HEART RATE MONITOR

SIGMA®

GERMANY

**HEART
RATE**

PC 15.11

DEUTSCH
ENGLISH
FRANÇAIS

CONTENTS

CONTENTS

US/GB

1 FOREWORD

Thank you for purchasing the SIGMA SPORT® PC 15.11 heart rate monitor. Your new heart rate monitor will be a faithful training partner for many years to come. You can use your heart rate monitor for many different activities, including:

→ Running
→ Walking and Nordic Walking
→ Hiking
→ Swimming (HR measurement only)

The PC 15.11 heart rate monitor is a technically advanced instrument that measures your precise heart rate.
Please read these instructions carefully to familiarize yourself with the many functions of your new heart rate monitor and prepare for their use.

SIGMA SPORT® wishes you the best of fun with your heart rate monitor.

2 PACKAGING CONTENTS

	PC 15.11 heart rate monitor incl. battery
	Battery compartment tool for battery changes **Tip:** If you lose this tool, the battery compartment can also be opened with the aid of a ballpoint pen.
	Elastic belt

2 PACKAGING CONTENTS

Transmitter

3 SAFETY GUIDELINES

→ Consult your doctor before starting training in order to avoid
  health risks. This particularly applies if you suffer from any
  cardiovascular diseases or have not done any sport for a long time.
→ Please do not use the heart rate monitor for diving; it is only
  suitable for swimming.
→ Do not press any buttons while under water.

4 OVERVIEW

4.1 ACTIVATING THE HEART RATE MONITOR

Before you can train with your new PC 15.11,
you need to activate it.

To do this, hold down the START/STOP button for
5 seconds. Your PC 15.11 will automatically change
to setting mode. Use the TOGGLE (-) and TOGGLE (+)
buttons to scroll through the basic settings. Press
the START/STOP button to confirm your entry. Set
the basic settings such as the language, date and
time. Hold down the TOGGLE (+) button to exit the
setting mode.

For further information, please see section 5 "Setting
mode".

4.2 ATTACHING THE CHEST BELT
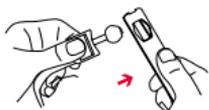
Attach the transmitter to the elastic belt.

The locking mechanism can be used to individually adjust the belt length.

Ensure that you set the belt length so that the belt is securely but not too tightly attached.
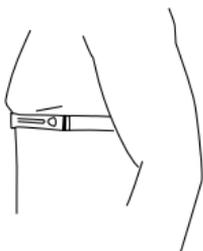
For men, attach the belt just below the pectoral muscles.

It must be possible to read the SIGMA logo at the front.
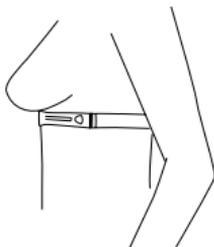
For women, attach the belt just below the breast.

It must be possible to read the SIGMA logo at the front.

Lift the belt slightly from the skin and wet the rear surface of the conductive ribbed rubber pads with water or moisten the pads with saliva.

4.3 BEFORE TRAINING

Before you can start training, you need to prepare the heart rate monitor in the following manner:

1. Put on the chest belt and the PC 15.11.
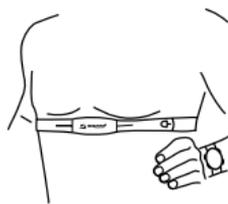
2. Activate the PC 15.11 by pressing any button.

3. The heart rate monitor automatically switches to training mode. Wait until your heart rate is displayed before you start training.

4. Start training.
Press the START/STOP button to start training.

4.3 BEFORE TRAINING

5. To finish training, simply press the START/STOP button. The stopwatch stops. To reset the values to zero, press and hold the START/STOP button. To exit the training mode, press and hold the TOGGLE (-) button.

4.4 PRESSING AND HOLDING DOWN BUTTONS

The buttons on the heart rate monitor perform different actions depending on how long you press them:

→ **Press button briefly**
  Activate or scroll through functions.
→ **Press and hold**
  Switch to another mode, reset training values.

