

BIKE COMPUTER



BPM  
HEART RATE

KMH  
EXPANSION  
CADENCE

ALTITUDE

RR

POWER CALCULATION

WATT

## ROX 10.0

BEDIENUNGSANLEITUNG  
INSTRUCTION MANUAL  
MODE D'EMPLOI  
ISTRUZIONE D'USO  
MANUAL DE INSTRUCCIONES

DEUTSCH  
ENGLISH  
FRANÇAIS

ITALIANO  
ESPAÑOL

DE

USA/GB

FR

IT

ES

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# 1 PREFACE AND CONTENTS OF PACKAGE

## PREFACE

Congratulations on choosing a bicycle computer from SIGMA SPORT®. Your new SIGMA ROX 10.0 will be a faithful cycling companion for years to come. To learn about the various functions on your new bicycle computer, please read these operating instructions carefully. SIGMA SPORT® hopes that you enjoy using your SIGMA ROX 10.0.

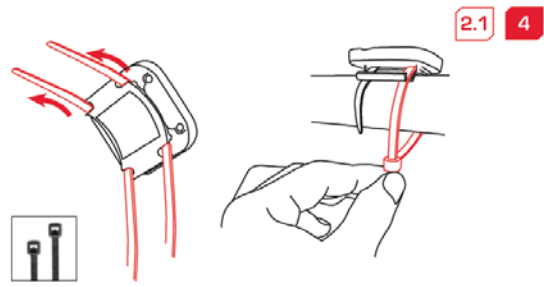
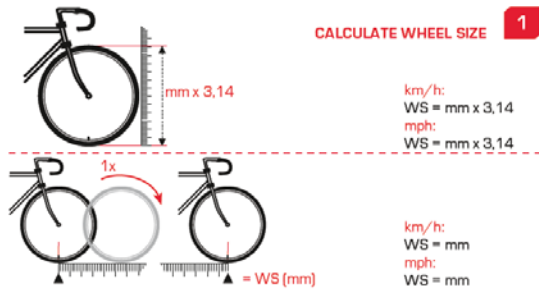
The SIGMA ROX 10.0 is a multifunctional bicycle computer, which provides a wide variety of information during and after your ride:

- k Information about the ride – speed, time, distance etc.
- k Information about your location – altitude, inclination etc.
- k Information about your physical state – heart rate, training zones etc.
- k Transfer of all information to a PC to review the results of your ride in graphical form.

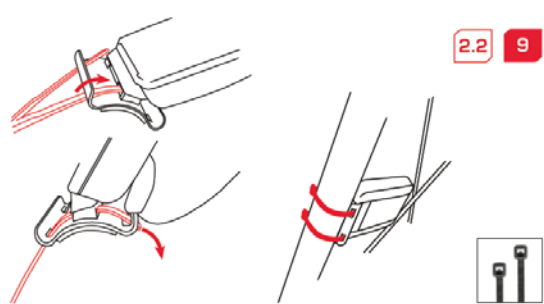
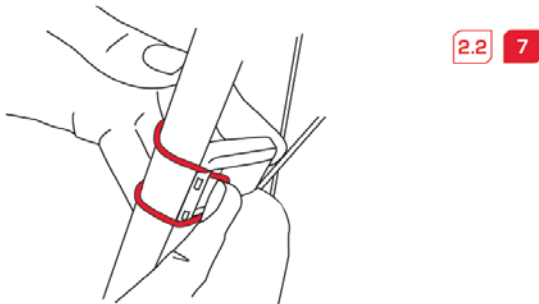
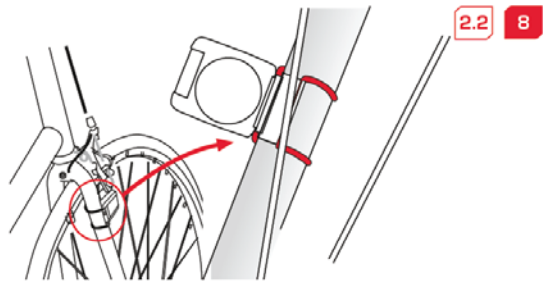
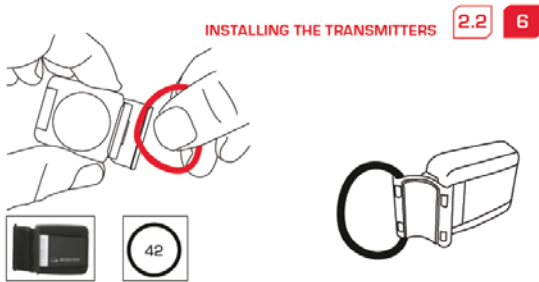
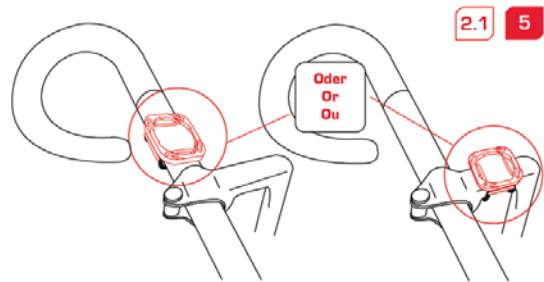
## CONTENTS OF PACKAGE

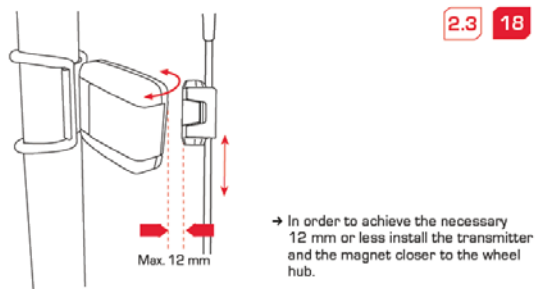
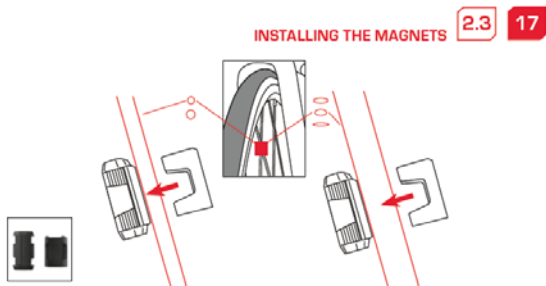
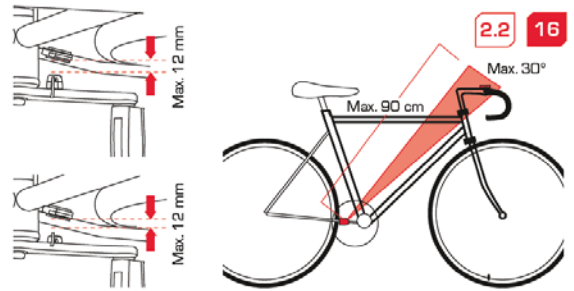
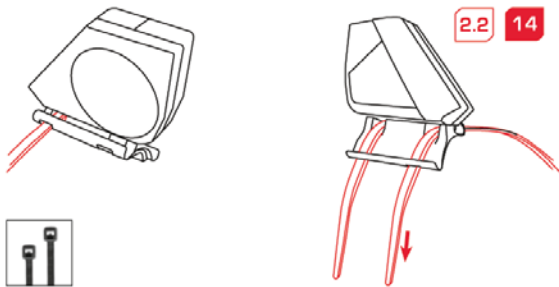
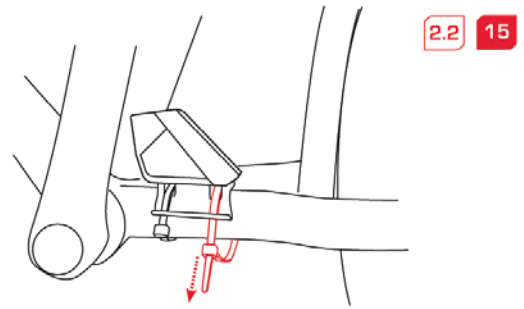
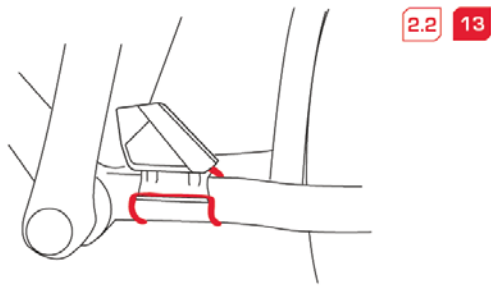
- SIGMA ROX 10.0 (GPS enabled Bike Computer)
- ANT+ Speed Transmitter
- ANT+ Cadence Transmitter
- ANT+ R1 Heart Rate Transmitter & comfortex+ textile chestbelt
- Micro-USB-Cable (for Data transfer to PC and battery loading purpose)
- USB Charger (conforms to EN 62684:2010) – US or EU Version (depends on your country)
- Bracket
- Attachement fittings
- Sigma Data Center CD

