

## Personalize User Profile

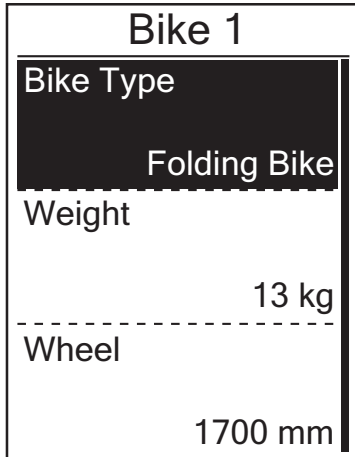
You can change your personal information.

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

1. In the Settings menu, press  $\nabla$  <sub>PAGE</sub> to select **Profile** and press  $\overset{\text{LAP}}{\bullet}$  <sub>OK</sub>.
2. Press  $\nabla$  <sub>PAGE</sub> to select the setting that you want to change and press  $\overset{\text{LAP}}{\bullet}$  <sub>OK</sub> 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  $\blacksquare$  /  $\parallel$  /  $\nabla$  <sub>BACK / PAGE</sub> to adjust the desired setting and press  $\overset{\text{LAP}}{\bullet}$  <sub>OK</sub> to confirm.
4. Press  $\blacksquare$  /  $\parallel$  <sub>BACK</sub> to exit this menu.

# Personalize Bike Profile

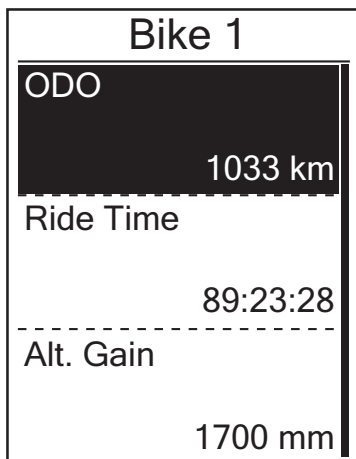
You can customize and view your bicycle(s) profile.



1. In the Settings menu, press  $\nabla_{PAGE}$  to select **Profile>Bike Profile> Bike 1** or **Bike 2** and press  $LAP_{OK}$ .
2. Press  $\nabla_{PAGE}$  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  $\blacksquare/||_{BACK} / \nabla_{PAGE}$  to adjust the desired setting and press  $LAP_{OK}$  to confirm.
4. Press  $\blacksquare/||_{BACK}$  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  $\nabla_{PAGE}$  to select **Profile>Bike Profile > Overview** and press  $LAP_{OK}$ .
2. Press  $\nabla_{PAGE}$  to select the desired bike and press  $LAP_{OK}$  to confirm.
3. Press  $\nabla_{PAGE}$  to view more data of the selected bike.
4. Press  $\blacksquare/||_{BACK}$  to exit this menu.

## Change System Settings

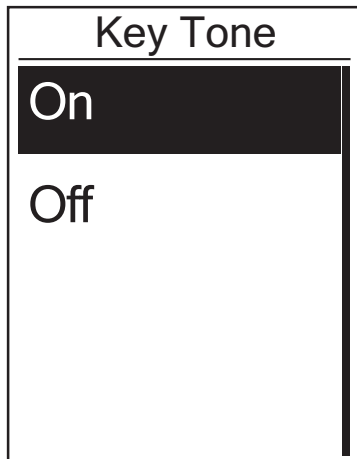
You can customize the device system settings such as backlight off, self lap, key tone, sound, time/unit , on-screen display language.

### Backlight Off



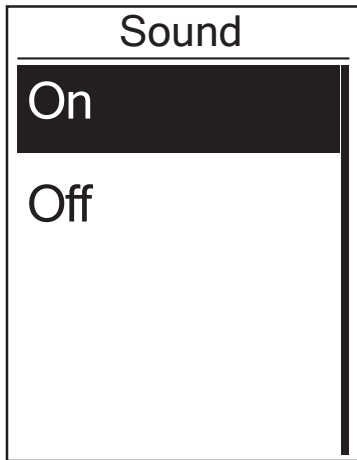
1. In the Settings menu, press  $\blacktriangledown$  <sub>PAGE</sub> to select **General > System > Backlight Off** and press  $\text{LAP} \bullet$  <sub>OK</sub>.
2. Press  $\blacksquare / \parallel$  <sub>BACK</sub> /  $\blacktriangledown$  <sub>PAGE</sub> to select the desired setting and press 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

