4iiii iOS App User Guide

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SECTION1.0
INTRODUCTION

The *4iiii* app is a valuable tool that lets you get the most out of the features on your *4iiii* products. Connect to the *4iiii* app to calibrate, re-name, or update firmware on a *4iiii* product, save and download workout data, pair dual Powermeters, set up pass-through on your *Viiiva*, and test trainer modes on *Fliiiight*. The *4iiii* app will also allow you to unlock and purchase new features to make the most out of your device.

SECTION 2.0
GETTING STARTED

1. On the Apple App Store, search for *4iiii* and download the app.

2. Open the app and create a new account by selecting **Sign Up** or use your existing *4iiii* account.

Tiiiip: If you previously had a *4iiii* account, you will need to create a new one. Don't worry, all of your saved .fit files will still be available

3. Once you have an account, select the **More (....)** tab. Select **Edit Profile**.

4. Enter your **name**, **birthday**, **gender** and **weight** to get the most out of the available features.

5. You're now set up and ready to use the app!

SECTION 3.0
POWERMETER FUNCTIONS

The *4iiii* app enables the initial setup of your Powermeter, and give you access to troubleshooting and additional functions.

3.1

Connecting to a Powermeter

1. Spin your PRECISION or *Podiiiium* Powermeter 3-4 times to wake it up.

2. Select the **Devices** tab from the menu on the bottom of the app screen. Then select **Add a Device**.

3. Select your Powermeter from the drop-down list and press **Connect.**

Tiiiip: If this is the first time you have connected to your powermeter, you can identify it using its ANT+ ID. This number is etched onto the side of the powermeter pod on the crank.

4. Your PRECISION or *Podiiiium* Powermeter is now connected and ready to use.
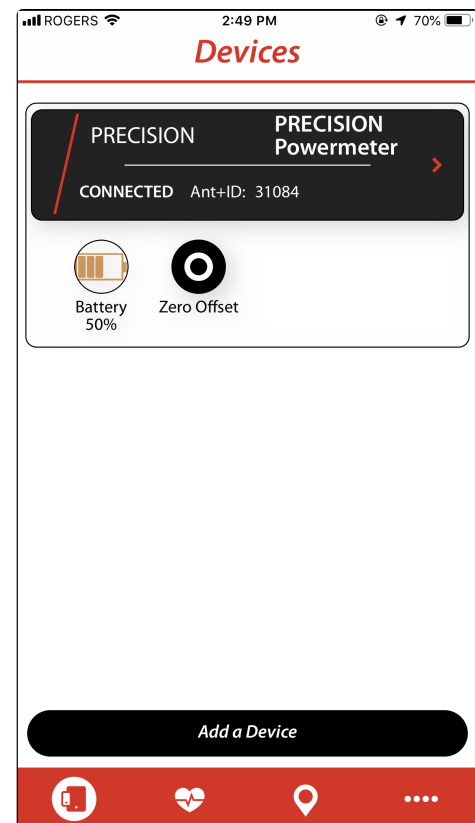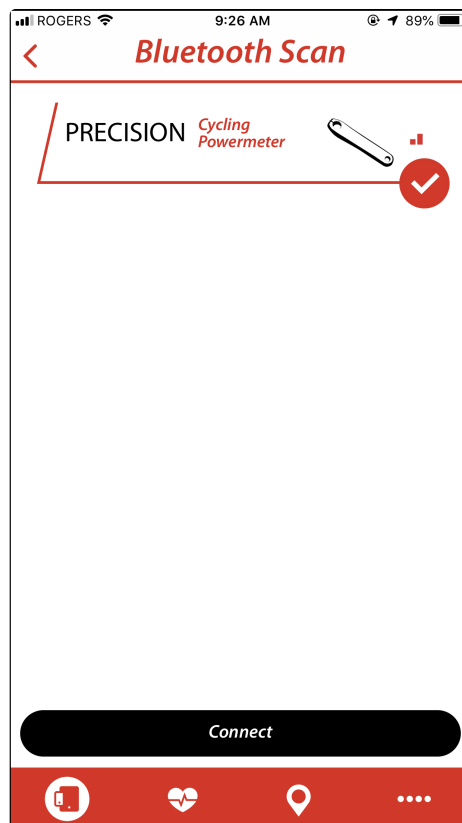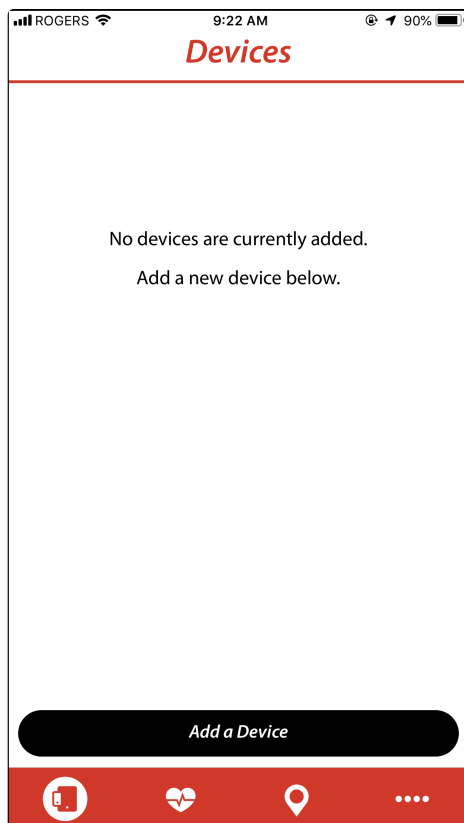
3.2

Pairing a **PRECISION PRO** *or Podiiiium Pro Powermeter*

1. Open the *4iiii* app and log in. The app will take you directly to the **Devices** tab.

2. Spin your PRECISION PRO or *Podiiiium Pro P*owermeter 3-4 times to wake it up.

3. Select **Add a Device**.

4. Select both the Drive Side and Non-Drive Side Powermeters and press **Pair.**

Tiiiip: A crank graphic beside the ANT+ ID indicates whether it is the Drive Side or Non-Drive Side Powermeter.