## 2 INSTALLING THE SIGMA ROX 10.0 AND ITS ACCESSORIES



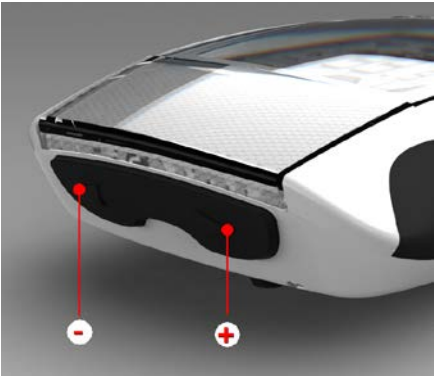
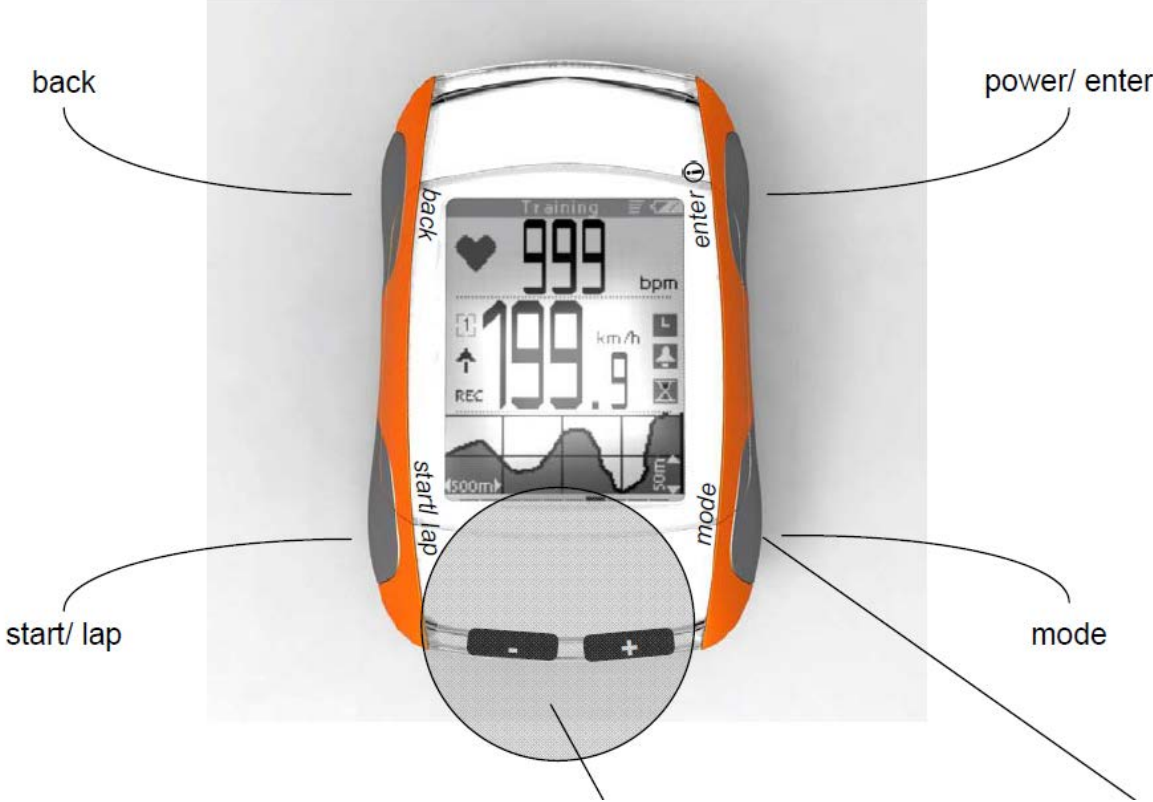
ETRTO			ETRTO		
16 x 1.75 x 2	kmh mph		16 x 1.75 x 2	kmh mph	
47-305	16x1.75x2	1272	32-630	27x1 1/4	2199
47-406	20x1.75x2	1590	28-630	27x1 1/4 Fifty	2174
37-540	24x1 3/8 A	1948	40-622	26x1.5	2224
47-507	24x1.75x2	1907	47-622	26x1.75	2268
23-571	26x1	1973	40-635	26x1 1/2	2265
40-559	26x1.5	2026	37-622	26x1 3/8x1 5/8	2205
44-559	26x1.5	2051	18-622	700x18C	2102
47-559	26x1.75x2	2070	20-622	700x20C	2114
50-559	26x1.9	2089	23-622	700x23C	2133
54-559	26x2.00	2114	25-622	700x25C	2146
57-559	26x2.125	2133	28-622	700x28C	2149
37-590	26x1 3/8	2105	32-622	700x32C	2174
37-584	26x1 3/8x1 1/2	2066	37-622	700x35C	2205
20-571	26x3/4	1954	40-622	700x40C	2224





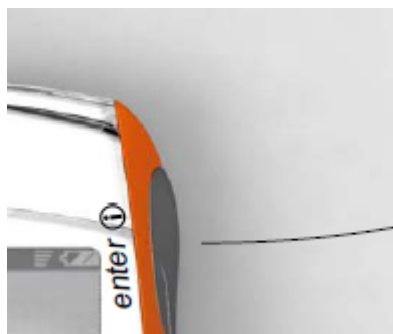
### 3 USING OF ROX 10.0

#### BUTTON DESCRIPTION



## POWER ON & MAIN MENU

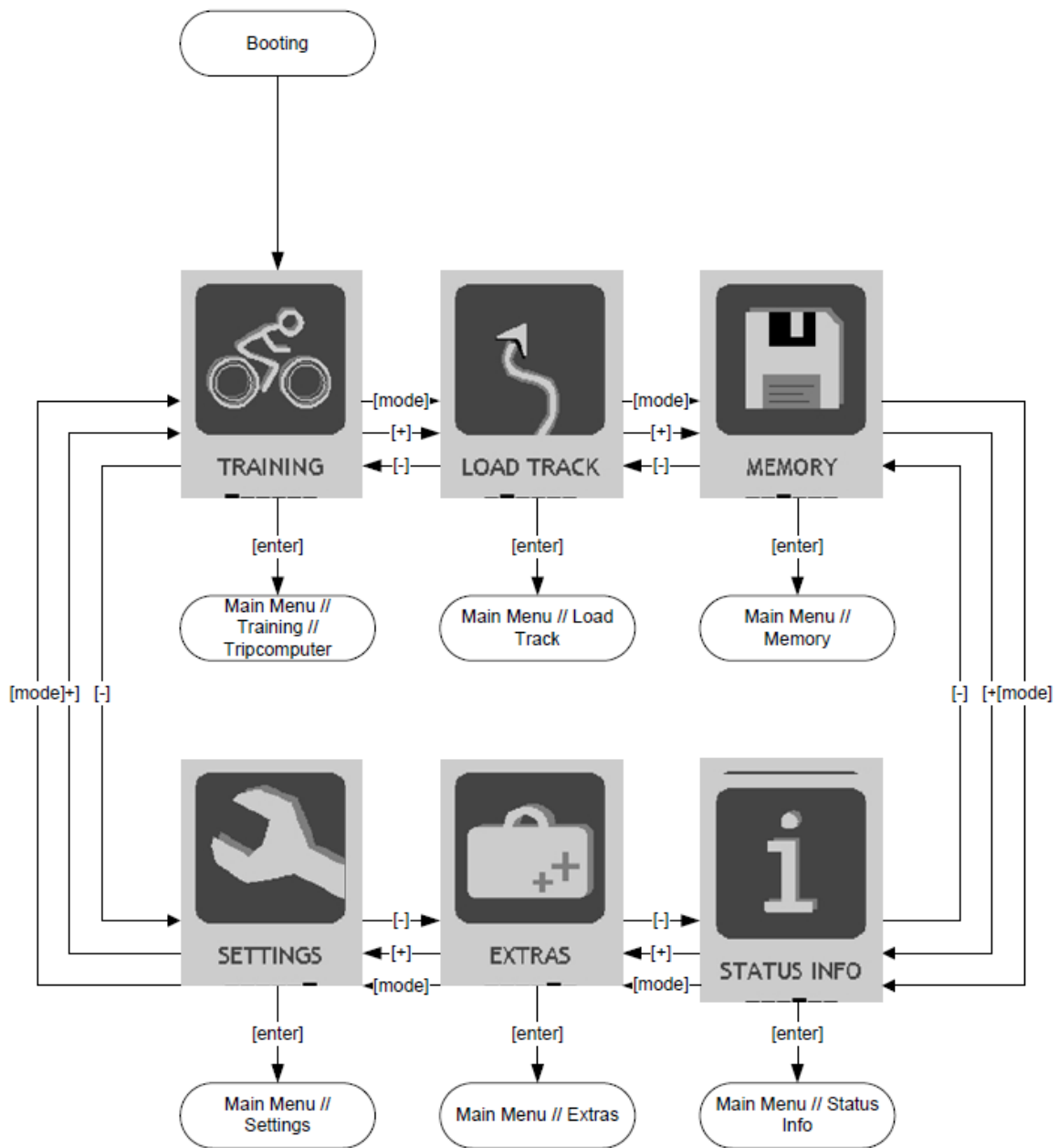
POWER ON:



