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ROX 5.0

BIKE COMPUTER

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1 Functions and packaging contents

1.1 Foreword

Thank you for choosing a SIGMA SPORT bike computer. Your new ROX 5.0 will be a loyal companion for your bike trips for years to come. To familiarize yourself with and learn how to use the many functions of your new bike computer, please read these operating instructions carefully.

SIGMA SPORT wishes you hours of fun and enjoyment with your ROX 5.0.

The ROX 5.0 is a multi-functional bike computer that provides you with a broad range of information both during and after your trips:

- Speed, time, distance, heart rate, and intensity zones.
- Transmission of all information to the PC so that you can simply and graphically view your tour data.

1.2 Packaging contents

<p>ROX 5.0 bike computer</p> 	<p>Bracket</p> 
<p>STS speed transmitter</p> 	<p>Spoke magnet</p> 

<p>Wrist strap</p> 	<p>STS heart rate transmitter incl. chest belt</p> 
<p>STS cadence transmitter</p> 	<p>Cadence magnet</p>  <p>The cadence magnet can also be used without the bottom spacer.</p>
<p>Battery compartment key</p> 	<p>Attachment materials (cable ties, O-ring)</p> 
<p>ROX 5.0 quick start guide</p>	

1.2.1 Optional accessories

<p>Docking station</p> 	<p>Wired bracket</p> 
--	---

1.3 ROX 5.0 functions

The ROX 5.0 is a versatile bike computer that can measure distance, speed, cadence, and heart rate.

All current values – current speed, current heart rate, current cadence, and current lap – can be simply and permanently read from the large display.

The ROX 5.0 has classic bike computer features such as two bikes that can be switched between (these can be automatically detected with the aid of the STS speed transmitter), an automatic start/stop function, and several other functional view options.

1.3.1 PC interface

The ROX 5.0 can be connected to a PC. The optionally available docking station enables you to transmit data between your PC and the ROX 5.0.

You can also configure the settings for the ROX 5.0 on the PC and then transmit them to the bike computer.

2 Attaching the ROX 5.0 and initial use

Note

See the quick start guide provided for detailed set-up instructions.

2.1 Attaching the bracket

- Attachment to the handlebars or stem
- Remove the yellow foil from the bracket (permanent attachment)
- The bracket can be attached using either cable ties (permanent attachment) or the O-rings.

See attachment figures **1.1** **1.2** **1.3** **1.4**

2.2 Attaching the transmitter – speed and cadence

- Both transmitters can be attached using either cable ties (permanent attachment) or the O-rings.

See attachment figures **2.1** **3.1**

2.3 Attaching the magnets – speed and cadence

See attachment figures **2.3** **3.2**

2.4 Putting on the chest belt

- Rub the electrodes with water or cardio gel.

See attachment figures **4.1** **4.2** **4.3** **4.4**

2.5 Setting up a 2nd bike

- CAUTION:
To switch the STS speed transmitter to 'bike 2', please use a pen to press in the button on the back of the transmitter for five seconds until the red LED flashes (red LED: bike 2; green LED: bike 1).

See attachment figure **6.1**

2.6 Attaching the SIGMA ROX 5.0 to the bracket

See attachment figure **6.2**

2.7 Initial use

To conserve energy, the ROX 5.0 comes in 'deep sleep mode'. Simultaneously press and hold the MODE 1 + SET buttons for five seconds to awaken the ROX 5.0 from deep sleep mode.

The ROX 5.0 jumps to setting mode.

2.8 Synchronizing the sensors

To synchronize the sensors, the ROX 5.0 must be clicked into the bracket.

The zeros of the speed, cadence, and heart rate values flash while the respective sensors are being synchronized.

Once synchronization is complete, the respective values appear on the ROX 5.0's display.

2.8.1 Synchronizing the speed

There are two options for synchronizing the speed:

- Start cycling – the receiver usually synchronizes with the sensor after five wheel rotations.
- Spin the front wheel until the km/h information appears on the display.



