SIGMA®
GERMANY

sTs

SPEED DIGITAL WIRELESS

CAD DIGITAL WIRELESS

HRM DIGITAL WIRELESS

LAP COUNT

DATA LOG

MULTI SPORT

PC MAC READY

ROX 5.0

BIKE COMPUTER

Contents

1 Functions and contents

1.1 Foreword

Thank you for choosing a SIGMA SPORT bike computer. Your new ROX 5.0 will be a reliable companion 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.

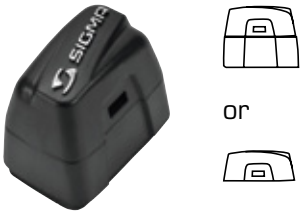
Enjoy the ride with your new ROX 5.0!

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

- Speed, time, distance, heart rate, and intensity zones.
- Download ride date to your PC or Mac for detailed evaluation.

1.2 Contents

ROX 5.0 bike computer 	Bracket 
STS speed transmitter 	Spoke magnet 

Wristband 	R1 STS Comfortex+ chest strap 
STS cadence transmitter 	Cadence magnet  The cadence magnet can also be used without the bottom spacer.
Battery compartment key 	Attachment materials (cable ties, O-ring) 
ROX 5.0 quick start guide	

1.2.1 Optional accessories

Docking station 	Wired bracket 

1.3 ROX 5.0 functions

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

All current values – current speed, current heart rate, current cadence, and current lap – easily viewed on the large display.

The ROX 5.0 has classic bike computer features such as 2 programmable wheel sizes (automatically detected with the STS speed transmitter), an automatic start/stop function, and several other functional view options.

1.3.1 PC interface

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

You can also set up the ROX 5.0 on the PC and then transmit the settings to the bike computer.

2 Attaching the ROX 5.0 and initial use

Note

See the quick start guide for detailed mounting instructions.

2.1 Attaching the bracket

- Attach 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 transmitters – 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

- Slightly moisten 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', use a ballpoint pen to press and hold the small button on the back of the transmitter until a red LED flashes (5 sec). Red LED: bike 2; green LED: bike 1.

See attachment figure **6.1**

2.6 Attaching the Sigma ROX 5.0 to the bracket

See attachment figure **6.2**

2.7 Initial use

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

The ROX 5.0 jumps to setting mode (Section 4, pg 16).

2.8 Synchronizing the transmitters

To synchronize the transmitters, the ROX 5.0 must be clicked into the handlebar or wristband bracket.

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

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

2.8.1 Synchronizing the speed

There are two options for synchronizing the speed:

- Start cycling – the receiver usually synchronizes with the transmitter after five wheel rotations.
- Spin the front wheel until the speed 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 electrodes on the chest belt and put it on.

Move within 100 cm (approx 36 inches) of the ROX 5.0 or get onto your bike. The ROX 5.0 usually synchronizes with the chest belt in less than 10 seconds.

The current heart rate then appears on the display.

2.8.4 Resetting the synchronization

If a transmitter does not display any values or the wrong transmitter 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 transmitters are being synchronized.

3 Operating concept

3.1 Button functions

Set + Reset buttons

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

Reset button

Use this button to scroll backward in a menu level.

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

Mode 2 button

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

Lap button

Press this button to start a new lap.

Press and hold the button to open the lap view.

Set button

Press this button to store the values entered.

Press and hold the button to open the basic settings.

Mode 1 button

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

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

3.1.1 Button functions in bike mode

Mode 1 functions	Mode 2 functions
Trip distance	Target zone/% max. heart rate
Ride time	Intensity zones
Avg. speed	Avg. heart rate
Max. speed	Max. heart rate
Avg. cadence	Calories
Lap distance	Clock
Lap time	Stopwatch
	Countdown
	Temperature
	Total distance
	Total time
	Total calories

3.1.2 Button functions in running mode

Mode 1 functions	Mode 2 functions
Running time	Training zone/% max. heart rate
Total running time	Intensity zones
	Avg. heart rate
	Max. heart rate
	Calories
	Clock
	Countdown
	Temperature
	Total calories

3.2 Display structure

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

3.2.1 Top display segment

This displays four current values.

