



# Cardio 35

## User's Guide



[bb.brytonsport.com](http://bb.brytonsport.com)

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## Introduction

Cardio 35 GPS sports watch is for casual activities and professional training. Cardio 35 can accurately calculate and record your location, speed, distance, pace, stride rate, calories, cadence\*, heart rate\* and more. Your training results can be shared and analyzed at [brytonsport.com](http://brytonsport.com). With the built-in sensor, no extra foot pod is needed for indoor exercise. Cardio 35 is for both running and cycling activities.

### Package Contents

Make sure the following items are in the box:

- Cardio 35
- USB cable
- User's Guide

Optional accessories:

- Heart rate monitor
- Speed / Cadence sensor

*\*HRM or SPD/CAD sensor is required.*

# Getting Started

## Step 1. Connect, Sync, and Charge

1. Connect Cardio 35 to a PC using the supplied USB cable.
2. Download the Bryton Bridge 2 application at [bb.brytonsport.com](http://bb.brytonsport.com) and sync with Cardio 35.



Keep Cardio 35 connected to the PC to charge the battery.

**Note:** For first time use, charge the battery for at least 2.5 hours.

## Step 2. Turn On

Press button **1** to turn on Cardio 35.

**Note:** To turn off, long press button **1** for 5 seconds.

## Step 3. Initial Setup

For first time use, do the following:

1. Select your preferred language.
2. Select the unit of measurement.
3. Enter your user profile (recommended).

**Note:** Data accuracy will highly affect your training analysis.

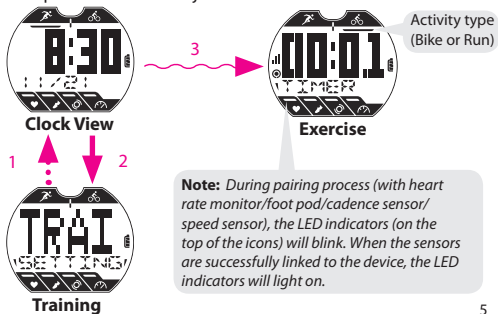
4. Select you preferred date format.

5. Enter your max heart rate.
6. Go outdoors to acquire GPS signal. Once the GPS signal is fixed, Cardio 35 automatically sets the date and time. To manually set the date and time, refer to Time settings (see page 8).
7. Press button 2 to complete setup.

**Note:** If you want to change your profile, please connect your device to [Brytonsport.com](http://Brytonsport.com) and change the setting via My Device -> Manage Device Data. Or go to Settings > Others > Profile and change your settings.

#### Step 4. Start a training or exercise

Cardio 35 operates in three major modes:



## Buttons

Cardio 35 has four buttons that are used for multiple functions.

### Power/BACK (1)

- Press to turn on Cardio 35. Press and hold to turn it off.
- After a training/exercise is stopped, press to switch to clock view.
- In Setting and Stopwatch modes, press to go back to clock view.

### OK (2)

- In Clock view, press to access Setting.
- In Exercise/Training, press to scroll your exercise data.
- In Setting, press to enter or confirm a selection.
- In Stopwatch, press to view the file for lap data.

### START/STOP (3)

- In Clock view, press to start/pause/stop exercise, and it will also start/pause/stop recording at the same time.
- In Setting, press to move up to scroll through menu options.



- In Stopwatch, press to start/stop the stopwatch.

### LAP (4)

- In Clock view, press to switch Bike or Run mode.
- In Exercise or Stopwatch, press to mark lap.
- In Setting, press to move down to scroll through menu options.
- After stopwatch is stopped, press to reset the stopwatch.

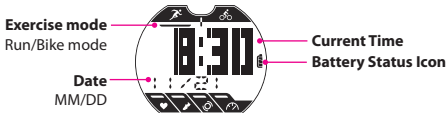
The table below provides a graphical indication on using the buttons which will be used in later sections.

Buttons	Indication
Power/BACK	1 .....▶
OK	2 —▶
START/STOP	3 ▲ / ~~~~~▶
LAP	4 ▼ / - - -▶

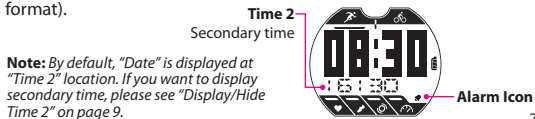
## Clock View

There are two types of clock view:

Type 1: Display current time (HH:MM) and date (MM-DD).



Type 2: Display current time (HH:MM) and secondary time (24-hour format).

