

Enjoy new sport experiences with "Smart B-Trainer"

"Smart B-Trainer" supports, and allows you to enjoy your workout plan and music with its internal sensor and dedicated app.



Preparations before using "Smart B-Trainer"



1. Confirm all the contents are in the box
2. Charging / Turning on

Preparations of the app



3. Download the "B-Trainer" app
4. Start the app and wear the "Smart B-Trainer" (Refer to the overleaf for how to wear the device.)

Preparations with this Startup Guide are finished

Follow the instructions of the app

1 Confirm all the contents are in the box



"Smart B-Trainer" (1)



USB cradle (1)



Earbuds*
(one pair for each size)



Swimming earbuds
(one pair for each size)



Adjustment cover for heart rate sensor*
(one pair for each size)



Adjustment band

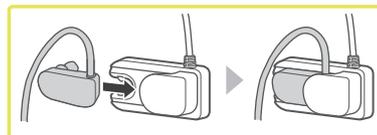
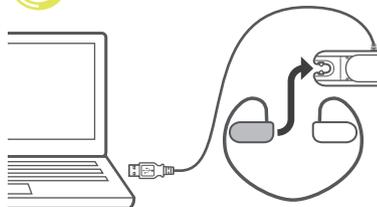


Carrying pouch

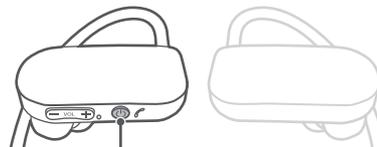
Startup Guide (this document) (1)
Reference Guide (1)
Warranty card (1)

* Size M attached at time of purchase.

2 Charging



Turning on



Press and hold the power button for more than 3 seconds until the lamp lights.



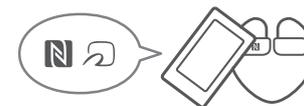
3 Download the dedicated app

Download the "B-Trainer" app on your smartphone.



When using a smartphone compatible with the NFC function

1. Turn on the NFC function of your smartphone.
2. Touch the N mark on the "Smart B-Trainer" with your smartphone's NFC mark or N mark.
3. Tap the confirmation dialogue on your smartphone.



- The above operation is an example. Refer to the manuals of your smartphone for more information.
- The NFC one touch function may not be available depending on your smartphone or its OS.

4 Start the app and wear the "Smart B-Trainer"

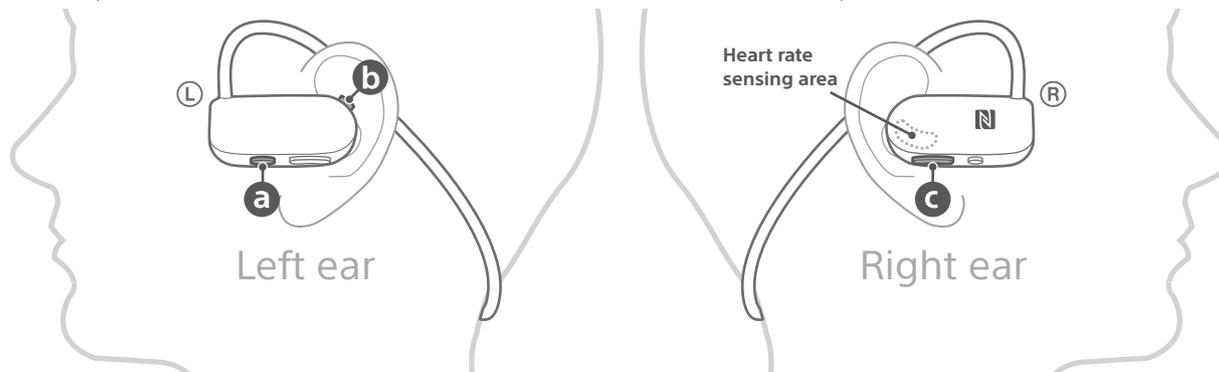
Start the app and enjoy. Refer to the overleaf on how to wear "Smart B-Trainer" and its basic operations.