### Key Tone



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

## Sound



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

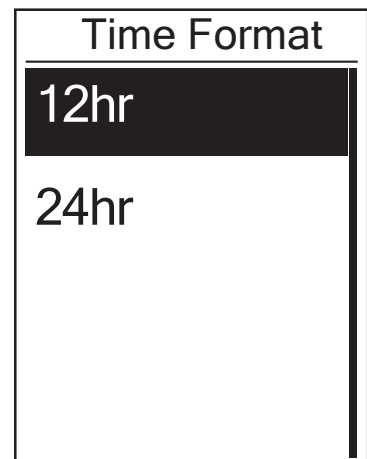
## Time/Unit



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, or Unit** and press  $\overset{\text{LAP}}{\underset{\text{OK}}{\bullet}}$ .
2. Press  $\blacksquare$ / $\parallel$ / $\blacktriangledown$  BACK/PAGE to select the desired setting/format and press  $\overset{\text{LAP}}{\underset{\text{OK}}{\bullet}}$  to confirm.
3. Press  $\blacksquare$ / $\parallel$  BACK to exit this menu.

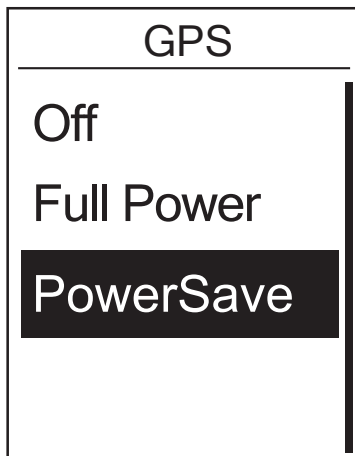
## Language



1. In the Settings menu, press  $\blacktriangledown$  <sub>PAGE</sub> to select **General > System > Language** and press  $\text{LAP} \bullet$  <sub>OK</sub>.
2. Press  $\blacksquare / \parallel$  <sub>BACK</sub> /  $\blacktriangledown$  <sub>PAGE</sub> to select the desired setting and press  $\text{LAP} \bullet$  <sub>OK</sub> to confirm.
3. Press  $\blacksquare / \parallel$  <sub>BACK</sub> 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  $\blacktriangledown$  <sub>PAGE</sub> to select **General > GPS** and press  $\text{LAP} \bullet$  <sub>OK</sub>.
2. To set the signal search mode, press  $\text{LAP} \bullet$  <sub>OK</sub> to confirm.
3. Press  $\blacksquare / \parallel$  <sub>BACK</sub> /  $\blacktriangledown$  <sub>PAGE</sub> to select the desired setting and press  $\text{LAP} \bullet$  <sub>OK</sub> 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  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 110

Item	Description
Display	1.6 FSTN positive transreflective 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.

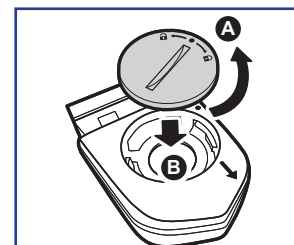
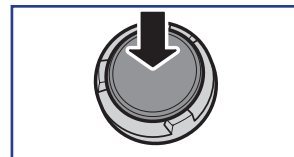
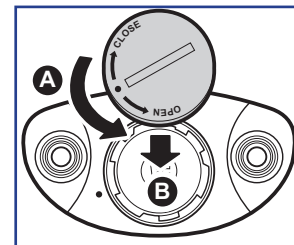
## Battery Information

### 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:

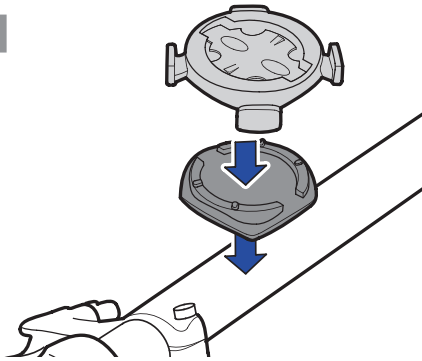
- When installing a new battery, if the battery is not placed with the positive connector first, the positive connector will easily deform and malfunction.
- Be careful not to damage or lose the O-ring gasket on the cover.
- Contact your local waste disposal department to properly dispose of used batteries.



