# bryton

## Cardio
## 40/60

**User's Guide**

## FCC Regulations:

### § 15.19 (a)(3)

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

### § 15.21

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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### § 15.105 (b)

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

—Reorient or relocate the receiving antenna.
—Increase the separation between the equipment and receiver.
—Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
—Consult the dealer or an experienced radio/TV technician for help.

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## FCC RF Exposure Compliance

This device is designed and manufactured not to exceed the emission limits for exposure to radio frequency (RF) energy set by the Federal Communications Commission for an uncontrolled environment.

## IC Regulations:

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions:
(1) this device may not cause interference, and
(2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:
(1) l'appareil ne doit pas produire de brouillage, et
(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement."

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CAN ICES-3(B)/NMB-3(B)

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## IC RF Exposure Compliance

This equipment complies with IC RSS-102 RF exposure limits set forth for an uncontrolled environment.

# Table of Contents

# 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.

# ⚠ 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.

# Getting Started

This section will guide you on the basic preparations before you start using your device.

## Your Cardio 40/60



### 1 Light / Power (☼/⏻)

Cardio 40
- Press and hold to turn on/off device.
- Press to turn on the backlight.

Cardio 60
- Press and hold to turn the device on.
- To turn off device, press and hold to enter the sub menu, and use up and down key to scroll between key lock and power off. Press **OK** to select "Power Off".
- Press to turn on the backlight.

### 2 Back (↩/═/■)

- Press to return to the previous page or cancel an operation.
- In Meter mode, press to pause log. While the recording is paused, press again to stop.
- In training mode, press to stop recording log.

### 3 OK (OK)

- In Clock view, press to enter the menu mode.
- In Menu, press to enter or confirm a selection.
- When recording, press to mark the lap.

### 4 Up (▲)

- In Menu, press to move up to scroll through menu options. Press and hold to fast scroll up through menu options.

### 5 Down / Page (▼/▤)

- In Menu, press to move down to scroll through menu options. Press and hold to fast scroll down through menu options.
- In meter view, press to switch meter screen page.

# Accessories

The Cardio 40/60 comes with the following accessories:

|  | Cardio 40 | Cardio 60 |
|---|:---:|:---:|
| **In the box** | | |
| Device | ✓ | ✓ |
| USB Charging Clip Cable | ✓ | ✓ |
| Quick Start Guide | ✓ | ✓ |
| **Optional items** | | |
| Speed & Cadence Dual Sensor | ✗ | ✓ |
| Heart Rate Monitor Set | ✓ | ✓ |
| Heart Rate Belt | ✓ | ✓ |
| Bike Mount | ✗ | ✓ |
| Adaptors | ✓ | ✓ |

**NOTE:** For more information about purchasing optional accessories, please go to Bryton Eshop http://www.brytonsport.com/eshop or contact your Bryton dealer.
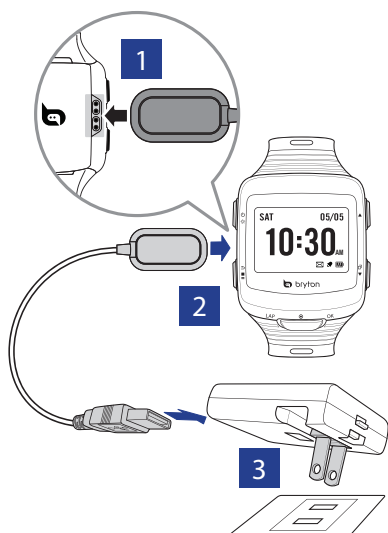
# Initial Setup

# Step 1: Charge the Battery

## Using the Power Adapter

Charge the device for at least 3 hours before you start using it.

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



1. Attach the USB charging clipper onto the device.

2. Connect the other end of the USB charging clipper to the power adapter. Be sure the pin on the charging clipper is properly attached to the charging contact on the back of the device.

3. Plug the power adapter to a wall outlet.

## Using the Computer

1. Attach the USB charging clipper onto the device.
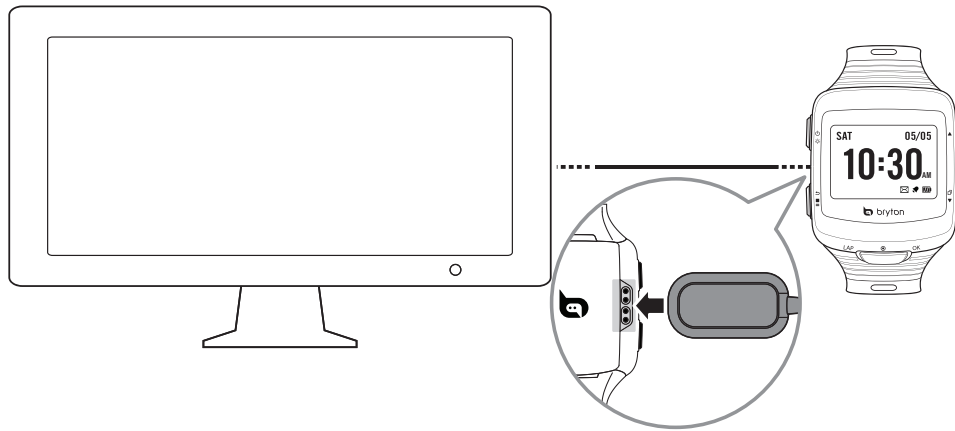


2. Plug the other end of the USB charging clipper to a computer.

# Step 2: Turn On the Device

## Turn On/Off (Cardio 40)

Press and hold ⏻ to turn the device on or off.

## Turn On/Off (Cardio 60)

• To turn on the device, press and hold ⏻.

• To turn off device, press and hold ⏻ to enter the sub menu, and use up and down key to scroll between key lock and power off. Press **OK** to select "Power Off".

# Step 3: Initial Setup

When turning the device 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 unit of measurement.

3. Enter your "user profile".

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

4. Read and accept the Safety Agreement.
   - Press ▲ and ▼ key to read the Safety Agreement.
   - Press **OK** to accept the Safety Agreement.

# Step 4: Acquire Satellite Signals

Once the Cardio 40/60 is turned on, it will automatically search for satellite signals. While the device is searching for satellite signals, the screen may display:

- **Pls Reposition**

  No GPS signal or GPS signal is weak. Under this environment, it is very difficult to get GPS position fix. This status usually happens when you're in urban area or close to buildings. Please move to an open area to acquire better GPS reception.
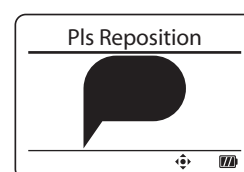
- **Searching**

  GPS should be able to acquire position in few minutes. When ( ) appeared, it is recommend to move to an open area until ( ) is displayed to acquire as many satellites as possible.

- **Fixed**

  GPS position is fixed. The screen will automatically enter meter page.
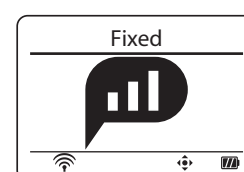
> **NOTE:**
> - For a more accurate measurement the first time you use the device, please stay outdoor for at least 15 minutes with no obstructions overhead before performing a GPS search.
> - If you are unable to get the GPS reception after three minutes or more, try again at another location.
> - For more information on receiving GPS signals, refer to "Receiving GPS Signals" on page 10.

# Step 5: Share Your Records to Brytonsport.com

**1. Download Bryton Bridge 2**

a. Go to http://www.brytonsport.com/help/start and download Bryton Bridge 2.

b. Follow the on-screen instructions to install Bryton Bridge 2.

**2. Register an Account**

Go to http://www.brytonsport.com and register an account.

**3. Connect to PC**

Turn on your Cardio 40/60 and connect it to your computer by using USB charging clipper.

**4. Share Your Records With Other People**

When My Device Manager window starts up, do one of the following:

a. Click "Manage My Tracks" button. Then, click "Save Tracks to Computer" button to save your data to computer.

**OR**

b. Click "Visit Brytonsport.com" button. Then, click "Upload Files" to share your rides to the Brytonsport website.

> **NOTE:**
> - Do not unplug the USB charging clipper during the files transferring process. Otherwise, the files may be damaged or corrupted.
> - After you have installed Bryton Bridge, "My Device Manager" will automatically launch when the device is connected to the computer. If not, click Bryton ( ) icon that is shown at the top or bottom of your computer's toolbar, and then select "Open my device manager".
> - For more instructions, please go to **corp.brytonsport.com** > **Support** > **Tutorial**.

# Status Page

GPS positioning status

Bike Type *(Cardio 60 only)*

Heart rate sensor indicator

GPS signal status

Battery level

Meter mode

Cadence sensor indicator *(Cardio 60 only)*

Speed sensor indicator *(Cardio 60 only)*

Fixed
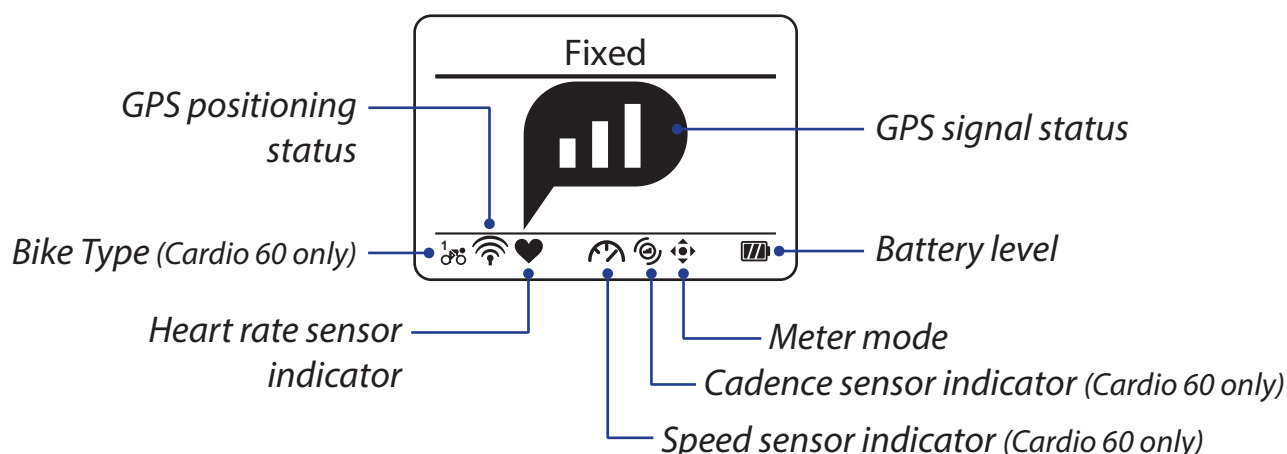
## Icon Description

| GPS Signal Status | | | Speed sensor active *(Cardio 60 only)* |
|---|---|---|---|
| | No Signal | | Dual sensor active *(Cardio 60 only)* |
| | Poor * | | Bike type *(Cardio 60 only)* |
| | Fair ** | | Training mode |
| | Good ** | | Meter mode |
| GPS Positioning Status | | | Log record in progress |
| | No signal (not fixed) | | Recording is paused. |
| | Weak | Power Status | |
| | Normal | | Full battery |
| | Good | | Half batteiry |
| | Heart rate sensor active | | Low battery |
| | Cadence sensor active *(Cardio 60 only)* | | Battery depleted |

**NOTE:**
- Only the active icons are displayed on the screen.
- When the speed & cadence dual sensor is activated, the sensor icon will appear at the speed sensor icon position.

