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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 Update Tool. 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.

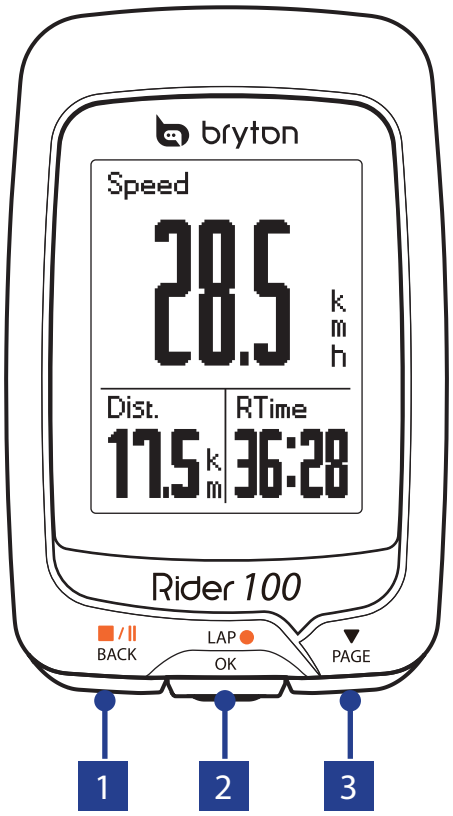
# Australian Consumer Law

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 100.

## Your Rider 100




### 1 BACK (■/II BACK)

- Press to return to the previous page or cancel an operation.
- When recording, press to pause recording. Press it again to stop recording.

### 2 LAP/OK (LAP● OK)

- Press and hold to turn the device on/off.
- In Menu, press to enter or confirm a selection.
- In free cycling, press to start recording.
- When recording, press to mark the lap.

### 3 PAGE (▼ PAGE)

- In Menu, press to move down to scroll through menu options.
- In Meter view, press to switch meter screen page. Press and hold to enter Shortcut page.

# Accessories

The Rider 100 comes with the following accessories:

- USB cable
- Bike mount

*Optional items:*

- Heart rate belt
- Speed sensor
- Cadence sensor
- Speed/Cadence Dual sensor
- Out-front Bike Mount

# Status Icons

| Icon | Description |
|---|---|
| **Bike Type** | |
| 1 | Bike 1 |
| 2 | Bike 2 |
| **GPS Signal Status** | |
| /- - - | No signal (not fixed) |
| | Weak signal |
| | Strong signal |
| **Power Status** | |
| | Full battery |
| / | Half battery |
| | Low battery |

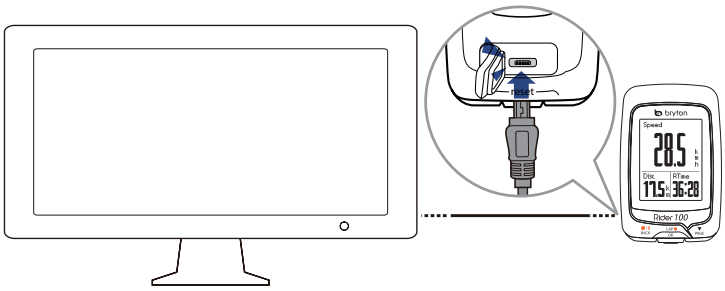
| Icon | Description |
|---|---|
| | Heart Rate Sensor Active |
| | Cadence Sensor Active |
| | Speed Sensor Active |
| | Dual Sensor Active |
| | Notification |
| | Log Record in Progress |
| | Recording is paused |
| | Bluetooth function is enabled |

**NOTE:** Only the active icons are displayed on the screen.

# Step 1: Charge your Rider 100

Connect Rider 100 to a PC to charge the battery for at least 3 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.**




# Step 2: Turn On Rider 100

Press and hold LAP/OK to turn on the device.

# Step 3: Initial Setup

When turning Rider 100 on for the first time, the setup wizard appears on screen. Follow the instructions to complete setup.

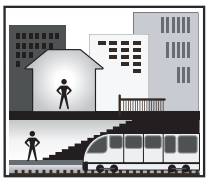
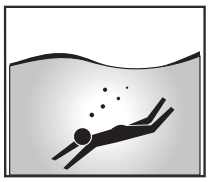
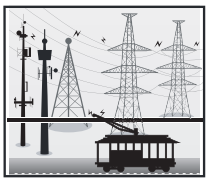
1. Select the display language.
2. Read and accept the Safety Agreement.

