

Important Information

If you have any questions about this product:
Visit: www.sony.com/support/smartsports
Contact: Sony Customer Information Service Center at 1-(888)-796-7669
Write: Sony Customer Information Service Center 5781 Lee Blvd #208-240 Lehigh Acres, FL 33971

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment and meets the FCC radio frequency (RF) Exposure Guidelines. 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



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/

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.



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: USB cradle

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.

This equipment complies with IC radiation exposure limits set forth for an uncontrolled environment and meets 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).

Notes on use

This is the wearable device designed to support sports training or activities such as running, jogging and walking. It should not be relied upon for medical purposes, research, experiments, or operations that require precise professional measurements.

Notes on using this device

- Do not use the device in places where the inability to hear sounds from your surroundings would be dangerous.
- When using the device in public or private facilities, follow the rules of that facility.
- Do not use the device while swimming in a river or in the ocean.

Water resistant performance of this device

The water resistant specifications of this device are equivalent to IEC 60529 “Degrees of protection against ingress of water (IP Code)” IPX5/8.* Note the following points when using this device in water.

- Choose the size of swimming earbuds that fit firmly and snugly into your ears.**
- Bluetooth and some measurement functions (heart rate, pressure, GPS etc.) do not work correctly when this device is used in water.

* Under our test conditions, this device maintained its operability even when submersed in water to a depth of 2.0 m for 30 minutes with the swimming earbuds attached.

** Sound may become muffled if the earbuds are not fitted firmly in your ears and water gets into the gap between your ears and the device. Choose the best fitting earbuds for your left and right ears, and be sure that the device fits firmly into your ears. If the device is wet, pat the headphones gently against the palm of your hand approximately 5 to 10 times. If this does not remove the water, remove the earbuds, place the headphones on a dry cloth and then pat them gently another 5 to 10 times.

Heart Rate Measurements and Training

Expression of “Heart Rate” on this device

Pulse measurement is the generally recommended method of determining your heart rate, which is a rough indicator of intensity of exercise. This device uses a built-in sensor to measure the pulse from your ear. Results of those measurements are used to monitor the amount of exercise done or for “heart rate training”. “Pulse” here expresses “heart rate” to make it easier for users to understand.

Training

Please consult your medical professional before beginning or changing any exercise program.

If at any time you experience dizziness or do not feel well while exercising, stop immediately and consult your medical professional. This product contains various training menus, and each menu is created according to the theories and ideas of each trainer. Consider each menu as a guide, and be sure to exercise in a way that suits your athletic ability.

What is Heart Rate Training?

Heart Rate Training is a type of training that uses the heart rate. You can see how hard you are exercising by looking at your heart rate during exercise. It is possible to achieve effective yet safe training results by managing and controlling the intensity of training based on your heart rate.

Effective, Safe Training

The improvements in achieved results differs according to the difference in the set heart rate. By exercising in order to achieve a target zone, you can achieve the maximum results using the minimum amount of effort.

Additionally, managing heart rate during exercise helps prevent you from over-exercising.

Target Heart Rate (Karvonen Formula)

- Target heart rate (beats per minute) = Exercise intensity x (maximum heart rate – resting heart rate) + resting heart rate
- Maximum heart rate = estimated as 220 – age
- * When the heart rate increases due to increased exercise intensity, maximum heart rate is the fastest level at which the heart beats when exercising at full pace. It can be calculated using the formula above. (However, it is normally measured by means of an exercise tolerance test.)
- * Exercise intensity converted to 0 to 100%

Zoning based on Exercise Intensity (Exercise Intensity Based on the Karvonen Formula)

- Zone 1: Aerobic exercise zone (approx. 50 – 65%)
Effective for increasing fat metabolism and controlling blood pressure.
- Zone 2: Aerobic + anaerobic exercise zone (approx. 65 – 80%)
Effective for strengthening cardiac function, overall physical stamina.
- Zone 3: Anaerobic zone (approx. 80 – 95%)
Effective for improving exercise intensity limits and competitive ability.
- * From the American College of Sports Medicine (ACSM) guidelines

There are many variations of heart rate training

There are variations in how exercise intensity zones and target heart rates are calculated between coaches. It is essential to remember that no matter which one you choose, it is important to exercise within your limitations without over-exercising.

