



bryton®



# Rider 310

User's Manual



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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 310. Rider 310 is equipped with barometer which shows the real time altitude.

**NOTE:** To adjust the altitude settings on Rider 310, refer to page 15.

## Your Rider 310



### 1 BACK (■/|| 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 310 comes with the following accessories:









- USB cable
- Bike mount

*Optional items:*

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

# Status Icons

Icon	Description
<b>Bike Type</b>	
	Bike 1
	Bike 2
<b>GPS Signal Status</b>	
	No signal (not fixed)
	Weak signal
	Strong signal
<b>Power Status</b>	
	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

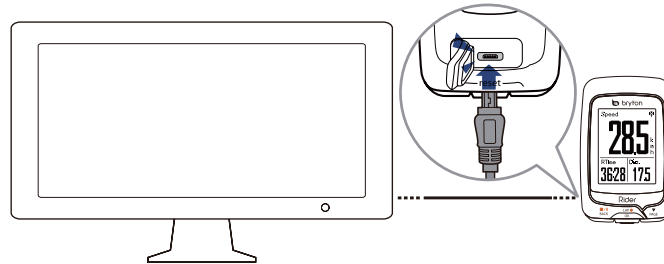
**NOTE:** Only the active icons are displayed on the screen.

## Step 1: Charge your Rider 310

Connect Rider 310 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 310

Press and hold **LAP**  to turn on the device.

## Step 3: Initial Setup

When turning Rider 310 on for the first time, the setup wizard appears on screen. Follow the instructions to complete setup.


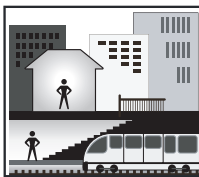
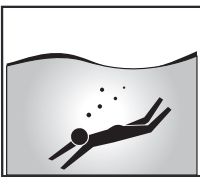
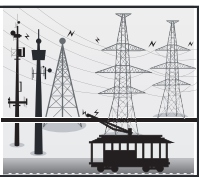

1. Select the display language.
2. Read and accept the Safety Agreement.

## Step 4: Acquire Satellite Signals

Once the Rider 310 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 📶<sup>x</sup> 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 310

- **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 310

To reset the Rider 310, 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).

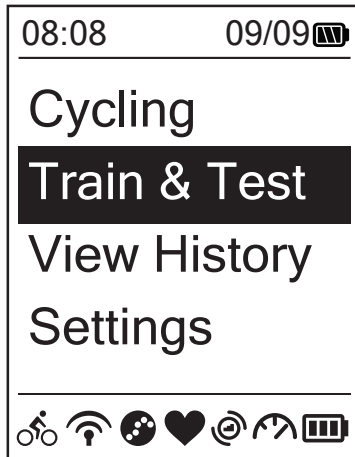
2. Connect to PC

Turn on your Rider 310 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 310 Training feature, you can set simple workouts and use the Rider 310 to track your training or workout progress.



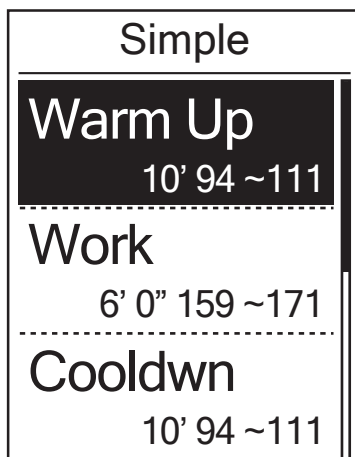
1. In the main screen, press  $\blacktriangledown$  PAGE to select **Train&Test**.
2. Press  $\bullet$  LAP /  $\bullet$  OK to enter the Training menu.