# Step 4: Acquire Satellite Signals

Once the Rider 100 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 (/) 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 |

# Step 5: Ride Your Bike with Rider 100

- **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 LAP● OK to start recording, press ■/II BACK to pause, press ■/II BACK again to stop.

# Reset Rider 100

To reset the Rider 100, long press all three keys ( ■/II BACK / LAP● OK / ▼ PAGE ) at the same time.

# Download Bryton Update Tool

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

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

# Share Your Records

## Share Your Tracks to Brytonsport.com

**1. Sign up/log in on Brytonsport.com**

a. Go to http://www.brytonsport.com/help/start.

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

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

**2. Connect to PC**

**Turn on your Rider 100 and connect it to your computer by using USB cable.**

**3. Share Your Records**

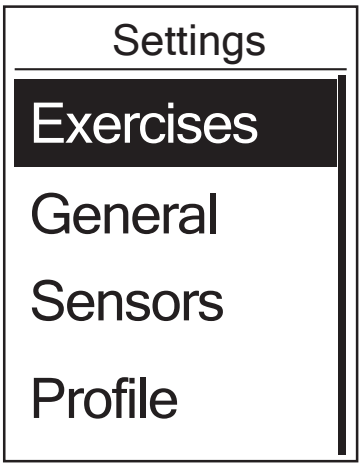
**a. Go to http://www.brytonsport.com/help/landing. Click " Upload Files " button. Then, click " Select from Files ".**

b. Choose to save as "History". Then, click "Select and Upload file".

c. Select FIT files fom Bryton folder in the device.

# Settings

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

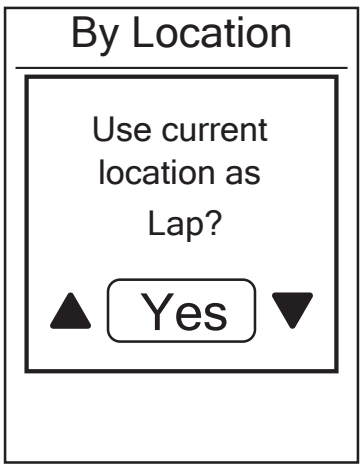



1. In the main screen, press ▼ PAGE to select **Settings**.
2. Press LAP● OK to enter the Settings menu.

# 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.

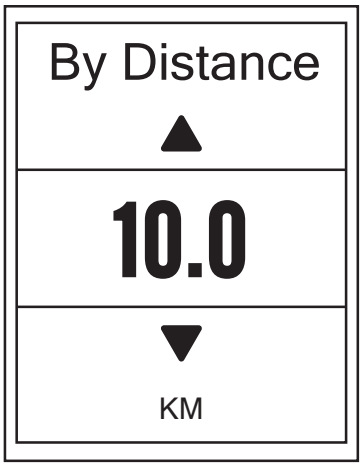
## Lap by Location




1. In the Settings menu, press ▼ PAGE to select **Exercises** > **Smart Lap** and press LAP● OK.
2. Press LAP● OK to edit the setting.
3. A "Use current location as Lap ? " message appears on the screen. To save the data, press ▼ PAGE to select **Yes** and press LAP● OK to confirm.
4. Press ■/II BACK 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 the GPS is on and make sure you step outside to acquire the signal.

## Lap by Distance

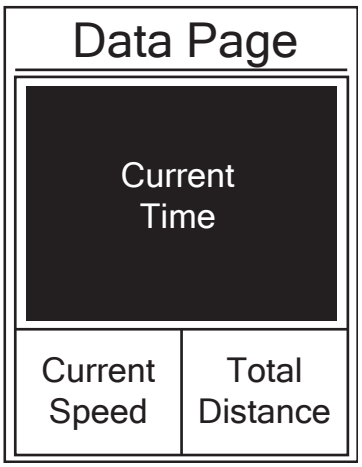



1. In the Settings menu, press ▼ PAGE to select **Exercises> Smart Lap** and press LAP● OK.
2. Press LAP● OK to edit the setting.
3. Press ■/II BACK / ▼ PAGE to select your desired distance and press LAP● OK to confirm.
4. Press ■/II BACK to exit this menu.

