

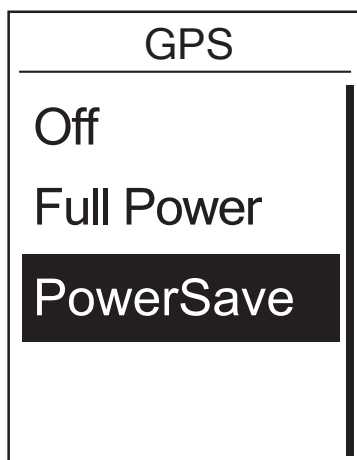
Language



1. In the Settings menu, press $\blacktriangledown$ PAGE to select **General > System > Language** and press $\bullet$ LAP OK.
2. Press $\blacksquare$ / $\parallel$ / $\blacktriangledown$ BACK / PAGE to select the desired setting and press $\bullet$ LAP OK to confirm.
3. Press $\blacksquare$ / $\parallel$ 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 $\blacktriangledown$ PAGE to select **General > GPS** and press $\bullet$ LAP OK.
2. To set the signal search mode, press $\bullet$ LAP OK to confirm.
3. Press $\blacksquare$ / $\parallel$ / $\blacktriangledown$ BACK / PAGE to select the desired setting and press $\bullet$ 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  to confirm.
The current software version is displayed on the screen.
3. Press  to exit this menu.

Appendix

Specifications

Rider 310

Item	Description
Display	1.8" FSTN positive transfective dot-matrix LCD
Physical Size	45.1 x 71.9 x 17.3 mm
Weight	54g
Operating Temperature	-10°C ~ 50°C
Battery Charging Temperature	0°C ~ 40°C
Battery	Li polymer rechargeable battery
Battery Life	20 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.

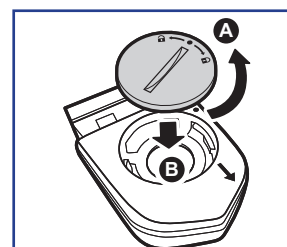
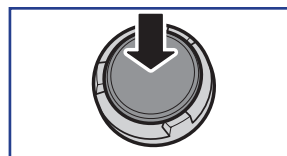
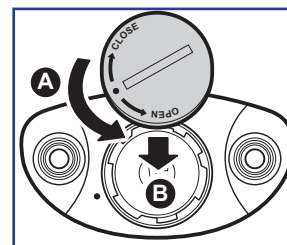
Battery Information

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.

