



bryton®



Rider
30

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.

Product Registration

Help us better support you by completing your device registration using Bryton Bridge. Go to <http://support.brytonsport.com> for more information.

Bryton Software

Go to <http://brytonsport.com> to download free software to upload your personal profile, tracks and analyze your data on the web.

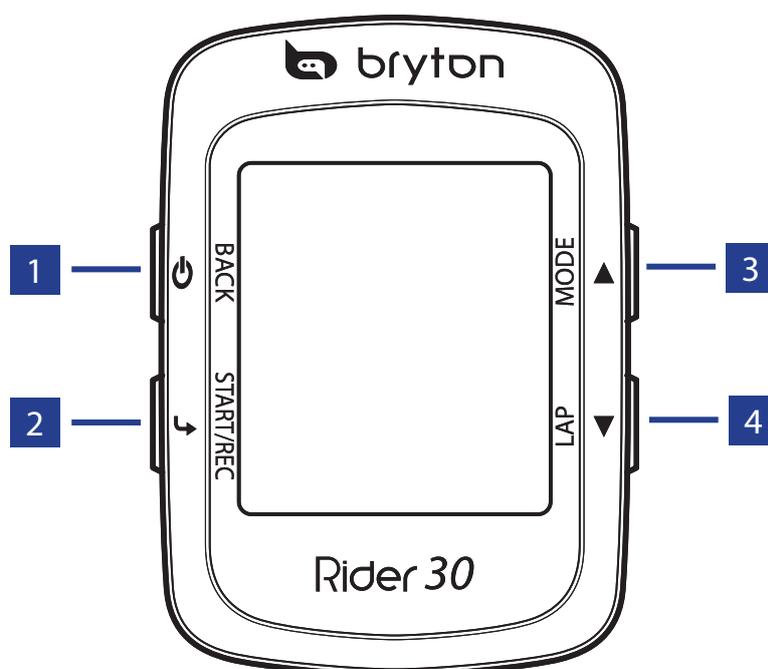
Australian Consumer Law

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 Rider 30.

Your Rider 30



1 Power

- Press and hold to turn the Rider 30 on or off.
- Press to return to the previous page or cancel an operation.

2 Start / Stop

- In menu mode, press to enter or confirm a selection.
- In free cycling, press to start recording. Press it again to stop recording.

3 Mode / Up

- Press to switch modes: Meter, Find & Go, Altitude Chart, and My Buddy.
- In menu mode, press to move up to scroll through menu options.

4 Lap / Down

- In menu mode, press to move down to scroll through menu options.
- While recording, press to start to record a lap.

Reset the Rider 30

To reset the Rider 30, press and release both  and  at the same time.

Accessories

The Rider 30 comes with the following accessories:

- USB cable
- Bike mount

Optional items:

- Speed/Cadence sensor
- Heart rate belt
- Power adapter
- Plug(s)

Status Icons

Icon	Description
Bike in used	
	Bike 1
	Bike 2
GPS Signal Status	
	No signal (not fixed)
	Weak signal
	Strong signal
Power Status	
	Full battery
	Half battery
	Low battery

Icon	Description
	Heart Rate Sensor Active
	Cadence Sensor Active
	Speed Sensor Active
	Log Record in Progress
	Training mode
	Free ride mode
	Navigation mode

NOTE:

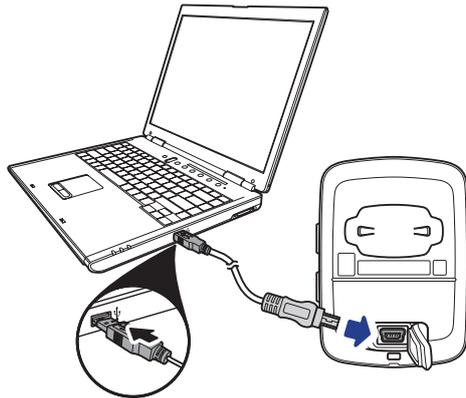
- Log Record is displayed only when it is in progress.
- For the three available modes (training, free ride, and navigation), only the active mode icon is displayed on the screen.

Charge the Battery

Warning:

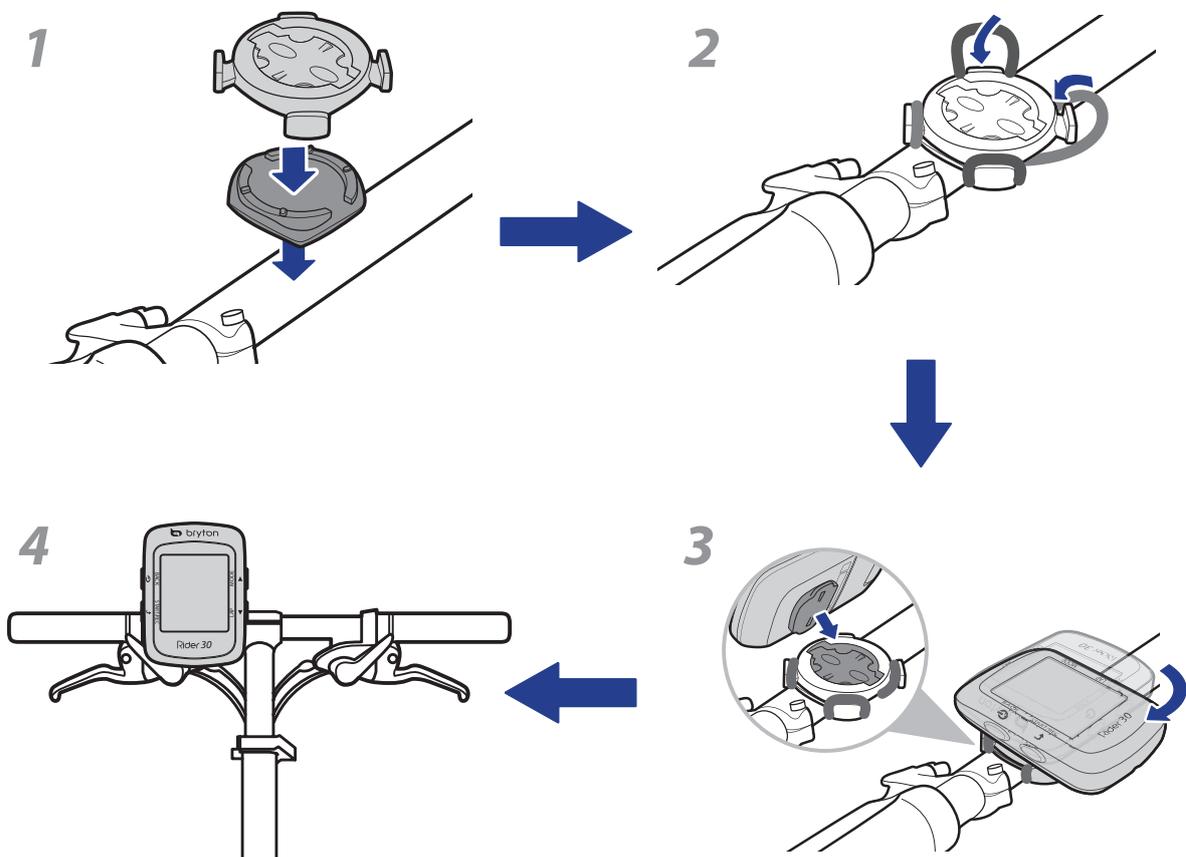
This product contains a lithium-ion battery. See the Warranty and Safety Information guide in the package for important battery safety information.

To charge the battery, connect your Rider 30 to your computer using the USB cable.

