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 1
Bike 2	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.
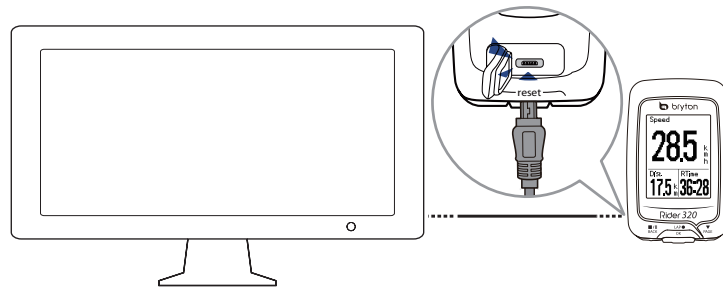
Step 2: Turn On Rider 320

Press and hold $\overset{LAP \bullet}{OK}$ 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.
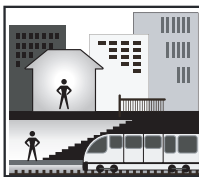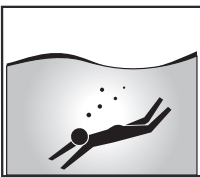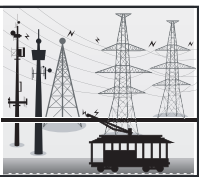
1. Select the display language.

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 $\begin{smallmatrix}LAP \bullet\\OK\end{smallmatrix}$ to start recording, press $\begin{smallmatrix}\blacksquare/\parallel\\BACK\end{smallmatrix}$ to pause, press $\begin{smallmatrix}\blacksquare/\parallel\\BACK\end{smallmatrix}$ 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 ($\begin{smallmatrix}\blacksquare/\parallel\\BACK\end{smallmatrix}$ / $\begin{smallmatrix}LAP \bullet\\OK\end{smallmatrix}$ / $\begin{smallmatrix}\blacktriangledown\\PAGE\end{smallmatrix}$) 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.

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 fom 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.

```
08:08              09/09 🔋

Cycling
Train & Test
View History
Settings

🚴 📶 🎨 ❤ 🌀 〰 🔋
```
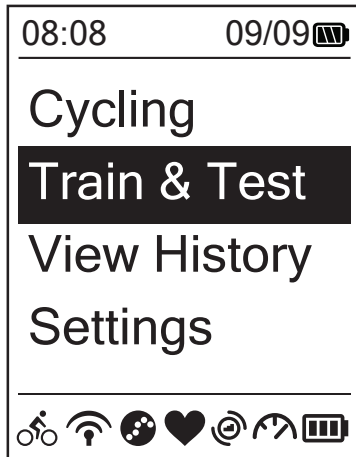
1. In the main screen, press ▼PAGE to select **Train&Test**.

2. Press LAP●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

```
         Simple

Warm Up
          10' 94 ~111
Work
          6' 0" 159 ~171
Cooldwn
          10' 94 ~111
```
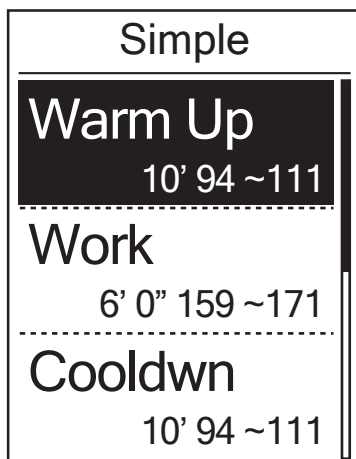
1. To set a simple workout, select **To Plan > Simple > Warm Up, Work , Cooldown.**
   - Warm Up :
     Duration (manual, calorie,time, distance), Target (HR, MHR, LTHR).
   - Work :
     Duration (calorie, time,distance), Target (MHR%, LTHR%, HR, MHR, LTHR, OFF).
   - Cooldown :
     Duration (manual, calorie,time, distance), Target (HR, MHR, LTHR).

2. Press ■/‖BACK / ▼PAGE to set your time and press LAP●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 LAP●OK to start training and record log.

