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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 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 30.

Your Rider 30

1. **Power**
   - Press and hold to turn the Rider 30 on or off.
   - Press to return to the previous page or cancel an operation.

2. **Start / Stop**
   - In menu mode, press to enter or confirm a selection.
   - In free cycling, press to start recording. Press it again to stop recording.

3. **Mode / Up**
   - Press to switch modes: Meter, Find & Go, Altitude Chart, and My Buddy.
   - In menu mode, press to move up to scroll through menu options.

4. **Lap / Down**
   - In menu mode, press to move down to scroll through menu options.
   - While recording, press to start to record a lap.
Reset the Rider 30

To reset the Rider 30, press and release both ⬅️ and ➡️ at the same time.

Accessories

The Rider 30 comes with the following accessories:

- USB cable
- Bike mount

Optional items:

- Speed/Cadence sensor
- Heart rate belt
- Power adapter
- Plug(s)

Status Icons

<table>
<thead>
<tr>
<th>Icon</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>🚴</td>
<td>Bike in used</td>
</tr>
<tr>
<td>🚴 1</td>
<td>Bike 1</td>
</tr>
<tr>
<td>🚴 2</td>
<td>Bike 2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Icon</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>🚴</td>
<td>Bike in used</td>
</tr>
<tr>
<td>🚴 1</td>
<td>Bike 1</td>
</tr>
<tr>
<td>🚴 2</td>
<td>Bike 2</td>
</tr>
</tbody>
</table>

GPS Signal Status

- No signal (not fixed)
- Weak signal
- Strong signal

Power Status

- Full battery
- Half battery
- Low battery

<table>
<thead>
<tr>
<th>Icon</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>🚴</td>
<td>Heart Rate Sensor Active</td>
</tr>
<tr>
<td>🚴 1</td>
<td>Cadence Sensor Active</td>
</tr>
<tr>
<td>🚴 2</td>
<td>Speed Sensor Active</td>
</tr>
<tr>
<td>🚴 3</td>
<td>Log Record in Progress</td>
</tr>
<tr>
<td>🚴 4</td>
<td>Training mode</td>
</tr>
<tr>
<td>🚴 5</td>
<td>Free ride mode</td>
</tr>
<tr>
<td>🚴 6</td>
<td>Navigation mode</td>
</tr>
</tbody>
</table>

NOTE:

- Log Record is displayed only when it is in progress.
- For the three available modes (training, free ride, and navigation), only the active mode icon is displayed on the screen.
Charge the Battery

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

To charge the battery, connect your Rider 30 to your computer using the USB cable.

Install the Rider 30

Mount the Rider 30 to the Bike

1

2

3

4
Install the Speed/Cadence Sensor (Optional)

NOTE: To ensure optimum performance, the distance between the sensor and the magnet must be within 3 mm.
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.
Using the Power Adapter (Optional)

You can use the power adapter to charge the battery.

You can purchase different plug head(s) suitable in the country where you purchased the Rider 30.

To use the plug:
**Turn on the Rider 30**

Press and hold the Power button to turn the Rider 30 on.

![Power button](image)

**Acquire Satellite Signals**

Once the Rider 30 is turned on, it will automatically search for satellite signals. It may take 30 to 60 seconds to acquire signals.

**Initial Setup**

When turning the Rider 30 on for the first time, the setup wizard appears on screen. Follow the instructions to complete setup.

1. Select the display language and time zone.
2. Select the unit of measurement.
3. Enter your “user profile”.
   
   (It is recommended to input the data. The data accuracy will highly affect your training analysis.)
4. Read and accept the Safety Agreement.

**NOTE:** If you want to change the language on the device, change the setting via Bryton Bridge > Rider 30 > Language.

**Ride your Bike with Rider 30!**

1. Just ride with free cycling mode or set up a training program through menu options.
2. Toggle ▲ to switch modes.
   
   Select from the available different modes: Meter, Find & Go, Altitude Chart, and My Buddy.
3. In free cycling, press \( \downarrow \) to start recording log, and press \( \downarrow \) again to stop recording.