Example: You have finished training and want to activate the sleep mode.

Hold down the TOGGLE (-) button.
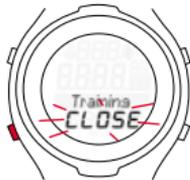
Keep the TOGGLE (-) button held down. The display will flash twice, indicating that the training mode is deactivated.

4.4 PRESSING AND HOLDING DOWN BUTTONS

The sleep mode will be displayed.
Release the TOGGLE (-) button.

4.5 OVERVIEW OF MODES AND FUNCTIONS

US/GB

The heart rate monitor has three main modes (training mode, setting mode and sleep mode). You can switch between these modes by pressing and holding a button.

Lap view

Lap View
OPEN

Setting mode

SEt
Date

Training mode

96
03:28
Lap Time
0328.0

Sleep mode

16:31
01.01.11
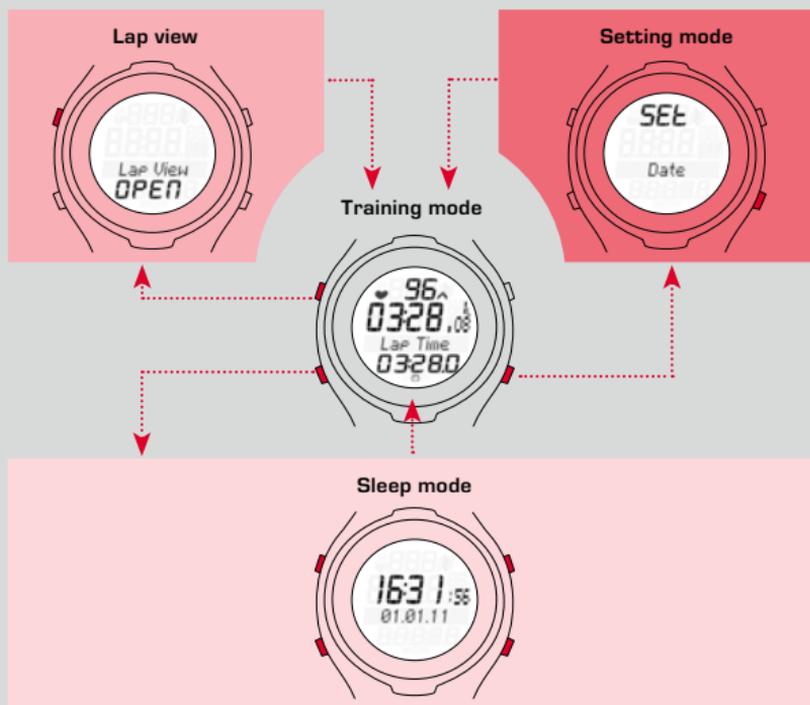
4.5.1 SLEEP MODE

In sleep mode, only the time and date are displayed. To switch from sleep mode to training mode, press and hold down any button.

4.5.2 TRAINING MODE

You will train in this mode.

LAP
→ Laps/
  intervals

START/STOP
→ Stopwatch

TOGGLE ⊟
→ Change the function
  displayed

TOGGLE ⊞
→ Change the
  function displayed

***Note:** To provide you with a clearer overview while training, the total values are only displayed if the stopwatch is not running.

4.5.3 LAP VIEW

The PC 15.11 can be used for lap training. The values for the individual laps are saved in the heart rate monitor. You can view the values in the lap view after and during your training.

You can only activate the lap view from the training mode. To do this, hold down the LAP button.

In lap view mode:
Use the LAP and START/STOP buttons to navigate and scroll through the previous laps. Press the TOGGLE (-) and TOGGLE (+) buttons to view the heart rate and time values for each lap.

While training, the heart rate monitor briefly shows you a summary of the last lap for each completed lap (briefly press the LAP button). This enables you to directly determine whether you are close to values you are striving to achieve (pace table, target time).

