HEART RATE MONITOR

SIGMA®
GERMANY

DE
US/GB
FR
IT
ES
NL

PC 25.10

DEUTSCH
ENGLISH
FRANÇAIS
ITALIANO
ESPAÑOL
NEDERLANDS

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1. FOREWORD AND PACKAGE CONTENTS

Congratulations on choosing a heart rate monitor from SIGMA SPORT®. Your new PC 25.10 will be a faithful companion for sport and leisure for many years to come.

The PC 25.10 is a technically demanding measuring device. In order to learn and apply the varied functions of your new heart rate monitor, please read this user manual carefully.

SIGMA SPORT® wishes you a lot of fun using your PC 25.10.

Heart rate monitor PC 25.10

→ ECG-accurate

Chest belt with digitally coded radio transmission.

Handlebar holder to use the PC 25.10 on the bike with an O ring.

US / GB

2.1 FUNCTION SUMMARY

Training

- 1 zone training

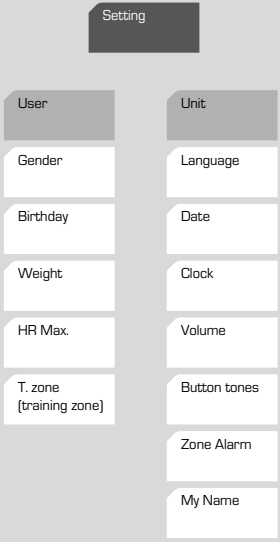
Time

- Clock
- Date
- Stopwatch
- Countdown
- Alarm

Memory

- 1 Memory
- Total Values
- Per Week
- Per Month
- Since Reset

2.1 FUNCTION SUMMARY



2.1 FUNCTION SUMMARY

The 4 main menus of the PC 25.10

Your PC 25.10 is classified into 4 main menus – “Training”, “Time”, “Memory” and “Setting”.

The symbol and description on the screen indicates where you are in the main menu. Use the PLUS/MINUS buttons to change between the individual main menus.

2.2 KEY ALLOCATION AND NAVIGATION PRINCIPLE

The PC 25.10 uses three menu levels. When navigating through the menus and sub-menus of the PC 25.10 the user can always refer to the tree diagram in Chapter 2.1 “Function summary”.

The menu navigation on the PC 25.10 is made much simpler by the navigation level. The navigation level always appears when you press one of the two upper function buttons.

2.2 KEY ALLOCATION AND NAVIGATION PRINCIPLE

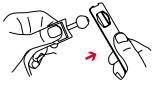
The possible button functions for the two upper buttons are shown in the navigation level in order to:

- → Move to the next deeper level (ENTER)
- → Go back to the next higher level (BACK / OFF)
- → Start training (START)
- → End training (END)

Confirm the function shown in the navigation level by pressing the button again. Use the two lower buttons PLUS / MINUS to change between the individual menu options on one level.

2.3 FIXING THE CHEST BELT / HANDLEBAR HOLDER

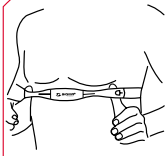
Connect the transmitter with the elastic belt.



Use the adjusting mechanism to individually adapt the length of the belt.

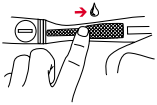
Ensure that you set the length of the belt so that it sits well but is not too tight.

2.3 FIXING THE CHEST BELT / HANDLEBAR HOLDER

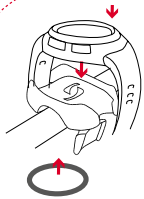


Place the belt such that for men the transmitter is below the chest muscles and for women below the breasts.

The SIGMA logo must always be readable from the front.



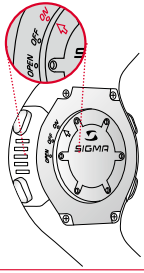
Lift the belt slightly from the skin. Dampen the ribbed zones (electrodes) on the rear of the transmitter with salvia or cardio gel.



Assemble the handlebar holder.

Then fix the handlebar holder with the O ring and close the wristband.

2.4 SWITCHING ON THE HEART RATE MONITOR



When delivered the battery compartment door is set to „OFF“. Before you can first start to train, set the battery compartment door to „ON“ using the tool that comes with it.

2.5 MEASURING THE HEARTBEAT

When you are not training your PC 25.10 is in sleep mode and can be worn as a normal watch. Before and after training the screen shows the date, time and product name.

You can enter another word with up to 10 characters under the PC 25.10 font (my name function). Please refer to Chapter 3.2 “Setting unit”.

To activate your PC 25.10 hold down any button for two seconds. The clock changes to active mode and you enter the training main menu.

Note: At the start always refer to the tree diagram shown in 2.1.