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How to wear "Smart B-Trainer" / Basic operations

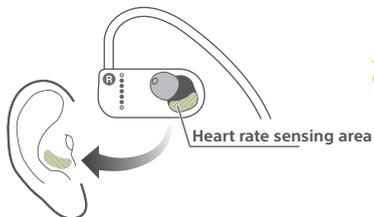
You can measure your heart rate, etc. with various functions of the sensor. Wear the device securely for a more accurate measurement.



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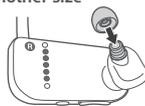
Set the device properly to your ear

Set the heart rate sensing area to securely fit inside your right ear.



If there is a gap or wobble, try the operations shown below.

- Change the earbuds for another size
- Change the adjustment covers for the heart rate sensor for another size



- Attach the adjustment band if necessary



Master the basic operations

- a** Start / pause / resume the workout plan / Press and hold to end the workout plan
- b** Play / pause music
- c** Volume control



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x-xxx-xxx-xx(1)

START!

"Smart B-Trainer" Startup Guide

For more details and precautions, refer to the Help Guide (web manual).
<http://rd1.sony.net/help/sports/btr1/jp/>

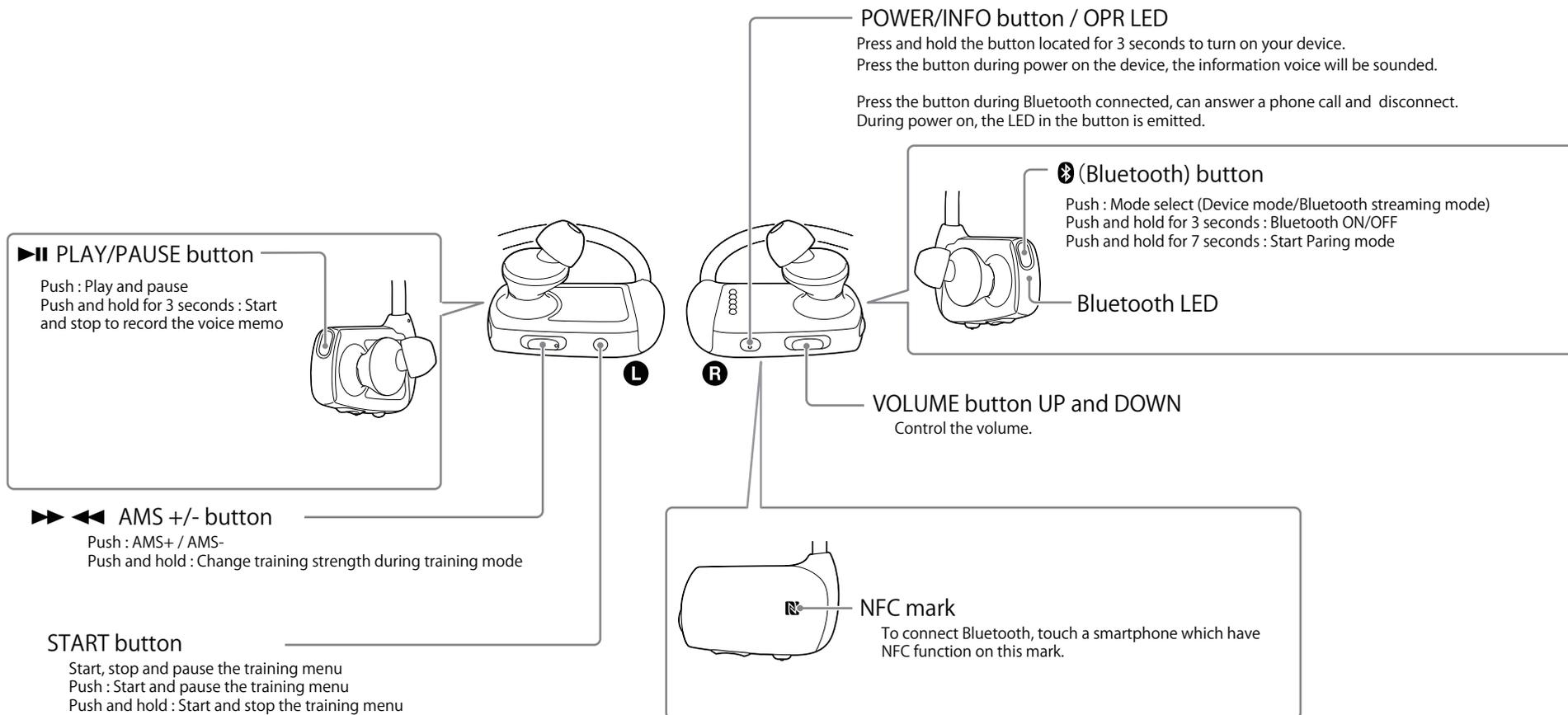


SSE-BTR1

SSE-BTR1 [GB] x-xxx-xxx-xx(1)

Parts and Controls

SSE-BTR1



SONY®

Important Information



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4-567-646-11(1)

English

About the manuals

To see the detailed information about SMART B-TRAINER, access to Help Guide on the internet.

<http://rd1.sony.net/help/sports/str1/en/>

While browsing is free, you may be charged a communication fee according to your carrier contract.

Regarding the basic operations, the customer support website URL and Important Information, refer to "How to Install and Read the Help Guide" section on this manual.

About the headphones

- Avoid playing the unit at so loud a volume that extended play might affect your hearing.
- At a high volume outside sounds may become inaudible. Avoid listening to the unit in situations where hearing must not be impaired, for example, while driving or cycling.
