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

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.

Video Tutorial
For a step-by-step demonstration of device and Bryton Active App, please scan QR code below to check Bryton Video Tutorials.

https://www.youtube.com/brytonactive
Getting Started

This section will guide you through the basic preparations before you start using your Rider 320.

Your Rider 320

**Power/Backlight (****)**
- Press to turn the device on.
- Press to turn on/off the backlight while the device is on.
- Long press to turn the device off.

**BACK ( blockDim)**
- In Cycling mode, press to enter Menu page.
- In Menu, press to return to the previous page or cancel an operation.
- When recording, press to pause recording and enter the Menu.

**OK/LAP (okLAP)**
- In Menu, press to enter submenu or confirm a selection.
- In Cycling mode, press to start recording. When recording, press to mark the lap.

**PAGE (PAGE)**
- In Cycling mode, press to switch meter screen pages.
- In Menu, press to scroll through the menu options.
Accessories

The Rider 320 comes with the following accessories:

- USB cable
- Bike mount

Optional items:
- Smart Heart Rate Sensor
- Smart Speed Sensor
- Smart Cadence Sensor
- Smart Speed / Cadence Dual Sensor
- Race Mount-Rider
- Sport Mount

Status Icons

<table>
<thead>
<tr>
<th>Icon</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="1" alt="Bike Type" /></td>
<td>Bike 1</td>
</tr>
<tr>
<td><img src="2" alt="Bike Type" /></td>
<td>Bike 2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Icon</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="x" alt="GPS Signal Status" /></td>
<td>No signal (bot fixed)</td>
</tr>
<tr>
<td><img src="weak" alt="GPS Signal Status" /></td>
<td>Weak signal</td>
</tr>
<tr>
<td><img src="strong" alt="GPS Signal Status" /></td>
<td>Strong signal</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Icon</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="full" alt="Power Status" /></td>
<td>Full battery</td>
</tr>
<tr>
<td><img src="half" alt="Power Status" /></td>
<td>Half battery</td>
</tr>
<tr>
<td><img src="low" alt="Power Status" /></td>
<td>Low battery</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Icon</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="heart" alt="Power Status" /></td>
<td>Heart Rate Sensor is active</td>
</tr>
<tr>
<td><img src="cadence" alt="Power Status" /></td>
<td>Cadence Sensor is active</td>
</tr>
<tr>
<td><img src="speed" alt="Power Status" /></td>
<td>Speed Sensor is active</td>
</tr>
<tr>
<td><img src="dual" alt="Power Status" /></td>
<td>Dual Sensor is active</td>
</tr>
<tr>
<td><img src="power" alt="Power Status" /></td>
<td>Power Meter is active</td>
</tr>
<tr>
<td><img src="log" alt="Power Status" /></td>
<td>Log Record in progress</td>
</tr>
<tr>
<td><img src="recording" alt="Power Status" /></td>
<td>Recording is paused</td>
</tr>
<tr>
<td><img src="speed" alt="Power Status" /></td>
<td>Current speed is faster/slower than average speed.</td>
</tr>
</tbody>
</table>

**NOTE:** Only the active icons are displayed on the screen.
**Step 1: Charge your Rider 320**

Connect Rider 320 to a PC to charge the battery for at least 4 hours. Unplug the device when it is fully charged.

- You may see a white screen when the battery is really low. Keep the device plugged for several minutes, it will automatically turn-on after battery is properly charged.
- The temperature suitable for charging battery is 0°C~40°C. Beyond this temperature range, charging will be terminated and the device will draw power from battery.

![Charging Diagram](image)

**Step 2: Turn On Rider 320**

Press 🌐 to turn on the device.

**Step 3: Initial Setup**

When turning Rider 320 on for the first time, you will need to follow on screen instructions to complete setup.

1. Select the display language.
2. Select the unit of measurement.

**NOTE:**
- Only when you choose English for the display language, you will need to select the unit of measurement. Otherwise, default would be metric unit.
- To change the device language, pair your device with the Bryton Active App and in the app navigate to Settings > General > System Language. For more information on changing device language, please refer to page 32.
Step 4: Acquire Satellite Signals

Once the Rider 320 is turned on, it will automatically search for satellite signals. It may take 30 to 60 seconds to acquire signals. Please make sure you acquire the satellite signal for the first time use.

The GPS signal icon (GPS) appears when GPS is fixed.
- If the GPS signal is not fixed, an icon appears on the screen.
- Please avoid the obstructed environments since they might affect the GPS reception.

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

NOTE: To improve the GPS accuracy, you can set 1 sec mode as your recording frequency (page 17).

Step 5: Ride Your Bike with Rider 320

- **Free ride:**
  In meter view, measurement starts and stops automatically in sync with the movement of the bicycle.

- **Start an exercise and record your data:**
  In meter view, press to start recording, press to pause recording and enter the Menu. Then, choose to save your workout data. 

NOTE: If you continue to proceed without pressing to record, Rider 320 would pop up a reminder to ask you to record when motion of bike is detected. To set the frequency of start reminder, please go to page 24.

Reboot Rider 320

To reboot the Rider 320, press two keys ( / ) at the same time.
Share Your Records

Upload Your Tracks to Brytonactive.com

1. Sign up/log in Brytonactive.com
   b. Register a new account or use your current account to log in.

2. Connect to PC
   Turn on your Rider 320 and connect it to your computer by USB cable.

3. Share Your Records
   a. Click "+" on the upper right corner.
   b. Drop FIT, BDX, GPX file(s) here or Click “Select files“ to upload tracks.
   c. Click “Activities” to check uploaded tracks.

Share Your Tracks to Strava.com

1. Sign up/log in on Strava.com
   b. Register a new account or use your current account to log in.

2. Connect to PC
   Turn on your Rider 320 and connect it to your computer by USB cable.

3. Share Your Records
   a. Click “+” on the top right corner of Strava page and then click “File”.
   b. Click “Select Files” and select FIT files from Bryton device.
   c. Enter information about your activities and then click “Save & View”.
Auto Sync Tracks to Bryton Active App

No more uploading tracks manually after riding. Bryton Active App automatically syncs your track after pairing with your GPS device.

a. Scan QR code below to download Bryton Active App or go to Google Play/App Store to search Bryton Active App. Then, log in or create an account.

b. Go to Settings>Device Manager>"+">Rider 320 to add your GPS device.

c. Check if UUID shown on app is the same as your device. Add “Yes” to confirm adding. If it is wrong UUID, press NO to add it again.

d. Successfully added! Turn on Auto Now, new tracks will be automatically uploaded to Bryton Active App.

Note: Each device has its own unique UUID. You can find it on the back of the device.

NOTE: Bryton Active App syncs with Brytonactive.com. If you already have brytonactive.com account, please use the same account to log in to Bryton Active App and vice versa.
Bryton Update Tool

Bryton Update Tool is the tool for you to update firmware.


2. Follow the on-screen instructions to install Bryton Update Tool.

Update Firmware

Bryton releases a new firmware version on irregular basis to add new functions or correct bugs for better and more stable performance. It is recommended that you update firmware once new firmware available. Firmware updates usually take longer to download and install. Do not remove USB cable during firmware updating.
**View History**

You can view exercise record on your device right after your ride, and delete any unwanted record to gain more storage.