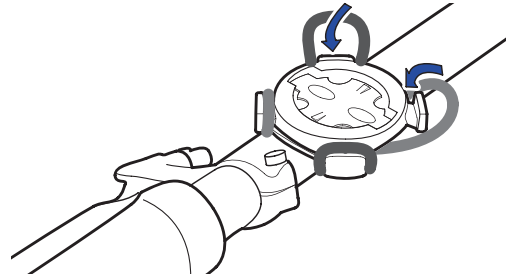
# Install Rider 110

## Mount Rider 110 to the Bike

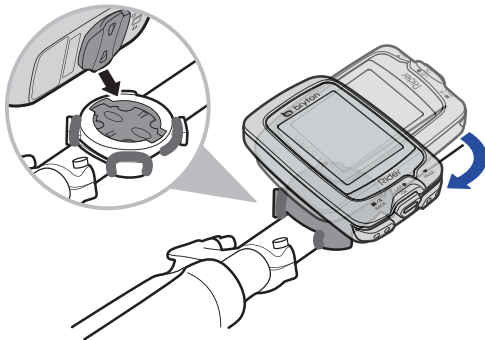
1



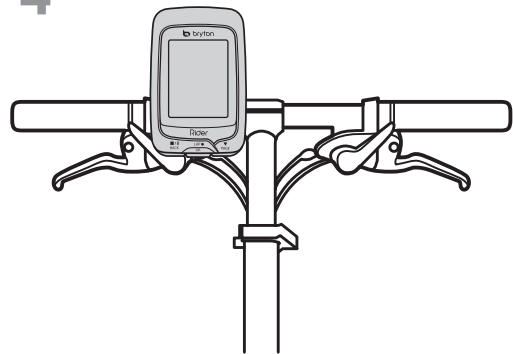
2



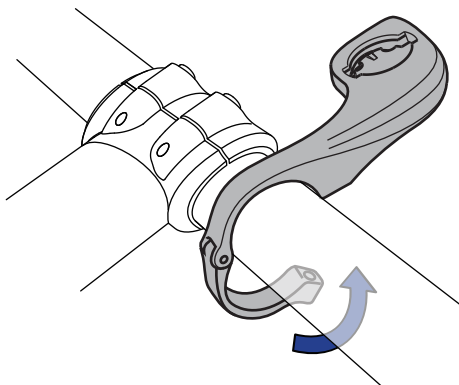
3



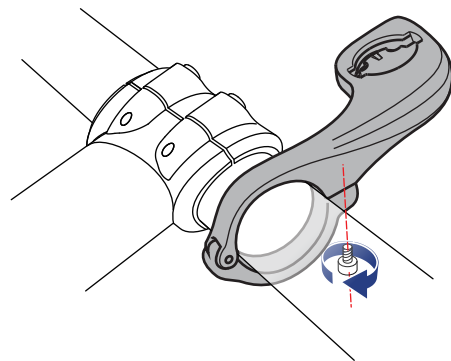
4



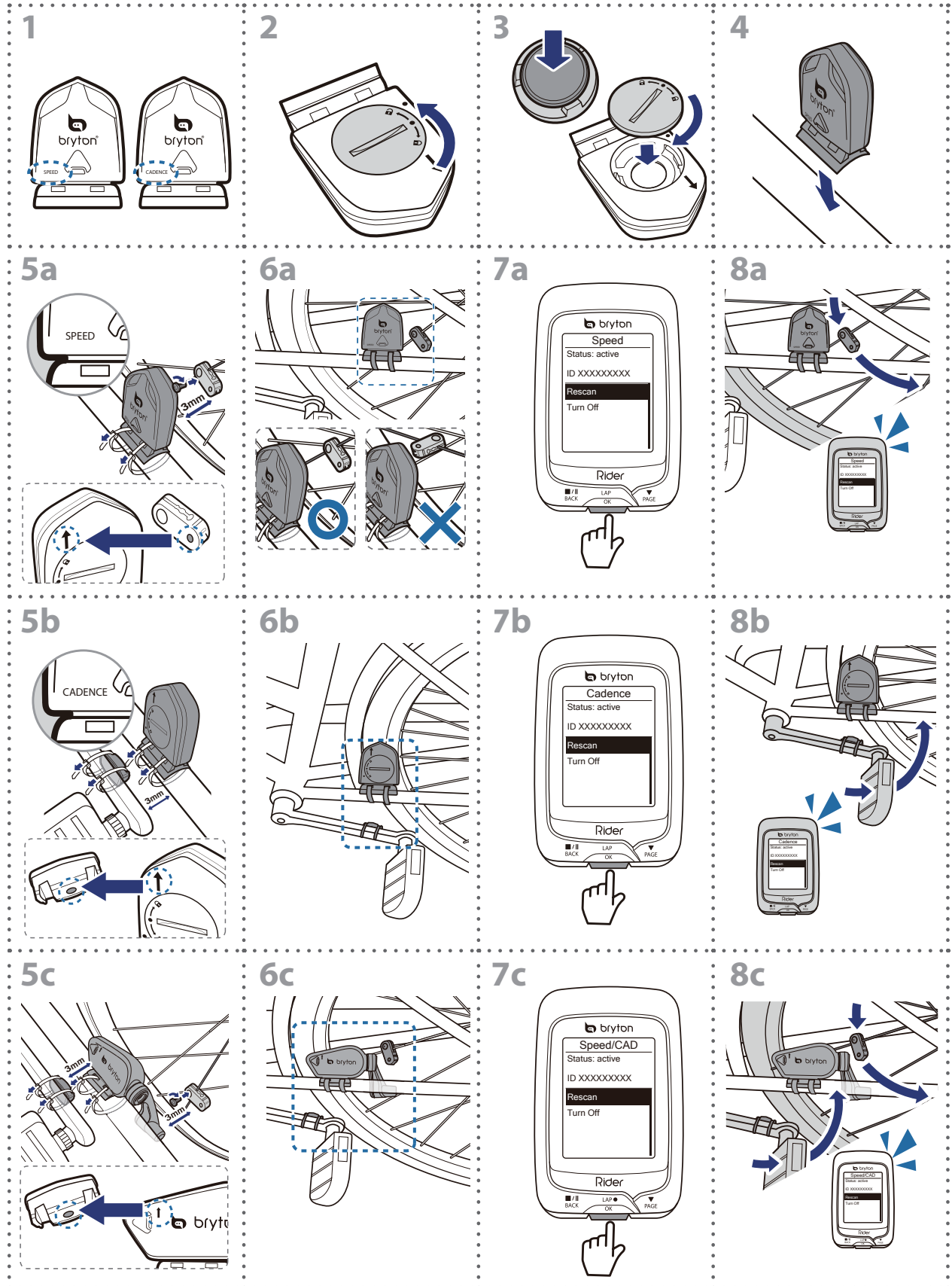
1



2



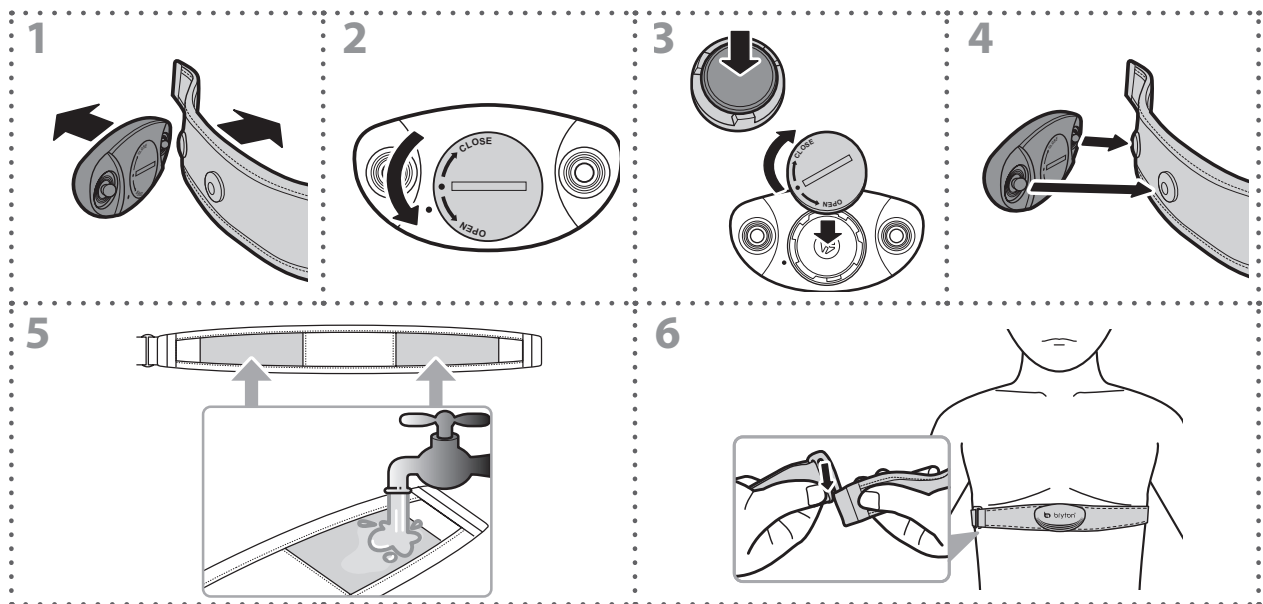
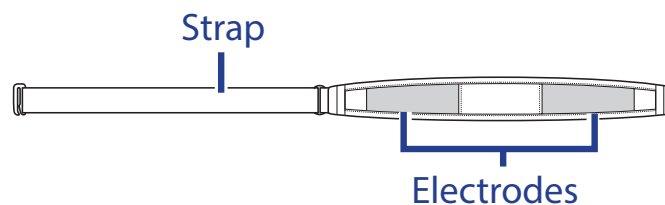
# Install the Speed/Cadence/Dual Sensor (Optional)



**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 110

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 1 km/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

## **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 equipment should be installed and operated with a minimum distance of 0.5 centimeters between the radiator and your body.

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

The antennas used for this transmitter must be installed to provide a separation distance of at least 0.5 cm from all persons and 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



## **Industry Canada Statement**

This device complies with Industry Canada licence-exempt RSS standard. 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.

### **IC Radiation Exposure Statement:**

This equipment complies with IC RSS-102 radiation exposure limit set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 0.5 cm between the radiator and your body.