\* Please go to an open area for better reception.
** When blinking, this indicates the device is still searching for the GPS signal.

# Receiving GPS Signals
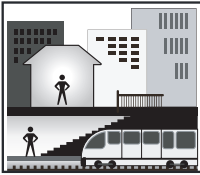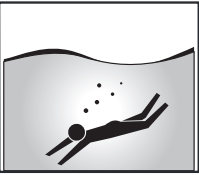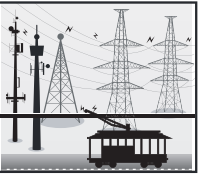
- Cardio implements a status page to indicate current GPS signal strength. After position-fix is done, you can still check GPS status at meter page by inspecting the icon located at up-right corner.

| Trip Time **00:31:00** Cycling / Total Dist. **11** m | Trip Time **00:31:00** Cycling / Total Dist. **11** m | Trip Time **00:31:00** Cycling / Total Dist. **11** m |
|---|---|---|
| **GPS signal is weak.** The satellite condition is only sufficient for position-fix. This situation may not be sustained if your sky-view changes, such as going to the obstructed environments. | **GPS signal is normal.** Adequate for normal use. | **GPS signal is good.** |

- The best way to allow GPS get your position is to wear the watch on your wrist, with the watch surface facing up. Since GPS antenna is located near the **OK** key, please do not let the antenna facing down or cover it with hand.
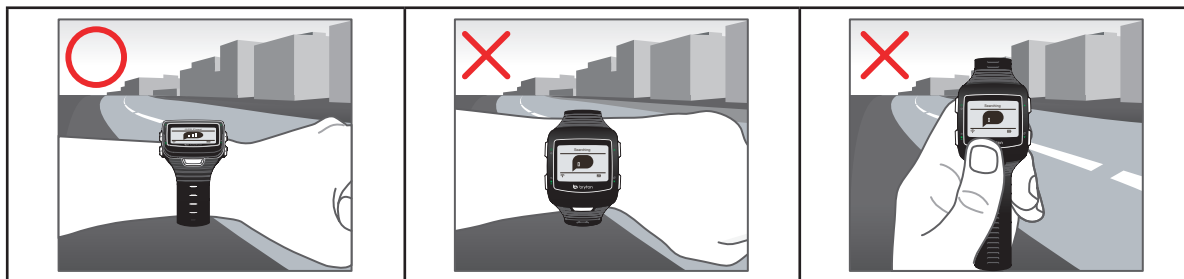


- Please avoid the obstructed environments since they might affect the GPS reception.



| Tunnels | Inside rooms, building, or underground | Under water | High-voltage wires or television towers | Construction sites and heavy traffic |
|---|---|---|---|---|

# Clock View

## Display Screen

*Current day* —— SAT          05/05 —— *Current date*

*Time 1
(local time)* —— **10:30** AM

*Time 2
(alternate time)* —— 04:30  AM          *Alarm icon*

*Reminder icon*
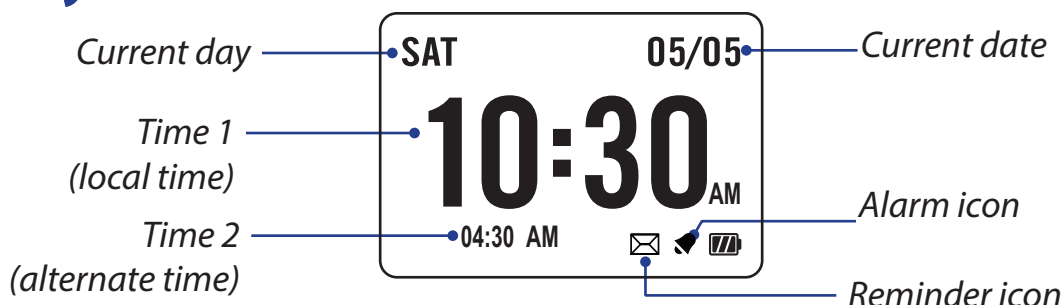
## Auto Time Calibration by GPS

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** > **Watch** > **Time** > **By GPS** and press **OK** to enter its submenu.

3. Press ▲/▼ to set the daylight saving time and press **OK** to confirm.

**NOTE:** Please go outdoors to acquire GPS signal when you see "No GPS signal" on the screen.

```
       Current Time
        08:24
      Drylight Saving
     ▲  0 1 : 0 0  ▼
```
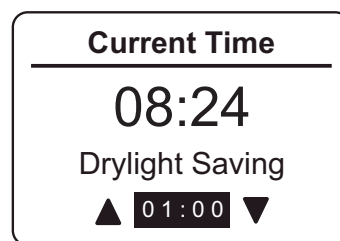
## Manually Set Time

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** > **Watch** > **Time** > **Manual** > **Set Time 1** or **Set Time 2** and press **OK** to enter its submenu.

**NOTE:**
- To enable the Time 2, select **Settings** > **Watch** > **Time** > **Manual** > **Set Time 2** > **Switch** > **On.**
- To change the time format, select **Settings** > **Watch** > **Time** > **Time Format**.

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

```
          Time
   Set Time1

   Set Time2
                    Off
```
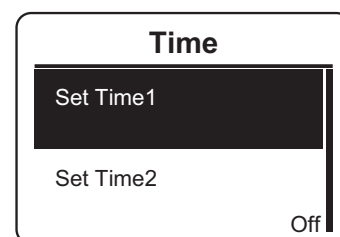
## Set Alarm (Time1)

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** > **Watch** > **Alarm** > **Set Alarm** and press **OK** to enter its submenu.

3. Press▲/▼ to select the desired setting and press **OK** to confirm.
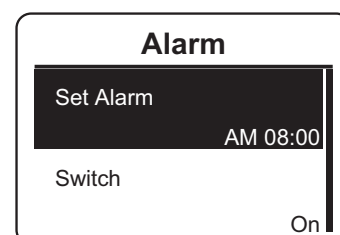
**NOTE:** To enable the alarm, select **Settings** > **Watch** > **Alarm** > **Switch** > **On**.

```
         Alarm
   Set Alarm
              AM 08:00
   Switch
                    On
```

# Exercises

## Starting an Exercise

### Cardio 40

To start an exercise, press ▲/▼ to select **Running**. Then press **OK** to start.

```
03:48 PM      01/04      ▨
Running
Train & Test
View History
```
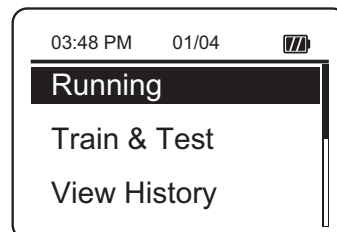
### Cardio 60

To start an exercise, press ▲/▼ to select **Exercises** > **Running**, **Cycling**, **Triathlon**, **Multisport**, **Outdoor Swim**, or **Others**. Then press **OK** to start.

```
          Exercises
Running
Cycling
Triathlon
```
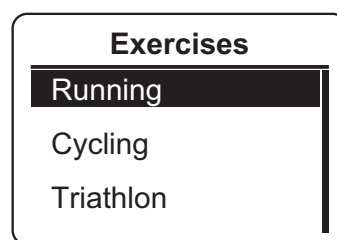
## Running/Cycling

Select **Running/Cycling** and press **OK** to start exercise.

> **NOTE: Cycling** option is only available on Cardio 60.
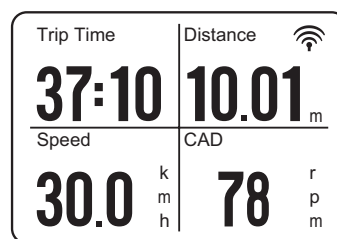
```
Run Time                    📶
00:40:00
Distance      Pace
6.73 m  05:50 /km
```

```
Trip Time        Distance    📶
37:10   10.01 m
Speed            CAD
30.0 kmh    78 rpm
```

> **NOTE:** Displayed information varies on exercise mode and user preference. Refer to "Customize the Display Settings" on page 23 for more information.

## Triathlon (Cardio 60 only)

- The exercise information will be displayed as following order: **Swimming** > **Cycling** > **Running**. Press **OK** to switch to the second or third sport.

- To add the transition time, refer to "Enable Triathlon Transition Time " on page 27.
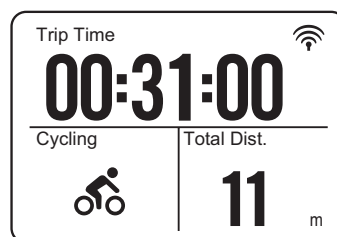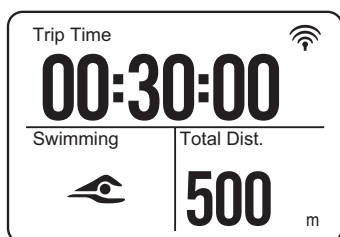
| | |
|---|---|
| Trip Time <br> **00:30:00** <br> Swimming \| Total Dist. <br> 🏊 \| **500** m | Trip Time <br> **00:31:00** <br> Cycling \| Total Dist. <br> 🚴 \| **11** m |

**NOTE:** Displayed information varies on exercise mode and user preference. Refer to "Customize the Display Settings" on page 23 for more information.

## Multisport (Cardio 60 only)

• During the Multisport exercise and the mode setting is set to **Manual**, press ▲/▼ select the desired sport (Running, Cycling, or Swimming) and press **OK** to confirm. Then press **OK** to start exercise.