**View Exercise/Training Record**

Rider 320 provides graphical track summary, detail workout data, lap data and graphical analysis for you to have a better idea of your workout performance.

To view your history:

1. In the main screen, press \( \text{PAGE} \uparrow \) to select **View History** and press \( \text{OK} \bullet \text{LAP} \) to enter.

2. Press \( \text{OK} \bullet \text{LAP} \) to enter **View**.

3. Press \( \text{PAGE} \uparrow \) to select a record and press \( \text{OK} \bullet \text{LAP} \) to view more detail info.

**NOTE:** You can also upload your history to brytonactive.com or Bryton Active App to keep track of all your ride data.

**Delete History**

To delete your history:

1. In the main screen, press \( \text{PAGE} \uparrow \) to select **View History** and press \( \text{OK} \bullet \text{LAP} \) to enter.

2. Press \( \text{PAGE} \uparrow \) to select **Delete** and press \( \text{OK} \bullet \text{LAP} \) to enter.

3. Press \( \text{PAGE} \uparrow \) to select a record and press \( \text{OK} \bullet \text{LAP} \) to delete the selected history.

4. A “Backup data to web first. Delete ?” message appears on the screen. To delete the data, press \( \text{PAGE} \uparrow \) to select **Yes** and press \( \text{OK} \bullet \text{LAP} \) to confirm.
### History Flow

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Ride Time</th>
<th>Distance</th>
<th>Calories</th>
<th>Laps</th>
</tr>
</thead>
<tbody>
<tr>
<td>09/19</td>
<td>21:44</td>
<td>00:02:25</td>
<td>3.69 km</td>
<td>39 kcal</td>
<td>04</td>
</tr>
</tbody>
</table>

**AVG**
- 75.6 kmh
- 39 bpm
- 19 rpm

**MAX**
- 75.6 kmh
- 39 bpm
- 19 rpm

**Lap 01**
- 0:49
- 0.25 km
- 81.4 kmh
- 13 kcal
- 0 bpm
- 0 rpm

The arrow appears only when there is a lap in this record.
Settings

In Settings, you can customize Exercises settings, GPS system, General settings, Sensor settings, Altitude, Bike and User profile. You can also customize most used device settings via Bryton Active App.

1. In the main screen, press PAGE to select Settings.
2. Press OK●LAP to enter Settings menu.

Data Page

You can set the display settings for the Meter and Lap or you can customize data page via Bryton Active App. Please refer to page 32 to learn how to do it.

Meter Display

1. In the Settings menu, press OK●LAP to enter Exercises and press OK●LAP again to enter Data Page.
2. Press OK●LAP to enter Data Page and change Auto to Manual and press OK●LAP to confirm selection.
3. Press PAGE to select Data Page and press OK●LAP to enter.
4. Press PAGE to select Data Page 1, Data Page 2, Data Page 3, Data Page 4 or Data Page 5 and press OK●LAP to enter the selected page.
5. Press PAGE to select the number of Data Fields you need and press OK●LAP to confirm.
6. Press PAGE to select the data you would like to make change and press OK●LAP to confirm.
7. Press PAGE to select the desired Category and press OK●LAP to confirm.
8. Press PAGE to select the desired data and press OK●LAP to confirm.
9. Press D●LAP to exit this menu.
NOTE: The number of data fields shown on the screen depends on the “Data fields” selection.

NOTE: If Data Page is set to Auto, Rider 320 will automatically adjust its data field display when detecting the paired sensors.

Lap Display

1. In the Settings menu, press OK•LAP to enter Exercises > Data Page.
2. Press PAGE Y and then OK•LAP to enter Lap.
3. Press OK•LAP to enter Data Fields.
4. Press PAGE Y to select the number of Data Fields you need and press OK•LAP to confirm.
5. Press PAGE Y to select the data you would like to make change and press OK•LAP to confirm.
6. Press PAGE Y to select the desired Category and press OK•LAP to confirm.
7. Press PAGE Y to select the desired data and press OK•LAP to confirm.
8. Press   to exit this menu.
**Smart Lap**

With Smart Lap feature, you can use your device to automatically mark the lap at a specific location or after you have traveled a specific distance.

### Lap by Location

1. In the Settings menu, press OK LAP to enter **Exercises**. Press ► and then OK LAP to select **Smart Lap**.

2. Press OK LAP to enter editing menu. Press ► to select **Location** and press OK LAP to confirm.

3. A “Use current location as Lap” message pops up on the screen. Press OK LAP to confirm this setting.

4. Press ► to exit this menu.

**NOTE:** If the GPS signal is not fixed, a “No GPS Signal. Searching GPS, please wait” message appears on the screen. Check if GPS is on and make sure you step outside to acquire signal.

### Lap by Distance

1. In the Settings menu, press OK LAP to enter **Exercises**. Press ► and then OK LAP to select **Smart Lap**.

2. Press OK LAP to enter editing menu. Press PAGE V to select **Distance** and press OK LAP to confirm.

3. Press PAGE V to select your desired distance and press OK LAP to confirm.

4. Press ► to exit this menu.
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 side.
- 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. In the Settings menu, press \texttt{OK} to enter \texttt{Exercises}. Press \texttt{PAGE \textasciitilde} and then \texttt{OK} to select \texttt{Alert}.

2. Press \texttt{OK} to enter editing menu. Press \texttt{PAGE \textasciitilde} to select \texttt{Time, Distance, Speed, HR, or Cadence} and press \texttt{OK \textasciitilde} to configure the necessary settings.

3. Press \texttt{PAGE \textasciitilde} to select your desired settings and press \texttt{OK \textasciitilde} to confirm.

4. Press \texttt{FINISH} to exit this menu.

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. In the Settings menu, press \texttt{OK} to enter \texttt{Exercises}. Press \texttt{PAGE \textasciitilde} and then \texttt{OK} to select \texttt{Smart Pause}.

2. Press \texttt{OK} to enter submenu and press \texttt{PAGE \textasciitilde} to select \texttt{Yes} and press \texttt{OK} to confirm.

3. Press \texttt{FINISH} to exit this menu.
Data Record

With Data Record function, you can set your odometer and activate 1 second mode to get more accurate data.

Set ODO

1. In the Settings menu, press \textbf{OK \& LAP} to enter \textbf{Exercises}. Press \textbf{PAGE \uparrow} and then \textbf{OK \& LAP} to select \textbf{Data Record}.

2. Press \textbf{OK \& LAP} to enter \textbf{ODO Setup} and press \textbf{PAGE \uparrow} to select desired setting and press \textbf{OK \& LAP} to confirm.

3. Press \textbf{DING} to exit this menu.

\textbf{NOTE: ALL} means the odometer would show the cumulative distance of all trips; \textbf{Recorded} would only show the cumulative distance of recorded trips.

\textbf{NOTE:} If you would like to reset ODO, please refer to page 31: \textbf{Reset ODO}.