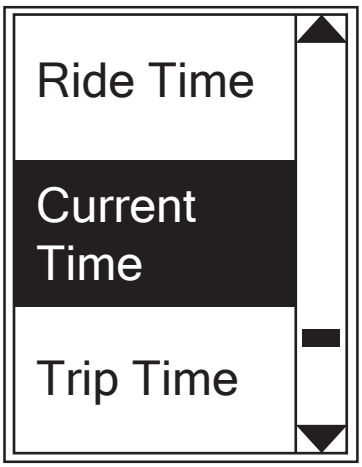
# Data Page

You can set the data page setting for the Meter, Lap, and Auto Switch. You can also set the Auto Switch interval setting.

## Meter Display




3-grid display

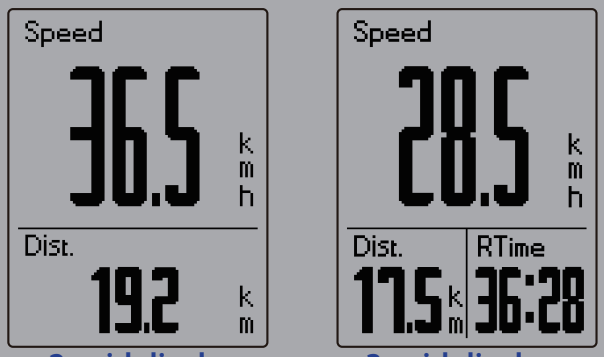



Item selection

1. In the Settings menu, press ▼ PAGE to select **Exercises> Data Page** > **Data Page1**, **Data Page 2**, or **Data Page 3** and press LAP● OK.
2. Press ■/II BACK / ▼ PAGE to select the number of data fields and press LAP● OK to confirm.

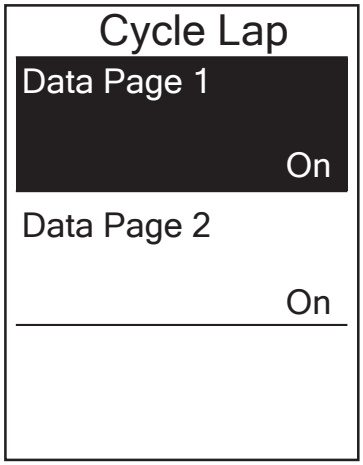
3. Press ▼ PAGE to select the item field that you want to customize, and press LAP● OK to confirm the selection.
4. Press ■/II BACK / ▼ PAGE to select the desired setting and press LAP● OK to confirm.
5. Press ■/II BACK to exit this menu.

**NOTE:** The number of data fields shown on the screen depends on the "Data fields" selection.



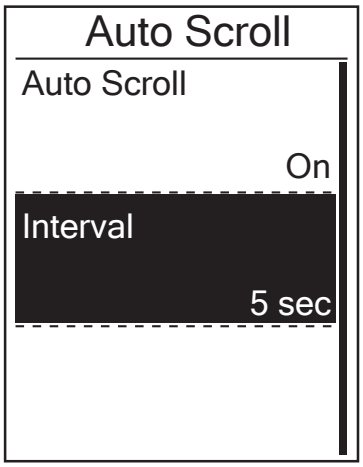

2-grid display 3-grid display

## Lap Display




1. In the Settings menu, press ▼ PAGE to select **Exercises** > **Data Page**> **Lap** > **Data Page1** or **Data Page 2** and press LAP● OK.
2. Press ■/II BACK / ▼ PAGE to select the number of data fields and press LAP● OK to confirm.
3. Press ▼ PAGE to select the item field that you want to customize, and press LAP● OK to confirm the selection.
4. Press ■/II BACK / ▼ PAGE to select the desired setting and press LAP● OK to confirm.
5. Press ■/II BACK to exit this menu.

