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EN

GPS^{*}
SPEED
DISTANCE

HRM
BLUETOOTH
WIRELESS

LAP
COUNT

TRAINING
DATA
ANALYSIS


VOICE
COACH^{*}


MUSIC
CONTROL^{*}



*only available with free SIGMA MOVE APP

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INFORMATION



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RC MOVE

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Foreword

Thank you for choosing a SIGMA SPORT® sports watch.

Your new RC MOVE will be a loyal companion for you during sport and recreation for years to come. The RC MOVE is a technically demanding measuring instrument. To familiarize yourself with and learn how to use the many functions of your new sports watch, please read these operating instructions carefully.

SIGMA SPORT® wishes you hours of fun and enjoyment with your RC MOVE.

Further information and notes

For further information and to view our frequently asked questions (FAQs), please visit www.sigmasport.com.

Please consult your doctor before you start training – especially if you suffer from any underlying cardiovascular problems.

1 Display, button functions, and navigation in the overview

Waking up the device:

You will receive your RC MOVE in transport mode to conserve the battery and must therefore wake it up before its first use. This can be done as follows:

To exit transport mode and activate the RC MOVE, please press and hold START for at least five seconds, as shown on the foil.

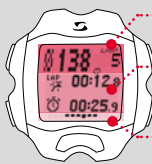
"Language English" then appears. Press ENTER followed by TOGGLE/+ to select the desired language and confirm by pressing ENTER again.

Pairing:

Before using it for the first time, you must pair your R1 BLUE transmitter with the watch. To do this, put on the R1 BLUE chest belt and press TOGGLE/+ on the RC MOVE until "Pairing" appears on the display. Now press ENTER to start the pairing process. Once pairing is complete, a numerical combination appears.

1.1 Display layout

The display is basically divided into three areas:



Area 1: Presentation of the (training) values – heart rate and laps

Area 2: Presentation of the currently selected functions, menu items, and the applicable data

Area 3: Scrolling information for clear menu guidance and navigation

1.2 Button functions

The RC MOVE has five buttons:

TOGGLE/-, TOGGLE/+, STOP, START, and ENTER

STOP button:

This button takes you back a level within the menu structure.

In training mode, stop the training session by pressing this button.

Resetting training data without saving:

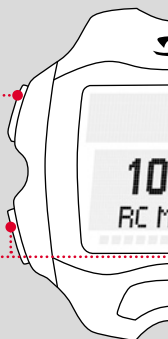
Press and hold the STOP button.

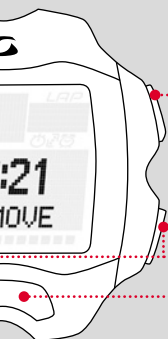
TOGGLE/- and TOGGLE/+ buttons:

TOGGLE/+ enables you to navigate to the right in the main menu; TOGGLE/- takes you back again. If you are at a point at which values can be configured, use TOGGLE/+ to set a higher value and TOGGLE/- to set a lower value.

Activating/deactivating the light mode

Press the TOGGLE/- and TOGGLE/+ buttons simultaneously. Pressing the buttons simultaneously a second time switches the display backlight off again. The light stays on for approx. three seconds.





ENTER button:

Use this button to access the main menu and confirm the entries.

You can navigate in the submenu of the applicable menu item and access any further sub-items available.

START button:

Press the START button to start training.

Pressing the START button again while training marks a lap.

If you have paused a training session by pressing the STOP button, you can restart the timer by pressing the START button again.

Lap view:

Press and hold the START button. Press the STOP button to exit lap view.

1.3 Navigation

Level 0



Main menu – usage

Level 1



Training



PC mode



Log book

Level 2



Free training +
target zone

Level 3 (zoom view)



Lap time +
stopwatch



Lap time



Target
zone +
% HR max.