Enable 1sec Mode

1. In the Settings menu, press \textbf{OK \& LAP} to enter \textbf{Exercises}. Press \textbf{PAGE \uparrow} and then \textbf{OK \& LAP} to select \textbf{Data Record}.

2. Press \textbf{PAGE \uparrow} and then press \textbf{OK \& LAP} to enter \textbf{Recording}.

3. Press \textbf{PAGE \uparrow} to select 1 sec mode and press \textbf{OK \& LAP} to confirm.

4. Press \textbf{DING} to exit this menu.
GPS System

Rider 320 has full GNSS (Global Navigation Satellite System) support including GPS, GLONASS (Russia), BDS (China), QZSS (Japan) and Galileo (EU). You can select the suitable GPS Mode according to your location to enhance accuracy or suit your needs.

Choose Different Satellite Navigation System

This setting allows you to switch between different satellite navigation systems to suit you best.

1. In the Settings menu, press PAGE ⏯️ and then press OK ● LAP to select GPS System.
2. Press OK ● LAP to enter GPS Mode.
3. In the GPS Mode menu, press PAGE ⏯️ to select the desired GPS mode and press OK ● LAP to confirm.

  By April 2018, BeiDou is offering service in the Asia-Pacific region. Choose this combination if you’re in this region for best accuracy.
  Glonass is the second navigational system working with global coverage and of comparable precision. Choose this combination if you’re in NON Asia-Pacific region for best accuracy.
  Consume less power than the two selection above, with sufficient accuracy for normal use.
- Power Save : Trade-off accuracy to achieve maximum battery life. Use this mode in open sky.
- Off : Turn-off GPS function. Choose this to save power when GPS signal is not available, or when GPS information is not required (such as indoor use).

4. Press ➤ ➤ to exit this menu.

NOTE:
- Enabling either GLONASS or BDS also activates GPS, QZSS and Galileo satellite navigation system
- To view step by step tutorial video, please click How To Change GPS System.
Change System Settings

You can customize the device system setting such as backlight off, key tone, sound, time/unit, on-screen display language.

**Backlight off**

1. In the Settings menu, press PAGE $\leftarrow$ and then press OK $\bullet$ LAP to select General.
2. Press OK $\bullet$ LAP to enter System.
3. Press OK $\bullet$ LAP to enter Backlight Off.
4. Press PAGE $\leftarrow$ to select desired setting and press OK $\bullet$ LAP to confirm.
5. Press $\Rightarrow$ to exit this menu.

**Key Tone**

1. In the Settings menu, press PAGE $\leftarrow$ and then press OK $\bullet$ LAP to select General.
2. Press OK $\bullet$ LAP to enter System.
3. Press PAGE $\leftarrow$ to select Key Tone and press OK $\bullet$ LAP to confirm.
4. Press $\Rightarrow$ to exit this menu.
Sound

1. In the Settings menu, press \textit{PAGE} \textsc{ daycare} and then press \textit{OK} \textsc{ lap} to select \textit{General}.

2. Press \textit{OK} \textsc{ lap} to enter \textit{System}.

3. Press \textit{OK} \textsc{ lap} to select \textit{Sound} and press \textit{OK} \textsc{ lap} to confirm.

4. Press \textit{PAGE} \textsc{ daycare} to select desired setting and press \textit{OK} \textsc{ lap} to confirm.

5. Press \textit{PAGE} \textsc{ daycare} to exit this menu.

Time/Unit

1. In the Settings menu, press \textit{PAGE} \textsc{ daycare} and then press \textit{OK} \textsc{ lap} to select \textit{General}.

2. Press \textit{OK} \textsc{ lap} to enter \textit{System}.

3. Press \textit{OK} \textsc{ lap} to select \textit{Time/Unit} and press \textit{OK} \textsc{ lap} to confirm.

4. Press \textit{PAGE} \textsc{ daycare} to select setting you would like to edit and press \textit{OK} \textsc{ lap} to confirm.

5. Press \textit{PAGE} \textsc{ daycare} to select the desired setting/format and press \textit{OK} \textsc{ lap} to confirm.

6. Press \textit{PAGE} \textsc{ daycare} to exit this menu.
Contrast
You can adjust contrast on your device.

1. In the Settings menu, press PAGE up and then press OK LAP to select General.
2. Press OK LAP to enter System.
3. Press PAGE up to select Contrast and press OK LAP to confirm.
4. Press PAGE up to adjust desired contrast.
5. Press 111 to exit this menu.
Bluetooth

Before pairing Rider 320 with your bluetooth enabled mobile phone, make sure the bluetooth function of your mobile phone and Rider 320 is turned on.

Enable Bluetooth

1. In the Settings menu, press PAGE up and then press OK ● LAP to select General.

2. Press PAGE up to select Bluetooth and press OK ● LAP to confirm.

3. Press PAGE up to turn on/off bluetooth.

4. Press PAGE to exited this menu.
**Configure Auto Scroll**

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

<table>
<thead>
<tr>
<th>Auto Scroll</th>
<th>On</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interval</td>
<td>5 sec</td>
</tr>
</tbody>
</table>

1. In the Settings menu, press PAGE and then press to select **General**.
2. Press PAGE to select **Auto Scroll** and press ok•LAP to confirm.
3. Press PAGE to select the setting that you want to change and press ok•LAP to enter its submenu.
   - Auto scroll: enable/disable the auto switch.
   - Interval: set the interval time.
4. Press to exit this menu.

---

**Enable File Saving Mode**

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

<table>
<thead>
<tr>
<th>Overwrite</th>
</tr>
</thead>
<tbody>
<tr>
<td>On</td>
</tr>
</tbody>
</table>

1. In the Settings menu, press PAGE and then press ok•LAP to select **General**.
2. Press PAGE to select **File Saving** and press ok•LAP to confirm.
3. Press PAGE to select “On” to enable device to overwrite history.
4. Press to exit this menu.
Start Reminder

When Rider 320 detects the motion of your bike, it would pop up a reminder to ask you if you would like to record or not. You can set the frequency of start reminder.

1. In the Settings menu, press PAGE \( \uparrow \) and then press \( \text{OK} \circ \text{LAP} \) to select General.
2. Press PAGE \( \uparrow \) to select Start Remind and press \( \text{OK} \circ \text{LAP} \) to confirm.
3. Press PAGE \( \downarrow \) to select desired setting and press \( \text{OK} \circ \text{LAP} \) to confirm.
4. Press \( \Rightarrow \) to exit this menu.

View Memory Usage

View the storage status of the device.

1. In the Settings menu, press PAGE \( \uparrow \) and then press \( \text{OK} \circ \text{LAP} \) to select General.
2. Press PAGE \( \uparrow \) to select Memory and press \( \text{OK} \circ \text{LAP} \) to confirm.
   The storage status is displayed on the screen.
3. Press \( \Rightarrow \) to exit this menu.
Reset Data

You can restore your Rider 320 to factory settings.

1. In the Settings menu, press PAGE and then press OK to select General.
2. Press PAGE to select Data Reset and press OK to confirm.
3. Press PAGE to select “YES” and press OK to confirm factory reset.
4. Press to exit this menu.

NOTE: Factory reset operation will restore device to factory default settings. In addition to deleting all the tracks, it will also delete pre-paired sensors but will not remove UUID from the account you added in.