4.5.4 SETTING MODE

This mode enables you to adjust the device settings.

→ Use the TOGGLE (+) button to scroll forward from the language to the zone alarm.
→ Use the TOGGLE (-) button to scroll backward from the zone alarm to the language.

SEE
Language

Zone alarm
(On, Off)

Language
(ES, FR, IT, GB, DE)

Button tones
(On, Off)

Date
(Entry, Format)

Contrast
(5 levels)

Time
(Entry, 12h, 24h)

Total Kcal
(Entry)

Gender
(Male, Female)

Total running time
(Entry)

Date of birth
(Entry)

Training zone
(Fat Burn, Fit Zone, Individual)

Weight
(Entry)

Max. heart rate
(Calculated from gender, age and weight. Correction possible)
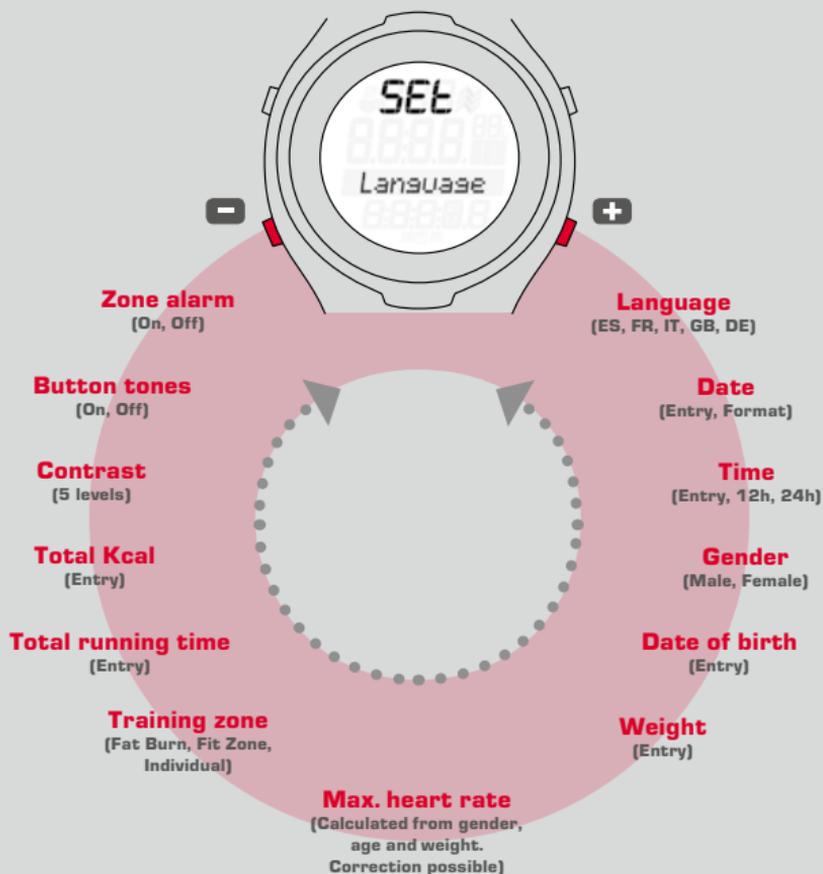
5 SETTING MODE

5.1 ACTIVATING THE SETTING MODE

Prerequisite: Your heart rate monitor must be in training mode (see section 4.5 "Overview of modes and functions").

Hold down the TOGGLE (+) button. The display will flash twice to indicate that the setting mode is now active.

5.2 DISPLAY SETUP

1st line	SET indicates that the setting mode is active.
3rd line/ 4th line	Submenu or the setting to be changed.