Tiiiip: If this is the first time you have connected to your powermeter, you can identify it using its ANT+ ID. This number is etched onto the side of the Powermeter pod on the crank.

5. Your PRECISION PRO or *Podiiiium Pro* Powermeter will now be paired and connected and ready to use.
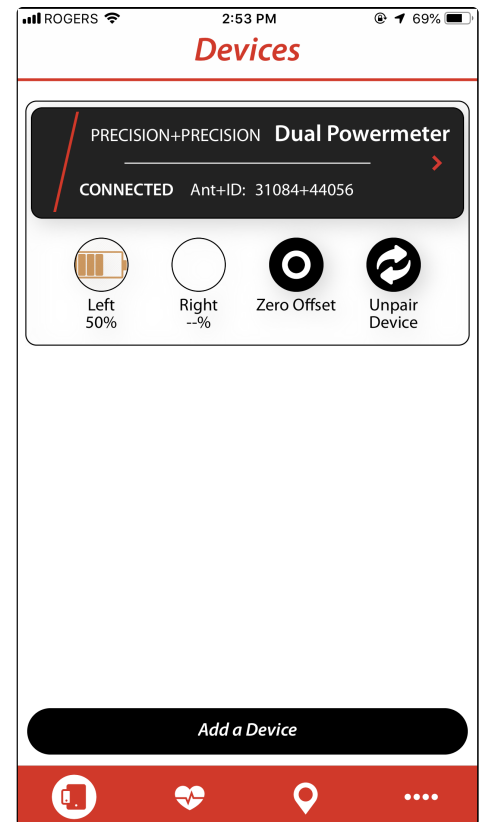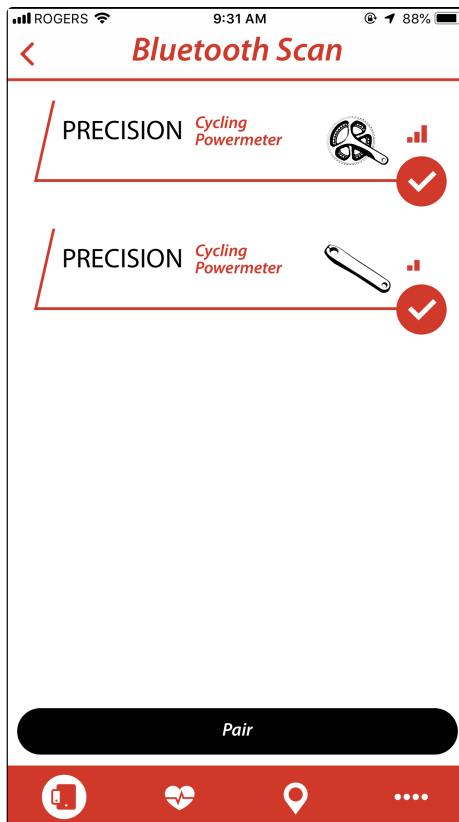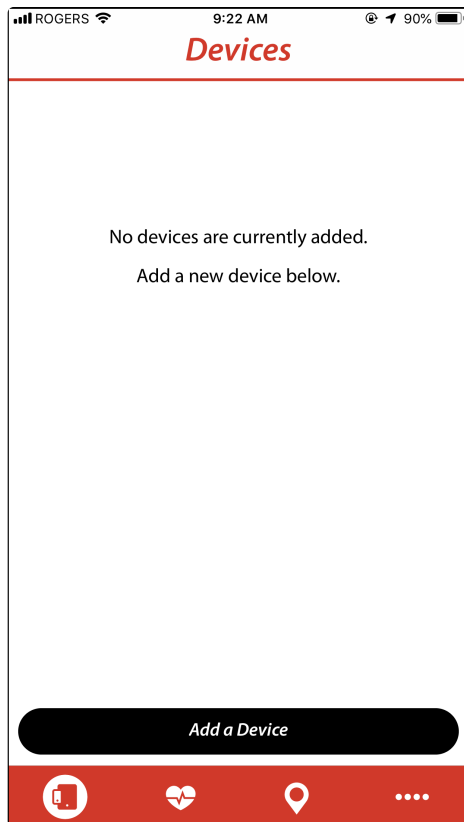
3.3

Unpairing a Dual Powermeter

1. Connect to your dual Powermeter, and navigate to the **Devices** page.

2. Press the **Unpair Device** icon. Wait for a prompt indicating unpairing was successful

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3.4

Calibrating a Powermeter (Zero-Offset)
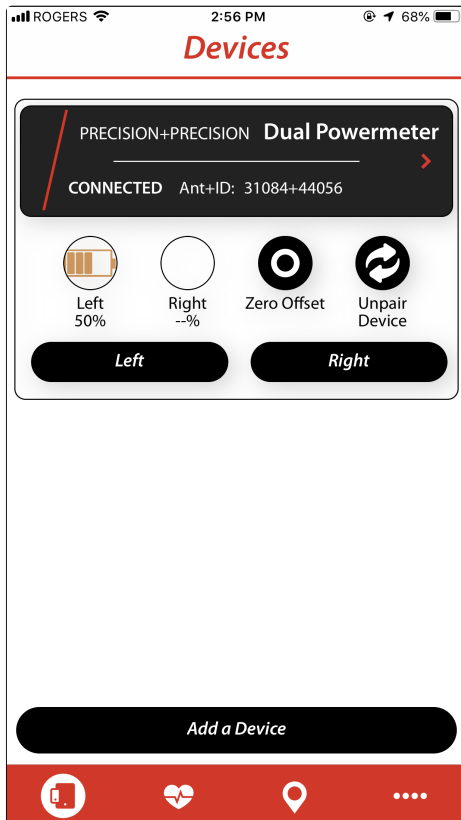
1. Connect to your Powermeter, and navigate to the **Devices** page.