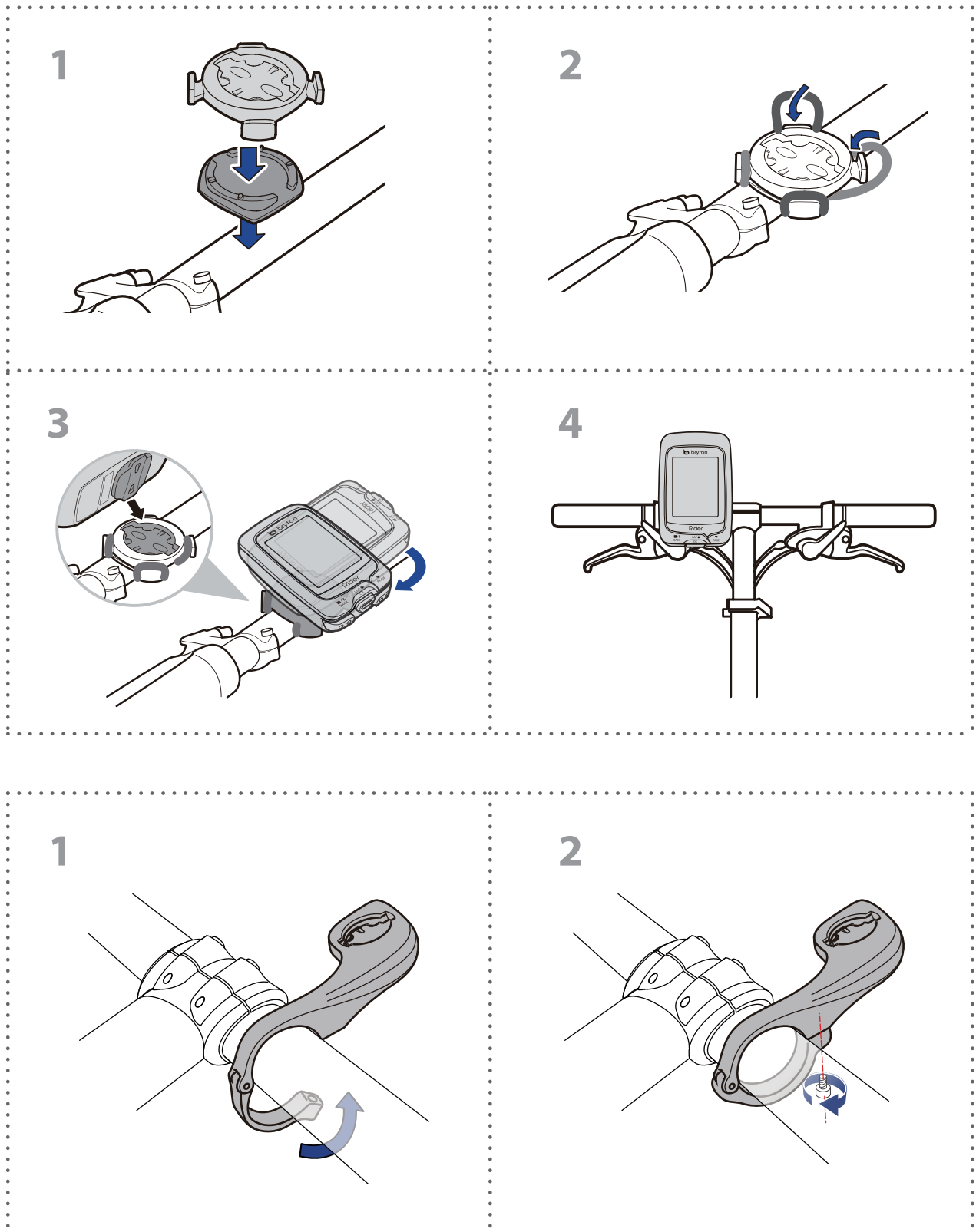


NOTE:

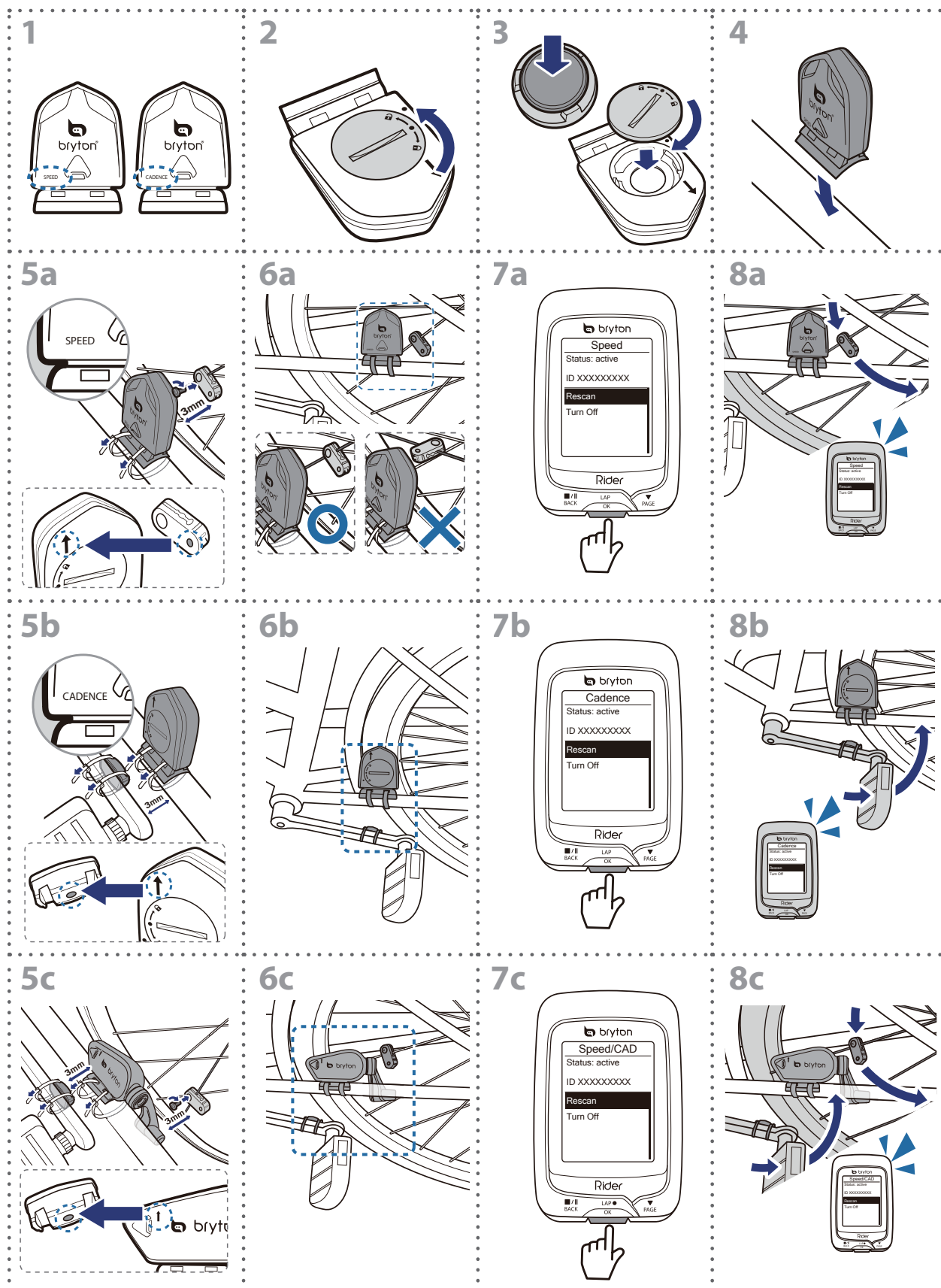
- When installing a new battery, if the battery is not placed with the positive connector first, the positive connector will easily deform and malfunction.
- Be careful not to damage or lose the O-ring gasket on the cover.
- Contact your local waste disposal department to properly dispose of used batteries.