## To Plan

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

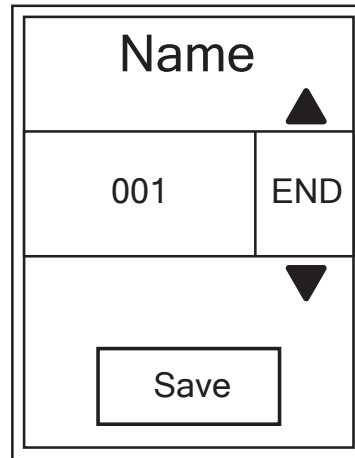
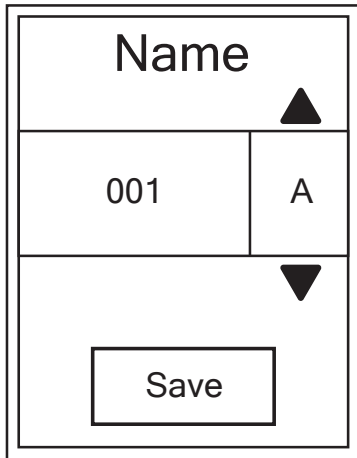
The Rider 310 offers you three types of simple workouts: Time, Distance, and Calories.

### 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  $\blacksquare$  /  $\parallel$  /  $\blacktriangledown$  BACK / PAGE to set your time and press  $\bullet$  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  $\bullet$  LAP /  $\bullet$  OK to start training and record log.

## Using the On-screen Keyboard

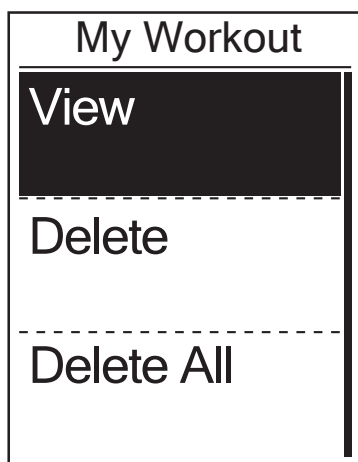


1. Press  $\blacksquare$ / $\parallel$ / $\blacktriangledown$  BACK / PAGE to select the input character.
  - Select **DEL** to erase the data.
2. Press  $\overset{\text{LAP}}{\underset{\text{OK}}{\bullet}}$  to confirm the selection.
3. When finished, press  $\blacksquare$ / $\parallel$ / $\blacktriangledown$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

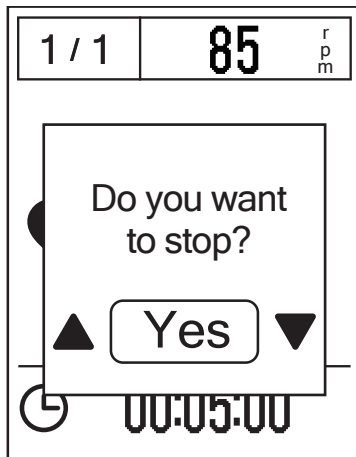


1. In the Training menu, press  $\blacktriangledown$  PAGE to select **My Workout** and press  $\overset{\text{LAP}}{\underset{\text{OK}}{\bullet}}$ .
2. Press  $\blacktriangledown$  PAGE to select **View** and press  $\overset{\text{LAP}}{\underset{\text{OK}}{\bullet}}$  to enter its submenu.
  - Press  $\blacktriangledown$  PAGE to select your desired training plan and press  $\overset{\text{LAP}}{\underset{\text{OK}}{\bullet}}$  to confirm.
  - Go for a ride.  
Press  $\overset{\text{LAP}}{\underset{\text{OK}}{\bullet}}$  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  $\text{LAP} \bullet / \text{OK}$  to proceed with the workout.

## Stop Training

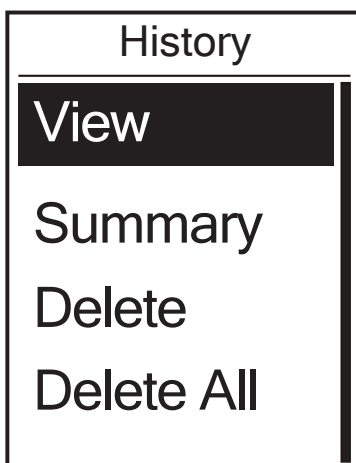
You can stop the current training after you have reached your goal or when you decide to end the current training.



