choose power saving mode to maximize the battery life.

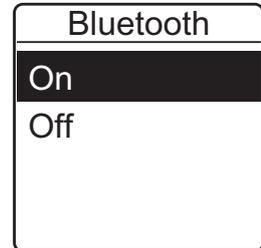
GPS
Off
Full Power
PowerSaving

4. Press **⌂/LAP** to confirm.

Enable Bluetooth

Before pairing Amis S430/S630 with your bluetooth enabled mobile phone, make sure the bluetooth function of your mobile phone and Amis is turned on.

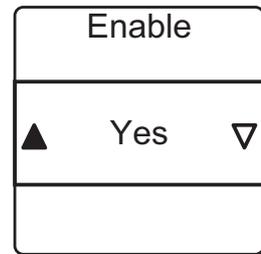
1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > General > Bluetooth > Bluetooth** and press **⌂/LAP** to enter its submenu.
3. To enable this function, press **▲/▼** to select **On** and press **⌂/LAP** to confirm.



Enable Race Mode

When the feature is enabled, the screen will remain at the data page and the GPS will stay active. In this mode, you can press **⌂/LAP** immediately once your race starts.

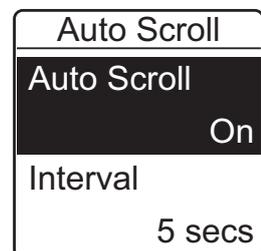
1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > General > Race mode** and press **⌂/LAP** to enter its submenu.
3. To enable this feature, press **▲/▼** to select **Yes** and press **⌂/LAP** to confirm.



Configure Auto Scroll

When the feature is enabled, the data view will automatically switch pages at the preset time.

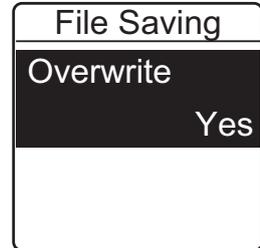
1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > General > Auto Scroll** and press **⌂/LAP** to enter its submenu.
3. Select the desired option and configure the necessary settings.
 - **Auto Scroll:** enable/disable the feature.
 - **Interval:** specify the time interval.
4. Press **▲/▼** to select the desired setting and press **⌂/LAP** to confirm.



Enable File Saving Mode

When the feature is enabled, the device will automatically overwrite from your oldest records when memory storage is full.

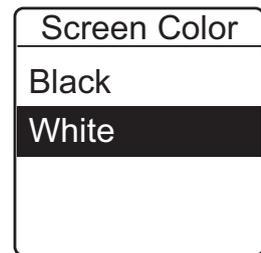
1. Press **Ⓞ/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > General > File Saving** and press **Ⓞ/LAP** to enter its submenu.
3. To enable this feature, press **▲/▼** to select **Yes** and press **Ⓞ/LAP** to confirm.



Inverted Screen Color

Choose between white text against a black background or black text against a white background.

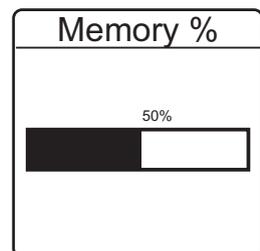
1. Press **Ⓞ/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > General > Screen Color** and press **Ⓞ/LAP** to enter its submenu.
3. Press **▲/▼** to select the desired setting.
 - **Black:** White text on a black background.
 - **White:** Black text on a white background.
4. Press **Ⓞ/LAP** to confirm.



View Memory Usage

View the storage status of the device.

1. Press **Ⓞ/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > General > Memory %** and press **Ⓞ/LAP** to confirm.
The storage status is displayed on the screen.



About

You can view the device current firmware version.

1. Press **Ⓞ/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > General > About** and press **Ⓞ/LAP** to confirm.
The current firmware version is displayed on the screen.

Sensors

You can customize the sensor settings such as enable/disable the function or rescan the sensor.

