

Accessories

The Rider 320 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	
	Bike 1
	Bike 2
GPS Signal Status	
	No signal (not fixed)
	Weak signal
	Strong signal
Power Status	
	Full battery
	Half battery
	Low battery

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

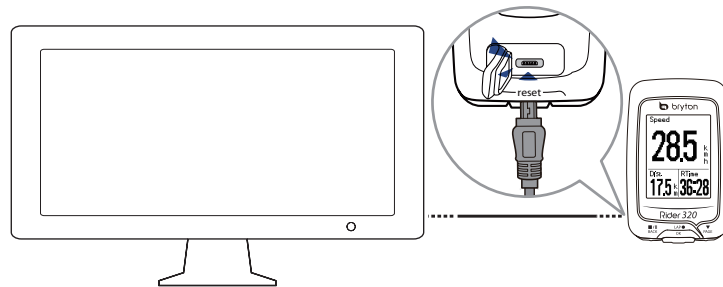
NOTE: Only the active icons are displayed on the screen.

Step 1: Charge your Rider 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.



Step 2: Turn On Rider 320

Press and hold ^{LAP}_{OK} to turn on the device.

Step 3: Initial Setup

When turning Rider 320 on for the first time, the setup wizard appears on screen. Follow the instructions to complete setup.

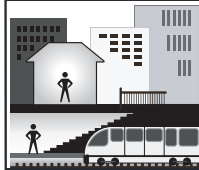
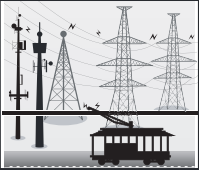
1. Select the display language.
2. Read and accept the Safety Agreement.

Step 4: Acquire Satellite Signals

Once the Rider 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 (📶/📶) 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 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, press  again to stop.

- **Start a training:**

Select **Train** from the menu list. Training can be based on time, distance, calories burn, or the saved workouts.

Reset Rider 320

To reset the Rider 320, long press all three keys ( /  / ) 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.

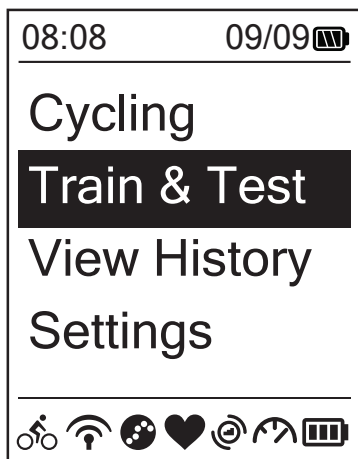
NOTE: Bryton account is the email address used to register as a member of [brytonsport.com](http://www.brytonsport.com).

2. Connect to PC

Turn on your Rider 320 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 from Bryton folder in the device.

Train & Test

Bicycling is one of the best types of exercise for your body. It helps you to burn your calories, lose weight, and increase your overall fitness. With the Rider 320 Training feature, you can set simple workouts and use the Rider 320 to track your training or workout progress.



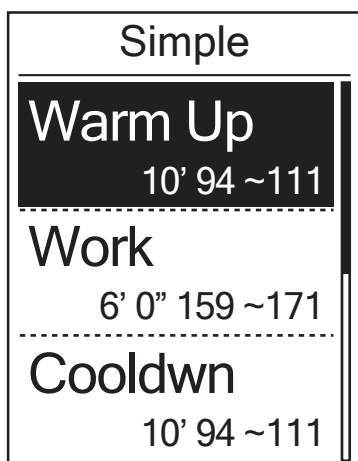
1. In the main screen, press ∇ PAGE to select **Train&Test**.
2. Press $\overset{\text{LAP}}{\bullet}$ OK to enter the Training menu.

To Plan

You can set simple workouts by entering your time or distance goals.

The Rider 320 offers you three types of simple workouts: Time, Distance, and Calories.

Simple



1. To set a simple workout, select **To Plan > Simple > Warm Up, Work , Cooldown**.
 - **Warm Up :**
Duration (manual, calorie,time, distance), Target (HR, MHR, LTHR).
 - **Work :**
Duration (calorie, time,distance), Target (MHR%, LTHR%, HR, MHR, LTHR, OFF).
 - **Cooldown :**
Duration (manual, calorie,time, distance), Target (HR, MHR, LTHR).
2. Press $\blacksquare$ BACK / ∇ PAGE to set your time and press $\overset{\text{LAP}}{\bullet}$ OK to confirm.
3. Choose **Save** and enter the workout name using the on-screen keyboard.
4. Go for a ride.
Go to **Train & Test > My Workouts > View** and choose the save workout. Press $\overset{\text{LAP}}{\bullet}$ OK to start training and record log.