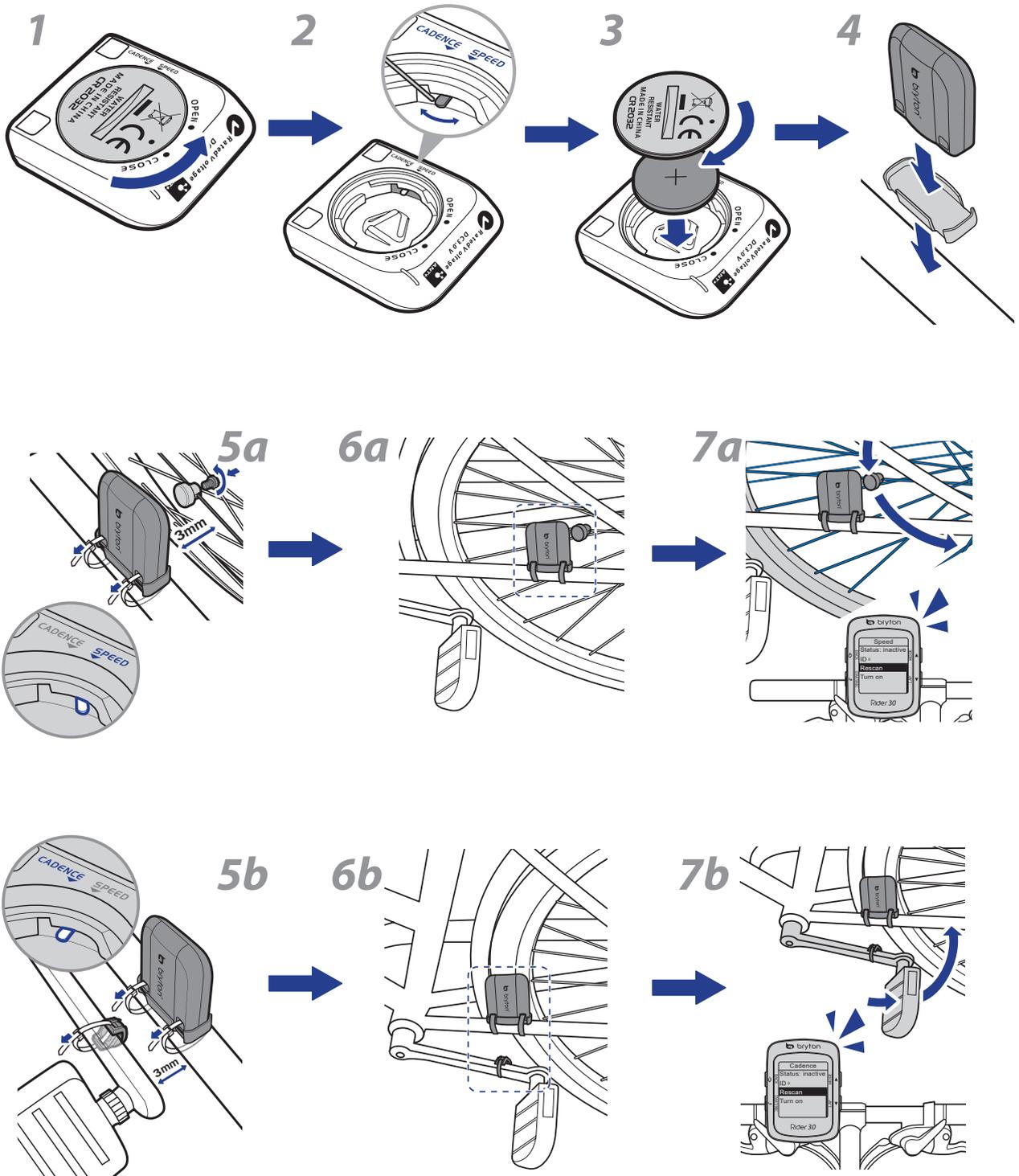


Install the Rider 30

Mount the Rider 30 to the Bike

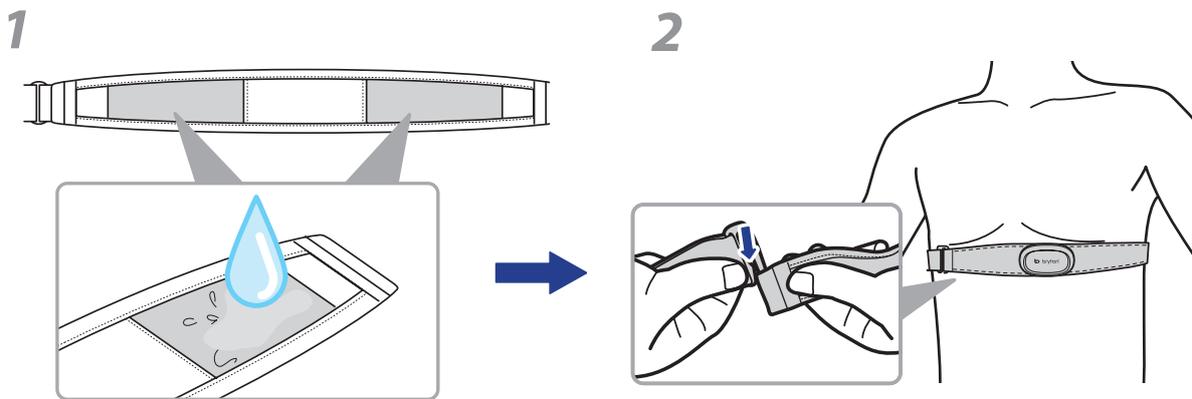
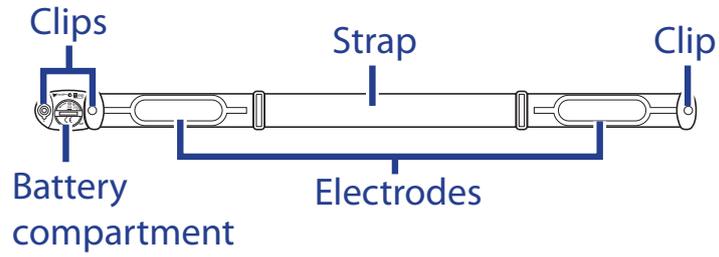


Install the Speed/Cadence Sensor (Optional)



NOTE: To ensure optimum performance, the distance between the sensor and the magnet must be within 3 mm.

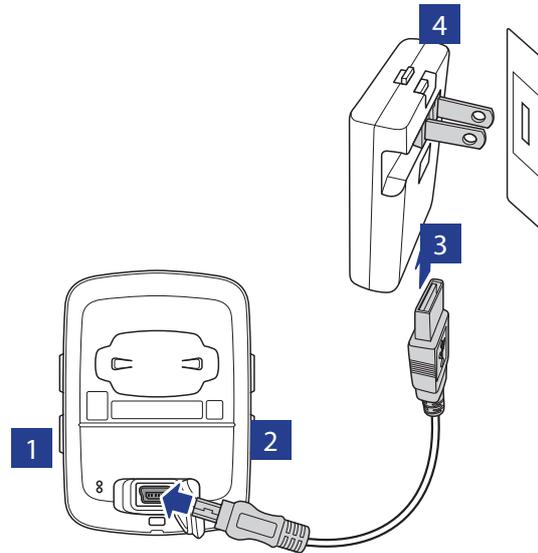
Install Heart Rate Belt (Optional)

**NOTE:**

- In cold weather, wear appropriate clothing to keep the heart rate belt warm.
- The belt should be worn directly on your body.

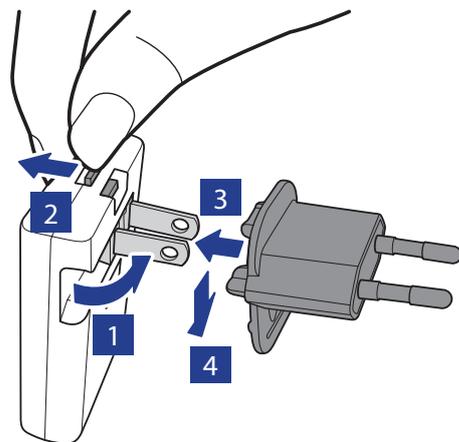
Using the Power Adapter (Optional)

You can use the power adapter to charge the battery.



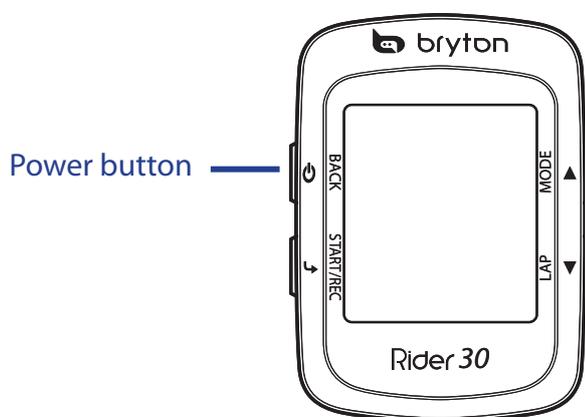
You can purchase different plug head(s) suitable in the country where you purchased the Rider 30.