press and hold 3 sec

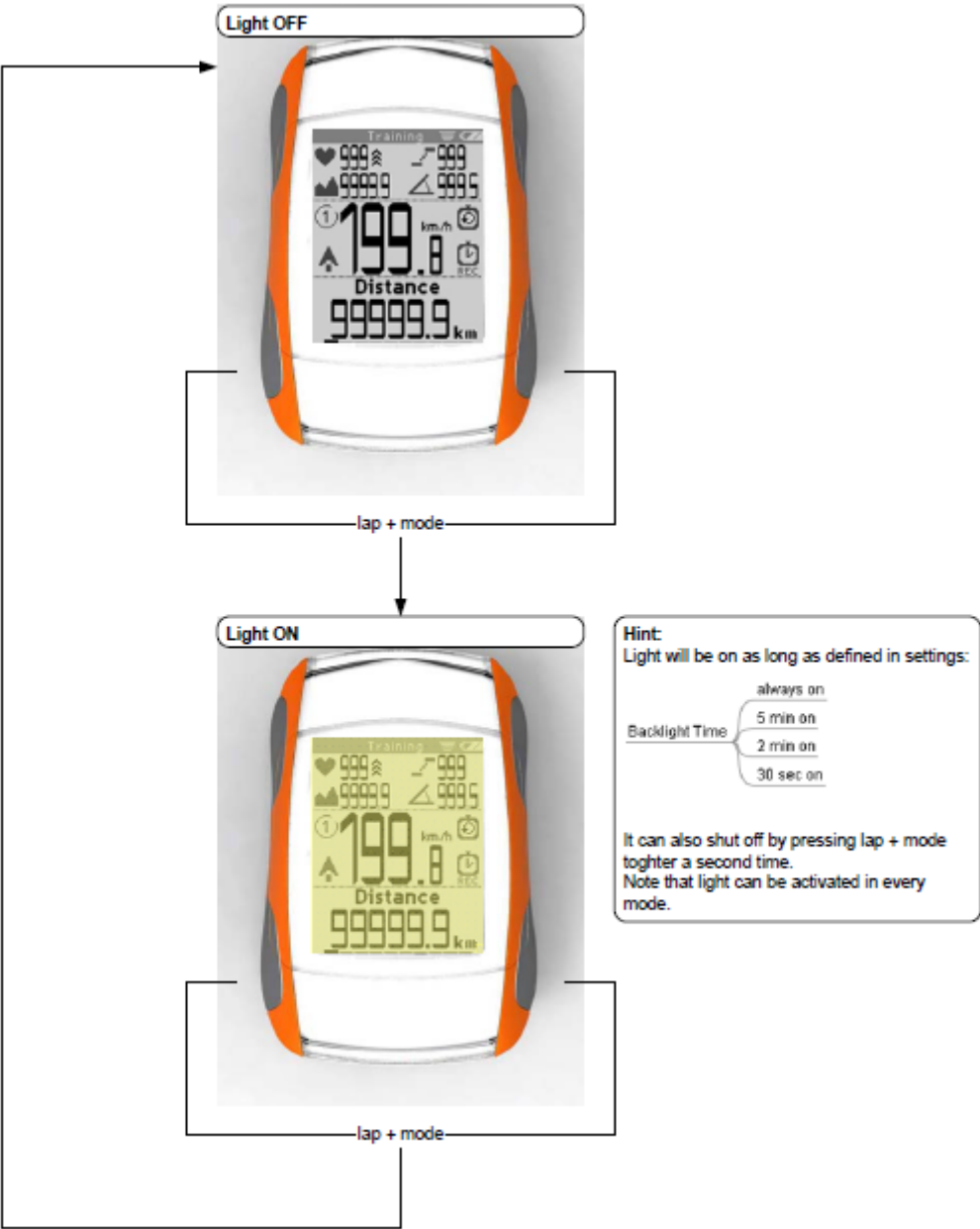
power/ enter

## MAIN MENU:

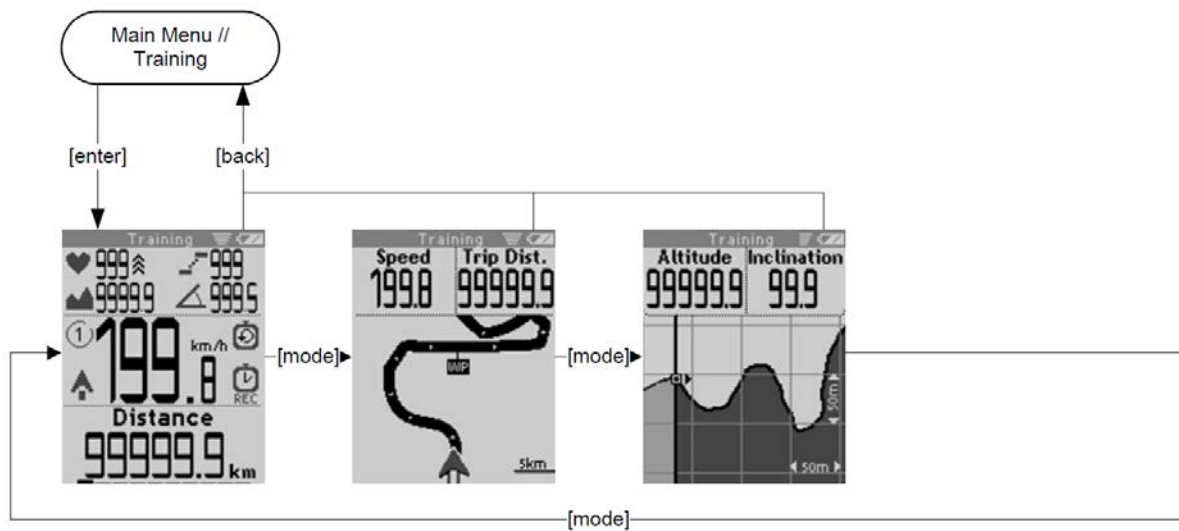




# BACKLIGHT



## TRAINING MENU



## TRAINING MENU - DISPLAY DESCRIPTION:

"Sign: Bike 1, 2 or 3" (German: Rad 1, 2 oder 2) displays the bikenumber which is in use  
circle will turn always. see ROX 9.0

"Statusbar: GPS reception" (German: GPS Empfang) displays the GPS Accuracy in 5 Steps.

"Statusbar: battery" (German: Batterie) displays the battery capacity in 4 steps

"Sign: Arrow - Speed comparison" (German: Pfeil - Geschwindigkeitsvergleich) shows if Current Speed is above or under Average Speed.  
Arrow Up occurs when Current Speed is 1 km/h (0,5 mph) higher than the average.   
Arrow Down occurs when Current Speed is 1 km/h (0,5 mph) lower than the average.   
Neutral occurs when Current Speed is within Average Speed  $\pm 0,9$  km/h ( $\pm 0,4$  mph).

