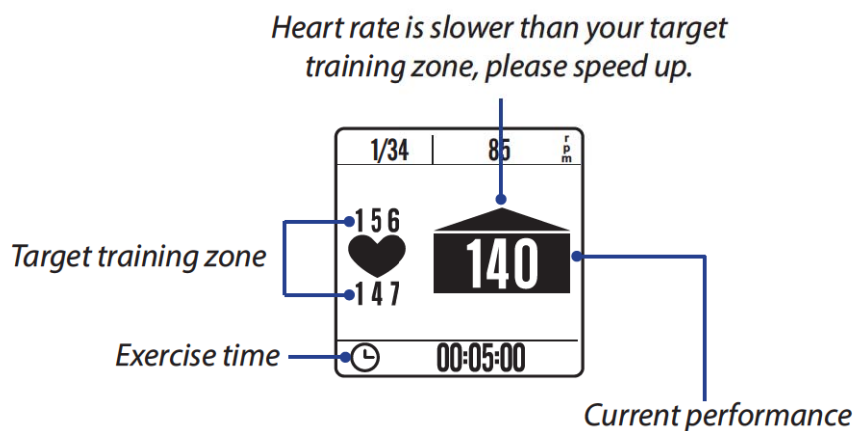# My Workout

You can start a workout using your planned workouts on Amis S430/S630.

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

> **NOTE:** On Amis S630, 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 ⊙/LAP 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 Amis S430/S630. 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 ⊙/LAP to enter Training menu.

> **NOTE:** On Amis S630, 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 ⊙/LAP to start exercise.

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

Bryton Test

Bryton Test has preloaded on Amis S430/S630. 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 ⦿/LAP to enter Training menu.

> **NOTE:** On Amis S630, 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 ⦿/LAP to start exercise.

6. When finished the Bryton Test, press ▲/▼ to save the result.
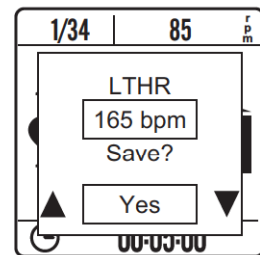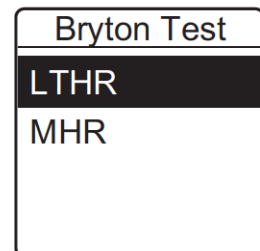
NOTE:
- When the 👆 icon appears on the screen, press ▲ to skip the current *Interval*.
- It is highly recommend to implement the Bryton Test and save the test results to enhance your training efficiency.
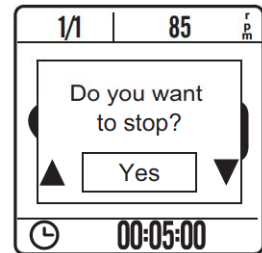
Start Training

Press ⊙/LAP to start recording the log.

Stop Training

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

Press ⤴/═/■ to stop the recording.

NOTE: 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 ⊙/LAP to confirm.
3. Use ▲/▼ to view your history. Choose **More** by pressing ⊙/LAP 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:

Amis S430

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

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

Amis S630

1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **View History** > **Summary** > **Running**, **Cycling**, **Outdoor Swim**, or **Others** and press ⊙/LAP 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 ⊙/LAP to confirm.
3. Press ▲/▼ to select the record that you want to delete and press ⊙/LAP to confirm.
4. A "Please backup data first. Erase?" message appears on the screen. To delete the data, press ▲/▼ to select **Yes** and press ⊙/LAP to confirm.

```
12/25     12:23        ⬍
0                   e
1      Please       n
1    backup data
5    first. Erase?  al
5                   s
 ▲      No      ▼
     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 ⊙/LAP to confirm.
3. A "Please backup data first. Erase?" message appears on the screen. To delete the data, press ▲/▼ to select **Yes** and press ⊙/LAP to confirm.
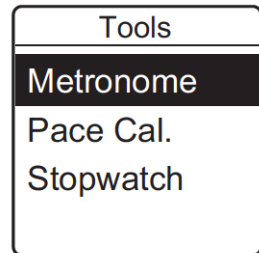
Tools

Metronome

The built-in Metronome helps train your stride rate and reduces the risk of being injured. When the metronome function is enabled, the device will beep to help you keep a steady stride while running.

To enable the metronome function, do the following:

1. Press ▼ to enter the menu mode.

2. In main menu, press ▲/▼ to select **Tools** > **Metronome** > **Metronome** and press ⊙/LAP to enter sub menu.

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

```
      Tools
Metronome
Pace Cal.
Stopwatch
```
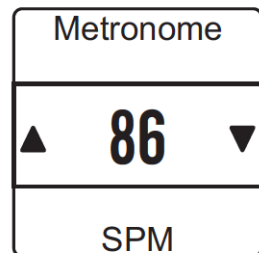
To set the stride rate, do the following:

1. Press ▼ to enter the menu mode.

2. In main menu, press ▲/▼ to select **Tools** > **Metronome** > **Stride Rate** and press ⊙/LAP to enter sub menu.