2. Position your crank arms at 6 and 12 'o clock and hold the bike still.

3. Press on the **Zero Offset icon**. Wait for a prompt indicating calibration was successful.

▪ıll ROGERS 📶   2:56 PM   @ ⬈ 68% 🔋

Devices

PRECISION+PRECISION **Dual Powermeter**

CONNECTED   Ant+ID: 31084+44056   ›

Left
50%

Right
--%

Zero Offset

Unpair
Device

Left

Right

Add a Device

3.5

Accessing Device Settings
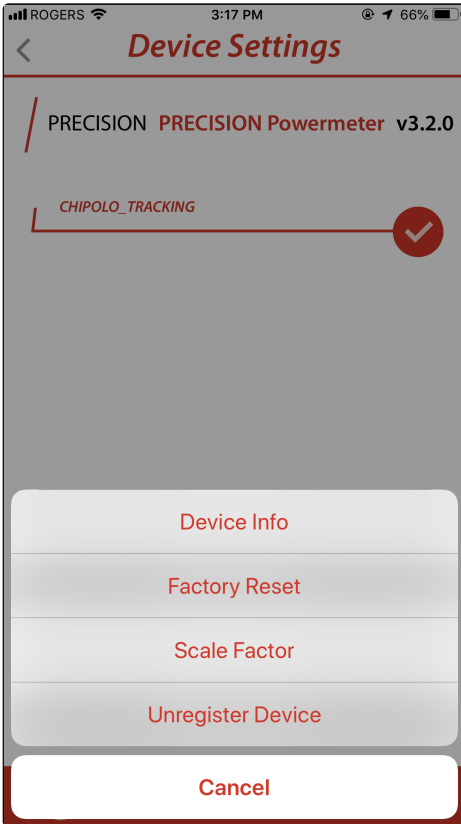
1. Connect to your Powermeter, and select it from the **Devices** tab to access **Device Settings**.

  a. **Device Info**: View device name, ANT+ ID, device type, serial number, firmware version, boot version and software development version.

  b. **Factory Reset**: A factory reset can be useful in troubleshooting Powermeter issues. Please contact customer service before attempting a factory reset.

  c. **Scale factor:** Scale factor allows you to adjust for a left/ right leg imbalance when using a single-side Powermeter.

  d. **Unregister Device**: Once features are added to your Powermeter, it will be registered to your *4iiii* account. If you want to transfer features such as the Finder Feature to another phone or account, unregister the Powermeter.

3.6

Connecting to a Different Powermeter
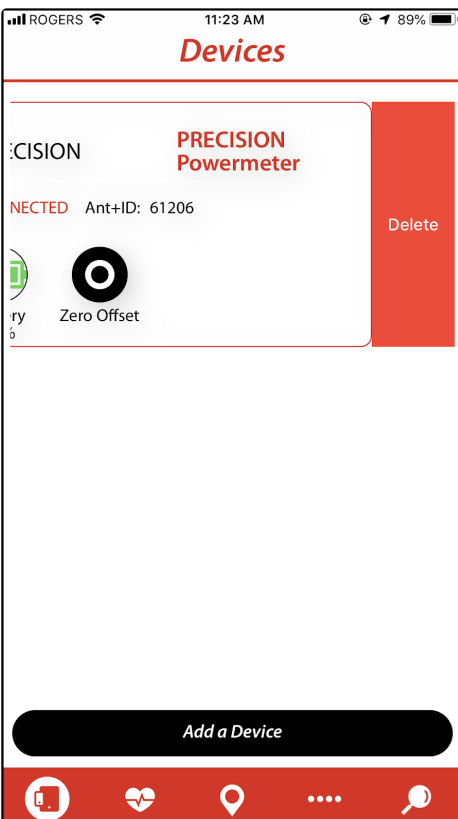
1. To remove a Powermeter from the app, swipe left on the power to uncover a **Delete** Button. Press **Delete** to forget this Powermeter.

Tiiiip: You can only connect to one single-side Powermeter at a time. No other single-side Powermeters will show up in a search.

SECTION 4.0
CHIPOLO FINDER FEATURE

4.1

Enabling the Chipolo Finder Feature

1. Connect to your Powermeter and select it from the **Devices** page to access **Device Settings**.

2. If this is your first time accessing Device Settings, a Bluetooth Pairing Request will pop up. Select **Pair**. This will register your Powermeter to your *4iiii* app account.

3. Select **Update Features**.

Tiiiip: If there is a new feature, you will see a red icon indicating the number of features available for upgrade.