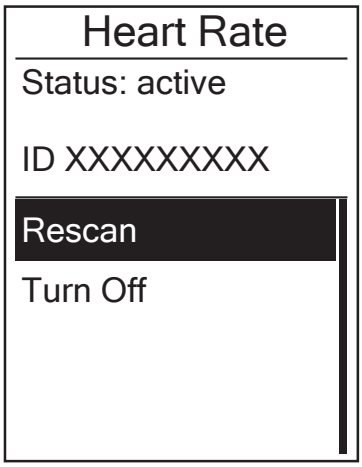
## Auto Scroll



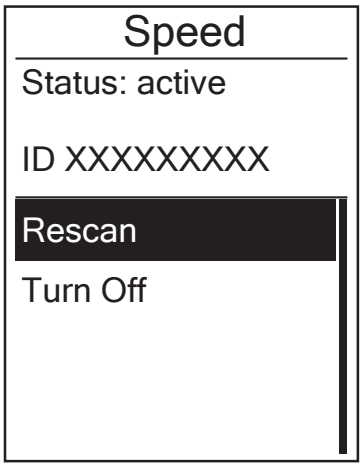

1. In the Settings menu, press ▼ PAGE to select **General** > **Auto scroll** and press LAP● OK .
2. Press ▼ PAGE to select the setting that you want to change and press LAP● OK to enter its submenu.
   - Auto scroll: enable/disable the auto switch.
   - Interval: set the interval time.
3. Press ■/II BACK / ▼ PAGE to adjust the desired setting and press LAP● OK to confirm.
4. Press ■/II BACK to exit this menu.

# Sensors

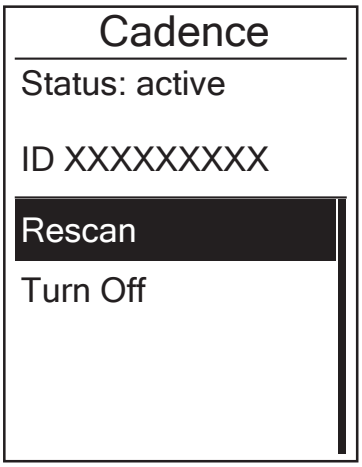
You can customize the respective sensor settings such as enable/disable the function or rescan the sensor for the device.



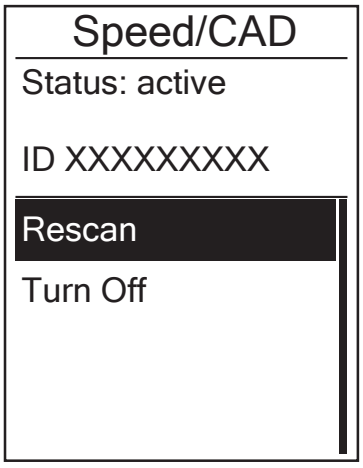

Heart Rate




Speed




Cadence



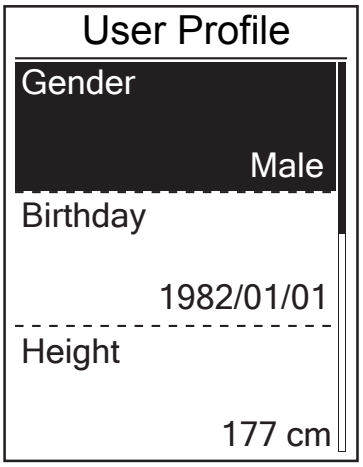

Speed/Cadence

1. In the Settings menu, press ▼ PAGE to select **Sensors** > **Heart Rate**, **Speed**, **Cadence**, or **Speed/CAD** and press LAP● OK.
2. Press LAP● OK to have more options. Press ▼ PAGE to select the desired setting and press LAP● OK to confirm.
   - Rescan: rescan to detect the sensor.
   - Turn on/Turn off: enable/disable the sensor.
3. Press ■/II BACK 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 the 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

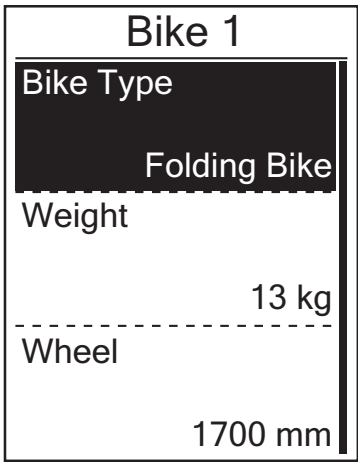
You can change your personal information.




