



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.

§ 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.

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."

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

IC RF Exposure Compliance

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

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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

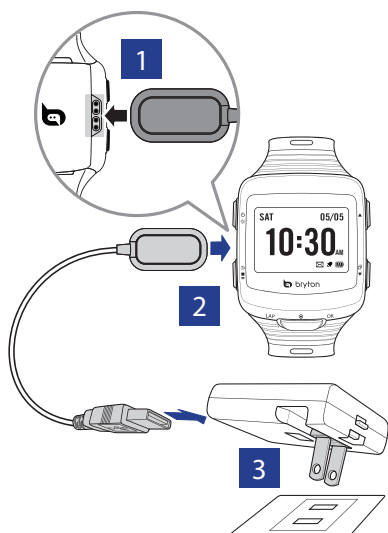
Step 1: Charge the Battery

Using the Power Adapter

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

Warning:

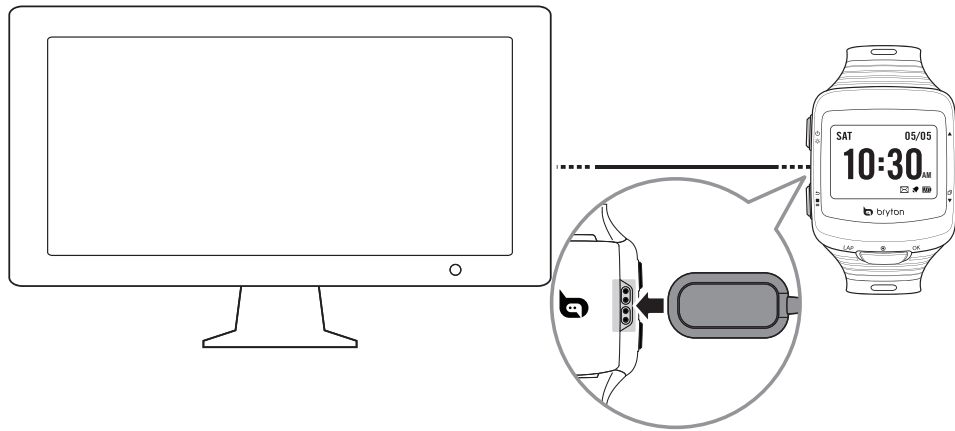
This product contains a lithium-ion battery. See the Warranty and Safety Information guide in the package for important battery safety information.



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.

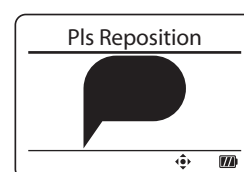
4. Read and accept the Safety Agreement.
 - Press ▲ and ▼ key to read the Safety Agreement.
 - Press **OK** to accept the Safety Agreement.

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.



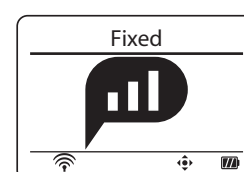
• Searching

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.

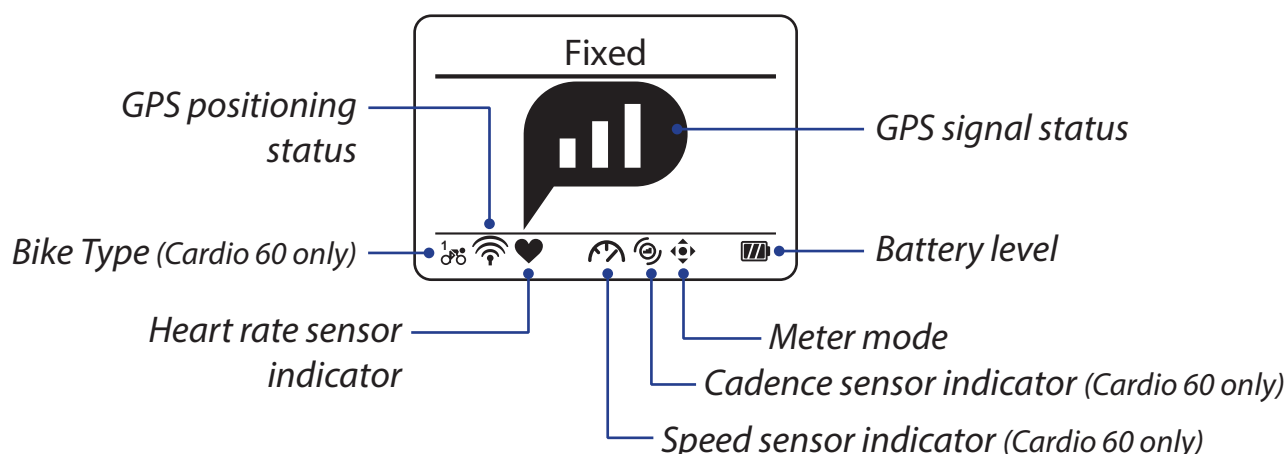
OR

- 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



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 battery
	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.