**Manage Rider 30 Data via Your Computer**

1. Connect your Rider 30 to your computer by using the USB cable.
2. Install the Bryton Bridge application. You can download the application at http://bb.brytonsport.com or install from the bundled CD that came with the package.
3. Follow the on-screen instructions to transfer data to your computer.

**NOTE:**
- After unplugging the Rider 30 from the USB, the Rider 30 will reset itself.
- Do not unplug the USB cable during the file transferring process. Otherwise, the files may be damaged or corrupted.

**Share Your Experience With Other Bikers**

To share your experiences and training results with other bikers around the world, please visit http://brytonsport.com.
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 30 Training feature, you can set simple/zone based workouts and use the Rider 30 to track your training or workout progress.

1. In the main screen, press ▲/▼ to select Training.
2. Press ← to enter the Training menu.

Simple Workouts

You can set simple workouts by entering your time or distance goals, and My Buddy will assist you to achieve them.

The Rider 30 offers you with two types of simple workouts:
• By Time
• By Distance

Time

1. In the Training menu, press ▲/▼ to select To Plan > Simple > By Time.
2. Press ▲/▼ to set your time and press ← to confirm.
3. A “Save to My Workout?” message appears on the screen. To save the data, press ▲/▼ to select Yes and press ← to confirm.
4. Enter the workout name using the on-screen keyboard.
5. Go for a ride.
   Press ← to start training and record log.
Distance

1. In the Training menu, press ▲/▼ to select To Plan > Simple > By Distance.

2. Press ▲/▼ to set your distance and press ▼ to confirm.

3. A “Save to My Workout?” message appears on the screen. To save the data, press ▲/▼ to select Yes and press ▼ to confirm.

4. Enter the workout name using the on-screen keyboard.

5. Go for a ride.
   Press ▼ to start training and record log.

Using the On-screen Keyboard

1. Press ▲/▼ to select the input character.
   - Select DEL to erase the data.

2. Press ▼ to confirm the selection.

3. When finished, press ▲/▼ to select END and press ▼ to confirm or press ○ to save.
Basic Workouts
You can create a workouts based on the time and heart rate zone.

<table>
<thead>
<tr>
<th>Basic</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>1:00'00&quot;</td>
</tr>
<tr>
<td>Heart Rate</td>
<td>133~152 bpm</td>
</tr>
<tr>
<td>Continue</td>
<td></td>
</tr>
</tbody>
</table>

1. In the Training menu, press ▲/▼ to select To Plan > Basic.
2. Press ▲/▼ to set your time and press ▼ to confirm.
3. Press ▲/▼ to desired heart rate zone and press ▼ to confirm.
4. When finished, press ▲/▼ to select Continue and press ▼ to continue.
5. A “Save to My Workout?” message appears on the screen. To save the data, press ▲/▼ to select Yes and press ▼ to confirm.
6. Enter the workout name using the on-screen keyboard.
7. Go for a ride.
   Press ▼ to start training and record log.

Interval Workouts
You can create a workouts based on the preset interval workouts data.

<table>
<thead>
<tr>
<th>Interval</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Warm Up : 15 ' 00&quot;</td>
<td></td>
</tr>
<tr>
<td>2. Interval : 5 Km</td>
<td></td>
</tr>
<tr>
<td>3. Recovery : 05 ' 00&quot; (Repeat x 3)</td>
<td></td>
</tr>
<tr>
<td>4. Cool down : 05 ' 00&quot;</td>
<td></td>
</tr>
<tr>
<td>CONTINUE</td>
<td></td>
</tr>
</tbody>
</table>

1. In the Training menu, press ▲/▼ to select To Plan > Interval.
2. View the workout data and press ▼ to continue.
3. Go for a ride.
   Press ▼ to start training and record log.
Customize Workouts
You can create a customize interval workouts with your Rider 30.

<table>
<thead>
<tr>
<th>Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm up</td>
</tr>
<tr>
<td>18 ' 00”</td>
</tr>
<tr>
<td>Work</td>
</tr>
<tr>
<td>km</td>
</tr>
<tr>
<td>Recovery</td>
</tr>
<tr>
<td>15 ' 00”</td>
</tr>
</tbody>
</table>

1. In the Training menu, press ▲/▼ to select To Plan > Customize.
2. Press ▲/▼ to view the workout data.
3. On the Repeat time option, press ▲/▼ to select time interval and press ▼ to confirm.
4. When finished, press ▲/▼ to select Continue and press ▼ to continue.
5. A “Save to My Workout?” message appears on the screen. To save the data, press ▲/▼ to select Yes and press ▼ to confirm.
6. Enter the workout name using the on-screen keyboard.
7. Go for a ride. Press ▼ to start training and record log.