• To switch to the second sport, press **OK** to display the menu option. To customize the sports sequence in Multisport mode, refer to "Multisport Sequence Setup" on page 26.
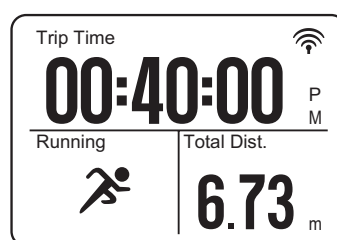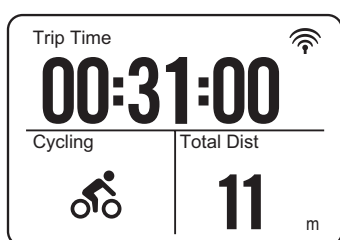
| | |
|---|---|
| Trip Time <br> **00:31:00** <br> Cycling \| Total Dist <br> 🚴 \| **11** m | Trip Time <br> **00:40:00** PM <br> Running \| Total Dist. <br> 🏃 \| **6.73** m |

**NOTE:** Displayed information varies on exercise mode and user preference. Refer to "Customize the Display Settings" on page 23 for more information.

## Outdoor Swim (Cardio 60 only)

Select **Outdoor Swim** and press **OK** to start exercise.

| |
|---|
| Ex. Time <br> **00:30:00** <br> Distance \| Speed <br> **1** m \| **3.0** k m h |
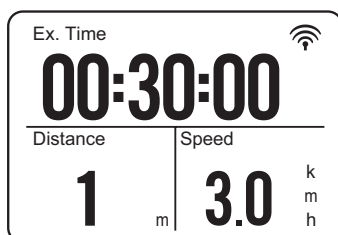
# Pause/ Stop Exercising

Press ⏎/━/■ to pause the recording and press again to stop the recording.
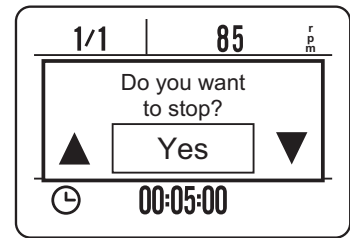
**NOTE:**
- During exercising/training, press and hold ▼/□ to enter Shortcut menu.
- When recording, press ⏎/━/■ twice to stop recording.

# Switch the Meter Page

When you start an exercise, the meter view appears on the screen. The Meter Page displays information varies based on your personal setting.
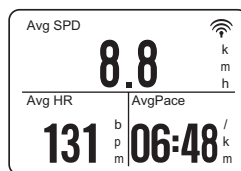
| Ride Time<br>**01:05:57**<br>Sunset<br>**18:43:47** | Avg SPD<br>**8.8** km/h<br>Avg HR    AvgPace<br>**131** bpm  **06:48** /km | Run Time    Distance<br>**40:00**  **6.73** m<br>Pace    Calories<br>**05:48** /km  **330** KCAL |
| :---: | :---: | :---: |
| 2-grid display | 3-grid display | 4-grid display |
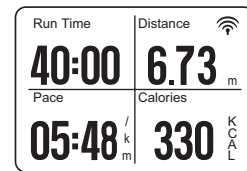
To customize the meter page, refer to "Customize the Display Settings" section on page 23.

Press ▼ to switch meter screen page. However if the **Auto Scroll** feature is enabled, the meter view will automatically switch pages at the preset time. To enable the Auto Scroll feature, refer to "Configure Auto Scroll" section on page 31.

# Smart Pause

When you have a lot of obstacles along your route such as traffic lights, crosswalk, etc., this can really impact your recorded data. When the function is activated, the time and distance will automatically pause once you stop moving and resume once you start riding to enhance your data efficiency.

1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **Exercises** > **Running**, **Cycling**, **Outdoor Swim**, or **Others** > **Smart Pause** and press **OK** to enter its submenu.
3. Select **Yes** to enable the function.
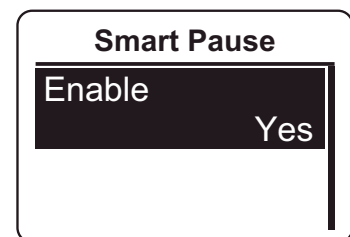
**NOTE:** On Cardio 40, select **Settings** > **Exercises** > **Smart Pause** and press **OK** to enter its submenu.

# Lap

## Smart Lap

To start a Lap workout, do the following:

Cardio 40

1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **Exercises** > **Smart Lap** >
   **Distance** or **Location** and press **OK** to enter its submenu.
3. Set the training target and press **OK** to confirm.

```
        Smart Lap

  △      Location      ▼


```
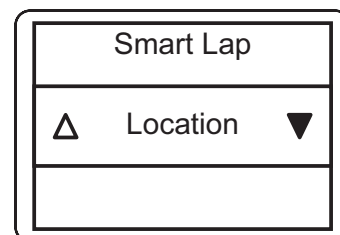
Cardio 60

1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **Exercises** > **Running**, **Cycling**, or **Others** > **Smart Lap** >
   **Distance** or **Location** and press **OK** to enter its submenu.
3. Set the training target and press **OK** to confirm.

## Mark Lap

To mark a lap, do the following:

Cardio 40

Start an activity first by pressing **OK**. While recording, press **OK** to mark lap. When using Lap, the Lap screen will be displayed while you are doing exercise or training.

```
    Lap 5
  00:40'0.0'
AvgPace 05:50/km
Total 03:18:57
```
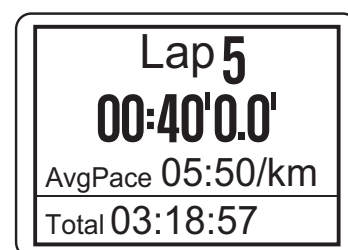
Cardio 60

1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **Exercises** > **Running**, **Cycling**, or **Others** and press **OK**
   to enter its submenu.
3. While recording, press **OK** to mark lap. When using Lap, the Lap screen will be displayed
   while you are doing exercise or training.

# Train & Test

## To Plan

The device offers you with two types of workouts: Simple and Interval.

### Simple Workouts

There are three types of simple workouts: By Time, By Distance, and By Calories.

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Train & Test** and press **OK** to enter Training menu.

> **NOTE:** On Cardio 60, select **Train & Test** > **Running** or **Cycling**.

3. To set a simple workout, select **To Plan** > **Simple** > **Warm Up**, **Work**, or **Cooldown**.

- **Warm Up**:
  Duration (manual, calorie,time, distance), Target (pace, LTHR).
- **Work**:
  Duration (calorie, time,distance), Target (pace, MHR%, LTHR%, HR, MHR, LTHR).
- **Cooldown**:
  Duration (manual, calorie,time, distance), Target (pace, LTHR).
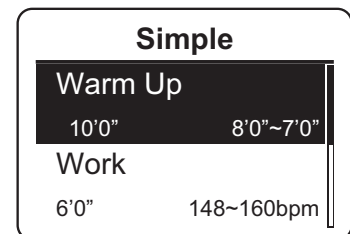
4. Set the training target and press **OK** to confirm.

5. Choose **Save** and press ▲/▼ to enter the workout name. When finishing the name, choose **Back** to save the workout name.

```
       Simple
 Warm Up
   10'0"          8'0"~7'0"
 Work
 6'0"          148~160bpm
```

```
       Simple

        Save to my
         Workout?

   ▲      Yes      ▼
```
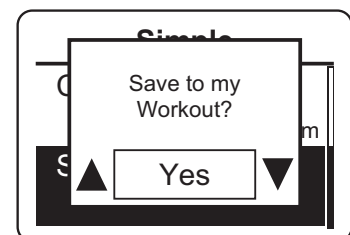
> **NOTE:** To perform the workout, go to
> - **Cardio 60: Train & Test** > **Running or Cycling** >**My Workout** >**View**.
> - **Cardio 40: Train & Test**> **My Workout** > **View**.

# Interval Workouts

With the Interval training feature, you can use your device to customize interval workouts which include the warm up and cool down sections.

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Train & Test** and press **OK** to enter Training menu.

> **NOTE:** On Cardio 60, select **Train & Test** > **Running** or **Cycling**.

3. To set an interval workout, select **To Plan** > **Interval**.

```
   To Plan
 Simple
 Interval
```

4. A "Set warm up?" message appears on the screen. Select **Yes** to set the "Warm up". After the settings are complete, select **OK** and press **OK** to continue.

```
   Warm Up
 Duration
 Target
 OK
```

5. Set the interval workout settings (Work, Recovery, and Repeat Time).  When finished, press ▲/▼ to select **Next** and press **OK** to continue.

```
       Work 1
 Work
   6' 00"        158~170bmp

 Recovery
   2' 00"        137~149bmp
```

6. A "Create a new main set?" message appears on the screen.
   To create another set of interval workout, select **Yes** and press **OK** to confirm.

7. A "Set cool down?" message appears on the screen. Select **Yes** to set the "Cool down" settings. After the settings are complete, select **OK** and press **OK** to continue.

```
    Cooldown
 Duration
 Target
 OK
```

8. A "Save to My Workout" message appears on the screen. Select **Yes** and press **OK** to continue. Press ▲/▼ to enter the workout name. When finishing the name, press ↰ key and press **OK** to save the workout.

# My Workout

You can start a workout using your planned workouts on Cardio 40/60.

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Train & Test** and press **OK** to enter Training menu.

> **NOTE:** On Cardio 60, select **Train & Test** > **Running** or **Cycling**.

3. Press ▲/▼ to select **My Workout** > **View**.

4. Select your desired training plan.

5. The selected workout details appear on the screen. Press **OK** to start exercise.

*Heart rate is slower than your target training zone, please speed up.*

*Target training zone*

*Exercise time*

*Current performance*
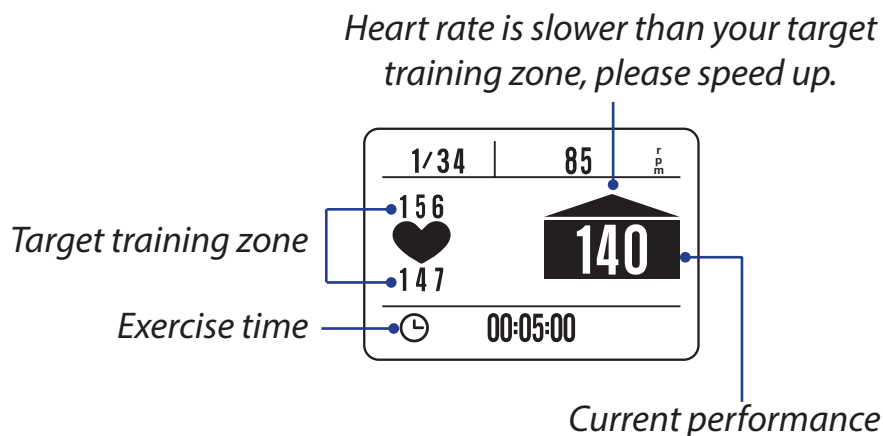
# Bryton Workout

Bryton Workout has preloaded on Cardio 40/60. If you don't have it on your device, please download from brytonsport.com.