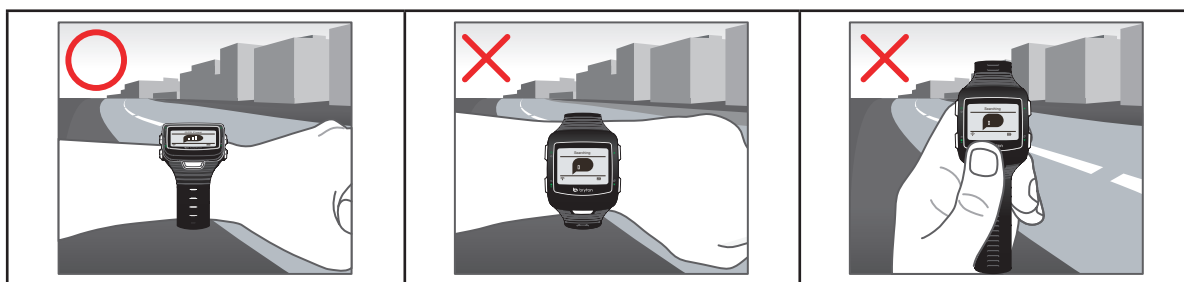
** When blinking, this indicates the device is still searching for the GPS signal.

Receiving GPS Signals

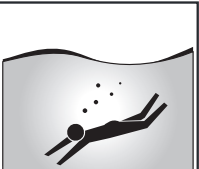
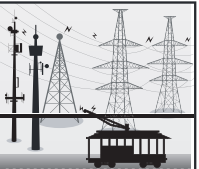
- Cardio implements a status page to indicate current GPS signal strength. After position-fix is done, you can still check GPS status at meter page by inspecting the icon located at up-right corner.

 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.

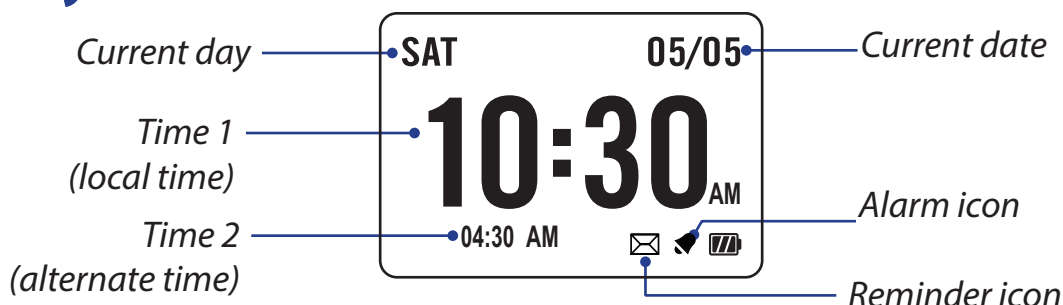


- Please avoid the obstructed environments since they might affect the GPS reception.

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

Clock View

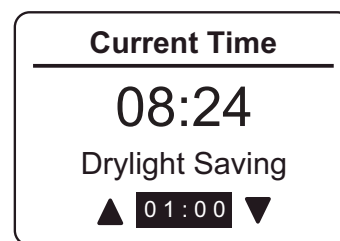
Display Screen



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.

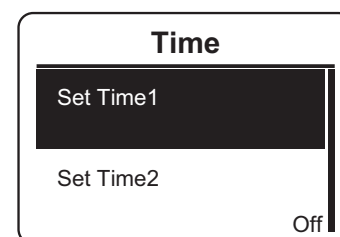


Manually Set Time

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:

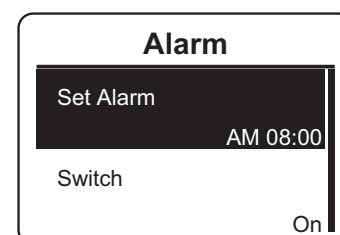
- To enable the Time 2, select **Settings** > **Watch** > **Time** > **Manual** > **Set Time 2** > **Switch** > **On**.
- To change the time format, select **Settings** > **Watch** > **Time** > **Time Format**.



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

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.



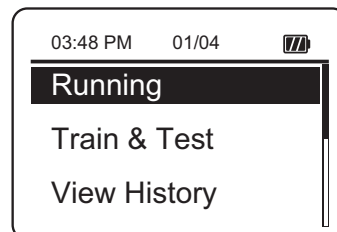
NOTE: To enable the alarm, select **Settings** > **Watch** > **Alarm** > **Switch** > **On**.

Exercises

Starting an Exercise

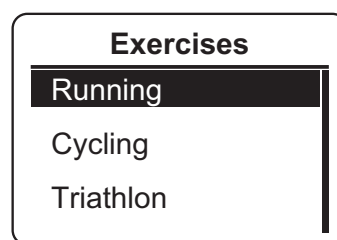
Cardio 40

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



Cardio 60

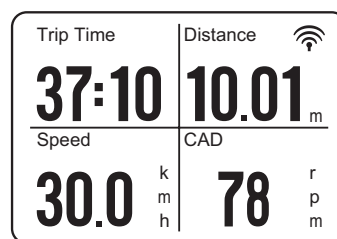
To start an exercise, press ▲/▼ to select **Exercises > Running**, **Cycling**, **Triathlon**, **Multisport**, **Outdoor Swim**, or **Others**. Then press **OK** to start.



Running/Cycling

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

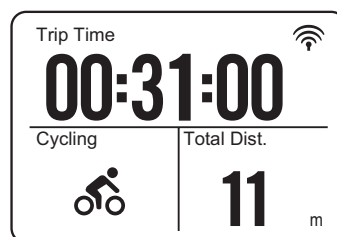
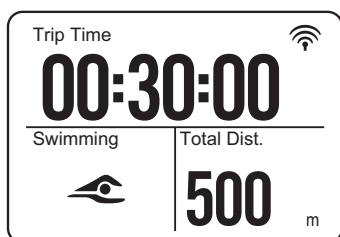
NOTE: **Cycling** option is only available on Cardio 60.