1. In the Settings menu, press ▼ PAGE to select **Profile** and press LAP● OK.
2. Press ▼ PAGE to select the setting that you want to change and press LAP● OK 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.
3. Press ■/II BACK / ▼ PAGE to adjust the desired setting and press LAP● OK to confirm.
4. Press ■/II BACK to exit this menu.

# Personalize Bike Profile

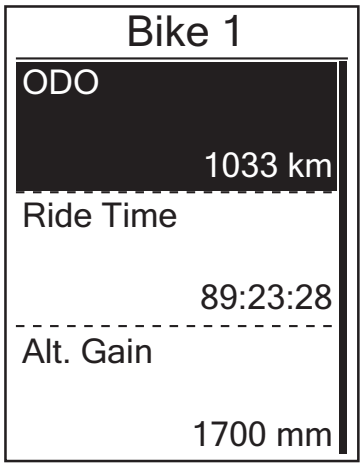
You can customize and view your bicycle(s) profile.




1. In the Settings menu, press ▼ PAGE to select **Profile>Bike Profile> Bike 1** or **Bike 2 and press** LAP● OK.
2. Press ▼ PAGE to select the setting that you want to change and press LAP● OK to enter its submenu.
   - Bike Type: select the bike type.
   - Weight: set the bike weight.
   - Wheel: set the bike wheel size.
   - Activate: select to activate the bike.
3. Press ■/II BACK / ▼ PAGE to adjust the desired setting and press LAP● OK to confirm.
4. Press ■/II BACK to exit this menu.

**NOTE:** For details on wheel size, see "Wheel Size and Circumference" on page 31.

## View Bike Profile




1. In the Settings menu, press ▼ PAGE to select **Profile>Bike Profile > Overview** and press LAP● OK.
2. Press ▼ PAGE to select the desired bike and press LAP● OK to confirm.
3. Press ▼ PAGE to view more data of the selected bike.
4. Press ■/II BACK to exit this menu.

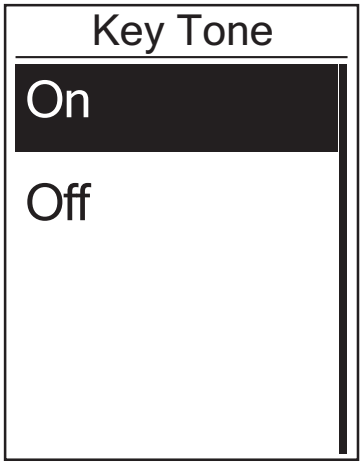
# Change System Settings

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

## Backlight Off

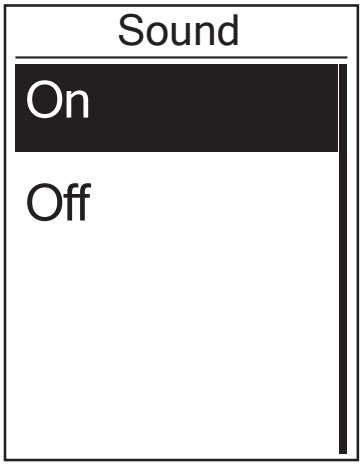
1. In the Settings menu, press ▼ PAGE to select **General** > **System** > **Backlight Off** and press LAP● OK.
2. Press ■/II BACK / ▼ PAGE to select the desired setting and press LAP● OK to confirm.
3. Press ■/II BACK to exit this menu.

## Key Tone




1. In the Settings menu, press ▼ PAGE to select **General** > **System**> **Key Tone** and press LAP● OK .
2. Press ■/II BACK / ▼ PAGE to select the desired setting and press LAP● OK to confirm.
3. Press ■/II BACK to exit this menu.

## Sound

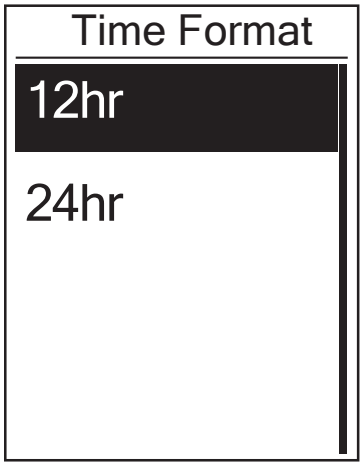



1. In the Settings menu, press ▼ PAGE to select **General** > **System** > **Sound** and press LAP● OK.
2. Press ■/II BACK / ▼ PAGE to select the desired setting and press LAP● OK to confirm.
3. Press ■/II BACK to exit this menu.