```
    Metronome
Metronome
            On
Stride Rate
        86 spm
```
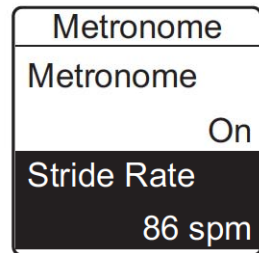
3. Use ▲/▼ to set the desired setting and press ⊙/LAP to confirm.

```
   Metronome

 ▲   86   ▼

      SPM
```

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 run, Maximum oxygen run (Vmax), Yasso run, Tempo run, Easy Run, or Long speed distance Run.

1. Press ▼ to enter the menu mode.

2. In main menu, press ▲/▼ to select **Tools** > **Pace Cal.** and press ◉/LAP to enter sub menu.

3. Select **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 ◉/LAP to confirm.

Distance
▲   5km   ▼

5. Select the run time (Hour, Minute, and Second) and press ◉/LAP 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 ◉/LAP 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 ▼	

Stopwatch

With the Stopwatch feature, you can measure the amount of time elapsed from the time the device is activated and deactivated. You can switch between two modes: Countdown and Stopwatch. Countdown is used to notify you when a set amount of time has passed. Stopwatch is used to record lap times within a particular period of time.
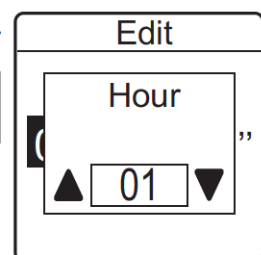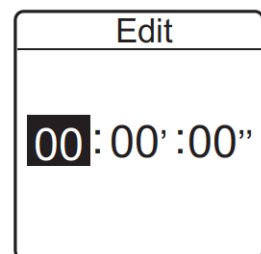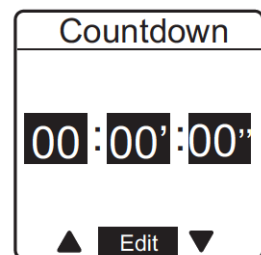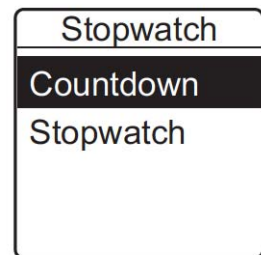
Countdown

To set the countdown time, do the following:

1. Press ▼ to enter the menu mode.

2. In main menu, press ▲/▼ to select **Tools** > **Stopwatch** > **Countdown** and press ⊙/LAP to enter sub menu.

Stopwatch
Countdown
Stopwatch

3. Press ▲/▼ to select **Edit** and press ⊙/LAP to set the countdown time.

Countdown
00 :**00**' :**00**"
▲ Edit ▼

4. Press ▲/▼ to select the field (Hour, Minute, or Second) that you want to set and press ⊙/LAP to enter the submenu.

Edit
00 : 00' : 00"

5. Press ▲/▼ to select the desired setting and press ⊙/LAP to confirm.

> **NOTE:** Repeat Step 4~5 to set another field.

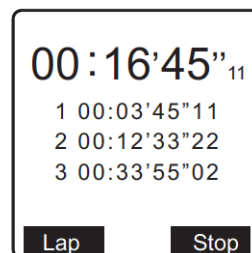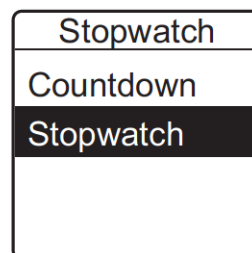| Edit |
|---|
| Hour |
| ▲ 01 ▼ |

6. Once all settings are complete, press ▲/▼ to select **Start** and press ⊙/LAP to start the countdown.

   • To pause the countdown, press ⊙/LAP . To resume the countdown, press ▲/▼ to select **Start** and press ⊙/LAP to restart.

   • To reset the countdown, press �/═/■ and press ▲/▼ to select **Edit** to reset the countdown time.

Countdown
01 :30' :25"
▲ Start ▼

Stopwatch

To record lap times, do the following:

1. Press ▼ to enter the menu mode.

2. In main menu, press ▲/▼ to select **Tools** > **Stopwatch** > **Stopwatch** and press ⊙/LAP to enter sub menu.

3. To start the stopwatch, press ⊙/LAP.

4. To record a lap while the watch is running, press ⊙/LAP. It displays the first lap time. Repeat this step to record a new lap.

   - To stop recording laps, press ⤺/═/■. To resume recording laps, press ⊙/LAP.

   - To reset the stopwatch, press ▼ and press ⊙/LAP to start the stopwatch.

Stopwatch
Countdown
Stopwatch

00 : 16'45"11

1 00:03'45"11
2 00:12'33"22
3 00:33'55"02

Lap   Stop

00 : 57'05"11

1 00:03'45"11
2 00:12'33"22
3 00:33'55"02

Back   Start   Reset

Notification

The notification feature allows Amis S430/S630 to obtain information from a Bluetooth enabled mobile phone. When Bluetooth features are turned on, Amis S430/S630 will notify you of incoming calls and messages.

• Turn on the Bluetooth feature on your Bluetooth enabled mobile phone and Amis S430/ S630.

• Pair your Bluetooth enabled mobile phone with Amis S430/S630. For the pairing instructions, please refer to **_Share Your Records_** on page 10.

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 Data Display

1. Press ▼ to enter the menu mode.

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

3. Press ▲/▼ to select **Exercises** > **Data Page** > **Data Page** > **Data Page 1**, **Data Page 2**, **Data Page 3**, or **Data Page 4** and press ⊙/LAP to enter its submenu.

> **NOTE:**
> • On Amis S630, select **Exercises** > **Running**, **Cycling**, **Outdoor Swim, or Others** > **Data Page** > **Data Page** > **Data Page 1**, **Data Page 2**, **Data Page 3**, or **Data Page 4** and press ⊙/LAP to enter its submenu.
> • Lap only has Data Page 1 and Data Page 2 for personalized settings.

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

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

6. Press ▲/▼ to select the desired setting and press ⊙/LAP to confirm. You can customize your data page/lap page by selecting from the various items. Refer to page 42 on Appendix for the full list of personalized items.