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)

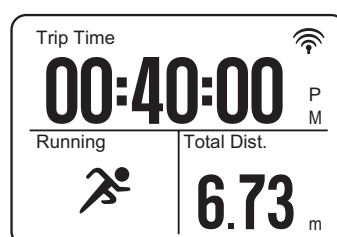
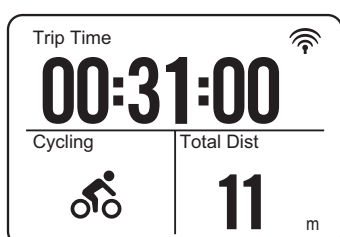
- The exercise information will be displayed as following order: **Swimming > Cycling > Running**. Press **OK** to switch to the second or third sport.
- To add the transition time, refer to "Enable Triathlon Transition Time" on page 27.



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)

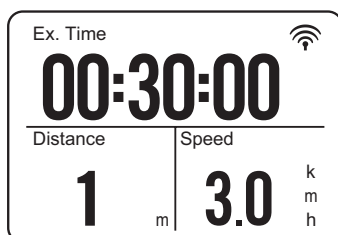
- During the Multisport exercise and the mode setting is set to **Manual**, press ▲/▼ select the desired sport (Running, Cycling, or Swimming) and press **OK** to confirm. Then press **OK** to start exercise.
- To switch to the second sport, press **OK** to display the menu option. To customize the sports sequence in Multisport mode, refer to "Multisport Sequence Setup" on page 26.



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

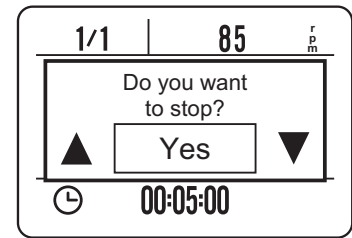
Outdoor Swim (Cardio 60 only)

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



Pause/ Stop Exercising

Press  to pause the recording and press again to stop the recording.



NOTE:

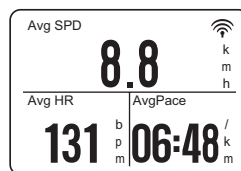
- During exercising/training, press and hold  to enter Shortcut menu.
- When recording, press  twice to stop recording.

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.



2-grid display



3-grid display



4-grid display

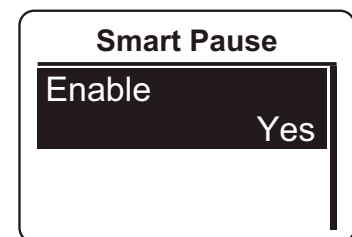
To customize the meter page, refer to "Customize the Display Settings" section on page 23.

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.

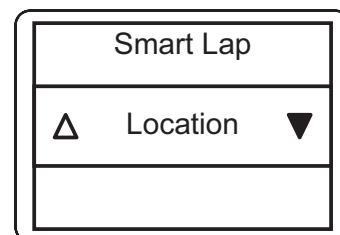
Lap

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.



Cardio 60

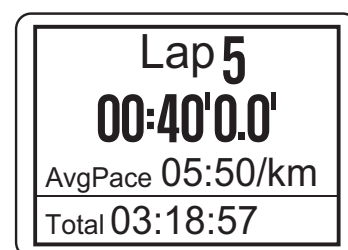
1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **Exercises** > **Running, Cycling**, or **Others** > **Smart Lap** > **Distance** or **Location** and press **OK** to enter its submenu.
3. Set the training target and press **OK** to confirm.

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.



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

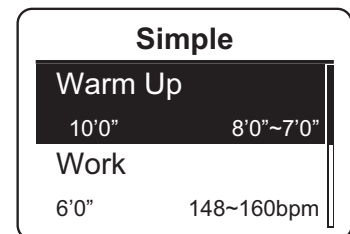
There are three types of simple workouts: By Time, By Distance, and By Calories.

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

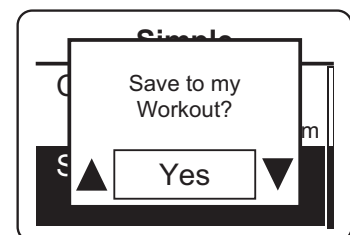
NOTE: On Cardio 60, select **Train & Test > Running or Cycling**.

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.



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"	158~170bpm
Recovery	2' 00"	137~149bpm

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.

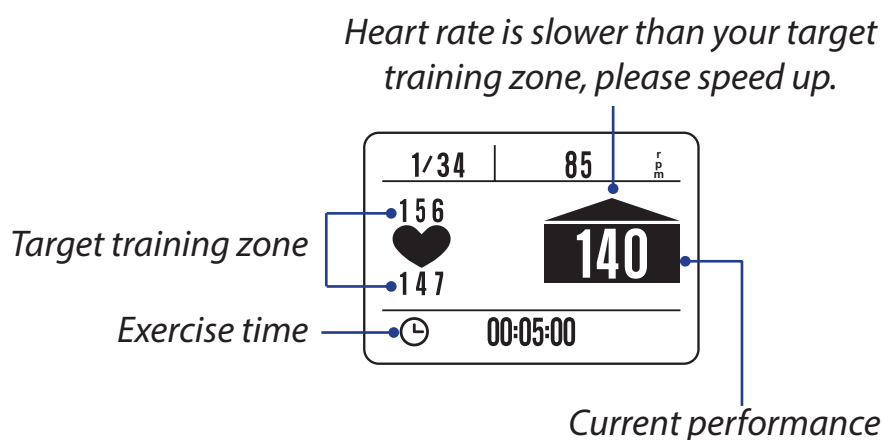
My Workout

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.