Using the On-screen Keyboard

Name ▲	
001	A
▼	
Save	

Name ▲	
001	END
▼	
Save	

1. Press $\blacksquare/\text{||}/\blacktriangledown$ BACK / PAGE to select the input character.
 - Select **DEL** to erase the data.
2. Press $\text{LAP} \bullet$ OK to confirm the selection.
3. When finished, press $\blacksquare/\text{||}/\blacktriangledown$ BACK / PAGE to select **END** and press $\text{LAP} \bullet$ OK to confirm.

NOTE: If user does not enter the workout name, the system will automatically label the file name according to the current date and time.

My Workout

With My Workout feature, you can start your workout using the training plan that you have saved in **To Plan** menu.

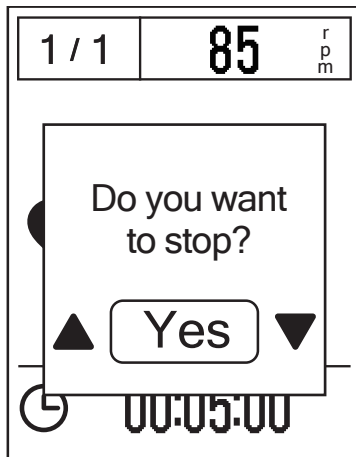
My Workout
View
Delete
Delete All

1. In the Training menu, press $\blacktriangledown$ PAGE to select **My Workout** and press $\text{LAP} \bullet$ OK.
2. Press $\blacktriangledown$ PAGE to select **View** and press $\text{LAP} \bullet$ OK to enter its submenu.
 - Press $\blacktriangledown$ PAGE to select your desired training plan and press $\text{LAP} \bullet$ OK to confirm.
 - Go for a ride.
Press $\text{LAP} \bullet$ OK to start training and record log.
3. To choose which workouts to delete, select **Delete**.
4. To delete all workouts to delete, select **Delete All**.

NOTE: If the selected workout includes several interval settings, a workout details appear on the screen. Select **Start** and press **LAP**  to proceed with the workout.

Stop Training

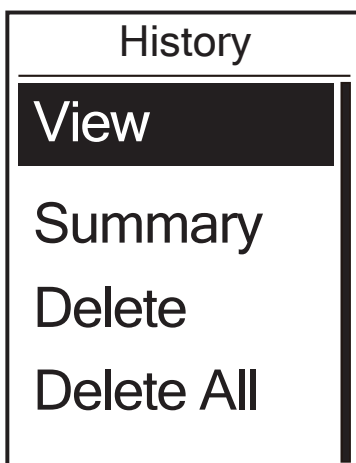
You can stop the current training after you have reached your goal or when you decide to end the current training.



1. Press **BACK**  to pause the recording and press **BACK**  again to stop the recording.
2. A "Do you want to stop?" message appears on the screen. To stop the current training, press **BACK**  / **PAGE**  to select **Yes** and press **LAP**  to confirm.

View Exercise/Training Record

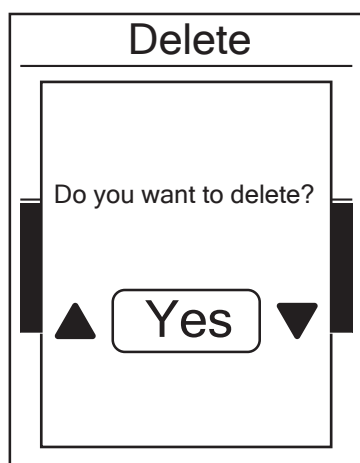
Use View History to view or delete your exercise/training history.



To view your history:

1. In the main screen, press **PAGE**  to select **View History** > **View** and press **LAP**  .
2. Press **PAGE**  to select **View** and press **LAP**  to confirm.
3. Press **PAGE**  to select a training history from the list and press **LAP**  to view your history.

