**Foreword**

Thank you for choosing a bike computer from SIGMA SPORT®.

Your new ROX GPS 11.0 will be a loyal companion for your bike trips for years to come. To familiarise 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 GPS 11.0.
2 Mounting

Only included in the complete set:

Max. 10 mm (0.4 inch)

Click!
# Before initial use

**NOTE**

Fully charge the ROX GPS 11.0.

Charge the device using the micro USB cable and the USB port on your PC. Alternatively, use the USB charger. The process takes approximately 3 hours. To charge the device, plug the USB cable into the micro USB port on the back of the ROX GPS 11.0 and the USB port on your PC or the USB charger (not included in the delivery).

## 3.1 Initial use

1. Press and hold the **START** button for 5 seconds (right upper button).
2. Press **START** to change the language.
3. Now press the **PLUS** or **MINUS** buttons to select your desired language and then press the **START** button.
4. Configure the remaining settings using the same principle.

## 3.2 Pairing the sensors (ANT+) with the ROX GPS 11.0

To use the sensors (ANT+), these must be paired with the ROX GPS 11.0.

To carry out the pairing, select the menu item **SETTINGS > CONNECT SENSOR**.

There are several options to pair the sensors:

- With **SELECT SENSOR**, you can search for a certain type of sensor.
- With **SEARCH ALL**, you can search for all the sensors in the area.
- Enter the sensor ID, if it is known.

Always make sure before you start the search that only the sensors that are to be paired are activated.

Start the search using **SEARCH ALL** or **SEARCH SENSOR** → desired sensor type.

After a few seconds, the sensor and the associated sensor ID are displayed. Select the desired sensor to connect.

The sensors that are paired can be found under **CONNECTED SENSORS**.

## 3.3 Synchronisation of the sensors

To synchronise the sensors (ANT+), the ROX GPS 11.0 must be switched on and in training mode.

The sensor search takes place automatically. It searches for all previously paired sensors. The respective value for the sensor stops flashing as soon as the corresponding sensor has been found.

If a sensor is not found, make sure that it is activated.

## 3.4 Connect to your smartphone

In order to transfer the training data to the SIGMA LINK app, first pair your smartphone with the ROX GPS 11.0. To do so, select the following menu item: **SETTINGS → SMARTPHONE CONNECTION → CONNECT SMARTPHONE**

Follow the instruction of the SIGMA LINK app.

# Operation / Button functions / Menu overview

## 4.1 Operating concept

A continually visible navigation level makes the ROX GPS 11.0 menu navigation far easier for the user. The possible functions of the **STOP** and **START** buttons are displayed in this level to:

- Go to the next level down (**START**),
- Go back to the next level up (**STOP**),
- To scroll within the menu level forward or backward or to increase or reduce values (**PLUS** or **MINUS**)
4.2 Button functions

STOP button:
Press this button to exit the sub-menus or stop a running data log.

MINUS button:
Use this button to change the training views during the training. In the menu, navigate through the separate points or reduce a value to be set.

ONLY IN TRAINING (with active workout):
Press and hold to move to the next phase of your defined workout.

Enable/Disable light mode
By simultaneous pressing of the PLUS and MINUS buttons the light mode is activated or deactivated.

PLUS button:
Use this button to change the training views during training.

ONLY IN TRAINING
Press and hold to open the Quick Menu in training

START button:
Press this button to reach the sub-menus or start the data log.

During a data log you can also press this button to start a new lap.

Press and hold the button to switch the ROX GPS 11.0 on and off.
4.3 Menu overview

5 Training with the ROX GPS 11.0 / How to start a recording

INFO ON SPORT PROFILES
The ROX GPS 11.0 has the so-called “SPORT PROFILES”. These help you to link the different settings with the chosen sport. Thus all the important settings are connected to the SPORT PROFILE. If you change the sport profile, functions such as the training views and the settings for the Automatic Pause are automatically set. Once set, there is no more need to check the settings. The training views can only be set in the SPORT PROFILE using the DATA CENTER.

5.1 Starting the training

After the desired SPORT PROFILE has been selected, it searches for the GPS. After a successful search of the GPS, the various views can be changed using the PLUS or MINUS button.