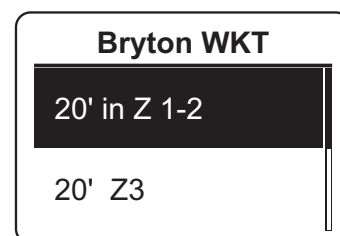
Bryton Workout

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.



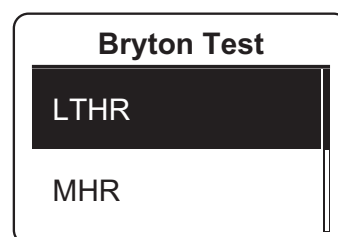
Bryton Test

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.

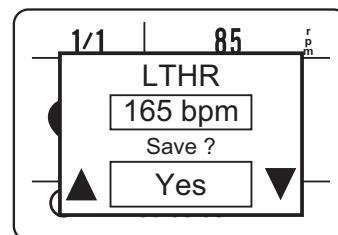
1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Train & Test** and press **OK** to enter Training menu.

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.

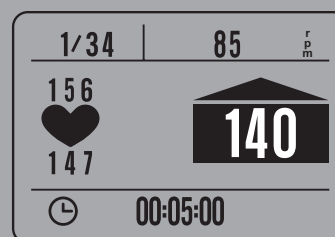


6. When finished the Bryton Test, press ▲/▼ to save the result.



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.



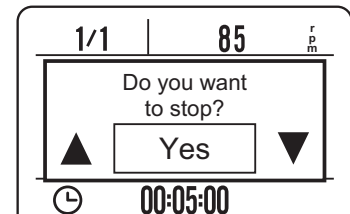
Start Training

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.



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:

Cardio 40

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 ▼

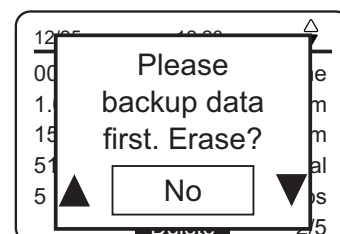
Cardio 60

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.



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

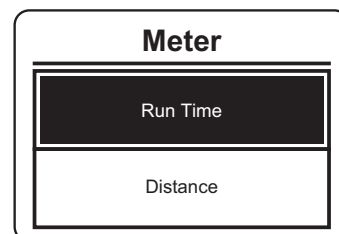
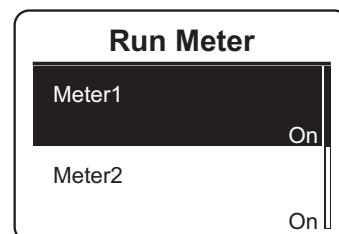
Customize the Display Settings

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.

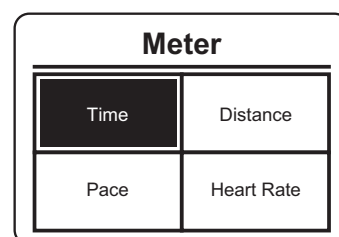
NOTE:

- 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.



2-grid display



4-grid display

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

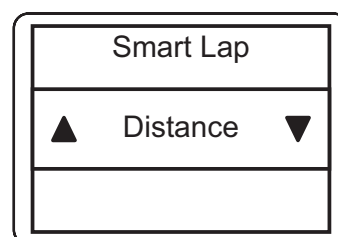
Configure Smart Lap Settings

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.
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.

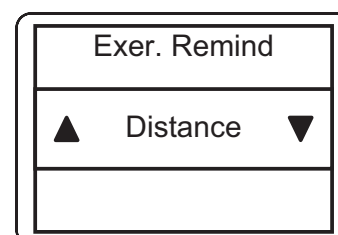
1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** and press **OK** to enter Settings menu.
3. Press ▲/▼ to select **Exercises** > **Exer. Remind** and press **OK** to enter its submenu.

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.

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

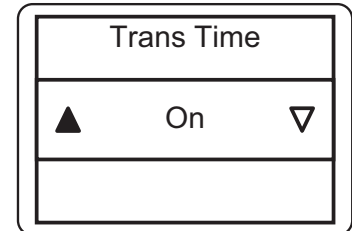


5. Press ▲/▼ to select the desired setting and press **OK** to confirm.

Enable Triathlon Transition Time (Cardio 60 only)

With Triathlon Transition Time feature, you can add a transition time before starting the next sport.

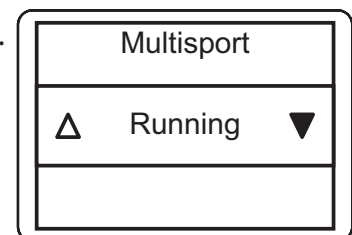
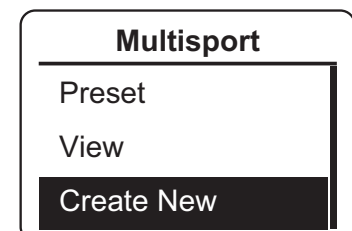
1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** and press **OK** to enter Settings menu.
3. Press ▲/▼ to select **Exercises** > **Triathlon** and press **OK** to enter its submenu.
4. Press ▲/▼ to select **On** and press **OK** to confirm.



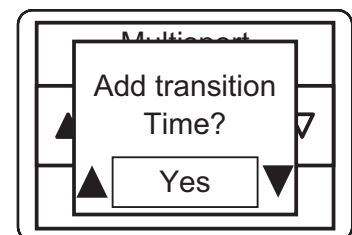
Multisport Sequence Setup (Cardio 60 only)

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.



