



Rider 21

User's Manual

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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 Bridge. 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

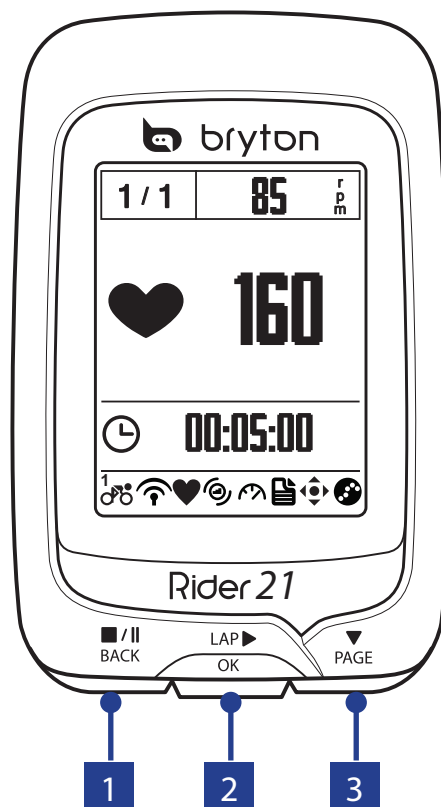
Our goods come with guarantees that can not be excluded under the New Zealand and Australian Consumer Laws. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced 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 21. Rider 21 is equipped with barometer which shows the real time altitude.

NOTE: To adjust the altitude settings on Rider 21, refer to page 13.

Your Rider 21



1 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 (▼)

- 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 21 comes with the following accessories:









- 4-pin USB cable
- Bike mount

Optional items:

- Heart rate belt
- Speed sensor
- Cadence sensor
- Speed/Cadence Dual sensor

Status Icons

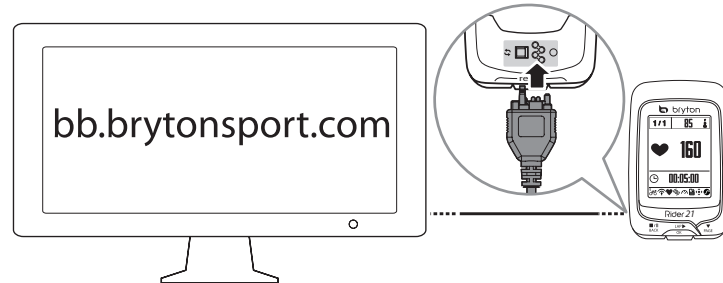
| Icon | Description |
|---|-----------------------|
| Bike in use | |
|  | Bike 1 |
|  | Bike 2 |
| GPS Signal Status | |
|  | No signal (not fixed) |
|  | Weak signal |
|  | Strong signal |
| Power Status | |
|  | Full battery |
|  | Half battery |
|  | Low battery |

| Icon | Description |
|---|--------------------------|
|  | Heart Rate Sensor Active |
|  | Cadence Sensor Active |
|  | Speed Sensor Active |
|  | Dual Sensor Active |
|  | Training mode |
|  | Meter mode |
|  | Log Record in Progress |
|  | Recording is paused |


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

Step 1: Charge your Rider 21

Connect Rider 21 to a PC to charge the battery for at least 3 hours.
Unplug the device when it is fully charged.



Step 2: Turn On Rider 21

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

Step 3: Initial Setup

When turning Rider 21 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 daylight saving time.
3. Select the unit of measurement.
4. Enter your "user profile".

The "user profile" includes the following data settings:

- Gender
- Height
- Weight

It is recommended to input the data. The data accuracy will highly affect your training analysis.

5. Read and accept the Safety Agreement.

Step 4: Acquire Satellite Signals

Once the Rider 21 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.

Step 5: Ride Your Bike with Rider 21

- **Free ride:**

Select **Meter** from the menu list and start free ride.

- **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 21

To reset the Rider 21, long press all three keys ( /  /  / ) at the same time.

How to connect your device with brytonsport.com

1. Download Bryton Bridge 2

- Go to <http://www.brytonsport.com/help/start> and download Bryton Bridge 2.
- Follow the on-screen instructions to install Bryton Bridge.

2. Register an Account

Go to <http://www.brytonsport.com> and register an account. Please provide accurate information in Personal Setting.

3. Connect to PC

Turn on your Rider 21 and connect it to your computer by using USB cable.

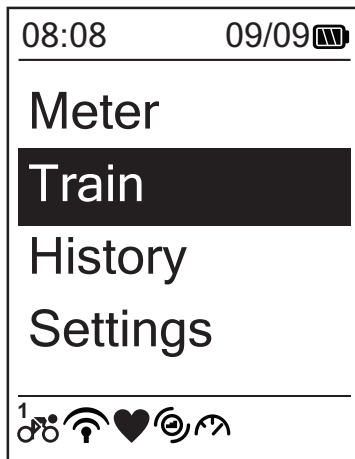
4. Share Your Experience With Other Bikers

To share your experiences with other bikers around the world, please visit <http://www.brytonsport.com>.

NOTE: Go to corp.brytonsport.com > Support > Tutorial for more instructions.

Training

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 21 Training feature, you can set simple workouts and use the Rider 21 to track your training or workout progress.



