

HEART RATE MONITOR



SIGMA[®]
GERMANY

EN

ZONE INDICATOR

KCAL

DIGI CODE



MORE
INFORMATION



WWW.SIGMA-GR.COM

PC 26.14

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Foreword

Thank you for choosing a SIGMA SPORT® heart rate monitor.

Your new PC 26.14 will be a loyal companion for you during sport and recreation for years to come. The PC 26.14 is a technically demanding measuring instrument. To familiarize yourself with and learn how to use the many functions of your new heart rate monitor, please read these operating instructions carefully.

SIGMA SPORT® wishes you hours of fun and enjoyment with your PC 26.14.

Further information and notes

For further information and to view our frequently asked questions (FAQs), please visit www.sigmasport.com.

Please consult your doctor before you start training – especially if you suffer from any underlying cardiovascular problems.

1

Display, button functions, and navigation in the overview



→ Waking up the device:

You will receive your PC 26.14 in transport mode to conserve the battery and must therefore wake it up before its first use. This can be done as follows:



To exit transport mode and activate the PC 26.14, please press and hold the START button for at least five seconds, as shown on the foil. "Language English" then appears on the display.

1.1 Display layout

The display is basically divided into three areas:



- Area 1:** Presentation of the (training) values – heart rate and laps
- Area 2:** Presentation of the currently selected functions, menu items and the applicable data
- Area 3:** Scrolling information for clear menu guidance and navigation

1.2 Button functions

The PC 26.14 has five buttons:
TOGGLE/-, TOGGLE/+, STOP, START, and ENTER

STOP button:

This button takes you back a level within the menu structure. In training mode, stop the training session by pressing this button.

Resetting training data without saving: Press and hold the STOP button.

TOGGLE/- and TOGGLE/+ buttons:

TOGGLE/+ enables you to navigate to the right in the main menu; TOGGLE/- takes you back again. If you are at a point at which values can be configured, use TOGGLE/+ to set a higher value and TOGGLE/- to set a lower value.

Activating/deactivating the light mode

Press the TOGGLE/- AND TOGGLE/+ buttons simultaneously. Pressing the buttons simultaneously a second time switches the display backlight off again. The light stays on for approx. three seconds.

ENTER button:

Use this button to access the main menu and confirm the entries.

You can navigate in the submenu of the applicable menu item and access any further sub-items available.

START button:

Press the START button to start training.

Pressing the START button again while training marks a lap.

If you have paused a training session by pressing the STOP button, you can restart the timer by pressing the START button again.

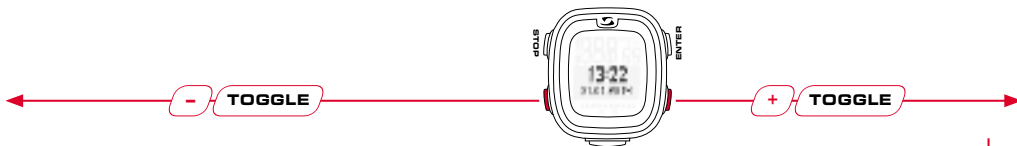
Lap view:

Press and hold the START button. Press the STOP button to exit lap view.



1.3 Navigation

Level 0



Level 1

Main menu



Training



Memory



Settings

Level 2

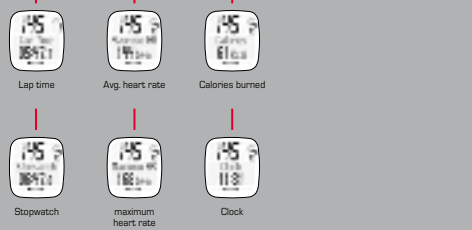


Lap time + stopwatch Avg. heart rate + maximum heart rate Calories burned + clock Intensity zones Target zone + % HR max.