"Sign: Countdown" (German: Countdown) occurs when Countdown is activated

"Sign: REC" (German: Logbuch) occurs when Exercise Time is running

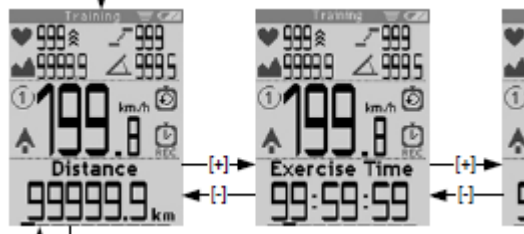
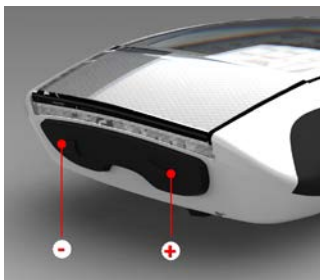


## SWITCHING BETWEEN FAVORITE FUNCTIONS:

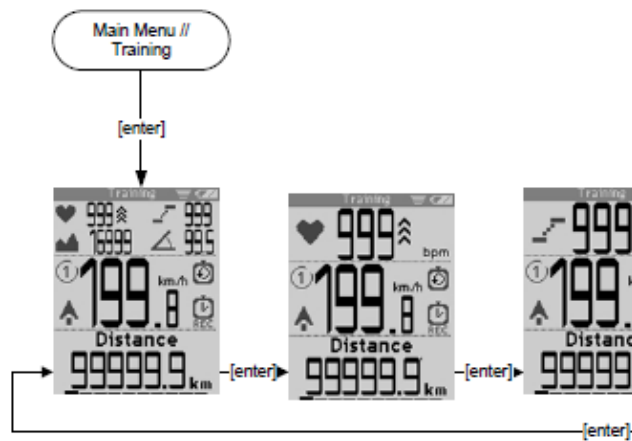
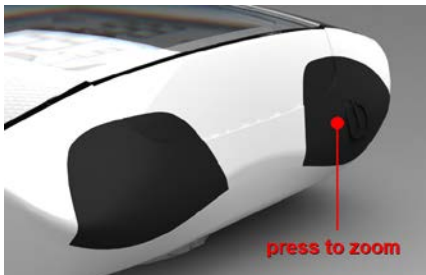


favorite function

To switch between the favorite functions press the Plus- or Minus-button:

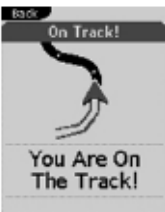

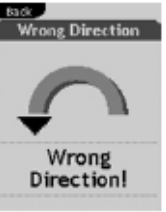
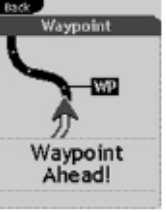


## ZOOM UPPER PART:





## MESSAGES DURING TRAINING:


Track Messages

	On Track	Off Track	Wrong direction	Waypoint Ahead
Track	<p>Occurs when you are the first time or again on the track. While riding on the track it occurs only 1 time. <u>Stays till: 5sec OR pressing any key</u></p>	<p>Occurs when current position is more then defined distance away from track (see Settings// Off-Track-Alarm). Occurs only 1 time during user rides Off-Track. Occurs again only when user is on the track and then back to Off-Track <u>Stays till: 5sec OR pressing any key</u></p>	<p>Occurs when you drive in wrong direction. Occurs only 1 time during user rides in wrong direction. Occurs again only when user is driving meanwhile in the right direction and then again in wrong direction. <u>Stays till: 5sec OR pressing any key</u></p>	<p>Occurs when a waypoint comes closer to the driver. Waypoint Alarm can be defined in the setting. Occurs not again. Comes up again only for another waypoint. <u>Stays till: 5sec OR pressing any key</u></p>
	 <p><b>You Are On The Track!</b></p>	 <p><b>You Left The Track!</b></p>	 <p><b>Wrong Direction!</b></p>	 <p><b>Waypoint Ahead!</b></p>

Memory Messages

	3h Hours Remaining Log	Log Full
Memory Full	<p>Occurs when memory has only 3h more hours to log; occurs in training and at the beginning of training <u>Stays till: pressing any key</u></p>	<p>Occurs when Log is full. Logging will be stopped. Nothing will be deleted or overwritten! User has to delete Logs manually. <u>Stays till: pressing any key</u></p>
	 <p><b>3 hrs Remaining Log Capacity</b></p>	 <p><b>Log Memory FULL</b></p>

Lap Messages

	Ghost Race
Ghost Race left	<p>Occurs when User left the Ghost Race Track. <u>Stays till: pressing any key</u></p>
	 <p><b>You Left The Ghost Race Track!</b></p> <p>To Re-Start The Ghost Race Come Back To The Point Where You Exit The Track.</p>

Lap Messages

**Lap Message**

Occurs when User press [start/lap] while running Exercise Time.  
 Stays till: 8 sec OR pressing any key

Hint:  
 User can predefine the functions which will be displayed in the Lap Pop-Up Message. User can choose between 3 and 6 values. (see Settings // Favorites X // Lap Pop-Up).

back

Lap NN

Lap Time  
9:00 min

Lap Distance  
205 km

Avg. HR Per Lap  
155 bpm

Lap Message

Track Messages

Example 3 values

Example 4 values

Example 5 values

Example 6 values

back

Lap NN

Lap Time  
9:00 min

Lap Distance  
205 km

Avg. HR Per Lap  
155 bpm

back

Lap NN

Lap Time  
9:00 min

Lap Distance  
205 km

Avg Speed    Avg HR Lap  
1998    155

back

Lap NN

Act. Acc. Lap    Lap Dist.  
80    205

Lap Time  
9:036 km

Avg Speed    Avg HR Lap  
1998    155

back

Lap NN

Act. Acc. Lap    Lap Dist.  
80    205

Avg Speed Lap    Lap Time  
376    9:03


Avg Speed    Avg HR Lap  
1998    155

Lap Message

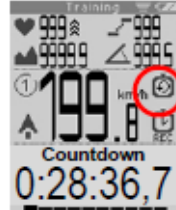
### Countdown Message

**Countdown Message**

Occurs when Countdown Function is zero „0:00:00“ while running Exercise Time.  
Stays till:  
pressing any key



When countdown is activated following sign will occur in Bike Mode:



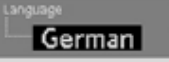







**Hint:**  
User can predefine the countdown in: settings > device settings > countdown.  
Default value is 0:30:00,0

Countdown will start (running down) when exercise time is started, Countdown will paused when exercise time is paused. Countdown will be reseted when exercise will be reseted.  
The countdown repeats automatically. That means after the countdown ends, it starts again immediatly.

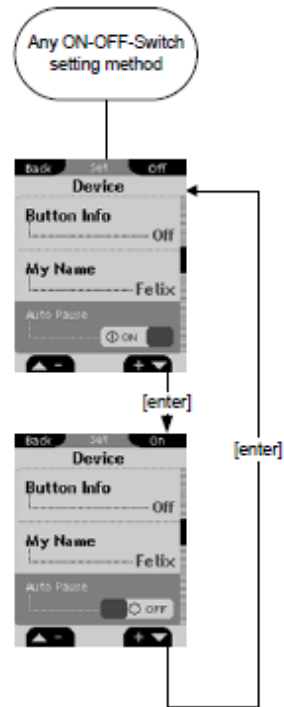
## 4 SETTING METHODS

There are four different setting methods. They are described in following pages.

ON OFF Switch	Single Choice Tick	Selection	String Setting
			
<p><b>ON-OFF-Switch</b> A ON-OFF-Switch is used for a single option that the user can turn on or off.</p>	<p>Single Choice Tick is used when there is a list of two or more options that are mutually exclusive and the user must select exactly one choice. In other words, clicking a non-selected single choice tick will deselect whatever other single choice tick was previously selected in the list. This method is faster, but needs more space as the method „selection“</p>	<p>Selection is used when there is a list of two or more options that are mutually exclusive and the user must select exactly one choice. This method is slower, but needs less space as the method „Single Choice Tick“</p>	<p>String Setting is used when there is a setting which has to be defined exactly. It is used for nearly all numbers. It works too for characters and text.</p>
<p><b>Example</b></p> 	<p><b>Example</b></p> 	<p><b>Example</b></p> 	<p><b>Example</b></p> 

## ON-OFF-Switch

A ON-OFF-Switch is used for a single option that the user can turn on or off. Following there is described the functions and opportunities of any setting menu with an ON-OFF-Switch. This explanation describes the general function of this setting method. It is used slightly different in any setting. Please adapt to the real setting function.