2.8.2 Synchronizing the cadence

There are two options for synchronizing the cadence:

- Start cycling – the receiver usually synchronizes with the transmitter after five pedal rotations.
- Turn the pedals until the current cadence appears on the display.



2.8.3 Synchronizing the chest belt

Moisten the sensor areas on the chest belt and put it on.

Move into the vicinity of the ROX 5.0 or get onto your bike. The ROX 5.0 usually synchronizes with the chest belt in less than 10 seconds.

The current heart rate then appears on the display.





2.8.4 Resetting the synchronization

If a sensor does not display any values or the wrong sensor is synchronized, the synchronization can be reset.

- 1 Press and hold the **Mode 1** button for three seconds. 'Sync. RESET' flashes on the display.
- 2 The zeros of the speed, cadence, and heart rate values flash again while the respective sensors are being synchronized.

3 Operating concept

3.1 Button functions

Set + Reset buttons

The backlight is switched on/off by simultaneously pressing both buttons.

Reset button

Use this button to scroll backward in a menu level.

Press and hold the button to zero all the data for the current trip.

Mode 2 button

Press this button to scroll through the Mode 2 functions (heart rate functions etc.) or forward in a menu level.



Lap button

Press this button to start a new lap.

Press and hold the button to open the lap view.

Set button

Press this button to store the values entered.

Press and hold the button to open the basic settings.

Mode 1 button

Press this button to scroll through the Mode 1 functions (bike functions).

Press and hold the button to re-synchronize the transmitters.

3.1.1 Button functions in bike mode

Mode 1 functions

Trip distance
Trip time
Avg. speed
Max. speed
Avg. cadence
Lap distance
Lap time

Mode 2 functions

Target zone/% max. heart rate
Intensity zones
Avg. heart rate
Max. heart rate
Calories
Time
Stopwatch
Countdown
Temperature
Total distance
Total time
Total calories

3.1.2 Button functions in running mode

Mode 1 functions

Running time
Total running time

Mode 2 functions

Training zone/% max. heart rate
Intensity zones
Avg. heart rate
Max. heart rate
Calories
Time
Countdown
Temperature
Total calories

3.2 Display structure

The ROX 5.0's display is divided into three main areas:

3.2.1 Top display segment

This displays four current values.

- ♥ Current heart rate (only if you are wearing the chest belt)
- ⚡ Heart rate too high or low in relation to the target zone
- 🌀 Current cadence (only if the cadence transmitter has been attached, optional accessory)
- LAP Current lap number (permanent)



3.2.2 Middle display segment

This displays your current speed plus other icons:

- ⌚ Bike I - bike II icon
- ⬆️ Speed comparison on the basis of the average speed
- KMH Preset unit (km/h or mph)
- ⌚ Stopwatch active
- ⌚ Countdown active



3.2.3 Bottom display segment

This displays your currently selected function.

Press the **Mode 1** (see 3.1.1) and **Mode 2** (see 3.1.2) buttons to select the individual functions.

Press the **Mode 1** or **Mode 2** buttons to scroll forward. Press the **Set** or **Reset** buttons to scroll backward.





4 Basic settings

Press and hold the **Set** button for three seconds. 'Set OPEN' flashes on the display. The preset language then appears.

If you are using the ROX 5.0 for the first time and awakening it from deep sleep mode, it will automatically jump to setting mode without you pressing and holding the **Set** button.

Caution

The ROX 5.0 can also be set during a trip. If doing so, always ensure that your concentration remains focused on the road and the traffic!

4.1 Setting the language



- 1 Press the **Mode 1** button to switch to the preset language.
- 2 Press the **Set** button. The display flashes.
- 3 Press **Mode 2** or **Reset** to select the desired language.
- 4 Press the **Set** button to save your setting. 'Set OK' appears on the display.