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Train & Test** and press **OK** to enter Training menu.

> **NOTE:** On Cardio 60, select **Train & Test** > **Running** or **Cycling**.

3. Press ▲/▼ to select **Bryton WKT**.

4. Select your desired training plan.

5. The selected workout details appear on the screen. Press **OK** to start exercise.

| Bryton WKT |
| --- |
| 20' in Z 1-2 |
| 20'  Z3 |
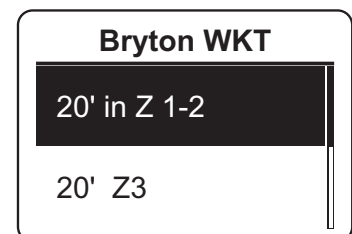
# Bryton Test

Bryton Test has preloaded on Cardio 40/60. If you don't have it on your device, please download from brytonsport.com. Bryton Test includes two test courses to help you measuring your MHR and LTHR to allow Bryton workout use these data to create target training zone. Knowing your MHR and/or LTHR gives you a benchmark of your overall efficiency. It also help you to judge progress over time and measure your exercise intensity.

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Train & Test** and press **OK** to enter Training menu.

> **NOTE:** On Cardio 60, select **Train & Test** > **Running** or **Cycling**.

3. Press ▲/▼ to select **Bryton Test**.

4. Select your desired test workout.

5. The selected workout details appear on the screen. Press **OK** to start exercise.
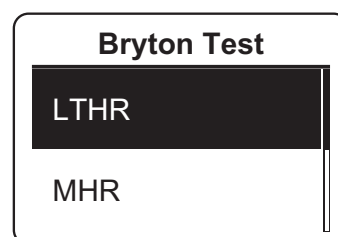
6. When finished the Bryton Test, press ▲/▼ to save the result.
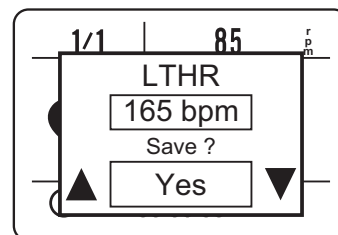
> **NOTE:**
> • When the 👆 icon appears on the screen, press ▲ to skip the current *Interval*.
>
> • It is highly recommend to implement the Bryton Test and save the test results to enhance your training efficiency.
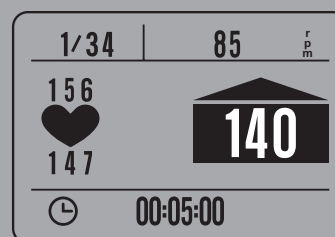
![bryton logo]

# Start Training

Press **OK** to start recording the log.

# Pause/Stop Training

You can stop the current training after you have reached your goal.

Press ⟲/▬/■ to stop the recording.
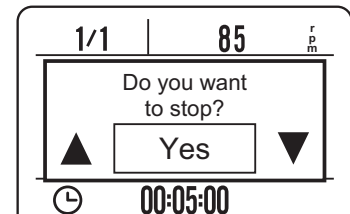
```
┌─────────────────────────┐
│  1/1    │     85      r  │
│                       p  │
│                       m  │
│  ┌───────────────────┐   │
│    Do you want          │
│    to stop?             │
│  ▲ │    Yes    │  ▼     │
│  └───────────────────┘   │
│  🕐      00:05:00        │
└─────────────────────────┘
```

**NOTE:**
• During exercising/training, press and hold ▼/▢ to enter Shortcut menu.

• When recording, press ⟲/▬/■ to stop recording.

# View History

## View History

To view your history, do the following:

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **View History** > **View** and press **OK** to confirm.

3. Use ▲/▼ to view your history. Choose **More** for more details.

```
12/25          12:23      ⬗
─────────────────────────
00:06:00          Run Time
1.00                    km
150:00               min/km
512                    kcal
5                      laps
  ⚘       More       2/5
```

## View Summary

To view the summary, do the following:

<u>Cardio 40</u>

1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **View History** > **Summary** and press **OK** to confirm.
3. Use ▲/▼ to view the activities summary.

```
         Total
─────────────────────
Time        68:07
Dist        10.68  km
Cal           376  kcal
 ▲      Close      ▼
```

<u>Cardio 60</u>

1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **View History** > **Summary** > **Running**, **Cycling**, **Outdoor Swim**, or **Others** and press **OK** to confirm.
3. Use ▲/▼ to view the activities summary.

## Delete Exercise Records

To delete one record, do the following:
1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **View History** > **Delete** and press **OK** to confirm.

3. Press ▲/▼ to select the record that you want to delete and press **OK** to confirm.

4. A "Please backup data first. Erase?" message appears on the screen. To delete the data, press ▲/▼ to select **Yes** and press **OK** to confirm.

```
12/25          12:23      ⬗
00          Please          e
1.        backup data      m
15      first. Erase?      m
51    ▲      No     ▼     al
5                         s
         Delete          2/5
```
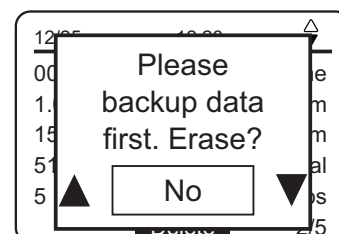
To delete all records, do the following:
1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **View History** > **Delete All** and press **OK** to confirm.

3. A "Please backup data first. Erase?" message appears on the screen. To delete the data, press ▲/▼ to select **Yes** and press **OK** to confirm.

# Settings

With the Settings feature, you can customize exercises settings, watch settings, general settings, sensor settings, and user profile and/or bike profile.

## Exercises Settings

### Customize the Display Settings

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** and press **OK** to enter Settings menu.

3. Press ▲/▼ to select **Exercises** > **Meter** > **Meter** > **Meter1, Meter2, Meter3, or Meter4** and press **OK** to enter its submenu.

> **NOTE:**
> · On Cardio 60, select **Exercises** > **Running**, **Cycling**, **Outdoor Swim**, **or Others** > **Meter** > **Meter** > **Meter1**, **Meter2**, **Meter3**, or **Meter4** and press **OK** to enter its submenu.
> · Lap only has Meter 1 and Meter 2 for personalized settings.

4. Press ▲/▼ to select the number of data fields and press **OK** to confirm.

5. Press ▲/▼ to select the item field that you want to customize, and press **OK** to confirm the selection.

6. Press ▲/▼ to select the desired setting and press **OK** to confirm. You can customize your meter page/lap page by selecting from the various items. Refer to page 34 on Appendix for the full list of personalized items.

| **Run Meter** |
|---|
| Meter1 |
| On |
| Meter2 |
| On |

| **Meter** |
|---|
| Run Time |
| Distance |

2-grid display

| **Meter** | |
|---|---|
| Time | Distance |
| Pace | Heart Rate |
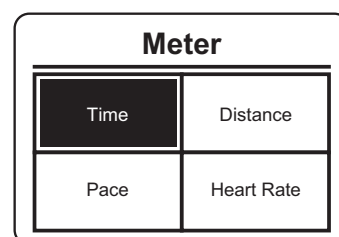
4-grid display

> **NOTE:** After the setting is complete, the Lap screen appears only when Lap function starts.

## Configure Smart Lap Settings

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.

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** and press **OK** to enter Settings menu.

3. Press ▲/▼ to select **Exercises** > **Smart Lap** and press **OK** to enter its submenu.

> **NOTE:** On Cardio 60, select **Exercises** > **Running**, **Cycling**, **or Others** > **Smart Lap** and press OK to enter its submenu.

4. Select the desired option and configure the necessary settings.

- Location: set your current location as the lap point. Upon reaching the lap point, the device will automatically mark the lap.
- Distance: specify the distance of each lap.
- Off: disable Lap feature.

```
┌─────────────────────────┐
│       Smart Lap         │
├─────────────────────────┤
│  ▲     Distance     ▼   │
├─────────────────────────┤
│                         │
└─────────────────────────┘
```

5. Press ▲/▼ to select the desired setting and press **OK** to confirm.
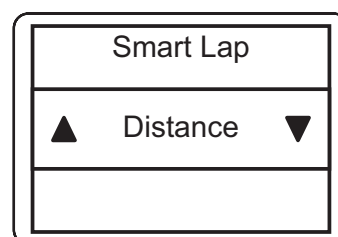
## Set Exercise Reminder

With the Exercise Reminder feature, the device beeps and displays a message to notify you if:

- your heart rate exceeds or drops below a specific number of beats per minute (bpm).
- you exceed or drop below a custom speed setting during your ride.
- your cadence speed exceeds or drops below a specific number of revolutions of the crank arm per minute (rpm).
- you reach a certain amount of distance for the long workouts.
- you reach a certain amount of time for the long workouts.

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** and press **OK** to enter Settings menu.

3. Press ▲/▼ to select **Exercises** > **Exer. Remind** and press **OK** to enter its submenu.

> **NOTE:** On Cardio 60, select **Exercises** > **Running**, **Cycling**, **Outdoor Swim**, **or Others** > **Exer. Reminder** and press OK to enter its submenu.

4. Select **Time**, **Distance**, **Stride Rate**, **HR**, or **Pace** and press **OK** to configure the necessary settings.

```
┌─────────────────────────┐
│      Exer. Remind       │
├─────────────────────────┤
│  ▲     Distance     ▼   │
├─────────────────────────┤
│                         │
└─────────────────────────┘
```

> **NOTE:** On Cardio 60, the available options vary depending on the selected mode:
> - Running mode: Off/Time/Distance/StrideRate/HR/Pace
> - Cycling mode: Off/Time/Distance/Speed/HR/Cadence
> - Outdoor Swim mode: Off/Time/Distance
> - Others mode: Off/Time/Distance
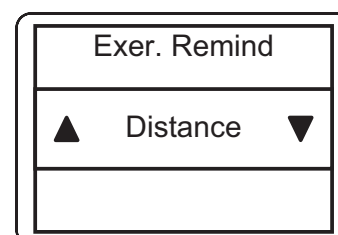
5. Press ▲/▼ to select the desired setting and press **OK** to confirm.