1. Press  $\text{BACK} \blacksquare / \text{||}$  to pause the recording and press  $\text{BACK} \blacksquare / \text{||}$  again to stop the recording.
2. A “Do you want to stop?” message appears on the screen. To stop the current training, press  $\text{BACK} \blacksquare / \text{PAGE} \blacktriangledown$  to select **Yes** and press  $\text{LAP} \bullet / \text{OK}$  to confirm.

## View Exercise/Training Record

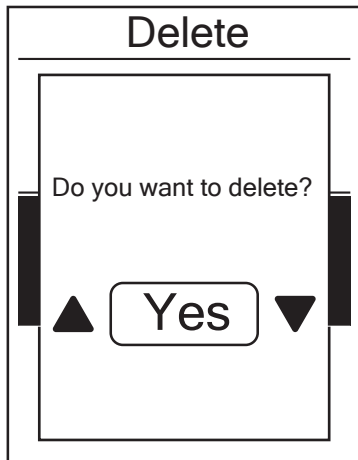
Use View History to view or delete your exercise/training history.



To view your history:

1. In the main screen, press  $\text{PAGE} \blacktriangledown$  to select **View History > View** and press  $\text{LAP} \bullet / \text{OK}$ .
2. Press  $\text{PAGE} \blacktriangledown$  to select **View** and press  $\text{LAP} \bullet / \text{OK}$  to confirm.
3. Press  $\text{PAGE} \blacktriangledown$  to select a training history from the list and press  $\text{LAP} \bullet / \text{OK}$  to view your history.

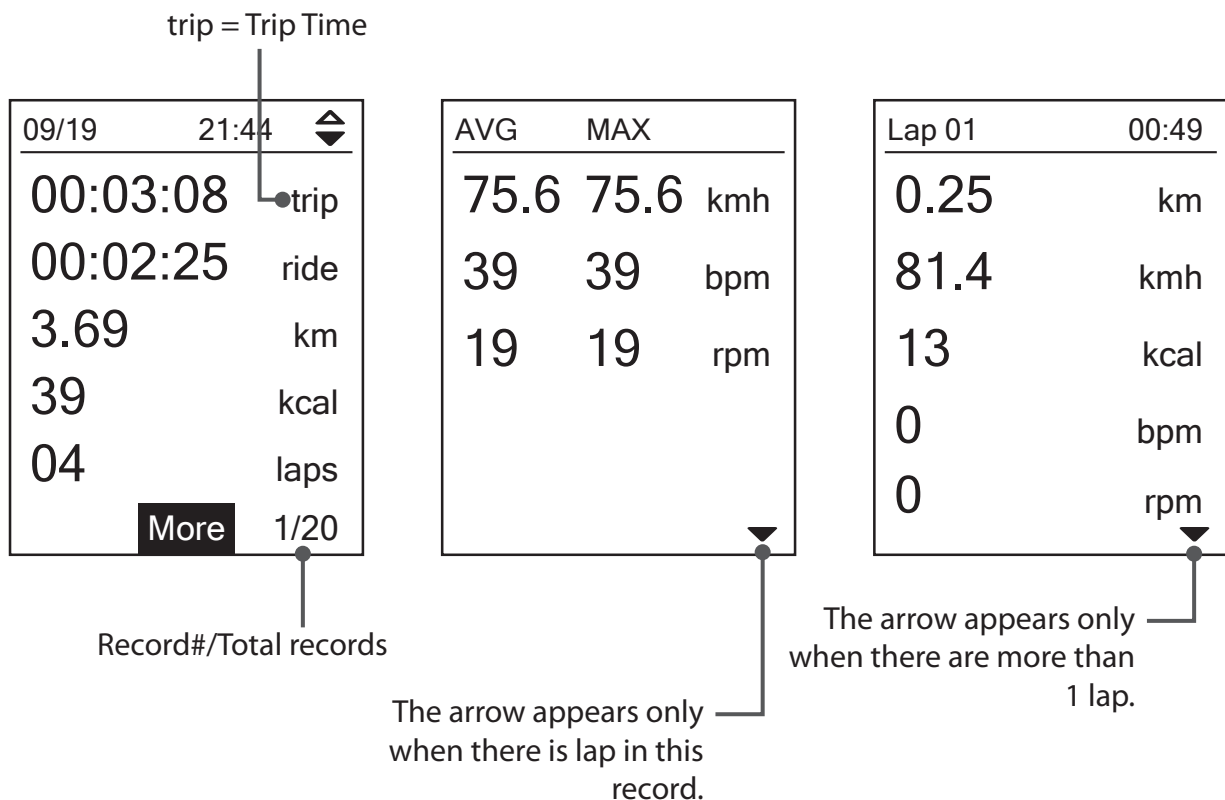
**NOTE:** You can also upload your history to [brytonsport.com](http://brytonsport.com) to keep track of all your ride data.