4.2 Setting the unit



- 1 Press the **Mode 1** button to switch to the preset unit.
- 2 Press the **Set** button. The display flashes.
- 3 Press **Mode 2** or **Reset** to switch between km/h and mph.
- 4 Press the **Set** button to save your setting. 'Set OK' appears on the display.

4.3 Setting the wheel size 1 and 2



- 1 Press the **Mode 1** button to switch to the preset wheel size 1 or wheel size 2.
- 2 Press the **Set** button. The first two digits for entry flash.
- 3 Press **Mode 2** or **Reset** to increase or decrease the value respectively.
- 4 Press the **Mode 1** button to switch to the next digit.
- 5 Press the **Set** button to save your setting. 'Set OK' appears on the display.

4.3.1 Calculating the wheel size

There are several ways to calculate the wheel size:

- Calculate on the basis of Figure A or B
- Find in the table (Figure C) on the basis of your tire size.

km/h:
WS = mm x 3.14
mph:
WS = mm x 3.14

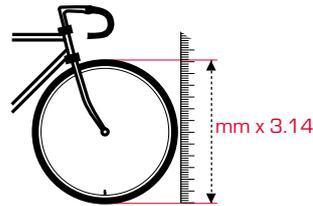


Figure A

km/h:
WS = mm
mph:
WS = mm

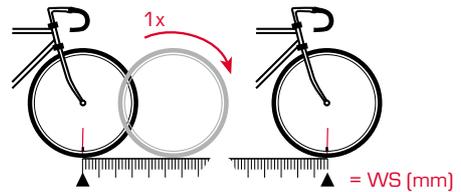


Figure B

ETRTO		kmh mph	ETRTO		kmh mph
16 x 1.75 x 2			16 x 1.75 x 2		
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	28x1.5	2224
47-507	24x1.75x2	1907	47-622	28x1.75	2268
23-571	26x1	1973	40-635	28x1 1/2	2265
40-559	26x1.5	2026	37-622	28x1 3/8x1 5/8	2205
44-559	26x1.6	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	2086	37-622	700x35C	2205
20-571	26x3/4	1954	40-622	700x40C	2224

Figure C



4.4 Setting the time

- 1 Press the **Mode 1** button to switch to the preset time.
- 2 Press the **Set** button. The hours digit flashes.
- 3 Press **Mode 2** or **Reset** to increase or decrease the value respectively.
- 4 Press the **Mode 1** button to move to the minutes.
- 5 Press **Mode 2** or **Reset** to increase or decrease the value respectively.
- 6 Press the **Set** button to save your setting. 'Set OK' appears on the display.



4.5 Setting the date

- 1 Press the **Mode 1** button to switch to the preset date.
- 2 Press the **Set** button. The year flashes.
- 3 Press the **Mode 2** or **Reset** button to increase or decrease the year value respectively and the **Set** button to save your entry.
- 4 Press the **Mode 2** or **Reset** button to increase or decrease the month value respectively and the **Set** button to save your entry.
- 5 Press the **Mode 2** or **Reset** button to increase or decrease the day value respectively and the **Set** button to save your entry.
- 6 Press the **Mode 2** or **Reset** button to set the date format (dd.mm.yy or mm/dd/yy) and the **Set** button to save your entry. 'Set OK' appears on the display.



4.6 Setting your age

- 1 Press the **Mode 1** button to switch to the preset age.
- 2 Press the **Set** button. The display flashes.
- 3 Press **Mode 2** or **Reset** to increase or decrease the value respectively.
- 4 Press the **Set** button to save your setting. 'Set OK' appears on the display.



4.7 Setting your weight

- 1 Press the **Mode 1** button to switch to the preset weight.
- 2 Press the **Set** button. The display flashes.
- 3 Press **Mode 2** or **Reset** to increase or decrease the value respectively.
- 4 Press the **Set** button to save your setting. 'Set OK' appears on the display.