- Current heart rate (only if you are wearing the chest belt)
- Heart rate above or below the target zone
- Current cadence
- Current lap number (permanent)

3.2.2 Middle display segment

This displays your current speed plus other icons:

- Bike I - bike II icon
- Speed compared to average
- MPH Unit of measure (km/h or mph)
- Stopwatch active
- Countdown active

3.2.3 Bottom display segment

This displays your currently selected function.

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

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

4 Basic settings

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

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

Caution

The ROX 5.0 can also be set during a ride. Not advised and please do so with caution!

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 of measure

1 Press the **Mode 1** button to switch to the preset unit.

2 Press the **Set** button. The display flashes.

3 Press **Mode 2** or **Reset** to switch between km/h and mph.

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

4.3 Setting the wheel size 1 and 2

1 Press the **Mode 1** button to switch to the preset wheel size 1 or wheel size 2.

2 Press the **Set** button. The first two digits for entry flash.

3 Press **Mode 2** or **Reset** to increase or decrease the value respectively.

4 Press the **Mode 1** button to switch to the next digit.

5 Press the **Set** button to save your setting.
'Set OK' appears on the display.

4.3.1 Calculating the wheel size

There are three ways to determine the wheel size:

- Follow instructions in Figure A or B
- Find in the table (Figure C) based on tire size.

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

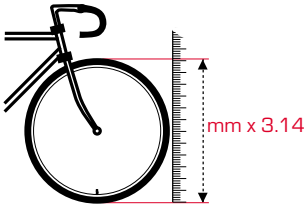


Figure A

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

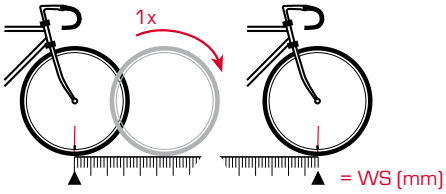


Figure B

Tire Size	ETRTO 12 1/2 x 1.75	WS mph
16x1.75x2	47-305	1272
20x1.75x2	47-406	1590
24x1 3/8A	37-540	1948
24x1.75x2	47-507	1907
26x1	23-571	1973
26x1.5	40-559	2026
26x1.6	44-559	2051
26x1.75x2	47-559	2070
26x1.9	50-559	2089
26x1.95	52-559	2105
26x2	54-559	2114
26x2.1	56-559	2128
26x2.125	57-559	2133
26x1 3/8	37-590	2105
26x1 3/8x1 1/2	37-584	2086
26x3/4	20-571	1954
27x1 1/4	32-630	2199
27x1 1/4 Fifty	28-630	2174

Tire Size	ETRTO 12 1/2 x 1.75	WS mph
27.5x2.0	54-584	2154
27.5x2.1	56-584	2170
27.5x2.2	58-584	2186
27.5x2.25	60-584	2194
28x1.5	40-622	2224
28x1.75	47-622	2268
28x1 1/2	40-635	2265
28x1 3/8x1 5/8	37-622	2205
29x2.0	54-622	2290
700x18C	18-622	2102
700x20C	20-622	2114
700x23C	23-622	2133
700x25C	25-622	2146
700x28C	28-622	2159
700x32C	32-622	2174
700x35C	37-622	2205
700x38C	38-622	2217
700x40C	40-622	2224

Figure C

4.4 Setting the clock

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

2 Press the Set button. The hours digit flashes.

3 Press Mode 2 or Reset to increase or decrease the value respectively.

4 Press the Mode 1 button to move to the minutes.

5 Press Mode 2 or Reset to increase or decrease the value respectively.

6 Press the Set button to save your setting.
'Set OK' appears on the display.

4.5 Setting the date

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

2 Press the Set button. The year flashes.

3 Press the Mode 2 or Reset button to increase or decrease the year value respectively and the Set button to save your entry.

4 Press the Mode 2 or Reset button to increase or decrease the month value respectively and the Set button to save your entry.

5 Press the Mode 2 or Reset button to increase or decrease the day value respectively and the Set button to save your entry.

6 Press the Mode 2 or Reset button to set the date format (dd.mm.yy or mm/dd/yy) and the Set button to save your entry.
'Set OK' appears on the display.