To start the training or the recording, the START button must be pressed once. If the stopwatch is running, it is always recorded.
5.2 Settings relevant to training in the Quick Menu

If you want to make more training-relevant settings before starting, such as calibration of the altitude, press the PLUS button and hold down to reach the Quick Menu. The following settings can be configured:

a. Current activity
This item appears when you start a training. This lets you see all important values on your ROX GPS 11.0 during the trip.

b. Calibrating the altitude IAC+
The ROX GPS 11.0’s altitude measurement is determined on the basis of the barometric air pressure. Any change to the weather means a change in the air pressure, which can lead to a change in your current altitude. To compensate these changes in air pressure, you must enter a reference altitude into the ROX GPS 11.0 (process known as calibration).
The ROX GPS 11.0 offers three types of calibration [only one has to be used]:

1. Home altitude 1–3
The home altitude is the altitude of your start location. You can set three different home altitudes.

2. Current altitude
The current altitude is the altitude at your current location. 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 (e.g. www.meteo24.de), in the daily newspaper, or at airports.

4. GPS calibration
If you do not have a reference point or any indication of your current altitude, you can determine this by means of GPS. The accuracy of the displayed altitude depends on the GPS receiver and is shown in the display [e.g. +/-10m].

c. Selection of the sport profile
If you have accidentally selected the wrong sport profile, you can change this again here. This is only possible as long as the training has not been started.

d. Load track
A track can be loaded here at any given time.

e. Same track back
This option returns you to the same, already travelled path.

f. Workout
You can also select and start a workout defined by you during the training session. The workout starts automatically as soon as you have selected it.

g. Strava live segments
Here you can find your Strava segments or disable Strava.

h. Auto pause
You can start training as soon as you have pressed Start. The ROX GPS 11.0 waits till it can detect a speed over 2.2 km/h to begin recording the training. From then on, the activated Auto Pause function ensures that the training time pauses for speeds of less than 2.2 km/h (“Auto Pause” appears on the display) and restarts at speeds of over 2.2 km/h (Auto Start).

i. Alarms
Here, during the training, you have the option of activating or deactivating the alarms you have defined.

j. Automatic lap
You have the option in the settings to choose among the criteria distance, time or calories. If you have chosen, for example, 5 km for an Automatic Lap, a lap is always saved automatically after 5 km. This can be analysed in detail in the DATA CENTER.
k. Compass calibration

Calibrate the compass to also have the best possible orientation of the tracks while standing.

l. Zoom

Here you have the option to choose a fixed or automatic zoom level for the track view. When automatic is set, the zoom level will change depending on the speed.

m. Target zone alarm (only for workout)

You can deactivate the target zone alarm while riding.

5.3 Ending training & transferring data

If you want to end your training or trip, you must press the STOP button twice. There comes a query, if you want to save or continue the training. End with the STOP button and save the training. Thereby, it can now be transferred to the DATA CENTER. For this, simply connect the ROX GPS 11.0 to the DATA CENTER and follow the instructions in the DATA CENTER. If you want to delete the training, press the PLUS or MINUS button once to change the selection from Save to Delete. To delete the training irrevocably press the STOP button. The training will be irrevocably deleted.

6.1 Driven tracks

This area displays all the tracks you have already finished. After selecting a track by pressing the START button you have four options to choose from:

- Start track
- Star track reverse
- Show track
- Show altitude profile

6.1.1 Start track

Use “Start track” to retrace the selected track.

Once you have selected the item “Start track” by pressing the function buttons and confirmed your selection by pressing the START button, the track starts. The display automatically switches to the SPORT PROFILE selection.

NOTE

If you have not defined any track view in your training views, another page is loaded for the track view.

6.1.2 Start track reverse

Use “Start track reverse” to reverse the direction of the selected track.

Once you have selected “Start track reverse” by pressing the function buttons and confirmed your selection by pressing START button, the track starts. The starting point and the destination point of the selected route are reversed.

6.1.3 Show track

Select “Show track” to display the route for the selected tour.

5.4 Transfer data to the SIGMA LINK app

To transfer the training data to the SIGMA LINK app, select the menu item SYNC DATA on your ROX GPS 11.0. Follow all other steps in the SIGMA LINK app. For this follow the description in the LINK app.