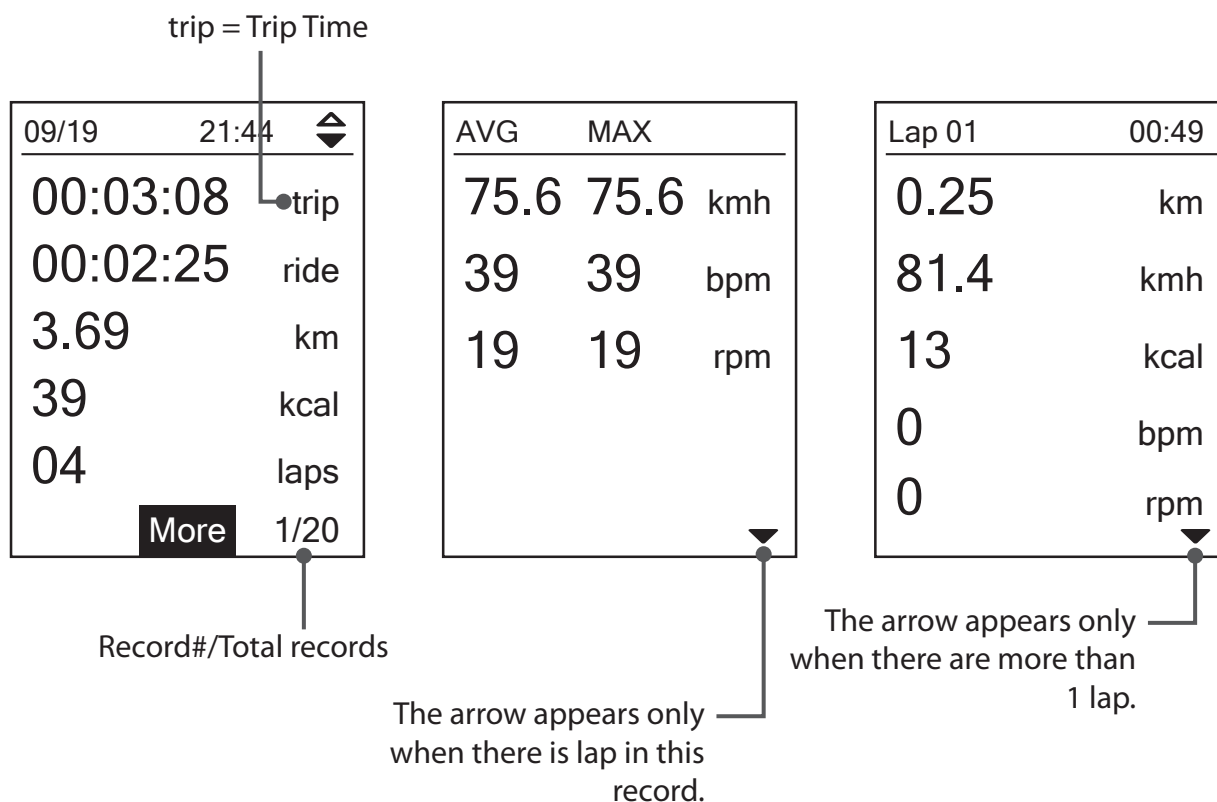
NOTE: You can also upload your history to brytonsport.com to keep track of all your ride data.



To delete your history:

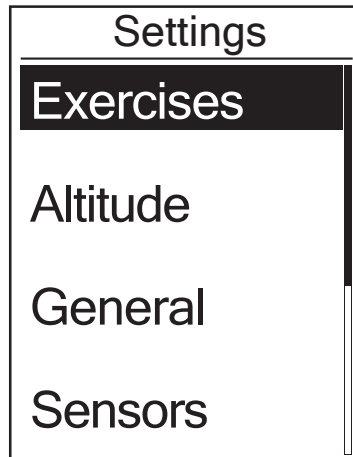
1. In the main screen, press ∇_{PAGE} to select **View History** > **View** and press LAP_{OK} .
2. Press ∇_{PAGE} to select **Delete** and press LAP_{OK} to enter the history list.
3. Press ∇_{PAGE} to select a training history from the list and press LAP_{OK} to delete the selected history.
4. A "Do you want to delete?" message appears on the screen. To delete the data, press $BACK/PAGE$ to select **Yes** and press LAP_{OK} to confirm.

History Flow



Settings

With the Settings feature, you can customize exercises settings, altitude, general settings, sensor settings, bike and user profiles.

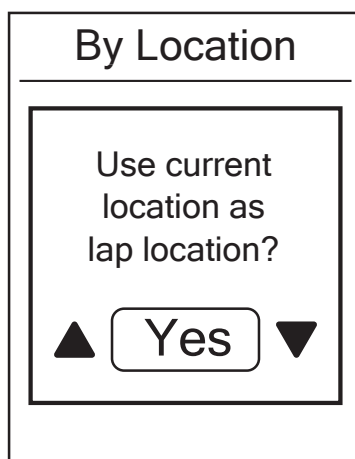


1. In the main screen, press ∇_{PAGE} to select **Settings**.
2. Press LAP_{OK} to enter the Settings menu.

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.