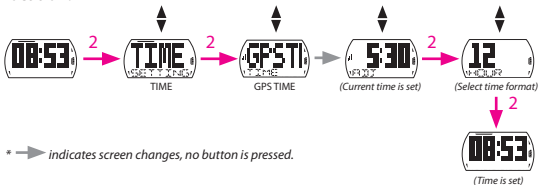


**Note:** By default, "Date" is displayed at "Time 2" location. If you want to display secondary time, please see "Display/Hide Time 2" on page 9.

## Clock Settings

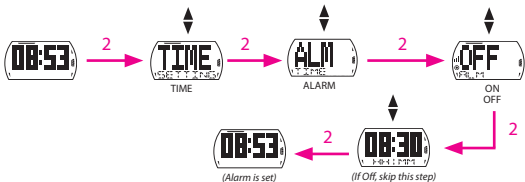
### Auto Calibration by GPS

Use this setting to reset the date and time based on your GPS location.



### Set Alarm

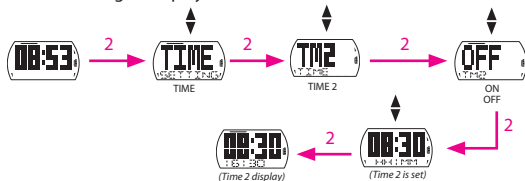
Use this setting to set alarm with Cardio 35.





## Display/Hide Time 2

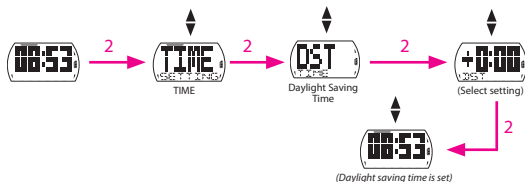
Use this setting to display/hide Time2.



**Note:** After you hide Time 2, Clock view will show Date below current time.

## Set Daylight Saving Time

Use this setting to set the daylight saving time.



## Exercise/Training

During exercise or training, Cardio 35 allows you to measure and record your running activities and displays your current performance.

You can choose the following activity type:

- Bike Mode
- Run Mode

### Note:

- *Displayed information varies on exercise mode and user preference.*
- *You can switch Bike or Run mode while in clock view by pressing button 4.*

### Before you start

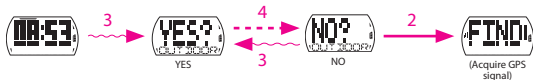
- Link sensors (page 18), optional

## Start / Pause / Stop Exercising

Press button 3 to start, pause, or end an activity.

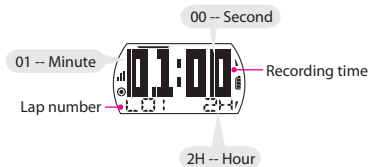


**Note:** Please go outdoors to acquire GPS signal when you see "FIND GPS" on the screen.



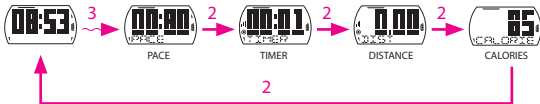
## Mark Lap

1. Start an activity first by pressing button **3**.
2. Press button **4** to mark lap.



## View Exercise/Training Info

### Run Mode



**Note:** If Heart Rate sensor and foot pod are detected, the exercise info will be displayed as following order:

HEART RATE > FOOT POD > PACE > TIMER > DISTANCE > CALORIES > CLOCK.

### Bike Mode

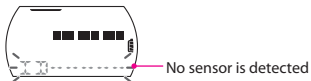


**Note:** If Heart Rate, Cadence, or Combo sensor is detected, the exercise info will be displayed as following order:

HEART RATE > CADENCE > COMBO > SPEED > DISTANCE > TIMER > CALORIES.

**Note:** The type of data displayed depends on the current mode:

- If you have marked laps, press button 4 to see Lap info.
- Interval time appears only when training is set to interval training.
- ETA (Estimated Time of Arrival) appears only when training is set to distance.
- If the screen below appears, the device cannot detect the sensor. Adjust the sensor and connect again.



## Training Settings

You can customize the training settings, link the sensors, view history, and other settings.

### Set Training

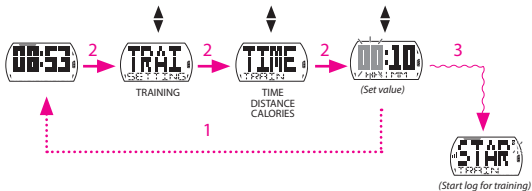
Use the Training setting to select the type of training you want. Training can be based on time, distance, calories burn, heart rate, pace, speed, or interval.