## Enable Triathlon Transition Time (Cardio 60 only)

With Triathlon Transition Time feature, you can add a transition time before starting the next sport.
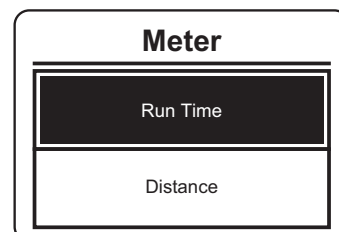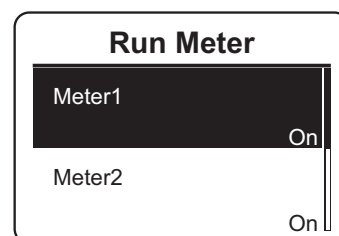
1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** and press **OK** to enter Settings menu.

3. Press ▲/▼ to select **Exercises** > **Triathlon** and press **OK** to enter its submenu.

4. Press ▲/▼ to select **On** and press **OK** to confirm.
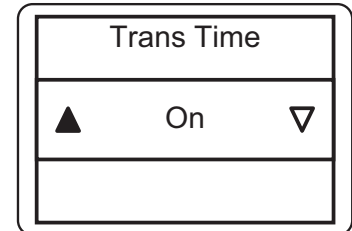
## Multisport Sequence Setup (Cardio 60 only)

With Multisport Sequence feature, you can use your device to arrange the sports sequence.

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** and press **OK** to enter Settings menu.

3. Press ▲/▼ to select **Exercises** > **Multisport** > **Manual** and press **OK** to enter its submenu.

4. Press ▲/▼ to select **Preset** and press **OK**.

5. Press ▲/▼ to select **Create New** and press **OK** to edit the sports sequence.

6. Press ▲/▼ to select the desired sport and press **OK** to confirm.

7. To add more sports, press **OK** and repeat Step 6.
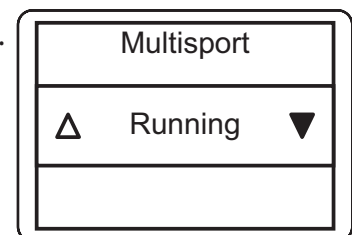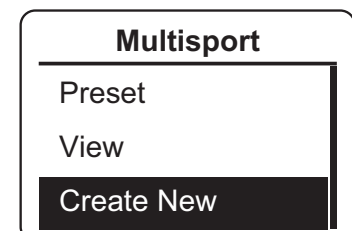
8. After the setup is complete, press ▲/▼ to select **Save** and press **OK** to enter the transition time submenu.
   Then press ▲/▼ to select **Yes** and press **OK** to add transition time.
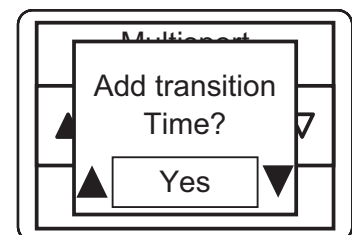
**NOTE:** If you select **Manual** on step 4, you need to press **OK** to switch to another sport after you start the exercise.

# Watch Settings

## Adjust Date

Adjust the date and specify the date format.

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** > **Watch** > **Date** and press **OK** to enter its submenu.

3. Select the desired option and configure the necessary settings.
   - Set Date: adjust the date.
   - Date format: specify the date format.

4. Press ▲/▼ to select the desired setting and press **OK** to confirm.

| Date |
| --- |
| Set Date |
| Date format |
| dd/mm/yyyy |
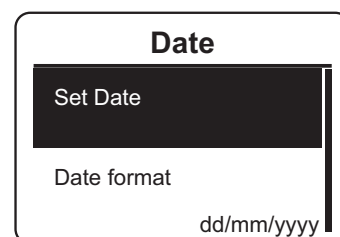
## Change Clock View

Specify the clock view.

1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **Watch** > **Clock Mode** and press **OK** to enter its submenu.
3. Press ▲/▼ to select **Digital** or **Analog** and press **OK** to confirm.

| Clock Mode |
| --- |
| Digital |
| Analog |

# General Settings

## Change Backlight Off Settings

Specify the backlight time.

1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **General** > **System** > **Backlight Off** and press **OK** to enter its submenu.
3. Press ▲/▼ to select the desired setting and press **OK** to confirm.

| Backlight Off |
| --- |
| 5 Sec |
| 15 Sec |
| 30 Sec |
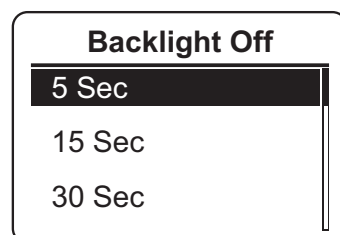
**NOTE:** The auto mode is based upon the current date and GPS position by which this navigator calculates the exact sunrise and sunset times on the particular day at the particular location. Using this information, the device can automatically turn on the backlight a few minutes after sunset before the sky gets dark.

## Enable Auto Key Lock (Cardio 60 only)

When the feature is enabled, the key will be automatically locked after 10 seconds.

1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **General** > **System** > **Auto Key Lock** and press **OK** to enter its submenu.
3. Press ▲/▼ to select the desired setting and press **OK** to confirm.

```
   Auto Key Lock
 On
 Off
```

## Enable Key Vibrate (Cardio 60 only)

When the feature is enabled, the key will vibrate whenever you click a button.

1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **General** > **System** > **Key Vibrate** and press **OK** to enter its submenu.
3. Press ▲/▼ to select **On** and press **OK** to confirm.

```
    Key Vibrate
 On
 Off
```

## Enable Key Tone

When the feature is enabled, the device will play sounds whenever you click a button.

1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **General** > **System** > **Key Tone** and press **OK** to enter its submenu.
3. Press ▲/▼ to select **On** and press **OK** to confirm.

```
     Key Tone
 On
 Off
```

## Enable Vibrate (Cardio 60 only)

When the feature is enabled, the device will vibrate once you miss your targeted goal.

1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **General** > **System** > **Vibrate** and press **OK** to enter its submenu.
3. Press ▲/▼ to select **On** and press **OK** to confirm.

```
      Vibrate
 On
 Off
```

# Enable Alert Notification

When the feature is enabled, the device will play sounds to remind you once you miss your targeted goal.

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** > **General** > **System** > **Alert** and press **OK** to enter its submenu.

3. Press ▲/▼ to select **On** and press **OK** to confirm.

```
        Alert
  On
  Off
```
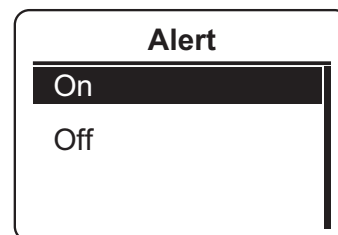
# Specify Unit

Specify the measurement unit.

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** > **General** > **System** > **Unit** and press **OK** to enter its submenu.

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

```
        Unit
  KM, KG
  MI, LB
```

# Specify the On-Screen Display (OSD) Language

Specify the OSD language.

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** > **General** > **System** > **Language** and press **OK** to enter its submenu.

3. Press ▲/▼ to select the desired language and press **OK** to confirm.
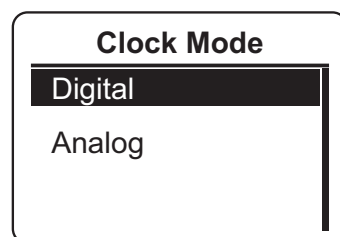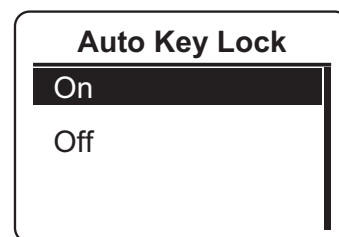
# Set GPS Mode

Set the GPS operating mode.

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** > **General** > **GPS** and press **OK** to enter its submenu.

3. Set the desired setting.

- **Off**: Disable the GPS. Please use this mode for indoor activities..

- **Full Power**: GPS is set on to provide more accurate position but consume more power. The full power mode is recommended for the following conditions:

```
        GPS
  Off
  Full Power
  PowerSaving
```

- Environments with limited sky view, such as forest or urban area.
- In small, repeated path, such as track fields.
- If your exercise time is lower than the specified battery hour, choose Full Power mode to maximize GPS accuracy.
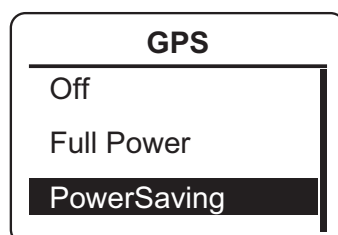
- **PowerSaving**: The GPS positioning will be less accurate but battery hours can last longer. When exercising in environments with good sky view, such as in country side or along the river, there will be no differences between power saving mode and full power mode. In these cases, choose power saving mode to maximize the battery life.

4. Press **OK** to confirm.

## Enable Race Mode

When the feature is enabled, the screen will remain at the meter page and the GPS will stay active. In this mode, you can press **OK** immediately once your race starts.

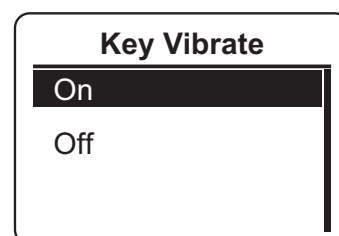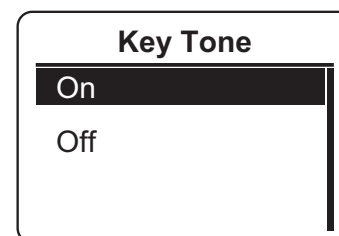1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **General** > **Race mode** and press **OK** to enter its submenu.
3. To enable this feature, press ▲/▼ to select **Yes** and press **OK** to confirm.
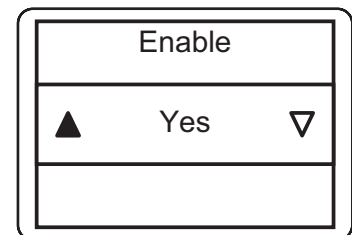
## Configure Auto Scroll (Cardio 60 only)

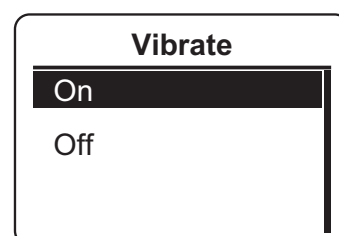When the feature is enabled, the meter view will automatically switch pages at the preset time.