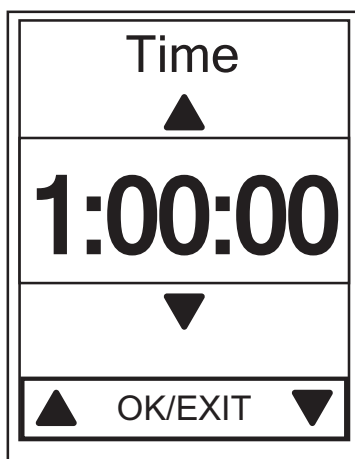
1. In the main screen, press ∇ PAGE to select **Train**.
2. Press $\xrightarrow{\text{LAP}}$ OK to enter the Training menu.

Simple Workouts

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

The Rider 21 offers you three types of simple workouts: Time, Distance, and Calories.

Time



1. In the Training menu, press ∇ PAGE to select **To Plan > Time** and press $\xrightarrow{\text{LAP}}$ OK.
2. Press \blacksquare BACK / ∇ PAGE to set your time and press $\xrightarrow{\text{LAP}}$ OK to confirm.
3. A "Save to My Workout?" message appears on the screen. Select **Yes** and press $\xrightarrow{\text{LAP}}$ OK to confirm.
4. Enter the workout name using the on-screen keyboard.
5. Go for a ride.
Go to **Train > Workouts** and choose the save workout. Press $\xrightarrow{\text{LAP}}$ OK to start training and record log.

Using the On-screen Keyboard

| | | |
|------|---------|---|
| Name | | ▲ |
| 001 | A | |
| | | ▼ |
| ▲ | OK/EXIT | ▼ |

| | | |
|------|---------|---|
| Name | | ▲ |
| 001 | END | |
| | | ▼ |
| ▲ | OK/EXIT | ▼ |

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


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

My Workout

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

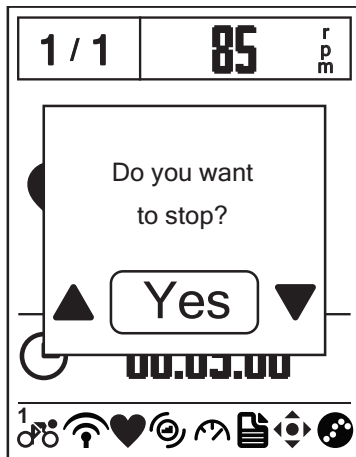
| | |
|------------|--|
| My Workout | |
| View | |
| Delete | |
| Delete All | |






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

Stop Training

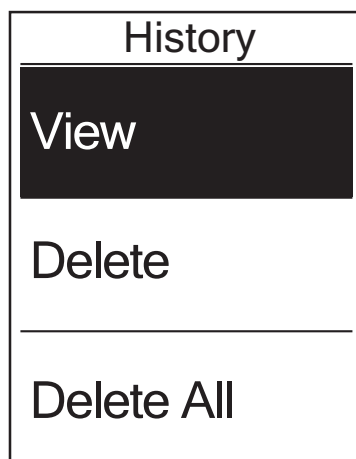
You can stop the current training after you have reached your goal or when you decide to end the current training.









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

View Exercise/Training Record

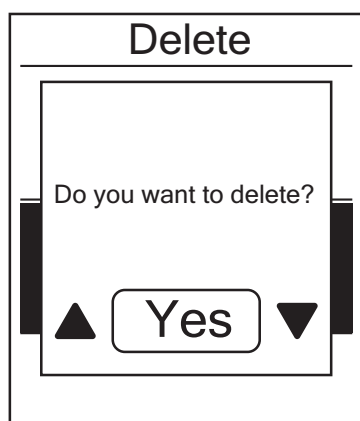
Use View History to view or delete your exercise/training history.



To view your history:

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

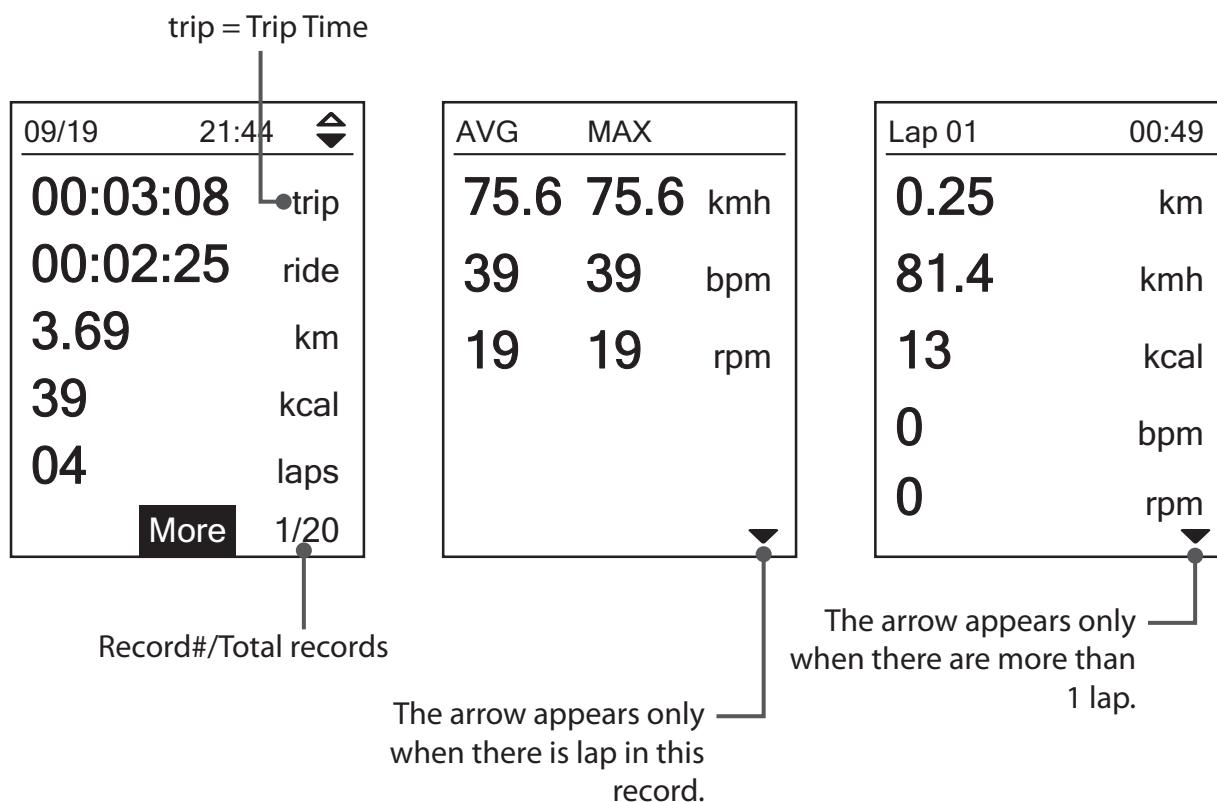
NOTE: You can also upload your history to brytonsport.com to keep track of all your ride data.