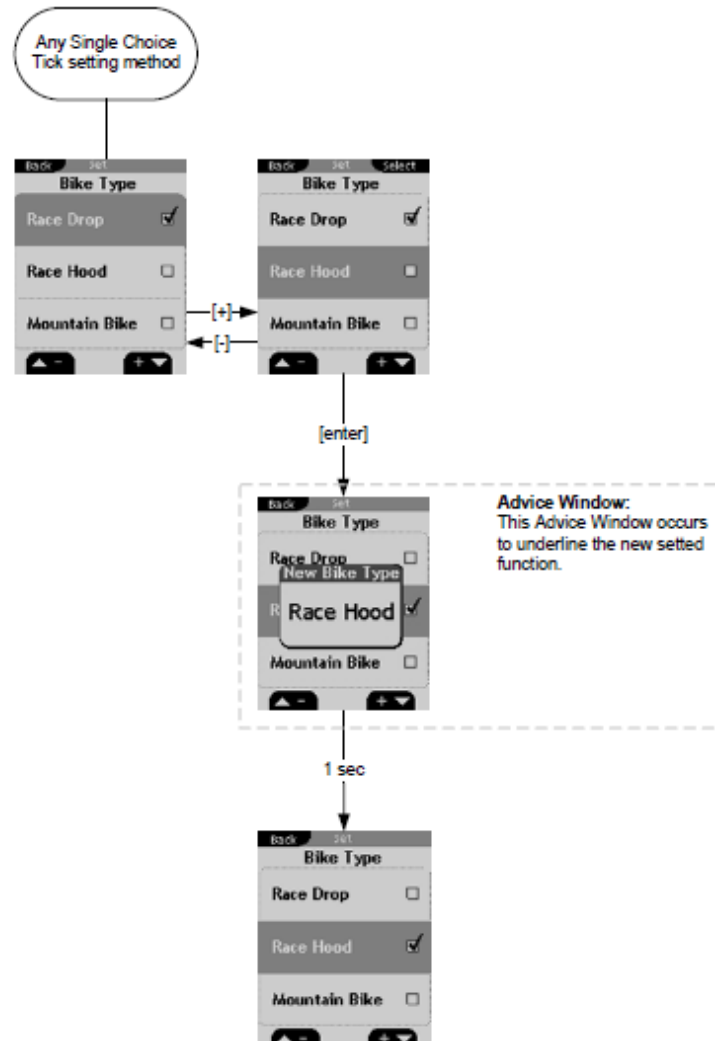


## Single Choice Tick

Single Choice Tick is used when there is a list of two or more options that are mutually exclusive and the user must select exactly one choice. In other words, clicking a non-selected single choice tick will deselect whatever other single choice tick was previously selected in the list.

This method is faster, but needs more space as the method „selection“

Following there is described the functions and opportunities of any setting menu with an Single choice tick. This explanation describes the general function of this setting method. It is used slightly different in any setting. Please adapt to the real setting function.



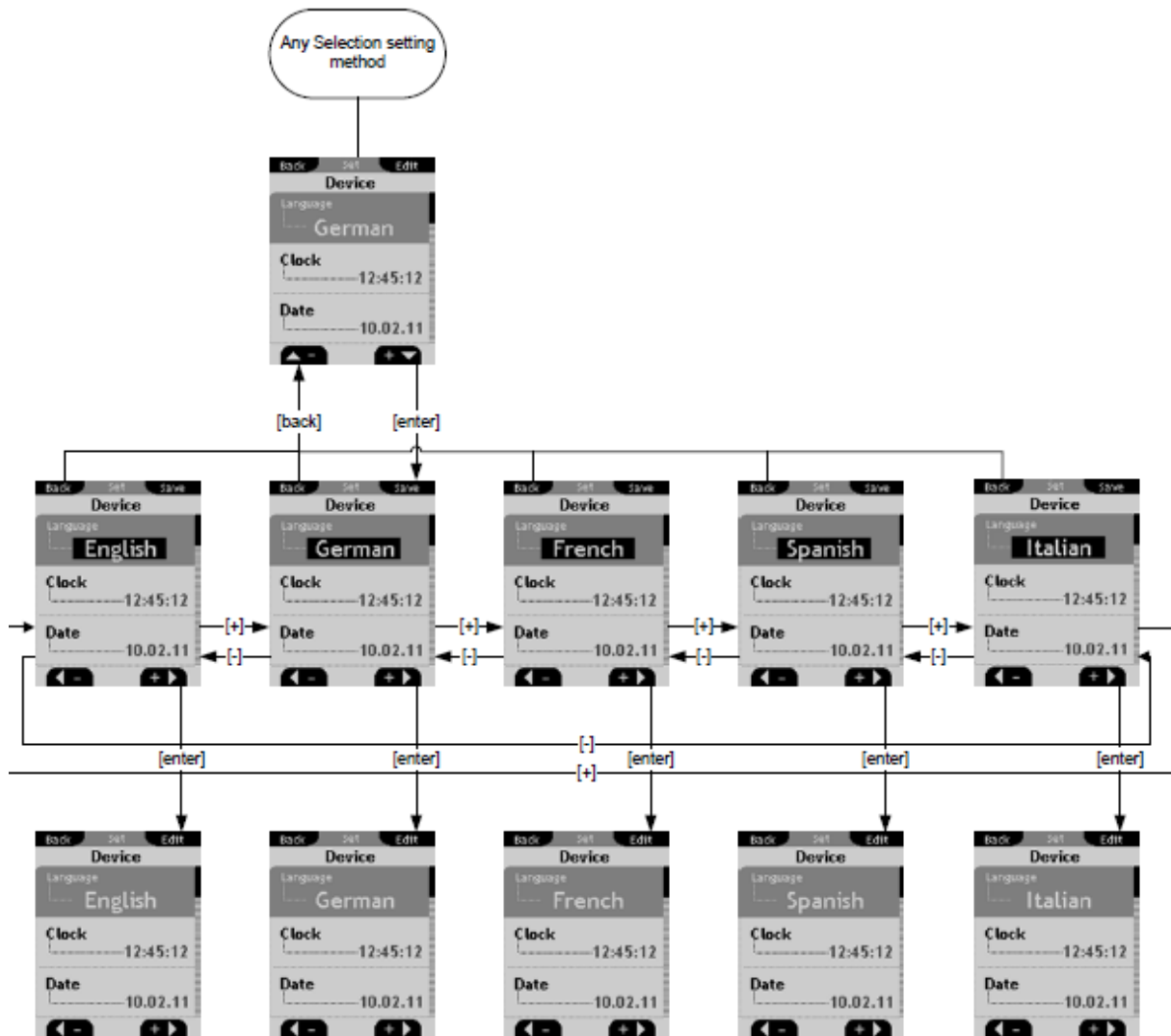
## Selection

Selection is used when there is a list of two or more options that are mutually exclusive and the user must select exactly one choice.

This method is slower, but needs less space as the method „Single Choice Tick“

Following there is described the functions and opportunities of any setting menu with a Selection. This explanation describes the general function of this setting method. It is used slightly different in any setting. Please adapt to the real setting function.

Language  
 German



### String Setting

String Setting is used when there is a setting which has to be defined exactly. It is used for nearly all numbers. It works too for characters and text.

Following there is described the functions and opportunities of any setting menu with a Selection. This explanation describes the general function of this setting method. It is used slightly different in any setting. Please adapt to the real setting function.



#### Hint:

Please have close look in the excel file „FunctionList“ to see min- and max-values for every function. Also there is described which digits are setted together (in this example the first 2 digits are setted together and then each digit is setted separate)

#### Hint for setting Clock and Date!

##### Clock Setting:


24h:

First setting the hours from 00 – 24 as one string, then setting the next string, the minutes from 00 – 59. After confirming the minutes, the seconds will be set to „00“.