To use the plug:



Turn on the Rider 30

Press and hold the Power  button to turn the Rider 30 on.



Acquire Satellite Signals

Once the Rider 30 is turned on, it will automatically search for satellite signals. It may take 30 to 60 seconds to acquire signals.

Initial Setup

When turning the Rider 30 on for the first time, the setup wizard appears on screen. Follow the instructions to complete setup.

1. Select the display language and time zone.
2. Select the unit of measurement.
3. Enter your "user profile".
(It is recommended to input the data. The data accuracy will highly affect your training analysis.)
4. Read and accept the Safety Agreement.

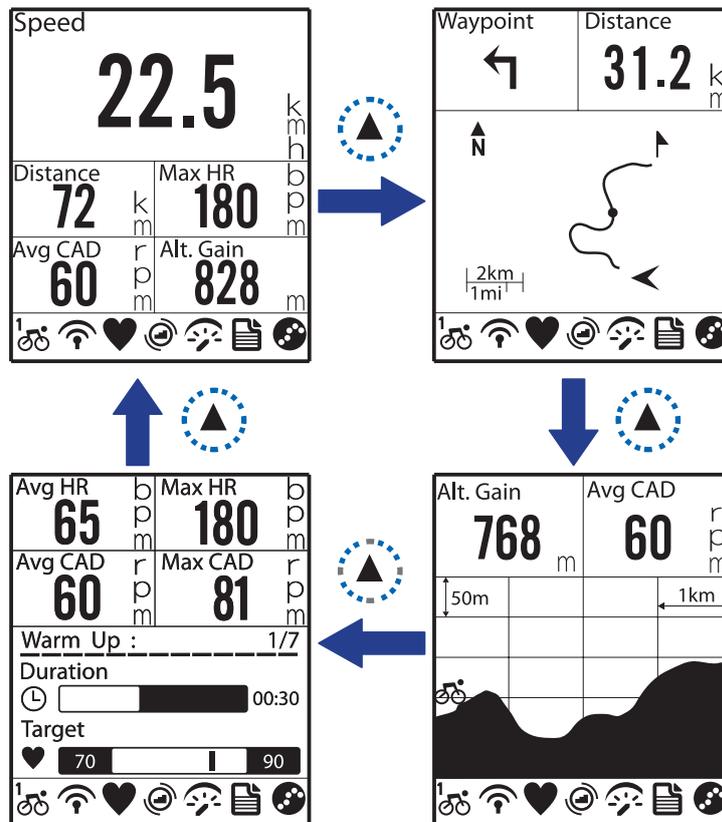
NOTE: If you want to change the language on the device, change the setting via **Bryton Bridge > Rider 30 > Language**.

Ride your Bike with Rider 30!

1. Just ride with free cycling mode or set up a training program through menu options.
2. Toggle ▲ to switch modes.

Select from the available different modes: Meter, Find & Go, Altitude Chart, and My Buddy.

NOTE: Find & Go, Altitude Chart and My Buddy only appear in Training mode or Find & Go mode (which is in progress).



3. In free cycling, press  to start recording log, and press  again to stop recording.

Manage Rider 30 Data via Your Computer

1. Connect your Rider 30 to your computer by using the USB cable.
2. Install the Bryton Bridge application. You can download the application at <http://bb.brytonsport.com> or install from the bundled CD that came with the package.
3. Follow the on-screen instructions to transfer data to your computer.

NOTE:

- After unplugging the Rider 30 from the USB, the Rider 30 will reset itself.
- Do not unplug the USB cable during the file transferring process. Otherwise, the files may be damaged or corrupted.

Share Your Experience With Other Bikers

To share your experiences and training results with other bikers around the world, please visit <http://brytonsport.com>.

Training

Bicycling is one of the best types of exercise for your body. It helps you to burn your calories, lose weight, and increase your overall fitness. With the Rider 30 Training feature, you can set simple/zone based workouts and use the Rider 30 to track your training or workout progress.



1. In the main screen, press ▲/▼ to select **Training**.
2. Press ↵ to enter the Training menu.

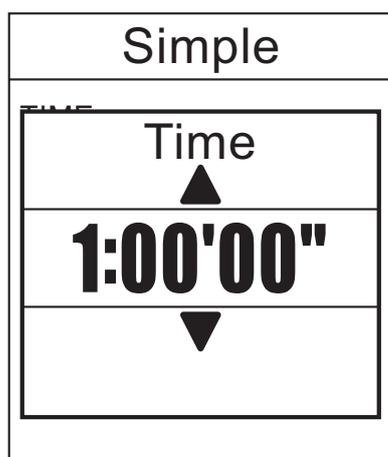
Simple Workouts

You can set simple workouts by entering your time or distance goals, and My Buddy will assist you to achieve them.

The Rider 30 offers you with two types of simple workouts:

- By Time
- By Distance

Time



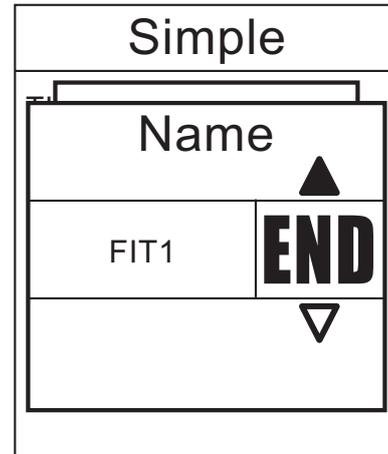
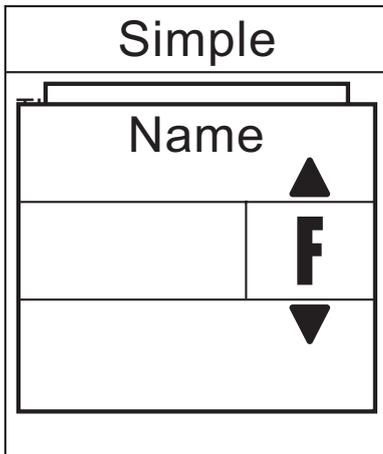
1. In the Training menu, press ▲/▼ to select **To Plan > Simple > By Time**.
2. Press ▲/▼ to set your time and press ↵ to confirm.
3. A "Save to My Workout?" message appears on the screen. To save the data, press ▲/▼ to select **Yes** and press ↵ to confirm.
4. Enter the workout name using the on-screen keyboard.
5. Go for a ride.
Press ↵ to start training and record log.

Distance



1. In the Training menu, press ▲/▼ to select **To Plan > Simple > By Distance**.
2. Press ▲/▼ to set your distance and press ↵ to confirm.
3. A "Save to My Workout?" message appears on the screen. To save the data, press ▲/▼ to select **Yes** and press ↵ to confirm.
4. Enter the workout name using the on-screen keyboard.
5. Go for a ride.
Press ↵ to start training and record log.

Using the On-screen Keyboard



1. Press ▲/▼ to select the input character.
 - Select **DEL** to erase the data.
2. Press ↵ to confirm the selection.
3. When finished, press ▲/▼ to select **END** and press ↵ to confirm or press ⏻ to save.

Basic Workouts

You can create a workouts based on the time and heart rate zone.

Basic	
Time	1:00'00"
Heart Rate	133~152 bpm
Continue	

1. In the Training menu, press ▲/▼ to select **To Plan > Basic**.
2. Press ▲/▼ to set your time and press ↵ to confirm.
3. Press ▲/▼ to desired heart rate zone and press ↵ to confirm.
4. When finished, press ▲/▼ to select **Continue** and press ↵ to continue.
5. A "Save to My Workout?" message appears on the screen. To save the data, press ▲/▼ to select **Yes** and press ↵ to confirm.
6. Enter the workout name using the on-screen keyboard.
7. Go for a ride.
Press ↵ to start training and record log.

Interval Workouts

You can create a workouts based on the preset interval workouts data.

Interval	
1. Warm Up :	15 ' 00"
2. Interval :	5 Km
3. Recovery :	05 ' 00" (Repeat x 3)
4. Cool down :	05 ' 00"
CONTINUE	

1. In the Training menu, press ▲/▼ to select **To Plan > Interval**.
2. View the workout data and press ↵ to continue.
3. Go for a ride.
Press ↵ to start training and record log.

Customize Workouts

You can create a customize interval workouts with your Rider 30.