Using the On-screen Keyboard

```
      Name
        ▲
 001        A
        ▼

     [ Save ]
```

```
      Name
        ▲
 001       END
        ▼

     [ Save ]
```
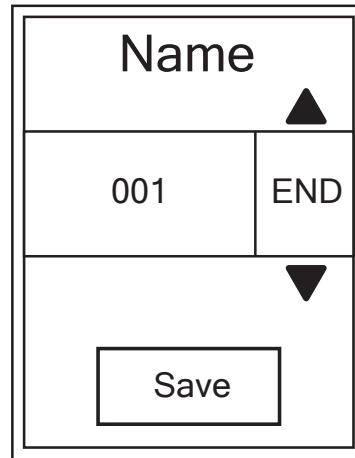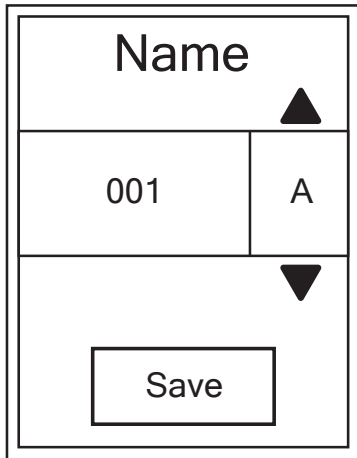
1. Press ■/ll /▼_{BACK PAGE} to select the input character.

   • Select **DEL** to erase the data.