View Firmware Version

You can view your device current firmware version.

1. In the Settings menu, press PAGE and then press OK to select General.
2. Press PAGE to select About and press OK to confirm.
   Current firmware version is displayed in the screen.
3. Press to exit this menu.
**ANT+/ BLE Sensors**

Rider 320 is compatible with both ANT+ and BLE sensors. You can customize the respective sensor settings such as rescan the sensor to pair with your device or enable/disable the function.

1. In the Settings menu, press PAGE to select Sensor and press OK/LAP to confirm.
2. Press PAGE to select Heart Rate, Speed, Cadence, Speed/CAD or Power Meter and press OK/LAP to confirm selection.
3. To pair sensors with your device, please have the Bryton Smart sensors installed first, wearing the Heart Rate sensor or rotating the crank and wheel a few times to wake up the Bryton Smart Sensors.
4. Press OK/LAP to enter submenu. Press PAGE to select desired setting and press OK/LAP to confirm.
   - **Rescan**: rescan to detect the sensor for pairing with your device.
   - **Turn on / Turn off**: enable / disable the sensor.
5. Press STOP to exit this menu.
NOTE:

• Please refer to page 39-40 for sensors installation.

• While pairing your speed/cadence sensor/the heart rate belt and power meter, please make sure there is no other cadence/speed sensor/power meter within 5m.

• Bryton smart sensors can only be paired when they are awake, or they would go back to sleep to preserve power.

• When the heart rate monitor is paired, the , ❤️ heart rate icon appears on the main screen. When cadence sensor is paired, the cadence sensor icon 🚴 appears on the main screen.

• After pairing, your Bryton devices automatically connect to Bryton Smart Sensors each time when the sensors are awake.

NOTE:

Rider 320 provides 2 bike profiles. Each profile has its respective sensor setting. Simply activate the bike you choose you ride in Bike Profile setting and you are ready to go. Please refer to page 30 to learn how to activate the bike.
Altitude

After receiving GPS signal, the Rider 320 will calibrate altitude automatically based on GPS altitude data. You can also set the altitude setting for the current location and four other locations manually.

Current Altitude

1. In the Settings menu, press PAGE $\triangledown$ and then press OK ● LAP to select Altitude.
2. Press OK ● LAP to enter Altitude.
3. Press PAGE $\triangledown$ to adjust value of current altitude and press OK ● LAP to confirm.
4. Press $\triangleright$ $\triangleright$ $\triangleright$ to exit this menu.

**NOTE:** The value of altitude on the meter mode will be changed once current altitude is adjusted.

**NOTE:** Current Altitude can also be adjusted via Bryton Active App. Please go to page 33 to learn how to calibrate altitude.

Other Location Altitude

With other locations altitude setting, you can save a value of altitude of your planned location, and do calibration once you are in the appointed position.

1. In the Settings menu, press PAGE $\triangledown$ and then press OK ● LAP to select Altitude.
2. Press PAGE $\triangledown$ to select Location 1, Location 2, Location 3, Location 4 or Location 5 and press OK ● LAP to enter.
3. To set altitude of the location, press OK ● LAP to enter Altitude.
4. Press PAGE $\triangledown$ to adjust value of altitude and press OK ● LAP to save.
5. To calibrate the set altitude, press PAGE $\triangledown$ to select Calibrate and press OK ● LAP to confirm.
6. Press $\triangleright$ $\triangleright$ $\triangleright$ to exit this menu.
Persnalize User Profile
You can change your personal information.

1. In the Settings menu, press PAGE ⌘ and then press OK ● LAP to select Profile.

2. Press OK ● LAP to enter User Profile. A message of "Input correct profile as it might affect analysis." pops up. Press OK ● LAP to confirm after reading message.

3. Press PAGE ⌘ to select setting that you want to edit and press OK ● LAP to enter its submenu.
   • Gender: select your gender.
   • Birthday: set your Birthday.
   • Height: set your height.
   • Weight: set your weight.
   • Max HR: set your maximum heart rate.
   • LTHR: set your lactate threshold heart rate.
   • FTP: set your functional threshold power.
   • MAP: set your maximum aerobic power.

4. Press PAGE ⌘ to select the desired setting and press OK ● LAP to confirm.

5. Press ⏯ to exit this menu.

NOTE: Please enter correct personal information since it might affect analysis.
Personalize Bike Profile

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

1. In the Settings menu, press PAGE $\backslash$ and then press OK $\bullet$ LAP to select Profile.
2. Press OK $\bullet$ LAP to select Bike Profile and press OK $\bullet$ LAP to enter.
3. Press PAGE $\backslash$ to select setting that you want to edit and press OK $\bullet$ LAP to enter its submenu.
   - Spd Source: set the priority of the speed sources
   - Weight: set the bike weight.
   - Wheel: set the bike wheel size.
   - Activate: select to activate the bike.
4. Press PAGE $\backslash$ to adjust the desired setting and press OK $\bullet$ LAP to confirm.
5. Press $\leftarrow$ to exit this menu.

NOTE: For details on wheel size, see “Wheel Size and Circumference” on page 41.

View Bike Profile

1. In the Settings menu, press PAGE $\backslash$ and then press OK $\bullet$ LAP to select Profile.
2. Press PAGE $\backslash$ to select Bike Profile and then press OK $\bullet$ LAP to enter.
3. Press PAGE $\backslash$ to select Overview and press OK $\bullet$ LAP to enter its submenu.
4. Press PAGE $\backslash$ to select your desired bike and press OK $\bullet$ LAP to confirm.
5. Press PAGE $\backslash$ to view more data of the selected bike.
6. Press $\leftarrow$ to exit this menu.
Adjust Odometer

1. In the Settings menu, press PAGE  and then press \( \text{OK} \) \( \text{LAP} \) to select Profile.

2. Press PAGE \( \text{UP} \) to select Bike Profile and then press \( \text{OK} \) \( \text{LAP} \) to enter.

3. Press PAGE \( \text{UP} \) to select Overview and press \( \text{OK} \) \( \text{LAP} \) to enter its submenu.

4. Press PAGE \( \text{UP} \) to select Bike 1+2 and press \( \text{OK} \) \( \text{LAP} \) to confirm.

5. Press \( \text{OK} \) \( \text{LAP} \) enter into ODO setting page.

6. Press PAGE \( \text{UP} \) to adjust ODO and press \( \text{OK} \) \( \text{LAP} \) to confirm.

7. Press \( \text{ESC} \) to exit this menu.

Reset ODO

You can reset the distance of Trip 1, Trip 2 and odometer.

1. In the Settings menu, press PAGE \( \text{UP} \) and then press \( \text{OK} \) \( \text{LAP} \) to select Profile.

2. Press PAGE \( \text{UP} \) to select Bike Profile and then press \( \text{OK} \) \( \text{LAP} \) to enter.

3. Press PAGE \( \text{UP} \) to select Overview and press \( \text{OK} \) \( \text{LAP} \) to enter its submenu.

4. Press PAGE \( \text{UP} \) to select the desired bike and press \( \text{OK} \) \( \text{LAP} \) to confirm.

5. Press PAGE \( \text{UP} \) to select trip 1 or trip 2 and press \( \text{OK} \) \( \text{LAP} \) to confirm.

   If you select Bike 1+2, please select ODO.