5.3 BUTTON ASSIGNMENT IN THE SETTING MODE

TOGGLE —
Press:
Scroll backward
Press and hold:
Scroll continuously
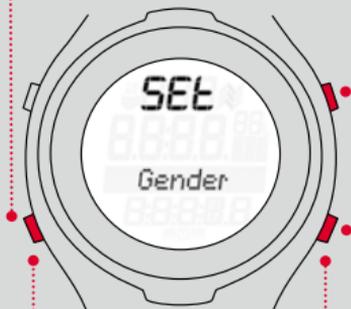
START/STOP
Press:
Select and confirm

SEE
Gender

TOGGLE +
Press:
Scroll forward
Press and hold:
Scroll continuously

LIGHT ☀
Press:
Light on

5 SETTING MODE

5.4 BRIEF GUIDE TO DEVICE SETTINGS

Device settings such as language, gender, date of birth, weight, max. HR, contrast, button tones and zone alarm are all set in the same manner: Select the device setting, change the value and save the modified setting.

Prerequisite: Your heart rate monitor must be in setting mode (section 5.1).

1 Press the TOGGLE (-) or TOGGLE (+) button repeatedly until you reach the desired device setting.
2 Press the START/STOP button. The device setting value flashes.
3 Press the TOGGLE (-) or TOGGLE (+) button repeatedly until the desired value is displayed.
4 Press the START/STOP button. The new device setting is saved. You can now scroll to a different device setting.

5.5 ESTABLISHING DEVICE SETTINGS

5.5.1 SETTING THE LANGUAGE

Follow the steps described in section 5.4 "Brief guide to device settings".

5.5.2 SETTING THE DATE

Prerequisite: Your heart rate monitor must be in setting mode.

Press the TOGGLE (+) button repeatedly until "Date" appears on the display.

Press the START/STOP button. "Year" is displayed and below it the preset year flashes.
Press the TOGGLE (-) or TOGGLE (+) button repeatedly to set the year.

Press the START/STOP button. "Month" is displayed.
Press the TOGGLE (-) or TOGGLE (+) button repeatedly to set the month.

Press the START/STOP button. "Day" is displayed.
Press the TOGGLE (-) or TOGGLE (+) button repeatedly to set the day.

Press the START/STOP button. A date format is displayed.
Select the desired date format by pressing the TOGGLE (-) or TOGGLE (+) button.

Press the START/STOP button. The data setting is saved.
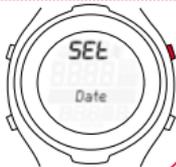
5.5.3 SETTING THE TIME

Example: Winter time has changed to summer time and you want to adjust the time on your heart rate monitor.
Prerequisite: Your heart rate monitor must be in setting mode.

	Press the TOGGLE (+) button repeatedly until "Clock" appears on the display.
	Press the START/STOP button. "24H" is displayed and flashes. Use the TOGGLE (-) or TOGGLE (+) button to choose between 12-hour and 24-hour format.
	Press the START/STOP button. The time is displayed. The hours entry flashes.
	Press the TOGGLE (+) button. The hour increases by one. Press the TOGGLE (-) button to decrease the displayed hour by one.
	Press the START/STOP button. The minute entry flashes.
	Press the START/STOP button. The new time is saved.
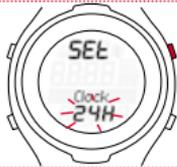
5 SETTING MODE

5.5.4 SETTING THE GENDER

Follow the steps described in section 5.4 "Brief guide to device settings". This device setting is taken into account when calculating the maximum heart rate and calories. You should therefore ensure that you set this value correctly.

5.5.5 SETTING THE DATE OF BIRTH

Follow the steps described in section 5.4 "Brief guide to device settings". This device setting is taken into account when calculating the maximum heart rate and calories. You should therefore ensure that you set this value correctly.

5.5.6 SETTING THE WEIGHT

Follow the steps described in section 5.4 "Brief guide to device settings". This device setting is taken into account when calculating the maximum heart rate and calories. You should therefore ensure that you set this value correctly.

5.5.7 SETTING THE MAX. HR

The maximum heart rate (max. HR) is determined by the heart rate monitor on the basis of your gender, weight and date of birth.

Caution: On changing this value, you also change the training zones. Only change the max. HR value if it has been determined by a reliable test, such as performance diagnostics, max. HR test, etc.