1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **General** > **Auto Scroll** and press **OK** to enter its submenu.
3. Select the desired option and configure the necessary settings.
   - Auto Scroll: enable/disable the feature.
   - Interval: specify the time interval.
4. Press ▲/▼ to select the desired setting and press **OK** to confirm.
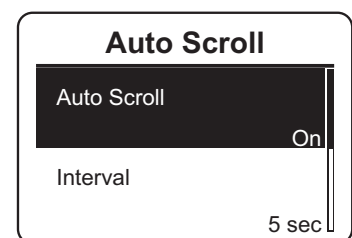
## Enable File Saving Mode

When the feature is enabled, the device will automatically overwrite from your oldest records when memory storage is full.

1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **General** > **File Saving** and press **OK** to enter its submenu.
3. To enable this feature, press ▲/▼ to select **Yes** and press **OK** to confirm.
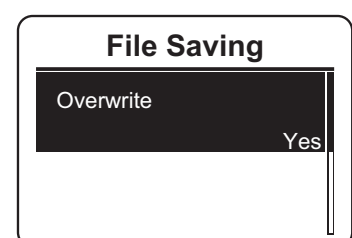
# Adjust Contrast Level

Set your desired contrast level of the display.
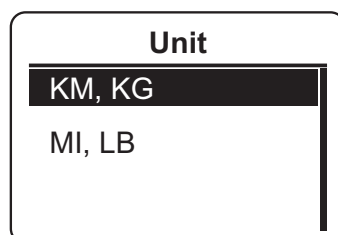
1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** > **General** > **Contrast** and press **OK** to enter its submenu.

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

```
Contrast

[█████████        ]
```
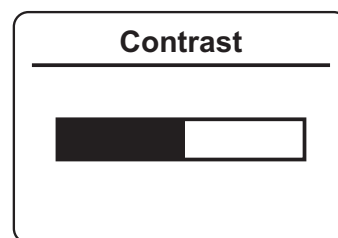
# View Memory Usage

View the storage status of the device.

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** > **General** > **Mem Usage** and press **OK** to confirm.

   The storage status is displayed on the screen.

   **NOTE:** On Cardio 60, select **Settings** > **General** > **Memory %** and press **OK** to confirm.

```
Memory %

        50%
[████████         ]
```
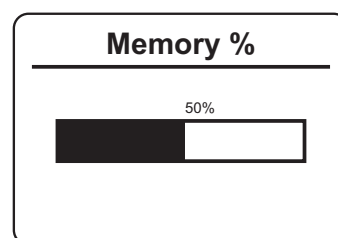
# About

You can view the device current firmware version.

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** > **General** > **About** and press **OK** to confirm.

   The current firmware version is displayed on the screen.

![bryton logo]

# Sensors

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

## Link Heart Rate Sensor

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** > **Sensors** > **Heart Rate** and press **OK** to enter its submenu.

3. Cardio 40/60 has paired the heart rate sensor for you. It will automatically detect the sensor when the sensor is activated and functioning correctly.

> **NOTE:**
> • If you purchase a heart rate sensor separately, you must pair it with your Cardio 40/60 in order to connect your sensor with the device.
> • The information of the sensor ID are included in the package. Please verify the sensor ID is correct.

4. Select **More** and press **OK** to enter the selected sensor submenu.

```
        Heart Rate
     ─────────────────
     Status: Active

     ID: xxxxxxxx
     ─────────────────
           More
```
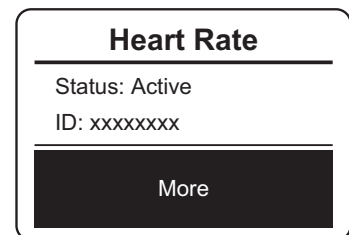
5. Press ▲/▼ to select the desired option and press **OK** to confirm.
   • Rescan: rescan to detect the heart rate sensor. (only required when you want to pair your Cardio 40/60 with other heart rate sensor)
   • Turn Off: disable the sensor. (only required when your Cardio 40/60 has paired with the heart rate sensor.)

```
        Heart Rate
     ─────────────────
     Rescan
     Turn Off
```
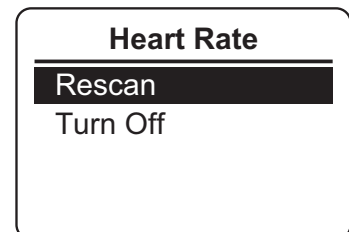
## Link Other Sensors (Cardio 60 only)

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** > **Sensors** > **Speed, Cadence**, or **Speed/CAD** and press **OK** to enter its submenu.

3. Press ▲/▼ to select **More** and press **OK** to enter the selected sensor submenu.

```
          Sensors
     ─────────────────
     Heart Rate

     Speed

     Cadence
```

4. When the sensor is successfully connected, the sensor ID will be displayed on the screen. Verify that the sensor ID is correct.
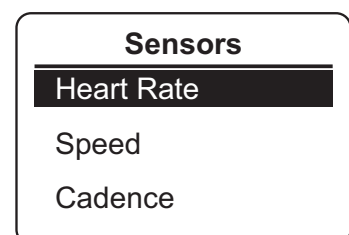
> **NOTE:** The information on the sensors ID are included in the package.

5. Press ▲/▼ to select the desired option and press **OK** to confirm.

- Rescan: rescan to detect the sensor.
- Turn Off (*only if the device has paired with the sensor): disable the sensor.

# Personalize User Profile

## User Profile

You can change your personal information.

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** > **Profile** > **User Profile** and press **OK** to enter its submenu.

3. Select the desired option and configure the necessary settings.

- Gender: select your gender.
- Birthday: enter your birthday.
- Height: set your height.
- Weight: set your weight.
- Max HR: set your maximum heart rate.
- LTHR: set your lactate threshold heart rate.
- Race Time: set the distance and time for the race settings.

**User Profile**

| Gender | Female |
| Birthday | 1980/01/01 |

**NOTE:** It is highly recommend to implement the Bryton Test (LTHR, MHR, 3km Race, or 5km Race) and save the test results to device since these data will be used to create training zone (MHR zone, LTHR zone, and Pace zone) to maximize your training efficiency.

## Bike Profile (Cardio 60 only)

To customize your bicycle(s) profile, do the following:

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** > **Profile** > **Bike Profile** > **Bike 1** or **Bike 2** and press **OK** to enter its submenu.

3. Select the desired option and configure the necessary settings.

- Bike Type: select the bike type.
- Weight: set the bike weight.
- Wheel: set the bike wheel size.

**Bike 1**

| Bike Type | City Bike |
| Weight | 6 kg |

**NOTE:** Please make sure you enter a correct value since it will affect the data calculation while you use speed sensor. For details on wheel size, refer to *Wheel Size and Circumference* section on page 41.

- Active: select to activate the selected bike.

To view the bike profile, do the following:
1. Press ▼ to enter the menu mode.
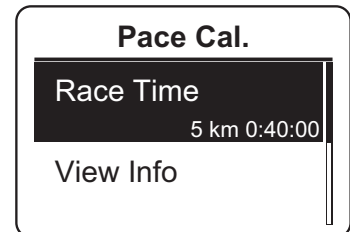
2. Press ▲/▼ to select **Settings** > **Profile** > **Bike Profile** > **Overview** and press **OK** to enter its submenu.

3. Press ▲/▼ to select the desired bike that you want to view and press **OK** to confirm.

4. Press ▲/▼ to view more data of the selected bike.

# Pace Calculator

With the pace calculator function, enter the distance you ran and the length of time you were running. It will estimate in how long it would take you to complete a variety of different races. (3km, 5km, 5mi, 10km, 10mi, half marathon, marathon). Besides, it will also predict what your personal pace should be when you are doing a Speed Form, Maximum Oxygen, Yasso, Tempo, Easy, or Long run.

1. Press ▼ to enter the menu mode.

2. In main menu, press ▼ to select **Pace Cal.** and press **OK** to enter sub menu.

3. Press **Race Time** to enter the run distance and run time.

```
        Pace Cal.
 Race Time
                   5 km 0:40:00
 View Info
```

4. Press ▲/▼ to select the run distance and press **OK** to confirm.

```
         Distance

   ▲      5km       ▼
```

5. Select the run time (Hour, Minute, and Second) and press **OK** to confirm.

```
          Minute

   ▲       40       ▼
```

6. The estimate of different race time and training pace are displayed on the screen.

Press ▲/▼ to view more information or press **OK** to exit the screen.
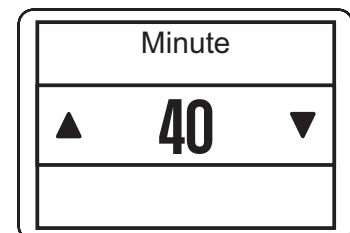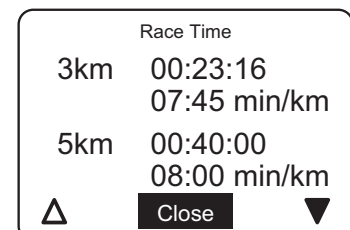
```
         Race Time
  3km     00:23:16
          07:45 min/km
  5km     00:40:00
          08:00 min/km
  △       Close       ▼
```

```
        Training Pace
  Speed  06:55
  Vmax   07:26
  Yasso  17:40
  ▲       Close       ▼
```

# Troubleshooting

## Getting More Information

Go to **http://corp.brytonsport.com** > **Support** for more detailed information.

## Reset Cardio 40/60

Press and hold the three buttons ( /**OK**/▼) at the same time until the device restarts.