My Workout
With My Workout feature, you can start your workout using the training plan that you have saved earlier.

<table>
<thead>
<tr>
<th>My Workout</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start</td>
</tr>
<tr>
<td>Time</td>
</tr>
<tr>
<td>1.0 hr</td>
</tr>
</tbody>
</table>

1. In the Training menu, press ▲/▼ to select My Workout.
2. Press ▲/▼ to select your desired training plan and press ▼ to confirm.
3. Select Start and press ▼ to continue.
4. Go for a ride. Press ▼ to start training and record log.

Stop Training
You can stop the current training after you have reached your goal, or you decide to end the current training.
1. Press the † button.
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.
Find & Go

With the Find & Go feature, you can navigate rides from History, Planned Trip, and My POI list.

Navigate Rides from History

You can navigate any trip saved in your Rider 30 history.

1. In the main screen, press ▲/▼ to select History.
2. Press ▲/▼ to select a ride from the list and press ▶ to confirm.
3. Press ▶ to record log.
   A track appears on the screen, showing you the direction to your destination.

Navigate Rides from Planned Trip

You can navigate a ride uploaded to your Rider 30 from the Bryton Bridge application.

1. Prepare and download your trip via brytonsport.com and Bryton Bridge application.
2. Connect your Rider 30 with the computer using the USB cable.
3. Follow the on-screen instructions to transfer data to your Rider 30.
4. Unplug the USB cable and your Rider 30 will automatically restart.
5. Press ▲/▼ to select Find & Go > Planned Trip.
6. Press ▲/▼ to select a ride from the list and press ▶ to confirm.
7. Press ▶ to record log.

My POI
You can navigate any POI saved in My POI.

1. In the Find & Go menu, press ▲/▼ to select My POI.
2. Press ▲/▼ to select a place from the list.
3. Press ▼ to start navigating the ride.

Stop Navigating
You can stop the navigation mode at anytime.

To stop your ride:
1. Press ▼.
   
   A “Do you want to stop?” message appears on the screen.
2. To stop the current training, press ▲/▼ to select Yes and press ▼ to confirm.

Data Recording
The Rider 30 can record points every second of your ride.

- In training mode, press ▼ to start training and recording log. Press ▼ again to stop training and recording log.
- In free cycling or direction mode, press ▼ to start recording log and press it again to stop recording.
Save POI

You can add the current place into My POI list.

<table>
<thead>
<tr>
<th>Save POI</th>
</tr>
</thead>
<tbody>
<tr>
<td>▲</td>
</tr>
<tr>
<td>1 at 25000000</td>
</tr>
<tr>
<td>1 on 121000000</td>
</tr>
</tbody>
</table>

To add a POI data:
1. In the main screen, press ▲/▼ to select Save POI.
2. Press ◄ to save the current POI data.
3. Enter the POI name using the on-screen keyboard.

View History

The Rider 30 automatically saves the history as the timer starts. After you have finished a ride, you can view the history data on the Rider 30.

<table>
<thead>
<tr>
<th>History</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010/11/12 11:54</td>
</tr>
<tr>
<td>2010/11/12 13:25</td>
</tr>
<tr>
<td>2010/11/12 14:21</td>
</tr>
</tbody>
</table>

To view your history:
1. In the main screen, press ▲/▼ to select View History.
2. Press ▲/▼ to select a ride 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. See “Data Management” on page 31.
Stopwatch

With the Stopwatch feature, you can measure the amount of time elapsed from the time the Rider 30 is activated and deactivated. You can switch between two modes: Countdown and Timer. Countdown is used to notify you when a set amount of time has passed. Timer is used to measure how long something takes.