To delete your history:

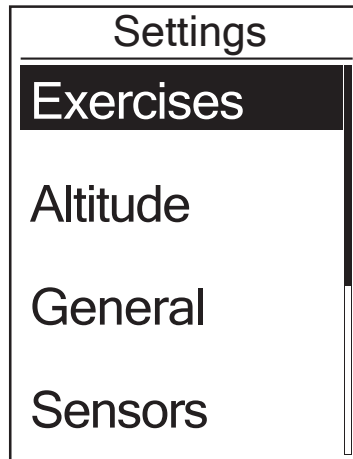
1. In the main screen, press  $\nabla_{PAGE}$  to select **View History** > **View** and press  $LAP_{OK}$ .
2. Press  $\nabla_{PAGE}$  to select **Delete** and press  $LAP_{OK}$  to enter the history list.
3. Press  $\nabla_{PAGE}$  to select a training history from the list and press  $LAP_{OK}$  to 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.

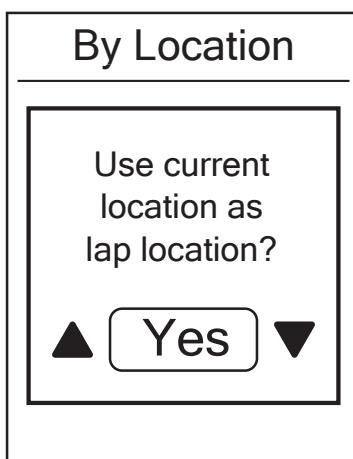


1. In the main screen, press  $\nabla_{PAGE}$  to select **Settings**.
2. Press  $LAP_{OK}$  to enter the Settings menu.

## 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

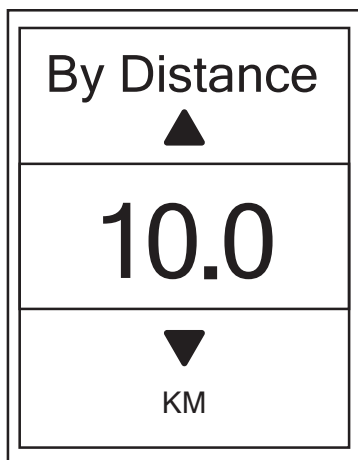


1. In the Settings menu, press  $\nabla_{PAGE}$  to select **Exercises** > **Smart Lap** and press  $LAP_{OK}$ .
2. Press  $LAP_{OK}$  to enter the editing menu. Press  $\blacksquare / \parallel_{BACK} / \nabla_{PAGE}$  to select Location and press to confirm.
3. A "Use current location as lap location?"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

$LAP_{OK}$

**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

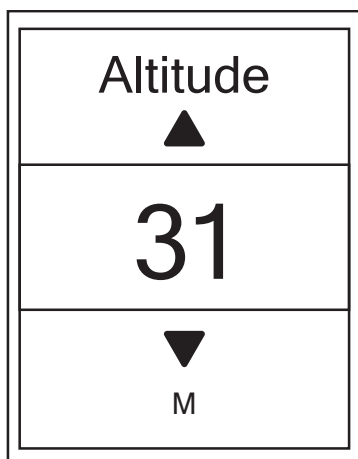


1. In the Settings menu, press  $\nabla_{PAGE}$  to select **Exercise > Smart Lap** and press  $LAP_{OK}$ .
2. Press  $LAP_{OK}$  to enter the editing menu. Press  $\blacksquare/||/\nabla_{BACK/PAGE}$  to select **Distance** and press  $LAP_{OK}$  to confirm.
3. Press  $\blacksquare/||/\nabla_{BACK/PAGE}$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