Heart rate



Intensity
zones



Avg. heart
rate +
max. heart
rate



Calories
burned +
clock



Lap time



Avg. heart rate



Calories
burned



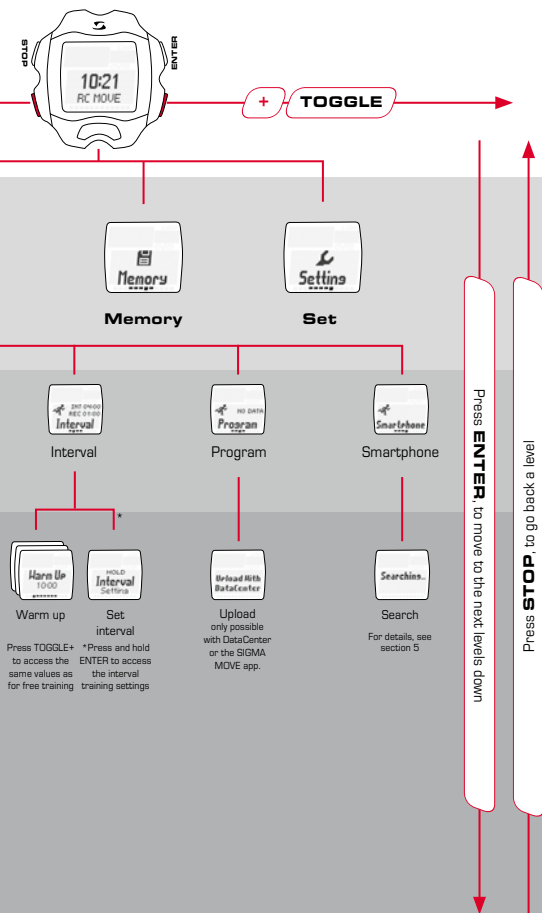
Stopwatch



Max. heart rate



Clock



1.3 Navigation

Level 0



Main menu – administration

Level 1



PC mode



Log book



Memory

Level 2



Ready

Transmission
of the data to
DataCenter



Log
interval



Delete
log book



Training



Total

Level 3 (zoom view)



5 secs
10 secs
20 secs
30 secs



Cancel
Delete



Training 1
Training 2
Training 3
Training 4
Training 5
Training 6
Training 7

* Only visible
once a training
session has
been completed.

For information
on accessing
the individual
values, see
section 4



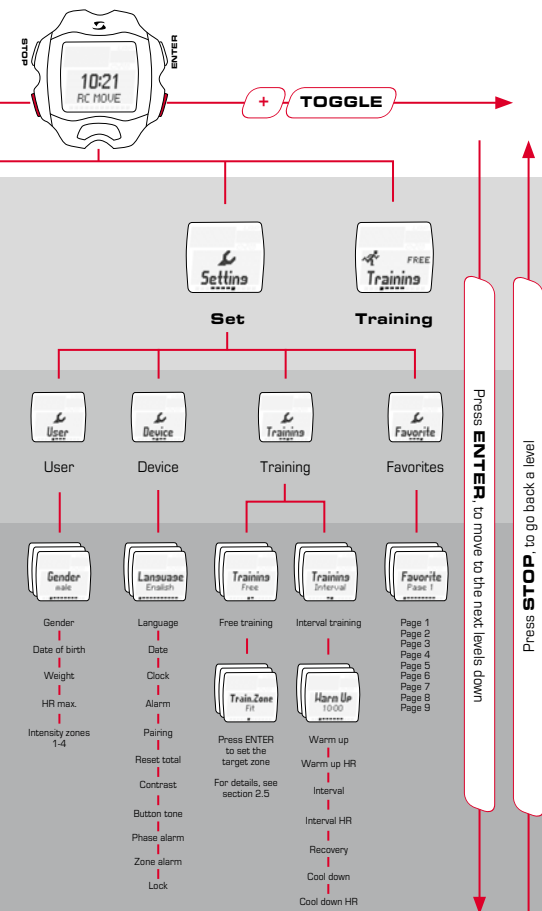
Week



Month



Since





As shown in the navigation overview (section 1.3), to access the menu item "Set" press ENTER and then scroll to "Set" by pressing TOGGLE/+. Finally, press ENTER again.

2.1 Device



The device settings are second down in the "Set" submenu.

Press ENTER to open the device settings submenu. This can be used to configure basic settings for the device, e.g. language, date and time, tones, or contrast etc.



