

HEART RATE MONITOR



**HEART  
RATE**



**PC 3.11**

DEUTSCH  
ENGLISH  
FRANÇAIS

ITALIANO  
ESPAÑOL  
NEDERLANDS

DE




US / GB

FR

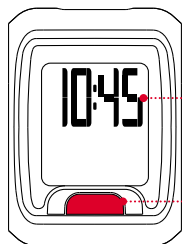
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1	<b>Your new PC 3.11</b>		<b>1.1 INTRODUCTION AND PACKAGING CONTENTS</b>	<p>Thank you for purchasing the SIGMA SPORT® PC 3.11 heart rate monitor. Your new PC 3.11 will provide you with reliable service in sport and leisure for many years to come.</p> <p>The PC 3.11 is a state-of-the-art measuring instrument. Please read these instructions carefully to familiarize yourself with and use the many functions of your new heart rate monitor.</p> <p>SIGMA SPORT® wishes you an enjoyable time using your PC 3.11.</p>	
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			PC 3.11 heart rate monitor		
			→ ECG accurate		
			Elastic strap		
			Transmitter		
			Transmission frequency: 5.4 kHz Transmission power: < 11,37 dBm		

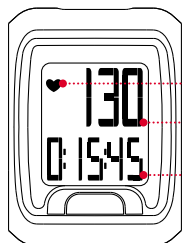
## SLEEP MODE



Time

Top button

## TRAINING MODE WITH HEART RATE

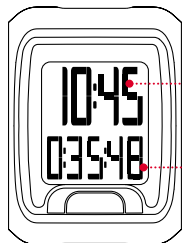


Symbol for heart rate received

Current heart rate

Stopwatch (training time)

## TRAINING MODE WITHOUT HEART RATE



Time

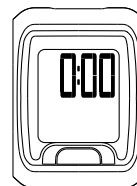
Stopwatch

Previous training time

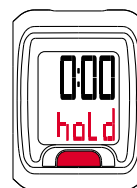
The clock can only be set when the PC 3.11 is in sleep mode. (Only time is displayed)

**Note:**

**Do not pause too long when changing the settings!**  
The PC 3.11 automatically changes to the next item to be set after 3-4 seconds.



Press the top button down for 4 seconds. (you will first see the word "hold", followed by the flashing time format - 24 hour or 12 hour display), then release.



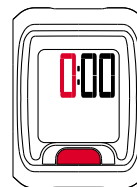
Choose between 24 and 12 hour format using the top button.

Please wait – display will automatically change to the next setting.

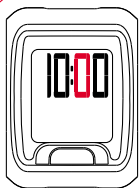


Set the current time in hours by repeatedly pressing the top button.

Please wait – display will change to the next setting.



### 1.3 SETTING THE TIME



Set the first digit of the minute setting by repeatedly pressing the top button.

Please wait – display will change to the next setting.



Set the second digit of the minute setting by repeatedly pressing the top button.

Please wait – the time is now set.

### 2.1 ATTACHING THE CHEST BELT

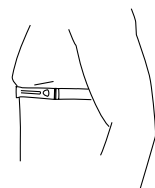
The locking mechanism can be used to individually adjust the belt length.

Ensure that you set the belt length so that the belt is securely but not too tightly attached.



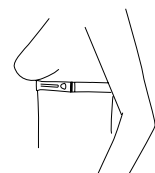
For men, attach the belt just below the pectoral muscles.

**It must be possible to read the SIGMA logo at the front.**



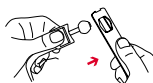
For women, attach the belt just below the breast.

**It must be possible to read the SIGMA logo at the front.**



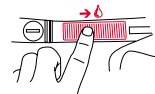
## 2 TRAINING

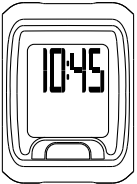

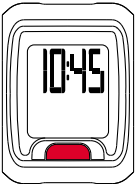

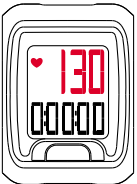


### 2.1 ATTACHING THE CHEST BELT



Attach transmitter to the elastic strap.

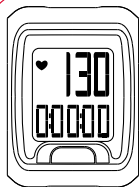
Lift the belt slightly from the skin and wet the rear surface of the conductive ribbed rubber pads with water or moisten the pads with saliva.