Follow the steps described in section 5.4 "Brief guide to device settings".

5 SETTING MODE

5.5.8 SETTING THE TRAINING ZONE

You can choose from three training zones. The upper and lower limits for the zone alarm are determined by the zone that you select.

Example: If you want to lose weight, select the "Fat Burn".
Prerequisite: Your heart rate monitor must be in setting mode.

SEt Train. Zone	Press the TOGGLE (-) button repeatedly until "Train. Zone" appears on the display.
SEt Fit Zone	Press the START/STOP button. The set training zone is displayed.
SEt Fat Burn	Use the TOGGLE (+) button to scroll to "Fat Burn".
SEt Train. Zone	Press the START/STOP button. The training zone is set for all future training sessions.

Tip: To return to the training mode, press and hold the TOGGLE (+) button.

5.5.9 TRAINING WITH TRAINING ZONES

Your heart rate monitor has three training zones. The preset training zones "Fat Burn" and "Fit Zone" are calculated from the maximum heart rate. Each training zone has an upper and a lower heart rate limit.

→ **Fat Burn**
  This training is for the aerobic energy metabolism. Thanks to the long duration and low intensity, more fat than carbohydrates is burned or converted into energy. Training in this zone will help you lose weight.
→ **Fit Zone**
  Your training is considerably more intensive in the Fitness Zone. Training in this zone enhances your basic endurance level.
→ **Individual Training Zone**
  This zone is set up by you.

The procedure for selecting the training zone is described in section 5.5.8 "Setting the training zone".

5.5.10 SETTING UP AN INDIVIDUAL TRAINING ZONE

Example: You would like to train in an individual training zone for a run with a change of pace. The pulse range should lie between 120 and 160.

Prerequisite: Your heart rate monitor must be in setting mode.

Press the TOGGLE (+) button repeatedly to scroll until "Train. Zone" appears on the display.

US/GB

SEt Fit Zone	Press the START/STOP button. The set training zone is displayed.
SEt Individual	Use the TOGGLE (+) button to scroll to "Individual".
SEt Lower Limit 125	Press the START/STOP button. "Lower limit" is displayed. The registered value flashes.
SEt Lower Limit 120	Press the TOGGLE (-) button repeatedly until the value is set to 120.
SEt Upper Limit 155	Press the START/STOP button. "Upper limit" is displayed. The registered value flashes.
SEt Upper Limit 160	Press the TOGGLE (+) button repeatedly until the value is set to 160.
SEt Train. Zone	Press the START/STOP button. The upper and lower limits are set.

5.5.11 SETTING THE TOTAL RUNNING TIME

Example: You have bought a heart rate monitor and want to take the total running time of 5 hours and 36 minutes from your training diary.

Prerequisite: Your heart rate monitor must be in setting mode.

Press the TOGGLE (+) button repeatedly to scroll until 'Total time' appears on the display.

Press the START/STOP button. You will see zeros below the total time. The first three digits for the hours flash.

Press the TOGGLE (+) button five times until 5 is displayed.

Press the START/STOP button. The last two digits for the minutes flash.

Press the TOGGLE (+) button repeatedly until the value is set to 36.

Tip: Hold down the TOGGLE (+) button to increase the value quickly.

US/GB

5 SETTING MODE

5.5.11 SETTING THE TOTAL RUNNING TIME

Press the START/STOP button. The setting is saved.

5.5.12 SETTING THE TOTAL CALORIES

Follow the steps described in section 5.5.11 "Setting the total running time".

5.5.13 SETTING THE CONTRAST

Follow the steps described in section 5.4 "Brief guide to device settings".
Note: The contrast changes directly.

5.5.14 SETTING THE BUTTON TONES

Follow the steps described in section 5.4 "Brief guide to device settings".

5.5.15 TURNING THE ZONE ALARM ON AND OFF

Follow the steps described in section 5.4 "Brief guide to device settings".