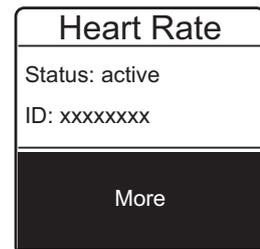
Link Heart Rate Sensor

1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > Sensors > Heart Rate** and press **⌂/LAP** to enter its submenu.
3. Amis S430H/S630H/S630R SKU has paired the heart rate sensor for you. It will automatically detect the sensor when the sensor is activated and functioning correctly.

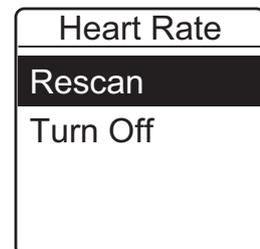
NOTE:

- If you purchase a heart rate sensor separately, you must pair it with your Amis S430/S630 in order to connect your sensor with the device.
- The information of the sensor ID are included in the package. Please verify the sensor ID is correct.

4. Select **More** and press **⌂/LAP** to enter the selected sensor submenu.

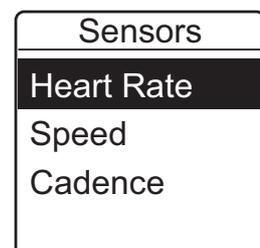


5. Press **▲/▼** to select the desired option and press **⌂/LAP** to confirm.
 - **Rescan:** rescan to detect the heart rate sensor. (only required when you want to pair your Amis S430/S630 with other heart rate sensor)
 - **Turn Off:** disable the sensor. (only required when your Amis S430/S630 has paired with the heart rate sensor.)



Link Other Sensors (Amis S630 only)

1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > Sensors > Speed, Cadence, or Speed/CAD** and press **⌂/LAP** to enter its submenu.
3. Press **▲/▼** to select **More** and press **⌂/LAP** to enter the selected sensor submenu.
4. When the sensor is successfully connected, the sensor ID will be displayed on the screen. Verify that the sensor ID is correct.



NOTE: The information on the sensors ID are included in the package.

5. Press ▲/▼ to select the desired option and press Ⓞ/LAP to confirm.
 - **Rescan:** rescan to detect the sensor.
 - **Turn Off:** disable the sensor. (Only if the device has paired with the sensor)

Personalize User Profile

User Profile

You can change your personal information.

1. Press Ⓞ/LAP to enter the menu mode.
2. Press ▲/▼ to select **Settings > Profile > User Profile** and press Ⓞ/LAP to enter its submenu.
3. Select the desired option and configure the necessary settings.
 - **Gender:** select your gender.
 - **Birthday:** enter your birthday.
 - **Height:** set your height.
 - **Weight:** set your weight.
 - **Max HR:** set your maximum heart rate.
 - **LTHR:** set your lactate threshold heart rate.
 - **Race Time:** Enter the time and distance of a recent race.

User Profile	
Gender	Female
Birthday	1980/01/01

NOTE: It is highly recommend to implement the Bryton Test (MHR, LTHR, 3km Race, or 5km Race) and save the test results to device since these data will be used to create training zone (MHR zone, LTHR zone, and pace zone) to maximize your training efficiency.

Bike Profile (Amis S630 only)

To customize your bicycle(s) profile, do the following:

1. Press Ⓞ/LAP to enter the menu mode.
2. Press ▲/▼ to select **Settings > Profile > Bike Profile > Bike 1** or **Bike 2** and press Ⓞ/LAP to enter its submenu.
3. Select the desired option and configure the necessary settings.
 - **Bike Type:** select the bike type.
 - **Weight:** set the bike weight.
 - **Wheel:** set the bike wheel size.

Bike 1	
Bike Type	City Bike
Weight	6 kg

NOTE: Please make sure you enter a correct value since it will affect the data calculation while you use speed sensor. For details on wheel size, refer to **Wheel Size and Circumference** section.

- **Active:** select to activate the selected bike.

To view the bike profile, do the following:

1. Press **⌂/LAP** to enter the menu mode.
2. Press **▲/▼** to select **Settings > Profile > Bike Profile > Overview** and press **⌂/LAP** to enter its submenu.
3. Press **▲/▼** to select the desired bike that you want to view and press **⌂/LAP** to confirm.
4. Press **▲/▼** to view more data of the selected bike.
 - **ODO**: total cycling miles.
 - **Ride time**: total cycling time.