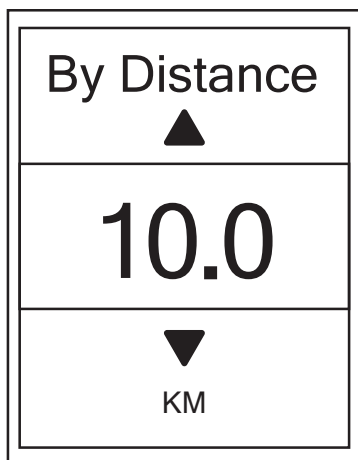
Lap by Location



1. In the Settings menu, press ∇_{PAGE} to select **Exercises> Smart Lap** and press LAP_{OK} .
2. Press LAP_{OK} to enter the editing menu.
Press $\blacksquare/||_{BACK}$ / ∇_{PAGE} to select **Location** and press LAP_{OK} to confirm.
3. A "Use current location as lap location?" message appears on the screen. To save the data, press ∇_{PAGE} to select **Yes** and press LAP_{OK} to confirm.
4. Press $\blacksquare/||_{BACK}$ 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

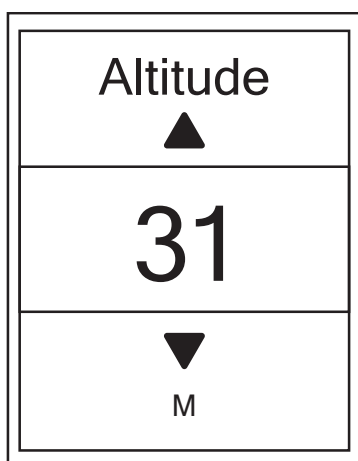


1. In the Settings menu, press ∇_{PAGE} to select **Exercise > Smart Lap** and press LAP_{OK} .
2. Press LAP_{OK} to enter the editing menu.
Press $\blacksquare/\text{II}/\nabla_{\text{PAGE}}$ to select **Distance** and press LAP_{OK} to confirm.
3. Press $\blacksquare/\text{II}/\nabla_{\text{PAGE}}$ to select your desired distance and press LAP_{OK} to confirm.
4. Press $\blacksquare/\text{II}/\text{BACK}$ to exit this menu.

Altitude

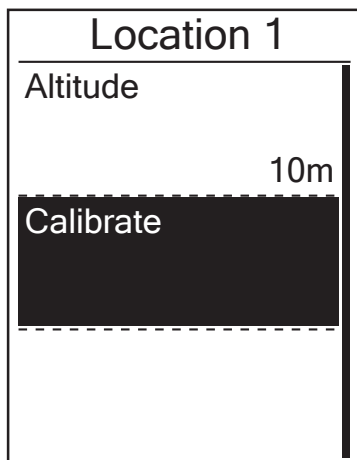
You can set the altitude setting for the current location and four other locations.

Current Altitude



1. In the Settings menu, press ∇_{PAGE} to select **Altitude > Altitude** and press LAP_{OK} .
2. Press $\blacksquare/\text{II}/\nabla_{\text{PAGE}}$ to adjust the desired altitude and press LAP_{OK} to confirm the setting.
3. Press $\blacksquare/\text{II}/\text{BACK}$ to exit this menu.

Other Location Altitude

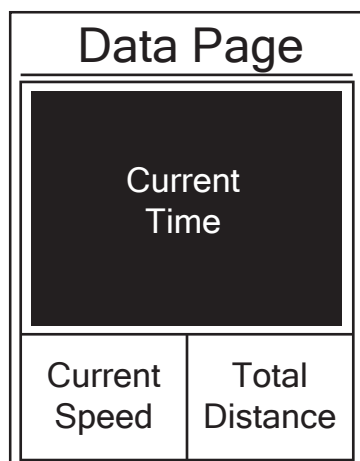


1. In the Settings menu, press ∇_{PAGE} to select **Altitude > Location 1, Location 2, Location 3, or Location 4** and press $LAP \bullet_{OK}$.
2. To set the altitude, press ∇_{PAGE} to select **Altitude** and press $LAP \bullet_{OK}$ to confirm.
3. Press $\blacksquare / \parallel / \nabla_{PAGE}$ to adjust the desired altitude and press $LAP \bullet_{OK}$ to confirm the setting.
4. To calibrate the set altitude, press ∇_{PAGE} to select **Calibrate** and press to $LAP \bullet_{OK}$ confirm.
5. Press $\blacksquare / \parallel_{BACK}$ to exit this menu.