```
┌─────────────────────┐
│     Run Data        │
├─────────────────────┤
│  Data Page 1        │
│                On   │
├─────────────────────┤
│  Data Page 2        │
│                On   │
└─────────────────────┘
```

```
┌─────────────────────┐
│     Data Page       │
├─────────────────────┤
│    ┌─────────────┐  │
│    │  Run Time   │  │
│    ├─────────────┤  │
│    │  Distance   │  │
│    └─────────────┘  │
└─────────────────────┘
```
2-grid display

```
┌─────────────────────┐
│     Data Page       │
├─────────────────────┤
│  ┌──────┬────────┐  │
│  │ Time │Distance│  │
│  ├──────┼────────┤  │
│  │ Pace │Heart Rate│ │
│  └──────┴────────┘  │
└─────────────────────┘
```
4-grid display

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

bryton

Set Alert

With the Alert feature, the device 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 ⊙/LAP to enter Settings menu.

3. Press ▲/▼ to select **Exercises** > **Alert** and press ⊙/LAP to enter its submenu.

> **NOTE:** On Amis S630, select **Exercises** > **Running, Cycling, Outdoor Swim, or Others** > **Alert** and press ⊙/LAP to enter its submenu.

4. Select **Pace**, **HR**, **StrideRate**, **Distance**, or **Time** and press ⊙/LAP to configure the necessary settings.