## Time/Unit

Daylight Save

Date format




Time format

Unit

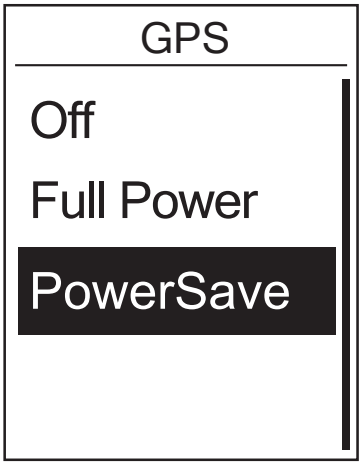
1. In the Settings menu, press ▼ PAGE to select **General** > **System** > **Time/Unit** > **Daylight Save**, **Date format**, **Time format**, or **Unit** and press LAP● OK.
2. Press ■/II BACK / ▼ PAGE to select the desired setting/format and press LAP● OK to confirm.
3. Press ■/II BACK to exit this menu.

## Language

1. In the Settings menu, press ▼ PAGE to select **General** > **System** > **Language** and press LAP● OK.
2. Press ■/II BACK / ▼ PAGE to select the desired setting and press LAP● OK to confirm.
3. Press ■/II BACK to exit this menu.

# View GPS Status

You can view the GPS signal information that your device is currently receiving.




1. In the Settings menu, press ▼ PAGE to select **General** > **GPS** and press LAP● OK.
2. To set the signal search mode, press LAP● OK to confirm.
3. Press ■/II BACK / ▼ PAGE to select the desired setting and press LAP● OK to confirm.
   - Off: Turn-off GPS functions. Choose this to save power when GPS signal is not available, or when GPS information is not required (such as indoor use).
   - Full Power: maximum position and speed accuracy, consumes more power.
   - PowerSaving: Achieves longer battery life when used in good GPS signal condition, but less accurate.

# View Software Version

You can view your device current software version.

1. In the Settings menu, press ▼ PAGE to select **General** > **About**.
2. Press LAP ● OK to confirm.
   The current software version is displayed on the screen.
3. Press ■ / II BACK to exit this menu.

ENGLISH

# Appendix

## Specifications

### Rider 100

| Item | Description |
|---|---|
| Display | 1.6 FSTN positive transflective LCD |
| Physical Size | 39.6 x 58.9 x 17 mm |
| Weight | 40g |
| Operating Temperature | -10°C ~ 50°C |
| Battery Charging Temperature | 0°C ~ 40°C |
| Battery | Li polymer rechargeable battery |
| Battery Life | 17 hours with open sky |
| RF Transceiver | 2.4GMHz receiver with embedded antenna to support ANT+ heart rate, speed sensor, cadence sensor |
| GPS | Integrated high-sensitivity GPS receiver with embedded antenna |
| BLE Smart | Bluetooth smart wireless technology with embedded antenna |
| Water Resistant | IPX7 waterproof rating |

### Cadence Sensor

| Item | Description |
|---|---|
| Physical size | 33.9 x 13.5 x 39 mm |
| Weight | 14 g |
| Water Resistance | IPX7 |
| Transmission range | 5 m |
| Battery life | 1 hour per day for 16 months |
| Operating temperature | -10°C ~ 60°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 | 67~100 x 26 x 15 mm |
| Weight | 14 g (sensor) / 35g (strap) |
| Water Resistance | 20 m |
| Transmission range | 5 m |
| Battery life | 1 hour per day for 24 months |
| 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.

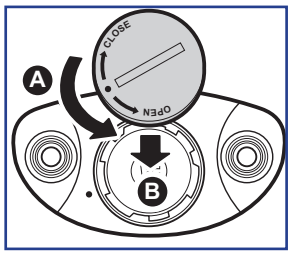
# Battery Information

## Heart Rate Monitor and Cadence Sensor Battery

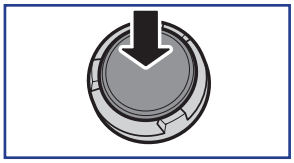
The heart rate monitor/cadence sensor contains a user-replaceable CR2032 battery.