1. In the Training menu, press ▲/▼ to select **To Plan > Customize**.
2. Press ▲/▼ to view the workout data.
3. On the **Repeat time** option, press ▲/▼ to select time interval and press ↵ to confirm.
4. When finished, press ▲/▼ to select **Continue** and press ↵ to continue.
5. A "Save to My Workout?" message appears on the screen. To save the data, press ▲/▼ to select **Yes** and press ↵ to confirm.
6. Enter the workout name using the on-screen keyboard.
7. Go for a ride.
Press ↵ to start training and record log.

My Workout

With My Workout feature, you can start your workout using the training plan that you have saved earlier.



1. In the Training menu, press ▲/▼ to select **My Workout**.
2. Press ▲/▼ to select your desired training plan and press ↵ to confirm.
3. Select **Start** and press ↵ to continue.
4. Go for a ride.
Press ↵ to start training and record log.

Stop Training

You can stop the current training after you have reached your goal, or you decide to end the current training.

1. Press the ⏻ button.
2. A "Do you want to stop?" message appears on the screen. To stop the current training, press ▲/▼ to select **Yes** and press ↵ to confirm.

Find & Go

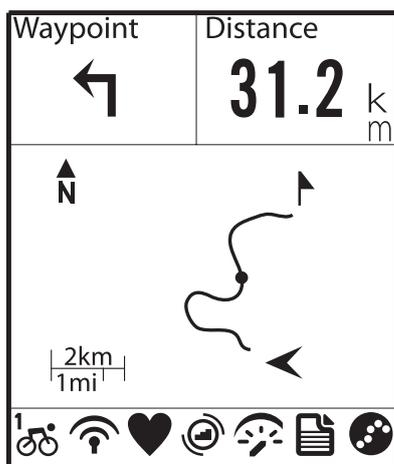
With the Find & Go feature, you can navigate rides from History, Planned Trip, and My POI list.



1. In the main screen, press ▲/▼ to select **Find & Go**.
2. Press ↵ to enter the Find & Go menu.

Navigate Rides from History

You can navigate any trip saved in your Rider 30 history.



1. In the Find & Go menu, press ▲/▼ to select **History**.
2. Press ▲/▼ to select a ride from the list and press ↵ to confirm.
3. Press ↵ to record log.
A track appears on the screen, showing you the direction to your destination.

Navigate Rides from Planned Trip

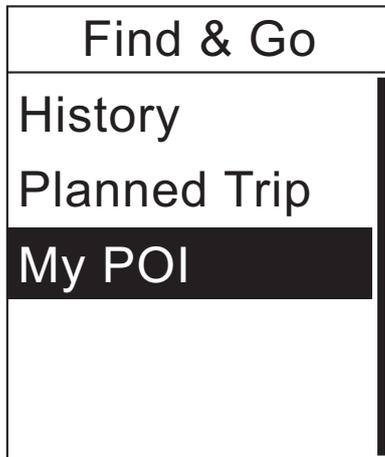
You can navigate a ride uploaded to your Rider 30 from the Bryton Bridge application.

1. Prepare and download your trip via brytonsport.com and Bryton Bridge application.
2. Connect your Rider 30 with the computer using the USB cable.
3. Follow the on-screen instructions to transfer data to your Rider 30.
4. Unplug the USB cable and your Rider 30 will automatically restart.
5. Press ▲/▼ to select **Find & Go > Planned Trip**.
6. Press ▲/▼ to select a ride from the list and press ↵ to confirm.
7. Press ↵ to record log.

NOTE: See "Data Management" on page 31.

My POI

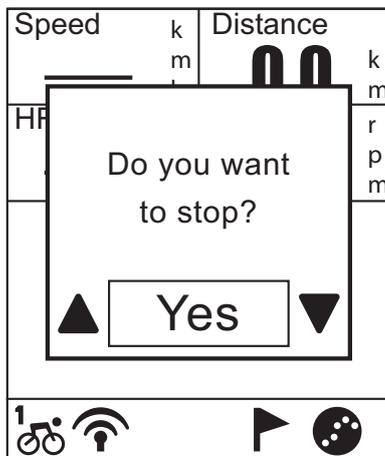
You can navigate any POI saved in My POI.



1. In the Find & Go menu, press ▲/▼ to select **My POI**.
2. Press ▲/▼ to select a place from the list.
3. Press ↵ to start navigating the ride.

Stop Navigating

You can stop the navigation mode at anytime.



To stop your ride:

1. Press ↵.
A "Do you want to stop?" message appears on the screen.
2. To stop the current training, press ▲/▼ to select **Yes** and press ↵ to confirm.

Data Recording

The Rider 30 can record points every second of your ride.

- In training mode, press ↵ to start training and recording log. Press ↵ again to stop training and recording log.
- In free cycling or direction mode, press ↵ to start recording log and press it again to stop recording.

Save POI

You can add the current place into My POI list.

Save POI	
▲	
1 at	25000000
1 on	121000000
Save	

To add a POI data:

1. In the main screen, press ▲/▼ to select **Save POI**.
2. Press ↵ to save the current POI data.
3. Enter the POI name using the on-screen keyboard.

View History

The Rider 30 automatically saves the history as the timer starts. After you have finished a ride, you can view the history data on the Rider 30.

History
2010/11/12 11:54
2010/11/12 13:25
2010/11/12 14:21

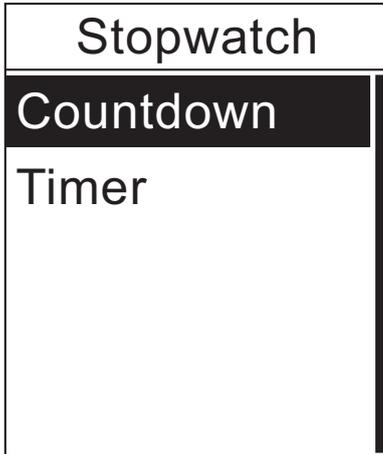
To view your history:

1. In the main screen, press ▲/▼ to select **View History**.
2. Press ▲/▼ to select a ride history from the list and press ↵ to view your history.

NOTE: You can also upload your history to brytonsport.com to keep track of all your ride data. See "Data Management" on page 31.

Stopwatch

With the Stopwatch feature, you can measure the amount of time elapsed from the time the Rider 30 is activated and deactivated. You can switch between two modes: Countdown and Timer. Countdown is used to notify you when a set amount of time has passed. Timer is used to measure how long something takes.



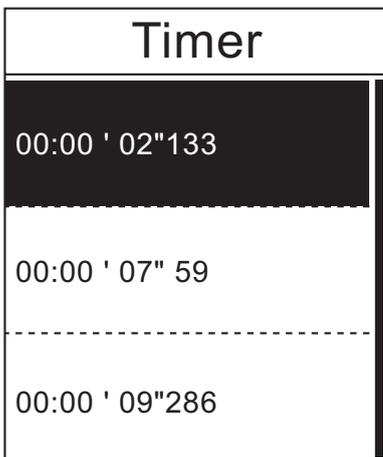
1. In the main screen, press ▲/▼ to select **Stopwatch**.
2. Press ↵ to enter the Stopwatch menu.

Countdown



1. In the Stopwatch menu, press ▲/▼ to select **Countdown**.
2. Press ▲/▼ to select the time field that you want to adjust and press ↵.
3. Press ▲/▼ to set your time and press ↵ to confirm.
3. To start the countdown, press ▲/▼ to select **Start** and press ↵ to confirm.
4. To stop the countdown, press ▲/▼ to select **Stop** and press ↵ to confirm.
5. Press ⏻ to exit this menu.

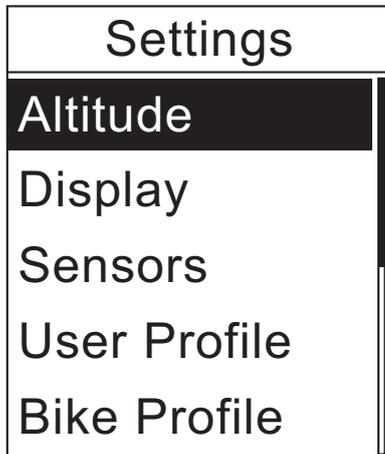
Timer



1. In the Stopwatch menu, press ▲/▼ to select **Timer**.
2. To start the timer running, press ↵ to confirm.
3. To record a lap while the watch is running, press ▲/▼ to select **Record** and press ↵ to confirm. It displays the first lap time.
 - Repeat this step to create a new lap.
4. To stop the watch, press ▲/▼ to select **Stop** and press ↵ to confirm.
 - To reset the timer, press ▲/▼ to select **Reset** and press ↵ to confirm.
5. To view the timer history, press ▲/▼ to select **History** and press ↵ to confirm.