4.8 Setting your gender

- 1 Press the **Mode 1** button to switch to the preset gender. (The ROX 5.0 is preset to 'male' by default.)
- 2 Press the **Set** button. The display flashes.
- 3 Press **Mode 2** or **Reset** to set your gender.
- 4 Press the **Set** button to save your setting. 'Set OK' appears on the display.



4.9 Setting the maximum heart rate

- 1 Press the **Mode 1** button to switch to the preset maximum heart rate.
- 2 Press the **Set** button. The display flashes.
- 3 Press **Mode 2** or **Reset** to increase or decrease the value respectively.
- 4 Press the **Set** button to save your setting. 'Set OK' appears on the display.



4.10 Setting the training zone

The ROX 5.0 has three target zones. The target zones 'Fitness' (Fit Zone) and 'Fatburning' (Fat Zone) are automatically calculated on the basis of your maximum heart rate. In the 'Individual' target zone, you can specify your own heart rate values.

- 1 Press the **Mode 1** button to switch to the preset training zone.
- 2 Press the **Set** button. The display flashes.
- 3 Press **Mode 2** or **Reset** to increase or decrease the desired training zone limits respectively.
- 4 Press the **Set** button to save your setting. 'Set OK' appears on the display.

Note

During a trip, you will be notified if you go over or under the target zone limits. A zone indicator arrow appears on the display next to the heart rate and a beeping sound is emitted.

4.10.1 Displaying the training zone in normal mode

You can also obtain a graphical image of the area in which you are currently training:

- 1 In normal mode, press **Mode 2** to switch to the target zone/% max. heart rate display.
- 2 A three-part bar in the bottom display segment shows you which area of the preset target zone you are currently in.



Below the target zone



In the target zone



Above the target zone



4.11 Setting the intensity zones 1, 2, 3, and 4

The ROX 5.0 has four intensity zones, which make it easier to control your training. The values are automatically calculated on the basis of your maximum heart rate. You can also manually modify the % values for the individual intensity zones.

- 1 Press the **Mode 1** button to switch to the preset intensity zone 1, 2, 3, or 4.
- 2 Press the **Set** button. The lower zone limit flashes.
- 3 Press **Mode 2** or **Reset** to increase or decrease the value respectively.
- 4 Press the **Mode 1** button to switch to the upper zone limit.
- 5 Press the **Mode 2** or **Reset** button to increase or decrease the value respectively and the **Set** button to save your entry. 'Set OK' appears on the display.

Note

During a trip, you can also view the intensity zone function with a frequency distribution for your current training session.

4.11.1 Displaying the intensity zones in normal mode

You can also obtain a graphical image of the area in which you are currently training:

- 1 In normal mode, press **Mode 2** to switch to the intensity zones screen.
- 2 The four intensity zones are graphically displayed in the bottom display segment.
- 3 An arrow shows you which zone you are currently training in.





4.12 Setting the total distance for bike 1 or bike 2

Use this area to enter existing values (e.g. transferred from your old device). New values are then added to these.

- 1 Press the **Mode 1** button to switch to the total distance for bike 1 or bike 2.
- 2 Press the **Set** button. The first digit for entry flashes.
- 3 Press **Mode 2** or **Reset** to increase or decrease the value respectively.
- 4 Press the **Mode 1** button to switch to the next digit.
- 5 Press the **Set** button to save your setting. 'Set OK' appears on the display.



4.13 Setting the total trip time for bike 1 or bike 2

Use this area to enter existing values (e.g. transferred from your old device). New values are then added to these.

- 1 Press the **Mode 1** button to switch to the total trip time for bike 1 or bike 2.
- 2 Press the **Set** button. The first digit for entering the hours value flashes.
- 3 Press **Mode 2** or **Reset** to increase or decrease the value respectively.
- 4 Press the **Mode 1** button to switch to the next digit.
- 5 Press the **Set** button to save your setting. The minutes value flashes.
- 6 Press **Mode 2** or **Reset** to increase or decrease the minutes value respectively.
- 7 Press the **Set** button to save your setting. 'Set OK' appears on the display.