4. Select **PRECISION CHIPOLO** for $0.00, then select **Checkout**.

Tiiiip: For purchasable features, you will be brought to a payment page to input your credit card information and complete the purchase.
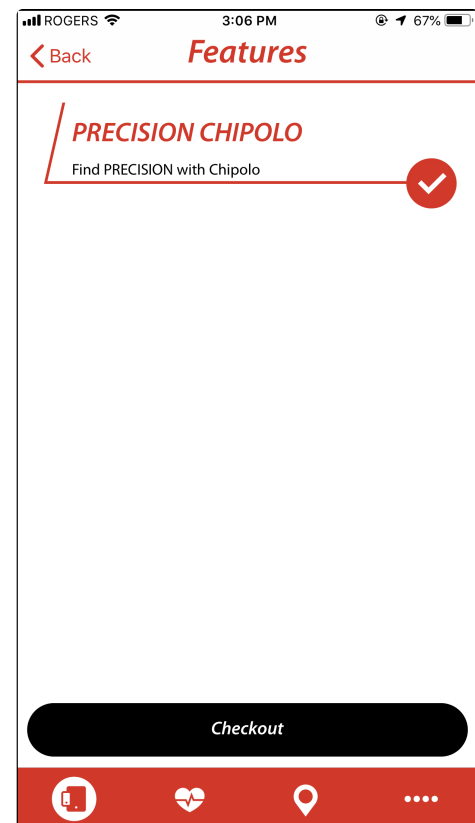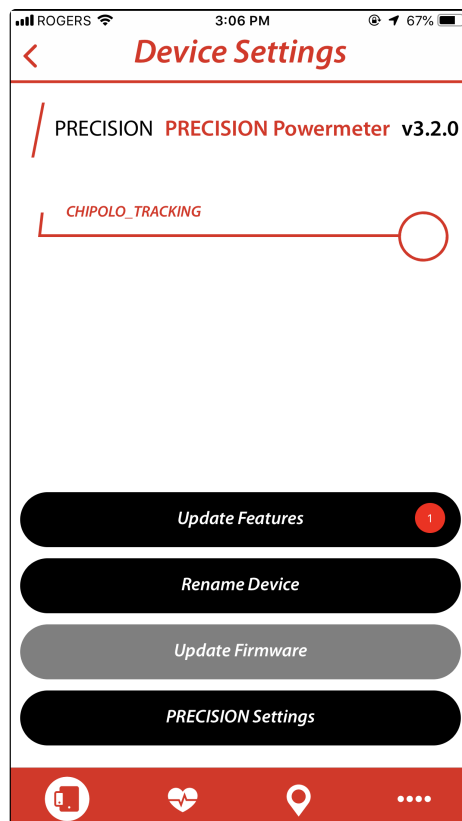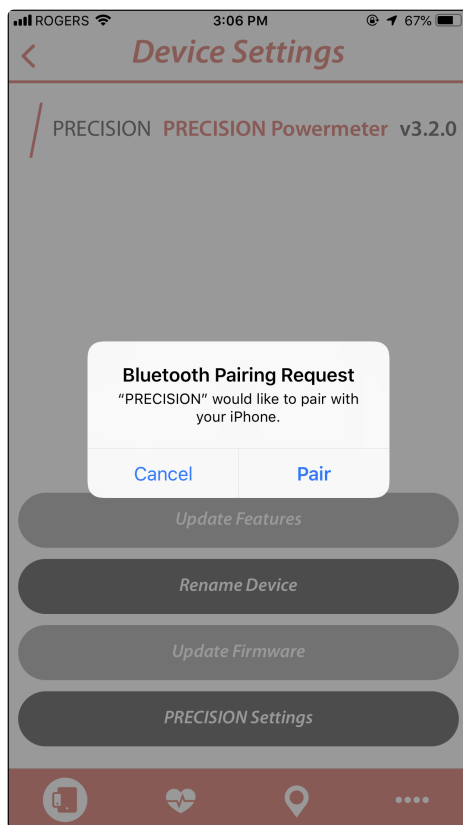
4.2

Finding a Lost Device

1. Click on the **Finder Feature** icon.

2. Click on **Mark as Lost/ Found**.

3. You will now begin getting location notifications from pings received on the Chiplo finder network.

SECTION 5.0
Viiiiva FUNCTIONS

5.1

Connecting to Viiiiva

1. Wake up your *Viiiiva* by either rubbing on the two metal leads or by wetting the strap contacts and putting on the *Viiiiva*.

2. Select the **Devices** tab from the menu on the bottom of the app screen.

3. Select **Add Device**.

4. Select your *Viiiiva* from the **Bluetooth Scan** screen and select **Connect**.

5. Your *Viiiiva* is now connected and ready to use!

�III ROGERS 🤏   6:37 PM   @ ◀ 65% ▬

‹   *Bluetooth Scan*

Viiiiva   *Heart Rate Monitor*   ᴧII   ✓
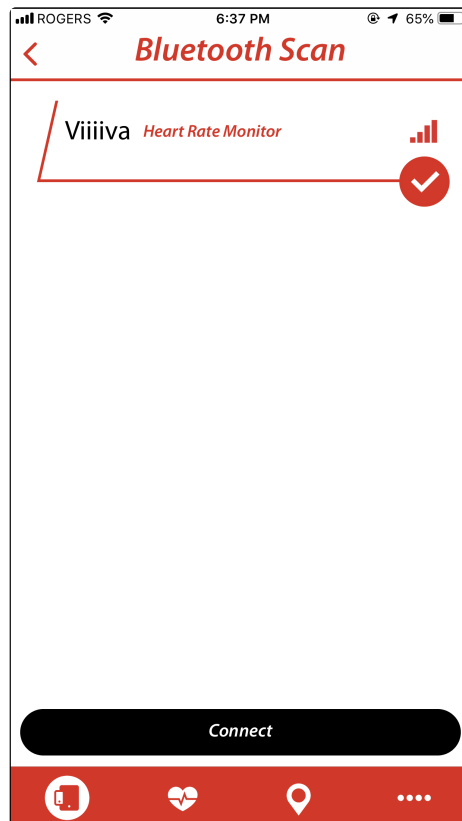
Connect

5.2

Downloading Saved Workouts from Your Viiiiva

1. Connect to *Viiiiva*, and select **Heart Rate Monitor** to access **Device Settings**.

2. Select ***Viiiiva* Options**.

3. Select **Download Workout Files**. The workouts will be downloaded to the phone.

Tiiiip: A red number indicates the number of workouts saved on your *Viiiiva*.
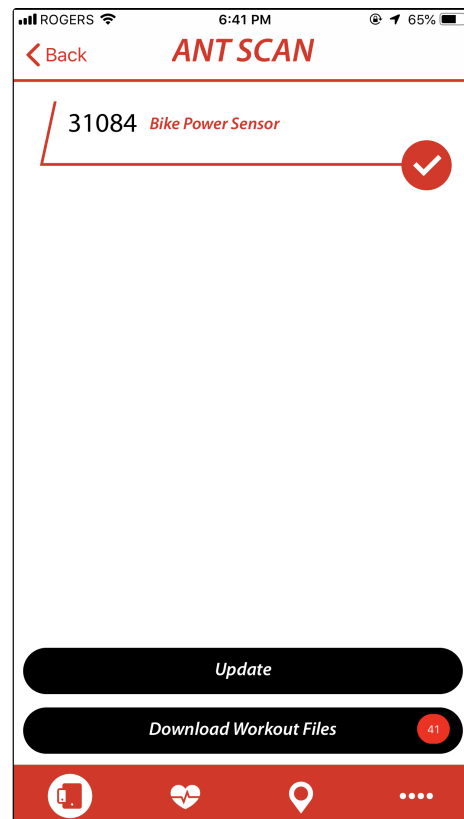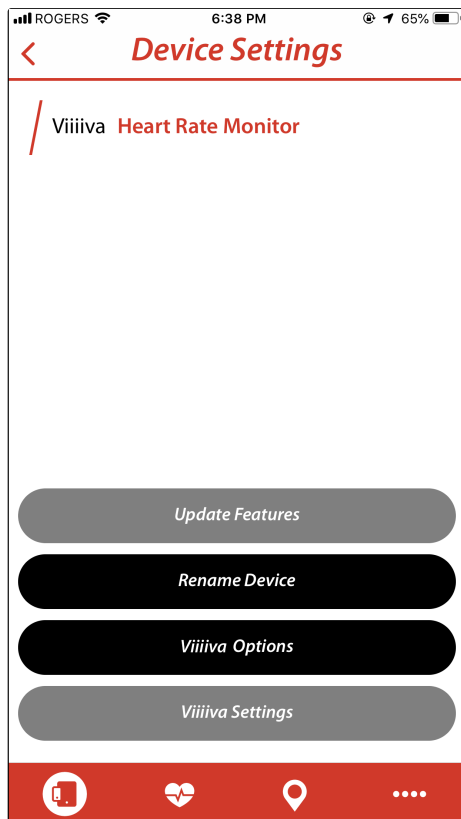
Connecting Other Devices to Your Viiiiva (Pass Through)