Synchronisation of Watch and Chestbelt

Your PC 25.10 is equipped with a digitally coded chestbelt that enables you to have interference free training.

2.5 MEASURING THE HEARTBEAT

Before starting to train you have to synchronize the chestbelt with the watch once.

Select “Training” in the main menu and press navigation button → ENTER.

The synchronization starts automatically and takes just a few seconds.

After successful synchronization your PC 25.10 gives a short confirmation with “Sync ok”.

Note: If you do not see this indication on your watch synchronization has already been completed successfully.

After your PC 25.10 has successfully synchronized with your chest belt you can start training by pressing → START.

Note: please refer to Chapter 7.4 “Trouble-shooting” for possible problems with synchro-nization.

Switch off PC 25.10

The PC 25.10 switches itself off automatically after 5 minutes if no training is undertaken. You can also turn your watch to sleep mode manually at any time.

To switch off your PC 25.10 you have to be in the Main Menu.

Press the Navigation button → OFF to activate sleep mode.

Your PC 25.10 is again in sleep mode and can be worn as an everyday watch.

3. SETTINGS BEFORE THE FIRST TRAINING

Before the first training session enter your personal settings.

3. SETTINGS BEFORE THE FIRST TRAINING

Go to main menu by pressing the PLUS/MINUS button until you reach the "Setting menu" option. Press the Navigation button → ENTER to open the "Setting menu".
The "Setting main menu" is sub-divided into user, "unit" and "training settings" (Setting/User, Setting/Unit, Setting/Training). Switch between these options by pressing the PLUS/MINUS buttons.
Open the relevant menu with the Navigation button → ENTER.

Now various setting values are displayed in each menu. Change the setting value using the Navigation button → CHANGE.

Increase/reduce the value to be set using PLUS/MINUS. Confirm the relevant setting with OK and save the setting when you have finished using → SAVE.

Note: The PC 25.10 has an additional memory so that the personal settings in your PC 25.10 are retained when you are changing the battery.

3.1 SETTING USER

In "Setting user" enter in succession your gender, birthday and weight. Your maximum heart frequency is calculated by the following equations.

3.1 SETTING USER

The calculated max. HR (heart rate) forms the basis for determining the upper and lower limits of your preferred training zone. Selecting and setting the training zone is done in the "Settings // User // Train. Zone" menu. Depending on your personal targets, you can choose to activate one of the following training zones in the PC 25.10.

1. Fat Burner Zone: → approx. 55–70 % of HR max.
When training at a lower intensity and hence longer period, a bigger percentage of fat than carbohydrate is used to provide energy. Therefore people who primarily want to reduce their weight and burn fat should train in this area. The recommended training period is 45-90 min.

Beginners, who have not done any sport for a long time, should also start training in this area of intensity at first. This significantly reduces the danger of over-exertion and the associated health risks.

2. Fitness Zone: → approx. 70–80 % of HR max.
Heart-circulation training is predominantly used to improve aerobic performance.

3. Personal Zone:
PC 25.10 also gives you the opportunity to set your own training zone. To do this you change the upper and lower limits in the "Settings // User // Train. Zone" menu option using the navigation button → CHANGE.

Note: Notes about making settings can be found at the start of this chapter.

3.2 SETTING UNIT

The “setting unit” menu provides the language (D ,GB/USA, F, ES, IT), date, clock (12/24 h mode) and various volume settings. The different volume settings are:

Button tones:
Button tones give the user acoustic feedback each time a button is pressed.

Zone Alarm:
On the zone alarm, an acoustic signal beeps when the user goes above or below the limits of the training zone.

Please refer to Chapter 7.3 “Beep summary” for a summary of the acoustic signals. You will find information on the setting principle at the start of this chapter.

In the sub menu “setting” you can personalize the PC 25.10 using the “my name” function. In sleep mode the watch displays the name or any font of up to 10 characters in length.

Press the Navigation button → ENTER to open the main menu “Training”.

After you have successfully synchronized your PC 25.10 with your chestbelt you can start your training by pressing → START.

In the upper area of the screen you can find all the information on your target zone. You will see your current heart rate in the middle.

In the lower area you can call up the following values during training:

→ Training Time
→ Average HR
→ Highest HR
→ KCAL
→ Clock

Pressing the PLUS / MINUS buttons during training enables you to switch between the training values. The training zone that you are training in depends on your pre-settings in menu option 3.2 “User settings”.

5. MAIN MENU TIME

Your PC 25.10 has a main menu “Time”, for all important time functions.

Summary of time functions:

- → Clock
- → Date
- → Stopwatch
- → Countdown timer
- → Alarm

Press the Navigation button → ENTER to open the “Time” menu.

The PC 25.10 shows you the current time.

Please refer to Chapter 3.2 “Unit settings” for more information setting the time in the “Setting unit” menu.