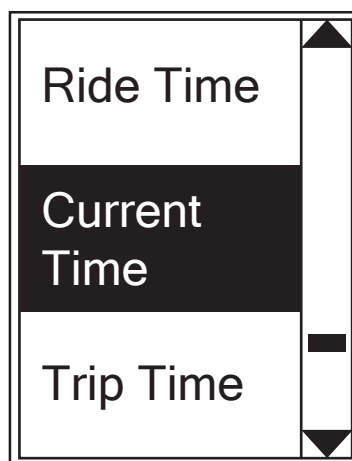
Data Page

You can set the display settings for the Meter, Lap, and Auto Switch. You can also set the Auto Switch interval setting.

Meter Display



3-grid display

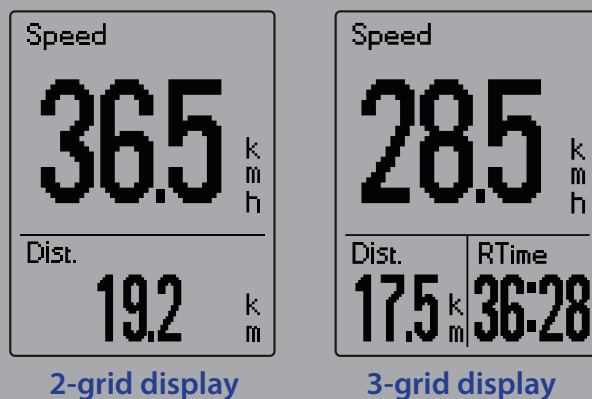


Item selection

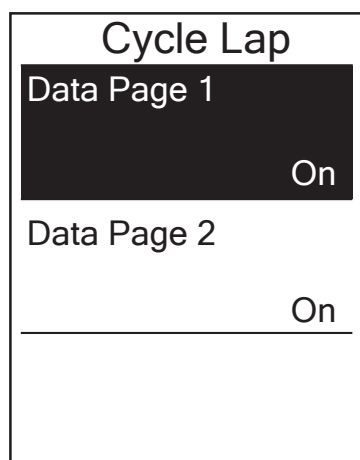
1. In the Settings menu, press ∇_{PAGE} to select **Exercises > Data Page > Data Page 1, Data Page 2 or Data Page 3** and press $LAP \bullet_{OK}$.
2. Press $\blacksquare / \parallel / \nabla_{PAGE}$ to select the number of data fields and press $LAP \bullet_{OK}$ to confirm.

3. Press $\blacktriangledown$ PAGE to select the item field that you want to customize, and press $\overset{\text{LAP}}{\bullet}$ OK to confirm the selection.
4. Press $\blacksquare$ / $\parallel$ / $\blacktriangledown$ BACK / PAGE to select the desired setting and press $\overset{\text{LAP}}{\bullet}$ OK to confirm.
5. Press $\blacksquare$ / $\parallel$ BACK to exit this menu.

NOTE: The number of data fields shown on the screen depends on the “Data fields” selection.

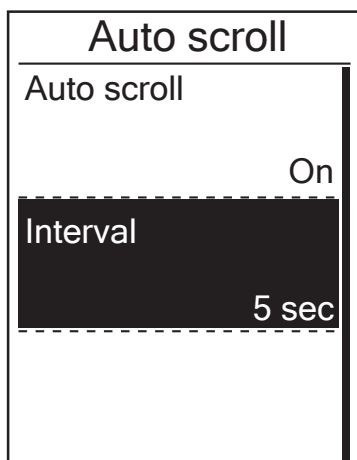


Lap Display



1. In the Settings menu, press $\blacktriangledown$ PAGE to select **Exercises > Data Page > Data Page 1** or **Data Page 2** and press $\overset{\text{LAP}}{\bullet}$ OK.
2. Press $\blacksquare$ / $\parallel$ / $\blacktriangledown$ BACK / PAGE to select the number of data fields and press $\overset{\text{LAP}}{\bullet}$ OK to confirm.
3. Press $\blacktriangledown$ PAGE to select the item field that you want to customize, and press $\overset{\text{LAP}}{\bullet}$ OK to confirm the selection.
4. Press $\blacksquare$ / $\parallel$ / $\blacktriangledown$ BACK / PAGE to select the desired setting and press $\overset{\text{LAP}}{\bullet}$ OK to confirm.
5. Press $\blacksquare$ / $\parallel$ BACK to exit this menu.