- As the headphones are of open-air design, sounds go out through the headphones. Remember not to disturb those close to you.

To prevent possible hearing damage, do not listen at high volume levels for long periods.



Hereby, Sony Corp., declares that this equipment is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC. For details, please access the following URL:
<http://www.compliance.sony.de/>

The following FCC statement applies only to the version of this model manufactured for sale in the USA.

NOTE:

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.

The following FCC statement applies only to the version of this model manufactured for sale in the USA.
You are cautioned that any changes or modifications not expressly approved in this manual could void your authority to operate this equipment.

The following FCC statement applies only to the version of this model manufactured for sale in the USA.

If you have any questions about this product:

Visit: www.sony.com/walkmansupport

Contact: Sony Customer Information Service Center at 1-(866)-456-7669

Write: Sony Customer Information Service Center 12451 Gateway Blvd., Fort Myers, FL 33913

Declaration of Conformity

Trade Name:

SONY

Model No.:

SSE-BTR1

Responsible Party:

Sony Electronics Inc.

Address:

16530 Via Esprillo, San Diego, CA 92127 U.S.A

Telephone Number:

858-942-2230

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.

The following FCC statement applies only to the version of this model manufactured for sale in the USA.

This equipment must not be co-located or operated in conjunction with any other antenna or transmitter.

The following FCC/IC statement applies only to the version of this model manufactured for sale in the USA and Canada.

This equipment complies with FCC/IC radiation exposure limits set forth for an uncontrolled environment and meets the FCC radio frequency (RF) Exposure Guidelines and RSS-102 of the IC radio frequency (RF) Exposure rules.

This equipment has very low levels of RF energy that are deemed to comply without testing of specific absorption rate (SAR).