Install Rider 310

Mount Rider 310 to the Bike



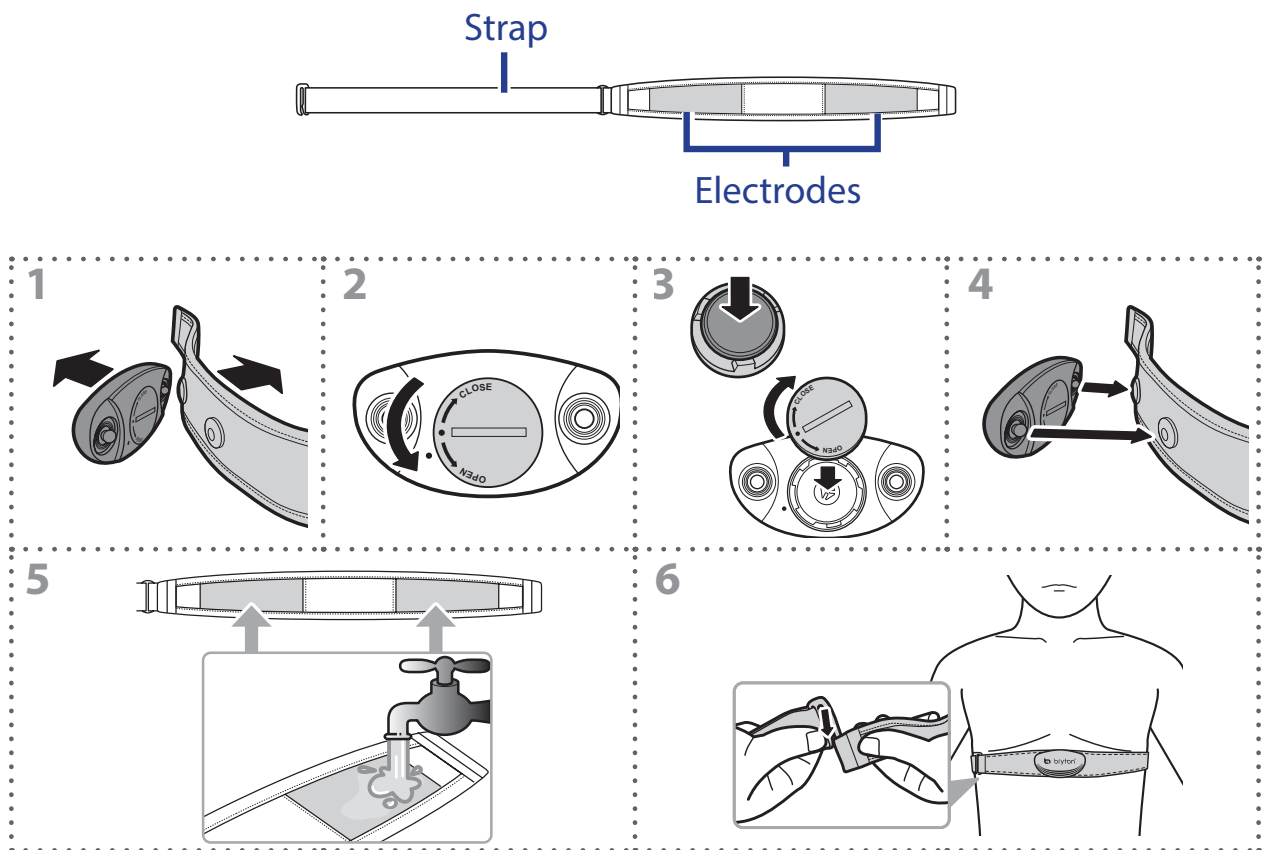
Install the Speed/Cadence/Dual Sensor (Optional)



NOTE:

- To ensure optimum performance, do the following:
 - Align both sensor and magnet as shown in the illustration (5a / 5b). Pay attention on the alignment points.
 - Ensure the distance between the sensor and the magnet is within 3 mm.
- Ensure that both Speed sensor and Speed magnet are installed and aligned horizontally, not vertically.
- On the initial usage, press the front button to activate the sensor and start pedaling. When the sensor detects the magnet, the LED blinks once to indicate the alignment is correct (the LED blinks only for the first ten passes after pressing the button).

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.

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

Basic Care For Your Rider 310

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.

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.

Screen Terminologies

Screen Display	Terminology
LapAvSpd	lap average speed
LapMaSpd	lap maximum speed
L'stLpAvSp	last lap average speed
LapDist	lap distance
L'stLpDist	last lap distance
L'stLapT	last lap time
LapAvHR	lap average heart rate
LapMaHR	lap maximum heart rate
L'LpAvHR	last lap average heart rate
L'A'MHR%	lap average MHR percentage
L'A'LTHR%	lap average LTHR percentage
Str'dRate	stride rate
AvStr'dRt	average stride rate
MaStr'dRt	maximum stride rate
LpAvSt'dR	lap average stride rate
LpStr'dAvL	lap stride average length
LLpSt'dAvL	last lap stride average length
AvSt'dl'gth	average stride length
AvgPace	average pace
MaxPace	maximum pace
L'st1kmP	last 1km/mile pace
LapAvP	lap average pace
L'stLpAvP	last lap average pace
LapMaP	lap maximum pace
LAvCAD	lap average cadence
ODO	odometer
T to Dest	Time to Destination
D to Dest	Distance to Destination
Alt. Gain	Altitude Gain
Alt. Loss	Altitude Loss