6 TRAINING MODE

6.1 ACTIVATING THE TRAINING MODE

To go to the training mode:

→ **From sleep mode**
   Press and hold any button.
→ **From setting mode**
   Press and hold the TOGGLE (+) button.

6.2 DISPLAY SETUP
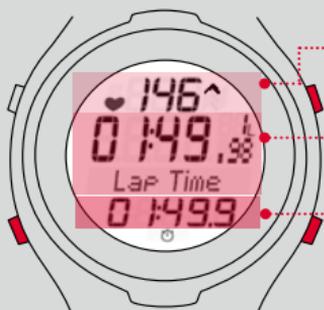
→ Current heart rate and zone indicator (when using a training zone)

→ This line displays both the training time and the number of laps.

→ Shows functions of TOGGLE (-) or TOGGLE (+) – e.g. the running time, lap time or calories.

→ **Arrow next to the HR value ∧**
   In the example, the heart rate is below the selected training zone and should be increased. If the heart rate is too high, the arrow points down.

→ **Stopwatch icon ⏱**
   The training session has started and the stopwatch is running.

6 TRAINING MODE

→ **Stopwatch stopped**
The stopwatch icon disappears. The function has a gray background and the stopwatch has stopped.

6.3 BUTTON ASSIGNMENT IN THE TRAINING MODE

LAP

Press:
Take the lap time
Press and hold:
Open the lap view

START/STOP

Press: Start/stop the stopwatch
Press and hold:
Set the training values to zero (reset)

TOGGLE ➖

Press:
Change the function displayed
Press and hold:
Switch to sleep mode

TOGGLE ➕

Press:
Change the function displayed
Press and hold:
Activate the setting mode

6.4 FUNCTIONS WHILE TRAINING

The heart rate monitor measures many different training statistics but cannot display them all at once. You can therefore view other functions at the press of a button.

6 TRAINING MODE

6.4 FUNCTIONS WHILE TRAINING

Use the TOGGLE (-) or TOGGLE (+) buttons to select which function you want to see in the lower display area.

Note: Calories, average and maximum heart rate are only calculated when the stopwatch is running.

6.5 STARTING A TRAINING SESSION

Prerequisite: Your heart rate monitor must be in training mode.

Press the START/STOP button. The running time begins.
A stopwatch icon appears at the bottom of the display and the name of the measured value has a light background.

6 TRAINING MODE

6.6 INTERRUPTING A TRAINING SESSION

You can pause and restart your training any time.

Press the START/STOP button. The stopwatch icon disappears. The stopwatch stops.

Press the START/STOP button again. The stopwatch icon reappears. The stopwatch restarts.

6.7 ENDING A TRAINING SESSION

You have finished your training run and also want to end your training session on your heart rate monitor.

Press START/STOP button as soon as you want to end your training. This prevents your average heart rate or training time from being distorted.

Hold down the TOGGLE (-) button. You switch to sleep mode. Only the time and date are displayed so as to save the battery. The current training values remain saved.

Note: If you have stopped training, your heart rate monitor goes into sleep mode after five minutes.

6.8 TRAINING VALUES AFTER TRAINING

Prerequisite: You must be in training mode.

After training, you can view the measured values in the training mode at your leisure. Use the START/STOP, TOGGLE (-) and TOGGLE (+) buttons to scroll through the individual values. In addition to the current training values, the heart rate monitor also shows summed values such as:

➜ Total time
➜ Total calories

Note: Total values are available only when the stopwatch is stopped.

6.9 RESETTING THE TRAINING VALUES

Before you begin a new training session, you should set the training values to zero as the heart rate monitor will otherwise continue to count the values. The summed total values for time and calories remain saved.

Prerequisite: You must be in training mode.

Press and hold the START/STOP button. The display flashes twice and all values are reset. You will then see the training mode again.

7.1 USING LAP TRAINING

Example: You regularly run two laps around a lake and want to do so in different times. The PC 15.11 lap training function enables you to determine the values for each lap.