## Altitude

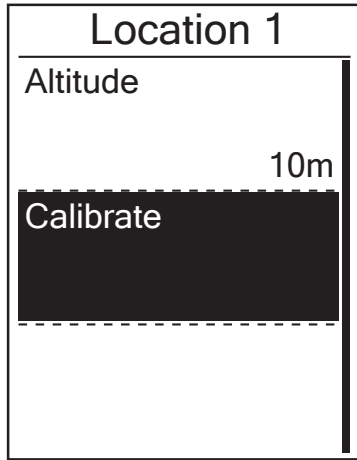
You can set the altitude setting for the current location and four other locations.

### Current Altitude



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

## Other Location Altitude

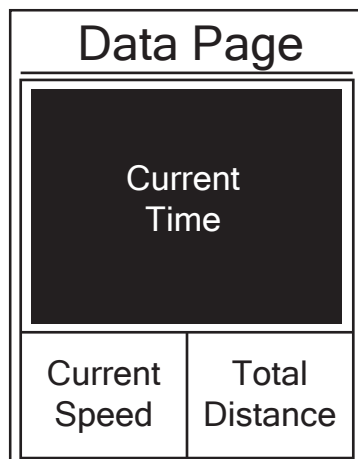


1. In the Settings menu, press  $\nabla_{PAGE}$  to select **Altitude > Location 1, Location 2, Location 3, or Location 4** and press  $LAP_{OK}$ .
2. To set the altitude, press  $\nabla_{PAGE}$  to select **Altitude** and press  $LAP_{OK}$  to confirm.
3. Press  $\blacksquare/||/\nabla_{PAGE}$  to adjust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

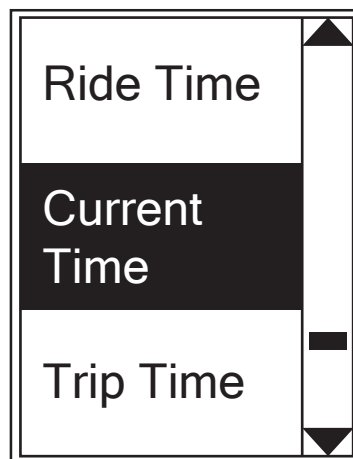
## Data Page

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

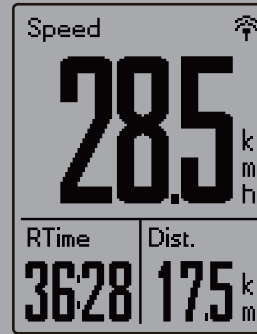
1. In the Settings menu, press  $\nabla_{PAGE}$  to select **Exercises > Data Page > Data Page 1, Data Page 2** or Data Page 3 and press  $LAP_{OK}$ .
2. Press  $\blacksquare/||/\nabla_{PAGE}$  to select the number of data fields and press  $LAP_{OK}$  to confirm.

- Press  $\blacktriangledown$ /<sub>PAGE</sub> to select the item field that you want to customize, and press  $\text{LAP}_{\text{OK}}$  to confirm the selection.
- Press  $\blacksquare$ /<sub>BACK</sub>/ $\blacktriangledown$ /<sub>PAGE</sub> to select the desired setting and press  $\text{LAP}_{\text{OK}}$  to confirm.
- Press  $\blacksquare$ /<sub>BACK</sub> to exit this menu.