2. Press ^{LAP●}_{OK} to confirm the selection.

3. When finished, press ■/ll /▼_{BACK PAGE} to select **END** and press ^{LAP●}_{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    │
└───────────────┘
```
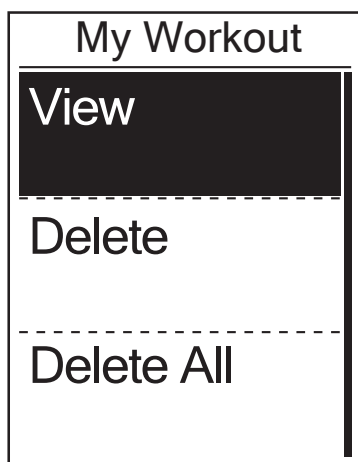
1. In the Training menu, press ▼_{PAGE} to select **My Workout** and press ^{LAP●}_{OK} .

2. Press ▼_{PAGE} to select **View** and press ^{LAP●}_{OK} to enter its submenu.

   • Press ▼_{PAGE} to select your desired training plan and press ^{LAP●}_{OK} to confirm.

   • Go for a ride.
     Press ^{LAP●}_{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**.

Stop Training

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

| 1 / 1 | **85** | r p m |

Do you want
to stop?

▲ Yes ▼

00:05:00
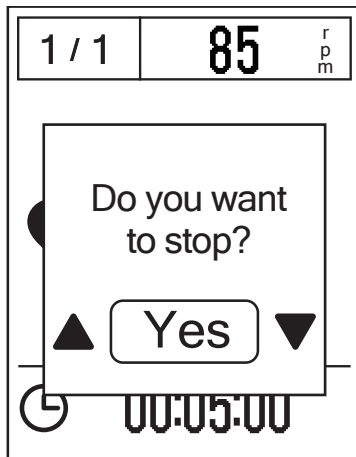
1. Press ■/‖ BACK to pause the recording and press ■/‖ BACK again to stop the recording.

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●/OK to confirm.

View Exercise/Training Record

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

History

View

Summary

Delete

Delete All
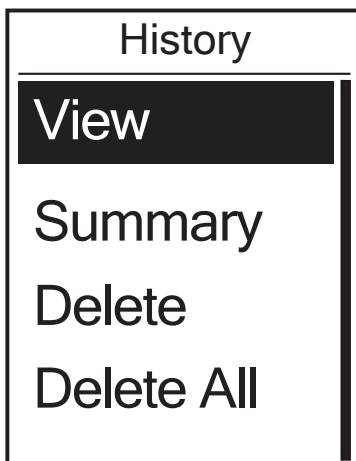
To view your history:

1. In the main screen, press ▼ PAGE to select **View History** > **View** and press LAP●/OK .

2. Press ▼ PAGE to select **View** and press LAP●/OK to confirm.