Notice for customers: the following information is only applicable to equipment sold in countries applying EU directives

Manufacturer: Sony Corporation, 1-7-1 Konan Minato-ku Tokyo, 108-0075 Japan
For EU product compliance: Sony Deutschland GmbH, Hedelfinger Strasse 61, 70327 Stuttgart, Germany

Disposal of waste batteries and electrical and electronic equipment (applicable in the European Union and other European countries with separate collection systems)



This symbol on the product, the battery or on the packaging indicates that the product and the battery shall not be treated as household waste. On certain batteries this symbol might be used in combination with a chemical symbol. The chemical symbols for mercury (Hg) or lead (Pb) are added if the battery contains more than 0.0005% mercury or 0.004% lead. By ensuring these products and batteries are disposed of correctly, you will help prevent potentially negative consequences for the environment and human health which could otherwise be caused by inappropriate waste handling. The recycling of the materials will help to conserve natural resources.

In case of products that for safety, performance or data integrity reasons require a permanent connection with an incorporated battery, this battery should be replaced by qualified service staff only. To ensure that the battery and the electrical and electronic equipment will be treated properly, hand over these products at end-of-life to the applicable collection point for the recycling of electrical and electronic equipment. For all other batteries, please view the section on how to remove the battery from the product safely. Hand the battery over to the applicable collection point for the recycling of waste batteries. For more detailed information about recycling of this product or battery, please contact your local Civic Office, your household waste disposal service or the shop where you purchased the product or battery.

Applicable accessories: xxxxx

For users in Canada

Listening for a Lifetime

Selecting fine audio equipment such as the unit you've just purchased is only the start of your musical enjoyment. Now it's time to consider how you can maximize the fun and excitement your equipment offers. This manufacturer, the Consumer Electronics Association (CEA)[®] and the American Speech-Language-Hearing Association (ASHA) want you to get the most out of your equipment by playing it at a safe level; a level that lets the sound come through clearly without annoying blaring or distortion and, most importantly, without damaging your sensitive hearing.

Sound can be deceiving. Over time your hearing "comfort level" adapts to higher volumes of sound. So what sounds "normal" can actually be loud and harmful to your hearing. Guard against this by setting your equipment at a safe level BEFORE your hearing adapts.

TO ESTABLISH A SAFE LEVEL:

- Set your volume control to the lowest level where you can hear the music comfortably and clearly. Prolonged exposure to anything over 85 decibels can cause gradual hearing loss.
- Once you have established a sound level where you can hear the audio comfortably, clearly and without distortion, set the dial and leave it there.
- See if your music player has a volume limiter that allows you to set a safe listening level by establishing a maximum volume level on your player. This is a great solution for parents to ensure their children listen at a safe level.
- Limit listening time to give your hearing "quiet breaks."

BE SURE TO OBSERVE THE FOLLOWING GUIDELINES WHEN WEARING YOUR HEADPHONES OR EARBUDS:

- Do not turn up the volume so high that you can't hear sounds around you.
 - Do not use headphones or earbuds while operating a motorized vehicle; it may create a traffic hazard and is illegal in many areas.
- Used wisely, your new sound equipment will provide years of fun and enjoyment. Since hearing damage from loud noise is often undetectable until it is too late, this manufacturer, CEA and ASHA recommend that you avoid prolonged exposure to excessive noise. The following list of sound levels is included for your information so that you can better protect your hearing.

DECIBEL LEVEL EXAMPLES:

- 30 Whisper
- 40 Quiet room
- 50 Moderate rainfall
- 60 Normal conversation
- 70 Busy traffic, vacuum cleaner
- 80 Alarm clock

CONSTANT EXPOSURE TO THESE NOISES CAN BE DANGEROUS:

- 90 Lawn mower, motorcycle
 - 100 Chain saw
 - 110 Rock concert
 - 120 Jet plane takeoff
 - 130 Jackhammer
 - 140 Firecrackers
- This information courtesy of the American Speech-Language-Hearing Association (ASHA), the national professional, scientific and credentialing association for more than 135,000 audiologists, speech-language pathologists, and speech, language and hearing scientists.

