

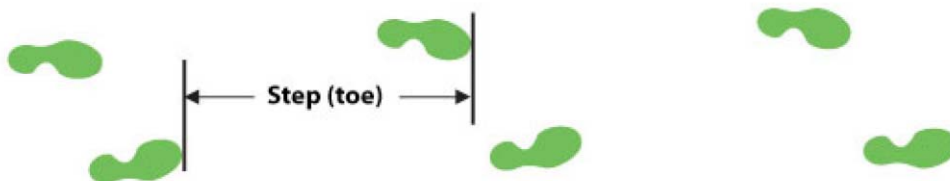
Category	Items	Description	Amis S430	Amis S630
Stride	*Stride Rate	Current number of strides per minute (spm)	✓	✓
	Avg Stride	Average stride rate of the current activity	✓	✓
	Max Stride	Maximum stride rate achieved during the activity	✓	✓
	*Avg Stride Length	Average length of one step	✓	✓
Cadence	Cadence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

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

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

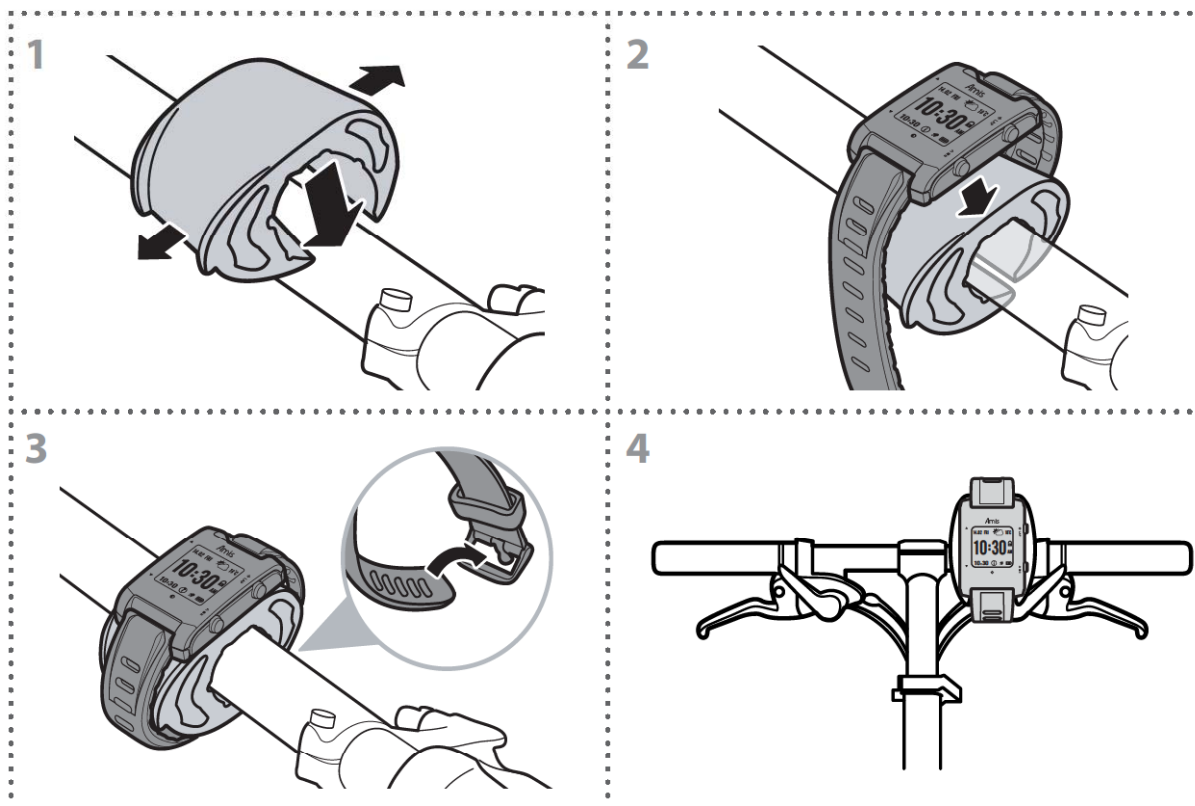


* A **Step** means the distance between the toe of two subsequent feet. Stride length means the length of one step.