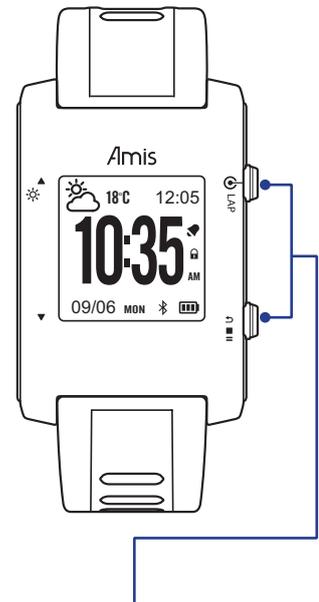
Troubleshooting

Getting More Information

Go to <http://corp.brytonsport.com> > **Support** for more detailed information.

Reset Amis S430/S630

Press and hold the two buttons (⌂/LAP and ↩/=/■) at the same time until the device restarts.



Press and hold these 2 keys to force a system RESET.

Appendix

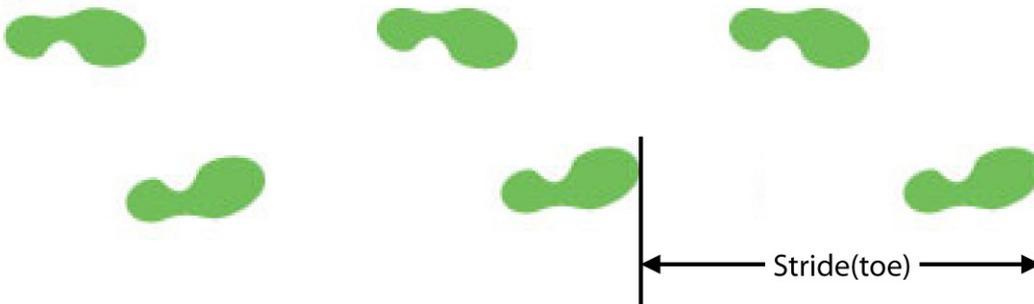
Glossary and Customizable Data Fields Selection

Category	Items	Description	Amis S430	Amis S630
Calories	Calories	Calories burned during the current activity	✓	✓
Time	Time	Current time of day based on your time settings	✓	✓
	Run Time	Amount of time at running	✓	✓
	Ride Time	Amount of time at riding	✓	✓
	Exercise Time	Amount of time at exercising	✓	✓
	Trip Time	Total time elapsed	✓	✓
	Sunrise	Sunrise time based on your GPS position	✓	✓
	Sunset	Sunset time based on your GPS position	✓	✓
Pace	Pace	Current pace	✓	✓
	Avg Pace	Average pace of the current activity	✓	✓
Speed	Speed	Current speed	✓	✓
	Avg Speed	Average speed of the current activity	✓	✓
	Max Speed	Maximum speed achieved during the current activity	✓	✓
Distance	Distance	Traveled distance during the current activity	✓	✓
HR	Heart Rate	Current heart rate in beats per minute (bpm)	✓	✓
	Avg Heart Rate	Average heart rate of the current activity	✓	✓
	Max Heart Rate	Maximum heart rate achieved during the current activity	✓	✓
HR	Heart Rate Zone (MHR Zone)	Current heart rate ranges based on maximum heart rate (MHR)	✓	✓
	MHR%	Percentage of maximum heart rate	✓	✓
	LTHR Zone	Current heart rate ranges based on lactate threshold heart rate (LTHR)	✓	✓
	LTHR%	Percentage of lactate threshold heart rate (LTHR)	✓	✓