**Note:**

- During training set up, the display screen varies depending on selected training.
- After setting the Training mode, press button **3** to record the results of your training.
- If you want to cancel it, press button **1** to go back to clock view.

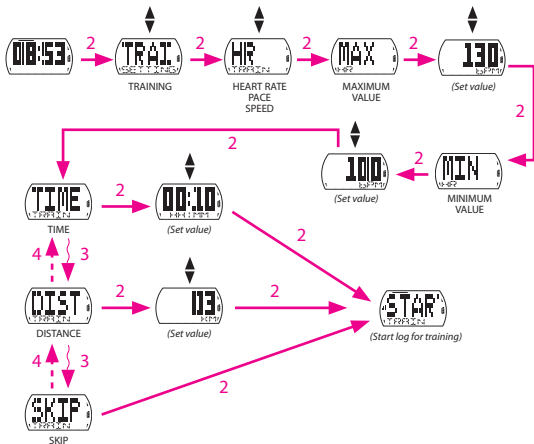
**By Time/Distance / Calories**

Training can be set by time, distance, or calories burned.



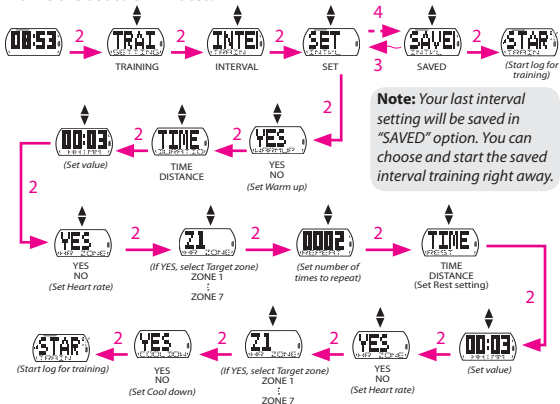
## By Heart Rate / Pace / Speed

Training can be set by heart rate, pace, or speed.



## By Interval

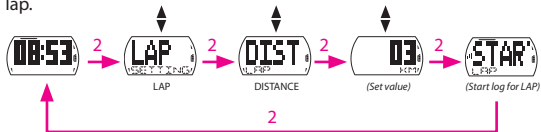
Use the Interval setting to specify the interval between training, warm up, and cool down time. By default, warm up and cool down time are set to 5 minutes.



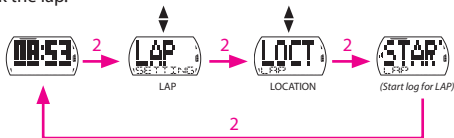


## Set LAP training

Use Lap by Distance to specify the distance of each lap. After running a specified distance, Cardio 35 will automatically mark the lap.



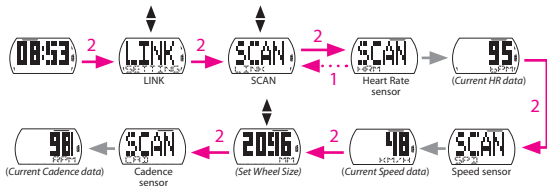
Use Lap by Location setting to set your current location as the lap point. Upon reaching the lap point, Cardio 35 will automatically mark the lap.



## Link Sensors

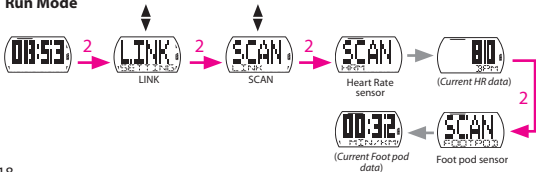
Use the Link setting to pair sensors and other optional accessories to Cardio 35.

### Bike Mode

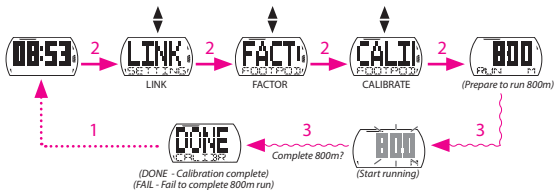


**Note:** To view and check data on the connected sensor(s), select "LINK > INFO".

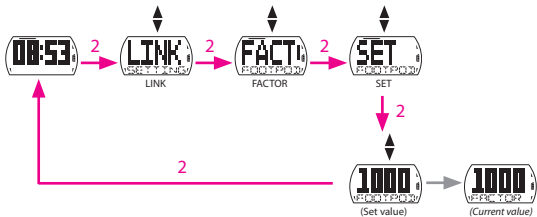
### Run Mode



## Calibrate Foot Pod



## Set foot pod length manually



**Note:**

- When the sensors are successfully connected, Cardio 35 will release a short beep and the LED indicators (on the top of the icons) will blink for 5 seconds.
- Once connected, the sensor ID will be displayed on the screen.