1 Prerequisite:
You must be in training mode.
The stopwatch is not running and is set to zero.

2 Start first lap.
Press the START/STOP button.
The stopwatch is started.

3 Start next lap.
Press the LAP button. A new lap starts.
The display flashes.

Tip: While "Last lap" is flashing, a summary of the last lap is shown.

4 Stop the training after the last lap.
Press the START/STOP button.

Tip: You can also use lap training when competing.
Press the LAP button at the end of each kilometer.
This enables you to compare the values for each kilometer after your run.

7.2 SUMMARY OF THE LAST LAP

If you press the LAP button, the current lap will be ended and a new lap automatically started. "Last lap" flashes on the display and a summary of the last lap is displayed for five seconds.

Summary of the last lap

Average heart rate

Training time
Scroll using the START/STOP button

Lap time

7.3 LAP VIEW

The training values for the individual laps can be seen in the lap view.

7 TRAINING WITH LAPS

7.3.1 ACTIVATING THE LAP VIEW MODE

Prerequisite: Your heart rate monitor must be in training mode.

Hold down the LAP button. The display will flash twice to indicate that the lap view mode is now active.

7.3.2 DISPLAY SETUP

→ Lap number
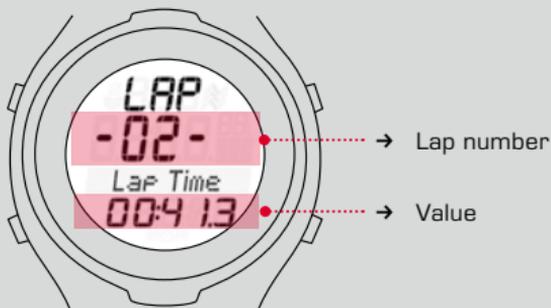
→ Value

7.3.3 BUTTON ASSIGNMENT FOR THE LAP VIEW

LAP 6   LAP 5

LAP 7   LAP 4

LAP 8   LAP 3

LAP 9   LAP 2

LAP 10   LAP 1

LAP
-01-
Lap Time
0 12 1.0

Average
heart rate   Hours
since start

Maximum
heart rate   Time
since start
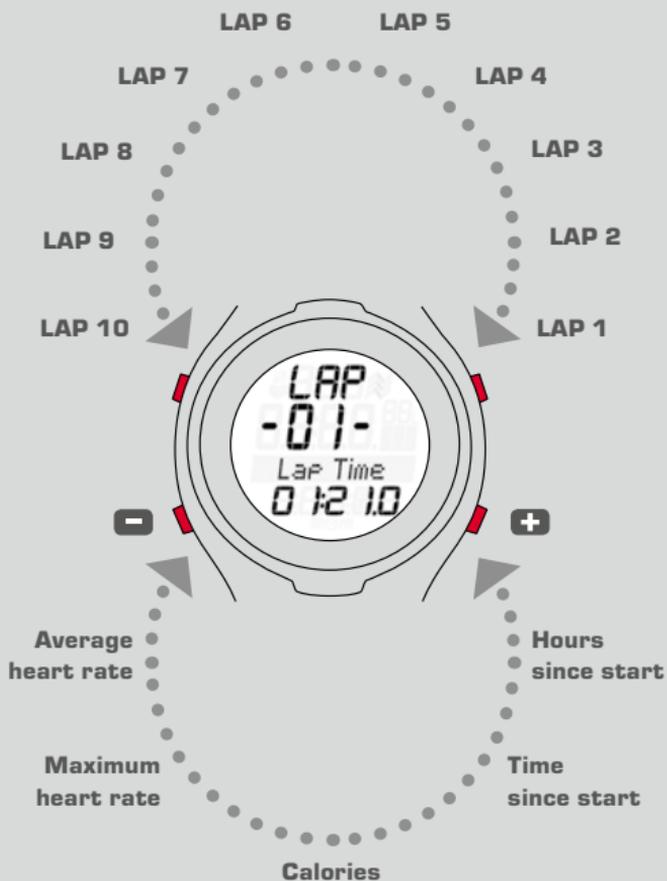
Calories

7.3.4 DISPLAYING VALUES FOR INDIVIDUAL LAPS

You can re-view the different measured values for the individual laps.