Settings

With the Settings feature, you can customize altitude settings, display settings, sensor settings, system settings, bike and user profiles, GPS setup, and view device information.

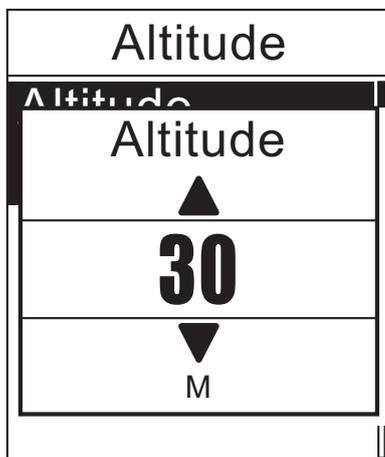


1. In the main screen, press ▲/▼ to select **Settings**.
2. Press ↵ to enter the Settings menu.

Altitude

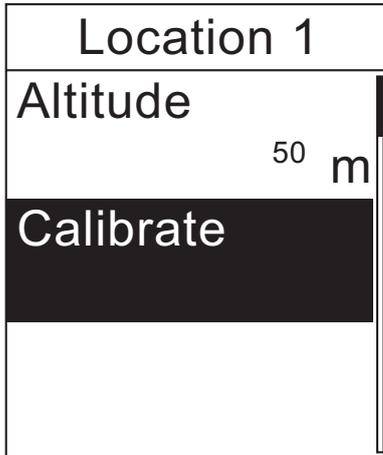
You can set the altitude setting for the current location and the other 5 locations.

Current Altitude



1. In the Settings menu, press ▲/▼ to select **Altitude > Altitude**.
2. Press ↵ to confirm.
3. Press ▲/▼ to adjust the desired altitude and press ↵ to confirm the setting.
4. Press ⏻ to exit this menu.

Other Location Altitude

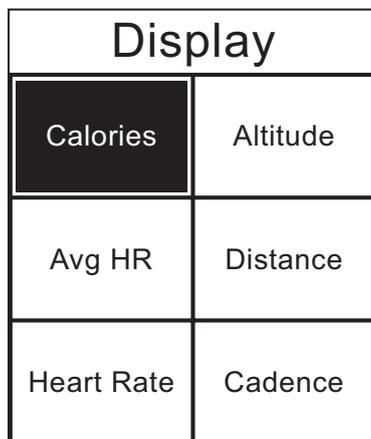


1. In the Settings menu, press ▲/▼ to select **Altitude** > **Location 1**, **Location 2**, **Location 3**, **Location 4**, or **Location 5**.
2. Press ↵ to confirm.
3. To set the altitude, use ▲/▼ to select **Altitude** and press ↵ to confirm.
4. Press ▲/▼ to adjust the desired altitude and press ↵ to confirm the setting.
5. To calibrate the set altitude, use ▲/▼ to select **Calibrate** and press ↵ to confirm.
6. Press ⏻ to exit this menu.

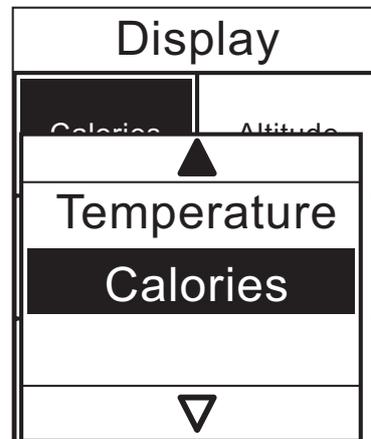
Display

You can set the display settings for the Meter, Find & Go, My Buddy, and Altitude. You can also set the auto switch settings.

Meter Display



6-grid display



Item selection

1. In the Settings menu, press ▲/▼ to select **Display** > **Meter** > **Meter1**, **Meter2**, or **Meter3**.
2. Press ↵ to confirm.
3. Press ▲/▼ to select the number of data fields and press ↵ to confirm.
4. Press ▲/▼ to select the item field that you want to customize, and press ↵ to confirm the selection.
5. Press ▲/▼ to select the desired setting and press ↵ to confirm.
6. Press ⏻ to exit this menu.

Find & Go / My Buddy / Altitude Display

Find & Go	
Speed	Dist. To Point
Heart Rate	Cadence

Find & Go (4-grid display)

My Buddy	
Speed	Distance
Heart Rate	Cadence

My Buddy (4-grid display)

Altitude	
Speed	Dist. to Peak
Heart Rate	Cadence

Altitude (4-grid display)

1. In the Settings menu, press ▲/▼ to select **Display > Find & Go, My Buddy, or Altitude**.
2. Press ↵ to confirm.
3. Press ▲/▼ to select the number of data fields and press ↵ to confirm.
4. Press ▲/▼ to select the item field that you want to customize, and press ↵ to confirm the selection.
5. Press ▲/▼ to select the desired setting and press ↵ to confirm.
6. Press ⏻ to exit this menu.

Auto Switch

Auto Switch	
Auto Switch	
Off	
Interval	5 sec

1. In the Settings menu, press ▲/▼ to select **Display > Auto Switch**.
2. Press ↵ to confirm.
3. Press ▲/▼ to select the desired setting and press ↵ to confirm.
 - Auto Switch: enable/disable the auto switch.
 - Interval: set the interval time.
4. Press ⏻ to exit this menu.

Sensors

You can customize the respective sensor settings such as enable/disable the function or rescan the sensor for the Rider 30.

Heart Rate
Status: active
ID 0
Rescan
Turn off

Heart Rate

Speed
Status: inactive
ID 0
Rescan
Turn on

Speed

Cadence
Status: inactive
ID 0
Rescan
Turn on

Cadence

Speed/CAD
Status: inactive
ID 0
Rescan
Turn on

Speed/Cadence

1. In the Settings menu, press ▲/▼ to select **Sensors > Heart Rate, Speed, Cadence, or Speed/CAD**.
2. Press ↵ to confirm.
3. Press ▲/▼ to select the desired setting and press ↵ to confirm.
 - Rescan: rescan to detect the sensor.
 - Turn on/Turn off: enable/disable the sensor.
4. Press ⏻ to exit this menu.

NOTE:

- When the heart rate monitor is paired, the ♥ heart rate icon appears on the main screen.
- While pairing your speed/cadence sensor and heart rate belt, please make sure there is no other cadence/speed sensor within 5 m. When the cadence sensor is paired, the 🌀 cadence sensor icon appears on the main screen.

Personalize User Profile

You can change your personal information.

User Profile	
Gender	Male
Age	30
Height	180 cm

1. In the Settings menu, press ▲/▼ to select **User Profile**.
2. Press ↵ to confirm.
3. Press ▲/▼ to select the desired setting and press ↵ to confirm.
 - Gender: select your gender.
 - Age: set your age.
 - Height: set your height.
 - Weight: set your weight.
 - Max HR: set your maximum heart rate.
 - LTHR: set your lactate threshold heart rate.
4. Press ⏻ to exit this menu.

Personalize Bike Profile

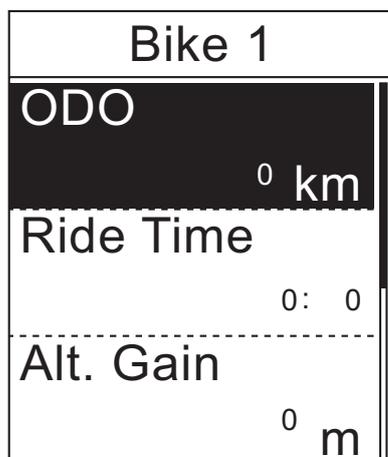
You can customize and view your bicycle(s) profile.

Bike 1	
Bike Type	City Bike
Weight	0 kg
Wheel	2040 mm

1. In the Settings menu, press ▲/▼ to select **Bike Profile > Bike 1** or **Bike 2**.
2. Press ↵ to confirm.
3. Press ▲/▼ to select the desired setting and press ↵ to confirm.
 - Bike Type: select the bike type.
 - Weight: set the bike weight.
 - Wheel: set the bike wheel size.
 - Activate: select to activate the bike.
4. Press ⏻ to exit this menu.