1. Connect to *Viiiiva*, and select **Heart Rate Monitor** to access **Device Settings**.

2. Select *Viiiiva* **Options**.

3. Select your device and press **Update**. Whenever the paired device is awake and your *Viiiiva* is on, *Viiiiva* will record its data and transmit it via Bluetooth® along with the *Viiiiva* data.

ROGERS   6:50 PM   63%

‹ More   *Fit Files*

19_03_26_06_42_4
080.fit   Delete ✓

Email Selected Fit Files

ROGERS   6:41 PM   65%

‹ Back   *ANT SCAN*

31084   *Bike Power Sensor*   ✓

Update

Download Workout Files   41
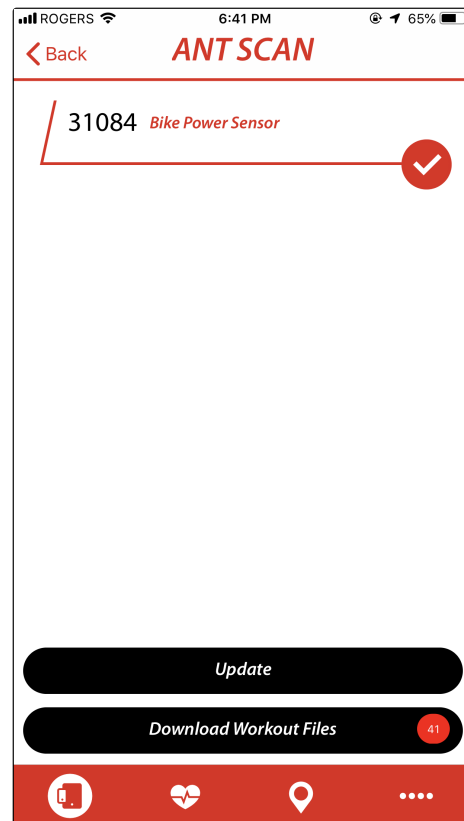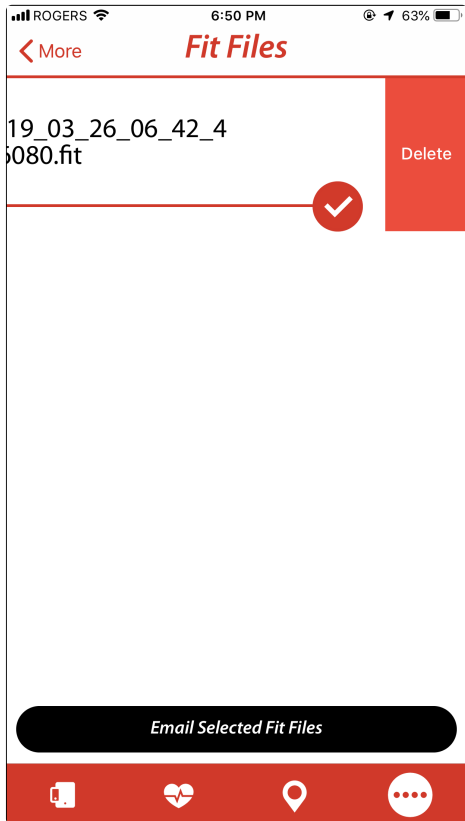
SECTION 6.0
Fliiiight SMART TRAINER FUNCTIONS

6.1

Connecting to Fliiiight

1. Open the *4iiii* app and log in. The app will take you directly to the **Device** tab.

2. Turn on *Fliiiight.*

3. Select **Add Device**.

4. Select the ***Fliiiight* Smart Trainer**, then select **Connect.**

5.The *Fliiiight* Smart Trainer is now connected and ready to use.

ROGERS 9:22 AM 90%

Devices

No devices are currently added.

Add a new device below.