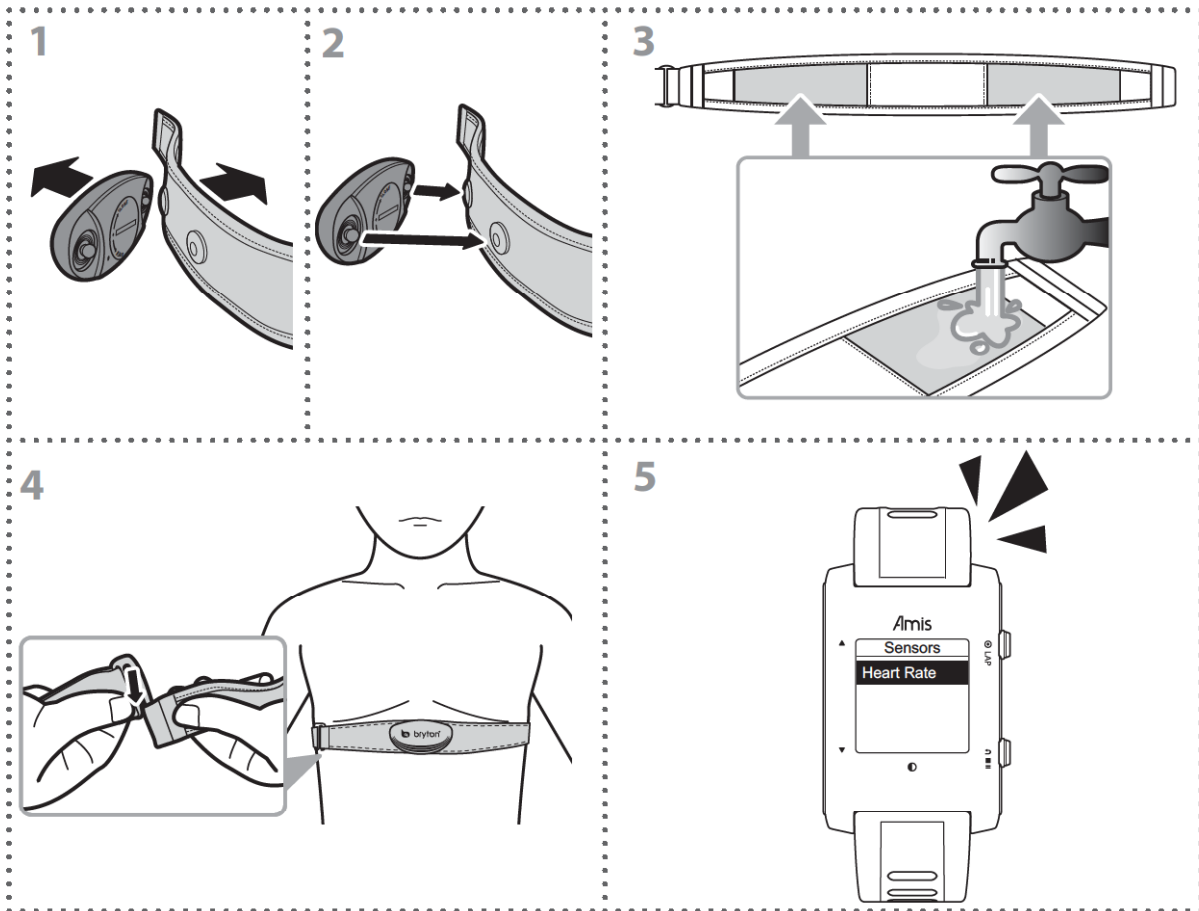


Installing the Bike Mount (Amis S630 only)