6 Load track

This function enables you to select, start, display, and delete finished or stored tracks.

NOTE

The track management can also be performed quickly and conveniently via the DATA CENTER. It is also possible to transfer already created tracks to the ROX GPS 11.0 very conveniently via the SIGMA LINK app.
6.1.4 Show altitude profile

Use “Show altitude profile” to view a graphical representation of the route’s altitude profile.

6.2 Stored tracks

Here, you can find your tracks that you have transferred to the ROX GPS 11.0 with the help of DATA CENTER.

The Data Center enables you to download, modify, and store tracks from other users or plan your own tracks on an interactive map. These tracks can then be loaded onto the ROX GPS 11.0. Further information about the DATA CENTER can be found in the DATA CENTER instructions.

After selecting a track by pressing the START button, you have five options to choose from:

- Start track
- Star track reverse
- Show track
- Show altitude profile
- Show details

6.2.1 Start track

Select “Start track” to travel the selected track.

Once you have selected the “Start track” item by pressing the START button, the track starts.

6.2.2 Start track reverse

Use “Start track reverse” to reverse the direction of the selected track.

6.2.3 Show track

Select “Show track” to display the route for the selected tour.

6.2.4 Show altitude profile

Use “Show altitude profile” to view a graphical representation of the trip’s altitude profile.

6.2.5 Show details

Here you can find the following detailed data for the selected trip:

- Distance
- Altitude ascent ▲

7 How do I get the Strava segments on the ROX GPS 11.0?

The ROX GPS 11.0 offers a special function to Strava fans, the Strava live segments. Thus you need not wait until after the trip to see whether you have scored a new personal best. The Strava Live segments can only be transferred if you have a premium membership.

7.1 Playing Strava segments on the ROX GPS 11.0

The Strava segments can be transferred exclusively via the DATA CENTER onto the ROX GPS 11.0. To transfer Strava segments you need a Strava user account (registration at www.strava.com).
IMPORTANT
Only the Strava segments that have been marked as favourites on www.strava.com are transferred!

To transfer the Strava segments, please connect your ROX GPS 11.0 to the DATA CENTER. The most important information on your device will appear on the dashboard. Here you have the option now to transfer the marked segments on Strava onto your ROX GPS 11.0 by a click.

**8 **Workout

Workouts are predefined training processes which are described by means of training phases. The workouts offer the maximum flexibility. If you want to perform a simple training with a target zone, you define a simple phase with the appropriate target zone.

If you want to perform an interval training, you can define the first phase as a warm-up phase, the second as an interval (e.g. 5 x 1000 m with 1:00 min recovery) with the final cool-down phase. Up to 10 phases can be defined. An interval phase can contain up to 99 repetitions.

Workouts cannot be set on the ROX GPS 11.0 itself. These must be created via the SIGMA DATA CENTER and then transferred.

**9 Memory**

**9.1 Activities**

You will find all values of your activities sorted by date. The most recent activity first. The data is divided into the following 10 sub-areas:

1. Times
2. Speed/Distance
3. Heart rate
4. Cadence
5. Power
6. Altitude
7. Calories
8. Temperature
9. Laps
10. Auto laps
11. Strava segments
12. Show track
13. Show altitude

NOTE
It is possible to view the segments only if you have loaded the STRAVA segments data onto the ROX GPS 11.0 beforehand.
9.2 Totals

You will find all total values for the ROX GPS 11.0:

1. Number of trainings
2. Training time
3. Distance
4. Altitude uphill
5. Altitude downhill
6. Calories
7. Reset all values

You have the option to reset the total values. Use the PLUS or MINUS buttons to select the item “RESET ALL VALUES” and press the START button.

9.3 Personal best

You will find your personal bests subdivided for the following sub-areas:

1. Longest training time
2. Fastest training session
3. Longest trip distance
4. Most altitude ascent
5. Most calories
6. Best 5k (5 kilometres)
7. Best power (20 min)
8. Reset personal best

You have the option to reset the personal bests. Use the PLUS and MINUS buttons to select the item “Reset personal best” and press the START button.

10 Settings

All important functions can be set either directly on the ROX GPS 11.0 or on the PC and then transferred to the ROX GPS 11.0.