```
       Alert
─────────────────────
 ▲    Distance    ▼
─────────────────────

```
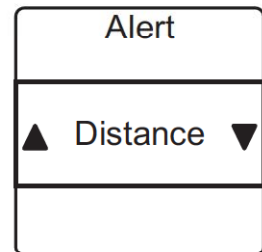
> **NOTE:** On Amis S630, the available options vary depending on the selected mode:
> - Running mode: Pace/HR/StrideRate/Distance/Time/Off
> - Cycling mode: Speed/Distance/Time/Off
> - Outdoor Swim mode: Time/Distance/Off
> - Others mode: Time/Distance/Off

5. Press ▲/▼ to select the desired setting and press ⊙/LAP to confirm.

Enable Triathlon Transition Time (Amis S630 only)

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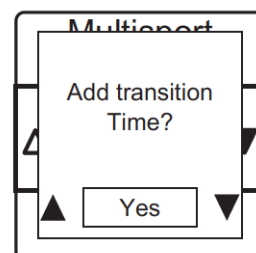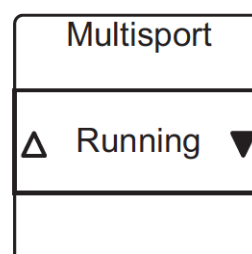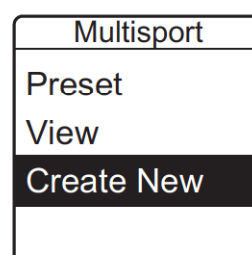
1. Press ▼ to enter the menu mode.

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

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

4. Press ▲/▼ to select **On** and press ⊙/LAP to confirm.

```
     Trans Time
─────────────────────
 ▲       On       ▽
─────────────────────

```
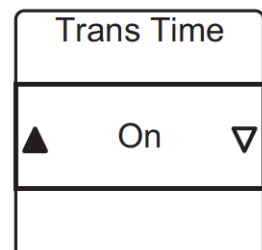
Multisport Sequence Setup (Amis S630 only)

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 ⊙/LAP to enter Settings menu.

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

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

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

```
       Multisport
  Preset
  View
  Create New
```

6. Press ▲/▼ to select the desired sport and press ⊙/LAP to confirm.

7. To add more sports, press ⊙/LAP and repeat Step 6.

```
       Multisport

  △    Running    ▼
```

8. After the setup is complete, press ↰/═/■ and press ▲/▼ to select **Yes** and press ⊙/LAP to enter the transition time submenu.

```
       Multisport
    Add transition
        Time?

   ▲     Yes     ▼
```

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

Watch Settings

Adjust Date

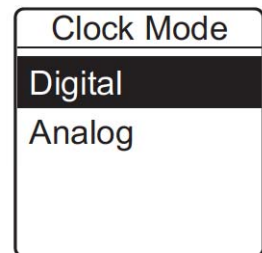Adjust the date and specify the date format.

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** > **Watch** > **Date** and press ⊙/LAP 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 ⊙/LAP to confirm.

Date
Set Date
Date format
dd/mm/yyyy
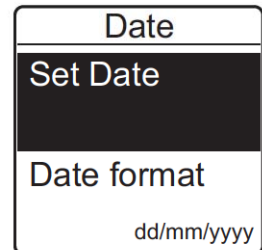
Change Clock View

Specify the clock view.

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** > **Watch** > **Clock Mode** and press ⊙/LAP to enter its submenu.

3. Press ▲/▼ to select **Digital** or **Analog** and press ⊙/LAP to confirm.

Clock Mode
Digital
Analog

4. Press ▲/▼ to select the desired digital/analog format and press ⊙/LAP to confirm.
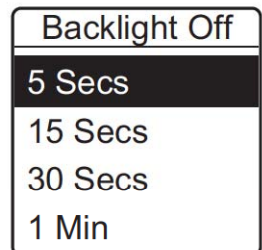
General Settings

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 ⊙/LAP to enter its submenu.

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

| Backlight Off |
| --- |
| 5 Secs |
| 15 Secs |
| 30 Secs |
| 1 Min |

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 (Amis S630 only)

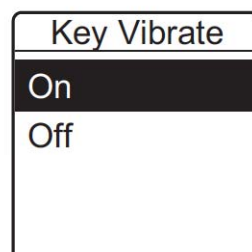When the feature is enabled, the key will be automatically locked after 10 seconds.

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 ◉/LAP to confirm.

```
Auto Key Lock
On
Off
```
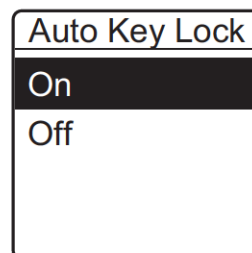
Enable Key Vibrate (Amis S630 only)

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 ◉/LAP to enter its submenu.

3. Press ▲/▼ to select **On** and press ◉/LAP 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 ◉/LAP to enter its submenu.

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

```
Key Tone
On
Off
```

Enable Vibrate (Amis S630 only)

When the feature is enabled, the device will vibrate once you miss your targeted goal.
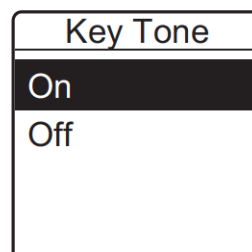
1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** > **General** > **System** > **Vibrate** and press ◉/LAP to enter its submenu.

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