To delete your history:

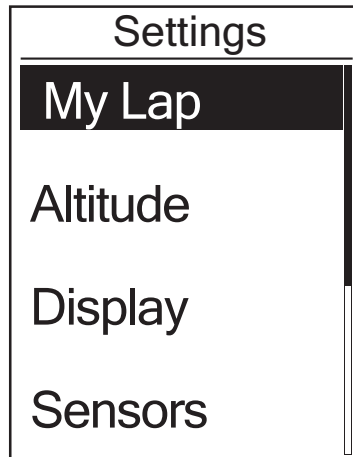
1. In the main screen, press ∇_{PAGE} to select **History** > **View** and press $\nabla_{LAP} \rightarrow_{OK}$.
2. Press ∇_{PAGE} to select **Delete** and press $\nabla_{LAP} \rightarrow_{OK}$ to enter the history list.
3. Press ∇_{PAGE} to select a training history from the list and press $\nabla_{LAP}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



History Flow



Settings

With the Settings feature, you can customize altitude, display settings, sensor settings, system settings, bike and user profiles, GPS setup, and view device information.

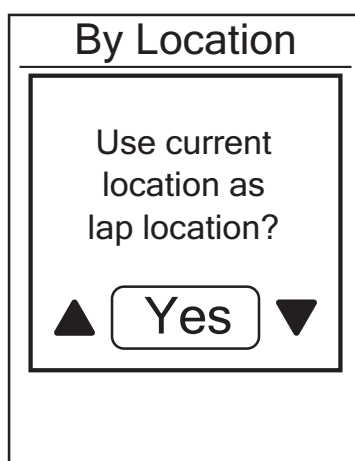









1. In the main screen, press  to select **Settings**.
2. Press  to enter the Settings menu.

My Lap

With My Lap feature, you can use your device to automatically mark the lap at a specific location or after you have traveled a specific distance.

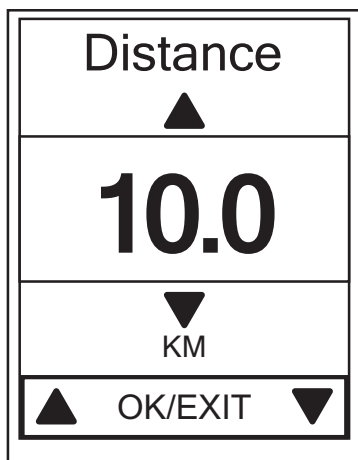
Lap by Location



1. In the Settings menu, press  to select **My Lap > By Location** and press .
2. Press  to select **Detail info** and press  to change the setting.
3. A "Use current location as lap location?" message appears on the screen. To save the data, press  to select **Yes** and press  to confirm.
4. Press  to exit this menu.

NOTE: If the GPS signal is not fixed, a "No GPS signal. Searching GPS, please wait" message appears on the screen. Check if the GPS is on and make sure you step outside to acquire the signal.

Lap by Distance



1. In the Settings menu, press ∇_{PAGE} to select **My Lap > Distance** and press $\nabla_{\text{LAP OK}}$.
2. Press ∇_{PAGE} to select **Detail info** and press $\nabla_{\text{LAP OK}}$ to change the setting.
3. Press $\blacksquare/\text{BACK}/\nabla_{\text{PAGE}}$ to select your desired distance and press $\nabla_{\text{LAP OK}}$ to confirm.
4. Press \blacksquare/BACK to exit this menu.

Altitude

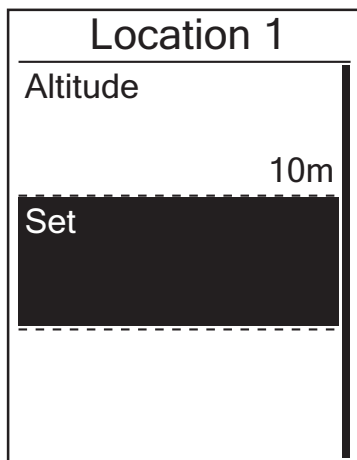
You can set the altitude setting for the current location and four other locations.