4.6 Setting your age

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

2 Press the Set button. The display flashes.

3 Press Mode 2 or Reset to increase or decrease the value respectively.

4 Press the Set button to save your setting.
'Set OK' appears on the display.

4.7 Setting your weight

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

2 Press the Set button. The display flashes.

3 Press Mode 2 or Reset to increase or decrease the value respectively.

4 Press the Set button to save your setting.
'Set OK' appears on the display.

4.8 Setting your gender

1 Press the Mode 1 button to switch to the preset gender. (The ROX 5.0 is preset to 'male' by default.)

2 Press the Set button. The display flashes.

3 Press Mode 2 or Reset to set your gender.

4 Press the Set button to save your setting.
'Set OK' appears on the display.

4.9 Setting the maximum heart rate

1 Press the Mode 1 button to switch to the preset maximum heart rate.

2 Press the Set button. The display flashes.

3 Press Mode 2 or Reset to increase or decrease the value respectively.

4 Press the Set button to save your setting.
'Set OK' appears on the display.

4.10 Setting the training zone

The ROX 5.0 has three target zones. The target zones 'Fitness' (Fit Zone) and 'Fatburning' (Fat Zone) are automatically calculated based on your maximum heart rate. The 'Individual' target zone, can be customized based ons 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 ride, you will be notified if you go above or below the target zone limits. A zone indicator arrow appears on the display next to the heart rate and an optional beeping sound is emitted.

4.10.1 Displaying the training zone in normal mode

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

1 In normal mode, press Mode 2 to switch to the target zone/% max. heart rate display.

2 A three-part bar in the bottom display segment shows you which area of the preset target zone you are currently in.

Below the target zone

In the target zone

Above the target zone

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

The ROX 5.0 has four intensity zones, which make it easier to control your long term training. The values are automatically calculated based on your maximum heart rate. You can also customize 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 ride, you can view the intensity zone function with a % distribution for your current training session.

4.11.1 Displaying the intensity zones in normal mode

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

1 In normal mode, press Mode 2 to switch to the intensity zones screen.

2 The four intensity zones are graphically displayed in the bottom display segment.

3 An arrow shows you which zone you are currently training in.

4.12 Setting the total distance for bike 1 or bike 2

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.

Important Note

00.080 mi is equivalent to 80 miles

4.13 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.

Important Note

0.005 h is equivalent to 5 hours

4.14 Setting the total running 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 running time.

2 Press the Set button. The first digit for entering the hours value flashes.

3 Press Mode 2 or Reset to increase or decrease the hours value respectively. Press the Mode 1 button to switch to the next digit. Press the Set button to save the hours entry.

4 Press Mode 2 or Reset to increase or decrease the minutes value respectively.

5 Press the Set button to save your setting.
'Set OK' appears on the display.

4.15 Setting the total calories for bike 1 or bike 2

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.

Important Note:

06.537 kcal is equivalent to 6,537 calories

4.16 Setting the total running 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 running calories.

2 Press the Set button. The first digit for entry flashes.

3 Press Mode 2 or Reset to increase or decrease the value respectively.

4 Press the Mode 1 button to switch to the next digit.

5 Press the Set button to save your setting.
'Set OK' appears on the display.

4.17 Activating the zone alarm

1 Press the Mode 1 button to switch to the zone alarm.

2 Press the Set button. The current setting flashes.

3 Press Mode 2 or Reset to switch the zone alarm on or off respectively.

4 Press the Set button to save your setting.
'Set OK' appears on the display.

Note

The zone alarm beeps during your ride if you are outside the limits of the selected training zone.

4.18 Setting the contrast

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

2 Press the Set button. The display flashes.

3 Press Mode 2 or Reset to increase or decrease the value respectively.
(1=weak/3=strong)

4 Press the Set button to save your setting.
'Set OK' appears on the display.

4.19 Exiting the basic settings

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

'Setting CLOSE' flashes on the display.

5 General ROX 5.0 functions

5.1 Display backlight

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

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

Note

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

5.2 Speed comparison

If the current speed differs from the average speed, this difference is shown by either of 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 is more or less equivalent to the average speed, no arrow is displayed.

5.3 Lap Counter

You can use the lap counter to record laps (or intervals) after covering a certain distance or time. This enables you to compare your performance throughout interval training.