	The PC 3.11 is in sleep mode. The chest belt is attached.	Press the top button to activate the PC 3.11.	
	Press the top button to activate training mode.	Start the stopwatch by pressing the top button. <b>Stopwatch starts running.</b> For the first hour of training, the stopwatch displays the time including the tenths of seconds. If you train for more than an hour, the training time is displayed in the format h:mm:ss.	
	The current heart rate appears in the display.	Stop the stopwatch by pressing the top button. <b>Stopwatch stops running.</b> The stopwatch can be restarted by pressing the top button again.	
<b>2.3 TRAINING TIME (START, STOP, RESET)</b>		Reset the stopwatch to zero by keeping the top button pressed down until "hold", "RESET" and then 0:00:00 appears in the display.	

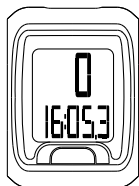
US / GB

## 2.3 TRAINING TIME (START, STOP, RESET)

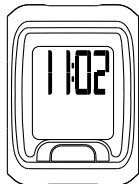


The stopwatch is reset to zero.

## 2.4 ENDING THE TRAINING



Stop the stopwatch by pressing the top button and remove the chest belt.  
After a short time, the PC 3.11 will automatically return to the sleep mode.



The PC 3.11 is in sleep mode.



The previous training time can be recalled by pressing the top button.

To delete the previous training time, see section 2.3.

## 3 INFORMATION

### 3.1 USEFUL FACTS ABOUT HEART RATE FREQUENCY

The heart rate frequency (HR) or pulse is recorded in beats per minute.

#### Maximum Heart Rate Frequency

The maximum heart rate (maxHR) is the highest frequency possible, achieved at total exhaustion during physical performance. Some factors that can influence maxHR are age, weight, sex, and fitness level. The best way to determine your maxHR is a stress test.

We recommend that you have your doctor carry out this test for you at regular intervals.

The maxHR can also be estimated with the aid of a mathematical formula:

#### Men:

$210 - \text{"half age"} - (0.11 \times \text{personal weight in kg}) + 4$

#### Women:

$210 - \text{"half age"} - (0.11 \times \text{personal weight in kg})$

#### The correct training heart rate

The training zone is the range in which the heart rate frequency should fluctuate during effective and targeted training. Three training zones can be classified from a sports medicine perspective:

Please be aware that these are general guidelines. Target zones will vary from person to person. Individualized training/personal goal setting is only possible through a well qualified trainer who knows the individual.

### 3.1 USEFUL FACTS ABOUT HEART RATE FREQUENCY

#### **HZ (Health-Zone):**

Health **55 – 70% of the maxHR**

Orientation: General wellness and weight reduction

This zone is commonly referred to the "fat burning" zone. At this intensity, the body readily burns fat and carbohydrates for energy.

#### **FZ (Fitness-Zone):**

Fitness **70 – 80% of the maxHR**

Orientation: Advanced fitness, aerobic conditioning

Your training is considerably more intensive in the Fitness-Zone.

Energy is primarily generated from the combustion of carbohydrates.

#### **PZ (Power-Zone):**

Performance **80 – 100% of the maxHR**

Orientation: Competitive training

The training in the Power-Zone is very intensive and should only be performed by trained individuals.

### 3.2 IMPORTANT INFORMATION

If no heart rate frequency can be read on the display, this may be the result of the following:

- The chest belt with transmitter is not worn properly.
- The inside surfaces of the conductive ribbed rubber pads are not clean or not moist.
- Disturbance exists from electrical interference sources (high-voltage cables, railway lines etc).
- Transmitter battery (CR 2032) is empty (ref. no. 00342).

### 3.2 IMPORTANT INFORMATION

Please consult your doctor before starting training – especially if you suffer from any cardiovascular illnesses.

### 3.3 FREQUENTLY ASKED QUESTIONS AND SERVICE

#### **What happens if I remove the chest belt during training?**

The watch will no longer receive any heart rate signal and "0" will appear on the display. After a short time, the "0" will be replaced by the current time. If a heart rate frequency is received again, it will automatically appear on the display.