Current Altitude



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

Other Location Altitude

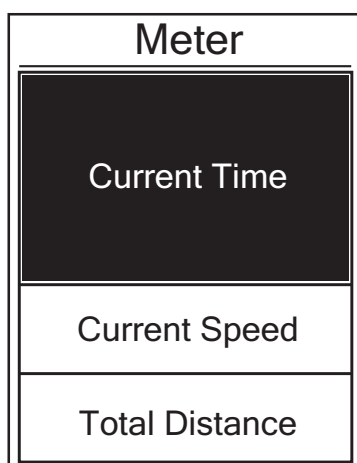


1. In the Settings menu, press \blacktriangledown PAGE to select **Altitude > Location 1, Location 2, Location 3, or Location 4** and press \blacktriangleright LAP OK.
2. To set the altitude, press \blacktriangledown PAGE to select **Altitude** and press \blacktriangleright LAP OK to confirm.
3. Press \blacksquare BACK / \blacktriangledown PAGE to adjust the desired altitude and press \blacktriangleright LAP OK to confirm the setting.
4. To calibrate the set altitude, press \blacktriangledown PAGE to select **Set** and press \blacktriangleright LAP OK to confirm.
5. Press \blacksquare BACK to exit this menu.

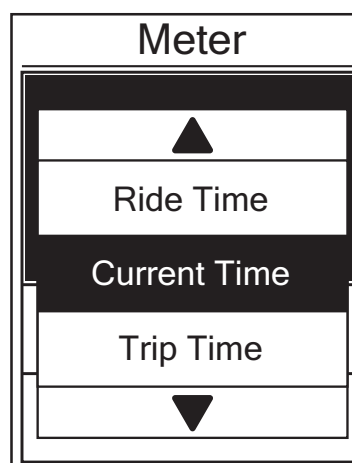
Display

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

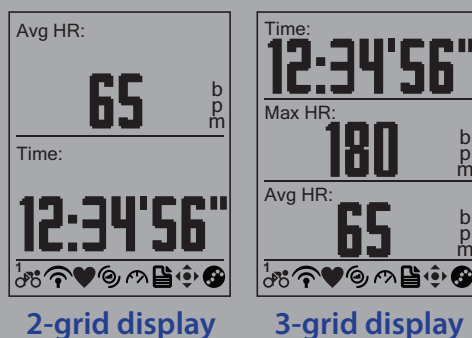


Item selection

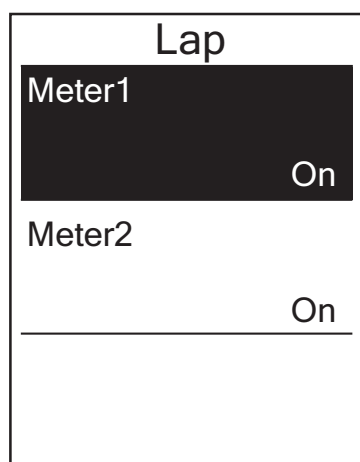
1. In the Settings menu, press \blacktriangledown PAGE to select **Display > Meter > Meter 1, Meter 2, or Meter 3** and press \blacktriangleright LAP OK.
2. Press \blacksquare BACK / \blacktriangledown PAGE to select the number of data fields and press \blacktriangleright LAP OK to confirm.

- Press \blacktriangledown PAGE to select the item field that you want to customize, and press \blacktriangleright LAP OK to confirm the selection.
- Press \blacksquare / \parallel / \blacktriangledown BACK / PAGE to select the desired setting and press \blacktriangleright LAP OK to confirm.
- Press \blacksquare / \parallel BACK to exit this menu.

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

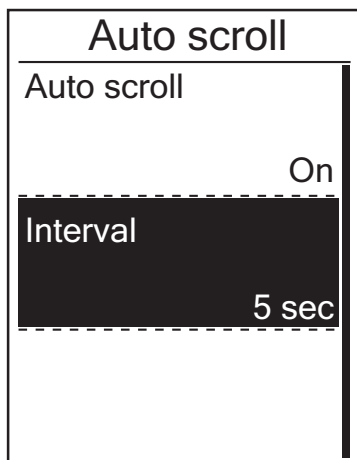


Lap Display



- In the Settings menu, press \blacktriangledown PAGE to select **Display > LAP > Meter 1** or **Meter 2** and press \blacktriangleright LAP OK.
- Press \blacksquare / \parallel / \blacktriangledown BACK / PAGE to select the number of data fields and press \blacktriangleright LAP OK to confirm.
- Press \blacktriangledown PAGE to select the item field that you want to customize, and press \blacktriangleright LAP OK to confirm the selection.
- Press \blacksquare / \parallel / \blacktriangledown BACK / PAGE to select the desired setting and press \blacktriangleright LAP OK to confirm.
- Press \blacksquare / \parallel BACK to exit this menu.

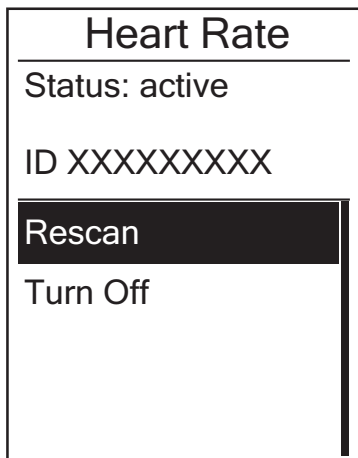
Auto Scroll



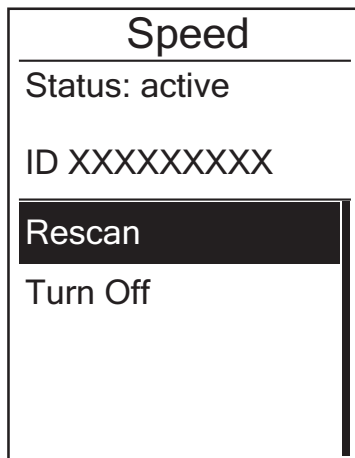
1. In the Settings menu, press ∇ PAGE to select **Display > Auto scroll** and press $\xrightarrow{\text{LAP}} \text{OK}$.
2. Press ∇ PAGE to select the setting that you want to change and press $\xrightarrow{\text{LAP}} \text{OK}$ to enter its submenu.
 - Auto scroll: enable/disable the auto switch.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