4.14 Setting the total running time

Use this area to enter existing values (e.g. transferred from your old device). New values are then added to these.

- 1 Press the **Mode 1** button to move to the total running time.
- 2 Press the **Set** button. The first digit for entering the hours value flashes.
- 3 Press **Mode 2** or **Reset** to increase or decrease the hours value respectively. Press the **Mode 1** button to switch to the next digit. Press the **Set** button to save the hours entry.
- 4 Press **Mode 2** or **Reset** to increase or decrease the minutes value respectively.
- 5 Press the **Set** button to save your setting. 'Set OK' appears on the display.



4.15 Setting the total calories for bike 1 or bike 2

Use this area to enter existing values (e.g. transferred from your old device). New values are then added to these.

- 1 Press the **Mode 1** button to switch to the total calories for bike 1 or bike 2.
- 2 Press the **Set** button. The first digit for entry flashes.
- 3 Press **Mode 2** or **Reset** to increase or decrease the value respectively.
- 4 Press the **Mode 1** button to switch to the next digit.
- 5 Press the **Set** button to save your setting. 'Set OK' appears on the display.



4.16 Setting the total running calories

Use this area to enter existing values (e.g. transferred from your old device). New values are then added to these.

- 1 Press the **Mode 1** button to switch to the total running calories.
- 2 Press the **Set** button. The first digit for entry flashes.
- 3 Press **Mode 2** or **Reset** to increase or decrease the value respectively.
- 4 Press the **Mode 1** button to switch to the next digit.
- 5 Press the **Set** button to save your setting. 'Set OK' appears on the display.



4.17 Activating the zone alarm

- 1 Press the **Mode 1** button to switch to the zone alarm.
- 2 Press the **Set** button. The current setting flashes.
- 3 Press **Mode 2** or **Reset** to switch the zone alarm on or off respectively.
- 4 Press the **Set** button to save your setting. 'Set OK' appears on the display.

Note

The zone alarm beeps during your trip if you have breached the limits of the set training zone.



4.18 Setting the contrast

- 1 Press the **Mode 1** button to switch to the preset contrast.
- 2 Press the **Set** button. The display flashes.
- 3 Press **Mode 2** or **Reset** to increase or decrease the value respectively. (1=weak/3=strong)
- 4 Press the **Set** button to save your setting. 'Set OK' appears on the display.



4.19 Exiting the basic settings

Press and hold the **Set** button for three seconds to exit the basic settings.

'Set CLOSE' flashes on the display.

5 General ROX 5.0 functions

5.1 Display backlight



The backlight function is switched on/off by simultaneously pressing the **Set** and **Reset** buttons. 'Light on/Light off' briefly appears on the display.

The display lights up when any button is pressed; the respective function only opens when the button is pressed a second time.

Note

The backlight is not available during synchronization! Avoid using the backlight unnecessarily to save the battery.

5.2 Speed comparison



If the current speed differs from the average speed, this is indicated by two arrows \blacktriangleleft \blacktriangleright .

If the current speed is below the average speed, \blacktriangledown is displayed.

If the current speed is above the average speed, \blacktriangle is displayed.

If the current speed approximates the average speed, no arrow is displayed.

5.3 Lap function



You can use the lap function to start a new lap (or interval) after covering a certain distance. This enables you to compare your performance at certain parts of comparable distances and to conduct interval training.

Press the middle button (**LAP**) to end the current lap and automatically start a new one. The lap distance and lap time of the last lap are alternately displayed for eight seconds.

The average heart rate, average cadence, and lap number are shown in the top display segment. The average speed for the last lap is shown in the middle display segment.

The lap distance and lap time are displayed in the bottom display segment.

The display then jumps back to the previous view mode.



