



**SIGMA**<sup>®</sup>  
GERMANY

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**ROX GPS 7.0**

QUICK START GUIDE

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**Foreword**

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

Your new ROX GPS 7.0 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 7.0.

**1**

**Packaging contents**



Black or white ROX GPS 7.0 bike computer



GPS bracket



USB type - A to micro-B cable

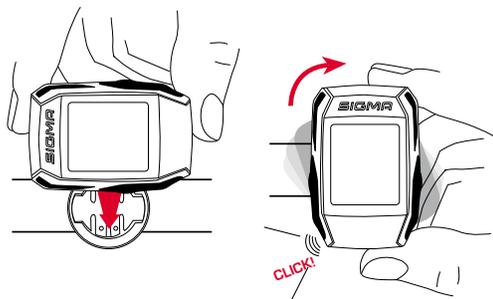
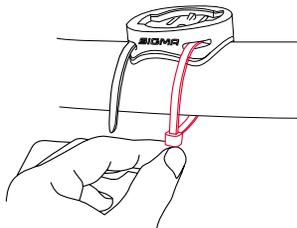
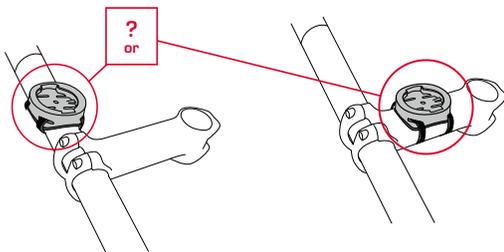


Mounting material



Quick Guide ROX GPS 7.0

DATA CENTER

**NOTE**

Fully charge the ROX GPS 7.0.

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 7.0 and the USB port on your PC or the USB charger (not included in the delivery).

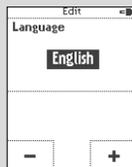
**3.1 Initial use**

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.

**Operation / Button functions / Menu overview****4.1 Operating concept**

A continually visible navigation level makes the ROX GPS 7.0 menu navigation far easier for the user. The possible functions of the **BACK** and **ENTER** 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.

### 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 7.0 on and off.

### MINUS button:

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

### PLUS button:

Use this button to change the training views during training.

In the menu, navigate through the individual points or increase a value to be set.

### Enable/Disable light mode

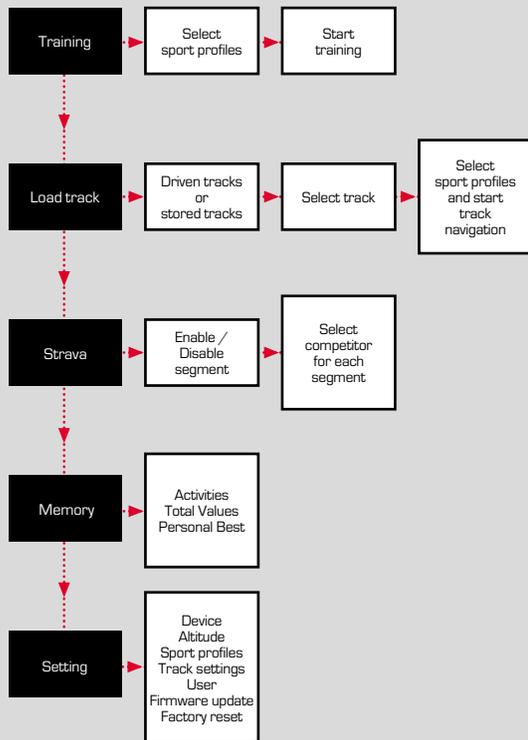
By simultaneous pressing of the **PLUS** and **MINUS** buttons the light mode is activated or deactivated.

### ONLY IN TRAINING

Press and hold to open the Quick Menu in training.



## 4.3 Menu overview



## 5

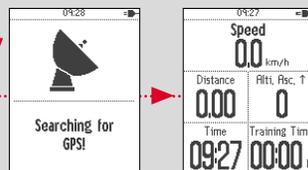
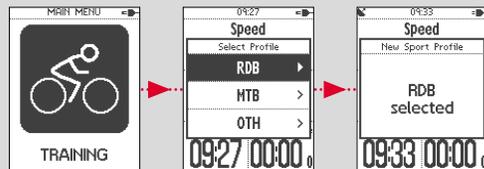
## Training with the ROX GPS 7.0 / Start a recording

### INFO ON THE SPORT PROFILES

The ROX GPS 7.0 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 Start 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 7.0 during the journey.

### b. Calibrating the altitude IAC+

The ROX GPS 7.0'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 7.0 (process known as calibration).

The ROX GPS 7.0 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](http://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. Strava live segments

Here you can find your Strava segments or disable Strava.

### f. Auto pause

You can start training as soon as you have pressed Start. The ROX GPS 7.0 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').

### g. 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.

### h. Compass calibration

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

### i. 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.

## 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 7.0 to the DATA CENTER and follow the instructions in the DATA CENTER.

## 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.

## 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
- Start track reverse
- Show track
- Show altitude profile

### 6.1.1 Start track

Use "Start track" to retrace the selected track.

Once you have selected '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.

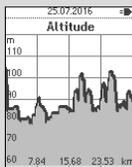
### 6.1.2 Start track reverse

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.

### 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 7.0 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 7.0. 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
- Start 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 7.0?

The ROX GPS 7.0 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.