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

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

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

The display then jumps back to the previous view mode.

5.4 Opening the lap view

1 Press and hold the middle button (LAP) for three seconds. 'Lap view OPEN' flashes on the display.

2 Press the Set and Mode 1 buttons to switch between the following values: lap time, time since start, lap distance, distance since start, max. speed, max. heart rate, calories.
The average heart rate, average cadence, and lap number are shown in the top display segment. The average speed for the lap is shown in the middle display segment.

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

4 Press and hold the LAP button for three seconds to exit the lap view.
'Lap view CLOSE' flashes on the display.

5.5 Stopwatch

1 Press the Mode 2 button to move to the stopwatch.

2 Press the Set button to start and stop the stopwatch.
If the stopwatch is running, the icon appears on the display.

3 Resetting the stopwatch:
Press and hold the Reset button for three seconds.

5.6 Countdown

1 Press the Mode 2 button to switch to the countdown.

2 Press and hold the Set button for three seconds. 'Countdown SET' flashes on the display.

3 Press Mode 2 or Reset to increase or decrease the value respectively.

4 Press the Mode 1 button to move to the next digit.

5 Press the Set button to save your setting.
'Set OK' appears on the display.

6 Press the Set button to start and stop the countdown.
If the countdown is running, the icon appears on the display. The icon flashes once the countdown has reached zero.

7 Resetting the countdown to the previously selected start value:
Press and hold the Reset button for three seconds.

5.7 Resetting trip data

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

2 'Tour data RESET' flashes on the display.

Use this function to reset the following values to zero:
Trip distance, ride time, avg. speed, max. speed, avg. cadence, lap distance, lap time, intensity zones, avg. heart rate, max. heart rate, calories.

5.8 Total values for bike 1 and bike 2

If you use the ROX 5.0 on one bike, only the total values for the first bike will be displayed.

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

5.9 Service interval

The service optional interval notifies you once a set distance has been ridden. The service interval is an on screen reminder for regular bike maintenance. The service interval can only be set with a Universal Fast Setting Box (UFSB) at your local bike shop. Once the preset distance has been reached 'Inspection' appears on the display.
Press any button to clear this message.

Note

The Service Interval default is OFF

5.10 Transport mode

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

5.11 PC interface / Downloadable

The ROX 5.0 is PC and Mac-compatible. After purchasing the optional SIGMA DATA CENTER software and docking station, you can quickly and effortlessly download your current ride data to your PC. The ROX 5.0 saves the current values every 10 seconds for rides lasting up to 25 hours. The ride data can be graphically displayed in the Data Center.

Note

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

5.12 Wired speed transmission

The ROX 5.0 can be retrofitted with a wired speed transmitter to measure the speed (the cadence and heart rate transmission remain wireless).

6 Running with the ROX 5.0

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

6.1 Synchronizing the chest belt

Slightly moisten the electrodes and put on the chest belt.

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

The current heart rate then appears on the display.

6.2 Starting the running time

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

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

6.3 Resetting the running time

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

2 'Tour data RESET' flashes on the display.

Use this function to reset the following values to zero:
Running time, intensity zones, avg. heart rate, max. heart rate, calories.

7 Important information, troubleshooting, and FAQ

7.1 Important information

7.1.1 ROX 5.0 water resistance

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

7.1.2 Water resistance of the transmitters

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

Watertight and suitable for many sporting activities.

7.1.3 Chest belt care

The COMFORTEX+ cloth chest belt is machine washable on the delicate cycle. Conventional laundry detergent is recommended.

Note

Bleach or detergents containing bleach must not be used.
Do not use soap or fabric softener!

Do not dry clean the COMFORTEX+ chest belt. Air dry only. Lay flat to dry and do not iron.

7.1.4 Training advice

Consult your physician before starting an exercise program.

If you have a pacemaker, please check with your physician prior to use!

7.2 Troubleshooting

No speed displayed

- Is the computer correctly fastened into the bracket?
- Have you checked the contacts for oxidation/corrosion?
- Have you checked the distance between the magnet and the STS speed transmitter (max. 12 mm or 1/2 inch)?
- 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 or 1/2 inch)?
- Have you checked whether the magnet is magnetized?
- Have you checked the cadence transmitter's battery status?