For example:



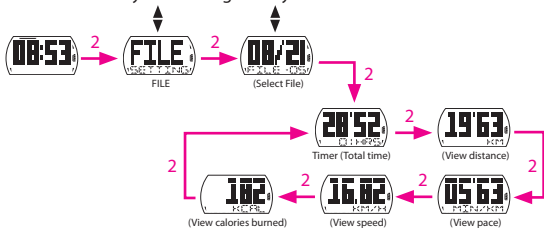
Press button **2** to confirm and move to search next item. If you do not want to connect the current detected sensor, press button **1** to abort.

- Be sure to keep the distance between the similar sensors approximately 30 meters.
- If you see below illustration on the screen, this indicates that there are more than 2 sensors are detected. Press button **1** to rescan the sensor.



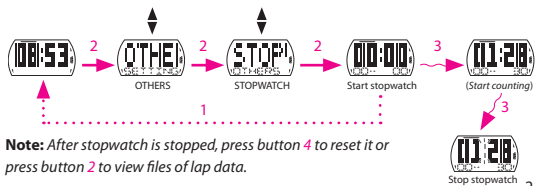
## View Exercise/Training Record

Use File to view your training history.



## Using Stopwatch

You can use Cardio 35 as a stopwatch.



**Note:** After stopwatch is stopped, press button 4 to reset it or press button 2 to view files of lap data.

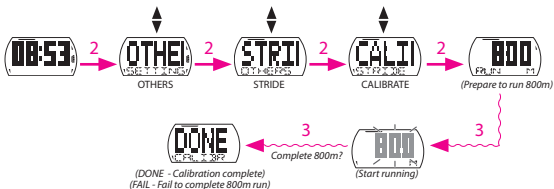
## Stride Length

You can calibrate stride length by fixed 800m or input your own stride length manually.

### Set stride length manually



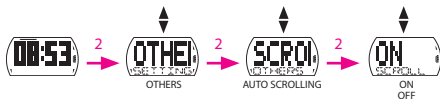
### Calibrate stride length



**Note:** You can only calibrate stride length if you are indoors.

## Auto Scrolling

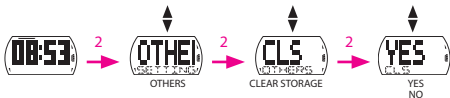
Use the Auto Scrolling setting to enable or disable the auto scrolling feature. If this feature is enabled, all exercise info will be displayed in sequences without pressing any button while you are doing exercise or training.












## Clear Storage

Use Clear Storage to delete all training and lap records in Cardio 35.

**Note:** Make sure you have backed up all your data through the Bryton Bridge 2 application before using this function.



## Icons

Icon	Item	Solid icon	Flashing icon
	Battery icon	Battery level	Battery charging
		-	Battery low
	GPS icon	GPS signal level	Searching GPS signal
	Record icon	Memory full, must clear storage	Recording in progress
	Heart rate icon	-	-
	Foot pod icon	-	-
	Cadence sensor icon	-	-
	Speed sensor icon	-	-
	Alarm icon	Alarm is set	-



# Specifications

## Cardio 35

Item	Description
Display	23.18 x 14 mm Positive FSTN Segemet LCD
Physical size	4.2 x 6.9 x 1.25 cm
Weight	47 g
Operating temperature	-10°C ~ 50°C
Battery charge temperature	0°C ~ 40°C
Battery life	Up to 35 days in clock mode Up to 7.5 hours in training mode with GPS on
GPS	Integrated high-sensitivity SiRFstarIV receiver with embedded antenna
RF transceiver	2.4 GHz ANT+ transceiver with embedded antenna
Storage	Embedded 1 MB serial flash
G-Sensor	3-axis acceleration sensor

## Screen Terminologies

<b>Terminology</b>	<b>Screen Display</b>
Alarm	ALM
Stopwatch	STW
Time2	TM2
Clear storage	CLS
Combo sensor	DUAL
Speed	SPD
Calorie	CAL
HR Zone 1	HRZ1
Cadence	CAD
Adjust	ADJ
Daylight saving	DST
Information	INFO
Interval	INT
Distance	DIST
Location	LOCT
Multiple sensors	MULT SENS
Calibrate	CALIB
Key Tone	TONE