### 7.1 laying Strava segments on the ROX GPS 7.0

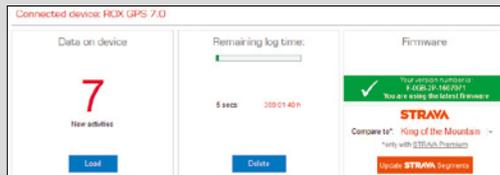
The Strava segments can be transferred exclusively via the DATA CENTER onto the ROX GPS 7.0. To transfer Strava segments you need a Strava user account [registration at [www.strava.com](http://www.strava.com)].

★	←	SIGMA SPORT
		0.4km 1m 0%
★	📍	Veningen - Dreifuf
		6.8km 28m 0%
★		Essingen-Süd-Welle
		0.5km 11m 1%
★		Kreisel Gutplatz - Offenbach
		1.3km 0m 0%

#### IMPORTANT

Only the Strava segments that have been marked as favourites on [www.strava.com](http://www.strava.com) are transferred!

To transfer the Strava segments, please connect your ROX GPS 7.0 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 7.0 by a click.



## 8.1 Activities

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

1. Time
2. Speed/Distance
3. Altitude
4. Calories
5. Temperature
6. Laps
7. Auto laps
8. Show track
9. Show altitude
10. Segments

### NOTE

It is possible to view the segments only if you have loaded the STRAVA segments data onto the ROX GPS 7.0 beforehand.



## 8.2 Total values

You will find all total values for the ROX GPS 7.0:



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.

### FOLLOWING INDICATION WILL APPEAR:

To reset ALL values press **ENTER**. To retain the values press **BACK**. Press **ENTER** button again to reset the total values.

## 8.3 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. 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.



All important functions can be set either directly on the ROX GPS 7.0 or on the PC and then transferred to the ROX GPS 7.0.

## 9.1 Device

### 9.1.1 Language (DE, ENG, 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 7.0.

### 9.1.2 Units

You can specify the following measurement units for the ROX GPS 7.0:

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

### 9.1.3 Autom. Off (On/Off)

### 9.1.4 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 7.0.

### 9.1.5 Backlight brightness

Press the **PLUS** and **MINUS** buttons followed by the **START** button to set the brightness (1–3) on the ROX GPS 7.0.

### 9.1.6 Button tone (On/Off)

### 9.1.7 System tone (On/Off)

### 9.1.8 Contrast

Press the **PLUS** and **MINUS** buttons followed by the **START** button to set the contrast (1–10) on the ROX GPS 7.0.

### 9.1.9 Time setting

You can make the following time settings for the ROX GPS 7.0:

#### 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.).

### 9.1.10 Summer time (On/Off)

### 9.1.11 Time (24h, 12h)

## 9.2 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 7.0. You can set three different home altitudes on the ROX GPS 7.0.

- 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!

## 9.3 Sport profiles

You can make the following settings:

### 9.3.1 Automatic laps

Settings of automatic laps for distance, time or calories.

### 9.3.2 Automatic pause (On/Off)

### 9.3.3 Training views

This can only be set via the DATA CENTER.

## 9.4 Track settings

### 9.4.1 Off-track alarm

Press the **PLUS** and **MINUS** buttons followed by the **START** button to select between the settings 40 m, 80 m or 120 m.

## 9.4.2 Waypoint alarm

Press the **PLUS** and **MINUS** buttons followed by the **START** button to select between the settings 40 m, 80 m or 120 m.

## 9.5 Gender

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

## 9.6 Firmware update

The ROX GPS 7.0 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!

## 9.7 Reset factory settings

If you want your ROX GPS 7.0 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!

# 10 Function overview

## Speed

Average speed

Maximum speed

Distance

Training time

Duration

Calories

Time

Date

Temperature

Minimum temperature

Maximum temperature

Altitude

Incline in %

Rate of ascent in m/min

Altitude profile graph

Altitude uphill

Maximum altitude

Distance downhill

Training time uphill

Average speed uphill

Average rate of ascent

Maximum rate of ascent

Average incline uphill

Maximum incline uphill

Altitude downhill

Distance downhill

Training time downhill

Average speed downhill

Average rate of descent

Maximum rate of descent

Average slope downhill

Maximum slope downhill

Battery capacity (in %)

GPS Accuracy

Time to destination

Estimated time of arrival

Dist. to destination

Drive direction

Track view

Number of automatic laps

Time in automatic lap

Distance in automatic lap

Average speed in automatic lap

Maximum speed in automatic lap

Calories in automatic lap

Average altitude in automatic lap

Maximum altitude in automatic lap

Elevation gain in automatic lap

Elevation loss in automatic lap
Average incline in automatic lap
Average downward slope in automatic lap
Average rate of ascent in automatic lap
Average rate of descent in automatic lap
Number of laps
Time in lap
Distance in lap
Average speed in lap
Maximum speed in lap
Calories in lap
Average altitude in lap
Maximum altitude in lap
Elevation gain in lap
Elevation loss in lap
Average incline in lap
Average downward slope in lap
Average rate of ascent in lap
Average rate of descent in lap

## 11 Technical data

### 11.1 Memory

Training memory	Up to 400 h
Tracks	100 (up to 100,000 track points)
Waypoints	1000
Strava segments	100

### 11.2 Ambient temperature

Ambient temperature +60 °C/-10 °C

## 12 Notes

### 12.1 Water resistance of the ROX GPS 7.0

The ROX GPS 7.0 is waterproof according to IPX7 standard. It can be used in the rain without any risk of damage. The buttons can be pressed.

### 12.2 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!

## 13 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 also send your bike computer, together with your receipt and all accessories, to the address below. Please ensure you pay sufficient postage.

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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 or to the retailer for disposal.



Li =  
Lithium-Ionen

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: [www.sigmasport.com](http://www.sigmasport.com)

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, and  
**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.

# ROX GPS 7.0

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