3. Press ▼ PAGE to select a training history from the list and press LAP●/OK to view your history.

Delete

Do you want to delete?

▲ [Yes] ▼
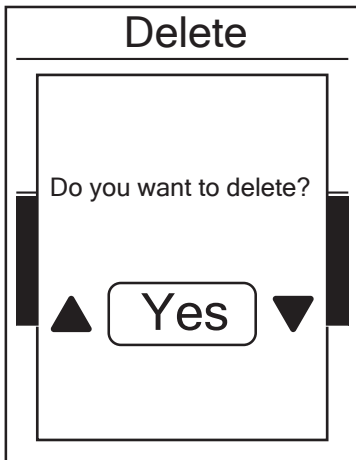
To delete your history:

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

trip = Trip Time

09/19	21:44	⬍
00:03:08	trip	
00:02:25	ride	
3.69	km	
39	kcal	
04	laps	
More	1/20	

AVG	MAX	
75.6	75.6	kmh
39	39	bpm
19	19	rpm
		▼

Lap 01	00:49
0.25	km
81.4	kmh
13	kcal
0	bpm
0	rpm
	▼

Record#/Total records

The arrow appears only when there is lap in this record.

The arrow appears only when there are more than 1 lap.
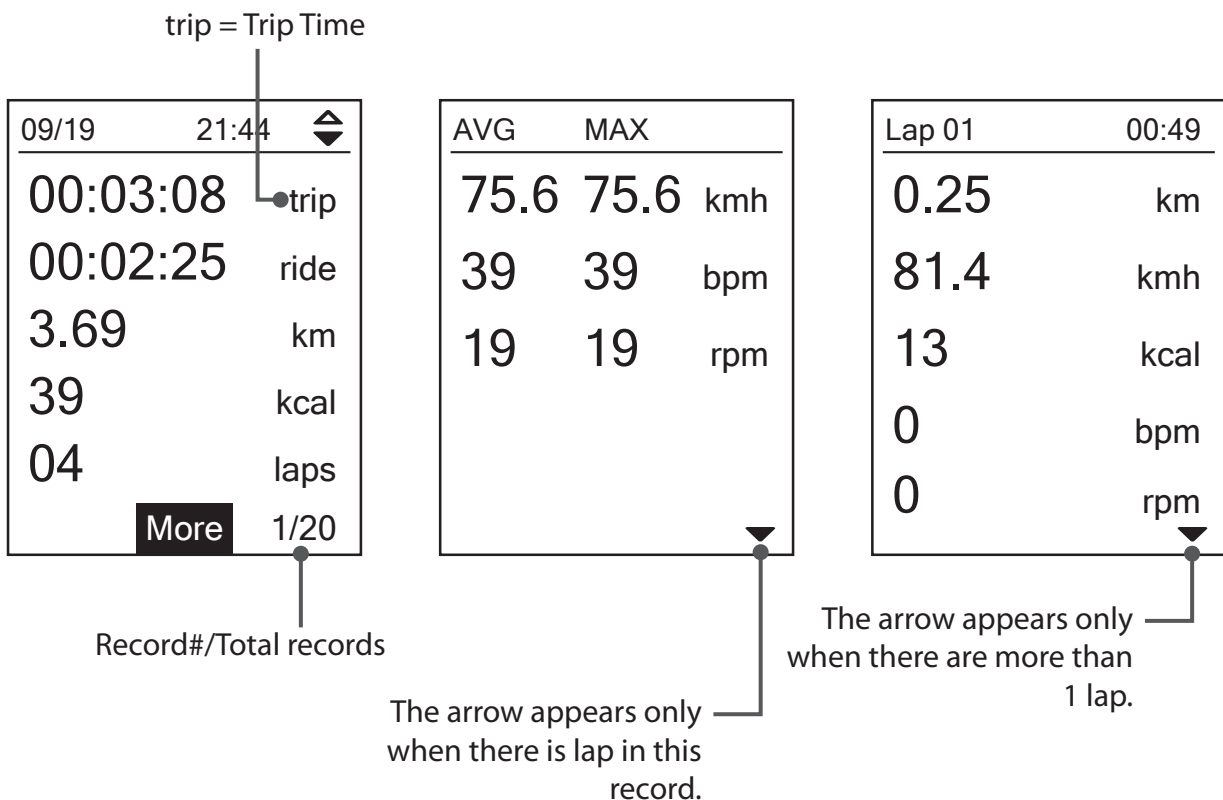
Settings

With the Settings feature, you can customize exercises settings, altitude, general settings, sensor settings, bike and user profiles.
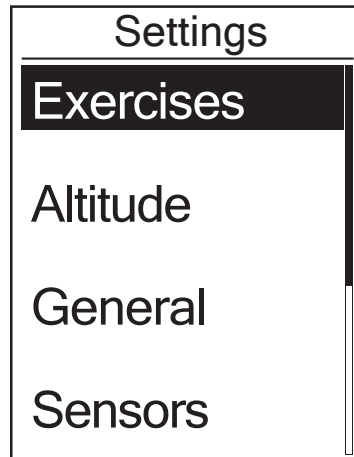
1. In the main screen, press ▼PAGE to select **Settings**.

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
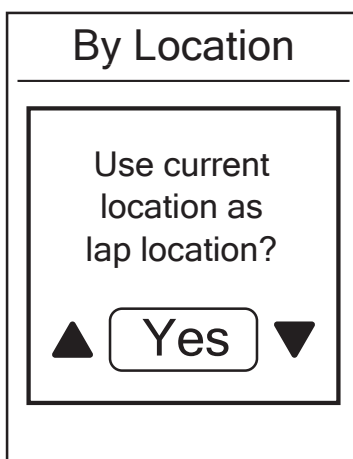
1. In the Settings menu, press ▼PAGE to select **Exercises> Smart Lap** and press LAP●OK .

2. Press LAP●OK to enter the editing menu. Press ■/IIBACK /▼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 ■/IIBACK 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