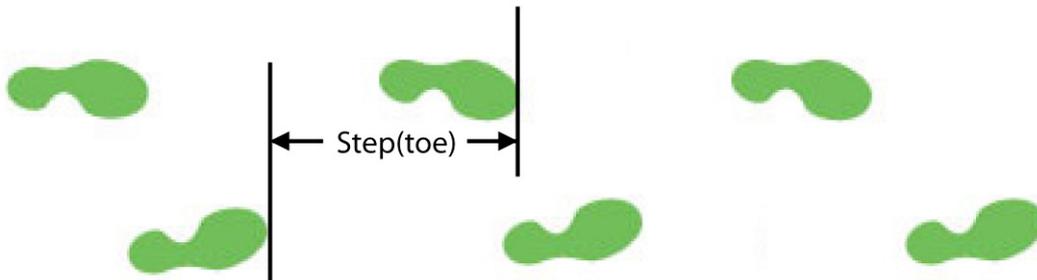
Category	Items	Description	Amis S430	Amis S630
Stride	*Stride Rate	Current number of strides per minute (spm)	✓	✓
	Avg Stride	Average stride rate of the current activity	✓	✓
	Max Stride	Maximum stride rate achieved during the activity	✓	✓
	*Avg Stride Length	Average length of one step	✓	✓
Cadence	Cadence	Number of revolutions of the crank arm per minute (rpm)	✗	✓
	Avg Cadence	Average cadence of the current activity	✗	✓
	Max Cadence	Maximum cadence achieved during the current activity	✗	✓
Count	Lap Count	Number of laps completed	✓	✓
Time	Lap Time	Amount of time during the current lap	✓	✓
	Last Lap Time	Amount of time recorded in the last completed lap	✓	✓
Pace	Last 1km Pace	Average pace of the last one kilometer completed	✓	✓
	Lap Avg Pace	Average pace of the current lap	✓	✓
	Last Lap Avg Pace	Average pace of the last completed lap	✓	✓
Speed	Lap Avg Speed	Average speed of the current lap	✓	✓
	Lap Max Speed	Maximum speed of the current lap	✓	✓
	Last Lap Avg Speed	Average speed of the last completed lap	✓	✓
Distance	Lap Distance	Traveled distance of the current lap	✓	✓
	Last Lap Distance	Traveled distance of the last completed lap	✓	✓
HR	Lap Avg HR	Average heart rate of the current lap	✓	✓
	Lap Max HR	Maximum heart rate of the current lap	✓	✓
	Last Lap Avg HR	Average heart rate of the last completed lap	✓	✓
	Lap MHR%	Percentage of maximum heart rate of the current lap	✓	✓
	Lap LTHR%	Percentage of lactate threshold heart rate of the current lap	✓	✓

Category	Items	Description	Amis S430	Amis S630
Stride	Lap Avg Stride Rate	Average stride rate of the current lap	✓	✓
	Last Lap Avg Stride Rate	Average stride rate of the last completed lap	✓	✓
	Lap Avg Stride Length	Average stride length of the current lap	✓	✓
	Last Lap Avg Stride Length	Average stride length of the last completed lap	✓	✓
Cadence	Lap Avg Cadence	Average cadence of the current lap	✗	✓
	Last Lap Avg Cadence	Average cadence of the last completed lap	✗	✓

* A **Stride** means the distance between the toe of two subsequent footprints of the same foot. Stride rate means how many strides per minute.