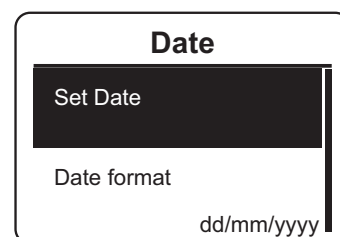
NOTE: If you select **Manual** on step 4, you need to press **OK** to switch to another sport after you start the exercise.

Watch Settings

Adjust Date

Adjust the date and specify the date format.

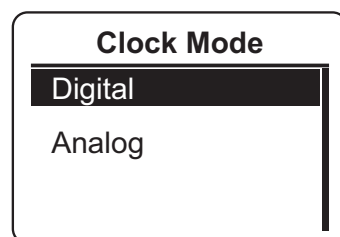
1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **Watch** > **Date** and press **OK** to enter its submenu.
3. Select the desired option and configure the necessary settings.
 - Set Date: adjust the date.
 - Date format: specify the date format.
4. Press ▲/▼ to select the desired setting and press **OK** to confirm.



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.

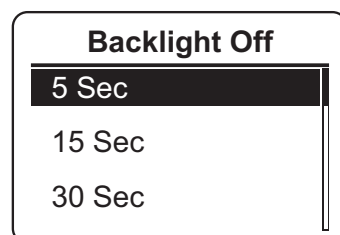


General Settings

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.

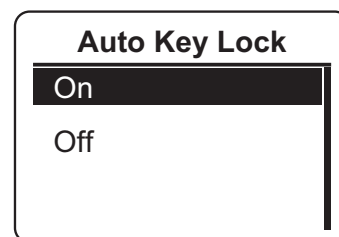


NOTE: The auto mode is based upon the current date and GPS position by which this navigator calculates the exact sunrise and sunset times on the particular day at the particular location. Using this information, the device can automatically turn on the backlight a few minutes after sunset before the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

Enable Auto Key Lock (Cardio 60 only)

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

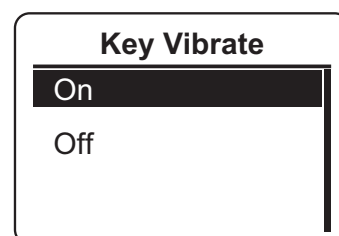
1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **General** > **System** > **Auto Key Lock** and press **OK** to enter its submenu.
3. Press ▲/▼ to select the desired setting and press **OK** to confirm.



Enable Key Vibrate (Cardio 60 only)

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

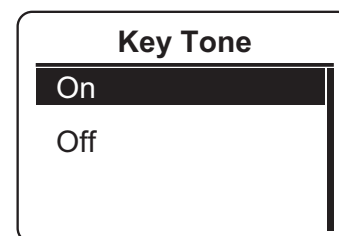
1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **General** > **System** > **Key Vibrate** and press **OK** to enter its submenu.
3. Press ▲/▼ to select **On** and press **OK** to confirm.



Enable Key Tone

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

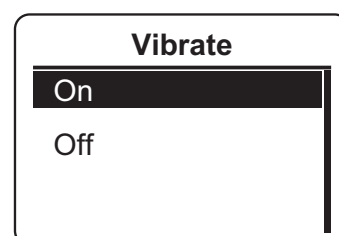
1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **General** > **System** > **Key Tone** and press **OK** to enter its submenu.
3. Press ▲/▼ to select **On** and press **OK** to confirm.



Enable Vibrate (Cardio 60 only)

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

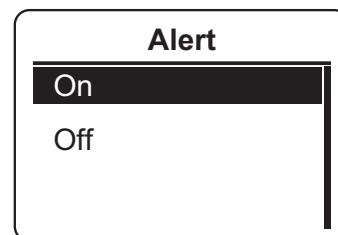
1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **General** > **System** > **Vibrate** and press **OK** to enter its submenu.
3. Press ▲/▼ to select **On** and press **OK** to confirm.



Enable Alert Notification

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

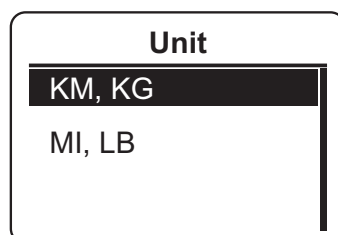
1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **General** > **System** > **Alert** and press **OK** to enter its submenu.
3. Press ▲/▼ to select **On** and press **OK** to confirm.



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.



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.

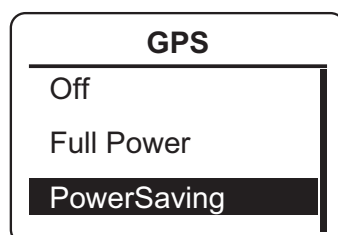
Set GPS Mode

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:

- 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.



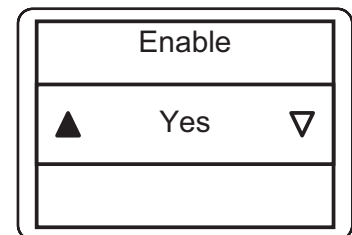
- **PowerSaving:** The GPS positioning will be less accurate but battery hours can last longer. When exercising in environments with good sky view, such as in country side or along the river, there will be no differences between power saving mode and full power mode. In these cases, choose power saving 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.