5. MAIN MENU TIME

The PC 25.10 shows you the current date.

Please refer to Chapter 3.2 “Unit settings” for more information setting the date in the “Settings main” menu.

The stopwatch is used to measure time separately from training. To start your stopwatch press → START. Then follow the instructions on the screen.

The stop watch on PC 25.10 can also be used with the chest belt. In this case the watch stays activated up to 19:59:59 h.

Note: once started, the stop watch also continues to run in the background when the watch has been put into sleep mode. In this case the display shows the stop watch symbol in sleep mode.

The countdown timer counts a freely selectable time down to 0 and then issues an acoustic and optical alarm. To set the countdown timer press the Navigation button → CHANGE. Then follow the instructions on the screen.

GB

5. MAIN MENU TIME

You can also use your PC 25.10 as an alarm or reminder.

To set the alarm press the Navigation button → CHANGE. Then follow the instructions on the screen.

Note: if the alarm is set to a certain time, it will go off every day at this time.

To leave the “Time Menu” press the Navigation button → BACK.

You are now back in the “Main Menu Time“.

6. MAIN MENU MEMORY

Press the Navigation button → ENTER to open the “Memory Menu”.

Using the PLUS / MINUS buttons you can choose between the “Total values memory” and the “Individual memory”.

6.1 TOTAL VALUES

Press the navigation button → ENTER to open the “Total Values” menu or the detailed individual memory.

In “Total Values” you can see the training units you have completed over various periods of time like training diary. This enables you to monitor the most important training data over a much longer period than in the individual memory.

Unlike the individual memory, this memory is not used to give an exact analysis of a single training session, but more to analyse the “training regime” over a longer period. (How regularly have I trained in a certain week or month)

US / GB

6.1 TOTAL VALUES

Your PC 25.10 saves the most important total values of the training units you have completed over the following periods of time:

- Per week (up to 12 weeks)
- Per month (up to 12 months)
- Since reset

For this the following values are displayed for the desired period of time:

- Number of training units
- Total training time
- Average training time
- Kcal

6.2 MEMORY

In addition to the total values, your PC 25.10 has a very detailed memory to analyse your training session.

6.2 MEMORY

The following values are displayed for the user:

- Date
- Start time
- Total time
- Average time
- Highest HR
- Kcal
- Time in HR zone
- % in HR zone

US / GB

7. OTHER INFORMATION

7.1 INFORMATION ON HEART RATE

The heart rate (HR) is stated in beats per minute.

Maximum Heart Rate
The maximum heart rate (HR max.) is the maximum possible rate at which your heart beats when exploiting your physical performance completely. Your personal HR max. varies with your age, gender, ability to perform, performance related to your type of sport and your physical fitness.

7.1 INFORMATION ON HEART RATE

We recommend undertaking this test with a doctor and repeating it regularly.

The HR max. is approximated automatically in the PC 25.10 using the following mathematical equation:

Men:
210 – “half age” – (0.11 x personal weight in kg) + 4

Women:
210 – “half age” – (0.11 x personal weight in kg)

The right training pulse:
The training zone is the range in which the heart rate should move during effective and targeted training. In your PC 25.10 you can choose between the “Fat Burner Zone” and the “Fitness Zone” depending on your personal targets. You can find more information about this in Chapter 3.1 “User settings”.

HR zone (Fat Burner Zone) 55–70 % of HR max.:
Designed for: health for people who are new to training (or starting again).
This zone is also called “fat burning zone”. More fat than carbohydrate is burned at low intensity for longer periods. At this low level of intensity the tendency is for more fat than carbohydrate to be burned. It is therefore recommended to train for > 40 mins. at this intensity for targeted weight loss.

HR zone (Fitness Zone) – fitness 70–80 % of HR max.:
Designed for: fitness at advanced level.
You already train more intensively in the fitness zone.
In this case energy is mainly supplied by burning carbohydrates.
Training at this intensity strengthens the heart and circulation and builds up stamina.

7.1 INFORMATION ON HEART RATE

Personal zone:
The limits of the training zone can also be changed manually. Notes about settings can be found in Chapter 3.1 “User settings”.

Please always note that general exercise can never address personal issues! Therefore really ideal training can only be designed by a well educated trainer who personally knows the athlete.

7.2 FAQ

What happens if I remove the chest belt during training?

The watch will no longer display a signal, the screen will indicate “0” – after a short period of time the PC 25.10 goes into sleep mode (stopwatch does not operate).

Do SIGMA heart rate monitors switch off completely?

No – in sleep mode only the time and date are displayed so you can use the heart rate monitor as a normal watch. In this state the PC 25.10 uses only very little power.

7.2 FAQ

Why does the display react slowly or is coloured black?