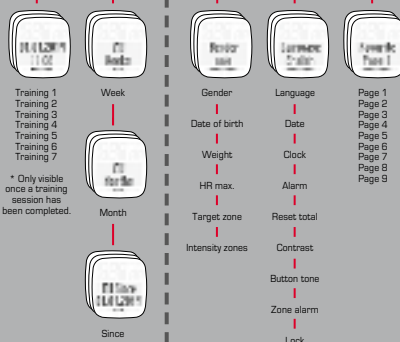
Training Total User Device Favorites

Level 3 (zoom view)



Lap time Avg. heart rate Calories burned

Stopwatch maximum heart rate Clock



* Only visible once a training session has been completed.

Press **ENTER** to move to the next levels down

Press **STOP** to go back a level



As shown in the navigation overview (section 1.3), to access the menu item "Set" press the ENTER button and then scroll to "Setting" by pressing the TOGGLE/+ button. Finally, press the ENTER button again.

If the upper target zone limit is breached, the device beeps three times every 20 seconds (for as long as you are training outside the zone).

If the lower limit is breached, a longer beep is emitted.

2.1 Device



Select "Device" from the settings menu to configure basic settings for the device, such as the language, date and time, tones, or contrast etc.

2.3 Key lock



To prevent training sessions from being started by accident, the buttons can be locked. To do this, go to the "Device" menu and navigate to "Key Lock". To deactivate the lock press any button followed by the ENTER button.



As described in the previous sections, use the TOGGLE/+ and TOGGLE/- buttons to select the values and the ENTER button to confirm your settings. If you want to go back a level, press the STOP button.

2.4 User



On opening the "Setting" submenu, the user settings appear.

To access a further submenu within the user settings, press the ENTER button.



If, for example, you want to change the "Gender" from male to female, press ENTER.



After each setting is made, the text "Setting OK" appears on the display.



"Male" flashes as the current selection and can be changed to "Female" by pressing the TOGGLE/+ button. Confirm your setting by pressing ENTER.



"Setting OK" appears on the display as confirmation, as with all subsequent settings.

You can now set further personal details such as your date of birth, weight, maximum heart rate (HR), and target training zone.



Next, enter your current weight. Again, navigate by pressing TOGGLE/+ and confirm by pressing ENTER.



Press TOGGLE/+ to navigate to the next menu item - your date of birth. Here, follow the usual process and select the value by pressing ENTER.



Press TOGGLE/+ or TOGGLE/- to select between kilograms and pounds as the unit.



First, set the correct year of birth. Press TOGGLE/+ or TOGGLE/- to increase or decrease the year from the flashing value.



Confirm by pressing ENTER and then repeat the process to set the month.



You can then specify the correct value for your weight in the predefined unit as usual.



Repeat the process again to set the day.



Next, enter your personal maximum heart rate (HR max). Again, navigate by pressing TOGGLE/+ and confirm by pressing ENTER.



Once you have successfully configured your date of birth, a confirmation message appears on the display.



If you do not know your current maximum heart rate, the device can calculate this automatically. For it to do so, select "Auto calc". If you know your personal maximum heart rate, select "Manual" and proceed as described on the previous page.



Next, select the target zone in which you want to train.

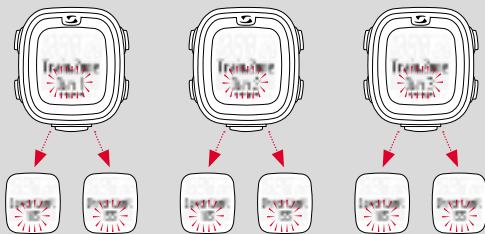
- Select the FIT zone to increase your physical fitness.
- Select the FAT zone to achieve optimum fatburning while training.

The upper and lower limits are displayed to you during the selection.



You can also choose to train in a zone that you have defined yourself (OWN zone).

Here, enter your own upper and lower limits for your heart rate. You can store up to three different own zones.



It is also possible to train without using a target zone. To do this, you must disable this function.



Four different intensity zones can be defined. These are based on each other and cannot cross over.

First, define the intensity zone 1 by making a selection using the ENTER button. Set the lower value by pressing the TOGGLE/+ or TOGGLE/- buttons and confirm by pressing ENTER.

Do the same to set the upper value.



Repeat the process for intensity zones 2, 3, and 4.

Note: The option of deviating from the default training zone values and defining own zones is intended for users with advanced requirements and a higher level of use.