```
┌─────────────────────┐
│   By Distance       │
│        ▲            │
├─────────────────────┤
│                     │
│     10.0            │
│                     │
├─────────────────────┤
│        ▼            │
│       KM            │
└─────────────────────┘
```
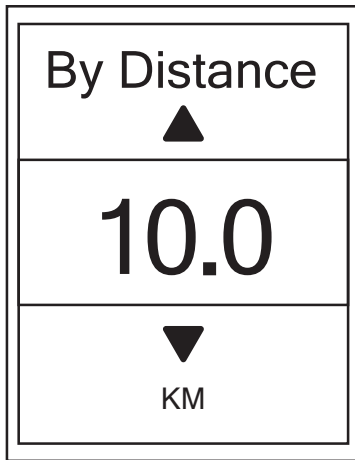
1. In the Settings menu, press ▼PAGE to select **Exercise > Smart Lap** and press LAP●OK .

2. Press LAP●OK to enter the editing menu. Press ■/‖BACK / ▼PAGE to select **Distance** and press LAP●OK to confirm.

3. Press ■/‖BACK / ▼PAGE to select your desired distance and press LAP●OK to confirm.

4. Press ■/‖BACK to exit this menu.

Altitude

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

Current Altitude

```
┌─────────────────────┐
│    Altitude         │
│        ▲            │
├─────────────────────┤
│                     │
│      31             │
│                     │
├─────────────────────┤
│        ▼            │
│        M            │
└─────────────────────┘
```
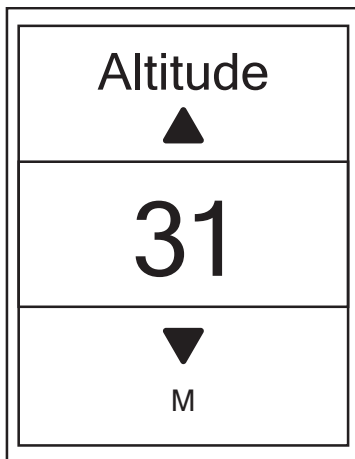
1. In the Settings menu, press ▼PAGE to select **Altitude > Altitude** and press LAP●OK.

2. Press ■/‖BACK / ▼PAGE to adjust the desired altitude and press LAP●OK to confirm the setting.

3. Press ■/‖BACK to exit this menu.

Other Location Altitude

Location 1

Altitude

10m

Calibrate
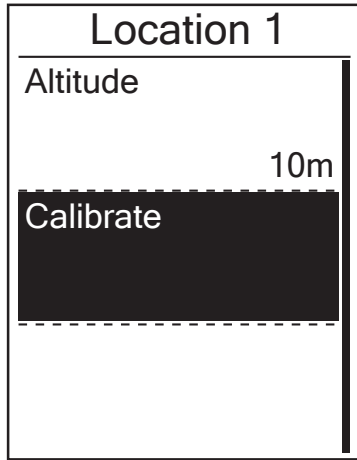
1. In the Settings menu, press ▾_{PAGE} to select **Altitude** > **Location 1**, **Location 2**, **Location 3**, or **Location 4** and press ^{LAP●}_{OK}.

2. To set the altitude, press ▾_{PAGE} to select **Altitude** and press ^{LAP●}_{OK} to confirm.

3. Press ■/‖_{BACK}/▾_{PAGE} to adjust the desired altitude and press ^{LAP●}_{OK} to confirm the setting.

4. To calibrate the set altitude, press ▾_{PAGE} to select **Calibrate** and press to ^{LAP●}_{OK} confirm.

5. Press ■/‖_{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

Data Page

Current Time

Current Speed | Total Distance

3-grid display

Ride Time

Current Time

Trip Time
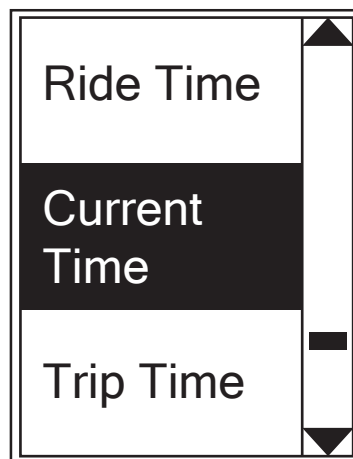
Item selection

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●}_{OK}.

2. Press ■/‖_{BACK}/▾_{PAGE} to select the number of data fields and press ^{LAP●}_{OK} to confirm.

3. Press ▼PAGE to select the item field that you want to customize, and press LAP●OK to confirm the selection.

4. Press ■/ⅡBACK/▼PAGE to select the desired setting and press LAP●OK to confirm.

5. Press ■/ⅡBACK to exit this menu.

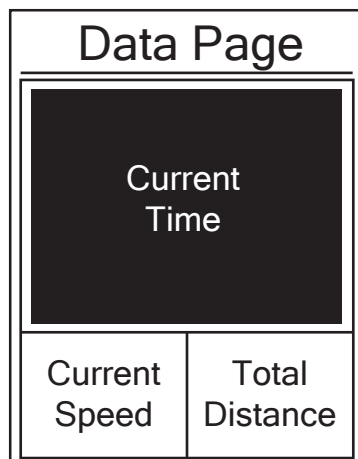**NOTE:** The number of data fields shown on the screen depends on the "Data fields" selection.

Speed	Speed
36.5 k m h	**28.5** k m h
Dist. **19.2** k m	Dist. **17.5** k m / RTime **36:28**
2-grid display	**3-grid display**

Lap Display

Cycle Lap

Data Page 1

On

Data Page 2
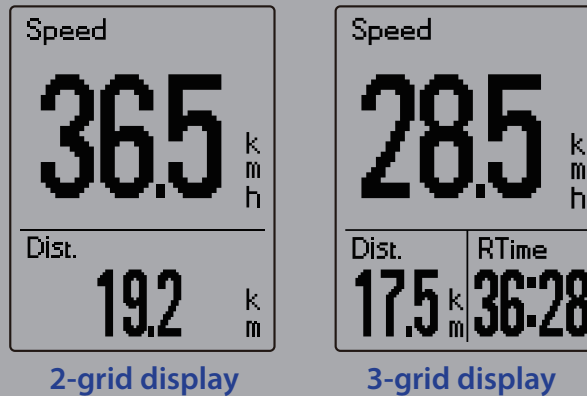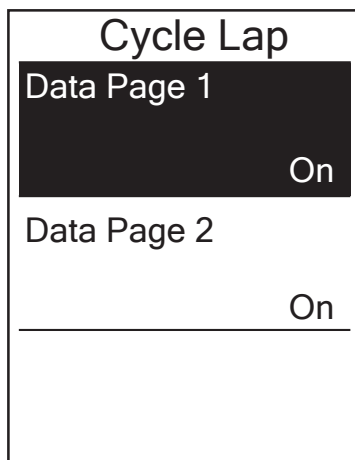
On

1. In the Settings menu, press ▼PAGE to select **Exercises** > **Data Page** > **Data Page 1** or **Data Page 2** and press LAP●OK .

2. Press ■/ⅡBACK/▼PAGE to select the number of data fields and press LAP●OK to confirm.

3. Press ▼PAGE to select the item field that you want to customize, and press LAP●OK to confirm the selection.

4. Press ■/ⅡBACK/▼PAGE to select the desired setting and press LAP●OK to confirm.

5. Press ■/ⅡBACK to exit this menu.

Auto Scroll