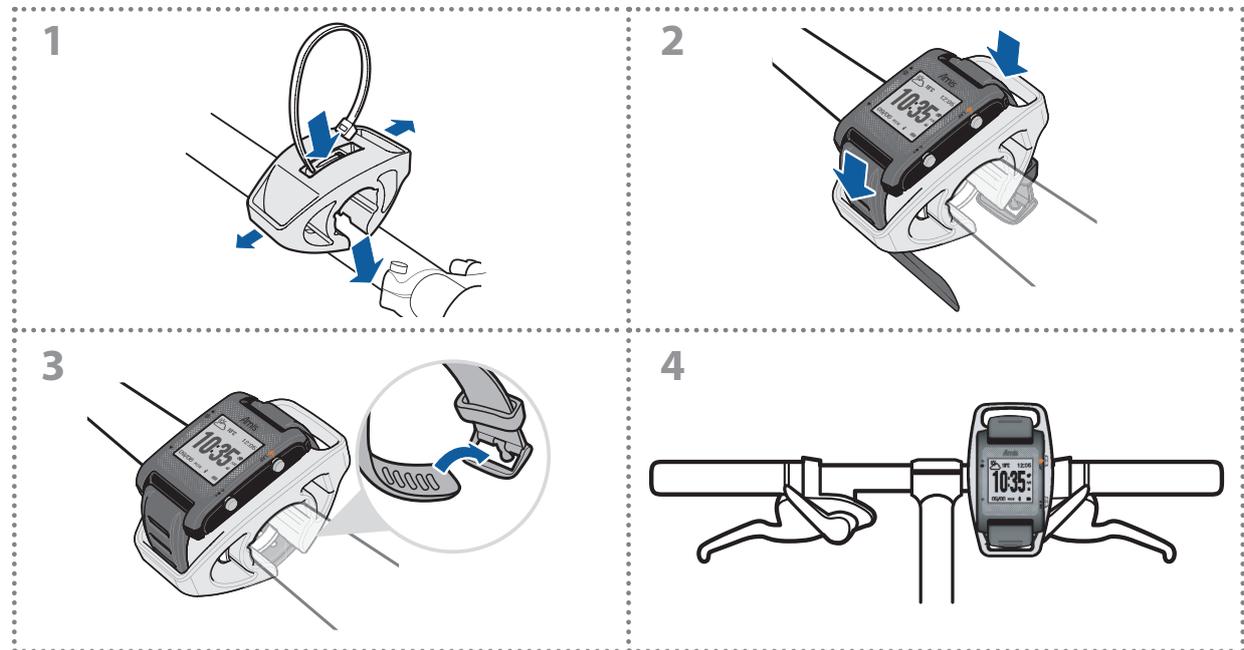


* A **Step** means the distance between the toe of two subsequent feet. Stride length means the length of two steps.