6. A message “Reset” pops up on the device. Press PAGE \( \text{UP} \) to select “YES” and press \( \text{OK} \) \( \text{LAP} \) to confirm or press PAGE \( \text{UP} \) to set ODO to the desired number.

7. Press \( \text{ESC} \) to exit this menu.

**NOTE:** Trip 1, Trip 2 means cumulative mileage recorded before you reset it. They are 2 separate distance measurements. You are free to use Trip 1 or Trip 2 to record, for example, weekly total distance and use another to record, for example, monthly total distance.
Bryton Active App Advanced Settings

After pairing your Rider 320 with Bryton Active App, you will have access to System Language, Grid Setting, Altitude Calibration and Notifications.

**System Language**
You can change device language via Bryton Active App.

1. Pair Rider 320 with Bryton Active App
2. Go to **Settings > General > System Language** in Bryton Active App.
3. Select your preferred language.
4. Rider 320 will reboot with the updated language settings

**Grid Setting**
You can customize your data page manually.

1. Pair Rider 320 with Bryton Active App
2. Tap **Settings > Grid Setting** in Bryton Active App
3. Turn on your preferred pages and enter the page.
4. Tap `<` or `>` to change the number of grids.
5. Tap data grid to change ride data.

**NOTE:** To learn how to pair Rider 320 with Bryton Active App, please check page 9.
**Altitude Calibration**

After receiving GPS signal, the Rider 320 will calibrate altitude automatically based on GPS altitude data. Altitude can also be changed manually or automatically updated by turning on the Auto Calibrate Altitude feature on the Bryton Active App.

1. Pair Rider 320 with Bryton Active App.

2-1. Calibrate Altitude Manually
   b. Bryton Active App will show the current location’s altitude. Altitude can also be manually adjusted by pressing PAGE ☰ or tap on the number to input manually.
   c. Press Calibrate to make change as suggested.
   d. Press OK to calibrate altitude data on the device.

2-2. Auto Calibrate Altitude via Bryton Active App

**NOTE:** To learn how to pair Rider 320 with Bryton Active App, please check page 9.
Notifications

After pairing your compatible smartphone using Bluetooth Smart wirelessly technology with Rider 320, you can receive phone call, text and email notifications on your Rider 320.

1. IOS Pairing
   a. Go to Settings > General > Bluetooth to turn on Bluetooth on Rider 320.
   b. Go to your phone Settings > Bluetooth and enable Bluetooth.
   c. Go to the Bryton Active app and choose Settings > Device Manager > +.
   d. Select and add your device by pressing +.
   e. Tap Pair to pair your device with your phone. (For iOS only).

**NOTE:**
If notifications don’t work, please go to your phone “Settings>Notifications” and check if you have allowed notifications in compatible messages and email apps or go to social applications and check if you have turned on notifications in your application settings.

1. Android Pairing
   a. Go to Settings > General > Bluetooth to turn on Bluetooth on Rider 320.
   b. Go to your phone Settings > Bluetooth and enable Bluetooth.
   c. Go to the Bryton Active app and choose Settings > Device Manager > +.
   d. Select and add your device by pressing +.

2. Allow Notification Access
   a. Tap “Settings>Notification”.
   b. Tap “OK” to enter setting to allow Notification Access for Bryton app.
   c. Tap “Active” and select “OK” to allow notification access for Bryton.
   d. Go back to Notification settings.
   e. Select and enable In-coming Calls, Text Messages and Emails by tapping each item.
Appendix

Specifications
Rider 320

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Display</td>
<td>2.3” FSTN positive transflective dot-matrix LCD</td>
</tr>
<tr>
<td>Physical Size</td>
<td>49.9 X 83.9 X 16.9mm</td>
</tr>
<tr>
<td>Weight</td>
<td>67g</td>
</tr>
<tr>
<td>Operating Temperature</td>
<td>-10°C ~ 60°C</td>
</tr>
<tr>
<td>Battery Charging Temperature</td>
<td>0°C ~ 40°C</td>
</tr>
<tr>
<td>Battery</td>
<td>Li polymer rechargeable battery</td>
</tr>
<tr>
<td>Battery Life</td>
<td>35 hours with open sky</td>
</tr>
<tr>
<td>GNSS</td>
<td>Integrated high-sensitivity GNSS receiver with embedded antenna</td>
</tr>
<tr>
<td>BLE Smart</td>
<td>Bluetooth smart wireless technology with embedded antenna; 2.4GHz band 0dBm</td>
</tr>
<tr>
<td>Water Resistant</td>
<td>Water resistant to a depth of 1 meter for up to 30 minutes.</td>
</tr>
<tr>
<td>Barometer</td>
<td>Equipped with barometer</td>
</tr>
</tbody>
</table>

Smart Speed Sensors

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical size</td>
<td>36.9 x 34.8 x 8.1 mm</td>
</tr>
<tr>
<td>Weight</td>
<td>6 g</td>
</tr>
<tr>
<td>Water Resistance</td>
<td>Incidental exposure to water of up to 1 meter for up to 30 minutes.</td>
</tr>
<tr>
<td>Transmission range</td>
<td>3m</td>
</tr>
<tr>
<td>Battery life</td>
<td>Up to 1 year</td>
</tr>
<tr>
<td>Operating temperature</td>
<td>-10°C ~ 60°C</td>
</tr>
<tr>
<td>Radio frequency/protocol</td>
<td>2.4GHz / Bluetooth 4.0 and Dynastream ANT+ Sport wireless communications protocol.</td>
</tr>
</tbody>
</table>

**NOTE:**
Accuracy may be degraded by poor sensor contact, electrical, magnetic interference and distance from the transmitter.
To avoid magnetic interference, it is recommended that you change location, clean or replace chain.
Smart Cadence Sensor

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical size</td>
<td>36.9 x 31.6 x 8.1 mm</td>
</tr>
<tr>
<td>Weight</td>
<td>6 g</td>
</tr>
<tr>
<td>Water Resistance</td>
<td>Incidental exposure to water of up to 1 meter for up to 30 minutes.</td>
</tr>
<tr>
<td>Transmission range</td>
<td>3m</td>
</tr>
<tr>
<td>Battery life</td>
<td>Up to 1 year</td>
</tr>
<tr>
<td>Operating temperature</td>
<td>-10°C ~ 60°C</td>
</tr>
<tr>
<td>Radio frequency/protocol</td>
<td>2.4GHz / Bluetooth 4.0 and Dynastream ANT+ Sport wireless communications protocol</td>
</tr>
</tbody>
</table>

**NOTE:**
Accuracy may be degraded by poor sensor contact, electrical, magnetic interference and distance from the transmitter.