1. In the main screen, press ▲/▼ to select Stopwatch.
2. Press ⇔ to enter the Stopwatch menu.

Countdown

1. In the Stopwatch menu, press ▲/▼ to select Countdown.
2. Press ▲/▼ to select the time field that you want to adjust and press ⇔.
3. Press ▲/▼ to set your time and press ⇔ to confirm.
4. To start the countdown, press ▲/▼ to select Start and press ⇔ to confirm.
5. To stop the countdown, press ▲/▼ to select Stop and press ⇔ to confirm.
6. Press ◼ to exit this menu.
1. In the Stopwatch menu, press ▲/▼ to select **Timer**.

2. To start the timer running, press ◄ to confirm.

3. To record a lap while the watch is running, press ▲/▼ to select **Record** and press ◄ to confirm. It displays the first lap time.
   - Repeat this step to create a new lap.

4. To stop the watch, press ▲/▼ to select **Stop** and press ◄ to confirm.
   - To reset the timer, press ▲/▼ to select **Reset** and press ◄ to confirm.

5. To view the timer history, press ▲/▼ to select **History** and press ◄ to confirm.
Settings

With the Settings feature, you can customize altitude settings, 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.

Altitude

You can set the altitude setting for the current location and the other 5 locations.

Current Altitude

1. In the Settings menu, press ▲/▼ to select Altitude > Altitude.
2. Press ▶ to confirm.
3. Press ▲/▼ to adjust the desired altitude and press ▶ to confirm the setting.
4. Press ◀ to exit this menu.
Other Location Altitude

1. In the Settings menu, press ▲/▼ to select Altitude > Location 1, Location 2, Location 3, Location 4, or Location 5.
2. Press ▶ to confirm.
3. To set the altitude, use ▲/▼ to select Altitude and press ▶ to confirm.
4. Press ▲/▼ to adjust the desired altitude and press ▶ to confirm the setting.
5. To calibrate the set altitude, use ▲/▼ to select Calibrate and press ▶ to confirm.
6. Press ◄ to exit this menu.

Display
You can set the display settings for the Meter, Find & Go, My Buddy, and Altitude. You can also set the auto switch settings.

Meter Display

1. In the Settings menu, press ▲/▼ to select Display > Meter > Meter1, Meter2, or Meter3.
2. Press ▶ to confirm.
3. Press ▲/▼ to select the number of data fields and press ▶ to confirm.
4. Press ▲/▼ to select the item field that you want to customize, and press ▶ to confirm the selection.
5. Press ▲/▼ to select the desired setting and press ▶ to confirm.
6. Press ◄ to exit this menu.
Find & Go / My Buddy / Altitude Display

1. In the Settings menu, press ▲/▼ to select Display > Find & Go, My Buddy, or Altitude.
2. Press ⇧ to confirm.
3. Press ▲/▼ to select the number of data fields and press ⇧ to confirm.
4. Press ▲/▼ to select the item field that you want to customize, and press ⇧ to confirm the selection.
5. Press ▲/▼ to select the desired setting and press ⇧ to confirm.
6. Press ◼ to exit this menu.

Auto Switch

1. In the Settings menu, press ▲/▼ to select Display > Auto Switch.
2. Press ⇧ to confirm.
3. Press ▲/▼ to select the desired setting and press ⇧ to confirm.
   - Auto Switch: enable/disable the auto switch.
   - Interval: set the interval time.
4. Press ◼ to exit this menu.
Sensors

You can customize the respective sensor settings such as enable/disable the function or rescan the sensor for the Rider 30.

1. In the Settings menu, press ▲/▼ to select Sensors > Heart Rate, Speed, Cadence, or Speed/CAD.
2. Press ► to confirm.
3. Press ▲/▼ to select the desired setting and press ► to confirm.
   • Rescan: rescan to detect the sensor.
   • Turn on/Turn off: enable/disable the sensor.
4. Press ◐ 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 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.

1. In the Settings menu, press ▲/▼ to select User Profile.
2. Press ▼ to confirm.
3. Press ▲/▼ to select the desired setting and press ▼ to confirm.
   • Gender: select your gender.
   • Age: set your age.
   • Height: set your height.
   • Weight: set your weight.
   • Max HR: set your maximum heart rate.
   • LTHR: set your lactate threshold heart rate.
4. Press ◼ to exit this menu.