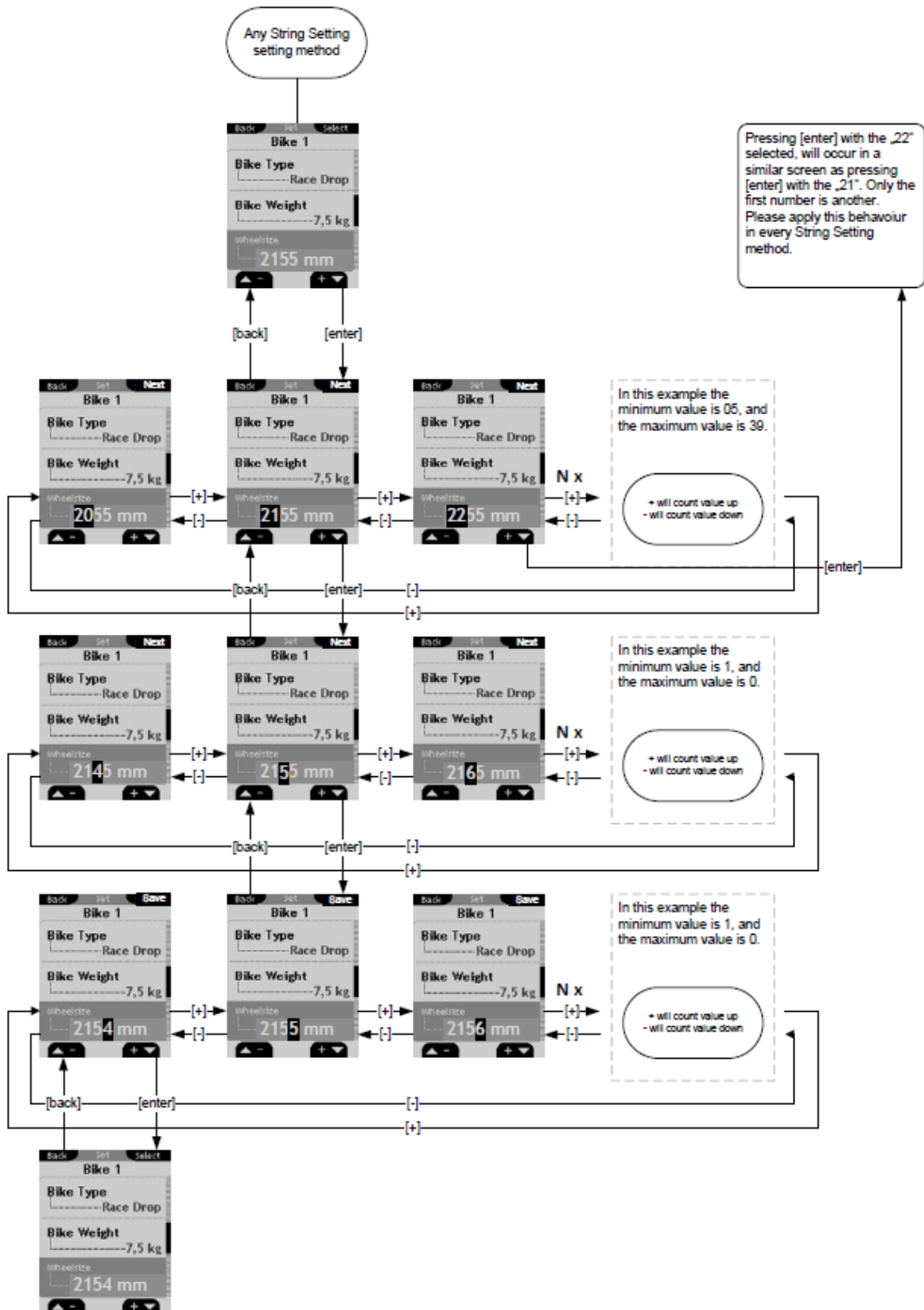
##### Date Setting:

DD.MM.YYYY:

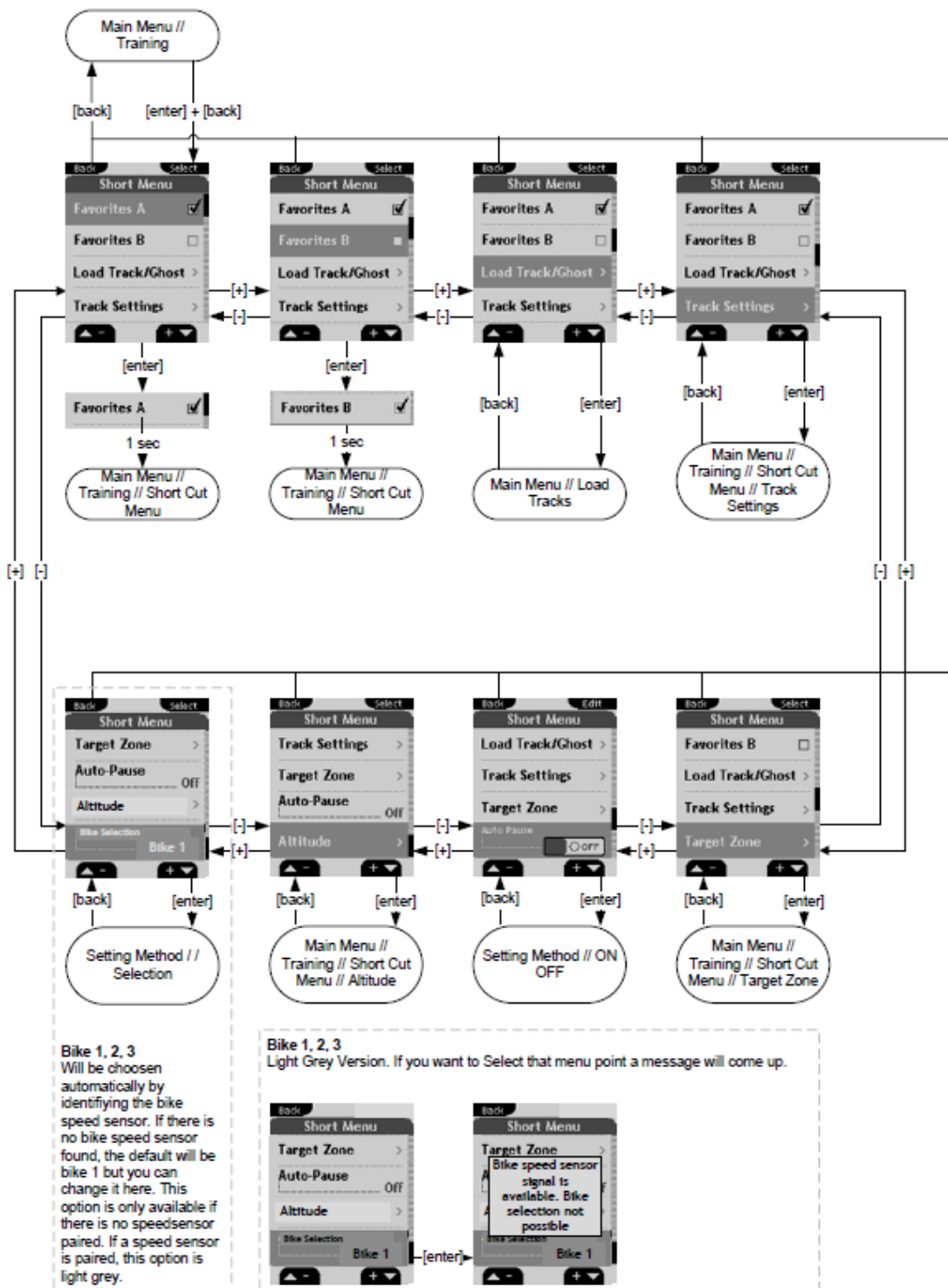
First setting the day from 01 – 31 as one string, then setting the next string, the month from 01 – 12. After confirming the month you can set the year from 2011 – 2099 as one string, too.



See method on next page!