5.4 Opening the lap view

- 1 Press and hold the middle button (**LAP**) for three seconds. 'Lap view OPEN' flashes on the display.
- 2 Press the **Set** and **Mode 1** buttons to switch between the following values: lap time, time since start, lap distance, distance since start, max. speed, max. heart rate, calories.
The average heart rate, average cadence, and lap number are shown in the top display segment. The average speed for the lap is shown in the middle display segment.
- 3 Press the **Reset** and **Mode 2** button to switch between the individual laps.
- 4 Press and hold the **LAP** button for three seconds to exit the lap view. 'Lap view CLOSE' flashes on the display.

5.5 Stopwatch



- 1 Press the **Mode 2** button to move to the stopwatch.
- 2 Press the **Set** button to start and stop the stopwatch.
If the stopwatch is running, the icon  appears on the display.
- 3 Resetting the stopwatch:
Press and hold the **Reset** button for three seconds.

5.6 Countdown



- 1 Press the **Mode 2** button to switch to the countdown.
- 2 Press and hold the **Set** button for three seconds. 'Countdown SET' flashes on the display.
- 3 Press **Mode 2** or **Reset** to increase or decrease the value respectively.
- 4 Press the **Mode 1** button to move to the next digit.
- 5 Press the **Set** button to save your setting.
'Set OK' appears on the display.
- 6 Press the **Set** button to start and stop the countdown.
If the countdown is running, the icon  appears on the display. The icon flashes once the countdown has reached zero.
- 7 Resetting the countdown to the configured start value:
Press and hold the **Reset** button for three seconds.



5.7 Resetting tour data

- 1 Press and hold the **Reset** button for more than three seconds.
- 2 'Tour data RESET' flashes on the display.

Use this function to reset the following values to zero:

Trip distance, trip time, avg. speed, max. speed, avg. cadence, lap distance, lap time, intensity zones, avg. heart rate, max. heart rate, calories.

5.8 Total values for bike 1 and bike 2

If you only ride one bike, only the total values for the first bike will be displayed.

If you also use a second bike, the total values are displayed under 'bike 1', 'bike 2' and 'bike 1+2'.

5.9 Service interval

The service interval informs you once you have covered the distance before the next bike inspection is due. The service interval can only be set by your specialist retailer. Once the preset distance has been reached 'Inspection' appears on the display.

Press any button to clear this message.



5.10 Transport mode

If your bike is transported on a bike rack or in the car (if the ROX 5.0 is clicked into the bracket), the integrated movement sensor switches the ROX 5.0 to 'transport mode'. 'Transport' appears on the display. Press any button to exit this mode.

5.11 PC interface

The ROX 5.0 is PC-compatible. After purchasing the SIGMA DATA CENTER software and its docking station, you can quickly and effortlessly download your current training session to your PC. The ROX 5.0 saves the current values every 10 seconds for trips lasting up to 25 hours. This trip is then graphically displayed in the Data Center.

Note

The SIGMA DATA CENTER software and docking station can be ordered from the SIGMA SHOP at www.sigma-data-center.com.

5.12 Wired speed transmission

The ROX 5.0 can be retrofitted with a wired speed transmitter to measure the speed alone (the cadence and chest belt remain wireless).

6 Running with the ROX 5.0

The ROX 5.0 can also be used as a running computer. A separate wrist strap is provided to this end. When the ROX 5.0 is attached to this wrist strap, all the bike functions are hidden (but still remain saved and can be accessed on your next bike trip). Only the running-related functions remain. You can therefore use your ROX 5.0 with heart rate information for hiking, climbing, skiing, running, or other types of sport.

6.1 Synchronizing the chest belt

Moisten the sensor areas and put on the chest belt.

Attach the ROX 5.0 to the wrist strap. The zeros for your current heart rate flash. The ROX 5.0 synchronizes with the chest belt in less than 10 seconds.

The current heart rate then appears on the display.



6.2 Starting the running time

The running time is started and stopped by pressing the middle function button (LAP).