Add a Device

ROGERS 1:27 PM 99%

Bluetooth Scan

Fliiiight   *Smart Trainer*

✓

Connect

ROGERS 1:27 PM 99%

Devices

Fliiiight   **Smart Trainer**

CONNECTED   ›

Battery 100%   Trainer Controls   Diagnostics Tools

Add a Device
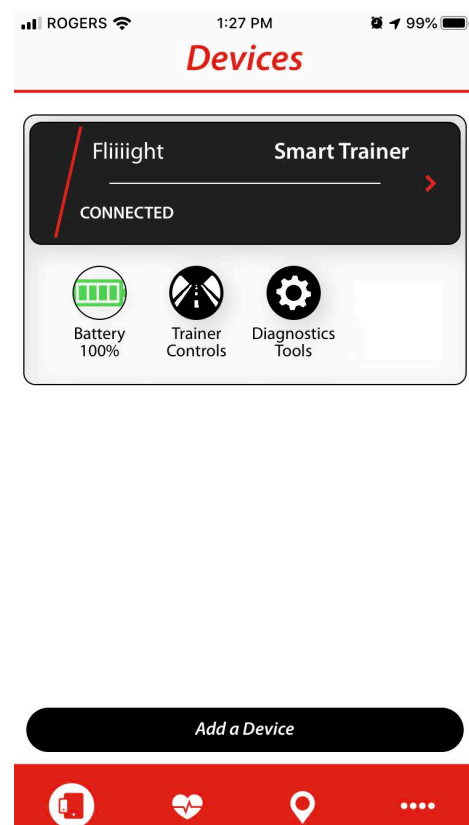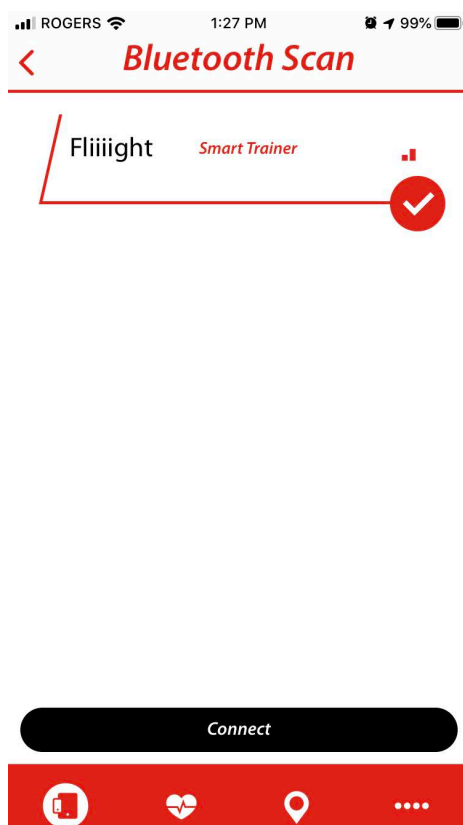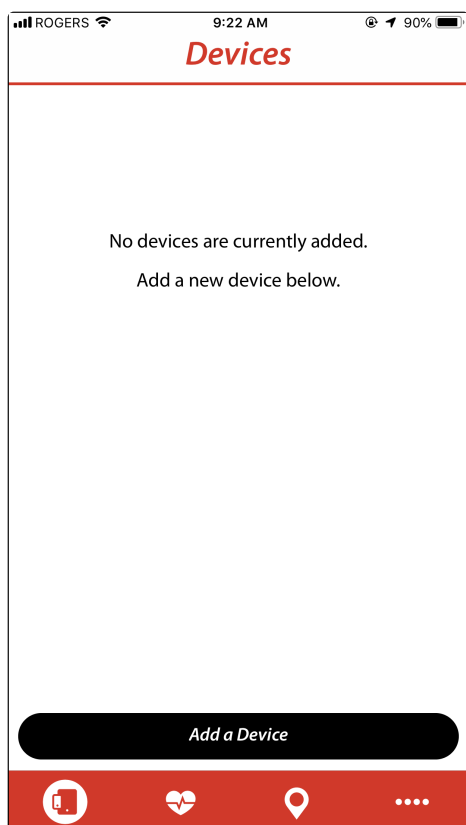
6.2

Calibrating Fliiiight for your Wheel Size

Fliiiight is calibrated for a standard 700c road bike wheel or 29" MTB wheel. If you have a different wheel size, update your wheel rim circumference to get the most accurate power readings.

1. Turn on and connect to *Fliiiight.*

2. From the **Device** tab, select *Fliiiight* for more settings.
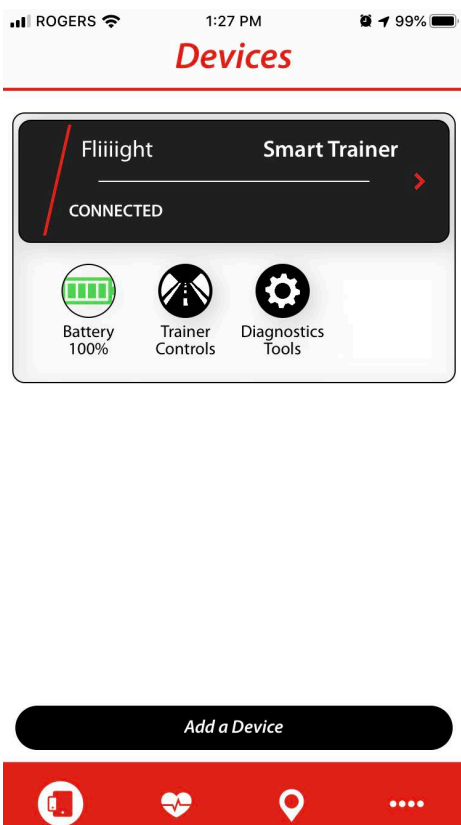
3. Select *Change Rim Circumference.*
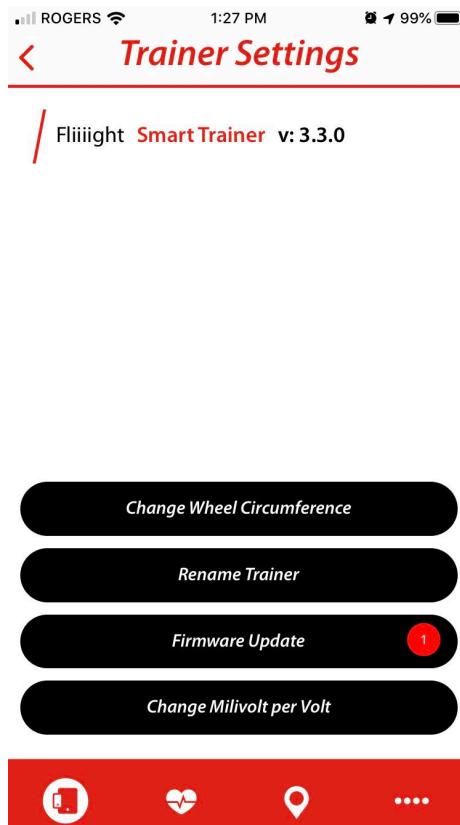
4. Select your wheel from the drop down menu**.**

Tiiiip: For custom wheel sizes enter your wheel's ISO (the wheel rim diameter in millimeters).