Press TOGGLE/+ and TOGGLE/- to select the desired setting and confirm it by pressing ENTER. If you want to go back a level, press STOP.



After each setting is made, the text "Setting OK" appears on the display.

2.2 Alarm tones

If the upper target zone limit is breached, the device beeps three times every 20 seconds (for as long as you are training outside the zone).

If the lower limit is breached, a longer beep is emitted.

2.3 Key lock



To prevent training sessions from being started by accident, the buttons can be locked. To do this, select the "Device" menu and navigate to "Lock". To deactivate the lock press any button followed by ENTER.

2.4 User



The user settings can be found under "User" in the "Set" submenu.

To access a further submenu within the user settings, press ENTER.



If, for example, you want to change the "Gender" from male to female, press ENTER.



"Male" flashes as the current selection and can be changed to "Female" by pressing the TOGGLE/+ button. Confirm your setting by pressing ENTER.



"Setting OK" appears on the display as confirmation, as with all subsequent settings.

You can now set further personal details such as your date of birth, weight, maximum heart rate (HR), and target training zone.



Press TOGGLE/+ to navigate to the next menu item – your date of birth. Here, follow the usual process and select the value by pressing ENTER.



First, set the correct year of birth. Press TOGGLE/+ or TOGGLE/- to increase or decrease the year from the flashing value and then confirm by pressing ENTER.



Repeat the process to set the month.



Repeat the process again to set the day.



Once you have successfully configured your date of birth, a confirmation message appears on the display.



Next, enter your current weight. Again, navigate by pressing TOGGLE/+ and confirm by pressing ENTER.



Press TOGGLE/+ or TOGGLE/- to select between kilograms and pounds as the unit.



You can then specify the correct value for your weight in the predefined unit as usual.



Next, enter your personal maximum heart rate (HR max). Again, navigate by pressing TOGGLE/+ and confirm by pressing ENTER.



If you do not know your current maximum heart rate, the device can calculate this automatically. For it to do so, select "Automatic". If you know your personal maximum heart rate, select 'Manual' and proceed as described in the previous point.



Four different intensity zones can be defined. These are based on each other and cannot cross over.

First, define the intensity zone 1 by making a selection by pressing ENTER. Set the lower value by pressing TOGGLE+/- and confirm by pressing ENTER. Do the same to set the upper value.

Repeat the process to define the intensity zones 2-4.



Note: The option of deviating from the default intensity zone values and defining zones OWN 1-3 is intended for users with advanced requirements and a higher level of use.

2.5 Training (settings)



To enter the training, please follow the diagram on page 8 level 2.

The training settings can be found under "Training" in the "Set" submenu.



To access a further submenu within the training settings, press ENTER.

Here, you can now configure the settings for "Free training" and "Interval training".

In both instances, press ENTER to open the submenu.



When configuring the "Free training" settings, you can choose the target zone in which you want to train.

- Select the FIT zone to increase your physical fitness.
- Select the FAT zone to achieve optimum fatburning while training.

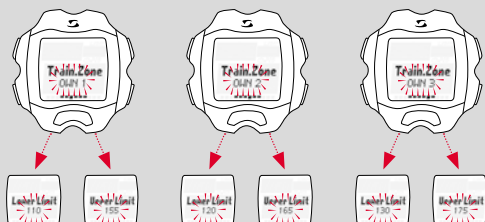


The upper and lower limits are displayed to you during the selection.

You can also choose to train in a zone that you have defined yourself.

Here, enter your own upper and lower limits for your heart rate.

You can store up to three different zones OWN 1-3.

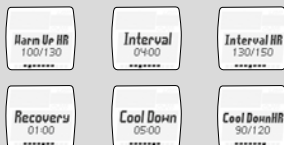


It is also possible to train without using a target zone at all. To do this, you must disable this function.



In the "Interval training" settings, you can define your times and heart rate zones.

As usual, you can specify the values for warm up, warm up HR, interval, interval HR, recovery, cool down, and cool down HR by pressing TOGGLE-/ + and confirm them by pressing ENTER.