<table>
<thead>
<tr>
<th>User Profile</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gender</strong></td>
</tr>
<tr>
<td><strong>Age</strong></td>
</tr>
<tr>
<td><strong>Height</strong></td>
</tr>
</tbody>
</table>

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

1. In the Settings menu, press ▲/▼ to select Bike Profile > Bike 1 or Bike 2.
2. Press ▼ to confirm.
3. Press ▲/▼ to select the desired setting and press ▼ to confirm.
   • Bike Type: select the bike type.
   • Weight: set the bike weight.
   • Wheel: set the bike wheel size.
   • Activate: select to activate the bike.
4. Press ◼ to exit this menu.

<table>
<thead>
<tr>
<th>Bike 1</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bike Type</strong></td>
</tr>
<tr>
<td><strong>Weight</strong></td>
</tr>
<tr>
<td><strong>Wheel</strong></td>
</tr>
</tbody>
</table>

**NOTE:** For details on wheel size, see “Wheel Size and Circumference” on page 38.
View Bike Profile

1. In the Settings menu, press ▲/▼ to select Bike Profile > Overview.
2. Press ⇑ to confirm.
3. Press ▲/▼ to select the desired bike and press ⇑ to confirm.
4. Press ▲/▼ to view more data of the selected bike.
5. Press ◯ to exit this menu.

Change System Settings

You can customize the Rider 30 system settings such as backlight off, alert, time/unit data format, on-screen display language, and data reset.

Backlight Off

1. In the Settings menu, press ▲/▼ to select System > Backlight Off.
2. Press ⇑ to confirm.
3. Press ▲/▼ to select the desired setting and press ⇑ to confirm.
4. Press ◯ to exit this menu.

NOTE: Auto depends on the sunrise and sunset time to automatically adjust the backlight off setting.
### Alert

1. In the Settings menu, press ▲/▼ to select **System > Alert**.
2. Press ← to confirm.
3. Press ▲/▼ to select the desired setting and press ← to confirm.
4. Press ◼️ to exit this menu.

### Time/Unit

**Time Zone**
- GMT+8:00
- GMT+9:00
- GMT+9:30
- GMT+10:00
- GMT+11:00

**Daylight Save**
- +0:00
- +1:00

**Date format**
- mm/dd/yyyy
- yyyy/mm/dd
- dd/mm/yyy

**Time format**
- 12hr
- 24hr

**Unit**
- Metric
- Imperial
1. In the Settings menu, press ▲/▼ to select System > Time/Unit > Time Zone, Daylight Save, Date format, Time format, or Unit.

2. Press ▶ to confirm.

3. Press ▲/▼ to select the desired setting/format and press ▶ to confirm.

4. Press ◼ to exit this menu.

**Language**

1. In the Settings menu, press ▲/▼ to select System > Language.

2. Press ▶ to confirm.

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

4. Press ◼ to exit this menu.

**NOTE:**
- If you want to add or remove the OSD language on your Rider 30, change the setting via Bryton Bridge > Rider 30 > Language.
- **Erase data** will delete all the history data and record logs, except the user setting.

**Erase Data**

1. In the Settings menu, press ▲/▼ to select System > Erase data.

2. Press ▶ to confirm.

   The device will automatically restart.
**View GPS Status**
You can view the information about the GPS signal the Rider 30 is currently receiving.

1. In the Settings menu, press \(\uparrow/\downarrow\) to select **GPS Status**.
2. Press \(\leftarrow\) to confirm.
3. To set the signal search mode, press \(\leftarrow\) to confirm.
4. Press \(\uparrow/\downarrow\) to select the desired setting and press \(\leftarrow\) to confirm.
   - Off: disable the GPS satellites.
   - Full Power: GPS will always be on and the search for satellite signals.
   - PowerSaving: enter the power saving mode, GPS will always be on and the search for satellite signals but the GPS positioning will be less accurate.

**View Firmware Version**
You can view your Rider 30 current firmware version.

1. In the Settings menu, press \(\uparrow/\downarrow\) to select **About**.
2. Press \(\leftarrow\) to confirm.
   The current firmware version is displayed on the screen.
Data Management

Bryton Bridge is a software that helps you to update your profile, backup and restore your Rider 30 Series data, and upload your track data to our community website at www.brytonsport.com.