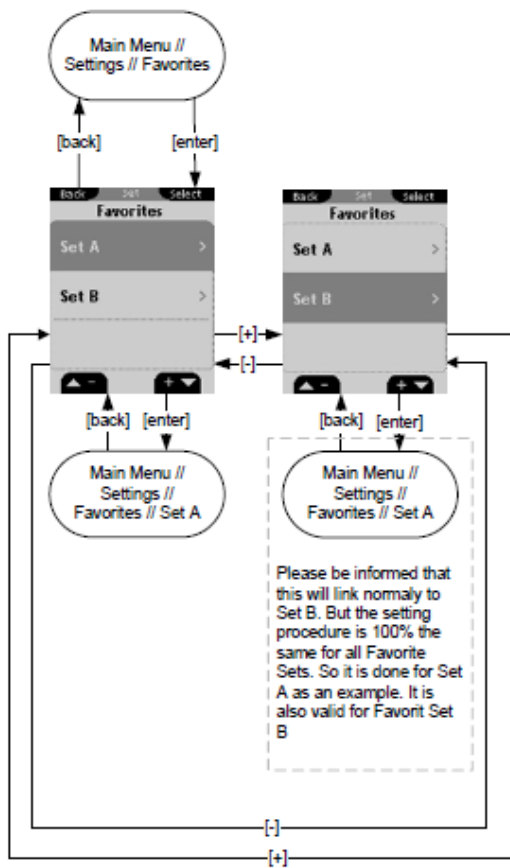


## 5 SHORT CUT MENU





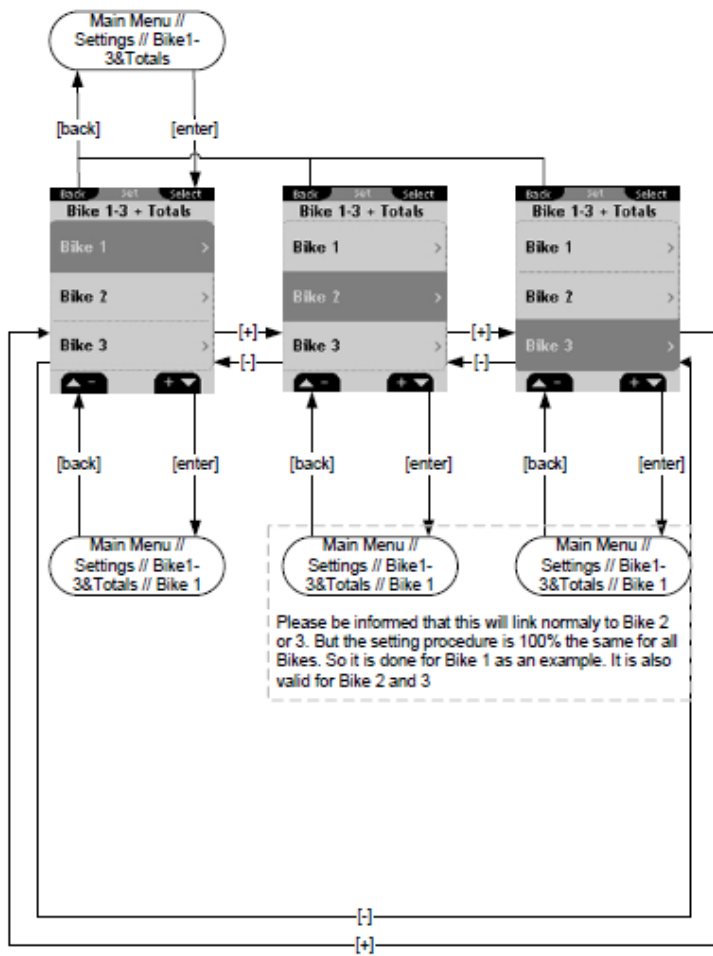
## FAVORITE SETTINGS



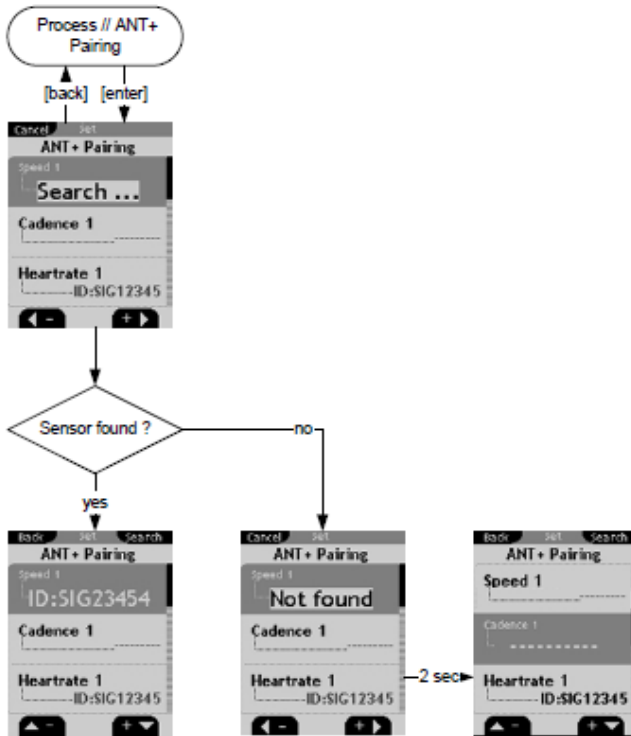
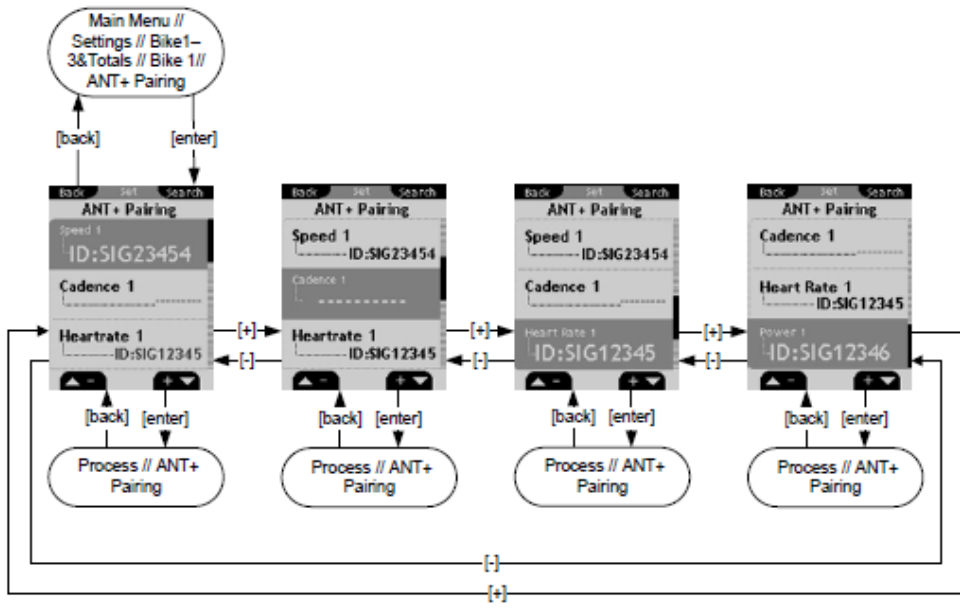