Smart Heart Rate Monitor

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical size</td>
<td>63 x 34.3 x 15 mm</td>
</tr>
<tr>
<td>Weight</td>
<td>14.5 g (sensor) / 31.5 g (strap)</td>
</tr>
<tr>
<td>Water Resistance</td>
<td>Incidental exposure to water of up to 1 meter for up to 30 minutes.</td>
</tr>
<tr>
<td>Transmission range</td>
<td>3m</td>
</tr>
<tr>
<td>Battery life</td>
<td>Up to 2 years</td>
</tr>
<tr>
<td>Operating temperature</td>
<td>0°C ~ 50°C</td>
</tr>
<tr>
<td>Radio frequency/protocol</td>
<td>2.4GHz / Bluetooth 4.0 and Dynastream ANT+ Sport wireless communications protocol</td>
</tr>
</tbody>
</table>

**NOTE:**
Accuracy may be degraded by poor sensor contact, electrical, magnetic interference and distance from the transmitter.

Battery Information

**Smart Speed Sensor and Smart Cadence Sensor**
Both sensors contain a user-replaceable CR2032 battery.

Before using sensors:
1. Locate the circular battery cover on the back of sensors.
2. Use your finger to press and twist cover counter-clockwise so the indicator on the cover points to unlock icon (”).
3. Remove the cover and battery tab.
4. Use your finger to press and twist cover clockwise so the indicator on the cover points to locked icon (”).
To replace the battery:
1. Locate the circular battery cover on the back of sensors.
2. Use your finger to press and twist cover counter-clockwise so the indicator on the cover points to unlock icon (▲).
3. Remove the battery and insert new battery with positive connector first into the battery chamber.
4. Use your finger to press and twist cover clockwise so the indicator on the cover points to locked icon (▼).

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.

Smart Heart Rate Monitor
The heart rate monitor contains a user-replaceable CR2032 battery.
To replace the battery:
1. Locate the circular battery cover on the back of the heart rate monitor.
2. Use a coin to twist the cover counter-clockwise.
3. Remove the cover and battery.
4. Insert the new battery, with the positive connector facing upward and lightly press it.
5. Use a coin to twist the cover clockwise.

NOTE:
• Be careful not to damage or lose the O-ring gasket.
• Contact your local waste disposal department to properly dispose of used batteries.
Install Rider 320

Use Bike Mount to Mount Rider 320

1. Mount Rider 320 to the bike mount.
2. Tighten the mounting screw.
3. Adjust the angle of Rider 320 as needed.
4. Secure Rider 320 with the locking mechanism.

(Optional)

1. Attach the bike mount to the bike frame.
2. Insert the mounting pin through the bike mount and bike frame.
3. Secure with the bolt and nut.
Install Speed/Cadence/Dual Sensor (Optional)

NOTE:
- Once sensors waken, the LED blinks twice. The LED continues to blink when you continue to pedal for pairing. After around 15 blinks, it will stop blinking. If not used for 10 minutes, sensor would go into sleep mode to preserve power. Please complete the pairing during the time the sensor is awake.
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.
- Adjust the sensor position to the middle part of the body (wear it slightly below the chest). 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.
- If the sensor cannot be detected or the reading is abnormal, please warm up 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.

**NOTE:** Improper battery replacement may cause an explosion. When replacing a new battery, use only the original battery or a similar type of battery specified by the manufacturer. Disposal of the used batteries must be carried out in accordance to the regulations of your local authority.

For better environmental protection, waste batteries should be collected separately for recycling or special disposal.
### Wheel Size and Circumference

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

<table>
<thead>
<tr>
<th>Wheel Size</th>
<th>L (mm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>12x1.75</td>
<td>935</td>
</tr>
<tr>
<td>12x1.95</td>
<td>940</td>
</tr>
<tr>
<td>14x1.50</td>
<td>1020</td>
</tr>
<tr>
<td>14x1.75</td>
<td>1055</td>
</tr>
<tr>
<td>16x1.50</td>
<td>1185</td>
</tr>
<tr>
<td>16x1.75</td>
<td>1195</td>
</tr>
<tr>
<td>16x2.00</td>
<td>1245</td>
</tr>
<tr>
<td>16x1-1/8</td>
<td>1290</td>
</tr>
<tr>
<td>16x1-3/8</td>
<td>1300</td>
</tr>
<tr>
<td>17x1-1/4</td>
<td>1340</td>
</tr>
<tr>
<td>18x1.50</td>
<td>1340</td>
</tr>
<tr>
<td>18x1.75</td>
<td>1350</td>
</tr>
<tr>
<td>20x1.25</td>
<td>1450</td>
</tr>
<tr>
<td>20x1.35</td>
<td>1460</td>
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<tr>
<td>20x1.50</td>
<td>1490</td>
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<tr>
<td>20x1.75</td>
<td>1515</td>
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<tr>
<td>20x1-1/8</td>
<td>1545</td>
</tr>
<tr>
<td>20x1-3/8</td>
<td>1615</td>
</tr>
<tr>
<td>22x1-3/8</td>
<td>1770</td>
</tr>
<tr>
<td>22x1-1/2</td>
<td>1785</td>
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<tr>
<td>24x1.75</td>
<td>1890</td>
</tr>
<tr>
<td>24x2.00</td>
<td>1925</td>
</tr>
<tr>
<td>24x2.125</td>
<td>1965</td>
</tr>
<tr>
<td>24x1(520)</td>
<td>1753</td>
</tr>
<tr>
<td>24x3/4 Tubular</td>
<td>1785</td>
</tr>
<tr>
<td>24x1-1/8</td>
<td>1795</td>
</tr>
<tr>
<td>24x1-1/4</td>
<td>1905</td>
</tr>
<tr>
<td>26x1(559)</td>
<td>1913</td>
</tr>
<tr>
<td>26x1.25</td>
<td>1950</td>
</tr>
<tr>
<td>26x1.40</td>
<td>2005</td>
</tr>
<tr>
<td>26x1.50</td>
<td>2010</td>
</tr>
<tr>
<td>26x1.75</td>
<td>2023</td>
</tr>
<tr>
<td>26x1.95</td>
<td>2050</td>
</tr>
<tr>
<td>26x2.10</td>
<td>2068</td>
</tr>
<tr>
<td>26x2.125</td>
<td>2070</td>
</tr>
<tr>
<td>26x2.35</td>
<td>2083</td>
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</table>