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



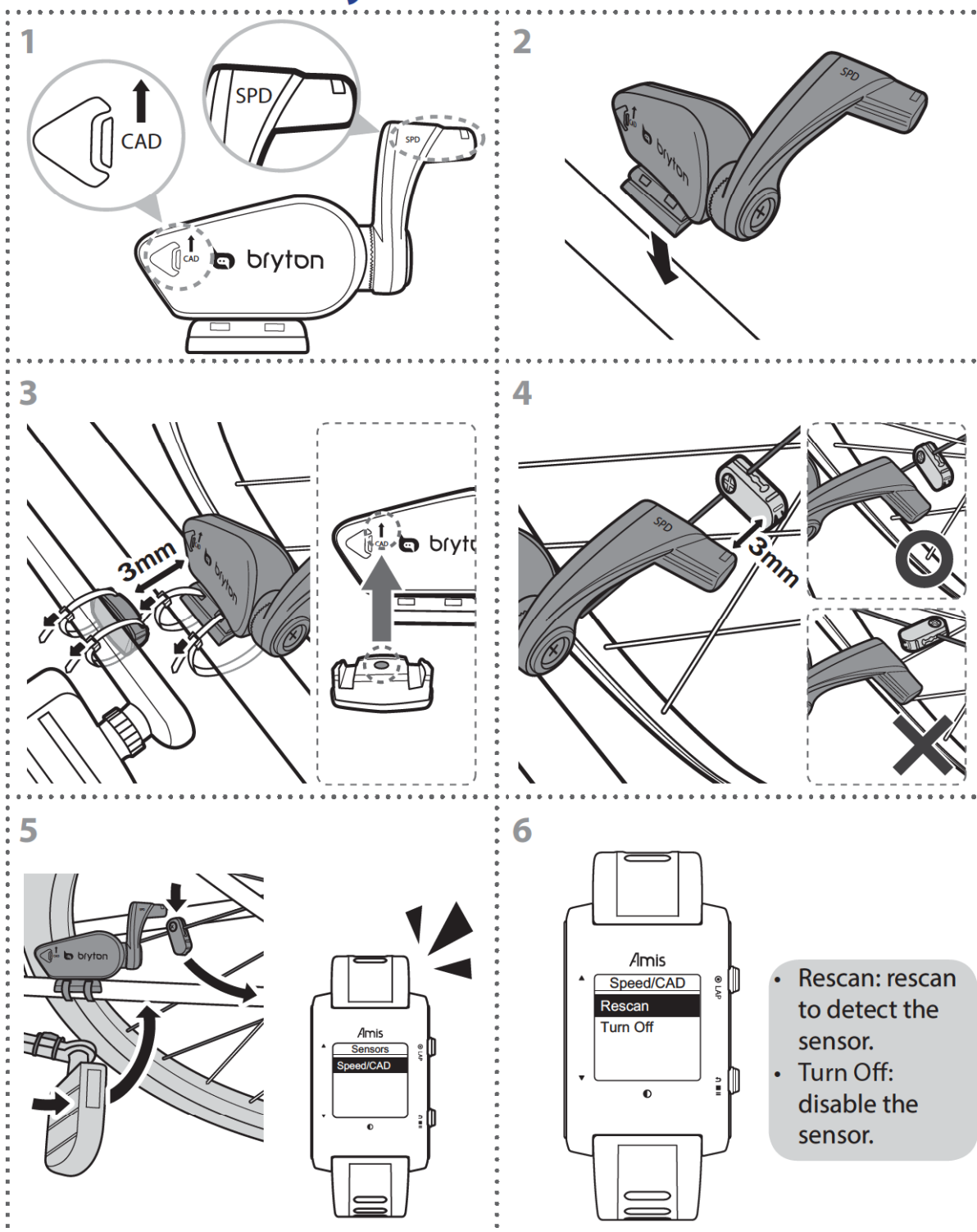
Installing the Heart Rate Monitor



NOTE:

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

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



NOTE:

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

Wheel Size and Circumference

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

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

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

Heart Rate Zones

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

Basic Care For Your Amis S430/S630

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

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

Specifications

Amis S430

Item	Description
Display	1.28" Mono LCD
Dimensions (L x W x T)	46.6 x 36.6 x 12.8 mm
Weight	58g
Operating temperature	-10°C ~ 50°C
Battery charge temperature	0°C ~ 40°C
Battery life	Up to 180 days in clock mode Up to 16 hours in exercise mode in open-sky environment
GPS	Integrated high-sensitivity receiver with embedded antenna
RF transceiver	2.4 GHz ANT+ receiver with embedded antenna Bluetooth Smart wireless technology with embedded antenna
G-Sensor	3-axis acceleration sensor

Amis S630

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Heart Rate Monitor Set

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

Speed & Cadence Dual Sensor

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

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