*Press and hold these 3 keys to force a system RESET.*

# Appendix

## Glossary and Customizable Data Fields Selection

| Category | Items | Description | Cardio 40 | Cardio 60 |
|---|---|---|---|---|
| Calories | Calories | Calories burned during the current activity | ✓ | ✓ |
| Time | Time | Current time of day based on your time settings | ✓ | ✓ |
| | Run Time | Amount of time at running | ✓ | ✓ |
| | Ride Time | Amount of time at riding | ✓ | ✓ |
| | Exercise Time | Amount of time at exercising | ✓ | ✓ |
| | Trip Time | Total time elapsed | ✓ | ✓ |
| | Sunrise | Sunrise time based on your GPS position | ✓ | ✓ |
| | Sunset | Sunset time based on your GPS position | ✓ | ✓ |
| Pace | Pace | Current pace | ✓ | ✓ |
| | Avg Pace | Average pace of the current activity | ✓ | ✓ |
| Speed | Speed | Current speed | ✓ | ✓ |
| | Avg Speed | Average speed of the current activity | ✓ | ✓ |
| | Max Speed | Maximum speed achieved during the current activity | ✓ | ✓ |
| Distance | Distance | Traveled distance during the current activity | ✓ | ✓ |
| HR | Heart Rate | Current heart rate in beats per minute (bpm) | ✓ | ✓ |
| | Avg Heart Rate | Average heart rate of the current activity | ✓ | ✓ |
| | Max Heart Rate | Maximum heart rate achieved during the current activity | ✓ | ✓ |
| HR | Heart Rate Zone (MHR Zone) | Current heart rate ranges based on maximum heart rate (MHR) | ✓ | ✓ |
| | MHR% | Percentage of maximum heart rate | ✓ | ✓ |
| | LTHR Zone | Current heart rate ranges based on lactate threshold heart rate (LTHR) | ✓ | ✓ |
| | LTHR% | Percentage of lactate threshold heart rate (LTHR) | ✓ | ✓ |

| Category | Items | Description | Cardio 40 | Cardio 60 |
|---|---|---|---|---|
| Stride | *Stride Rate | Current number of strides per minute (spm) | ✓ | ✓ |
| | Avg Stride | Average stride rate of the current activity | ✓ | ✓ |
| | Max Stride | Maximum stride rate achieved during the activity | ✓ | ✓ |
| | *Avg Stride Length | Average length of one step | ✓ | ✓ |
| Cadence | Cadence | Number of revolutions of the crank arm per minute (rpm) | ✗ | ✓ |
| | Avg Cadence | Average cadence of the current activity | ✗ | ✓ |
| | Max Cadence | Maximum cadence achieved during the current activity | ✗ | ✓ |
| Count | Lap Count | Number of laps completed | ✓ | ✓ |
| Time | Lap Time | Amount of time during the current lap | ✓ | ✓ |
| | Last Lap Time | Amount of time recorded in the last completed lap | ✓ | ✓ |
| Pace | Last 1km Pace | Average pace of the last one kilometer completed | ✓ | ✓ |
| | Lap Avg Pace | Average pace of the current lap | ✓ | ✓ |
| | Last Lap Avg Pace | Average pace of the last completed lap | ✓ | ✓ |
| Speed | Lap Avg Speed | Average speed of the current lap | ✓ | ✓ |
| | Lap Max Speed | Maximum speed of the current lap | ✓ | ✓ |
| | Last Lap Avg Speed | Average speed of the last completed lap | ✓ | ✓ |
| Distance | Lap Distance | Traveled distance of the current lap | ✓ | ✓ |
| | Last Lap Distance | Traveled distance of the last completed lap | ✓ | ✓ |
| HR | Lap Avg HR | Average heart rate of the current lap | ✓ | ✓ |
| | Lap Max HR | Maximum heart rate of the current lap | ✓ | ✓ |
| | Last Lap Avg HR | Average heart rate of the last completed lap | ✓ | ✓ |
| | Lap MHR% | Percentage of maximum heart rate of the current lap | ✓ | ✓ |
| | Lap LTHR% | Percentage of lactate threshold heart rate of the current lap | ✓ | ✓ |

| Category | Items | Description | Cardio 40 | Cardio 60 |
| --- | --- | --- | --- | --- |
| Stride | Lap Avg Stride Rate | Average stride rate of the current lap | ✓ | ✓ |
| | Last Lap Avg Stride Rate | Average stride rate of the last completed lap | ✓ | ✓ |
| | Lap Avg Stride Length | Average stride length of the current lap | ✓ | ✓ |
| | Last Lap Avg Stride Length | Average stride length of the last completed lap | ✓ | ✓ |
| Cadence | Lap Avg Cadence | Average cadence of the current lap | ✗ | ✓ |
| | Last Lap Avg Cadence | Average cadence of the last completed lap | ✗ | ✓ |

\* A **Stride** means the distance between the toe of two subsequent footprints of the same foot. Stride rate means how many strides per minute.

\* A **Step** means the distance between the toe of two subsequent feet. Stride length means the length of one step.
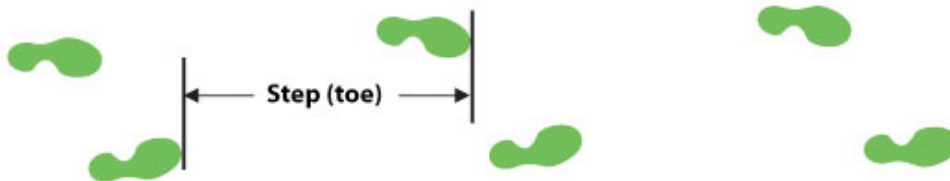
# Installing the Bike Mount (Cardio 60 only)

To mount Cardio 60 onto your bike, do the following:
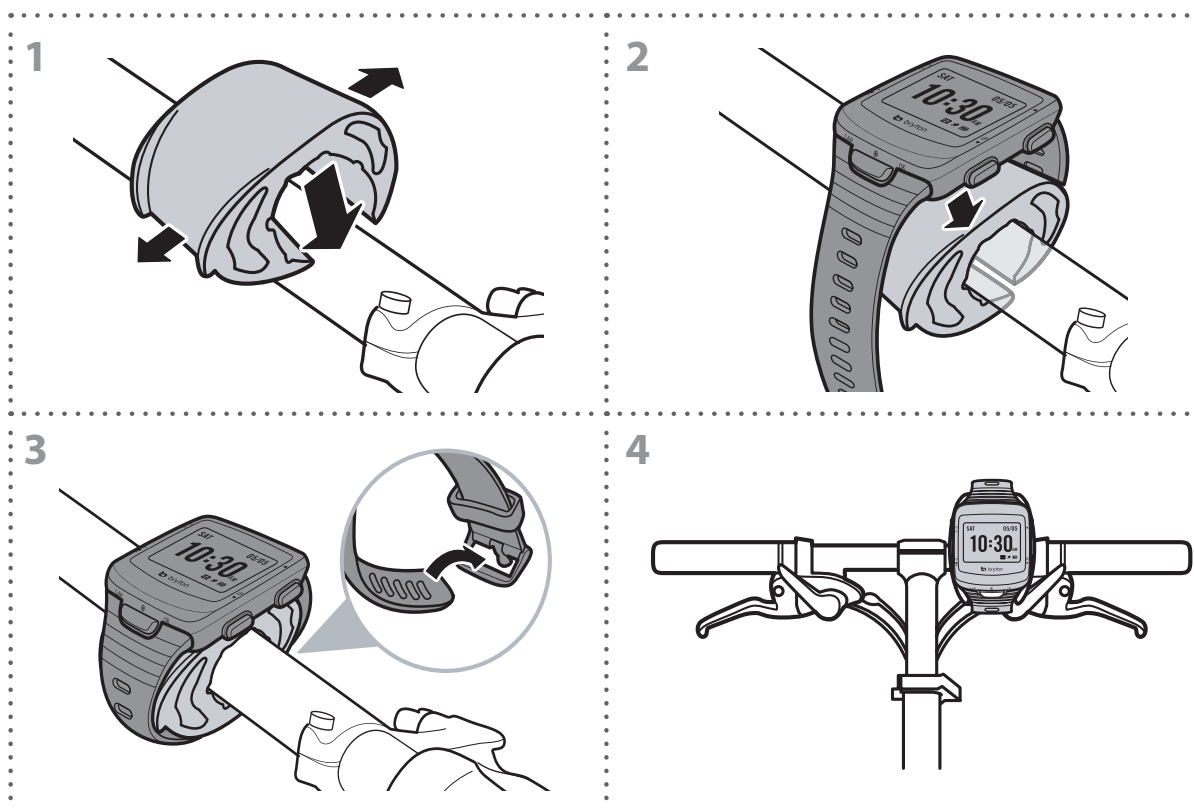
# Installing the Heart Rate Monitor