To replace the battery:

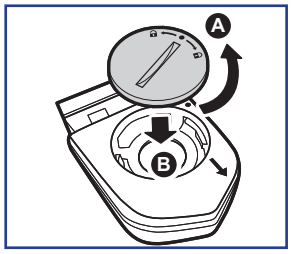
1. Locate the circular battery cover on the back of the heart rate monitor/cadence sensor.
2. Use a coin to twist the cover counter-clockwise so the arrow on the cover points to OPEN.
3. Remove the cover and battery. Wait for 30 seconds.




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.

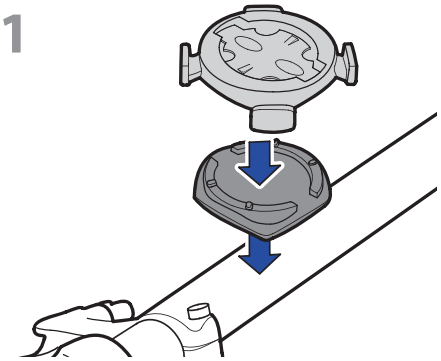



**NOTE:**
- When installing a new battery, if the battery is not placed with the positive connector first, the positive connector will easily deform and malfunction.
- Be careful not to damage or lose the O-ring gasket on the cover.
- Contact your local waste disposal department to properly dispose of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

# Install Rider 100

## Mount Rider 100 to the Bike

1



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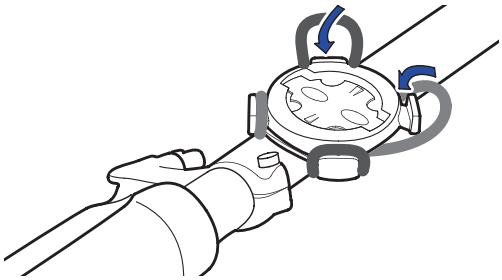

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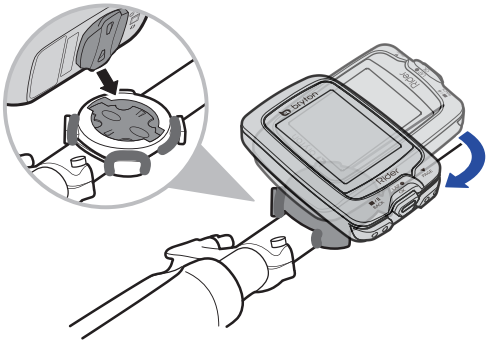

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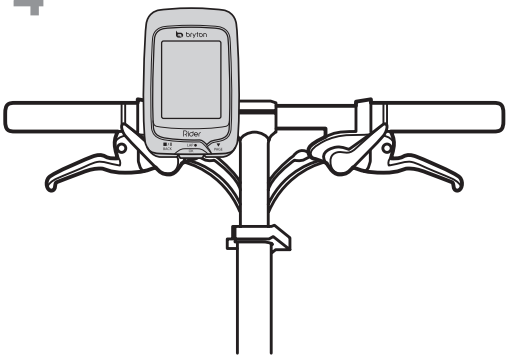

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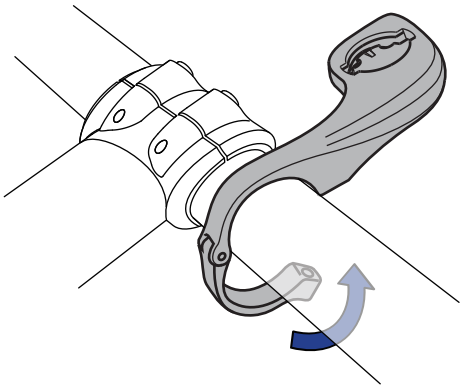
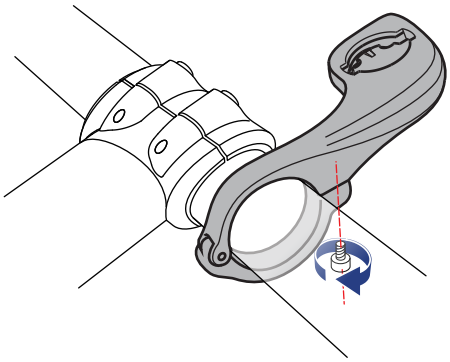
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