



bryton



Amis
S430/S630

User's Manual

Federal Communication Commission Interference Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation.

This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- . Reorient or relocate the receiving antenna.
- . Increase the separation between the equipment and receiver.
- . Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- . Consult the dealer or an experienced radio/TV technician for help.

FCC Caution: To assure continued compliance, any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment. (Example - use only shielded interface cables when connecting to computer or peripheral devices).

FCC Radiation Exposure Statement

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

Table of Contents

Getting Started	6	Exercises	14
Your Amis S430/S630	6	Starting an Exercise	14
Accessories	7	Running/Cycling	14
Initial Setup	7	Triathlon (Amis S630 only)	14
Step 1: Charge the Battery	7	Multisport (Amis S630 only)	15
Using the Computer	7	Outdoor Swim (Amis S630 only)	15
Using the Power Adapter (optional accessory)	8	Pause/ Stop Exercising	16
Step 2: Turn On the Device	8	Switch the Data Page	16
Turn On/Off	8	Smart Pause	16
Step 3: Initial Setup	8	Lap	17
Step 4: Acquire Satellite Signals	9	Smart Lap	17
Step 5: Share Your Records	10	Mark Lap	17
Status Page	11	Train & Test	18
Icon Description	11	To Plan	18
Receiving GPS Signals	12	Simple Workouts	18
Clock View	13	Interval Workouts	19
Display Screen	13	My Workout	20
Auto Time Calibration by GPS ..	13	Bryton Workout	20
Manually Set Time	13	Bryton Test	21
Set Alarm (Time1)	13	Start Training	22
		Stop Training	22
		View History	23
		View History	23
		View Summary	23
		Delete Exercise Records	23

Tools..... 24**Metronome..... 24****Pace Calculator..... 25****Stopwatch..... 26**

Countdown.....26

Stopwatch.....27

Notification 28**Settings 29****Exercises Settings 29**

Customize the Data Display.....29

Set Alert30

Enable Triathlon Transition Time
(Amis S630 only)30Multisport Sequence Setup
(Amis S630 only)31**Watch Settings 32**

Adjust Date32

Change Clock View32

General Settings..... 32

Change Backlight Off Settings.....32

Enable Auto Key Lock
(Amis S630 only)33

Enable Key Vibrate (Amis S630 only) ..33

Enable Key Tone33

Enable Vibrate (Amis S630 only)33

Enable Sound Alert.....34

Specify Unit.....34

Specify the On-Screen Display (OSD)
Language.....34

Set GPS Mode34

Enable Bluetooth35

Enable Race Mode35

Configure Auto Scroll
(Amis S630 only)35

Enable File Saving Mode.....36

Inverted Screen Color36

Adjust Contrast Level36

View Memory Usage37

About37

Sensors..... 38

Link Heart Rate Sensor38

Link Other Sensors (Amis S630 only) ..38

Personalize User Profile..... 39

User Profile.....39

Bike Profile (Amis S630 only)39

Troubleshooting 41**Getting More Information 41****Reset Amis S430/S630 41****Appendix..... 42****Glossary and Customizable
Data Fields Selection 42****Installing the Bike Mount
(Amis S630 only)..... 45****Installing the Heart Rate
Monitor 46****Wheel Size and
Circumference 49****Heart Rate Zones..... 50****Basic Care For Your Amis S430/
S630 50****Specifications 51**

 **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.

FCC Regulations

§ 15.19 (a)(3)

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

§ 15.21

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

§ 15.105 (b)

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC RF Exposure Compliance

This device is designed and manufactured not to exceed the emission limits for exposure to radio frequency (RF) energy set by the Federal Communications Commission for an uncontrolled environment.

IC Regulations

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions:

- (1) this device may not cause interference, and
- (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

CAN ICES-3(B)/NMB-3(B)

IC RF Exposure Compliance

This equipment complies with IC RSS-102 RF exposure limits set forth for an uncontrolled environment.