.ıll ROGERS 🛜	1:27 PM	🔋 ⚡ 99% 🔋

Devices

Fliiiight	**Smart Trainer**
CONNECTED	❯

🔋 Battery 100%   🚸 Trainer Controls   ⚙️ Diagnostics Tools

Add a Device

📱 💗 📍 ••••

.ıll ROGERS 🛜   1:27 PM   🔋 ⚡ 99% 🔋

❮ *Trainer Settings*

Fliiiight **Smart Trainer** **v: 3.3.0**

Change Wheel Circumference

Rename Trainer

Firmware Update ❶

Change Milivolt per Volt

📱 💗 📍 ••••

.ıll ROGERS 🛜   1:27 PM   🔋 ⚡ 99% 🔋

❮ *Trainer Settings*

Fliiiight **Smart Trainer** **v: 3.3.0**

~~Change Wheel Circumference~~

Cancel   **Wheel circumference**   Done

Custom Value

650c / 26" MTB

700c (standard road wheel) / 29" MTB

6.3

Sending Smart Trainer Commands

1. From **t**he **Device** tab, select **Trainer Controls**. Select **Okay.**
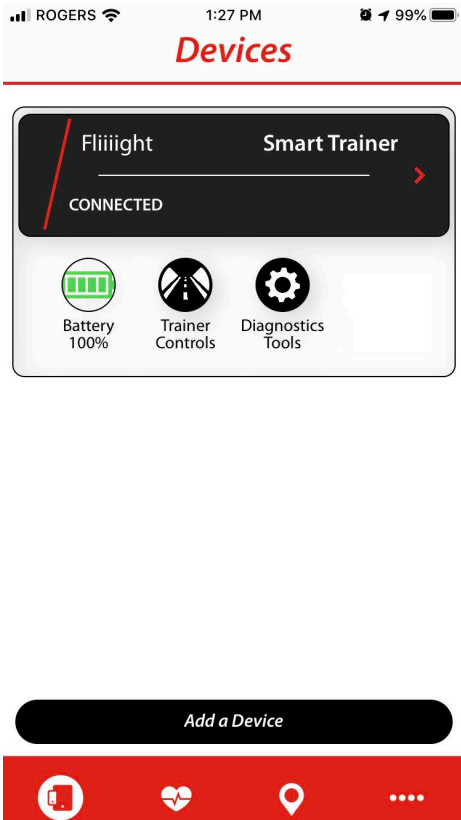
2. Adjust your ERG or Resistance target by dragging the dot left or right. The active setting will say **Selected**. Select **>** to get a description of this mode.
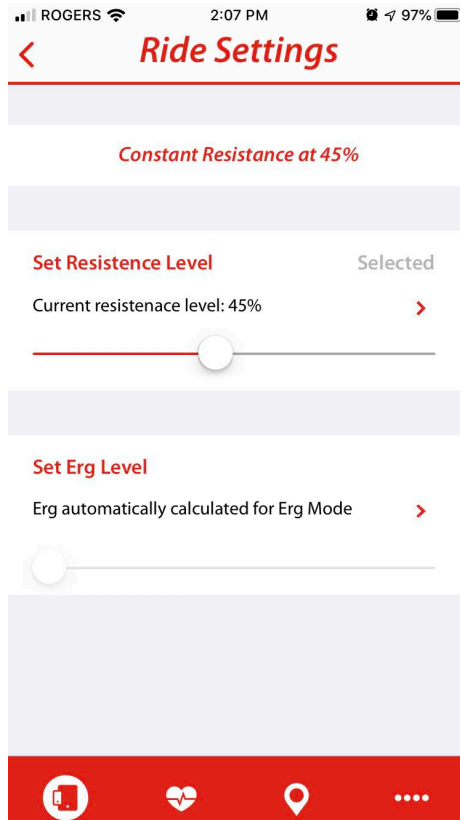
3. If you wish to record this ride in the *4iiii* app, you must **Start** a ride in the **Workout** tab. Select the Workout tab (heart icon) from the menu at the bottom of the screen. Select **Start.** When you are finished select **Stop**, **Finish**, and **Save**.

Screen 1 — Devices

..Il ROGERS 📶   1:27 PM   ⏰ ✈ 99% ▬

Devices

Fliiiight   **Smart Trainer**

CONNECTED

Battery 100%   Trainer Controls   Diagnostics Tools

Add a Device

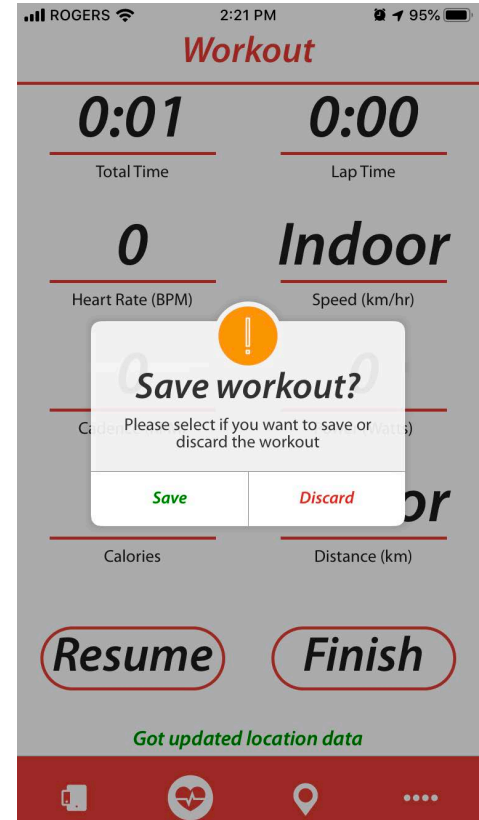### Screen 2 — Ride Settings

..Il ROGERS 📶   2:07 PM   ⏰ ✈ 97% ▬

‹   *Ride Settings*

Constant Resistance at 45%

Set Resistence Level   Selected

Current resistenace level: 45%   ›

Set Erg Level

Erg automatically calculated for Erg Mode   ›

Screen 3 — Workout

..Il ROGERS 📶   2:21 PM   ⏰ ✈ 95% ▬

Workout

0:01   **0:00**
Total Time   Lap Time

0   *Indoor*
Heart Rate (BPM)   Speed (km/hr)

❗

Save workout?