```
        Auto scroll
┌──────────────────────────┐
│ Auto scroll              │
│                          │
│                     On   │
│ Interval                 │
│                          │
│                   5 sec  │
│                          │
│                          │
└──────────────────────────┘
```
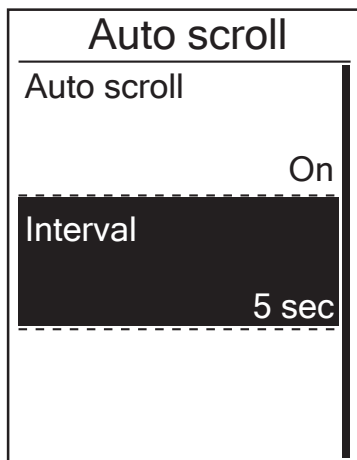
1. In the Settings menu, press ▼PAGE to select **General> Auto scroll** and press LAP●OK .

2. Press ▼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 ■/‖BACK / ▼PAGE to adjust the desired setting and press LAP●OK to confirm.
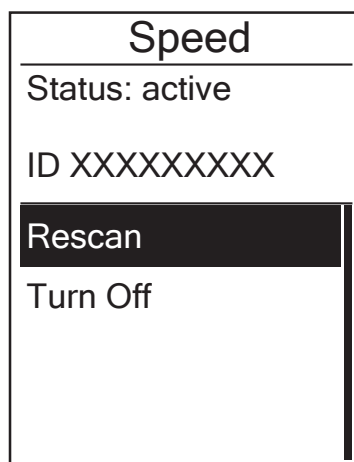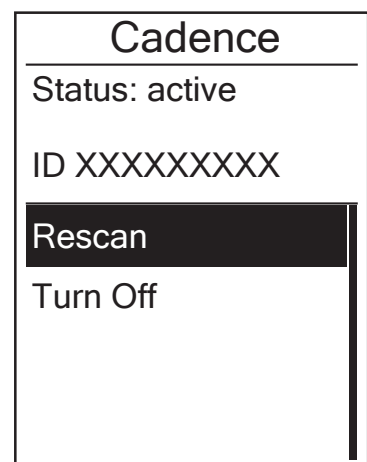
4. Press ■/‖BACK to exit this menu.

Sensors

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

```
      Heart Rate
┌──────────────────────┐
│ Status: active       │
│                      │
│ ID XXXXXXXXX         │
│ Rescan               │
│ Turn Off             │
│                      │
│                      │
└──────────────────────┘
```
Heart Rate

```
        Speed
┌──────────────────────┐
│ Status: active       │
│                      │
│ ID XXXXXXXXX         │
│ Rescan               │
│ Turn Off             │
│                      │
│                      │
└──────────────────────┘
```
Speed

```
       Cadence
┌──────────────────────┐
│ Status: active       │
│                      │
│ ID XXXXXXXXX         │
│ Rescan               │
│ Turn Off             │
│                      │
│                      │
└──────────────────────┘
```
Cadence

```
      Speed/CAD
┌──────────────────────┐
│ Status: active       │
│                      │
│ ID XXXXXXXXX         │
│ Rescan               │
│ Turn Off             │
│                      │
│                      │
└──────────────────────┘
```
Speed/Cadence

```
     Power meter
┌──────────────────────┐
│ Status: active       │
│                      │
│ ID XXXXXXXXX         │
│ Rescan               │
│ Turn Off             │
│                      │
│                      │
└──────────────────────┘
```
Power meter

1. In the Settings menu, press ▼PAGE to select **Sensors > Heart Rate**, **Speed**, **Cadence**, or **Speed/CAD**,**Power Meter** and press LAP●OK .

2. Press LAP●OK to have more options. Press ▼PAGE to select the desired setting and press LAP●OK to confirm.

   • Rescan: rescan to detect the sensor.

   • Turn on/Turn off: enable/disable the sensor.

3. Press ■/❚❚ 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.

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

Enable ▲
On ▽
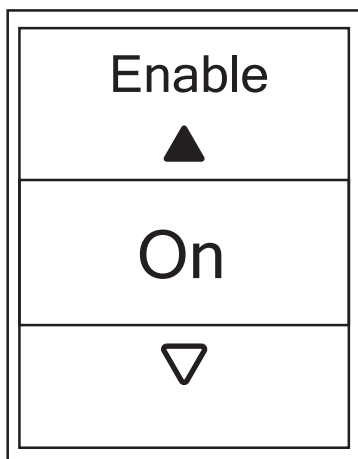
1. In the Settings menu, press ▼PAGE to select **General > Bluetooth** and press LAP●OK .

2. Press ■/❚❚ BACK / ▼PAGE to select **On** and press LAP●OK to confirm.

3. Press ■/❚❚ 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 LAP●OK.

2. Press ▼PAGE to select the setting that you want to change and press LAP●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 ■/‖BACK/▼PAGE to adjust the desired setting and press LAP●OK to confirm.

4. Press ■/‖BACK to exit this menu.

Personalize Bike Profile

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