#### **Does the SIGMA heart rate monitor completely switch off?**

No. Only the time is displayed in sleep mode, so that you can also use the heart rate monitor as a normal watch. The PC 3.11 uses very little power in this state.

#### **Can I use the chest belt on a treadmill?**

Yes – the signals can be received and displayed by almost all corresponding cardio devices.

#### **Are SIGMA heart rate monitors waterproof and can they be used for swimming?**

Yes – the PC 3.11 is watertight up to 3 ATM (corresponds to a test pressure of 3 bar). The PC 3.11 is suitable for swimming. Please note: Do not press the buttons underwater, as otherwise water can enter the housing. Avoid using in sea water, as malfunctions can occur.

### 3.3 FREQUENTLY ASKED QUESTIONS AND SERVICE

#### **The display responds sluggishly or shows a black coloration, what is the reason for this?**

The operating temperature may have been exceeded or fallen below. Your heart rate monitor is designed for a temperature of 1°C to 55°C.

#### **What should I do if the display is faint?**

A faint display may be the result of a weak battery. The latter should be replaced as soon as possible – battery type CR 2032 (ref. no. 00342)

#### **Battery change**

A CR 2032 battery (ref. no. 00342) is used in the heart rate monitor and chest belt.

The SIGMA heart rate monitor is a state-of-the-art measuring instrument. To ensure proper functioning and water tightness, the batteries should only be changed by an authorized dealer. Incorrect battery changes can damage the heart rate monitor leading to expiry of the claim to warranty.

**After a battery change, the time has to be set again.**

### 3.4 WARRANTY

We are liable for damages in accordance with the statutory regulations in respect to our contractual partners. Batteries are excluded from the warranty. In the event of a warranty claim, please contact the dealer from whom you purchased your heart rate monitor, or send the heart rate monitor together with receipt of purchase and all accessory parts, having paid sufficient postage, to:

#### **SIGMA-ELEKTRO GmbH**

Dr.-Julius-Leber-Straße 15  
D-67433 Neustadt/Weinstraße,  
Germany

Service Tel. +49 (0) 6321/9120-118

Email: [service@sigmasport.com](mailto:service@sigmasport.com)

In the case that you are entitled to a warranty claim you will receive a replacement unit. A claim only exists for the current model at this time. The manufacturer reserves the right to make technical changes.

The declaration of conformity can be found at: [ce.sigmasport.com/pc311](http://ce.sigmasport.com/pc311)



- ⓘ Batterien dürfen nicht im Hausmüll entsorgt werden (Batteriegesetz - BattG)!  
Bitte geben Sie die Batterien an einer benannten Übergabestelle zur Entsorgung ab.
- ⓘ Batteries may not be disposed of in household waste (European Battery Law).
- ⓘ Please hand in the batteries at a nominated hand-over point for disposal.
- ⓘ Ne pas jeter les piles aux ordures ménagères (loi européen relative aux piles et accu.).  
Veuillez rapporter vos piles usagées dans un centre de collecte agréé.
- ⓘ 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.
- ⓘ 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.
- ⓘ Batterijen horen niet thuis bij het restafval (Europese richtlijn batterijen).  
Geef u de batterijen mee met de chemokar.



Li =  
Lithium



### EU-Konformitätserklärung

Wir, SIGMA-ELEKTRO GmbH, Dr.-Julius-Leber-Str. 15,  
D-67433 Neustadt/Weinstraße erklären, dass das Produkt PC 3.11  
und der Sender Analogue Chestbelt bei bestimmungsgemäßer  
Verwendung den grundlegenden Anforderungen gemäß  
RED Directive 2014/53/EU und der RoHS Directive 2011/65/EU  
entspricht.

Sie finden die Konformitäts-Erklärung unter folgendem Link:  
[ce.sigmasport.com/pc311](http://ce.sigmasport.com/pc311)

### EU-Declaration of Conformity

We, SIGMA-ELEKTRO GmbH, Dr.-Julius-Leber-Str. 15,  
D-67433 Neustadt/Weinstraße declare under our responsibility that the  
product PC 3.11 and the transmitter analogue chestbelt 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 declaration of conformity can be found at: [ce.sigmasport.com/pc311](http://ce.sigmasport.com/pc311)

# HEART RATE MONITOR

## PC 3.11

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