Safe Use

Anyone who has health concerns or problems should consult their doctor or medical institution to receive advice on their condition before starting to exercise.

When exercising using heart rate training, it is important to do so within your own limitations in order to prevent injury and improve physical health.

This document is a translation of the original Japanese, which was written under the supervision of Shizuo Sakamoto (professor at the Faculty of Sport Sciences, Waseda University, as of January 2015). The heart rate training in the basic training menu of the “Smart B-Trainer” application was also created under the supervision of Professor Sakamoto.

Specifications

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/AVRCP/HFP/HSP/SPP
- 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.

Sensor

- Heart Rate
- GPS
- Accelerometer
- Gyro
- e-Compass
- Pressure

Measurable value

- Distance*
- Time
- Cadence*
- Speed*
- Heart Rate
- Steps
- Calories*
- Stride
- Pace*
- Tracks
- Elevation

* Measurements can be taken during exercise such as running, jogging and walking. However, measurements may not be calculated correctly during other forms of exercise.

Microphone

Monaural

Output (headphones)

Frequency response
 20 Hz 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)

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.

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. _____

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.

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Mass

Approx. 43 g (1.6 oz)

Water resistance

IPX5/IPX8 (IEC 60529) or equivalent*

* with swimming earbuds attached

Capacity (User available capacity)*

16 GB

Actual available memory for other contents*

Approx. 14.3 GB = 15,354,691,584 bytes

* 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 (2 GB RAM required for Windows 8 64-bit)
- Hard Disk Drive/Solid State Drive: 600 MB or more of available space
- Web browser: Internet Explorer 7 or later
- Internet connection (for Gracenote® MusicID® service, podcast features, Store access, or online help)

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)

Audio Formats

MP3

Media File format: MP3 (MPEG-1 Layer3) file format

File extension: .mp3

Bit rate: 32 kbps 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 kbps 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: 1,411 kbps

Sampling frequency*1: 44.1 kHz

AAC*3

Media File format: MP4 file format

File extension: .mp4, .m4a, .3gp

Bit rate: 16 kbps to 320 kbps (Supports variable bit rate (VBR))*4

Sampling frequency*1: 8, 11.025, 12, 16, 22.05, 24, 32, 44.1, 48 kHz

*1 Sampling frequency may not correspond to all encoders.

*2 Copyright protected WMA files cannot be played back.

*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.

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

- GPS ON
 - Bluetooth ON: approx. 3 hour
 - Bluetooth OFF: approx. 4.5 hour
- GPS ON (Battery Saving Mode)
 - Bluetooth ON: approx. 3.5 hour
 - Bluetooth OFF: approx. 5.5 hour
- GPS OFF
 - Bluetooth ON: approx. 4 hour
 - Bluetooth OFF: approx. 6 hour

Music playback only

- GPS ON
 - Bluetooth ON: approx. 3.5 hour
 - Bluetooth OFF: approx. 5 hour
- GPS OFF
 - Bluetooth ON: approx. 6 hour*
 - Bluetooth OFF: approx. 13.5 hour

* Bluetooth streaming mode by A2DP

Notes

- 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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- Apple, the Apple logo, iPhone, iPod, iPod touch, iTunes, Mac, iOS and OS X are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.
- “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 Plus, iPhone 6, iPhone 5s, iPhone 5c, iPhone 5, iPhone 4s, iPhone 4, iPhone 3GS, and iPod touch (4th and 5th generation).
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For the latest information

If you have any questions or issues with this product, or would like information on items compatible with this product, visit the following web sites.

For customers in the USA:

http://www.sony.com/support/smartsports