```
        Bike 1
┌──────────────────────┐
│ Bike Type            │
│                      │
│          Folding Bike│
│ Weight               │
│                      │
│                13 kg │
│ - - - - - - - - - - -│
│ Wheel                │
│                      │
│              1700 mm │
└──────────────────────┘
```
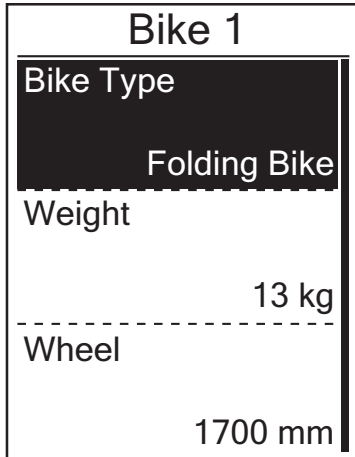
1. In the Settings menu, press ▼PAGE to select **Profile > Bike Profile > Bike 1** or **Bike 2** and press LAP●OK .

2. Press ▼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 ■/‖BACK/▼PAGE to adjust the desired setting and press LAP●OK to confirm.

4. Press ■/‖BACK to exit this menu.

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

View Bike Profile

```
        Bike 1
┌──────────────────────┐
│ ODO                  │
│                      │
│             1033 km  │
│ Ride Time            │
│                      │
│            89:23:28  │
│ - - - - - - - - - - -│
│ Alt. Gain            │
│                      │
│             1700 mm  │
└──────────────────────┘
```
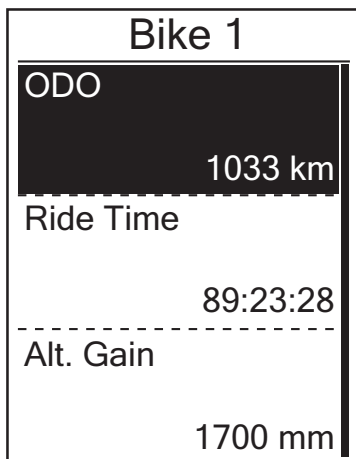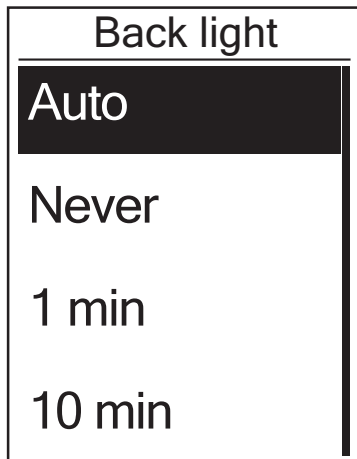
1. In the Settings menu, press ▼PAGE to select **Profile > Bike Profile> Overview** and press LAP●OK .

2. Press ▼PAGE to select the desired bike and press LAP●OK to confirm.

3. Press ▼PAGE to view more data of the selected bike.

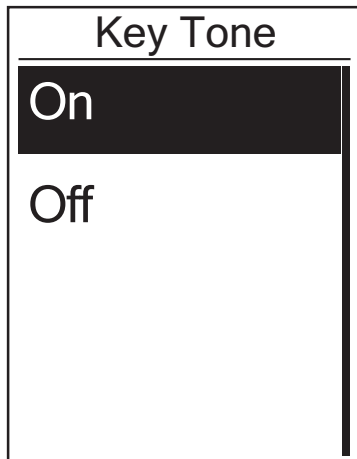4. Press ■/‖BACK to exit this menu.

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

Back light
Auto
Never
1 min
10 min

1. In the Settings menu, press ▼PAGE to select **General > System > Backlight Off** and press LAP●/OK .
2. Press ■/II BACK / ▼PAGE to select the desired setting and press LAP●/OK to confirm.
3. Press ■/II BACK to exit this menu.

Key Tone

Key Tone
On
Off

1. In the Settings menu, press ▼PAGE to select **General > System > Key Tone** and press LAP●/OK .
2. Press ■/II BACK / ▼PAGE to select the desired setting and press LAP●/OK to confirm.
3. Press ■/II BACK to exit this menu.

Sound

Gci bX
On
Off

1. In the Settings menu, press ▼PAGE to select **General > System > Sound** and press LAP●OK .
2. Press ■/‖BACK / ▼PAGE to select the desired setting and press LAP●OK to confirm.
3. Press ■/‖BACK to exit this menu.