The operating temperature may be too high or low. Your heart rate monitor is designed for temperatures between 0 °C and 55 °C (32–140 degrees F).

What should I do if the screen display is weak?

A weak display may be due to weak batteries. You should change them as quickly as possible.

– battery type CR 2032 (Item No. 00342)

7.3 BEEP SUMMARY

The PC 25.10 provides information with various beep signals.

The different volume settings are:

1 x long:
When entering Zone

3 x short:
If you are below Zone

5 x short:
When you are above Zone

7.3 BEEP SUMMARY

3 x short in interval:
Countdown has finished, alarm rings

1 x short:
Button beep

7.4 TROUBLESHOOTING

No chest belt was found.

Please ensure you have placed the chestbelt correctly. Press → SYNC to restart synchronization.

Please refer to chapter 2.5 “Heart Rate Measurement” for more information.

During synchronization two or more chest belts were found close by.

Move away and press → SYNC again to start synchronization.

US / GB

7.4 TROUBLESHOOTING

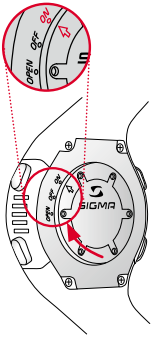
Important note

If no heart rate is shown on the display, this may be due to the following reasons:

- → The belt with the heart rate transmitter is not worn correctly.
- → The sensors (electrodes) on the heart rate transmitter are dirty or dry.
- → Interference from electrical sources (high voltage lines, railway cables, etc.).
- → Transmitter battery (CR 2032) is empty (Item no. 00342).

Before starting to train, consult your doctor to avoid risks to your health. This applies in particular if you have cardio-vascular problems.

7.5 CHANGING THE BATTERY/WATERPROOFING AND WARRANTY



Changing the battery

The PC 25.10 is equipped with an „ON/OFF“ battery compartment.

Please proceed as follows to change the battery:
Open the battery compartment by setting the arrow in “OPEN” position. Remove the battery compartment door and insert the new battery. Please make sure that the + pole is visible. Insert the battery compartment door with the arrow on “OPEN” and turn it to “ON”.
Note: If you are not using the watch for a longer time, set the battery compartment door to “OFF” to save the battery charge.

7.5 CHANGING THE BATTERY/WATERPROOFING AND WARRANTY

Waterproofing

The PC 25.10 is waterproof up to a depth of 30 m (3 bars).
The chest belt is waterproof up to 10 m (1 bar).

Do not press any buttons under water.

Warranty

We are liable to our contractual partner for faults as defined by law. Batteries are excluded from the warranty. If you need to use the warranty please contact the dealer where you bought the heart rate monitor or send the monitor with proof of purchase and all accessories with adequate postage to:

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

If your warranty claim is justified we will send you a replacement unit. You only have the right to the current model at the time.The manufacturer reserves the right to make technical changes.

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

DE Batterien dürfen nicht im Hausmüll entsorgt werden (Batteriegesetz - BattG)!
Bitte geben Sie die Batterien an einer benannten Übergabestelle zur Entsorgung ab.

GB Batteries may not be disposed of in household waste (Battery Law).

US Please hand in the batteries at a nominated hand-over point for disposal.

FR Ne pas jeter les piles aux ordures ménagères (loi relative aux piles et accu.).
Veuillez rapporter vos piles usagées dans un centre de collecte agréé.

IT Le batterie non devono essere smaltite nei rifiuti domestici (legge europea sulle batterie).
Si prega di consegnare le batterie esaurite presso i punti di raccolta previsti per lo smaltimento.

ES Las baterías no deben ser eliminadas en la basura doméstica (Ley de baterías).
Por favor entregue las baterías en un lugar de recogida mencionado para su posterior eliminación.

NL Batterijen horen niet thuis bij het restafval (Europese richtlijn batterijen).
Geeft u de batterijen mee met de chemokar.

LI

LI =
Lithium

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PAP

HEART RATE MONITOR
PC 25.10

SIGMA-ELEKTRO GmbH

Dr.-Julius-Leber-Straße 15
D-67433 Neustadt/Weinstraße
Tel. + 49 (0) 63 21-9120-0
Fax. + 49 (0) 63 21-9120-34
E-mail: info@sigmasport.com

SIGMA SPORT USA

North America
3487 Swenson Ave.
St. Charles, IL 60174, U.S.A.
Tel. +1 630-761-1106
Fax. +1 630-761-1107
Service-Tel. 888-744-6277

SIGMA SPORT ASIA

Asia, Australia, South America, Africa
10F, No.192, Zhonggong 2nd Rd.,
Xitun Dist., Taichung City 407, Taiwan
Tel. +886-4-2358 3070
Fax. +886-4-2358 7830

www.sigmasport.com