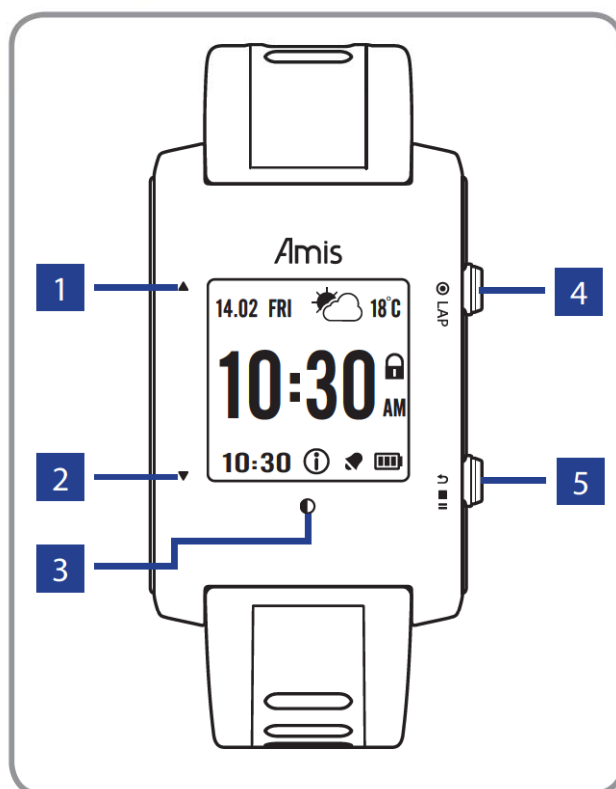
Australian Consumer Law

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 device.

Your Amis S430/S630



1 Up (▲)

- In Menu, press to move up to scroll through menu options. Press and hold to fast scroll up through menu options.

2 Down (▼)

- In Menu, press to move down to scroll through menu options. Press and hold to fast scroll down through menu options.
- In data page view, press to switch data page screen.

3 Backlight (💡)

- Press to turn on the backlight.

4 Power / OK / Start / Lap (⊙/LAP)

- Press and hold to turn the device on.
- To turn off device, press and hold to enter the sub menu, and use up and down key to scroll between key lock and power off. Press ⊙/LAP to select "Power Off".
- In Clock view, press to enter the menu mode.
- In Menu, press to enter or confirm a selection.
- When recording, press to mark the lap.

5 Back / Pause / Stop (↩/=/■)

- Press to return to the previous page or cancel an operation.
- In data page view, press to pause log. While the recording is paused, press again to stop.
- In training mode, press to stop recording log.

Accessories

The Amis S430/S630 comes with the following accessories:

	Amis S430	Amis S630
In the box		
Device	✓	✓
Magnet Charging Clip	✓	✓
Quick Start Guide	✓	✓
Warranty and Safety Booklet	✓	✓
Optional items		
Speed & Cadence Dual Sensor	✗	✓ (Amis S630 R)
Heart Rate Monitor Set	✓ (Amis S430 H)	✓ (Amis S630 H)
Heart Rate Chest Strap	✓ (Amis S430 H)	✓ (Amis S630 H)
Bike Mount	✗	✓ (Amis S630 R)
Adaptors	✓	✓

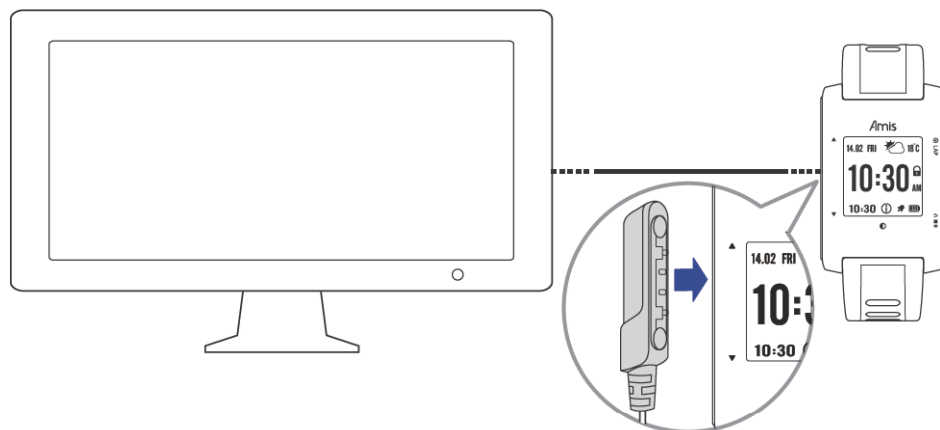
NOTE: For more information about purchasing optional accessories, please go to Bryton Eshop <http://www.brytonsport.com/eshop> or contact your Bryton dealer.