Initial Setup

Install the Software

1. Connect your Rider 30 to your computer using the USB cable.
2. Insert the Bryton CD into your computer disc drive. You can also download the Bryton Bridge application at http://bb.brytonsport.com.
3. Install the Bryton Bridge application.
   a. A pop-up installation window appears on the screen.

   ![Bryton Bridge Install Window]

   Click **Launch Bryton Bridge** and follow the on-screen instructions to install Bryton Bridge.

   b. Otherwise, go to **My Computer > Removable Disk** > double-click **setup.exe** and follow the on-screen instructions to install the software.
3. Follow the on-screen instructions to transfer data to your computer.

**NOTE:** After you have installed Bryton Bridge, it will automatically launch when the device is connected to the computer. If the software does not automatically launch, double-click Bryton Bridge shortcut icon on the computer’s desktop. (If the “Launch Bryton Bridge” window appears on the screen, just close the window. No need to reinstall the application.)

### Register an Account

When you first launch Bryton Bridge, you need to register an account so that we can provide you with timely support after your purchase.

1. Click **Register**.
2. Enter your email address and password.
3. Check “By sign up, I agree to Terms of Use and Privacy Policy”, and then click **Save**.
4. A “Login successful” message appears on the screen. Click **OK**.

32 Data Management
Manage Your Collection

**My Collection** contains the history, planned trip, and workout data that you have uploaded on our community website and plan to download to your Rider 30 later on.

1. Click **My Collection**.

   Once you click **My Collection**, all of your history and planned trip will be uploaded automatically to **My data** at Brytonsport.com.

2. Select the tab that you want to view.
   - To add new data to your Rider 30, select the desired data on the website list on the website section and click **Download**.
   - To delete the data on your Rider 30, select the desired data on the device list and click **trash** icon.

3. When finished, click **Back** and a “Would you like to save the changes made?” message appears on the screen. To save the changes, click **OK**.
Manage Your Rider 30

With Rider 30, you can view your Rider 30 information, update your device with the latest firmware version, reset your device to the factory default, and change the OSD language.

Update Firmware

1. Click Rider 30 > Device Information. The device information is displayed on the screen.
2. To update your Rider 30 firmware, click Update to continue. Follow the on-screen instructions and wait until the process is completed.

   NOTE: Do not unplug the USB cable or turn off your Rider 30 during the firmware update process is in progress.

Reset to Factory Defaults

1. Click Rider 30 > Reset to Factory Setting.
2. Click OK to reset the device to the factory default settings.
Change OSD Language

1. Click **Rider 30 > Language**.
2. To add a new OSD language to your Rider 30, select the desired language on the available language list and click **Add**.

   ![Image of the language selection interface on Rider 30](image)

   To remove the desired OSD language on your Rider 30, select the language on device list and click **Remove**.

3. When finished, click **Save**. Remove the USB cable to complete the OSD language update process.

**NOTE:** Rider 30 can only store two OSD languages at a time. You have to remove one OSD language from the device before replacing it with the new OSD language.
## Specifications

### Rider 30

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Display</td>
<td>1.9” Mono LCD panel</td>
</tr>
<tr>
<td>Resolution</td>
<td>128 x 160</td>
</tr>
<tr>
<td>Physical size</td>
<td>68.9 x 48 x 21 mm</td>
</tr>
<tr>
<td>Weight</td>
<td>55.5 g</td>
</tr>
<tr>
<td>Operating temperature</td>
<td>-15°C ~ 50°C</td>
</tr>
<tr>
<td>Battery Charge temperature</td>
<td>0°C ~ 40°C</td>
</tr>
<tr>
<td>Battery</td>
<td>1200mAh rechargeable Li Battery</td>
</tr>
<tr>
<td>Battery life</td>
<td>Max. 35 hours usage</td>
</tr>
<tr>
<td>GPS</td>
<td>Integrated high-sensitivity SiRFstar III GPS receiver with embedded patch antenna</td>
</tr>
<tr>
<td>RF transceiver</td>
<td>2.4GHz ANT+ transceiver with embedded antenna</td>
</tr>
<tr>
<td>Barometer</td>
<td>300 ~ 1100 hPA (+9000 ~ -500 m above the sea level)</td>
</tr>
</tbody>
</table>