Screen Display	Terminology
Sunrise	sunrise time
Sunset	sunset time
Avg Speed	average speed
Max Speed	maximum speed
HR	heart rate
Avg HR	average heart rate
Max HR	maximum heart rate
MHR Zone	maximum heart rate zone
Avg CAD	average cadence
Max CAD	maximum cadence
LLAvCAD	last lap average cadence
3s Power	3 seconds average power
30s Power	30 seconds average power
LapMaxPW	lap maximum power
LLapMaxPW	last lap maximum power
Avg Power	average power
LapAvgPW	lap average power
LLapAvgPW	last lap average power
MAP Zone	Maximum Aerobic Power Zone
MAP%	Maximum Aerobic Power Percentage
FTP Zone	Functional Threshold Power
FTP%	Functional Threshold Power Percentage
PS L-R	Left and Right Pedal Smoothness
TE-LR	Left and Right Torque Effectiveness
PB L-R	Left and Right Power Balance
Avg PS-LR	Average Left and Right Pedal Smoothness
Avg TE-LR	Average Left and Right Torque Effectiveness
Avg PB L-R	Average Left and Right Power Balance
Max PS-LR	Maximum Left and Right Pedal Smoothness
Max TE-LR	Maximum Left and Right Torque Effectiveness
Max PB-LR	Maximum Left and Right Power Balance

A small yellow speech bubble icon containing a black silhouette of a person riding a bicycle.

Rider
320

User's Manual

Table of Contents

Getting Started	4	Settings	13
Your Rider 320	4	Smart Lap.....	13
Accessories	5	Altitude	14
Status Icons	5	Data Page	15
Step 1: Charge your Rider 320 ...	6	Sensors.....	17
Step 2: Turn On Rider 320	6	Bluetooth.....	18
Step 3: Initial Setup.....	6	Personalize User Profile.....	19
Step 4: Acquire Satellite		Change System Settings.....	21
Signals.....	7	View GPS Status	23
Step 5: Ride Your Bike with		View Software Version.....	24
Rider 320.....	7	Appendix.....	25
Reset Rider 320	7	Specifications	25
Share Your Records	8	Battery Information	26
Training	9	Install Rider 320	27
Simple Workouts	9	Install the Speed/Cadence/	
My Workout	10	Dual Sensor (Optional)	28
Stop Training	11	Install Heart Rate Belt	
View Exercise/Training		(Optional).....	29
Record	11	Wheel Size and	
History Flow.....	12	Circumference	30
		Basic Care For Your Rider 320...	31
		Screen Terminologies	32



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

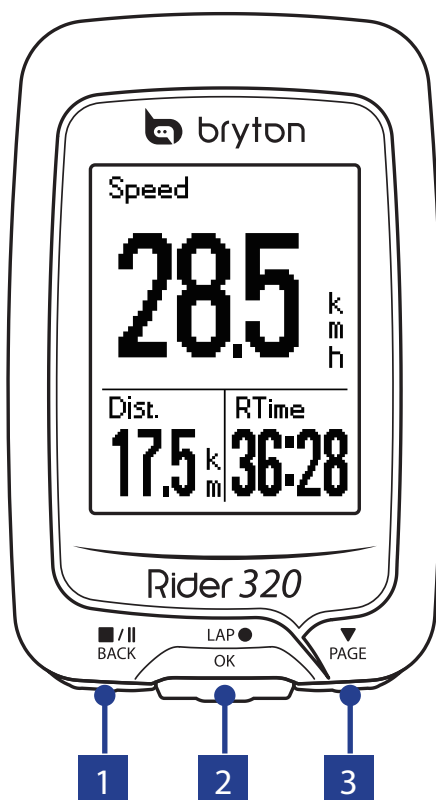
Our goods come with guarantees that can not be excluded under the New Zealand and Australian Consumer Laws. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced 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 320. Rider 320 is equipped with barometer which shows the real time altitude.

NOTE: To adjust the altitude settings on Rider 320, refer to page 15.

Your Rider 320



1 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 (▼)

- 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.