```
Vibrate
On
Off
```

Enable Sound Alert

When the feature is enabled, the device will play sounds to remind you once you miss your targeted goal.
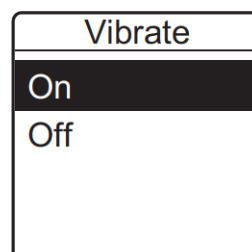
1. Press ▼ to enter the menu mode.
2. Press ▲/▼ to select **Settings** > **General** > **System** > **Sound Alert** and press ⊙/LAP to enter its submenu.
3. Press ▲/▼ to select **On** and press ⊙/LAP to confirm.

Sound 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 ⊙/LAP to enter its submenu.
3. Press ▲/▼ to select the desired setting and press ⊙/LAP 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 ⊙/LAP to enter its submenu.
3. Press ▲/▼ to select the desired language and press ⊙/LAP 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 ⊙/LAP 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 less than the specified battery hour, choose Full Power mode to maximize GPS accuracy.

| GPS |
| --- |
| Off |
| Full Power |
| PowerSaving |

28

- **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 ⦿/LAP to confirm.

Enable Bluetooth

Before pairing Amis S430/S630 with your bluetooth enabled mobile phone, make sure the bluetooth function of your mobile phone and Amis is turned on.
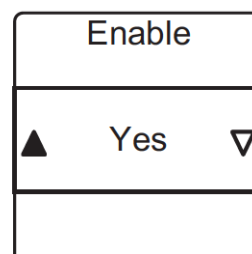
1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** > **General** > **Bluetooth** > **Bluetooth** and press ⦿/LAP to enter its submenu.

3. To enable this function, press ▲/▼ to select **On** and press ⦿/LAP to confirm.

```
┌─────────────────┐
│    Bluetooth    │
├─────────────────┤
│ On              │
│ Off             │
│                 │
└─────────────────┘
```
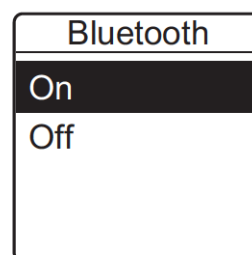
Enable Race Mode

When the feature is enabled, the screen will remain at the data page and the GPS will stay active. In this mode, you can press ⦿/LAP immediately once your race starts.
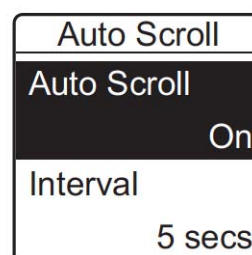
1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** > **General** > **Race mode** and press ⦿/LAP to enter its submenu.

3. To enable this feature, press ▲/▼ to select **Yes** and press ⦿/LAP to confirm.

```
┌─────────────────┐
│     Enable      │
│                 │
│  ▲   Yes    ▽   │
│                 │
└─────────────────┘
```

Configure Auto Scroll (Amis S630 only)

When the feature is enabled, the data 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 ⦿/LAP 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 ⦿/LAP to confirm.

```
┌─────────────────┐
│   Auto Scroll   │
├─────────────────┤
│ Auto Scroll     │
│              On │
│ Interval        │
│          5 secs │
└─────────────────┘
```

Enable File Saving Mode

When the feature is enabled, the device will automatically overwrite from your oldest records when memory storage is full.
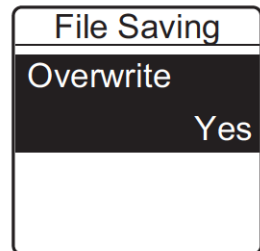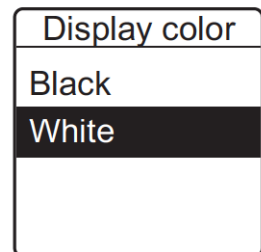
1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** > **General** > **File Saving** and press ◉/LAP to enter its submenu.

3. To enable this feature, press ▲/▼ to select **Yes** and press ◉/LAP to confirm.

File Saving
Overwrite
Yes

Inverted Screen Color

Choose between white text against a black background or black text against a white background.

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** > **General** > **Display Color** and press ◉/LAP to enter its submenu.

3. Press ▲/▼ to select the desired setting.

   • **Black**: White text on a black background.

   • **White**: Black text on a white background.

4. Press ◉/LAP to confirm.

Display color
Black
White

Adjust Contrast Level

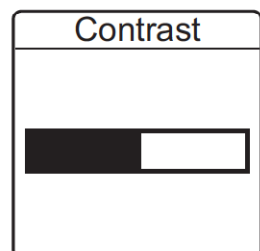Set your desired contrast level of the display.

1. Press ▼ to enter the menu mode.

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

3. Press ▲/▼ to select the desired setting and press ◉/LAP 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** > **Memory %** and press ⊙/LAP to confirm.

The storage status is displayed on the screen.