2.3 Favorites



You can customize your display layout under the menu item "Favorite" so that the display shows the functions that you want to see at a glance.

A total of nine pages with two functions on each can be set up.



On each of the nine pages, you can individually configure how your display will look while training.



If you only select one value, this is automatically displayed in a larger format while you are training.



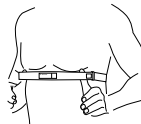
"Setting OK" appears on the display as confirmation.

These settings are now displayed while you are training.



3

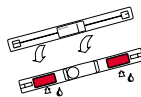
Training with the PC 26.14



Before training, you must put on your chest belt.

To read your heart rate successfully, adjust the length of the belt so that the belt is positioned firmly but not too tightly.

Position the belt below your pectoral muscle or chest.



Also moisten the ribbed areas that lie against your skin.



Selecting/ changing the target zone:
Press and hold the ENTER button to select the desired target zone for your training.



Access the menu item "Training" as described in section 1. Your personally selected training zone (FIT, FAT or OWN) is directly displayed.

Training in the FIT zone: increases your physical fitness and is far more intensive. This zone will improve your basic endurance. The value is determined on the basis of your maximum heart rate, equating to 70 - 80% of this.



The FAT zone is used to train your aerobic metabolism. Training for a longer period at a lower intensity burns more fat than carbohydrates and converts it into energy. Training in this zone helps you to lose weight. The value is determined on the basis of your maximum heart rate, equating to 55 - 70% of this.



To train in a customized training zone (OWN), you must have previously selected and set up the OWN zone as described in section 2.

You can set up a total of three individual zones.



To start a lap, press the START button again.

3.1 Starting, pausing, continuing, and ending training sessions



To start a training session, press the START button.

Example of lap training (LAP): You regularly run two laps of a lake and want to do so at different speeds. The lap training function on the PC 26.14 enables you to determine the values for each lap.



Stop the training session by pressing the STOP button.

To continue a training session that you have paused, press the START button again.



To completely end a training session, press the STOP button again. A message will appear on the display to inquire whether you really want to end and therefore save the training session (by pressing the STOP button) or to continue it after all (by pressing the ENTER button).

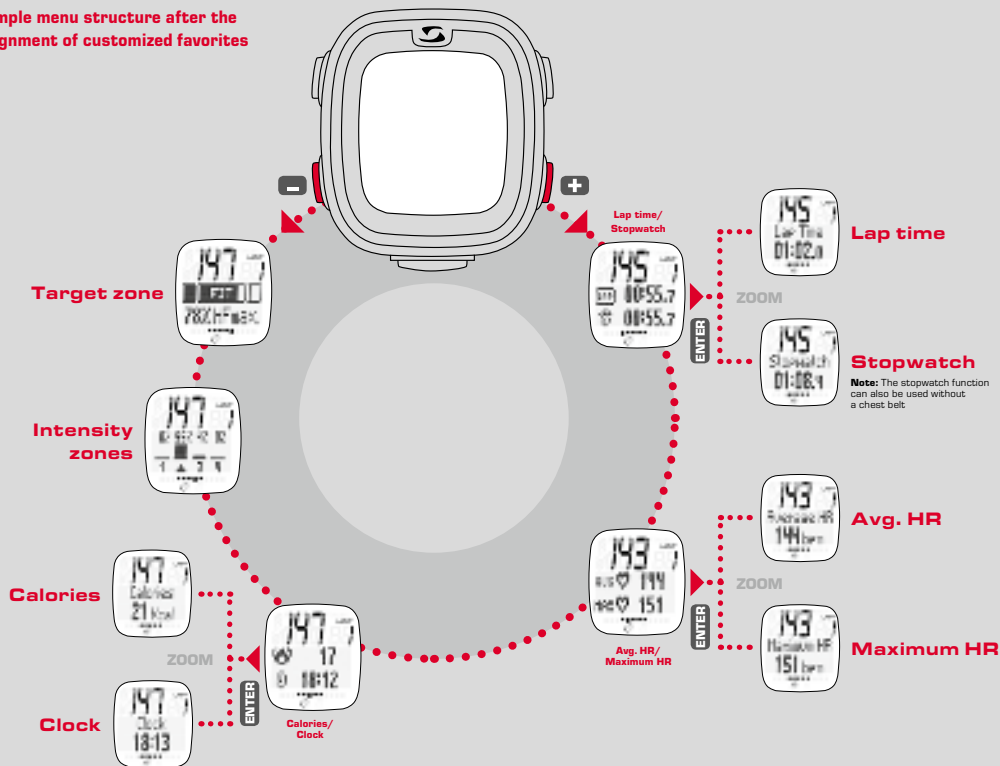
If you want to end a training session, press the +/- buttons to decide whether you want to save (SAVE) the training session or not (RESET).