<table>
<thead>
<tr>
<th>Wheel Size</th>
<th>L (mm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>26x3.00</td>
<td>2170</td>
</tr>
<tr>
<td>26x1-1/8</td>
<td>1970</td>
</tr>
<tr>
<td>26x1-3/8</td>
<td>2068</td>
</tr>
<tr>
<td>26x1-1/2</td>
<td>2100</td>
</tr>
<tr>
<td>650C Tubular 26x7/8</td>
<td>1920</td>
</tr>
<tr>
<td>650x20C</td>
<td>1938</td>
</tr>
<tr>
<td>650x23C</td>
<td>1944</td>
</tr>
<tr>
<td>650x25C 26x1(571)</td>
<td>1952</td>
</tr>
<tr>
<td>650x38A</td>
<td>2125</td>
</tr>
<tr>
<td>650x38B</td>
<td>2105</td>
</tr>
<tr>
<td>27x1(630)</td>
<td>2145</td>
</tr>
<tr>
<td>27x1-1/8</td>
<td>2155</td>
</tr>
<tr>
<td>27x1-1/4</td>
<td>2161</td>
</tr>
<tr>
<td>27x1-3/8</td>
<td>2169</td>
</tr>
<tr>
<td>27.5x1.50</td>
<td>2079</td>
</tr>
<tr>
<td>27.5x2.1</td>
<td>2148</td>
</tr>
<tr>
<td>27.5x2.25</td>
<td>2182</td>
</tr>
<tr>
<td>700x18C</td>
<td>2070</td>
</tr>
<tr>
<td>700x19C</td>
<td>2080</td>
</tr>
<tr>
<td>700x20C</td>
<td>2086</td>
</tr>
<tr>
<td>700x23C</td>
<td>2096</td>
</tr>
<tr>
<td>700x25C</td>
<td>2105</td>
</tr>
<tr>
<td>700x28C</td>
<td>2136</td>
</tr>
<tr>
<td>700x30C</td>
<td>2146</td>
</tr>
<tr>
<td>700x32C</td>
<td>2155</td>
</tr>
<tr>
<td>700C Tubular</td>
<td>2130</td>
</tr>
<tr>
<td>700x35C</td>
<td>2168</td>
</tr>
<tr>
<td>700x38C</td>
<td>2180</td>
</tr>
<tr>
<td>700x40C</td>
<td>2200</td>
</tr>
<tr>
<td>700x42C</td>
<td>2224</td>
</tr>
<tr>
<td>700x44C</td>
<td>2235</td>
</tr>
<tr>
<td>700x45C</td>
<td>2242</td>
</tr>
<tr>
<td>700x47C</td>
<td>2268</td>
</tr>
<tr>
<td>29x2.1</td>
<td>2288</td>
</tr>
<tr>
<td>29x2.2</td>
<td>2298</td>
</tr>
<tr>
<td>29x2.3</td>
<td>2326</td>
</tr>
</tbody>
</table>
Basic Care For Your Rider 320

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

• Do not drop your device or subject it to severe shock.
• Do not expose your device 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 device.
• Do not attempt to disassemble, repair, or make any modifications to your device. Any attempt to do so will make the warranty invalid.
# Data Fields