Initial Setup

Step 1: Charge the Battery

Using the Computer

1. Attach the magnet charging clip onto the device.



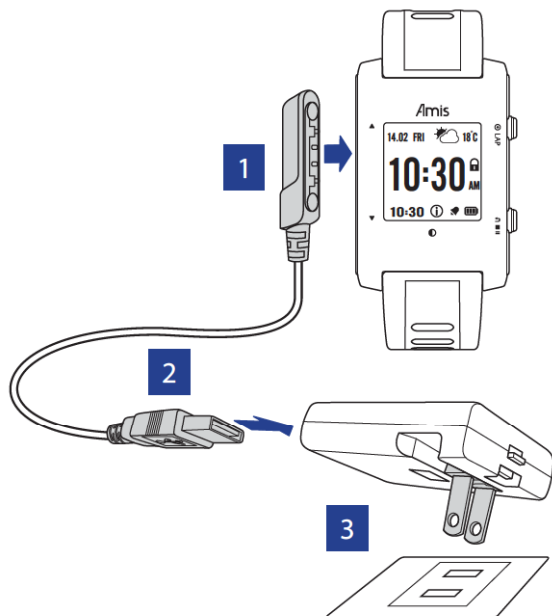
2. Plug the other end of the magnet charging clip to a computer.

Using the Power Adapter (optional accessory)

Charge the device for at least 3 hours before you start using it.

Warning:




This product contains a lithium-ion battery. See the Warranty and Safety Information guide in the package for important battery safety information.



1. Attach the magnet charging clip onto the device.
2. Connect the other end of the magnet charging clip to the power adapter. Be sure the pin on the magnet charging clip is properly attached to the charging contact on the back of the device.
3. Plug the power adapter to a wall outlet.

Step 2: Turn On the Device

Turn On/Off

- To turn on the device, press and hold /LAP .
- To turn off device, press and hold /LAP to enter the sub menu, and use up and down key to scroll between key lock and power off. Press /LAP to select "Power Off".

Step 3: Initial Setup

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

1. Select the display language.
2. Select the unit of measurement.
3. Enter your user profile(gender, date of birth, height, weight, maximum heart rate, lactate threshold heart rate, race time).

NOTE: It is recommended to input the data since data accuracy will highly affect your training analysis.

4. Scan the QR code with your phone to download the Bryton Mobile APP.

NOTE: For more instructions, please refer to "Share Your Records" on page 10.

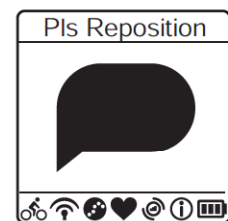
5. Read and accept the Safety Agreement.
 - Press ▲ and ▼ key to read the Safety Agreement.
 - Press Ⓞ/LAP to accept the Safety Agreement.

Step 4: Acquire Satellite Signals



Once the Amis S430/S630 is turned on, it will automatically search for satellite signals. While the device is searching for satellite signals, the screen may display:

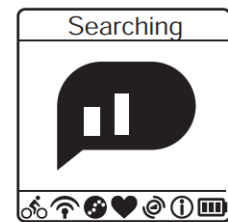
- **Pls Reposition**

No GPS signal or GPS signal is weak. Under this environment, it is very difficult to get GPS position fix. This status usually happens when you're in urban area or close to buildings. Please move to an open area to acquire better GPS reception.



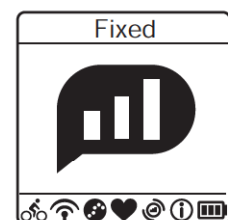
- **Searching**

GPS should be able to acquire position in few minutes. When () appeared, it is recommend to move to an open area until () is displayed to acquire as many satellites as possible.



- **Fixed**

GPS position is fixed. The screen will automatically enter data page.



NOTE:

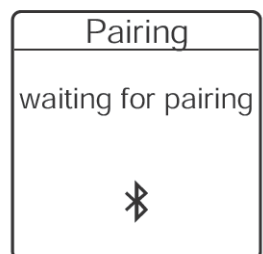
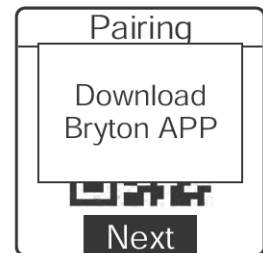
- For a more accurate measurement the first time you use the device, please stay outdoor for at least 10 minutes with no obstructions overhead before performing a GPS search.
- If you are unable to get the GPS reception after 5 minutes or more, try again at another location.
- For more information on receiving GPS signals, refer to **Receiving GPS Signals** on page 12.