Sensors

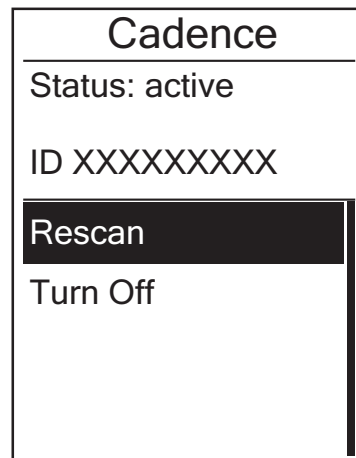
You can customize the respective sensor settings such as enable/disable the function or rescan the sensor for the device.



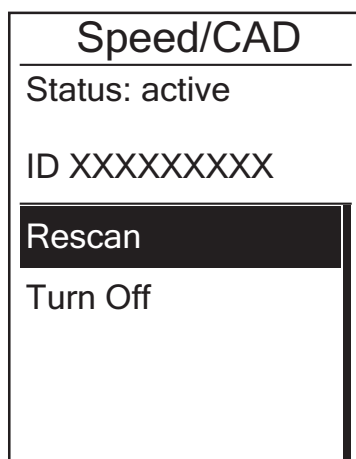
Heart Rate



Speed





Cadence



Speed/Cadence

1. In the Settings menu, press \blacktriangledown PAGE to select **Sensors > Heart Rate, Speed, Cadence, or Speed/CAD** and press \blacktriangleright LAP OK.
2. Press \blacktriangledown PAGE to select the desired setting and press \blacktriangleright 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 and the heart rate belt, please make sure there is no other cadence/speed sensor within 5 m. When the cadence sensor is paired, the  cadence sensor icon appears on the main screen.

Personalize User Profile

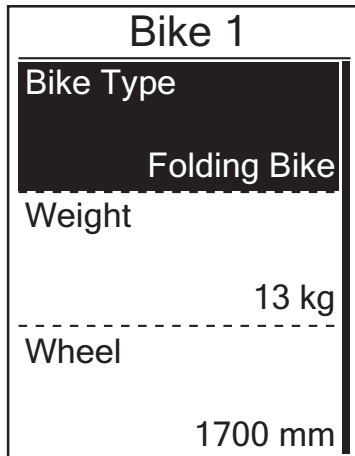
You can change your personal information.

| User | |
|--------|--------|
| Gender | Male |
| Age | 36 |
| Height | 177 cm |

1. In the Settings menu, press \blacktriangledown PAGE to select **User** and press \blacktriangleright LAP OK.
2. Press \blacktriangledown PAGE to select the setting that you want to change and press \blacktriangleright LAP OK to enter its submenu.
 - Gender: select your gender.
 - Age: specify your age.
 - 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 $\blacksquare/\parallel/\blacktriangledown$ BACK PAGE to adjust the desired setting and press \blacktriangleright LAP OK to confirm.
4. Press \blacksquare/\parallel BACK to exit this menu.

Personalize Bike Profile

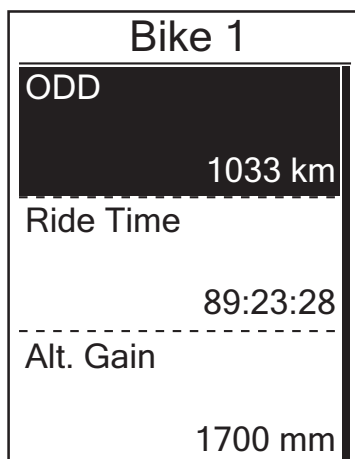
You can customize and view your bicycle(s) profile.



1. In the Settings menu, press ∇ PAGE to select **Bike > Bike 1** or **Bike 2** and press $\xrightarrow{\text{LAP}} \text{OK}$.
2. Press ∇ PAGE to select the setting that you want to change and press $\xrightarrow{\text{LAP}} \text{OK}$ 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 $\blacksquare/\text{||}$ BACK / ∇ PAGE to adjust the desired setting and press $\xrightarrow{\text{LAP}} \text{OK}$ to confirm.
4. Press $\blacksquare/\text{||}$ BACK to exit this menu.

NOTE: For details on wheel size, see “Wheel Size and Circumference” on page 28.

View Bike Profile



1. In the Settings menu, press ∇ PAGE to select **Bike > Overview** and press $\xrightarrow{\text{LAP}} \text{OK}$.
2. Press ∇ PAGE to select the desired bike and press $\xrightarrow{\text{LAP}} \text{OK}$ to confirm.
3. Press ∇ PAGE to view more data of the selected bike.
4. Press $\blacksquare/\text{||}$ BACK to exit this menu.

Change System Settings

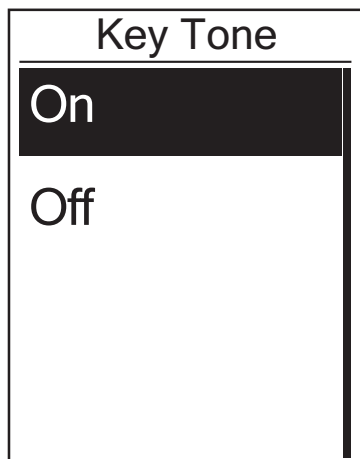
You can customize the device system settings such as backlight off, self lap, key tone, beep, time/unit data format, on-screen display language, and data reset.