3.2 During the training session

Once the training session has started, the time starts to run on the display. Navigate as shown in the overview in section 1. During training, again operate the display using the TOGGLE +/- buttons (main menu) and the ENTER button in the sub-menus for the menu and functional items. You can always read off the current values for the function.

Functions such as the precise heart rate measurement, the lap counter (up to 50 laps), the best lap indicator, the zoom function, the visualization of the intensity zones and the calorie counter make the training particularly informative.

Example menu structure after the assignment of customized favorites





→ Heart rate measurement

Displays the average and maximum heart rate on the basis of the values determined from your chest belt.



→ Intensity zones

The intensity zones overview shows how much of your run period you have spent in each of the defined intensity zones as a percentage. This enables you to evaluate and possibly improve your intensity during your training.



→ Lap counter

Displays the number of laps/lap count generated by pressing the lap button at the end of each lap. The lap time and total time are simultaneously displayed.



→ Calorie counter

Note: Please note that the number of calories burned is only calculated once the training has been started and the heart rate is at least 100.



→ Best lap indicator

Direct information on the display about the best lap time. If you have achieved your best lap time, this instantly appears on the display temporarily as the "Best Lap".



If the last lap was not your best lap, it will be displayed as "Last Lap".



4

Accessing the memory

Access the menu item "Memory" as described in section 1.



→ Zoom function

The zoom function can be used to prominently display individual values. Here in the example, you can display solely the "Lap Time" or "Stopwatch" functions on the display by pressing the ENTER button.



You can access the saved training data. This is sorted by date/chronologically, with the most recently stored training session displayed first. You can view the more detailed data by pressing the ENTER button in line with the navigation principle described in section 1.

You can save a total of seven training sessions. The memory is dynamically organized, meaning that the newest training session automatically overwrites the oldest.



You can access a training session on the basis of the date and time.

By pressing the ENTER button, you can view the various values (laps, target zone, intensity zone, and the applicable values).



Date and time of the training session.



The total memory is also available. In the week overview, you can find the number of training sessions in the particular calendar week, with the absolute training time and the number of calories burned. Press TOGGLE/+ and +/- to navigate through the last 12 weeks/months of the year.

The same applies to the overview in months and, finally, to the summarized total overview since the device was activated.

Note: To view your training session, you can choose the applicable day (+/- button).

Viewing the training session: the total number of training sessions appears. A specific day can be selected by pressing the TOGGLE+/- buttons. Press ENTER to obtain an overview.





Batteries must not be disposed of in household waste [European Battery Law]! 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.

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 which you purchased your PC 26.14 or send the PC 26.14 together with your receipt and all accessories to the following address, ensuring sufficient postage:

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 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.

SIGMA-ELEKTRO GmbH hereby declares that the PC 26.14 complies with the essential requirements and other relevant provisions established in Directive 1999/5/EC.

6.1 Batteries

Battery type: CR2032, battery life: average 1 year



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

6.2 FCC Information

Subpart 15A Rule Section 15.19(a)(3) requires the label of the device include the following statement, or where the label/equipment is too small, then the user information can contain the following 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."

Subpart 15A Rule Section 15.21 requires the following:

The users manual or instruction manual for an intentional or unintentional radiator shall caution the user that "Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment."

Subpart 15B Rule section 15.105 requires the following to be included in the user information:

"NOTE: 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 radio/TV technician for help."

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