NOTE: For details on wheel size, see “Wheel Size and Circumference” on page 38.

View Bike Profile



1. In the Settings menu, press ▲/▼ to select **Bike Profile > Overview**.
2. Press ↵ to confirm.
3. Press ▲/▼ to select the desired bike and press ↵ to confirm.
4. Press ▲/▼ to view more data of the selected bike.
5. Press ⏻ to exit this menu.

Change System Settings

You can customize the Rider 30 system settings such as backlight off, alert, time/unit data format, on-screen display language, and data reset.

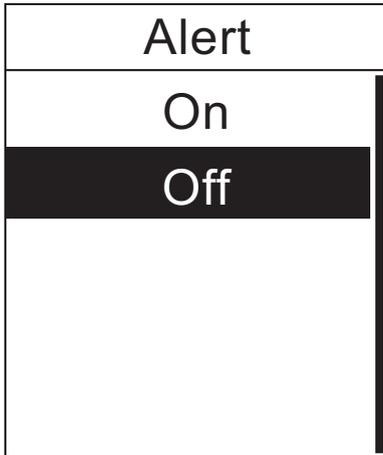
Backlight Off



1. In the Settings menu, press ▲/▼ to select **System > Backlight Off**.
2. Press ↵ to confirm.
3. Press ▲/▼ to select the desired setting and press ↵ to confirm.
4. Press ⏻ to exit this menu.

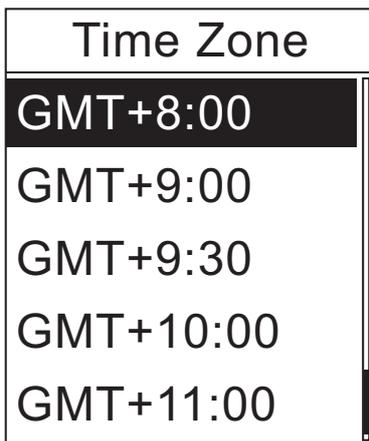
NOTE: Auto depends on the sunrise and sunset time to automatically adjust the backlight off setting.

Alert

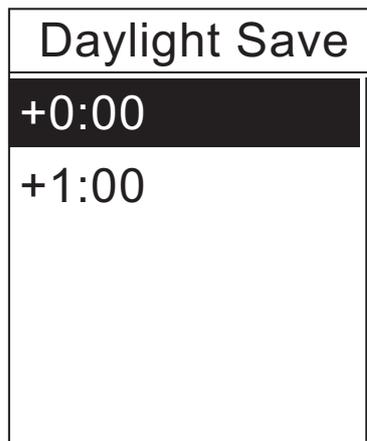


1. In the Settings menu, press ▲/▼ to select **System > Alert**.
2. Press ↵ to confirm.
3. Press ▲/▼ to select the desired setting and press ↵ to confirm.
4. Press ⏻ to exit this menu.

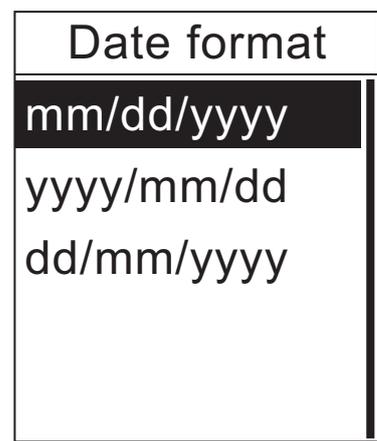
Time/Unit



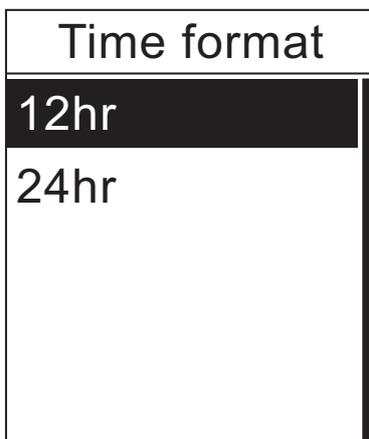
Time Zone



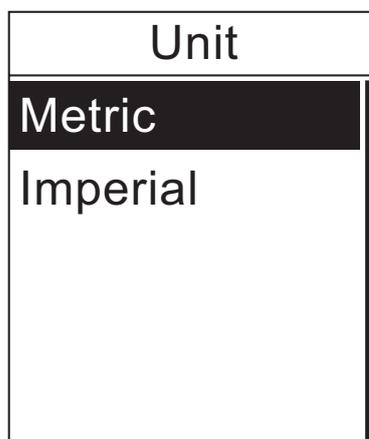
Daylight Save



Date format



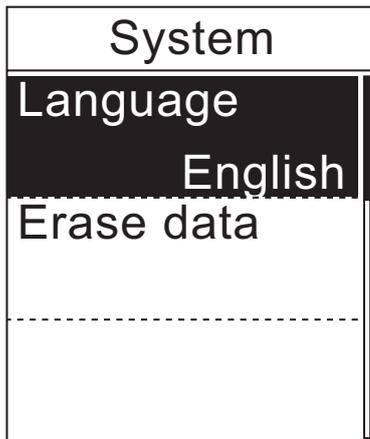
Time Format



Unit

1. In the Settings menu, press ▲/▼ to select **System > Time/Unit > Time Zone, Daylight Save, Date format, Time format, or Unit.**
2. Press ↵ to confirm.
3. Press ▲/▼ to select the desired setting/format and press ↵ to confirm.
4. Press ⏻ to exit this menu.

Language

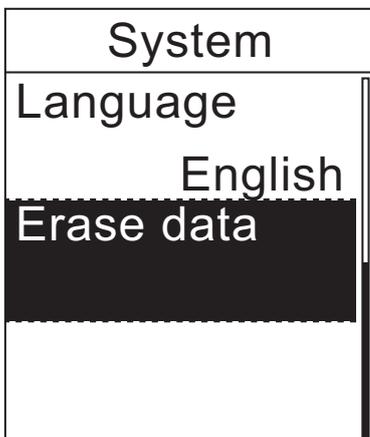


1. In the Settings menu, press ▲/▼ to select **System > Language.**
2. Press ↵ to confirm.
3. Press ▲/▼ to select the desired setting and press ↵ to confirm.
4. Press ⏻ to exit this menu.

NOTE:

- If you want to add or remove the OSD language on your Rider 30, change the setting via **Bryton Bridge > Rider 30 > Language.**
- **Erase data** will delete all the history data and record logs, except the user setting.

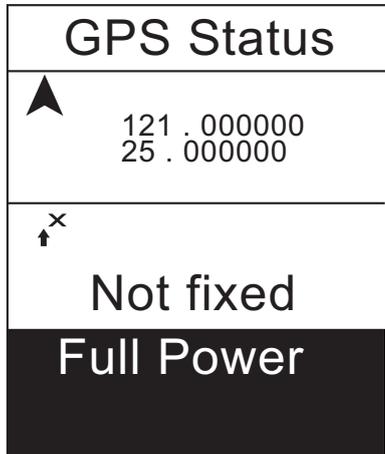
Erase Data



1. In the Settings menu, press ▲/▼ to select **System > Erase data.**
2. Press ↵ to confirm.
The device will automatically restart.

View GPS Status

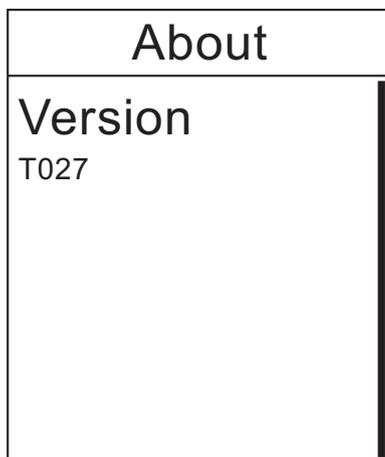
You can view the information about the GPS signal the Rider 30 is currently receiving.



1. In the Settings menu, press ▲/▼ to select **GPS Status**.
2. Press ↵ to confirm.
3. To set the signal search mode, press ↵ to confirm.
4. Press ▲/▼ to select the desired setting and press ↵ to confirm.
 - Off: disable the GPS satellites.
 - Full Power: GPS will always be on and the search for satellite signals.
 - PowerSaving: enter the power saving mode, GPS will always be on and the search for satellite signals but the GPS positioning will be less accurate.