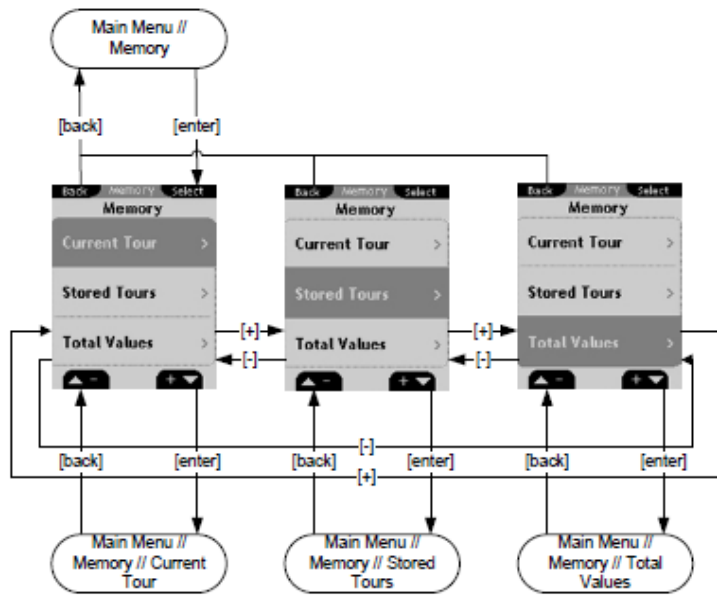
## ANT+ PAIRING

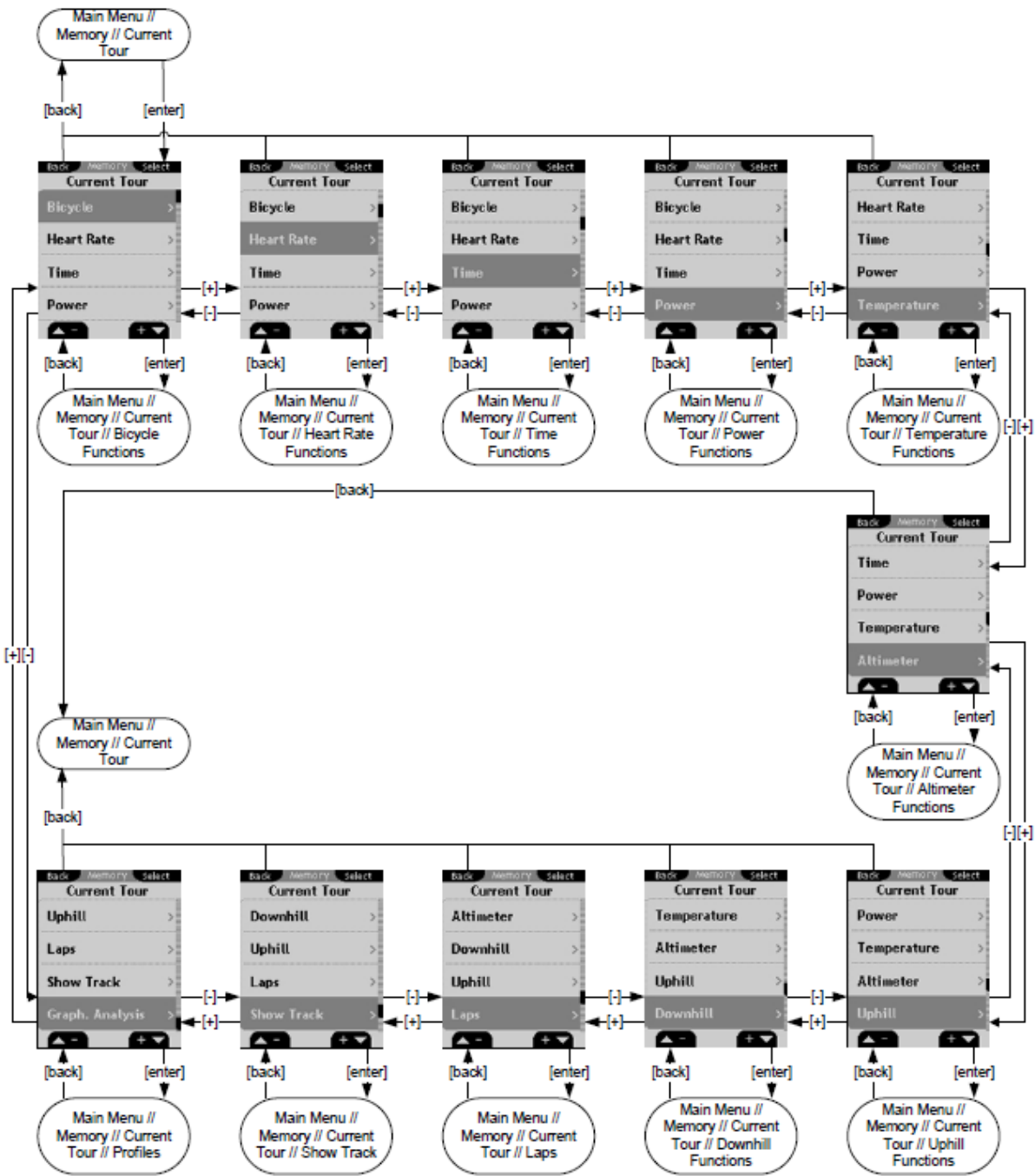




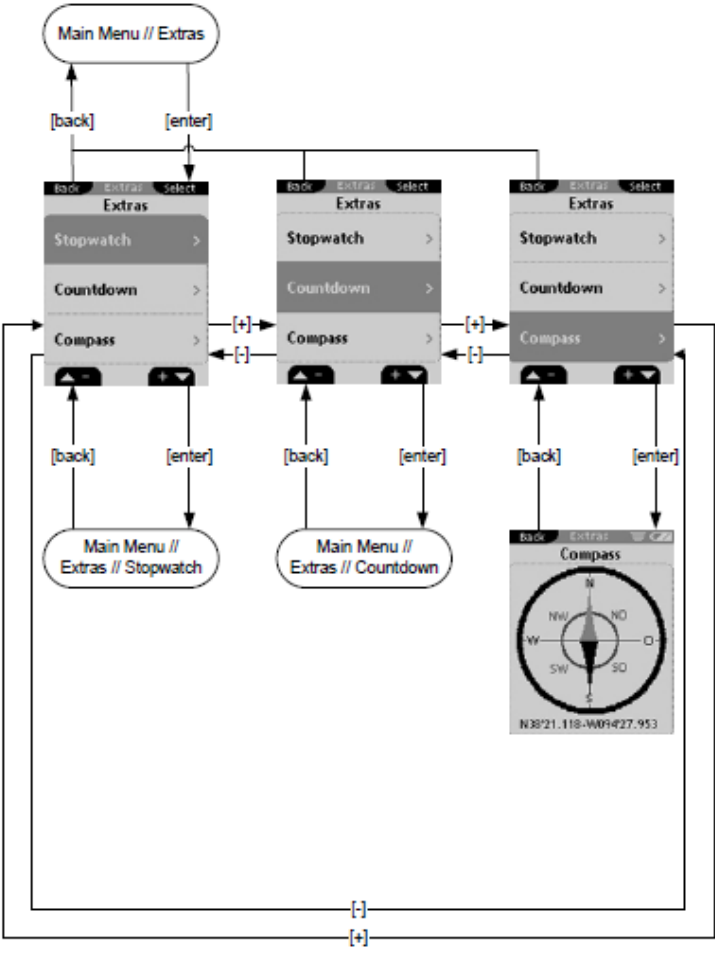


# 7 MEMORY

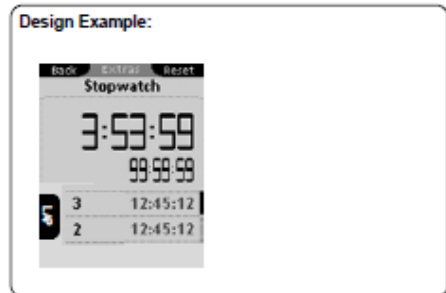




# 8 EXTRAS



# STOPWATCH







## 9 IMPORTANT NOTES/TROUBLESHOOTING/FAQ

### WATERTIGHTNESS OF THE SIGMA ROX 10.0

The ROX 10.0 is watertight according to IPX7 Water tightness. The device can be placed in 1m water deep for maximum 30 min (no current water flow!). In addition to that SIGMA devices fulfill special rain test for outdoor use.

### CARE OF THE COMFORTEX+ CHEST BELT

The COMFORTEX+ textile chest belt can be washed in the washing machine at +40°C/104°F hand wash. Standard detergents may be used, but please do not use bleaching agents or detergents with bleach additives.

Do not use soap or fabric softener. Do not give COMFORTEX+ for dry cleaning. The belt and transmitter should not be put in the dryer.

Put the belt to dry out. Please do no wring or pull apart or hang in wet condition. The COMFORTEX+ must not be ironed.

### MEDICAL ADVICE

Consult your doctor before beginning any exercise program. This is particularly important if you have underlying cardiovascular problems.

For people with pace makers, we recommend checking the compatibility of the SIGMA ROX 10.0 and your pace maker with your doctor before using the chest belt.

## 10 WARRANTY CONDITIONS

We are liable to our contracting partners for defects in line with legal provisions. In the event of a warranty claim, please contact the retailer from whom you purchased your bike computer. You can also send your bike computer, together with your receipt and all accessories, to the address below. Please ensure you pay sufficient postage.

Warranty claims can be made in the event of material and workmanship errors. The warranty does not cover batteries, wear and tear parts, or wear caused by commercial use or accidents. Warranty claims shall only be valid if the SIGMA product has not been opened without authorization and the purchase receipt is provided.

SIGMA-ELEKTRO GmbH hereby declares that the wireless bike computers comply with the fundamental requirements and other relevant regulations of Directive 1999/5/EC.

SIGMA-ELEKTRO GmbH

Dr.-Julius-Leber-Strasse 15

D-67433 Neustadt an der Weinstrasse

Tel.: +49 (0) 63 21- 91 20 -118

Fax.: +49 (0) 63 21- 91 20 -34

E-mail: [service@sigmasport.com](mailto:service@sigmasport.com)

In the event of justified warranty claims, you will receive a replacement device. You will only be entitled to the model available at the time of replacement.

The manufacturer retains the right to make technical modifications.

Batteries must not be disposed of in household waste (European Battery Law)! Please take the batteries to an official collection point for disposal.

Electronic devices must not be disposed of in household waste.

Please take the device to an official waste collection point.



LI=Lithium



## 11 FCC STATEMENT

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. 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. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. You can find the CE Declaration under:

[www.sigmasport.com](http://www.sigmasport.com)



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