### Speed/Cadence Sensor

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical size</td>
<td>37.5 x 35 x 12 mm</td>
</tr>
<tr>
<td>Weight</td>
<td>25 g</td>
</tr>
<tr>
<td>Water Resistance</td>
<td>1 ATM</td>
</tr>
<tr>
<td>Transmission range</td>
<td>3 m</td>
</tr>
<tr>
<td>Battery life</td>
<td>1 hour per day for 22 months (660 hours)</td>
</tr>
<tr>
<td>Operating temperature</td>
<td>5°C ~ 40°C</td>
</tr>
<tr>
<td>Radio frequency/protocol</td>
<td>2.4GHz / Dynastream ANT+ Sport wireless communications protocol</td>
</tr>
</tbody>
</table>

Accuracy may be degraded by poor sensor contact, electrical interference, and receiver distance from the transmitter.
Heart Rate Monitor

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical size</td>
<td>34.7 x 3.4 x 1.1 cm</td>
</tr>
<tr>
<td>Weight</td>
<td>44 g</td>
</tr>
<tr>
<td>Water Resistance</td>
<td>10 m</td>
</tr>
<tr>
<td>Transmission range</td>
<td>3 m</td>
</tr>
<tr>
<td>Battery life</td>
<td>1 hour per day for 16 months (480 hours)</td>
</tr>
<tr>
<td>Operating temperature</td>
<td>5°C ~ 40°C</td>
</tr>
<tr>
<td>Radio frequency/protocol</td>
<td>2.4GHz / Dynastream ANT+ Sport wireless communications protocol</td>
</tr>
</tbody>
</table>

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 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.
Wheel Size and Circumference

The wheel size is marked on both sides of the tires.

<table>
<thead>
<tr>
<th>Wheel Size</th>
<th>L (mm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 x 1.75</td>
<td>935</td>
</tr>
<tr>
<td>14 x 1.5</td>
<td>1020</td>
</tr>
<tr>
<td>14 x 1.75</td>
<td>1055</td>
</tr>
<tr>
<td>16 x 1.5</td>
<td>1185</td>
</tr>
<tr>
<td>16 x 1.75</td>
<td>1195</td>
</tr>
<tr>
<td>18 x 1.5</td>
<td>1340</td>
</tr>
<tr>
<td>18 x 1.75</td>
<td>1350</td>
</tr>
<tr>
<td>20 x 1.75</td>
<td>1515</td>
</tr>
<tr>
<td>20 x 1-3/8</td>
<td>1615</td>
</tr>
<tr>
<td>22 x 1-3/8</td>
<td>1770</td>
</tr>
<tr>
<td>22 x 1-1/2</td>
<td>1785</td>
</tr>
<tr>
<td>24 x 1</td>
<td>1753</td>
</tr>
<tr>
<td>24 x 3/4 Tubular</td>
<td>1785</td>
</tr>
<tr>
<td>24 x 1-1/8</td>
<td>1795</td>
</tr>
<tr>
<td>24 x 1-1/4</td>
<td>1905</td>
</tr>
<tr>
<td>26 x 2.10</td>
<td>2068</td>
</tr>
<tr>
<td>26 x 2.125</td>
<td>2070</td>
</tr>
<tr>
<td>26 x 2.35</td>
<td>2083</td>
</tr>
<tr>
<td>26 x 3.00</td>
<td>2170</td>
</tr>
<tr>
<td>27 x 1</td>
<td>2145</td>
</tr>
<tr>
<td>27 x 1-1/8</td>
<td>2155</td>
</tr>
<tr>
<td>27 x 1-1/4</td>
<td>2161</td>
</tr>
<tr>
<td>27 x 1-3/8</td>
<td>2169</td>
</tr>
<tr>
<td>650 x 35A</td>
<td>2090</td>
</tr>
<tr>
<td>650 x 38A</td>
<td>2125</td>
</tr>
<tr>
<td>650 x 38B</td>
<td>2105</td>
</tr>
<tr>
<td>700 x 18C</td>
<td>2070</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wheel Size</th>
<th>L (mm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>24 x 1.75</td>
<td>1890</td>
</tr>
<tr>
<td>24 x 2.00</td>
<td>1925</td>
</tr>
<tr>
<td>24 x 2.125</td>
<td>1965</td>
</tr>
<tr>
<td>26 x 7/8</td>
<td>1920</td>
</tr>
<tr>
<td>26 x 1(59)</td>
<td>1913</td>
</tr>
<tr>
<td>26 x 1(65)</td>
<td>1952</td>
</tr>
<tr>
<td>26 x 1.25</td>
<td>1953</td>
</tr>
<tr>
<td>26 x 1-1/8</td>
<td>1970</td>
</tr>
<tr>
<td>26 x 1-3/8</td>
<td>2068</td>
</tr>
<tr>
<td>26 x 1-1/2</td>
<td>2100</td>
</tr>
<tr>
<td>26 x 1.40</td>
<td>2005</td>
</tr>
<tr>
<td>26 x 1.50</td>
<td>2010</td>
</tr>
<tr>
<td>26 x 1.75</td>
<td>2023</td>
</tr>
<tr>
<td>26 x 1.95</td>
<td>2050</td>
</tr>
<tr>
<td>26 x 2.00</td>
<td>2055</td>
</tr>
<tr>
<td>700 x19C</td>
<td>2080</td>
</tr>
<tr>
<td>700 x 20C</td>
<td>2086</td>
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<td>700 x 23C</td>
<td>2096</td>
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<td>700 x 25C</td>
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<td>700 x 28C</td>
<td>2136</td>
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<tr>
<td>700 x 30C</td>
<td>2170</td>
</tr>
<tr>
<td>700 x 32C</td>
<td>2155</td>
</tr>
<tr>
<td>700C Tubular</td>
<td>2130</td>
</tr>
<tr>
<td>700 x 35C</td>
<td>2168</td>
</tr>
<tr>
<td>700 x 38C</td>
<td>2180</td>
</tr>
<tr>
<td>700 x 40C</td>
<td>2200</td>
</tr>
</tbody>
</table>
### Heart Rate Zones

