SIGMA GERMANY

EN

STS

SPEED DIGITAL WIRELESS

HRM DIGITAL WIRELESS

CAD DIGITAL WIRELESS

IAC ALTI BAROMETRIC

LAP COUNT

DATA LOG

MULTI SPORT

PC MAC READY

ROX 6.0

BIKE COMPUTER WITH ALTITUDE

Contents

1 Functions and packaging contents

1.1 Foreword

Thank you for choosing a SIGMA SPORT bike computer. Your new ROX 6.0 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 6.0.

The ROX 6.0 is a multi-functional bike computer that provides you with a broad range of information both during and after your trips:

- Speed, time, distance, altitude, heart rate, and intensity zones.
- Transmission of all information to the PC so that you can simply view the results of your trip in graph format.

1.2 Packaging contents

ROX 6.0 bike computer 	Bracket 
STS speed transmitter 	Spoke magnet 

Wrist strap 	STS heart rate transmitter incl. chest belt 
Battery compartment key 	Attachment materials (cable ties, O-ring) 
ROX 6.0 quick start guide	

1.2.1 Optional accessories

Docking station 	Wired bracket 
STS cadence transmitter (incl. with ROX 6.0 CAD only) 	Cadence magnet (incl. with ROX 6.0 CAD only)  or The cadence magnet can also be used without the bottom spacer.

1.3 ROX 6.0 functions

The ROX 6.0 is a versatile bike computer that can measure your altitude, speed, cadence, and heart rate.
To use the cadence function, you must obtain the necessary accessories.

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

The ROX 6.0 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 altitude calibration options.

The separate wrist strap also enables you to use your ROX 6.0 for hiking and other types of sport.

1.3.1 PC interface

The ROX 6.0 can be connected to a PC. The optionally available docking station enables you to transmit data between your PC and the ROX 6.0.

You can also configure the settings for the ROX 6.0 on the PC and then transmit them to the bike computer.

2 Attaching the ROX 6.0 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 press 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 6.0 to the bracket

See attachment figure **6.2**

2.7 Initial use

To conserve energy, the ROX 6.0 comes in 'deep sleep mode'. Simultaneously press and hold the MODE 1 + SET buttons for five seconds to awaken the ROX 6.0 from deep sleep mode.

The ROX 6.0 jumps to the setting mode (section "4 Basic settings").

2.8 Synchronizing the sensors

To synchronize the sensors, the ROX 6.0 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 6.0'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.

Please move into the vicinity of the ROX 6.0 or get onto your bike. The ROX 6.0 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

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 and altitude functions).

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

3.1.1 Button functions in bike mode

Mode 1 functions	Mode 2 functions
Trip distance	Target zone/% max. heart rate
Trip time	Intensity zones
ø speed	ø heart rate
Max. speed	Max. heart rate
ø cadence	Calories
Altitude +/-	Time
Altitude profile	Stopwatch
Max. altitude	Countdown
Lap distance	Temperature
Lap time	Total distance
	Total time
	Total altitude
	Total calories

3.1.2 Button functions in hiking mode

Mode 1 functions	Mode 2 functions
Hiking time	Training zone/% max. heart rate
Target time	Intensity zones
Trip altitude +/-	ø heart rate
Max. altitude	Max. heart rate
	Calories
	Time
	Countdown
	Temperature
	Total hiking time
	Total hiking altitude
	Total calories

3.2 Display structure

The ROX 6.0'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)
- Current altitude (permanent)
- 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
- Average speed (only in lap view)

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 6.0 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 6.0 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 air pressure at sea level

Explanations about this function can be found in section “7 Altitude measurement (IAC)”.

1 Press the Mode 1 button to switch to the preset air pressure.

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.

4.4 Setting the current altitude

Explanations about this function can be found in section “7 Altitude measurement (IAC)”.

1 Press the Mode 1 button to switch to the preset altitude.

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.

4.5 Setting the start altitude

Explanations about this function can be found in section “7 Altitude measurement (IAC)”.

1 Press the Mode 1 button to switch to the preset start altitude.

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.

4.6 Setting the wheel size for bike 1 or bike 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 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.

4.6.1 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

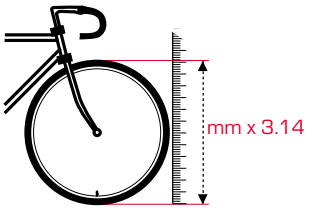


Figure A

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

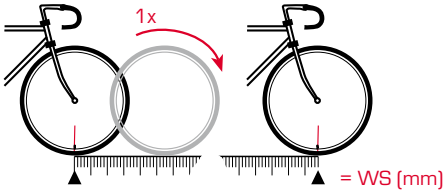


Figure B

ETRTO

16 x 1.75 x 2

		kmh mph
47-305	16x1.75x2	1272
47-406	20x1.75x2	1590
37-540	24x1 3/8 A	1948
47-507	24x1.75x2	1907
23-571	26x1	1973
40-559	26x1.5	2026
44-559	26x1.6	2051
47-559	26x1.75x2	2070
50-559	26x1.9	2089
54-559	26x2.00	2114
57-559	26x2.125	2133
37-590	26x1 3/8	2105
37-584	26x1 3/8x1 1/2	2086
20-571	26x3/4	1954