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

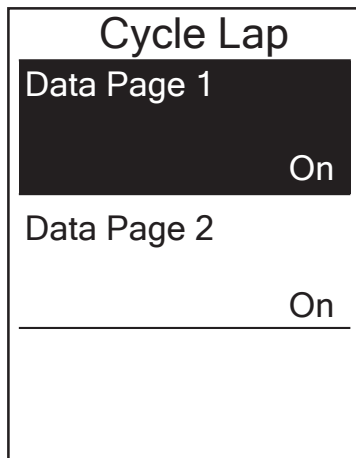


2-grid display



3-grid display

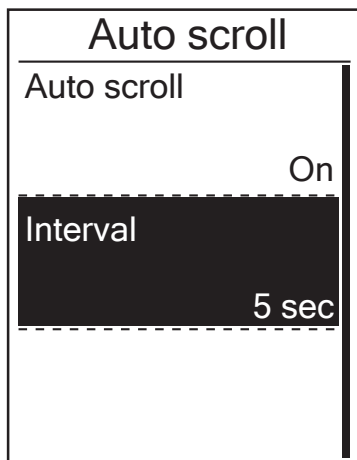
## Lap Display



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



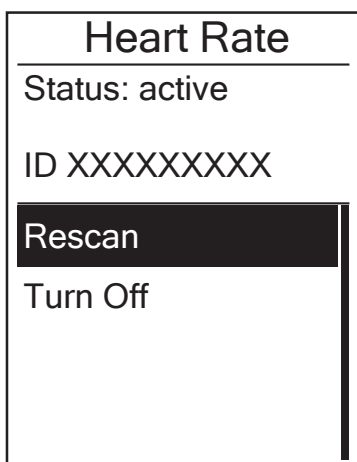
## Auto Scroll



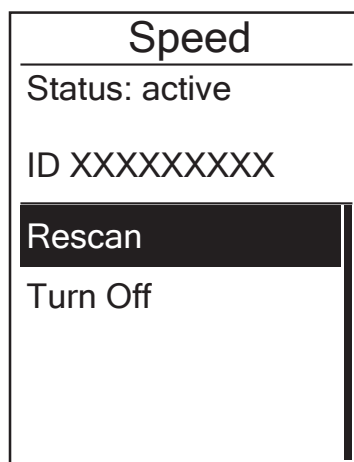
1. In the Settings menu, press  $\nabla_{PAGE}$  to select **General > Auto scroll** and press  $LAP_{OK}$ .
2. Press  $\nabla_{PAGE}$  to select the setting that you want to change and press  $LAP_{OK}$  to enter its submenu.
  - Auto scroll: enable/disable the auto switch.
  - Interval: set the interval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

## Sensors

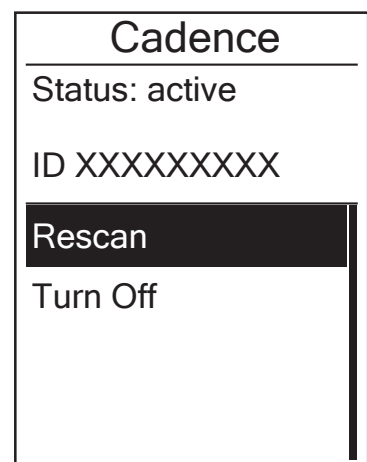
You can customize the respective sensor settings such as enable/disable the function or rescan the sensor for the device.



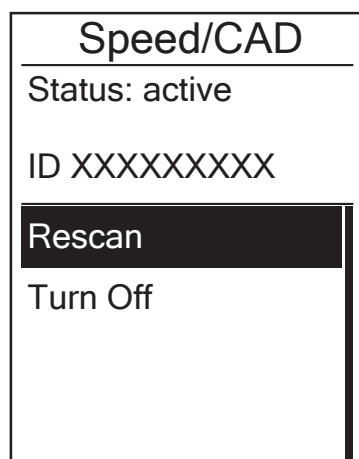
Heart Rate



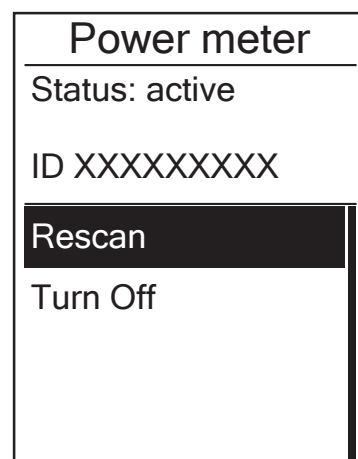
Speed



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  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  appears on the main screen.