No heart rate displayed

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

Display blank

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

Display weak/slow

- Is the temperature too high (> 140 F) or too low (< 32 F)?

Incorrect speed displayed

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

No synchronization

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

'TOO MANY SIGNALS' displayed

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

7.3 Frequently asked questions (FAQ)

Can I change the batteries myself?

All ROX 5.0 components have a battery compartment so that the owner 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 coded. This almost entirely prevents any interference between two different bicycle computers. 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 backlight is used.

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

8 Technical data

8.1 Max, min, and default values

	Unit	Min.	Max.
Bicycle			
Current speed	kmh/mph	0.0	199.8/124.2
Avg. speed	kmh/mph	0.00	199.8/124.2
Max. speed	kmh/mph	0.00	199.8/124.2
Trip distance	km/mi	0.00	9999.99
Current cadence	rpm	20	180
Avg. cadence	rpm	20	180
Heart rate			
Current heart rate	bpm	40	240
Avg. heart rate	bpm	40	240
Max. heart rate	bpm	40	240
% of the max. heart rate	%	0	240
Calories	kcal	0	99999
Time			
Ride time	hhh:mm:ss	00:00:00	999:59:59
Running time	hhh:mm:ss	00:00:0	999:59:59
Total running time	hhh:mm:ss	00:00:0	999:59:59
Clock	hh:mm (12 or 24 hr clock)	00:00	23:59
Date	mm/dd/yyyy	01/01/2013	12/31/2099
Stopwatch	h:mm:ss.1/10	0:00:00,0	9:59:59.9
Countdown	hh:mm:ss. 1/10	00:00:00,0	9:59:59.9
Temperature			
Current temperature	°C/°F	-10.0/14.0	+70/+158
Laps			
Lap number	NO UNIT	0	99
Lap time	hhh:mm:ss	00:00:00	999:59:59
Time since start	hhh:mm:ss	00:00:00	999:59:59
Lap distance	km/mi	0	9999.99
Distance since start	km/mi	0	9999.99
Avg. speed per lap	kmh/mph	0.00	199.8/124.2
Max. speed per lap	kmh/mph	0.00	199.8/124.2
Max. HR per lap	bpm	40	240
Calories per lap	kcal	0	99999

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

8.2 Changing the batteries

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

Bike computer 5.1

- Use the tool provided to open the rear battery compartment.
- Remove the old battery, wait 1 minute.
- Insert the new battery.
- Note the polarity!
- If the sealing ring is loose, reposition it.
- Use the tool provided to close the compartment.

Transmitter 5.2 5.3 5.4

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

8.3 Temperature, batteries

Bike computer

Ambient temperature +60°C/-10°C

Battery type CR 2450 (ref. no. 20316)

Speed transmitter

Ambient temperature +60°C/-10°C

Battery type CR 2032 (ref. no. 00342)

Cadence transmitter

Ambient temperature +60°C/-10°C

Battery type CR 2032 (ref. no. 00342)

Heart rate transmitter

Ambient temperature +60°C/-10°C

Battery type CR 2032 (ref. no. 00342)

9 Warranty and guarantee

We are liable to our contracting partners for defects in line with legal provisions. The warranty does not extend to batteries. In the event of a warranty claim, please contact the retailer from whom you purchased your bike computer. You can also send your bike computer, together with your receipt and all accessories, to the address below. Please ensure you pay sufficient postage.

SIGMA SPORT USA
3487 Swenson Ave.
St. Charles, IL 60174, U.S.A.

Toll free: 888-744-6277
E-mail: sigmarox@sigmasport.com

In the event of justified warranty claims, you will receive a replacement device. You will only be entitled to the model available at the time of replacement. The manufacturer retains the right to make technical modifications.

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

Electronic devices must not be disposed of in household waste. Please take the device to an official waste collection point.

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

1 This device may not cause harmful interference

2 This device must accept any interference received, including interference that may cause undesired operation.

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

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

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced technician for help.

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

10 Index

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

SIGMA SPORT USA
3487 Swenson Ave.
St. Charles, IL 60174, U.S.A.

SIGMA SPORT ASIA
4F, No.192, Zhonggong 2nd Rd.,
Xitun Dist., Taichung City 407, Taiwan