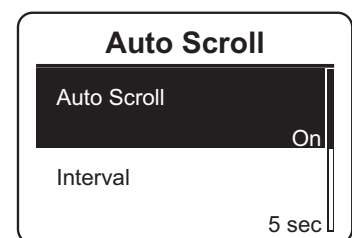
1. Press **▼** to enter the menu mode.
2. Press **▲/▼** to select **Settings** > **General** > **Race mode** and press **OK** to enter its submenu.
3. To enable this feature, press **▲/▼** to select **Yes** and press **OK** to confirm.



Configure Auto Scroll (Cardio 60 only)

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

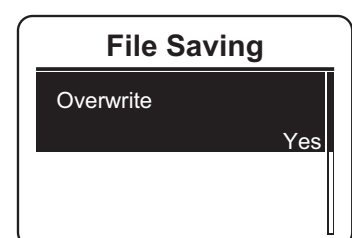
1. Press **▼** to enter the menu mode.
2. Press **▲/▼** to select **Settings** > **General** > **Auto Scroll** and press **OK** to enter its submenu.
3. Select the desired option and configure the necessary settings.
 - Auto Scroll: enable/disable the feature.
 - Interval: specify the time interval.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

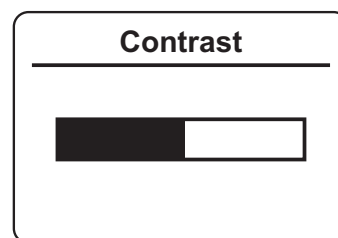
1. Press **▼** to enter the menu mode.
2. Press **▲/▼** to select **Settings** > **General** > **File Saving** and press **OK** to enter its submenu.
3. To enable this feature, press **▲/▼** to select **Yes** and press **OK** to confirm.



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.



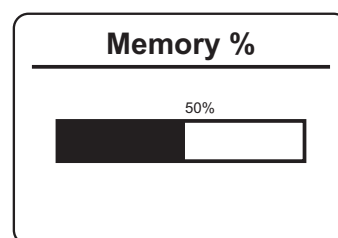
View Memory Usage

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.



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.

Sensors

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

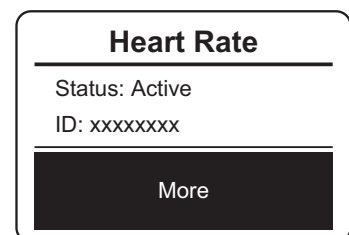
Link Heart Rate Sensor

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.

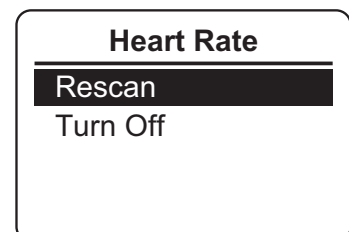
NOTE:

- 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.

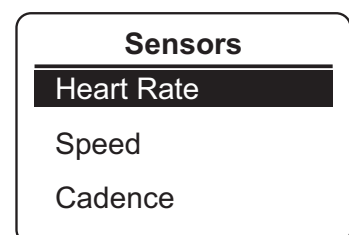


5. Press ▲/▼ to select the desired option and press **OK** to confirm.
 - Rescan: rescan to detect the heart rate sensor. (only required when you want to pair your Cardio 40/60 with other heart rate sensor)
 - Turn Off: disable the sensor. (only required when your Cardio 40/60 has paired with the heart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



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.
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.
 4. Press ▲/▼ to select the run distance and press **OK** to confirm.
 5. Select the run time (Hour, Minute, and Second) and press **OK** to confirm.
 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.

Pace Cal.

Race Time

5 km 0:40:00

View Info

Distance

▲

5km

▼

Minute

▲

40

▼

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

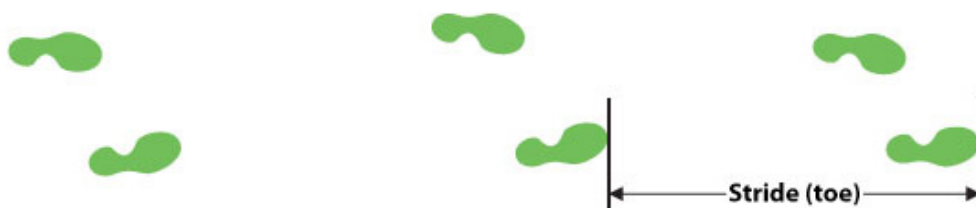
Glossary and Customizable Data Fields Selection

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)	✓	✓

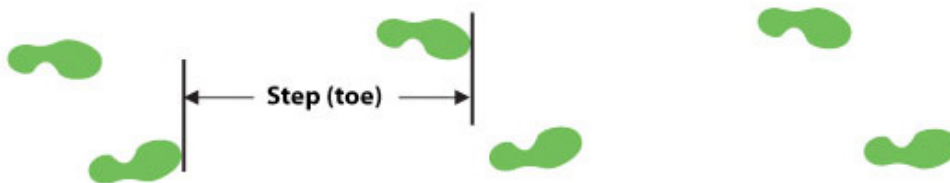
Category	Items	Description	Cardio 40	Cardio 60
Stride	*Stride Rate	Current number of strides per minute (spm)	✓	✓
	Avg Stride	Average stride rate of the current activity	✓	✓
	Max Stride	Maximum stride rate achieved during the activity	✓	✓
	*Avg Stride Length	Average length of one step	✓	✓
Cadence	Cadence	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.