<table>
<thead>
<tr>
<th>Zone</th>
<th>What it does</th>
<th>% of Heart Rate Reserve</th>
</tr>
</thead>
<tbody>
<tr>
<td>1: Very Light</td>
<td>Great for beginners, those in extremely poor condition and those primarily interested in exercising for weight loss because the body burns a higher blend of fat calories than carbohydrate calories for its fuel.</td>
<td>50-60%</td>
</tr>
<tr>
<td>2: Light</td>
<td>Weight management &amp; strengthens your heart, giving it the opportunity to work at its optimum level. Also known as the “aerobic fitness threshold” because from this point forward, your body begins to reap the positive effects of aerobic exercise.</td>
<td>60-70%</td>
</tr>
<tr>
<td>3: Moderate</td>
<td>Benefits not only your heart but also your respiratory system. Increases your endurance and enhances your aerobic power, which is the ability to transport oxygen to and keep carbon dioxide away from sport-specific muscles. Increases your MET (Metabolic Equivalent) output.</td>
<td>70-80%</td>
</tr>
<tr>
<td>4: Hard</td>
<td>High performance training benefits. Increases your body's ability to metabolize lactic acid, allowing you to train harder before crossing over into the pain of lactate accumulation and oxygen debt.</td>
<td>80-90%</td>
</tr>
<tr>
<td>5: Max</td>
<td>Only extremely fit athletes work at this zone on a limited frequency and duration. Operating in oxygen debt to train metabolic pathways of fast twitch muscle fibers, not enduring pathways or enzymes.</td>
<td>90-100%</td>
</tr>
</tbody>
</table>

### Basic Care For Your Rider 30

Taking good care of your Rider 30 will reduce the risk of damage to your Rider 30.

- Do not drop your Rider 30 or subject it to severe shock.
- Do not expose your Rider 30 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 Rider 30.
- Do not attempt to disassemble, repair, or make any modifications to your Rider 30. Any attempt to do so will make the warranty invalid.