For information on protection against noise-induced hearing loss, call the ASHA Action Center (800-638-8255), Monday through Friday, 8:30 a.m. to 5 p.m. To find an audiologist in your area, visit www.asha.org/findpro. Parents can find helpful information about how to protect their children's hearing and how to teach them about safe listening at www.listentoyourbuds.org, an ASHA award-winning public education campaign sponsored in part by CEA.

A safety tip from the Consumer Electronics Association, 1919 South Eads Street, Arlington, VA 22202 and the American Speech-Language-Hearing Association, 2200 Research Boulevard, Rockville, MD 20850.

The following IC statement applies only to the version of this model manufactured for sale in Canada.

This device complies with Industry Canada licence-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.

For customers who purchased the Tourist model in Japan

Bluetooth function designated for this product is applicable in Australia, Hong Kong, New Zealand, the Philippines, Singapore, South Africa, Taiwan and Thailand.

Owner's Record

The model and serial numbers are located on the back of the player. Record them in the space provided below.

Refer to these numbers in the spaces whenever you call upon your Sony dealer regarding this product.

Model No. _____

Serial No. XXXX

Specifications

Contents

- "SMART B-TRAINER" (1)
- Earbuds (1 set)
- Swimming Earbuds (1 set)
- Adjustment cover for Heart rate sensor (1 set)
- Adjustment band (1)
- USB Cradle (1)
- Carrying Pouch (1)
- Quick Start Guide (1)
- Important Information (this sheet) (1)

Interface

USB

Hi-Speed USB(USB 2.0 compliant)

Bluetooth

Bluetooth Specifications

Communication system: Bluetooth specification version 4.0

Output: Bluetooth specification Power Class 2

Maximum communication range: Line of sight approx. 10 meters (30 feet)*1

Frequency band: 2.4 GHz band (2.4000 GHz - 2.4835 GHz)

Compatible Bluetooth profiles*2

- A2DP (Advanced Audio Distribution Profile)
- AVRCP (Audio Video Remote Control Profile)
- HFP/HSP (Hands Free Profile/Headset Profile)
- SPP (Serial Port Profile)

Supported Codec*3: SBC*4/AAC

*1 The range may vary depending on the communication environment.

*2 Bluetooth profiles are standardized according to the purpose of the Bluetooth device.

*3 Codec indicates the audio signal compression and conversion format.

*4 SBC stands for Subband Codec.

- Compatible iPhone/iPod models
Bluetooth technology works with iPhone 6, iPhone 6 Plus, iPhone 5s, iPhone 5c, iPhone 5, iPhone 4s, iPhone 4, iPhone 3GS, iPod touch (4th and 5th generation), iPad Air, iPad mini with Retina display, iPad (4th generation), iPad (3rd generation), iPad 2, iPad Mini.

Sensor

GPS

- Heart Rate
- Accelerometer
- Gyro
- Pressure

Microphone

Monaural

Output (headphones)

Frequency response

20 to 20,000 Hz(when playing data file, single signal measurement)

Power Source

Built-in Rechargeable lithium-ion Battery
USB power (from a computer via a USB Cradle of the player)

Charging Time

USB-based charging
Approx. 1.5 hours

Operating temperature

5 °C to 35 °C (41 °F to 95 °F)

Dimensions

w/h/d, projecting parts not included
Approx. xx.x mm × xx.x × x.x mm
w/h/d
Approx. xx.x mm × xx.x × x.x mm

Mass

Approx. 40 g (1.5 oz)

Water resistance

IPX5/IPX8 (IEC 60529) or equivalent*
* with swimming earbuds attached

Capacity (User available capacity)*1

16 GB
Actual available memory for other contents*1
approx. xx.x GB = xx,xxx,xxx,xxx bytes (TBD)

*1 Available capacity may vary.
A portion of the memory is used for data management functions.