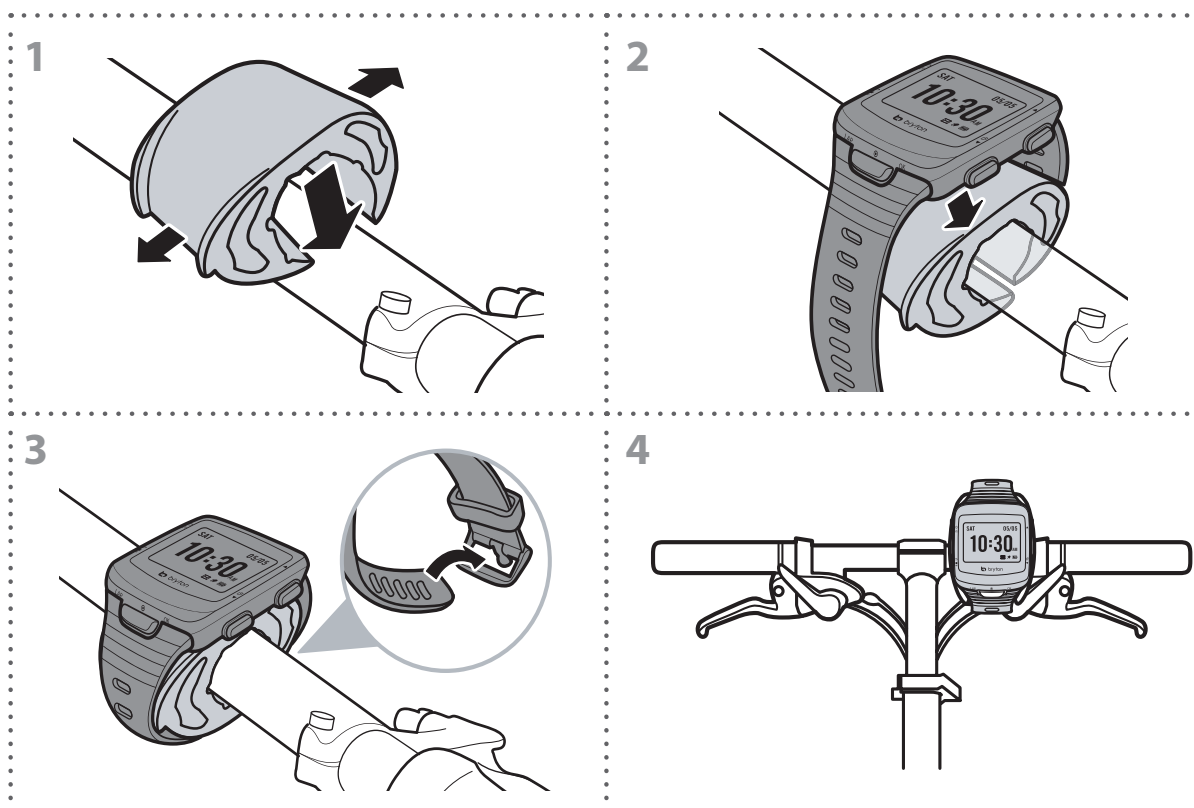


* A **Step** means the distance between the toe of two subsequent feet. Stride length means the length of one step.