Step 5: Share Your Records

When using the device for the first time, please download Bryton Mobile APP and pair your mobile phone with Amis S430/S630.

1. Download Bryton Mobile APP

- On Amis S430/S630, go to **Settings > General > Bluetooth > Pairing**. The QR code appears on the screen.
- Using your mobile phone, scan QR code shown on the device to download Bryton mobile app. Then install the Bryton mobile app on your mobile phone.
- On Amis S430/S630, press **⏪/LAP** and leave Amis device with the "Waiting for pairing" message on the screen.



2. Sign up/log in on Bryton Mobile APP

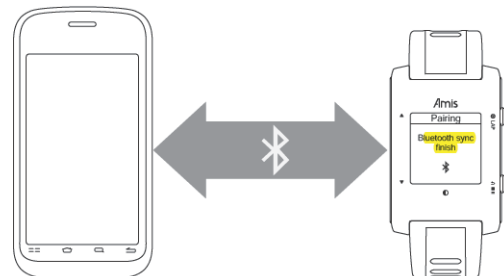
On your mobile device, launch Bryton mobile app. Then register a new account or use your current Bryton Account to log in.

NOTE: Bryton Account is the email address that you used to register a member of brytonsport.com.

3. Turn on Bluetooth on your mobile phone and Amis S430/S630

Activate the Bluetooth function on your mobile phone and enable the Bluetooth on the device.

NOTE: To enable the Bluetooth function on Amis S430/S630, refer to [Enable Bluetooth](#) on page 35 for more information.

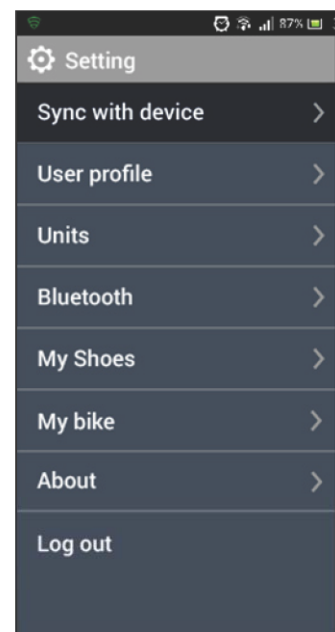


4. Pairing your mobile phone with Amis S430/S630

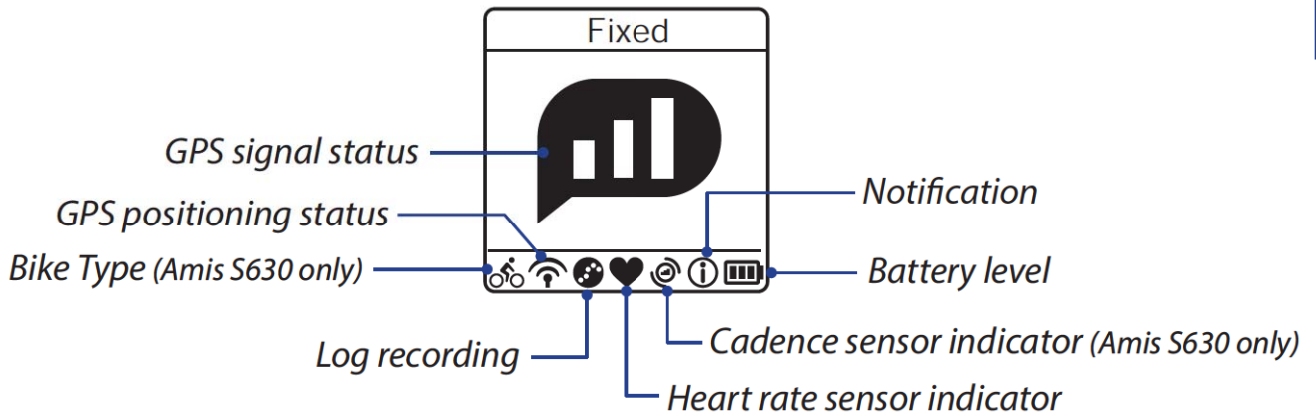
On Bryton mobile app, select **Setting > Bluetooth > Pairing**. Once the Amis device appears on the list, select it to pair your mobile phone with the device.