ETRTO

16 x 1.75 x 2

		kmh mph
32-630	27x1 1/4	2199
28-630	27x1 1/4 Fifty	2174
40-622	28x1.5	2224
47-622	28x1.75	2268
40-635	28x1 1/2	2265
37-622	28x1 3/8x1 5/8	2205
18-622	700x18C	2102
20-622	700x20C	2114
23-622	700x23C	2133
25-622	700x25C	2146
28-622	700x28C	2149
32-622	700x32C	2174
37-622	700x35C	2205
40-622	700x40C	2224

Figure C

4.7 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.

4.8 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.

4.9 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.

4.10 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.

4.11 Setting your gender

1 Press the Mode 1 button to switch to the preset gender. (The ROX 6.0 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.

4.12 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.

4.13 Setting the training zone

The ROX 6.0 has three target zones. The target zones “Fitness” and “Fat burn” 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.

4.13.1 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 the area of the preset target zone that you are currently in.

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

The ROX 6.0 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.

4.14.1 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.

4.15 Setting the total distance for bike 1 or bike 2

You can use this option 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.

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

You can use this option 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.

4.17 Setting the total hiking time

You can use this option 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 hiking 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 your setting.

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.

4.18 Setting the total altitude for bike 1 or bike 2

You can use this option 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 altitude 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.

4.19 Setting the total hiking altitude

You can use this option 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 hiking altitude.

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.

4.20 Setting the total calories for bike 1 or bike 2

You can use this option 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.

4.21 Setting the total hiking calories

You can use this option 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 hiking 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.

4.22 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.

4.23 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.

4.24 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 6.0 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 ▲▼.

If the current speed is below the average speed, ▼ is displayed.

If the current speed is above the average speed, ▲ 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 lap distance and lap time are displayed in the bottom display segment.

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 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.

Press the Set and Mode 1 button 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, altitude ascent, and lap number are shown in the top display segment. The average speed for the lap is shown in the middle display segment.

2 Press the Reset and Mode 2 button to switch between the individual laps.

3 Press and hold the LAP button for three seconds to exit the lap view.
“Lap view CLOSE” flashes on the display.

5.5 Calibrating the start altitude

Simultaneously press and hold the Mode 1 and Mode 2 buttons for three seconds to calibrate the start altitude you have preset. “Start altitude” flashes on the display.

If the start altitude has been calibrated, “Set OK” appears on the display.

Explanations about this function can be found in section “7 Altitude measurement (IAC)”.

5.6 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.

5.7 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.

5.8 Setting the altitude +/-

The altitude ascent (+) and descent (-) are separately displayed.

Switch between altitude ascent (+) and descent (-) as follows:

1 Press the **Mode 1** button to switch to altitude +/-.

2 Press and hold the **Set** button for three seconds. “Altitude +/- Set” flashes on the display.

3 Press **Mode 2** to switch the display to altitude ascent (+) or descent (-).

4 Press the **Set** button to save your setting.
“Set OK” appears on the display.

5.9 Resetting trip data

1 Press and hold the **Reset** button for more than three seconds.

2 “Trip data RESET” flashes on the display.

Use this function to reset the following values to zero:
Trip distance, trip time, ø speed, max. speed, ø cadence, altitude +/-, altitude profile, max. altitude, lap distance, lap time, intensity zones, ø heart rate, max. heart rate, calories.

5.10 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”.

5.11 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.

5.12 Transport mode

If your bike is transported on a bike rack or in the car (if the ROX 6.0 is clicked into the bracket), the integrated movement sensor switches the ROX 6.0 to “transport mode”. “Transport” appears on the display. Press any button to exit this mode.

5.13 PC interface

The ROX 6.0 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 6.0 saves the current values every 10 seconds for trips lasting up to 19 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.

5.14 Wired speed transmission

The ROX 6.0 can be retrofitted with a wired speed transmitter to measure the speed alone (the cadence and chest belt remain wireless).

6 Hiking with the ROX 6.0

The ROX 6.0 can also be used as a hiking computer. A separate wrist strap is provided to this end. When the ROX 6.0 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 hiking-related functions remain. You can therefore use your ROX 6.0 with altitude and heart rate information for hiking, climbing, skiing, running, or other types of sport.

6.1 Synchronizing the chest belt

Put on the chest belt and moisten the sensor areas.

Attach the ROX 6.0 to the wrist strap. The zeros for your current heart rate flash. The ROX 6.0 synchronizes with the chest belt in less than 10 seconds.

The current heart rate then appears on the display.

6.2 Starting the hiking time

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

If the hiking time is running, the icon appears on the display.

6.3 Setting the target time

1 Press the Mode 1 button to move to the target time.

2 Press and hold the Set button for three seconds. “Target time 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 As soon as you start the hiking time, the target time starts to count down.