If the running time has started, the icon  appears on the display.



6.3 Resetting the running time

- 1 Press and hold the **Reset** button for more than three seconds.
- 2 'Tour data RESET' flashes on the display.

Use this function to reset the following values to zero:

Running time, intensity zones, avg. heart rate, max. heart rate, calories.

7 Important information, troubleshooting, and FAQ

7.1 Important information

7.1.1 ROX 5.0 water resistance

The ROX 5.0 is watertight. It can be used in the rain without any risk of damage. The buttons can be pressed.

7.1.2 Water resistance of the transmitters (optional accessory)

STS speed transmitter, STS cadence transmitter, and STS heart rate transmitter

Watertight and therefore suitable for many sporting activities.

7.1.3 Chest belt care (optional accessory)

The COMFORTEX+ textile chest belt is machine washable on a +40°C/104°F hand wash cycle. Conventional detergent may be used.

Note

Bleaching agents or detergents containing bleaching agents must not be used. Do not use soap or fabric softener!

Never have your COMFORTEX+ chemically cleaned. Neither the belt nor the transmitter are suitable for dryers. Lay your belt on a flat surface to dry. Do not wring it out, stretch it while wet, or hang it up. The COMFORTEX+ must not be ironed.

7.1.4 Training advice

Consult your physician before starting training to eliminate any health risks. This particularly applies if you suffer from any underlying cardiovascular diseases.

If you wear a pacemaker, always check with your physician that this is compatible with our systems before using them!

7.2 Troubleshooting

No speed displayed

- Is the computer correctly fastened into the bracket?
- Have you checked the contacts for oxidation/corrosion?
- Have you checked the distance between the magnet and the STS speed transmitter (max. 12 mm)?
- Have you checked whether the magnet is magnetized?
- Have you checked the speed transmitter's battery status?

No cadence displayed

- Have you checked the distance between the magnet and the cadence transmitter (max. 12 mm)?
- Have you checked whether the magnet is magnetized?
- Have you checked the cadence transmitter's battery status?

No heart rate displayed

- Are the electrodes damp enough?
- Is the chest belt correctly positioned against your body?
- Have you checked the heart rate transmitter's battery status?

Display blank

- Have you checked the ROX 5.0's battery status?
- Has the battery been correctly inserted (+ up)?
- Are the battery contacts okay (bend carefully)?

Display weak/slow

- Is the temperature too high (> 60°C) or too low (< 0°C)?

Incorrect speed displayed

- Have two magnets been attached?
- Is the magnet correctly positioned (parallel and centrally to the speed transmitter)?
- Is the wheel size correctly set?

No synchronization

- Have you checked the distance between the magnet and the sensor(s)?
- Is/are the battery/batteries in the sensor(s) dead?
- Have you checked the transmitter's range?
- If you are using a hub dynamo, please change the transmitter's position.

'TOO MANY SIGNALS' displayed

- Please increase the distance from other transmitters and press any button.

7.3 Frequently asked questions (FAQ)

Can I change the batteries myself?

All ROX 5.0 components have a battery compartment so that the user can change the batteries. When doing so, please ensure that the sealing ring is always correctly positioned before you close the battery compartment.

Can another person with a different bike computer/heart rate monitor cause interference?

The digital transmission system is encoded. This almost entirely prevents any interference between two different devices. When synchronizing the receiver with the transmitter, ensure that you are not in the vicinity of any other SIGMA ROX devices.

How long will the batteries in the transmitter and receiver last?

The battery life depends on how much the device is used and whether the light manager is used.

In general, the ROX 5.0 and all three transmitters are designed so that the battery lasts at least a year (based on one hour of usage each day).

Is the STS transmission system compatible with other transmission systems (e.g. Bluetooth, ANT+, DTS etc.)?

No, the various transmission systems are not intercompatible.