NOTE: The pairing process is required only once for each Amis device. Once you have completed this process, your Amis device and your mobile phone will remain paired.

Later, simply tap **Sync with device**, the workout records stored in Amis S430/S630 will automatically sync to Bryton mobile app.



Status Page



Icon Description

GPS Signal Status	
	No Signal
	Poor *
	Fair **
	Good **
GPS Positioning/Function Status	
	No signal (not fixed)
	Weak
	Normal
	Good
	Heart rate sensor active
	Cadence sensor active (Amis S630 only)
	Speed sensor active (Amis S630 only)
	Power sensor active (Amis S630 only)
	Combo sensor active (Amis S630 only)
	Cycling mode (Amis S630 only)

	Running mode
	Training mode
	Data page mode
	Log recording in progress
	Recording is paused
	Bluetooth function is enabled
	Notification
	Alarm
	Lock screen
Power Status	
	Full battery
	Half battery
	Low battery
	Battery depleted
	Battery charging

NOTE:










- Only the active icons are displayed on the screen.
- When the speed & cadence dual sensor is activated, the sensor icon will appear at the speed sensor icon position.

* Please go to an open area for better reception.

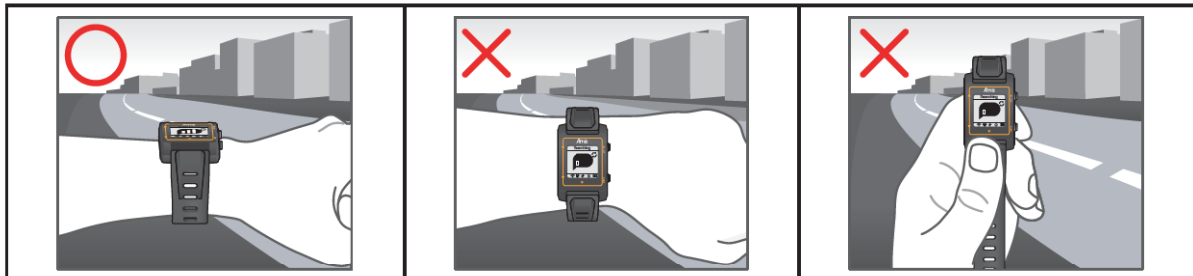
** When blinking, this indicates the device is still searching for the GPS signal.

Receiving GPS Signals


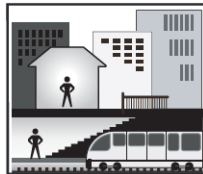
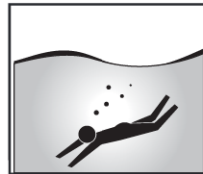
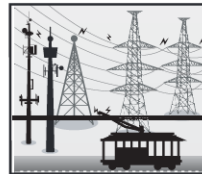

- Amis implements a status page to indicate current GPS signal strength. After position-fix is done, you can still check GPS status at data page by inspecting the icon located at up-right corner.

 <p>Trip Time 00:31:00</p> <p>Cycling Total Dist.  11 m</p> <p></p>	 <p>Trip Time 00:31:00</p> <p>Cycling Total Dist.  11 m</p> <p></p>	 <p>Trip Time 00:31:00</p> <p>Cycling Total Dist.  11 m</p> <p></p>
<p>GPS signal is weak. The satellite condition is only sufficient for position-fix. This situation may not be sustained if your sky-view changes, such as going to the obstructed environments.</p>	<p>GPS signal is normal. Adequate for normal use.</p>	<p>GPS signal is good.</p>

- The best way to allow GPS get your position is to wear the watch on your wrist, with the watch surface facing up. Please do not let the antenna facing down or cover it with hand.