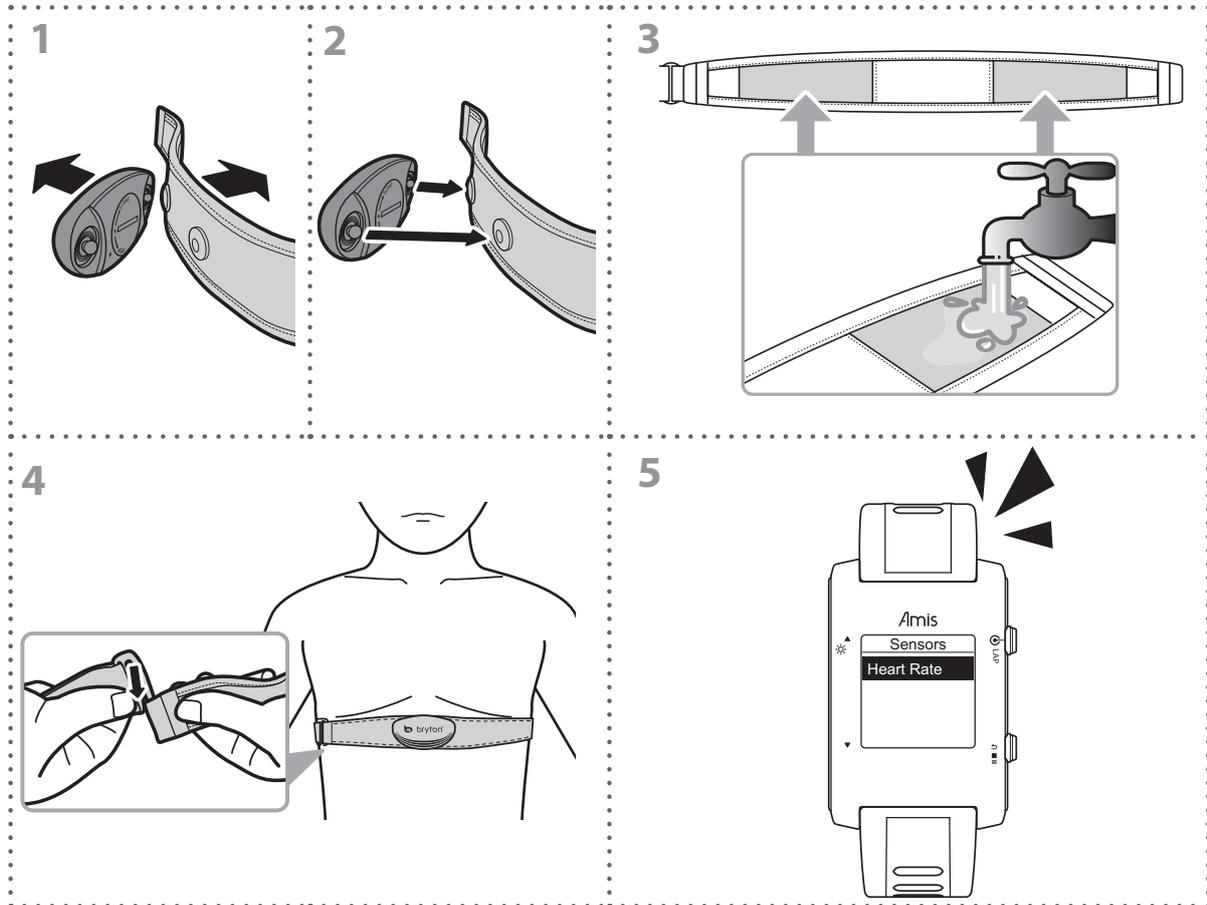


Installing the Bike Mount (Amis S630 only)

To mount Amis S630 onto your bike, do the following:



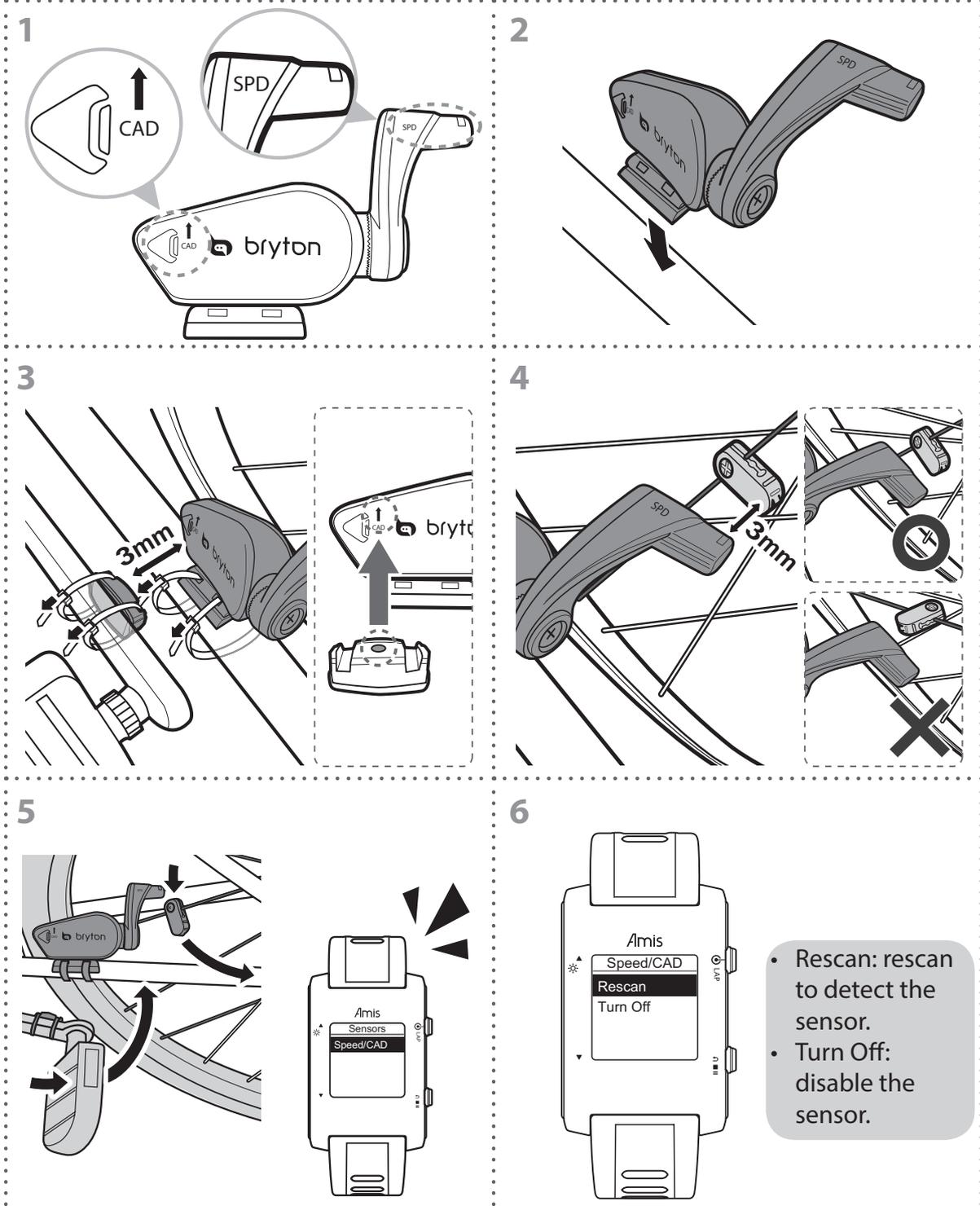
Installing the Heart Rate Monitor



NOTE:

- Adjust the sensor position to the middle part of the body. The belt should be worn under the chest and directly on your body. The Bryton logo shown on the sensor should be facing upward. Tighten the elastic belt firmly so that it will not turn loose during the exercise.
- In cold weather, wear appropriate clothing to keep the heart rate belt warm.
- If the sensor cannot be detected or the reading is abnormal, please wet the electrodes area with water as shown in the step 3 or warm up the heart rate sensor for about 5 minutes.
- If the heart rate belt is not used for a period of time, remove the sensor from the heart rate belt to prevent the battery from running flat.
- Heart rate sensor does not work under water. This is common to all ANT+ sensors.
- For triathlon, it is recommended to wear Heart rate belt after swimming as water will reduce the strength of heart beat signal. If the heart rate belt is wore before swimming, heart rate data may not be properly recorded after leaving the water for a period of time.
- The Amis devices and heart rate monitor (HRM) are waterproof. However, the wireless signal does not transmit through water and as a result, this disrupts the data communication between the device and the HRM.

Installing the Speed/Cadence Dual Sensor (Amis S630 only)



NOTE:

- Align both sensor and magnet as shown in the illustration (3) and (4). Pay attention on the alignment points.
- Ensure the distance between the sensor and the magnet is within 3 mm.
- On the initial usage, do the following:
 1. Press the  button. The LED blinks from red to green, indicating the sensor is working.
 2. Start pedaling.
 3. When the cadence magnet comes across the sensor, the red LED blinks. When the speed magnet comes across the sensor, the green LED blinks.
 4. The LED blinks only for the first 10 passes after pressing the  button.
 5. If you want to check the alignment status after 10 passes, just press the  button and repeat Step 1 to 4.

Wheel Size and Circumference

The wheel size is marked on both sides of the tires.

Wheel Size	L (mm)
12 x 1.75	935
14 x 1.5	1020
14 x 1.75	1055
16 x 1.5	1185
16 x 1.75	1195
18 x 1.5	1340
18 x 1.75	1350
20 x 1.75	1515
20 x 1-3/8	1615
22 x 1-3/8	1770
22 x 1-1/2	1785
24 x 1	1753
24 x 3/4 Tubular	1785
24 x 1-1/8	1795
24 x 1-1/4	1905
26 x 2.10	2068
26 x 2.125	2070
26 x 2.35	2083
26 x 3.00	2170
27 x 1	2145
27 x 1-1/8	2155
27 x 1-1/4	2161
27 x 1-3/8	2169
650 x 35A	2090
650 x 38A	2125
650 x 38B	2105
700 x 18C	2070