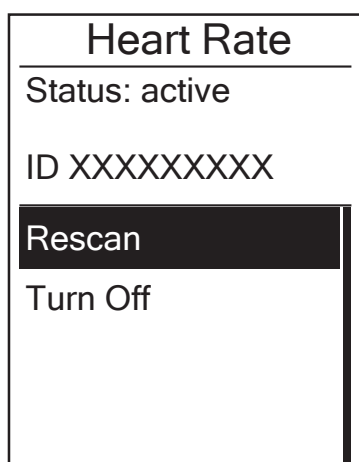
Auto Scroll



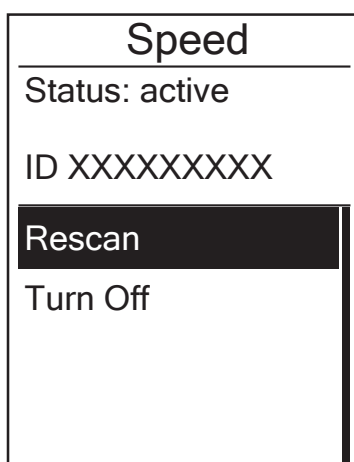
1. In the Settings menu, press ∇ PAGE to select **General** > **Auto scroll** and press $\bullet$ LAP OK.
2. Press ∇ PAGE to select the setting that you want to change and press $\bullet$ LAP OK to enter its submenu.
 - Auto scroll: enable/disable the auto switch.
 - Interval: set the interval time.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

Sensors

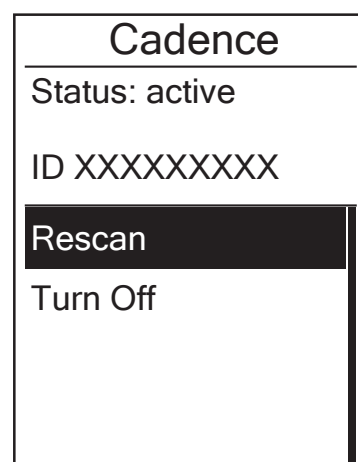
You can customize the respective sensor settings such as enable/disable the function or rescan the sensor for the device.



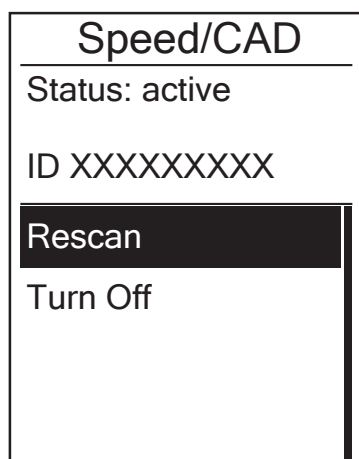
Heart Rate



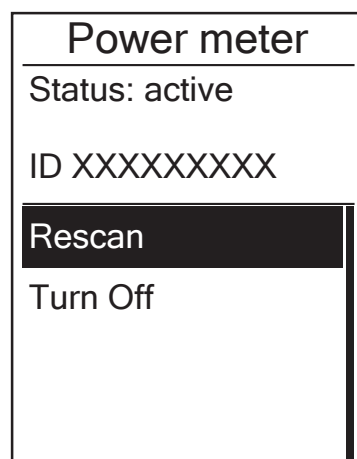
Speed



Cadence



Speed/Cadence



Power meter

1. In the Settings menu, press $\blacktriangledown$ PAGE to select **Sensors > Heart Rate, Speed, Cadence, or Speed/CAD, Power Meter** and press $\bullet$ LAP OK.
2. Press $\bullet$ LAP OK to have more options. Press $\blacktriangledown$ PAGE to select the desired setting and press $\bullet$ LAP OK to confirm.
 - Rescan: rescan to detect the sensor.
 - Turn on/Turn off: enable/disable the sensor.
3. Press $\blacksquare/\parallel$ BACK to exit this menu.

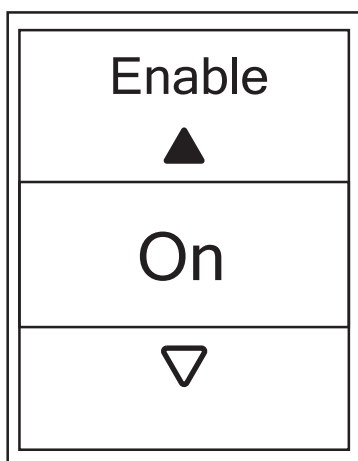
NOTE:

- When the heart rate monitor is paired, the $\heartsuit$ heart rate icon appears on the main screen. 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 5 m. When the cadence sensor is paired, the cadence sensor icon $\odot$ appears on the main screen.