Time/Unit

Dlight Save
+0:00
+1:00

Daylight Save

Date
mmddyyyy
yyyymmdd
ddmmyyyy

Date format

Time
12hr
24hr

Time format

Unit
? A ž? ;
A ž@6

Unit

1. In the Settings menu, press ▼PAGE to select **General > System > Time/Unit > Daylight Save**, **Date format**, **Time format**, **Unit**, or **Temperature** and press LAP●OK .
2. Press ■/‖BACK / ▼PAGE to select the desired setting/format and press LAP●OK to confirm.
3. Press ■/‖BACK to exit this menu.

Language

Language
English
Deutsch
Français

1. In the Settings menu, press ▼PAGE to select **General > System > Language** and press LAP●OK.
2. Press ■/‖BACK/▼PAGE to select the desired setting and press LAP●OK to confirm.
3. Press ■/‖BACK to exit this menu.

View GPS Status

You can view the GPS signal information that your device is currently receiving.

GPS
Off
Full Power
PowerSave
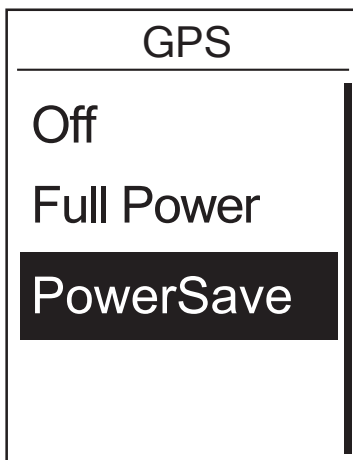
1. In the Settings menu, press ▼PAGE to select **General > GPS** and press LAP●OK .
2. To set the signal search mode, press LAP●OK to confirm.
3. Press ■/‖BACK/▼PAGE to select the desired setting and press LAP●OK to confirm.
   - Off: Turn-off GPS functions. Choose this to save power when GPS signal 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 LAP●OK to confirm.
   The current software version is displayed on the screen.

3. Press ■/‖BACK to exit this menu.

Appendix

Specifications

Rider 320

Item	Description
Display	1.8" FSTN positive transflective dot-matrix LCD
Physical Size	45.1 x 71.9 x 17.3 mm
Weight	54g
Operating Temperature	-10℃ ~ 50℃
Battery Charging Temperature	0℃ ~ 40℃
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℃ ~ 60℃
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	5ºC ~ 40ºC
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.
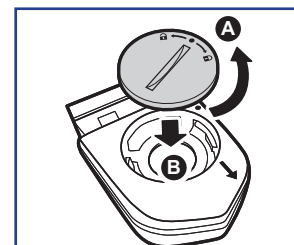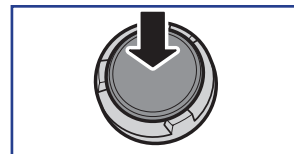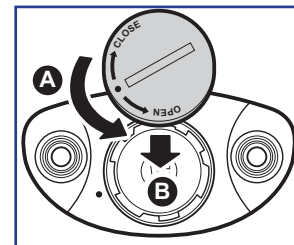
NOTE:
• When installing a new battery, if the battery is not placed with the positive connector first, the positive connector will easily deform and malfunction.
• Be careful not to damage or lose the O-ring gasket on the cover.
• Contact your local waste disposal department to properly dispose of used batteries.

Install Rider 320

Mount Rider 320 to the Bike