10.1 Device

10.1.1 Language (DE, EN, FR, ES, IT, NL, CZ, PL)

Using the PLUS and MINUS buttons, followed by pressing the START button, you can choose the language for the ROX GPS 11.0.

10.1.2 Scale Unit

You can specify the following measurement units for the ROX GPS 11.0:

- Speed (km/h, mph)
- Distance (km, miles)
- Altitude (metre, feet)
- Temperature (°C, °F)
- GPS coordinate format (hddd°mm'ss,s or hddd°mm,mmm)

10.1.3 Autom. Off (On/Off)

10.1.4 Backlight time

Press the PLUS and MINUS buttons followed by the START button to set the backlight time (permanent, 5 min on, 2 min on, 30 sec on) for the ROX GPS 11.0.
10.1.5 Backlight brightness
Press the PLUS and MINUS buttons followed by the START button to set the brightness [1–3] on the ROX GPS 11.0.

10.1.6 Button tones (on/off)

10.1.7 System tones (on/off)

10.1.8 Contrast
Press the PLUS and MINUS buttons followed by the START button to set the contrast [1–10] on the ROX GPS 11.0.

10.1.9 Log interval
The memory for the training sessions can store up to 200 training files. The maximum storage period also depends on the log interval selected.

10.1.10 Time setting
For the ROX GPS 11.0 you can configure the following time settings:

Time zone
Press the PLUS and MINUS buttons followed by the START button to set the appropriate time zone (e.g. Berlin + 01:00, London + 00:00, etc.).

10.1.11 Summer time (on/off)

10.1.12 Clock (24h, 12h)

10.2 Altitude
The home altitude is the altitude of your usual start location (usually your home). You can find this information on road or country maps. It is only set once on the ROX GPS 11.0. You can set three different home altitudes on the ROX GPS 11.0.

- Home altitude 1
- Home altitude 2
- Home altitude 3
- Altitude points list

The altitude measurement points from the IAC+ altitude calibration are stored in this list.

NOTE
To enable this altitude, you must select the preset altitude in training! To select the altitude, open the shortcut menu by holding down the PLUS button.

10.3 Connect sensor

10.3.1 Select sensor
Select the sensors to be paired and then go to SENSOR SEARCH or ENTER ID (if ID is known).

10.3.2 Search all
All sensors activated in the immediate environment are displayed, which are ready for pairing. Select the desired sensor and confirm with the START button.

10.3.3 Paired sensors
All paired sensors are displayed here. Remove sensors that are no longer used to optimise the search for the sensors before the start of the training.

10.4 Connect smartphone
To get “smart notifications” while riding, you need to connect your smartphone to the ROX GPS 11.0. To do this, select the item CONNECT PHONE. Open the Bluetooth settings on your smartphone to connect your ROX GPS 11.0 (it may be necessary to open the LINK app to confirm the connection).
### 10.5 Sport profiles

#### 10.5.1 Automatic lap
Settings of automatic laps for distance, time or calories.

#### 10.5.2 Automatic pause [on/off]

#### 10.5.3 Training views
This can only be set via the DATA CENTER.

#### 10.5.4 Alert
Alerts can be defined for different purposes (e.g. drink reminder). You always get a message after the value is set. This can be defined according to distance, time or calories.

#### 10.5.5 Bike settings
Here you can make your bike settings:
- Wheel size
- Bike weight
- Bike type

#### 10.5.6 Calculation of average values
Here you have the possibility to adjust the average calculation of power and cadence according to your needs - with or without consideration of the zero values.

#### 10.5.7 Power zones
The ROX GPS 11.0 has 7 power zones that you can customise to your individual needs. These will help you to evaluate the training better.

### 10.8 Gender

#### 10.8.1 Gender
To load the appropriate segments in Strava, you must choose between male or female.

### 10.9 Firmware update

#### 10.9.1 Firmware update
The ROX GPS 11.0 can be updated. If a new firmware version is available, you will be informed via the DATA CENTER. Follow the steps as described in the DATA CENTER.

**ATTENTION**
Back up all your data **BEFOREHAND**. With a firmware update, all data will be lost and **CANNOT** be restored!
## 10.10 Restoring factory settings

If you want your ROX GPS 11.0 to be reset to the original state, select this item and follow the directions.