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 $\blacktriangledown$ PAGE to select **General > Bluetooth** and press $\bullet$ LAP OK.
2. Press $\blacksquare/\parallel/\blacktriangledown$ BACK / PAGE to select **On** and press $\bullet$ LAP OK to confirm.
3. Press $\blacksquare/\parallel$ BACK to exit this menu.

Personalize User Profile

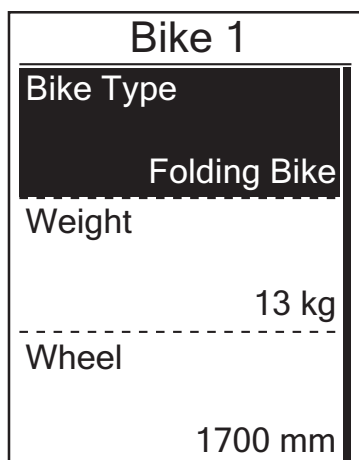
You can change your personal information.

User	
Gender	Male
Birthday	1982/01/01
Height	177 cm

1. In the Settings menu, press ∇ PAGE to select **User** and press $\text{LAP} \bullet$ OK.
2. Press ∇ PAGE to select the setting that you want to change and press $\text{LAP} \bullet$ 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.
 - FTP: set your functional threshold power.
 - MAP: set your maximum aerobic power.
3. Press $\blacksquare / \text{II}$ BACK / ∇ PAGE to adjust the desired setting and press $\text{LAP} \bullet$ OK to confirm.
4. Press $\blacksquare / \text{II}$ BACK to exit this menu.

Personalize Bike Profile

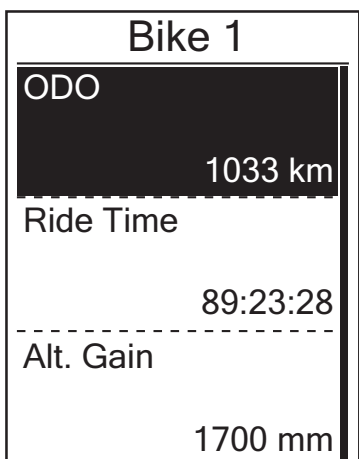
You can customize and view your bicycle(s) profile.



1. In the Settings menu, press $\blacktriangledown$ PAGE to select **Profile > Bike Profile > Bike 1** or **Bike 2** and press $\bullet$ LAP OK.
2. Press $\blacktriangledown$ PAGE to select the setting that you want to change and press $\bullet$ 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 $\blacksquare$ / $\parallel$ / $\blacktriangledown$ BACK PAGE to adjust the desired setting and press $\bullet$ LAP OK to confirm.
4. Press $\blacksquare$ / $\parallel$ BACK to exit this menu.

NOTE: For details on wheel size, see “Wheel Size and Circumference” on page 30.

View Bike Profile



1. In the Settings menu, press $\blacktriangledown$ PAGE to select **Profile > Bike Profile > Overview** and press $\bullet$ LAP OK.
2. Press $\blacktriangledown$ PAGE to select the desired bike and press $\bullet$ LAP OK to confirm.
3. Press $\blacktriangledown$ PAGE to view more data of the selected bike.
4. Press $\blacksquare$ / $\parallel$ BACK to exit this menu.

Change System Settings

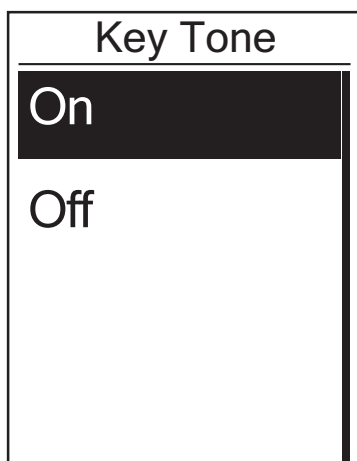
You can customize the device system settings such as backlight off, key tone, sound, time/unit , on-screen display language.