Backlight Off



1. In the Settings menu, press \blacktriangledown PAGE to select **System > Backlight Off** and press \blacktriangleright LAP OK.
2. Press \blacksquare / \parallel BACK / \blacktriangledown PAGE to select the desired setting and press \blacktriangleright LAP OK to confirm.
3. Press \blacksquare / \parallel BACK to exit this menu.

Key Tone



1. In the Settings menu, press \blacktriangledown PAGE to select **System > Key Tone** and press \blacktriangleright LAP OK.
2. Press \blacksquare / \parallel BACK / \blacktriangledown PAGE to select the desired setting and press \blacktriangleright LAP OK to confirm.
3. Press \blacksquare / \parallel BACK to exit this menu.

Alert



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

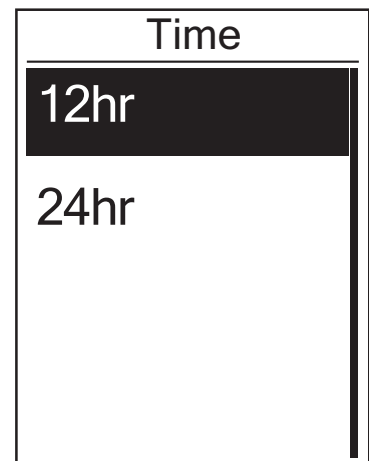
Time/Unit



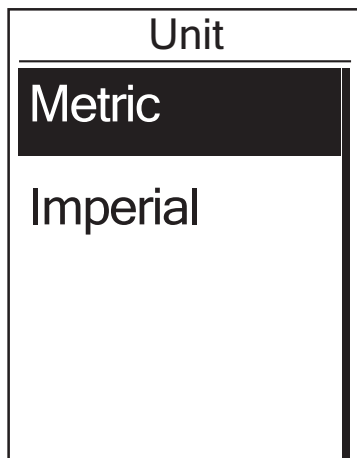
Daylight Save



Date format



Time format



Unit

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

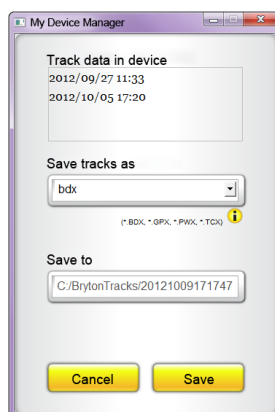
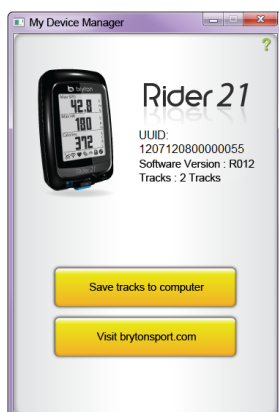
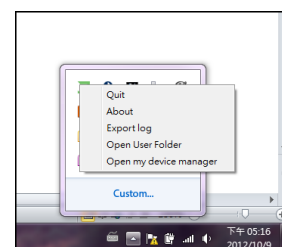
Language



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

My Device Manager

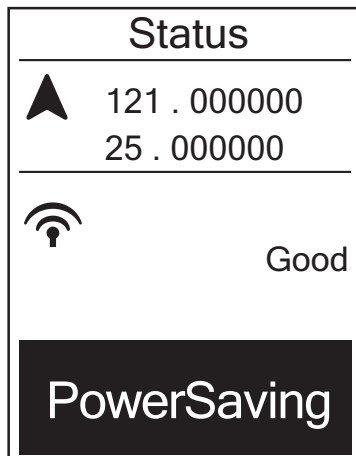
1. Download Bryton Bridge 2. See page 7 for more details.
2. Turn on your device and connect it to your computer by using USB cable. My Device Manager will automatically launch when the device is connected to the computer.
 - If the software does not automatically launch, right-click Bryton Bridge icon in the system tray and select **Open my device manager**.
3. Specify the file format and the location to save tracks in your computer. Tracks can be saved at local computer as BDX, GPX, TCX and PWF format.



4. Click **Save** to save the file.

View GPS Status

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



1. In the Settings menu, press ∇ PAGE to select **Status** and press $\xrightarrow{\text{LAP}} \text{OK}$.
2. To set the signal search mode, press $\xrightarrow{\text{LAP}} \text{OK}$ to confirm.
3. Press $\blacksquare / \text{||} / \nabla$ BACK / PAGE to select the desired setting and press $\xrightarrow{\text{LAP}} \text{OK}$ 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 **About**.

2. Press $\xrightarrow{\text{LAP}} \text{OK}$ to confirm.

The current software version is displayed on the screen.

3. Press $\blacksquare / \text{||}$ BACK to exit this menu.

Appendix

Specifications

Rider 21

| Item | Description |
|------------------------------|--|
| Display | 1.6 FSTN positive transfective 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 |
| GPS | Integrated high-sensitivity GPS receiver with embedded antenna |
| RF Transceiver | 2.4GMHz Ant+ |
| Water Resistant | IPX7 waterproof rating |

Speed/Cadence Sensor

| Item | Description |
|--------------------------|---|
| Physical size | 34.2 x 46.7 x 13.2 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.