View Firmware Version

You can view your Rider 30 current firmware version.



1. In the Settings menu, press ▲/▼ to select **About**.
2. Press ↵ to confirm.
The current firmware version is displayed on the screen.

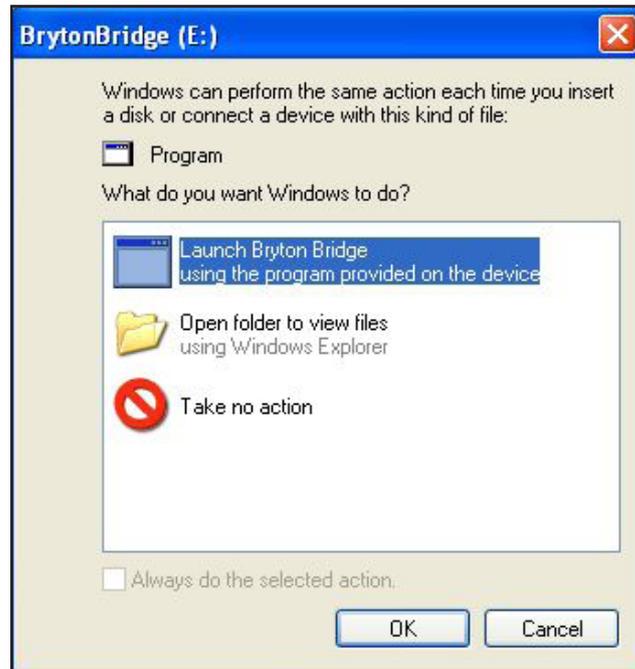
Data Management

Bryton Bridge is a software that helps you to update your profile, backup and restore your Rider 30 Series data, and upload your track data to our community website at www.brytonsport.com.

Initial Setup

Install the Software

1. Connect your Rider 30 to your computer using the USB cable.
2. Insert the Bryton CD into your computer disc drive. You can also download the Bryton Bridge application at <http://bb.brytonsport.com>.
3. Install the Bryton Bridge application.
 - a. A pop-up installation window appears on the screen.

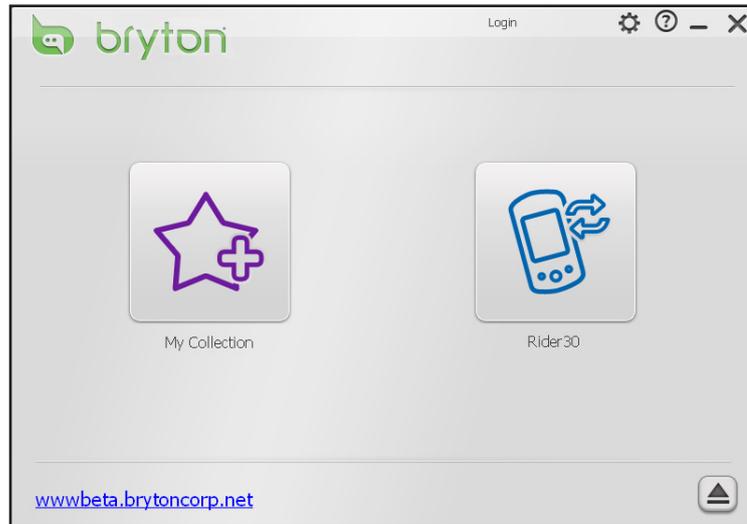


Click **Launch Bryton Bridge** and follow the on-screen instructions to install Bryton Bridge.

- b. Otherwise, go to **My Computer > Removable Disk > double-click setup.exe** and follow the on-screen instructions to install the software.

Name	Size	Type
bb		File Folder
autorun.inf	1 KB	Setup Information
setup.exe	9,707 KB	Application

3. Follow the on-screen instructions to transfer data to your computer.

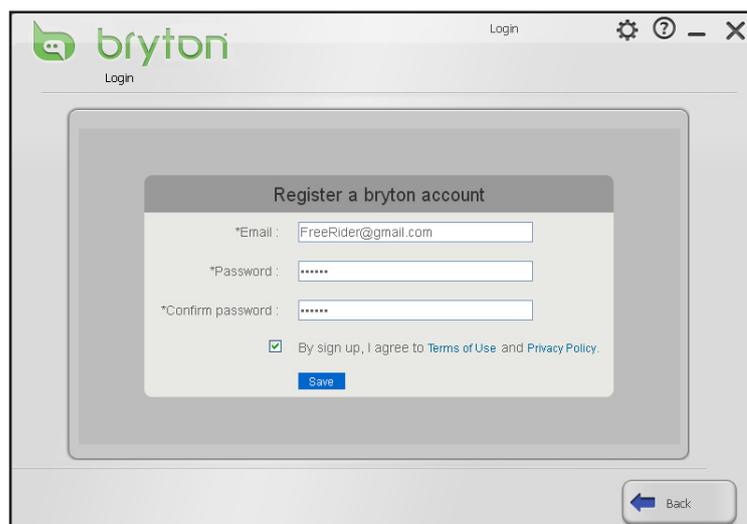


NOTE: After you have installed Bryton Bridge, it will automatically launch when the device is connected to the computer. If the software does not automatically launch, double-click Bryton Bridge shortcut icon  on the computer's desktop. (If the "Launch Bryton Bridge" window appears on the screen, just close the window. No need to reinstall the application.)

Register an Account

When you first launch Bryton Bridge, you need to register an account so that we can provide you with timely support after your purchase.

1. Click **Register**.
2. Enter your email address and password.



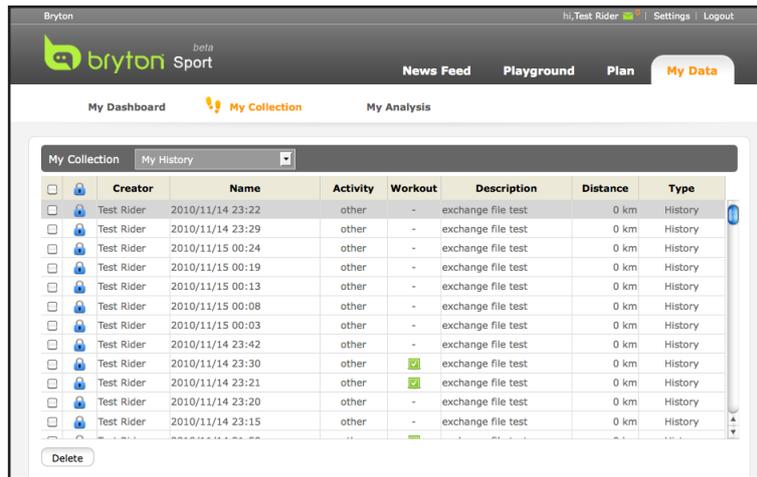
3. Check "By sign up, I agree to Terms of Use and Privacy Policy", and then click **Save**.
4. A "Login successful" message appears on the screen. Click **OK**.

Manage Your Collection

My Collection contains the history, planned trip, and workout data that you have uploaded on our community website and plan to download to your Rider 30 later on.

1. Click **My Collection**.

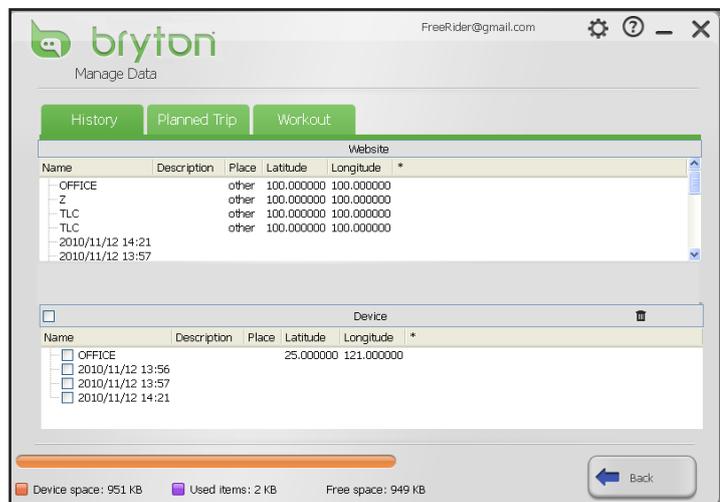
Once you click **My Collection**, all of your history and planned trip will be uploaded automatically to **My data** at Brytonsport.com.