Backlight Off



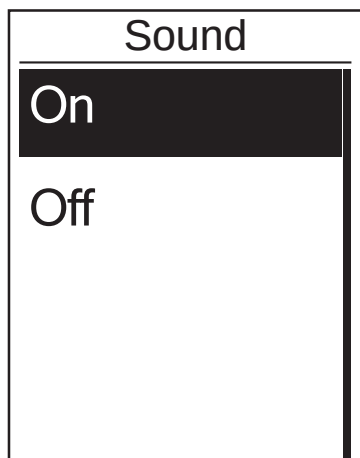
1. In the Settings menu, press ∇ _{PAGE} to select **General > System > Backlight Off** and press $\overset{\text{LAP}}{\underset{\text{OK}}{\bullet}}$.
2. Press $\blacksquare/\text{II}/\nabla$ _{BACK PAGE} to select the desired setting and press $\overset{\text{LAP}}{\underset{\text{OK}}{\bullet}}$ to confirm.
3. Press $\blacksquare/\text{II}$ _{BACK} to exit this menu.

Key Tone



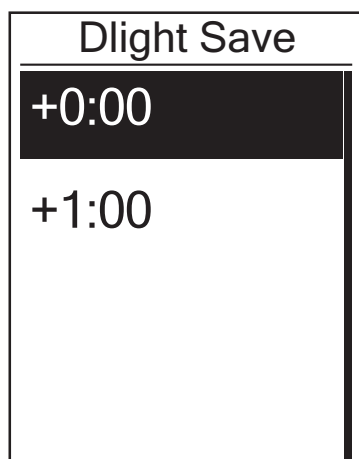
1. In the Settings menu, press ∇ _{PAGE} to select **General > System > Key Tone** and press $\overset{\text{LAP}}{\underset{\text{OK}}{\bullet}}$.
2. Press $\blacksquare/\text{II}/\nabla$ _{BACK PAGE} to select the desired setting and press $\overset{\text{LAP}}{\underset{\text{OK}}{\bullet}}$ to confirm.
3. Press $\blacksquare/\text{II}$ _{BACK} to exit this menu.

Sound

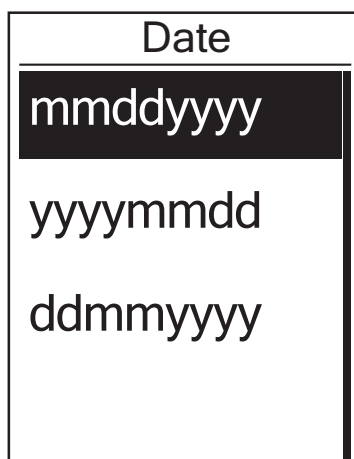


1. In the Settings menu, press $\blacktriangledown$ PAGE to select **General > System > Sound** and press $\text{LAP} \bullet$ OK.
2. Press $\blacksquare / \text{II} / \blacktriangledown$ BACK / PAGE to select the desired setting and press $\text{LAP} \bullet$ OK to confirm.
3. Press $\blacksquare / \text{II}$ BACK to exit this menu.

Time/Unit



Daylight Save



Date format



Time format



Unit

1. In the Settings menu, press $\blacktriangledown$ PAGE to select **General > System > Time/Unit > Daylight Save, Date format, Time format, Unit, or Temperature** and press $\text{LAP} \bullet$ OK.
2. Press $\blacksquare / \text{II} / \blacktriangledown$ BACK / PAGE to select the desired setting/format and press $\text{LAP} \bullet$ OK to confirm.
3. Press $\blacksquare / \text{II}$ BACK to exit this menu.

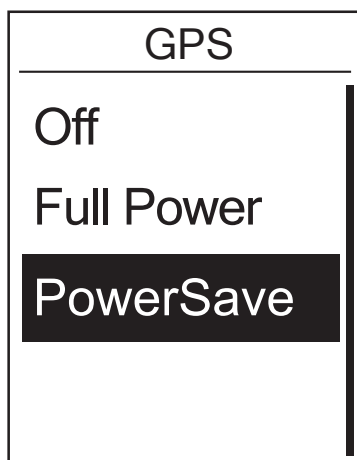
Language



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 320

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.

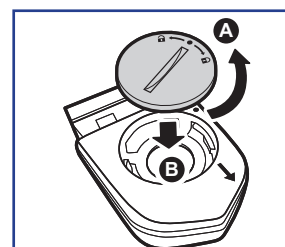
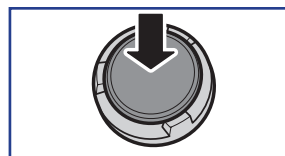
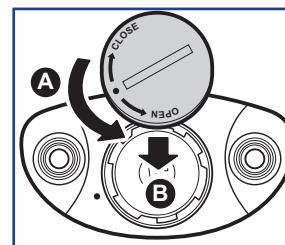
Battery Information

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 320

Mount Rider 320 to the Bike