System Requirements

- Computer
 - Windows Vista® Home Basic (Service Pack 2 or later)
 - Windows Vista® Home Premium (Service Pack 2 or later)
 - Windows Vista® Business (Service Pack 2 or later)
 - Windows Vista® Ultimate (Service Pack 2 or later)
 - Windows® 7 Starter (Service Pack 1 or later)
 - Windows® 7 Home Basic (Service Pack 1 or later)
 - Windows® 7 Home Premium (Service Pack 1 or later)
 - Windows® 7 Professional (Service Pack 1 or later)
 - Windows® 7 Ultimate (Service Pack 1 or later)
 - Windows® 8
 - Windows® 8 Pro
 - Windows® 8.1
 - Windows® 8.1 Pro
 - Mac OS® X v10.6 or later

Pre-installed OS only supported.

“Compatibility mode” for Windows XP (included with Windows Vista and Windows 7) is not supported.

- CPU: 1 GHz processor (2.6 GHz recommended for video playback)
- RAM: 1 GB or more
- Web browser: Internet Explorer 7 or later

Not supported by the following environments:

- Personally constructed computers or operating systems
- An environment that is an upgrade of the original manufacturer-installed operating system
- Multi-boot environment

Design and specifications are subject to change without notice.

We do not guarantee operation for all computers even if they meet the above System Requirements.

File Format

Music (Music player)

MP3
Media File format: MP3(MPEG-1 Layer3) file format
File extension: .mp3
Bit rate: 32 to 320 kbps (Supports variable bit rate (VBR))
Sampling frequency*1: 32, 44.1, 48 kHz

WMA*2

Media File format: ASF file format
File extension: .wma
Bit rate: 32 to 192 kbps (Supports variable bit rate (VBR))
Sampling frequency*1 : 44.1 kHz

Linear PCM

Media File format:Wave-Riff file format
File extension: .wav
Bit rate: 1411 kbps
Sampling frequency*1: 44.1 kHz

AAC*2

Media File format: MP4 file format
File extension: .mp4, .m4a, .3gp
Bit rate: 16 to 320 kbps (Supports variable bit rate (VBR))*3
Sampling frequency*1: 8, 11.025, 12, 16, 22.05, 24, 32, 44.1, 48 kHz

*1 Copyright protected WMA files cannot be played back.

*2 Sampling frequency may not correspond to all encoders.

*3 Copyright protected AAC-LC files cannot be played back.

*4 Non-standard bit rates or non-guaranteed bit rates are included depending on the sampling frequency.

Maximum recordable number of songs and time (Approx.)

The approximate times are based on the case in which you transfer or record only 4 minute songs.

Number

MP3 128 kbps: X,XXX (TBD)
Linear PCM 1411 kbps: XXX (TBD)

Time

MP3 128 kbps: XXX hr XX min (TBD)
Linear PCM 1411 kbps: XX hr XX min (TBD)

Battery Life

The time below may differ depending on ambient temperature or the status of use.

Battery Life (continuous playback)

Actual battery life may vary depending on settings. The estimated battery usage hours shown below are based on typical usage conditions with “Basic setting of battery life measurement” as shown below.

Training Menu Working

Bluetooth ON: approx. XX hour (TBD)
Bluetooth OFF: approx. XX hour (TBD)

Music playback only

Bluetooth ON: approx. XX hour (TBD)
Bluetooth OFF: approx. XX hour (TBD)

Note

- Even if the player is turned off for an extended period, a small amount of battery power is still consumed.
- Battery life may vary depending on volume setting, conditions of use and ambient temperature.

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- “Made for iPod,” and “Made for iPhone,” mean that an electronic accessory has been designed to connect specifically to iPod, or iPhone, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod, or iPhone may affect wireless performance.
- Compatible iPhone/iPod models
Bluetooth technology works with iPhone 6, iPhone 6 Plus, iPhone 5s, iPhone 5c, iPhone 5, iPhone 4s, iPhone 4, iPhone 3GS, iPod touch (4th and 5th generation), iPad Air, iPad mini with Retina display, iPad (4th generation), iPad (3rd generation), iPad 2, iPad Mini.
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