## Personalize User Profile

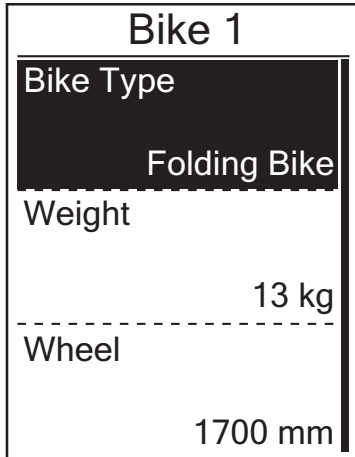
You can change your personal information.

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

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

# Personalize Bike Profile

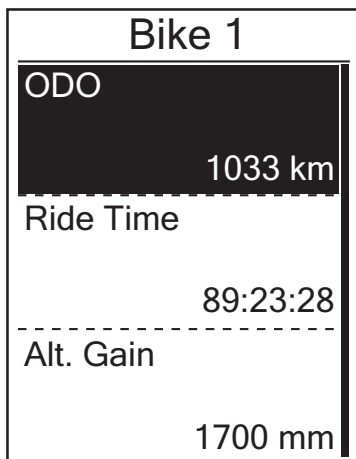
You can customize and view your bicycle(s) profile.



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

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

## View Bike Profile

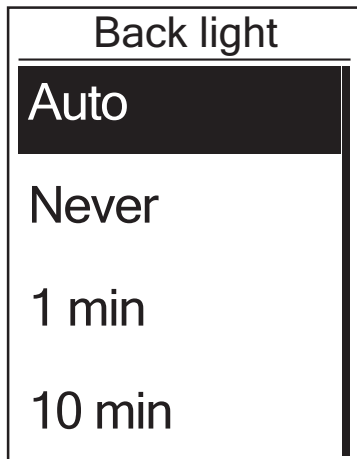


1. In the Settings menu, press  $\blacktriangledown$  <sub>PAGE</sub> to select **Profile > Bike Profile > Overview** and press  $\bullet$  <sub>LAP OK</sub>.
2. Press  $\blacktriangledown$  <sub>PAGE</sub> to select the desired bike and press  $\bullet$  <sub>LAP OK</sub> to confirm.
3. Press  $\blacktriangledown$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

## Change System Settings

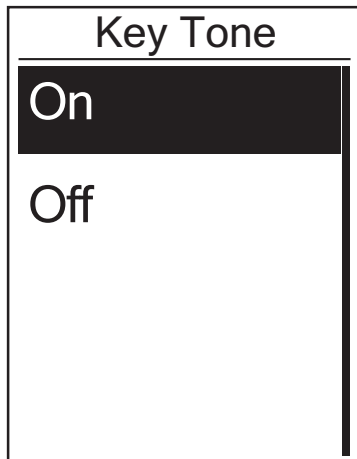
You can customize the device system settings such as backlight off, key tone, sound, time/unit , on-screen display language.

### Backlight Off



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

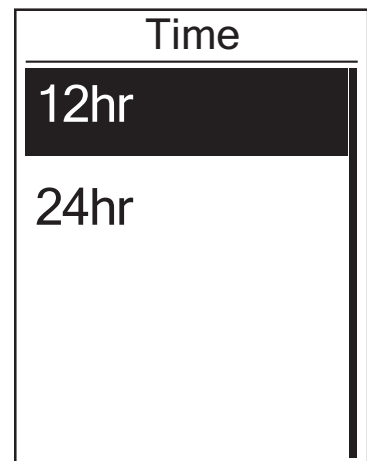
## Time/Unit



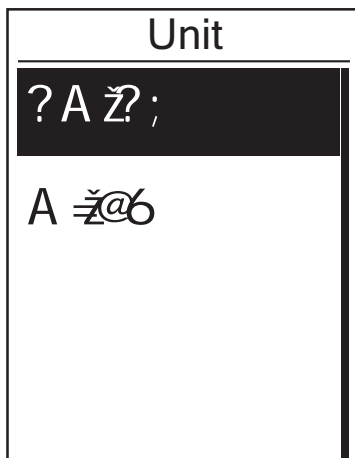
Daylight Save



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