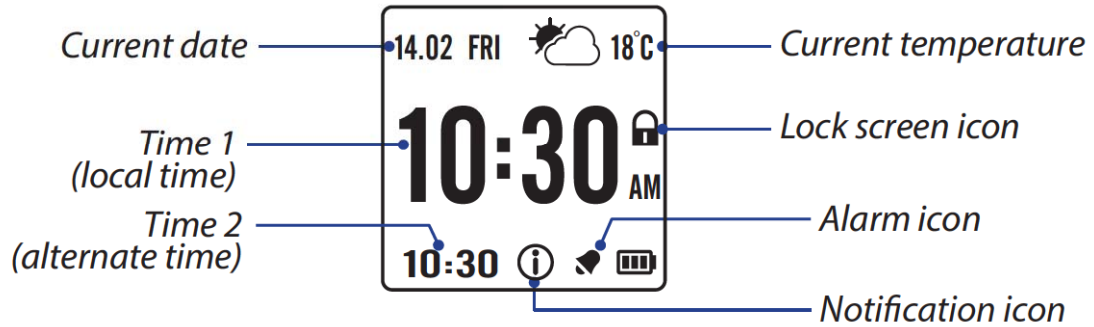


- Please avoid the obstructed environments since they might affect the GPS reception.

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

Clock View

Display Screen



Auto Time Calibration by GPS

1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **Watch** > **Time** > **By GPS** and press Ⓞ/LAP to enter its submenu.
3. Press ▲/▼ to set the daylight saving time and press Ⓞ/LAP to confirm.

NOTE: Please go outdoors to acquire GPS signal when you see "Pls Reposition" on the screen.



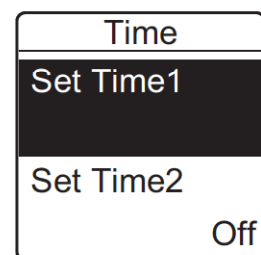
Manually Set Time

1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **Watch** > **Time** > **Manual** > **Set Time 1** or **Set Time 2** and press Ⓞ/LAP to enter its submenu.

NOTE:

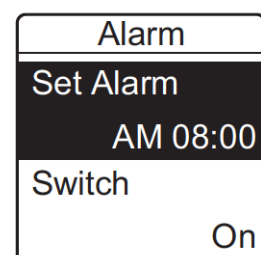
- To enable the Time 2, select **Settings** > **Watch** > **Time** > **Manual** > **Set Time 2** > **Switch** > **On**.
- To change the time format, select **Settings** > **Watch** > **Time** > **Time Format**.

3. Press ▲/▼ to select the desired setting and press Ⓞ/LAP to confirm.



Set Alarm (Time 1)

1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **Watch** > **Alarm** > **Set Alarm** and press Ⓞ/LAP to enter its submenu.
3. Press ▲/▼ to select the desired setting and press Ⓞ/LAP to confirm.



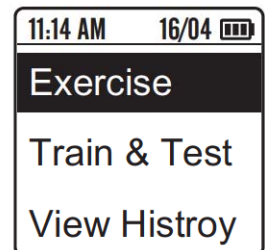
NOTE: To enable the alarm, select **Settings** > **Watch** > **Alarm** > **Switch** > **On**.

Exercises

Starting an Exercise

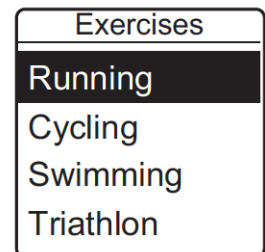
Amis S430

To start an exercise, press ▲/▼ to select **Running**. Then press Ⓞ/LAP to start.



Amis S630

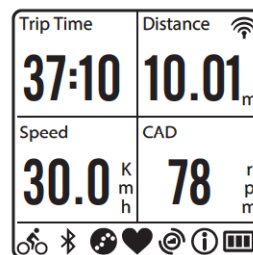
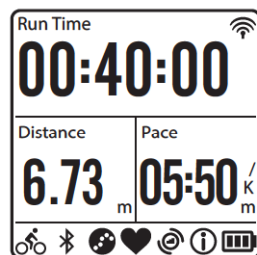
To start an exercise, press ▲/▼ to select **Exercises > Running, Cycling, Triathlon, Multisport, Outdoor Swim, or Others**. Then press Ⓞ/LAP to start.



Running/Cycling

Select **Running/Cycling** and press Ⓞ/LAP to start exercise.