2.6 Favorites



The "Favorites" area can be used to design your display layout with the functions that you want to see at a glance, such as the stopwatch, lap time, zone bars, HR profile, intensity zones, average HR, maximum HR, calories, clock, etc.

A total of nine pages with two functions each can be individually set.



On each of the nine pages, you can individually configure how your display will look while training.



If you only select one value, this is automatically displayed in a larger format while you are training.



"Setting OK" appears on the display as confirmation.



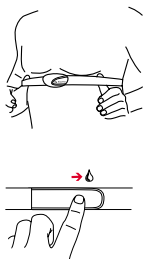
These settings are now displayed while you are training.

Before training, you must put on your chest belt.

To read your heart rate successfully, adjust the length of the belt so that it is positioned firmly but not too tightly.

Position the belt below your pectoral muscle or chest.

Also moisten the ribbed areas that lie against your skin.



Access the menu item "Training" as described in section 1. Your personally selected training zone (FIT, FAT or OWN) is directly displayed.

Selecting/changing the target zone:

Press and hold ENTER to select the desired target zone for your training.



Training in the FIT zone: increases your physical fitness and is far more intensive. This zone will improve your basic endurance. The value is determined on the basis of your maximum heart rate, equating to 70 - 80% of this.



The FAT zone is used to train your aerobic metabolism. Training for a longer period at a lower intensity burns more fat than carbohydrates and converts it into energy. Training in this zone helps you to lose weight. The value is determined on the basis of your maximum heart rate, equating to 55 - 70% of this.





To train in a customized training zone (OWN 1-3), you must have previously selected and set up the OWN 1 as described in section 2.5.

You can set up a total of three individual zones.



If you want to train without a training zone, select training zone "OFF".



Next, press ENTER to open the training view.



3.1 Starting, pausing, continuing, and ending training sessions

Lap training (LAP)

Start training by pressing START.

Example: You regularly run two laps of a lake and want to do so at different speeds. The lap training function on the RC MOVE enables you to determine the values for each lap.



To start a new lap, press START again.



Stop the training session by pressing STOP.

To continue a training session that you have paused, press START again.



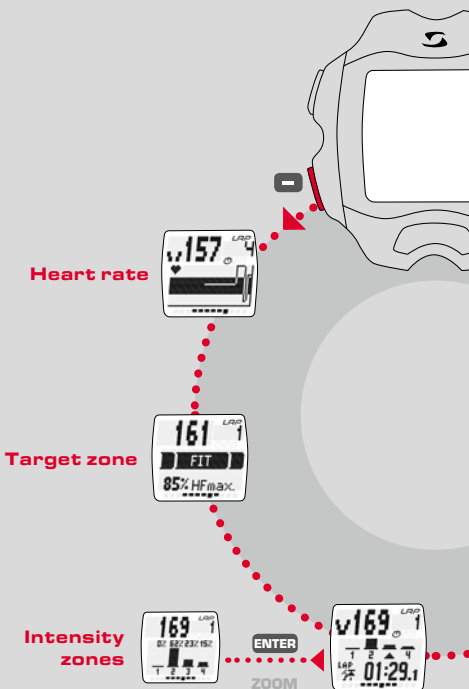
To completely end a training session, press STOP again. A message will appear on the display to inquire whether you really want to end and therefore save the training session (by pressing STOP) or to continue it after all (by pressing ENTER).

If you want to end the training session without saving it, press TOGGLE/+ and select RESET/EXIT. Confirm by pressing STOP.