**ATTENTION**

By doing this, all values will be lost and **CANNOT** be restored!

### 11 Function overview

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Technical data

12.1 Memory

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<td>Training memory</td>
<td>Up to 1000 h</td>
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<td>Autom. lap/lap</td>
<td>5000</td>
</tr>
</tbody>
</table>

12.2 Ambient temperature

- Ambient temperature: +60°C/-10°C

12.3 Radio frequencies

ROX GPS 11.0:
- ANT+: 2.4 GHz at -4.86 dBm
- BLE: 2.4 GHz at -4.86 dBm

Transmitter:
- R1 DUO:
  - ANT+: 2.4 GHz at -6.31 dBm
  - BLE: 2.4 GHz at -3.04 dBm
- R2 DUO:
  - ANT+: 2.4 GHz at 0.85 dBm
  - BLE: 2.4 GHz at 3.81 dBm

Notes

13.1 Water resistance of the ROX GPS 11.0

The ROX GPS 11.0 is waterproof according to IPX7 standard. It can be used in the rain without any risk of damage. The buttons can be pressed.

13.2 Training instruction

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

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

Guarantee, Warranty, Legal Disclaimer

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 send your bike computer with proof of purchase and all accessory parts to the following address. 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
Email: kundenservice@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.

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

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

Before disposal, all relevant personal data must be deleted from the device.

The CE declaration can be found at: ce.sigmasport.com/rox11
EU-DECLARATION OF CONFORMITY

We, SIGMA-ELEKTRO GmbH, Dr. Julius Leber Str. 15, D- 67433 Neustadt / Weinstraße, declare under our responsibility that the product ROX GPS 11.0 and the transmitter R1 Duo and R2 Duo are compliant with the essential requirements and other relevant requirements of the RED Directive 2014 / 53 / EU and the RoHS Directive 2011/65/EU.

The CE declaration can be found at: ce.sigmasport.com/rox11

Federal Communication Commission Interference 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.

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 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.

FCC Caution:
Any changes or modifications not expressly approved by the party responsible for compliance could void the user’s authority to operate this equipment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Radiation Exposure Statement:
The product comply with the FCC portable RF exposure limit set forth for an uncontrolled environment and are safe for intended operation as described in this manual. The further RF exposure reduction can be achieved if the product can be kept as far as possible from the user body or set the device to lower output power if such function is available.

Industry Canada statement

This device complies with ISED’s licence-exempt RSSs. 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.

Le présent appareil est conforme aux CNR d’ISED applicables aux appareils radio exempts de licence. L’exploitation est autorisée aux deux conditions suivantes :
(1) le dispositif ne doit pas produire de brouillage préjudiciable, et
(2) ce dispositif doit accepter tout brouillage reçu, y compris un brouillage susceptible de provoquer un fonctionnement indésirable.

Do not disassemble, modify or repair this product, as this may cause a fire, electric shock or product damage. Any modification will void the warranty of this product.

Ne pas démonter, modifier ni réparer ce produit, car cela pourrait provoquer un feu, un choc électrique ou un dommage produit. Toute modification annulera la garantie de ce produit.

This Class B digital apparatus complies with Canadian CAN ICES-3 (B)/NMB-3 (B).
Cet appareil digital de classe B est homologué CAN ICES-3 (B)/NMB-3 (B) pour le Canada.

Radiation Exposure Statement:
The product comply with the Canada portable RF exposure limit set forth for an uncontrolled environment and are safe for intended operation as described in this manual. The further RF exposure reduction can be achieved if the product can be kept as far as possible from the user body or set the device to lower output power if such function is available.

Déclaration d’exposition aux radiations:
Le produit est conforme aux limites d’exposition pour les appareils portables RF pour les Etats-Unis et le Canada établies pour un environnement non contrôlé. Le produit est sûr pour un fonctionnement tel que décrit dans ce manuel. La réduction aux expositions RF peut être augmentée si l’appareil peut être conservé aussi loin que possible du corps de l’utilisateur ou que le dispositif est réglé sur la puissance de sortie la plus faible si une telle fonction est disponible.
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