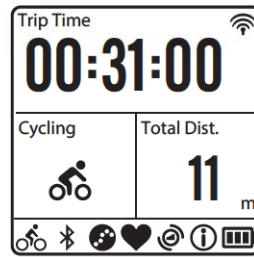
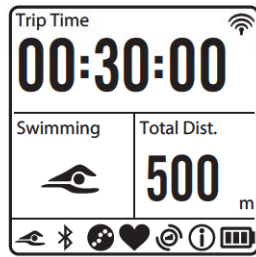
NOTE: **Cycling** option is only available on Amis S630.



NOTE: Displayed information varies on exercise mode and user preference. Refer to **Customize the Data Display** on page 29 for more information.

Triathlon (Amis S630 only)

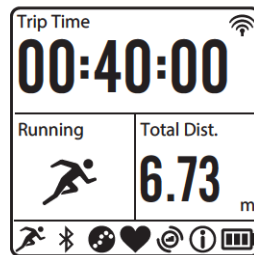
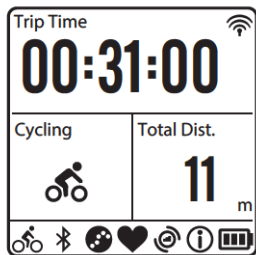
- The exercise information will be displayed as following order: **Swimming > Cycling > Running**. Press Ⓞ/LAP to switch to the second or third sport.
- To add the transition time, refer to **Enable Triathlon Transition Time** on page 30.



NOTE: Displayed information varies on exercise mode and user preference. Refer to *Customize the Data Display* on page 29 for more information.

Multisport (Amis S630 only)

- During the Multisport exercise and the mode setting is set to **Manual**, press ▲/▼ select the desired sport (Running, Cycling, or Swimming) and press ⌚/LAP to confirm. Then press ⌚/LAP to start exercise.
- To switch to the second sport, press ⌚/LAP to display the menu option. To preset the sports sequence in Multisport mode, refer to *Multisport Sequence Setup* on page 31.



NOTE: Displayed information varies on exercise mode and user preference. Refer to *Customize the Data Display* on page 29 for more information.

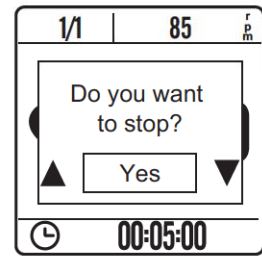
Outdoor Swim (Amis S630 only)

Select **Outdoor Swim** and press ⌚/LAP to start exercise.



Pause/ Stop Exercising

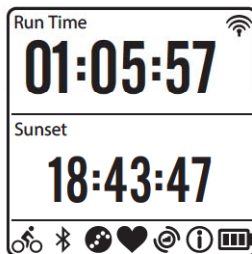
Press // to pause the recording and press again to stop the recording.



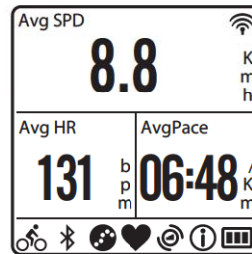
NOTE: When recording, press // twice to stop recording.

Switch the Data Page

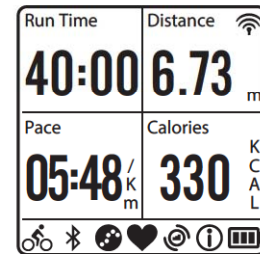
When you start an exercise, the data view appears on the screen. The Data Page displays information varies based on your personal setting.



2-grid display




3-grid display







4-grid display

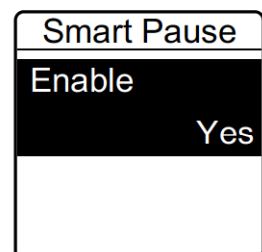
To customize the data page, refer to **Customize the Data Display** section on page 29.

Press  to switch data screen page. However if the **Auto Scroll** feature is enabled, the data view will automatically switch pages at the preset time. To enable the Auto Scroll feature, refer to **Configure Auto Scroll** section on page 35.

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. Press  to enter the menu mode.
2. Press / to select **Settings > Exercises > Running, Cycling, Outdoor Swim, or Others > Smart Pause** and press  to enter its submenu.
3. Select **Yes** to enable the function.



NOTE: On Amis S430, select **Settings > Exercises > Smart Pause** and press  to enter its submenu.