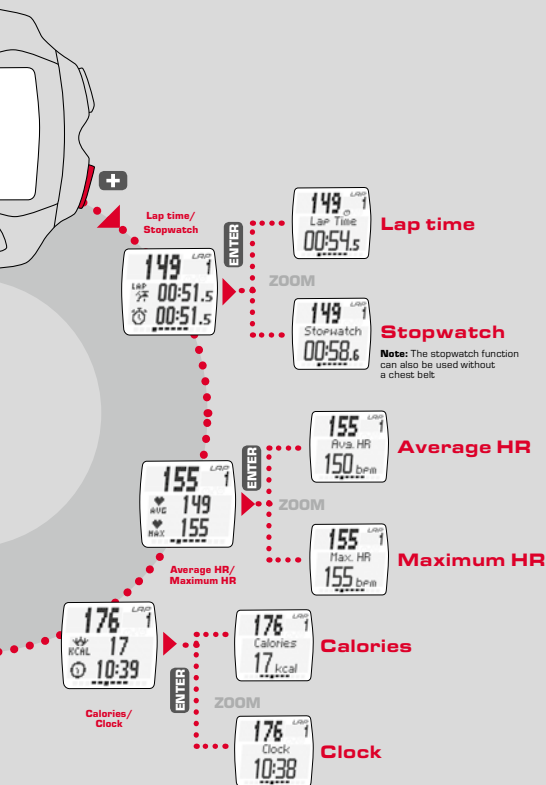


3.2 During the training session

Once the training session has started, the time starts to run on the display. Navigate as shown in the overview in section 1. During training, again operate the display by pressing TOGGLE+/- (main menu) and ENTER in the submenus for the menu and functional items. You can always read off the current values for the function.



Functions such as the precise heart rate measurement, the lap counter (up to 99 laps), the best lap indicator, the zoom function, the visualization of the intensity zones, and the calorie counter make the training particularly informative. You can tailor the display layout to your needs in the "Favorites" area as described in section 2.6.





Heart rate measurement

Displays the average and maximum heart rate on the basis of the values determined from your chest belt.



Lap counter

Displays the number of laps/lap count generated by pressing LAP at the end of each lap. The lap time and total time are simultaneously displayed.



Best lap indicator

Direct information on the display about the best lap time. If you have achieved your best lap time, this instantly flashes up on the display as the "Best lap".

If the last lap was not your best lap, it will be displayed as "Last lap".



Zoom function

The zoom function can be used to display individual values in a larger format. Here in the example, you can display solely the lap time or stopwatch functions on the display by pressing ENTER.



Intensity zones

The intensity zones overview shows the percentage of your run that you have spent in each of the defined intensity zones. This enables you can keep an eye on your effort level and optimally manage this.



Calorie counter

The number of calories burned since the start of the training session is displayed.

Note: Please note that the number of calories burned is only calculated once the training session has been started and the heart rate is at least 100 bpm.

3.3 Interval training



Press TOGGLE+/- to navigate to "Interval" in the training selection menu and then press ENTER.



Pressing ENTER opens the training view. Press START to start interval training.



Press and hold ENTER to access the interval training settings. Keep ENTER pressed until HOLD disappears from the display.

This area can be used to define your personal settings for the training intervals, see section 2.5.



The training view starts with your pre-set interval training and begins with "warm up".

Press TOGGLE+/- to navigate to the submenus as usual.





Start the warm up by pressing START.

Press and hold ENTER until HOLD disappears from the display to start the interval. The subsequent recovery phase starts automatically. Repeat the interval and recovery stages as many times as you like in line with your training program.



Start the cool down by pressing and holding ENTER.



4

Training with the RC MOVE and a smartphone



To use the RC MOVE in conjunction with your smartphone, proceed as follows.

Press TOGGLE+/- to navigate to "Smartphone" in the training selection menu and then press ENTER.

A search for your smartphone begins.



Next, open the SIGMA MOVE app on your smartphone. Open the SIGMA MOVE app settings menu and synchronize the RC MOVE with your smartphone.

As soon as the connection has been established, the RC MOVE switches into training view.



The training functions can now be managed via the RC MOVE as usual.



A differentiation is made between "automatic" (A) laps and "manual" laps. The A laps are triggered by the smartphone, e.g. each kilometer.

If "A" is not displayed, the number of manually created laps is displayed.

You can choose between manual and automatic laps by simultaneously pressing TOGGLE/- and ENTER.

The data from automatic and manual laps is stored separately and can be individually accessed and evaluated in the SIGMA MOVE app.



You can also use the RC MOVE to control the music on your smartphone.

In the training view, press TOGGLE/- to navigate to the "Music Control" view.

Press START to start/pause the current song.
Press STOP/ENTER to go to the next/previous song.