**1**

**2**

**3**

**4**

**5**
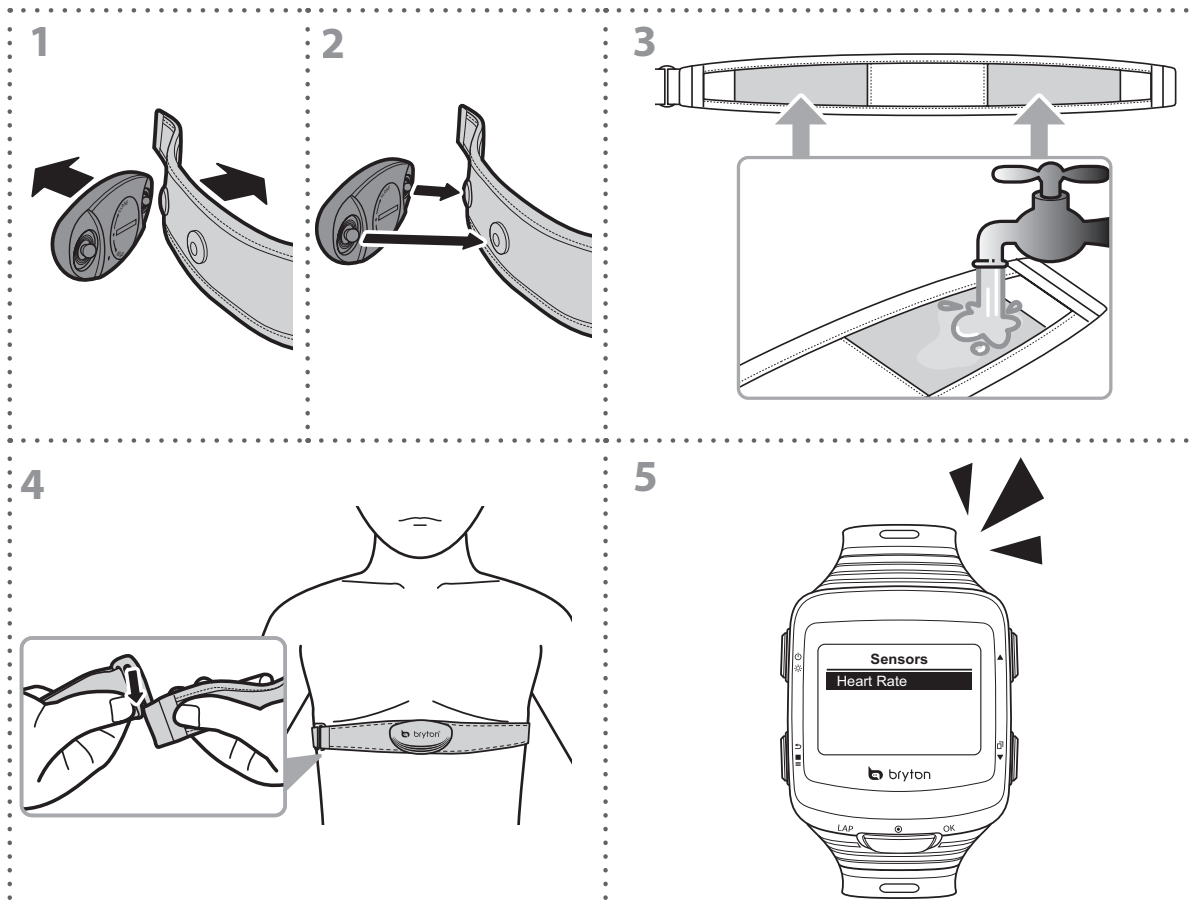
> **NOTE:**
> - Adjust the sensor position to the middle part of the body. The belt should be worn under the chest and directly on your body. The Bryton logo shown on the sensor should be facing upward. Tighten the elastic belt firmly so that it will not turn loose during the exercise.
> - In cold weather, wear appropriate clothing to keep the heart rate belt warm.
> - If the sensor cannot be detected or the reading is abnormal, please wet the electrodes area with water as shown in the step 3 or warm up the heart rate sensor 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 to prevent the battery from running flat.
> - Heart rate sensor does not work under water. This is common to all ANT+ sensors.
> - For triathlon, it is recommended to wear Heart rate belt after swimming as water will reduce the strength of heart beat signal. If the heart rate belt is wore before swimming, heart rate data may not be properly recorded after leaving the water for a period of time.

# Installing the Speed/Cadence Dual Sensor (Cardio 60 only)

**1**



SPD

CAD

CAD

SPD

bryton

**2**



SPD

bryton

**3**



3mm

bryt

**4**



SPD

3mm

**5**



bryton

Sensors

Speed/CAD

bryton

LAP    OK

**6**



Speed/CAD

Rescan

Turn Off

bryton

LAP    OK

- Rescan: rescan to detect the sensor.
- Turn Off: disable the sensor.

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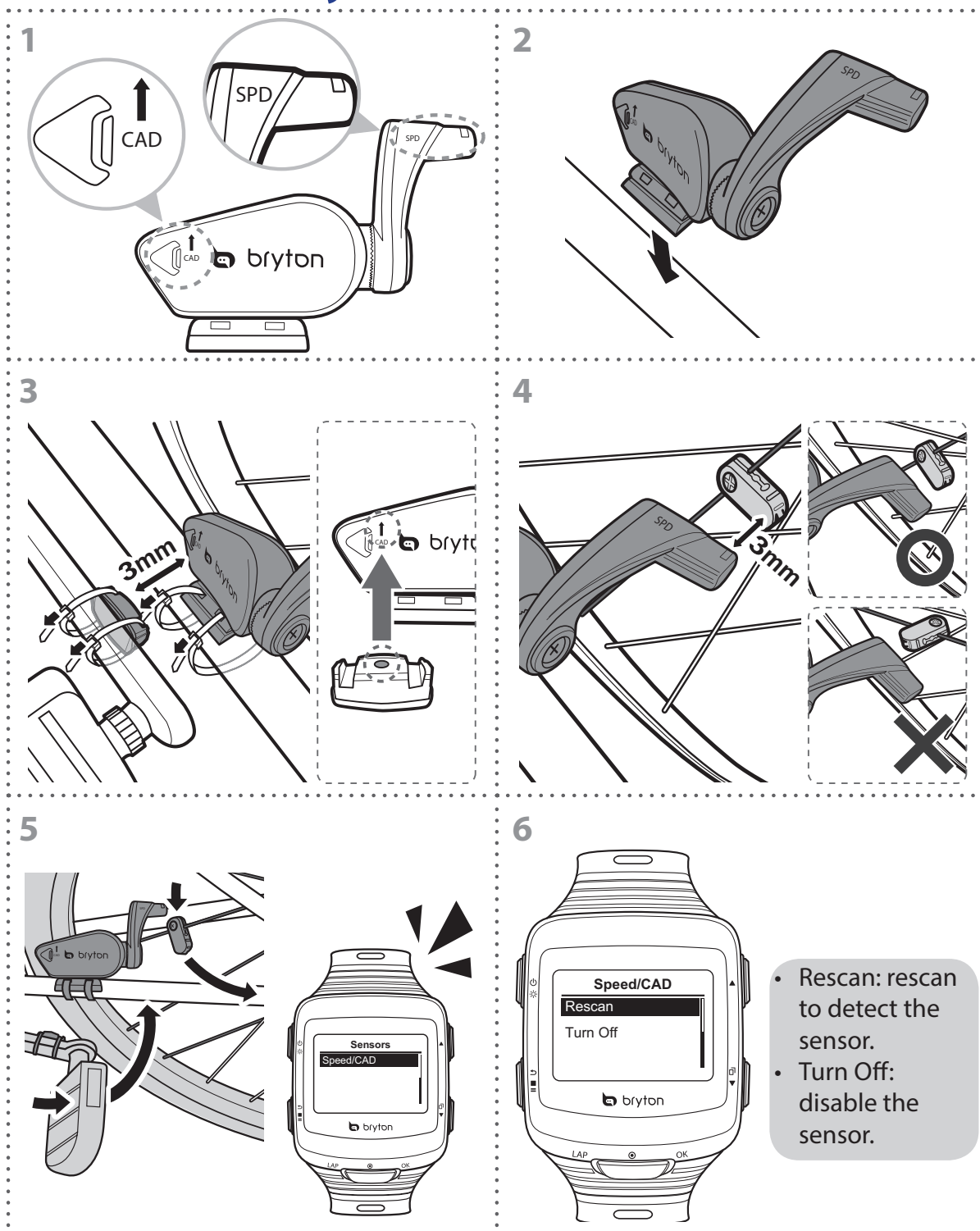
**NOTE:**
- Align both sensor and magnet as shown in the illustration (3) and (4). Pay attention on the alignment points.
- Ensure the distance between the sensor and the magnet is within 3 mm.
- On the initial usage, do the following:

  1. Press the ⟨ button. The LED blinks from red to green, indicating the sensor is working.

  2. Start pedaling.

  3. When the cadence magnet comes across the sensor, the red LED blinks. When the speed magnet comes across the sensor, the green LED blinks.

  4. The LED blinks only for the first 10 passes after pressing the ⟨ button.

  5. If you want to check the alignment status after 10 passes, just press the ⟨ button and repeat step 1to 4.

# 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 x19C | 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 |

# Heart Rate Zones

| Zone | What it does | % of Heart Rate Reserve |
|------|-------------|-------------------------|
| 1: Very Light | 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. | 50-60% |
| 2: Light | Weight management & strengthening 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. | 60-70% |
| 3: Moderate | Benefits not only your heart but also your respitory system. Increases your endurance and enhances your aerobic power, which is the ability to transport oxygen to, and carbon dioxide away from sport-specific muscles. Increases your MET (Metabolic Equivalent) output. | 70-80% |
| 4: Hard | High performance training benefits. Increase 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. | 80-90% |
| 5: Max | 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 endurance pathways or enzymes. | 90-100% |

# Basic Care For Your Cardio 40/60

Taking good care of your Cardio 40/60 will reduce the risk of damage to your device.

- Do not drop your Cardio 40/60 or subject it to severe shock.
- Do not expose your Cardio 40/60 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 Cardio 40/60.
- Do not attempt to disassemble, repair or make any modifications to your device. Any attempt to do so will make the warranty invalid.

# Specifications

## Cardio 40

| Item | Description |
|---|---|
| Display | 1.4" Mono LCD |
| Dimensions | 42.9 x 48.4 x 11.7 mm |
| Weight | 48 g |
| Operating temperature | -10°C ~ 50°C |
| Battery charge temperature | 0°C ~ 40°C |
| Battery life | Up to 14 days in clock mode<br>Up to 8 hours in training mode in open-sky environment |
| GPS | Integrated high-sensitivity receiver with embedded antenna |
| RF receiver | 2.4 GHz ANT+ receiver with embedded antenna |
| G-Sensor | 3-axis acceleration sensor |

## Cardio 60

| Item | Description |
|---|---|
| Display | 1.4" Mono LCD |
| Dimensions | 42.9 x 48.4 x 13.95 mm |
| Weight | 54 g |
| Operating temperature | -10°C ~ 50°C |
| Battery charge temperature | 0°C ~ 40°C |
| Battery life | Up to 28 days in clock mode<br>Up to 16 hours in training mode at open-sky environment |
| GPS | Integrated high-sensitivity receiver with embedded antenna |
| RF receiver | 2.4 GHz ANT+ receiver with embedded antenna |
| G-Sensor | 3-axis acceleration sensor |

# Heart Rate Monitor Set

| Item | Description |
|---|---|
| Physical size | 67~100 x 26 x 15 mm |
| Weight | 14 g (sensor) / 35g (strap) |
| Water Resistance | 20m |
| Transmission range | 5m |
| Battery life | 1 hour per day for 24 months |
| Operating temperature | 5℃ ~ 40℃ |
| Radio frequency/protocol | 2.4GHz ANT+ wireless communication protocol |

# Speed & Cadence Dual Sensor

| Item | Description |
|---|---|
| Physical size | 32.5 x 20.2 x 60mm (body) |
| Weight | 30g |
| Water Resistance | 20m |
| Transmission range | 5m |
| Battery life | 1 hour per day for 1.4 years |
| Operating temperature | -10℃ ~ 60℃ |
| Radio frequency/protocol | 2.4GHz ANT+ wireless communication protocol |

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