8 Technical data

8.1 Max, min, and default values

	Unit	Min.	Max.
Bicycle			
Current speed	kmh/mph	0.0	199.8/124.2
Avg. speed	kmh/mph	0.00	199.8/124.2
Max. speed	kmh/mph	0.00	199.8/124.2
Trip distance	km/mi	0.00	9999.99
Current cadence	rpm	20	180
Avg. cadence	rpm	20	180
Heart rate			
Current heart rate	bpm	40	240
Avg. heart rate	bpm	40	240
Max. heart rate	bpm	40	240
% of the max. heart rate	%	0	240
Calories	kcal	0	99999
Time			
Trip time	hhh:mm:ss	00:00:00	999:59:59
Running time	hhh:mm:ss	00:00:0	999:59:59
Total running time	hhh:mm:ss	00:00:0	999:59:59
Time	hh:mm (24 h)	00:00	23:59
Date	DD.MM.YYYY	01.01.2013	31.12.2099
Stopwatch	h:mm:ss.1/10	0:00:00,0	9:59:59.9
Countdown	hh:mm:ss.1/10	00:00:00,0	9:59:59.9
Temperature			
Current temperature	°C/°F	-10.0/14.0	+70/+158
Laps			
Lap number	NO UNIT	0	99
Lap time	hhh:mm:ss	00:00:00	999:59:59
Time since start	hhh:mm:ss	00:00:00	999:59:59
Lap distance	km/mi	0	9999.99
Distance since start	km/mi	0	9999.99
Avg. speed per lap	kmh/mph	0.00	199.8/124.2
Max. speed per lap	kmh/mph	0.00	199.8/124.2
Max. HR per lap	bpm	40	240
Calories per lap	kcal	0	99999
Total values			
Total distance Bike 1/2 Bike 1+2	km/mi	0	99999

	Unit	Min.	Max.
Total time Bike 1/2 Bike 1+2	mm:ss.x/hhh:mm:ss	12:00 AM	999:59
Total calories Bike 1/2 Bike 1+2	kcal	0	99999



8.2 Changing the batteries

Low battery warnings for the bike computer and transmitters (speed, cadence, and/or chest belt) appear on the display. After changing the battery, only the time needs to be reset.

Bike computer **5.1**

- Use the tool provided to open the compartment.
- Remove the old battery.
- Insert the new battery.
- Note the polarity!
- If the sealing ring is loose, reposition it.
- Use the tool provided to close the compartment.

Transmitter **5.2 5.3 5.4**

- Use the tool provided to open the compartment.
- Remove the old battery.
- Insert the new battery.
- Note the polarity!
- If the sealing ring is loose, reposition it.
- Use the tool provided to close the compartment.

8.3 Temperature, batteries

Bike computer

Ambient temperature +60°C/-10°C
Battery type CR 2450 (ref. no. 20316)

Speed transmitter

Ambient temperature +60°C/-10°C
Battery type CR 2032 (ref. no. 00396)

Cadence transmitter

Ambient temperature +60°C/-10°C
Battery type CR 2032 (ref. no. 00396)

Heart rate transmitter

Ambient temperature +60°C/-10°C
Battery type CR 2032 (ref. no. 00396)

9 Warranty and guarantee

We are liable to our contracting partners for defects in line with legal provisions. The warranty does not extend to batteries. 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.

SIGMA-ELEKTRO GmbH
Dr.-Julius-Leber-Straße 15
D-67433 Neustadt/Weinstraße

Service tel. +49-(0)6321-9120-140
E-mail: sigmarox@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 (Battery Law - BattG)! 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.

This device complies with Part 15 of the FCC Rules and with RSS-210 of Industry Canada. Operation is subject to the following two conditions:

- 1 This device may not cause harmful interference
- 2 This device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications made to this equipment not expressly approved by SIGMA may void the FCC authorization to operate this equipment.

This Class B digital apparatus complies with Canadian ICES-003.

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 technician for help.

You can find the CE declaration under: www.sigmasport.com

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