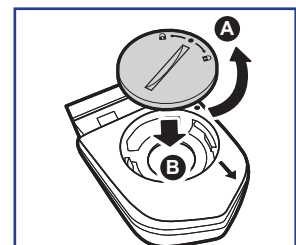
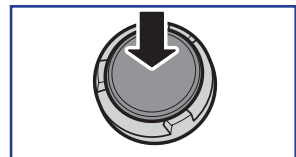
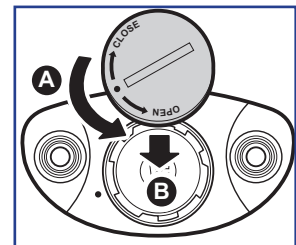
Battery Information

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.

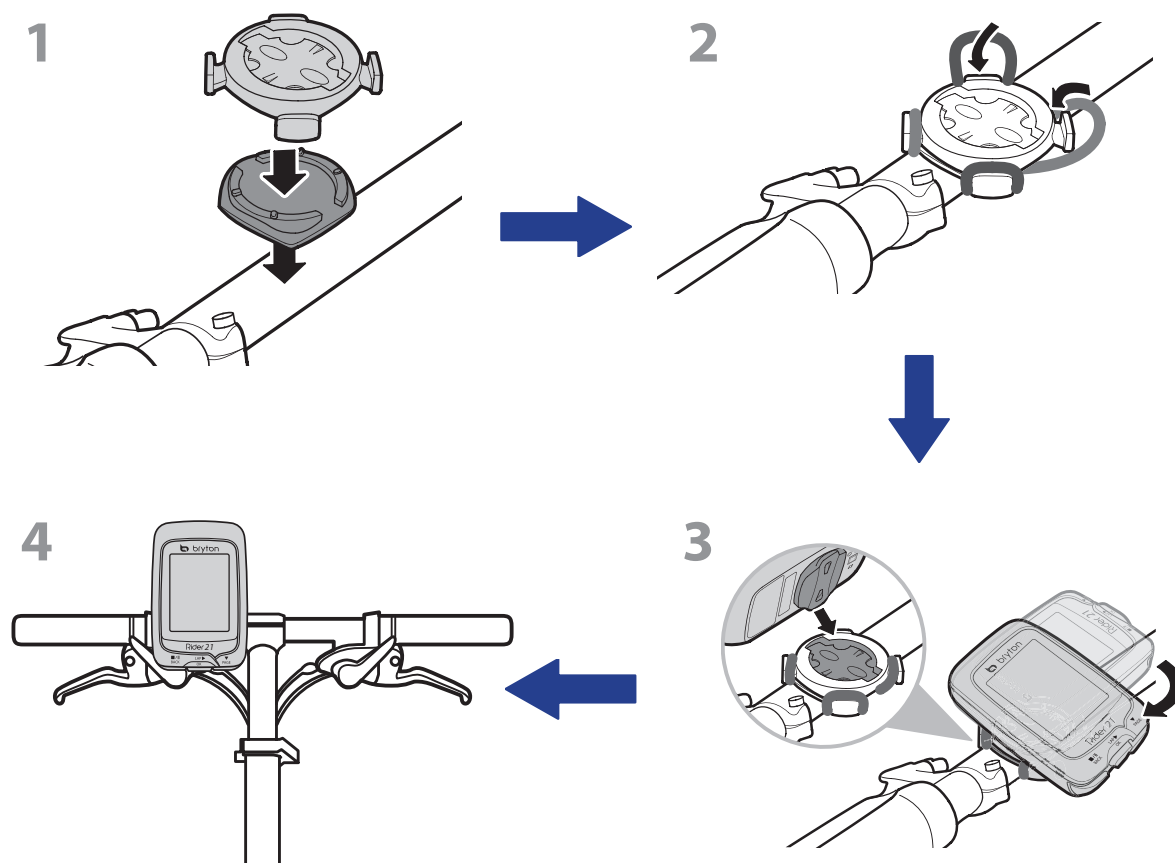


NOTE:

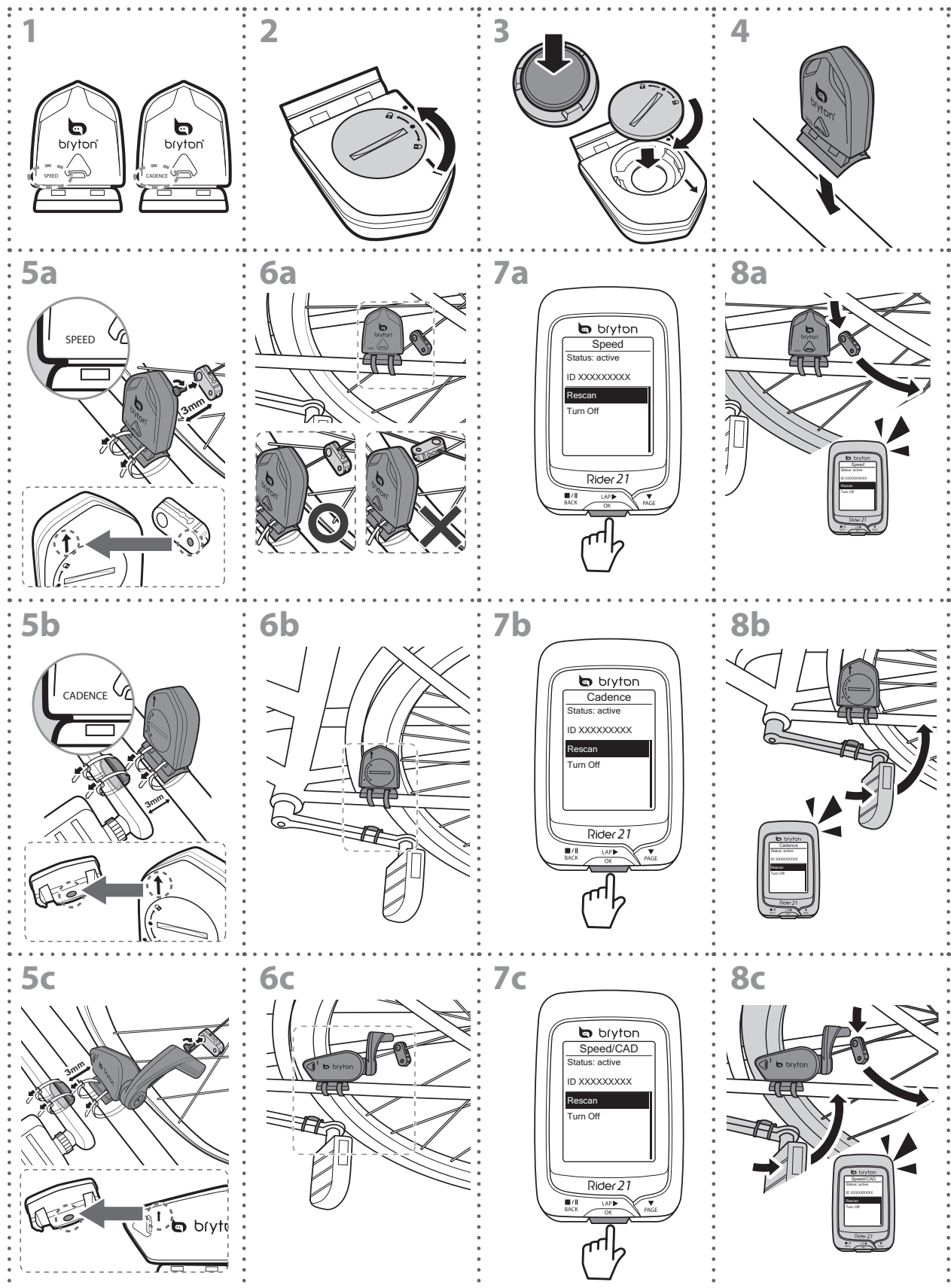
- When installing a new battery, if the battery is not placed with the positive connector first, the positive connector will easily deform and malfunction.
- Be careful not to damage or lose the O-ring gasket on the cover.
- Contact your local waste disposal department to properly dispose of used batteries.

Install Rider 21

Mount Rider 21 to the Bike



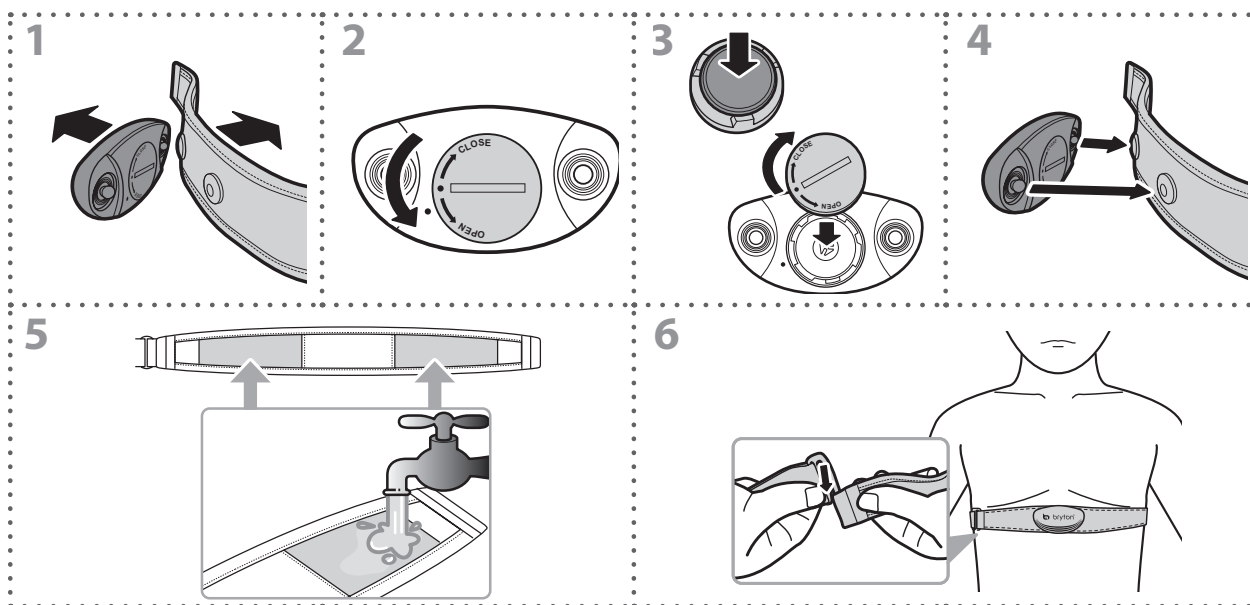
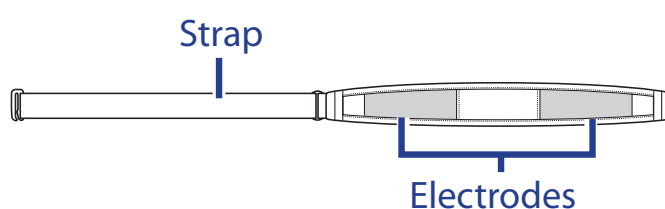
Install the Speed/Cadence/Dual Sensor (Optional)



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 21

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'LTR% | 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 1km/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 |