Wheel Size	L (mm)
24 x 1.75	1890
24 x 2.00	1925
24 x 2.125	1965
26 x 7/8	1920
26 x 1(59)	1913
26 x 1(65)	1952
26 x 1.25	1953
26 x 1-1/8	1970
26 x 1-3/8	2068
26 x 1-1/2	2100
26 x 1.40	2005
26 x 1.50	2010
26 x 1.75	2023
26 x 1.95	2050
26 x 2.00	2055
700 x 19C	2080
700 x 20C	2086
700 x 23C	2096
700 x 25C	2105
700 x 28C	2136
700 x 30C	2170
700 x 32C	2155
700C Tubular	2130
700 x 35C	2168
700 x 38C	2180
700 x 40C	2200

Heart Rate Zones

Zone	What it does	% of Heart Rate Reserve
1: Very Light	Great for beginners, those in extremely poor condition and those primarily interested in exercising for weight loss because the body burns a higher blend of fat calories than carbohydrate calories for its fuel.	50-60%
2: Light	Weight management & strengthening your heart, giving it the opportunity to work at its optimum level. Also known as the "aerobic fitness threshold" because from this point forward, your body begins to reap the positive effects of aerobic exercise.	60-70%
3: Moderate	Benefits not only your heart but also your respiratory system. Increases your endurance and enhances your aerobic power, which is the ability to transport oxygen to, and carbon dioxide away from sport-specific muscles. Increases your MET (Metabolic Equivalent) output.	70-80%
4: Hard	High performance training benefits. Increase your body's ability to metabolize lactic acid, allowing you to train harder before crossing over into the pain of lactate accumulation and oxygen debt.	80-90%
5: Max	Only extremely fit athletes work at this zone on a limited frequency and duration. Operating in oxygen debt to train metabolic pathways of fast switch muscle fibers, not endurance pathways or enzymes.	90-100%

Basic Care For Your Amis S430/S630

Taking good care of your Amis S430/S630 will reduce the risk of damage to your device.

- Do not drop your Amis S430/S630 or subject it to severe shock.
- Do not expose your Amis S430/S630 to extreme temperatures and excessive moisture.
- The screen surface can easily be scratched. Use the non-adhesive generic screen protectors to help protect the screen from minor scratches.
- Use diluted neutral detergent on a soft cloth to clean your Amis S430/S630.
- Do not attempt to disassemble, repair or make any modifications to your device. Any attempt to do so will make the warranty invalid.

Specifications

Amis S430

Item	Description
Display	1.28" Mono LCD
Dimensions	46.6(L) x 36.6(W) x 13.0(T) mm
Weight	47g
Operating temperature	-10°C ~ 50°C
Battery charge temperature	0°C ~ 40°C
Battery life	<ul style="list-style-type: none"> • Up to 180 days in clock mode • Up to 16 hours in exercise mode in open-sky environment
GPS	Integrated high-sensitivity receiver with embedded antenna
Radio Frequency	<ul style="list-style-type: none"> • 2.4 GHz ANT+ receiver with embedded antenna • Bluetooth Smart wireless technology with embedded antenna
G-Sensor	3-axis acceleration sensor

Amis S630

Item	Description
Display	1.28" Mono LCD
Dimensions	46.6(L) x 36.6(W) x 13.0(T) mm
Weight	47g
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GPS	Integrated high-sensitivity receiver with embedded antenna
Radio Frequency	<ul style="list-style-type: none"> • 2.4 GHz ANT+ receiver with embedded antenna • Bluetooth Smart wireless technology with embedded antenna
G-Sensor	3-axis acceleration sensor

Heart Rate Monitor Set

Item	Description
Physical size	67~100 x 26 x 15 mm
Weight	14 g (sensor) / 35g (strap)
Water Resistance	20m
Transmission range	5m
Battery life	1 hour per day for 24 months
Operating temperature	5°C ~ 40°C
Radio frequency/protocol	2.4GHz ANT+ wireless communication protocol

Speed & Cadence Dual Sensor

Item	Description
Physical size	32.5 x 20.2 x 60mm (body)
Weight	30g
Water Resistance	20m
Transmission range	5m
Battery life	1 hour per day for 1.4 years
Operating temperature	-10°C ~ 60°C
Radio frequency/protocol	2.4GHz ANT+ wireless communication protocol

Accuracy may be degraded by poor sensor contact, electrical interference, and receiver distance from transmitter.