Prerequisite: Your heart rate monitor must be in training mode.

1 Hold down the LAP button until the lap view opens.
A value from the last lap is displayed.
2 Select a lap.
Press the LAP or the START/STOP button to scroll through
the laps.
3 Press the TOGGLE (-) or TOGGLE (+) button to view the
corresponding lap values.
4 Exit lap view.
Hold down the LAP button. The training mode is displayed.

7.4 FAQ (FREQUENTLY ASKED QUESTIONS AND SERVICES)

What happens if I remove the chest belt during training?

The watch will no longer receive a signal. The screen will indicate "0"
and after a short period of time the PC 15.11 will go into sleep mode.

Does the SIGMA heart rate monitor completely switch off?

No – only the time and date are displayed in sleep mode so that you can
also use the heart rate monitor as a normal watch. The PC 15.11 uses
very little power in this state.

7.4 FAQ (FREQUENTLY ASKED QUESTIONS AND SERVICING)

The display responds sluggishly or shows a black coloration, what is the reason for this?

The operating temperature may have been exceeded or fallen below. Your heart rate monitor is designed for a temperature of 0°C to 55°C.

What should I do if the display is faint?

A faint display may be the result of a weak battery. The latter should be replaced as soon as possible – battery type CR 2032 (ref. no. 00342).

Are SIGMA heart rate monitors waterproof and can they be used for swimming?

Yes – the PC 15.11 is watertight up to 3 ATM (corresponds to a test pressure of 3 bar). The PC 15.11 is suitable for swimming.
Please note: Do not press the buttons underwater as water can enter the housing. Avoid using in sea water as malfunctions can occur.

US/GB

8 MAINTENANCE AND CLEANING

8.1 CHANGING THE BATTERY

A CR 2032 battery (ref. no. 00342) is used in the heart rate monitor and transmitter.

Prerequisite: You have a new battery and the battery compartment tool.

1 Use the battery compartment tool to turn the cover anti-clockwise until the arrow points to OPEN.
    Alternatively, you can also use a ballpoint pen.
2 Remove the cover.
3 Remove the battery.
4 Insert the new battery. The plus sign points upward. **Important:** Ensure the polarity is correct!
5 Replace the cover. The arrow points to OPEN.
6 Use the battery compartment tool to turn the cover clockwise until the arrow points to CLOSE.
7 Correct the time and date.

Important: Dispose of old batteries properly (see section 8.2)

8.2 DISPOSAL

LI =
Lithium Ionen

Batteries must not be disposed of with the household waste (Battery Law). Please give the batteries to a designated delivery station for their disposal.

Electronic devices must not be disposed of with household waste. Please give the device to a designated disposal agency.

PC 15.11
→ Battery type: CR2032
→ Battery life: Average of 1 year
→ Accuracy of the clock: Higher than ± 1 second/day
   at an ambient temperature of 20°C.
→ Heart rate range: 40-240

Chest belt
→ Battery type: CR2032
→ Battery life: Average of 2 years

US/GB

10 WARRANTY

Warranty

We are liable for damages in accordance with the statutory regulations in respect to our contractual partners. Batteries are excluded from the warranty. For warranty claims, please contact the retailer from whom you purchased your heart rate monitor or send your heart rate monitor together with receipt of purchase and all accessory parts, with sufficient postage paid, to:

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

Tel. + 49 (0) 63 21-9120-118
E-mail: service@sigmasport.com

If your warranty claim is valid, you will receive a replacement device. A claim only exists for the current model at this time. The manufacturer reserves the right to make technical changes.

HEART RATE MONITOR
PC 15.11

SIGMA-ELEKTRO GmbH

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