Lap

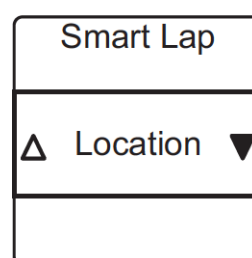
Smart Lap

Smart lap can automatically mark laps based on a defined distance or location. Whenever you reach the distance or pass the location, the device will trigger a lap marking.

- **Distance:** to mark laps based on a defined distance, such as every kilometer or every mile.
- **Location:** to mark laps based on a given position. Good for a course or route where you pass the same location over and over again.

Amis S430

1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **Exercises** > **Smart Lap** > **Distance** or **Location** and press Ⓞ/LAP to enter its submenu.
3. Set the training target and press Ⓞ/LAP to confirm.



Amis S630

1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **Exercises** > **Running, Cycling**, or **Others** > **Smart Lap** > **Distance** or **Location** and press Ⓞ/LAP to enter its submenu.
3. Set the training target and press Ⓞ/LAP to confirm.

Mark Lap

To mark a lap, do the following:

Amis S430

Start an activity first by pressing Ⓞ/LAP. While recording, press Ⓞ/LAP to mark lap. When using Lap, the Lap screen will be displayed while you are doing exercise or training.



Amis S630

1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **Exercises** > **Running, Cycling**, or **Others** and press Ⓞ/LAP to enter its submenu.
3. While recording, press Ⓞ/LAP to mark lap. When using Lap, the Lap screen will be displayed while you are doing exercise or training.

Train & Test

To Plan

The device offers you with two types of workouts: Simple and Interval.

Simple Workouts

There are three types of simple workouts: By Time, By Distance, and By Calories.

1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Train & Test** and press Ⓞ/LAP to enter Training menu.

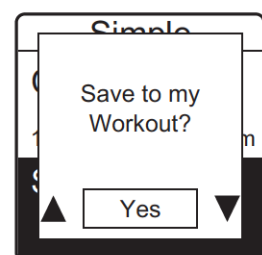
NOTE: On Amis S630, select **Train & Test > Running or Cycling.**

3. To set a simple workout, select **To Plan > Simple > Warm Up, Work, or Cooldown.**

- **Warm Up:**
Duration (manual, calorie,time, distance), Target (Pace, HR, MHR, LTHR).
- **Work:**
Duration (calorie, time,distance), Target (Pace, MHR%, LTHR%, HR, MHR, LTHR, Off).
- **Cooldown:**
Duration (manual, calorie,time, distance), Target (Pace, HR, MHR, LTHR).

Simple	
Warm Up	
10'0"	8'0"~7'0"
Work	
6'0"	148~160bpm

4. Set the training target and press Ⓞ/LAP to confirm.
5. Choose **Save** and press ▲/▼ to enter the workout name.
When finishing the name, press ↩/=/■ to save the workout name.



NOTE: To perform the workout, go to

- Amis S630: **Train & Test > Running or Cycling > My Workout > View.**
- Amis S430: **Train & Test > My Workout > View.**

Interval Workouts

With the Interval training feature, you can use your device to customize interval workouts which include the warm up, interval, and cool down sections.

1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Train & Test** and press Ⓞ/LAP to enter Training menu.

NOTE: On Amis S630, select **Train & Test > Running or Cycling.**

3. To set an interval workout, select **To Plan > Interval.**

To Plan
Simple
Interval

4. A "Set warm up?" message appears on the screen. Select **Yes** to set the "Warm up". After the settings are complete, select **OK** and press Ⓞ/LAP to continue.

Warm Up
Duration
Target
OK

5. Set the interval workout settings (Work, Recovery, and Repeat Time). When finished, press ▲/▼ to select **Next** and press Ⓞ/LAP to continue.

Work 1
Work
6'00" 158~170bpm
Recovery
2'00" 137~149bpm

6. A "Create a new main set?" message appears on the screen.
To create another set of interval workout, select **Yes** and press Ⓞ/LAP to confirm.

7. A "Set cool down?" message appears on the screen. Select **Yes** to set the "Cool down". After the settings are complete, select **OK** and press Ⓞ/LAP to continue.

Cooldown
Duration
Target
OK

8. A "Save to My Workout" message appears on the screen. Select **Yes** and press Ⓞ/LAP to continue. Press ▲/▼ to enter the workout name. When finishing the name, press ↵/=/
■ and press Ⓞ/LAP to save the workout.