7 Resetting the target time to the configured start value:
Press and hold the Reset button for three seconds.

Note

If the target time has been passed, a minus sign is displayed. Set the target time to 00:00:00 to deactivate it.

6.4 Resetting hiking trip data

1 Press and hold the Reset button for more than three seconds.

2 “Trip data RESET” flashes on the display.

Use this function to reset the following values to zero:
Hiking time, trip altitude +/-, max. altitude, intensity zones, ø heart rate, max. heart rate, calories.

7 Altitude measurement (IAC)

If the device “goes to sleep” (time and model name appear on the display), the last displayed current altitude is stored. When it ‘wakes up’, this stored current altitude is used as a reference altitude. The ROX 6.0 essentially calibrates itself.

The barometric air pressure is activated by the movement of the bike and the ROX 6.0, even if the ROX 6.0 is in sleep mode. This means that the current altitude is regularly updated when you change location. The integrated movement sensor is so sensitive that the system even functions in a car.

There are three holes on the base of the ROX 6.0 for measuring the air pressure. These holes must remain open.

Caution

Do not insert sharp objects into the measurement holes!

7.1 Calibrating the altitude

The ROX 6.0’s altitude measurement is determined on the basis of the barometric air pressure. Any change to the weather means a change to the air pressure, which can lead to a change to your current altitude. To compensate these changes in air pressure, you must enter a reference altitude into the ROX 6.0 (process known as calibration).

The ROX 6.0 offers several types of calibration:

1. **Start altitude**

   The start altitude is the altitude of your usual location (normally your home) and can be found on road or country maps. It is set on the ROX 6.0 once (see section “4.5 Setting the start altitude”) and can be calibrated within three seconds (see section “5.5 Calibrating the start altitude”). The start altitude is permanently stored in the ROX 6.0 (including after changing the battery).

2. **Current altitude**

   The current altitude is the altitude of the place in which you are currently located, irrespective of your start altitude (e.g. the trip start location, an alpine lodge or other locations). The current altitude is used if you are out on your bike and altitude information is provided.

3. **Air pressure at sea level**

   If you are at an unknown altitude, you can enter the “air pressure reduced to sea level” to calculate the current altitude. The air pressure reduced to sea level can be found online, in the daily newspaper, or at airports.

8 Important information, troubleshooting, FAQ

8.1 Important information

8.1.1 ROX 6.0 water resistance

The ROX 6.0 is watertight. It can be used in the rain without any risk of damage. The buttons can be pressed.

8.1.2 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.

8.1.3 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.

8.1.4 Training advice

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

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

8.2 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 6.0's battery status?
- Has the battery been correctly inserted (+ up)?
- Are the battery contacts ok (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 the other transmitters and press any button.

8.3 Frequently asked questions (FAQ)

Can I change the batteries myself?

All ROX 6.0 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 6.0 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 compatible with one another.

Why has the altitude changed even though I have not moved?

The ROX 6.0’s altitude measurement is based on a barometric altitude measurement. As the barometric air pressure constantly changes, the current altitude can change even though you have not moved.

The ROX 6.0 has a system that freezes the current altitude when the device goes into sleep mode. This enables us to guarantee a constant current altitude providing the device is not regularly moved.

Why do I always have to calibrate the current altitude?

As we use the barometric air pressure to determine the current altitude, the constant changes to the current air pressure lead to changes to the current altitude. To compensate for these and achieve an accuracy of one meter in the current altitude information, a reference altitude should be specified for the ROX 6.0 before each trip. Entering this reference altitude is known as calibration.

9 Technical data

9.1 Max, min, and default values

	Unit	Min.	Max.
Bike			
Current speed	kmh/mph	0.0	199.8/124.2
ø speed	kmh/mph	0.00	199.8/124.2
Max. speed	kmh/mph	0.00	199.8/124.2
Distance cycled	km/mi	0.00	9999.99
Current cadence	rpm	20	180
ø cadence	rpm	20	180
Heart rate			
Current heart rate	bpm	40	240
ø 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
Hiking time	hhh:mm:ss	00:00:0	999:59:59
Target 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
Altitude			
Current altitude	m/ft	-999/-999	4999/16999
Trip altitude ascent	m/ft	99999/99999	99999/99999
Trip altitude descent	m/ft	99999/99999	99999/99999
Max. altitude	m/ft	0	4999/16999
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
ø 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

	Unit	Min.	Max.
Calories/lap	kcal	0	99999
Total values			
Total distance Bike 1/2 Bike 1+2	km/mi	0	99999
Total time Bike 1/2 Bike 1+2	mm:ss.x/ hhh:mm:ss	00:00	999:59
Total altitude Bike 1/2 Bike 1+2	m/ft	0	99999
Total calories Bike 1/2 Bike 1+2	kcal	0	99999

9.2 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.

9.3 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)

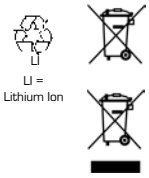
10 Warranty and guarantee

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)!
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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