```
┌─────────────────────┐
│     Memory %        │
│                     │
│              50%    │
│  ████████░░░░░░░░   │
│                     │
└─────────────────────┘
```
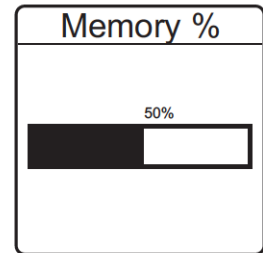
About

You can view the device current firmware version.

1. Press ▼ to enter the menu mode.

2. Press ▲/▼ to select **Settings** > **General** > **About** and press ⊙/LAP 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.
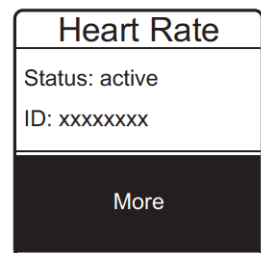
Link Heart Rate Sensor

1. Press ▼ to enter the menu mode.

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

3. Amis S430/S630 H SKU 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 Amis S430/S630 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 ⊙/LAP to enter the selected sensor submenu.
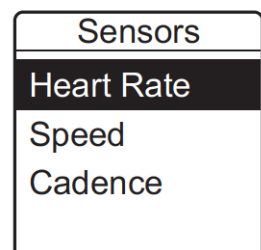
Heart Rate
Status: active
ID: xxxxxxxx
More

5. Press ▲/▼ to select the desired option and press ⊙/LAP to confirm.

- **Rescan**: rescan to detect the heart rate sensor. (only required when you want to pair your Amis S430/S630 with other heart rate sensor)
- **Turn Off**: disable the sensor. (only required when your Amis S430/S630 has paired with the heart rate sensor.)

Heart Rate
Rescan
Turn Off
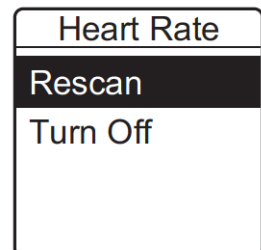
Link Other Sensors (Amis S630 only)

1. Press ▼ to enter the menu mode.

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

3. Press ▲/▼ to select **More** and press ⊙/LAP 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.

Sensors
Heart Rate
Speed
Cadence

> **NOTE:** The information on the sensors ID are included in the package.

5. Press ▲/▼ to select the desired option and press ⊙/LAP to confirm.

- **Rescan**: rescan to detect the sensor.
- **Turn Off**: disable the sensor. (Only if the device has paired with 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 ⊙/LAP 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**: Enter the time and distance of a recent race.

```
┌─────────────────────────┐
│      User Profile       │
├─────────────────────────┤
│ Gender                  │
│                 Female  │
├─────────────────────────┤
│ Birthday                │
│              1980/01/01 │
└─────────────────────────┘
```

NOTE: It is highly recommend to implement the Bryton Test (MHR, LTHR, 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 (Amis S630 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 ⊙/LAP 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 49.

- **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 ◉/LAP to enter its submenu.

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

4. Press ▲/▼ to view more data of the selected bike.
   • **ODO**: total miles since you changed battery.
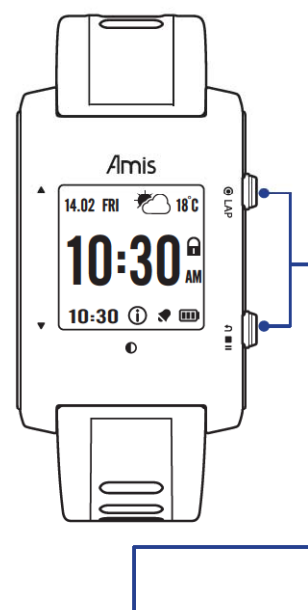   • **Ride time**: total cycling time since you changed battery.

Troubleshooting

Getting More Information

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

Reset Amis S430/S630

Press and hold the two buttons (◉/LAP and ↩/═/■) at the same time until the device restarts.

Press and hold these 2 keys to force a system RESET.

Appendix

Glossary and Customizable Data Fields Selection

Category	Items	Description	Amis S430	Amis S630
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)	✓	✓