2. Select the tab that you want to view.

- To add new data to your Rider 30, select the desired data on the website list on the website section and click **Download**.
- To delete the data on your Rider 30, select the desired data on the device list and click  icon.

3. When finished, click **Back** and a "Would you like to save the changes made?" message appears on the screen. To save the changes, click **OK**.



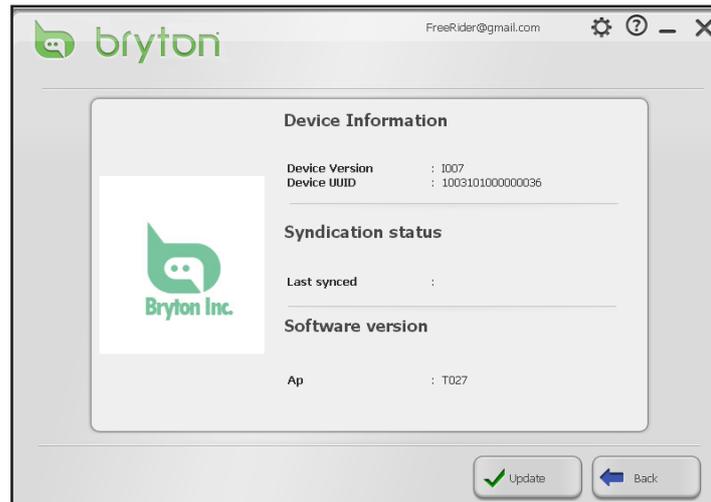
Manage Your Rider 30

With **Rider 30**, you can view your Rider 30 information, update your device with the latest firmware version, reset your device to the factory default, and change the OSD language.

Update Firmware

1. Click **Rider 30 > Device Information**.

The device information is displayed on the screen.



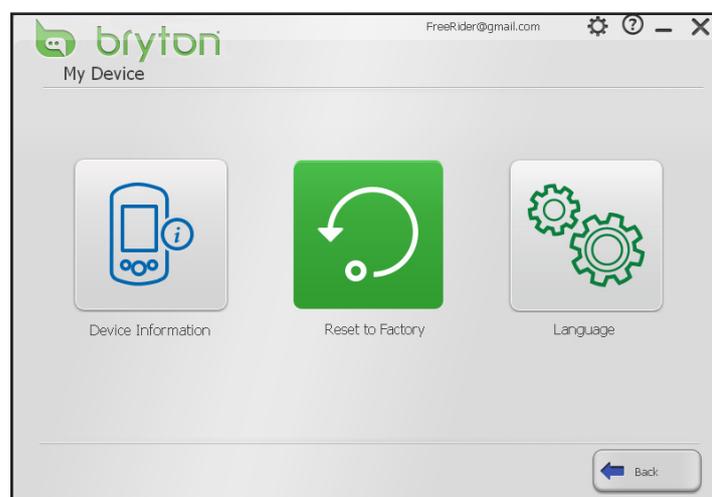
2. To update your Rider 30 firmware, click **Update** to continue.

Follow the on-screen instructions and wait until the process is completed.

NOTE: Do not unplug the USB cable or turn off your Rider 30 during the firmware update process is in progress.

Reset to Factory Defaults

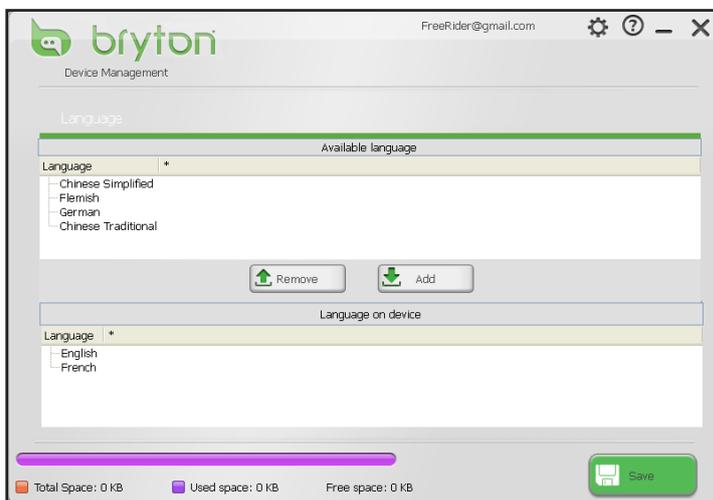
1. Click **Rider 30 > Reset to Factory Setting**.



2. Click **OK** to reset the device to the factory default settings.

Change OSD Language

1. Click **Rider 30 > Language**.
2. To add a new OSD language to your Rider 30, select the desired language on the available language list and click **Add**.



To remove the desired OSD language on your Rider 30, select the language on device list and click **Remove**.

3. When finished, click **Save**. Remove the USB cable to complete the OSD language update process.

NOTE: Rider 30 can only store two OSD languages at a time. You have to remove one OSD language from the device before replacing it with the new OSD language.

Appendix

Specifications

Rider 30

Item	Description
Display	1.9" Mono LCD panel
Resolution	128 x 160
Physical size	68.9 x 48 x 21 mm
Weight	55.5 g
Operating temperature	-15°C ~ 50°C
Battery Charge temperature	0°C ~ 40°C
Battery	1200mAh rechargeable Li Battery
Battery life	Max. 35 hours usage
GPS	Integrated high-sensitivity SiRFstar III GPS receiver with embedded patch antenna
RF transceiver	2.4GHz ANT+ transceiver with embedded antenna
Barometer	300 ~ 1100 hPA (+9000 ~ -500 m above the sea level)

Speed/Cadence Sensor

Item	Description
Physical size	37.5 x 35 x 12 mm
Weight	25 g
Water Resistance	1 ATM
Transmission range	3 m
Battery life	1 hour per day for 22 months (660 hours)
Operating temperature	5°C ~ 40°C
Radio frequency/protocol	2.4GHz / Dynastream ANT+ Sport wireless communications protocol

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

Heart Rate Monitor

Item	Description
Physical size	34.7 x 3.4 x 1.1 cm
Weight	44 g
Water Resistance	10 m
Transmission range	3 m
Battery life	1 hour per day for 16 months (480 hours)
Operating temperature	5°C ~ 40°C
Radio frequency/protocol	2.4GHz / Dynastream ANT+ Sport wireless communications protocol

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

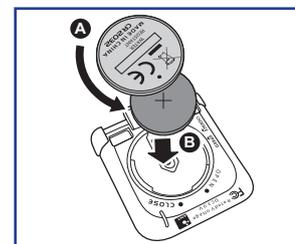
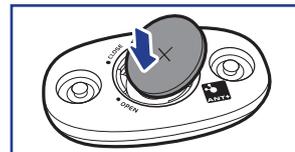
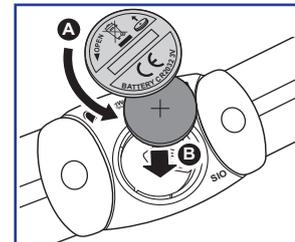
Battery Information

Heart Rate Monitor and Cadence Sensor Battery

The heart rate monitor/cadence sensor contains a user-replaceable CR2032 battery.

To replace the battery:

1. Locate the circular battery cover on the back of the heart rate monitor/cadence sensor.
2. Use a coin to twist the cover counter-clockwise so the arrow on the cover points to OPEN.
3. Remove the cover and battery. Wait 30 seconds.
4. Insert the new battery, with the positive connector first into the battery chamber.
5. Use a coin to twist the cover clockwise so the arrow on the cover points to CLOSE.



NOTE:

- When installing a new battery, if the battery is not placed with the positive connector first, the positive connector will easily deform and malfunction.
- Be careful not to damage or lose the O-ring gasket on the cover.
- Contact your local waste disposal department to properly dispose of used batteries.

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 & strengthens 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 keep carbon dioxide away from sport-specific muscles. Increases your MET (Metabolic Equivalent) output.	70-80%
4: Hard	High performance training benefits. Increases 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 twitch muscle fibers, not enduring pathways or enzymes.	90-100%

Basic Care For Your Rider 30

Taking good care of your Rider 30 will reduce the risk of damage to your Rider 30.

- Do not drop your Rider 30 or subject it to severe shock.
- Do not expose your Rider 30 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 Rider 30.
- Do not attempt to disassemble, repair, or make any modifications to your Rider 30. Any attempt to do so will make the warranty invalid.