<table>
<thead>
<tr>
<th>Category</th>
<th>Data Fields</th>
<th>Description of Data Fields</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>Calorie</td>
<td>The number of total calories burned.</td>
</tr>
<tr>
<td></td>
<td>Kilojoules</td>
<td>The accumulated power output in kilojoules for the current activity.</td>
</tr>
<tr>
<td>Altitude</td>
<td>Altitude</td>
<td>The height of your current location above or below sea level.</td>
</tr>
<tr>
<td></td>
<td>Max Altitude</td>
<td>The highest height of your current location above or below sea level which the rider achieved for the current activity.</td>
</tr>
<tr>
<td></td>
<td>Alt. Gain</td>
<td>The total altitude distance gained during this current activity.</td>
</tr>
<tr>
<td></td>
<td>Alt. Loss</td>
<td>The total altitude lost during this current activity.</td>
</tr>
<tr>
<td></td>
<td>Gradient</td>
<td>The calculation of altitude over distance.</td>
</tr>
<tr>
<td></td>
<td>Uphill</td>
<td>The total distance traveled while ascending.</td>
</tr>
<tr>
<td></td>
<td>Downhill</td>
<td>The total distance traveled while descending.</td>
</tr>
<tr>
<td>Distance</td>
<td>Distance</td>
<td>The distance travelled for current activity.</td>
</tr>
<tr>
<td></td>
<td>Odometer</td>
<td>The accumulated total distance until you reset it.</td>
</tr>
<tr>
<td></td>
<td>LapDistance</td>
<td>The distance traveled for the current lap.</td>
</tr>
<tr>
<td></td>
<td>LLapDist.</td>
<td>The distance traveled for the last finished lap.</td>
</tr>
<tr>
<td></td>
<td>Trip 1/Trip 2</td>
<td>Cumulative mileage recorded before you reset it. They are 2 separate trip measurements. You are free to use Trip 1 or Trip 2 to record, for example, weekly total distance and use another to record, for example, monthly total distance.</td>
</tr>
<tr>
<td>Speed</td>
<td>Speed</td>
<td>The current rate of change in distance.</td>
</tr>
<tr>
<td></td>
<td>Avg Speed</td>
<td>The average speed for current activity.</td>
</tr>
<tr>
<td></td>
<td>Max Speed</td>
<td>The maximum speed for current activity.</td>
</tr>
<tr>
<td></td>
<td>LapAvgSpd</td>
<td>The average speed for the current lap.</td>
</tr>
<tr>
<td></td>
<td>LapMaxSpd</td>
<td>The maximum speed for the current lap.</td>
</tr>
<tr>
<td></td>
<td>LLapAvgSpd</td>
<td>The average speed for the last finished lap.</td>
</tr>
<tr>
<td>Time</td>
<td>Time</td>
<td>Current GPS Time.</td>
</tr>
<tr>
<td></td>
<td>Ride Time</td>
<td>The time spent on riding for current activity.</td>
</tr>
<tr>
<td></td>
<td>Trip Time</td>
<td>Total time spent for current activity.</td>
</tr>
<tr>
<td></td>
<td>Sunrise</td>
<td>The time of sunrise based on your GPS location.</td>
</tr>
<tr>
<td></td>
<td>Sunset</td>
<td>The time of sunset based on your GPS location.</td>
</tr>
<tr>
<td></td>
<td>LapTime</td>
<td>The stopwatch time for the current lap.</td>
</tr>
<tr>
<td></td>
<td>LLapTime</td>
<td>The stopwatch time for the last finished lap.</td>
</tr>
<tr>
<td></td>
<td>Lap Count</td>
<td>The number of laps finished for the current activity.</td>
</tr>
<tr>
<td>Cadence</td>
<td>Cadence</td>
<td>The current rate at which rider is pedalling the pedals</td>
</tr>
<tr>
<td></td>
<td>Avg CAD</td>
<td>The average cadence for current activity.</td>
</tr>
<tr>
<td></td>
<td>Max CAD</td>
<td>The maximum cadence for current activity.</td>
</tr>
<tr>
<td></td>
<td>LapAvgCad</td>
<td>The average cadence for the current lap.</td>
</tr>
<tr>
<td></td>
<td>LLapAvgCad</td>
<td>The average cadence for the last finished lap.</td>
</tr>
<tr>
<td>Category</td>
<td>Data Fields</td>
<td>Description of Data Fields</td>
</tr>
<tr>
<td>----------</td>
<td>-------------</td>
<td>----------------------------</td>
</tr>
<tr>
<td>HR</td>
<td>Heart Rate</td>
<td>The number of times your heart beats per minute. It requires compatible HR sensor pairing connection to your device.</td>
</tr>
<tr>
<td></td>
<td>Avg HR</td>
<td>The average heart rate for current activity.</td>
</tr>
<tr>
<td></td>
<td>Max HR</td>
<td>The maximum heart rate for current activity.</td>
</tr>
<tr>
<td></td>
<td>MHR %</td>
<td>Your current heart rate divided by Maximum Heart Rate. MHR means that the maximum number of beats made by your heart in 1 minute of effort. (MHR is different from Max HR. You will need to set MHR in User Profile)</td>
</tr>
<tr>
<td></td>
<td>LTHR%</td>
<td>Your current heart rate divided by Lactate Threshold Heart Rate. LTHR means that the average heart rate while in the intense exercise at which the blood concentration of lactate begins to exponentially increase. (You will need to set LTHR in User Profile)</td>
</tr>
<tr>
<td></td>
<td>MHR Zone</td>
<td>The current range of your Maximum Heart Rate Percentage heart rate (Zone 1 to Zone 75).</td>
</tr>
<tr>
<td></td>
<td>LTHR Zone</td>
<td>The current range of your Lactate Threshold Heart Rate Percentage (Zone 1 to Zone 7).</td>
</tr>
<tr>
<td></td>
<td>LapAvgHR</td>
<td>The average heart rate for the current lap.</td>
</tr>
<tr>
<td></td>
<td>LLapAvgHR</td>
<td>The average heart rate for the last finished lap.</td>
</tr>
<tr>
<td></td>
<td>Lap MHR%</td>
<td>The average of MHR% for the current lap.</td>
</tr>
<tr>
<td></td>
<td>Lap LTHR%</td>
<td>The average of LTHR% for the current lap.</td>
</tr>
<tr>
<td></td>
<td>Temp</td>
<td>The current temperature.</td>
</tr>
<tr>
<td></td>
<td>Avg Power</td>
<td>The average power for the current activity.</td>
</tr>
<tr>
<td></td>
<td>Max Power</td>
<td>The maximum power for the current activity.</td>
</tr>
<tr>
<td></td>
<td>LapAvgPw</td>
<td>The average power for the current lap.</td>
</tr>
<tr>
<td></td>
<td>LapMaxPw</td>
<td>The maximum power for the current lap.</td>
</tr>
<tr>
<td></td>
<td>3s power</td>
<td>3 seconds average of power</td>
</tr>
<tr>
<td></td>
<td>10s power</td>
<td>10 seconds average of power</td>
</tr>
<tr>
<td></td>
<td>30s power</td>
<td>30 seconds average of power</td>
</tr>
<tr>
<td></td>
<td>NP (Normalized Power)</td>
<td>An estimate of the power that you could have maintained for the same physiological &quot;cost&quot; if your power had been perfectly constant, such as on an ergometer, instead of variable power output.</td>
</tr>
<tr>
<td></td>
<td>TSS (Training Stress Score)</td>
<td>Training Stress Score is calculated by taking into account both the intensity such as IF and the duration of the ride. A way of measuring how much stress is put on the body from a ride.</td>
</tr>
<tr>
<td></td>
<td>IF (Intensity Factor)</td>
<td>Intensity Factor is the ratio of the normalized power(NP) to your Functional Threshold Power(FTP). An indication of how hard or difficult a ride was in relation to your overall fitness.</td>
</tr>
<tr>
<td></td>
<td>SP (Specific Power)</td>
<td>Power-to-weight ratio</td>
</tr>
<tr>
<td></td>
<td>FTP Zone</td>
<td>The current range of your Functional Threshold Power Percentage (Zone1 to Zone 7).</td>
</tr>
<tr>
<td>Category</td>
<td>Data Fields</td>
<td>Description of Data Fields</td>
</tr>
<tr>
<td>------------------</td>
<td>-----------------</td>
<td>------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>Power</strong></td>
<td>MAP Zone</td>
<td>The current range of your Maximum Aerobic Power Percentage (Zone 1 to Zone 7).</td>
</tr>
<tr>
<td></td>
<td>MAP%</td>
<td>The current power divided by your Maximum Aerobic Power.</td>
</tr>
<tr>
<td></td>
<td>FTP%</td>
<td>The current power divided by your functional threshold power.</td>
</tr>
<tr>
<td></td>
<td>Lap NP</td>
<td>Normalized power of the current lap</td>
</tr>
<tr>
<td></td>
<td>Last Lap NP</td>
<td>Normalized power of the last lap</td>
</tr>
<tr>
<td></td>
<td>LLapAvgPw</td>
<td>The average power output for the last finished lap.</td>
</tr>
<tr>
<td></td>
<td>LlapMaxPw</td>
<td>The maximum power for the last finished lap.</td>
</tr>
<tr>
<td></td>
<td>Left Power</td>
<td>Current left leg power</td>
</tr>
<tr>
<td></td>
<td>Right Power</td>
<td>Current right leg power</td>
</tr>
<tr>
<td></td>
<td>3s Left Power</td>
<td>3 seconds average of left leg power</td>
</tr>
<tr>
<td></td>
<td>10s Left Power</td>
<td>10 seconds average of left leg power</td>
</tr>
<tr>
<td></td>
<td>30s Left Power</td>
<td>30 seconds average of left leg power</td>
</tr>
<tr>
<td></td>
<td>3s Right Power</td>
<td>3 seconds average of right leg power</td>
</tr>
<tr>
<td></td>
<td>10s Right Power</td>
<td>10 seconds average of right leg power</td>
</tr>
<tr>
<td></td>
<td>30s Right Power</td>
<td>30 seconds average of right leg power</td>
</tr>
<tr>
<td><strong>Pedal Analysis</strong></td>
<td>3s Avg PB</td>
<td>3 seconds average power balance.</td>
</tr>
<tr>
<td></td>
<td>CurPB-LR</td>
<td>The current left/right power balance.</td>
</tr>
<tr>
<td></td>
<td>AvgPB-LR</td>
<td>The average left/right power balance for the current activity.</td>
</tr>
<tr>
<td></td>
<td>CurTE-LR</td>
<td>The current left/right percentage of how efficiently a rider is pedaling.</td>
</tr>
<tr>
<td></td>
<td>MaxTE-LR</td>
<td>The maximum left/right percentage of how efficiently a rider is pedaling.</td>
</tr>
<tr>
<td></td>
<td>AvgTE-LR</td>
<td>The average left/right percentage of how efficiently a rider is pedaling.</td>
</tr>
<tr>
<td></td>
<td>CurPS-LR</td>
<td>The current left/right percentage of how evenly a rider is applying force to the pedals throughout each pedal stroke.</td>
</tr>
<tr>
<td></td>
<td>MaxPS-LR</td>
<td>The maximum left/right percentage of how evenly a rider is applying force to the pedals throughout each pedal stroke.</td>
</tr>
<tr>
<td></td>
<td>AvgPS-LR</td>
<td>The average left/right percentage of how evenly a rider is applying force to the pedals throughout each pedal stroke.</td>
</tr>
</tbody>
</table>
RF Exposure Information (MPE)

This device meets the EU requirements and the International Commission on Non-Ionizing Radiation Protection (ICNIRP) on the limitation of exposure of the general exposure requirements, this equipment must be operated in a minimum of 20 cm separation distance to the user.

Hereby, Bryton Inc. declares that the radio equipment type Bryton product is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: http://www.brytonsport.com/download/Docs/CeDocs_Rider320.pdf