(A play list must be selected in your smartphone.)



When you finish training, you can save your training data.

Your training data is stored on your smartphone. The message "Training stored on smartphone" then appears.

You can view your training data in the SIGMA MOVE app.



5

PC mode

PC mode enables you to connect the RC MOVE to SIGMA DATA CENTER using the SIGMA wireless dongle.

SIGMA DATA CENTER is software for evaluating training data and statistics from SIGMA bike computers and sports watches.



Access PC mode as follows.

Press TOGGLE+/- to navigate to "PC mode" in the training selection menu and then press ENTER.



The RC MOVE is now ready to connect to your PC.

6

Accessing the memory



Access the menu item "Memory" as described in section 1.



You can access the saved training data. This is sorted by date/chronologically, with the most recently stored training session displayed first. You can view the more detailed data by pressing ENTER in line with the navigation principle described in section 1.

Training sessions recorded with the SIGMA MOVE app cannot be seen in the watch's memory.

Maximum recording period: 260 hours

Select a training session by date.

Press TOGGLE+/- to navigate to the desired training date and then confirm by pressing ENTER.

You can now view various values (general, laps, target zone, intensity zone, and the applicable values).





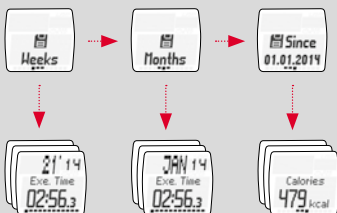
The totals memory is available. In the week overview, you can find the number of training sessions in the particular calendar week, with the absolute training time and the number of calories burned. Press TOGGLE/+ and TOGGLE/- to navigate through the last 12 weeks/months of the year.

The same applies to the overview in months and the summarized total overview since the device was activated.

Note: To view your training session, you can choose the applicable day (TOGGLE+/-).
Viewing the training session: total number of training sessions appears.

Press TOGGLE+/- to select a specific day.

Press ENTER to obtain an overview.





LI =
Lithium Ionen



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.

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 which you purchased your RC MOVE or send the RC MOVE together with your receipt and all accessories to the following address, ensuring sufficient postage:

SIGMA-ELEKTRO GmbH
Dr.- Julius -Leber-Straße 15
D-67433 Neustadt/Weinstraße
Tel. + 49 (0) 63 21-9120-118
E-mail: service@sigmasport.com

If you have made a valid warranty claim, 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.

SIGMA-ELEKTRO GmbH hereby declares that the heart rate monitors comply with the essential requirements and other relevant provisions established in Directive 1999/5/EC.

8.1 Batteries

Battery type: CR 2032, average battery life: 10 months



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

8.2 FCC Information

Subpart 15A Rule Section 15.19(a)(3) requires the label of the device include the following statement, or where the label/equipment is too small, then the user information can contain the following 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."

Subpart 15A Rule Section 15.21 requires the following:

The users manual or instruction manual for an intentional or unintentional radiator shall caution the user that "Changes or modifications to this equipment not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment."

Subpart 15B Rule section 15.105 requires the following to be included in the user information:

"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."

This device complies with Industry Canada licence-exempt RSS standard(s).

Operation is subject to the following two conditions:

- (1) this device may not cause interference,
and
- (2) this device must accept any interference, including interference that may cause undesired operation of the device.

This Class digital apparatus complies with Canadian ICES-003.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

- (1) l'appareil ne doit pas produire de brouillage,
et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Cet appareil numérique de la classe est conforme à la norme NMB-003 du Canada.

8.3 Technical specifications

General: (power requirement)

- Battery type: CR 2032
- Operation voltage: 3 V
- Operation temperature range: -10 °C to + 60 °C

Radio receiver:

- Communication frequency: 2.4 GHz
- Channel: 40 channels with 2 MHz channel width
- Range (Nominal effective range): ~3 m/9.8 ft

Memory: (assume 1 free training and no interval phase)

- ~43 h 34 min @ 5 s logging interval
- ~87 h 08 min @ 10 s logging interval
- ~174 h 16 min @ 20 s logging interval
- ~261 h 25 min @ 30 s logging interval

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