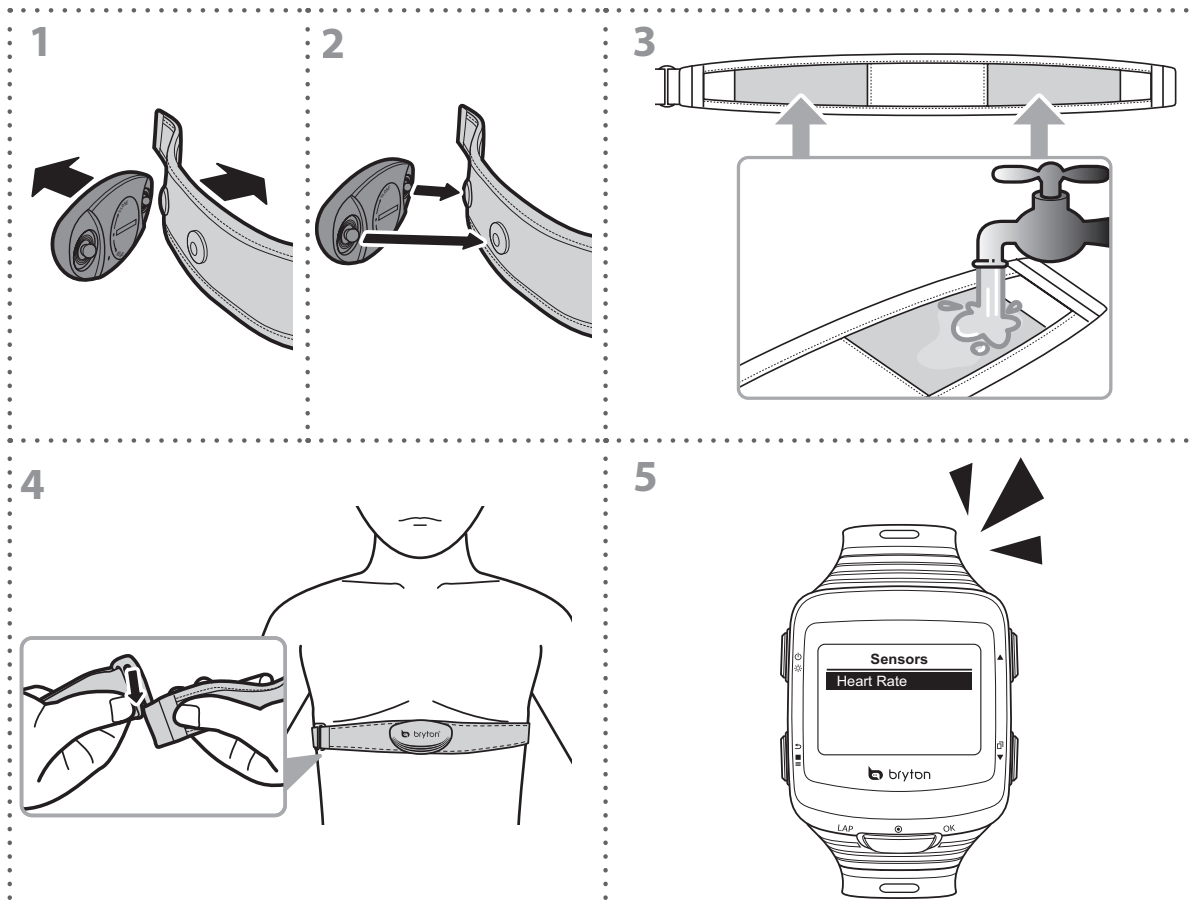


Installing the Bike Mount (Cardio 60 only)

To mount Cardio 60 onto your bike, do the following:



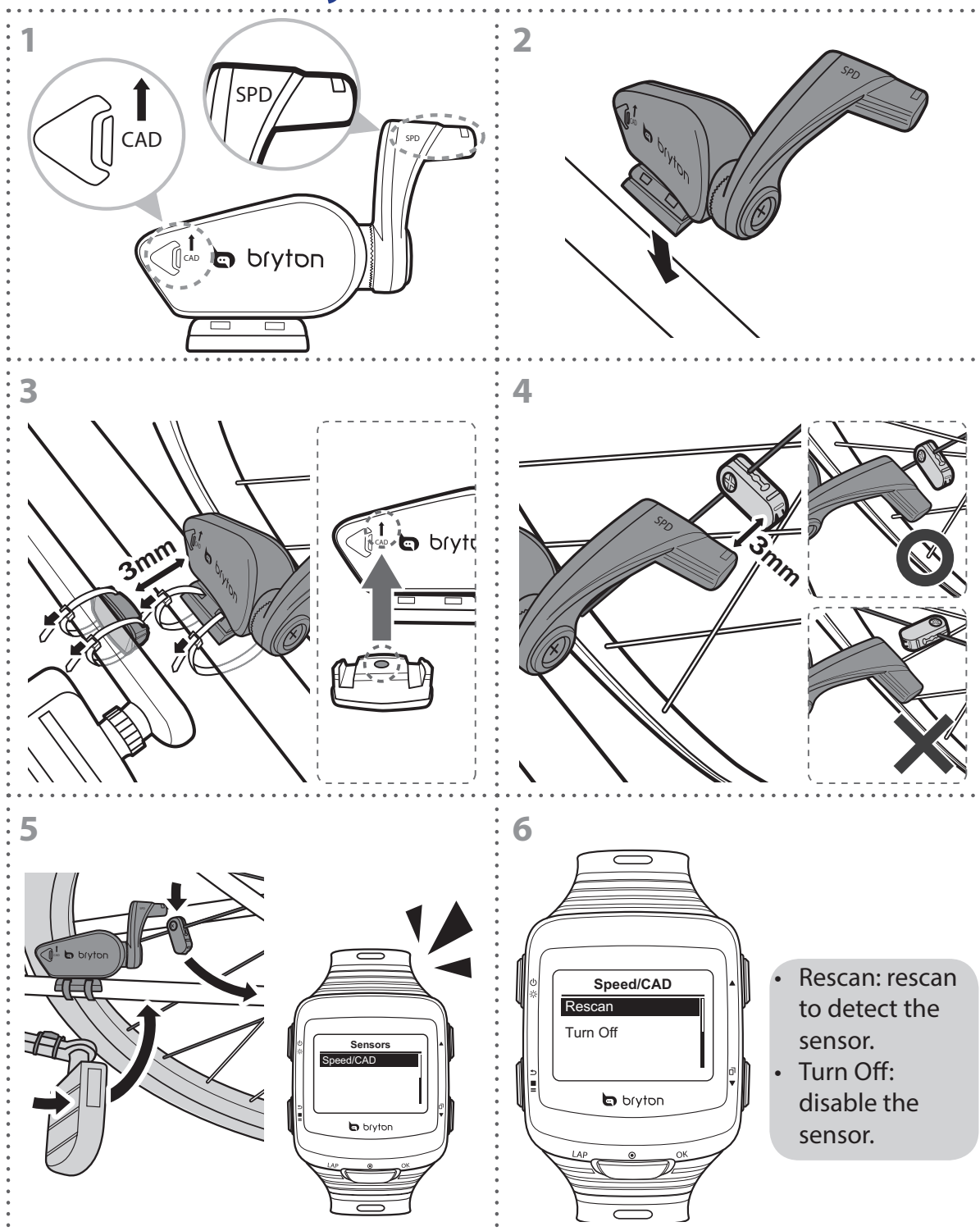
Installing the Heart Rate Monitor



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)



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 1 to 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 x 19C	2080
700 x 20C	2086
700 x 23C	2096
700 x 25C	2105
700 x 28C	2136
700 x 30C	2170
700 x 32C	2155
700C Tubular	2130
700 x 35C	2168
700 x 38C	2180
700 x 40C	2200

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 respiratory 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 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 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°C ~ 40°C
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°C ~ 60°C
Radio frequency/protocol	2.4GHz ANT+ wireless communication protocol

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