Please select if you want to save or discard the workout

Save   *Discard*

Calories   Distance (km)

Resume   *Finish*

Got updated location data

SECTION 7.0
WORKOUTS

7.1

How to Record a Workout

1. Connect to your *4iiii* Powermeter, or Smart Trainer.

2. Select the **Workout** tab (heart icon) from the menu on the bottom of the screen.

3. Select **Start** to begin a workout.

4. Once you are finished, select **Stop**, **Finish** and **Save**.

5. Workouts will be saved as **Fit Files**.

7.2

Sending Saved Files

1. Select the **More (....)** tab from the menu at the bottom of the screen.

2. Select **Fit Files** to view a list of files available for download.

3. Select a workout and press **Email Selected Files**. Follow your phone's dialogue to send files using the email account connected to your iPhone.

Tiiiip: You must have mail client set up on your iPhone in order to send an email from within an app.

4. To delete a file, slide to the left to reveal a **Delete** button
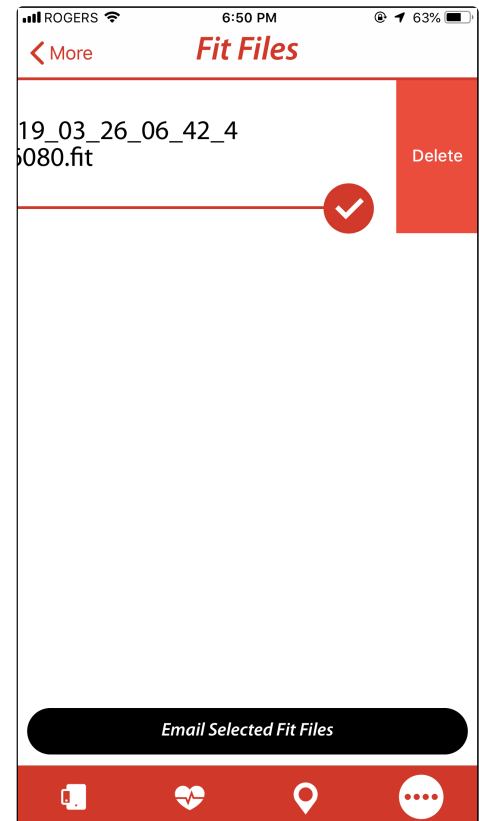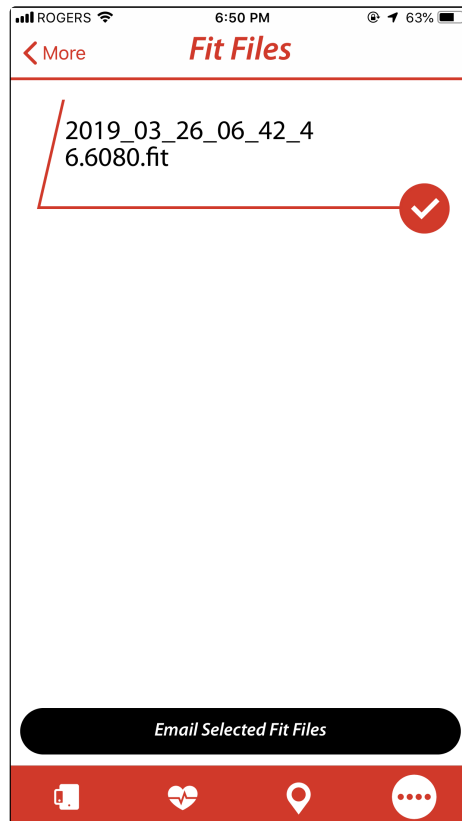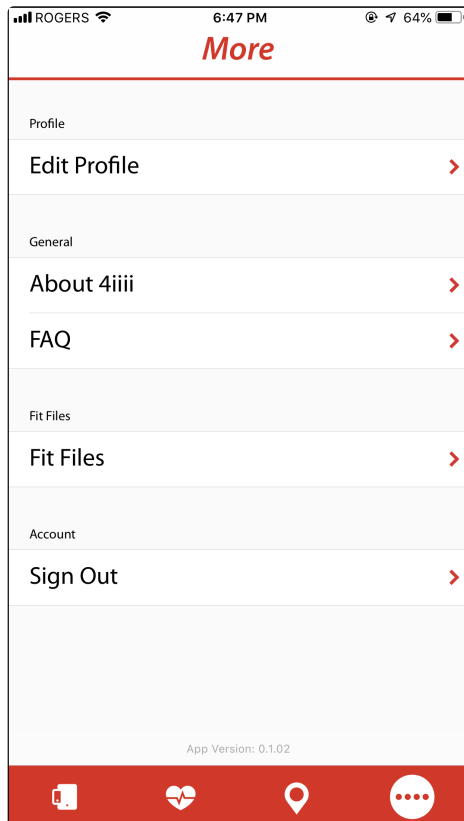
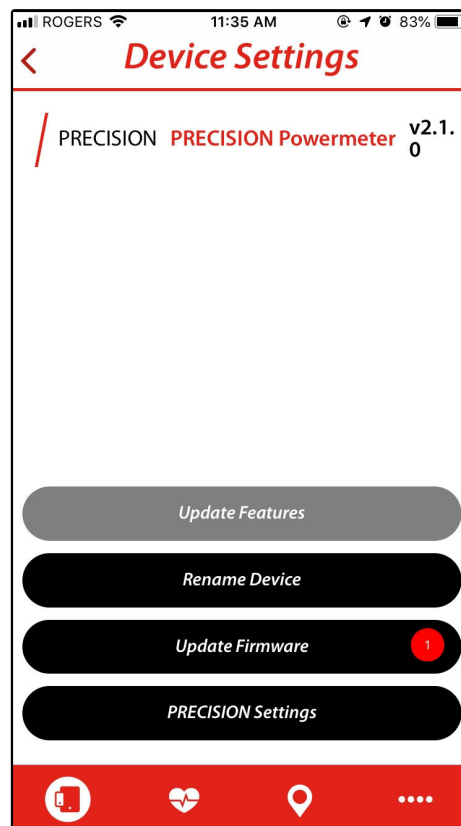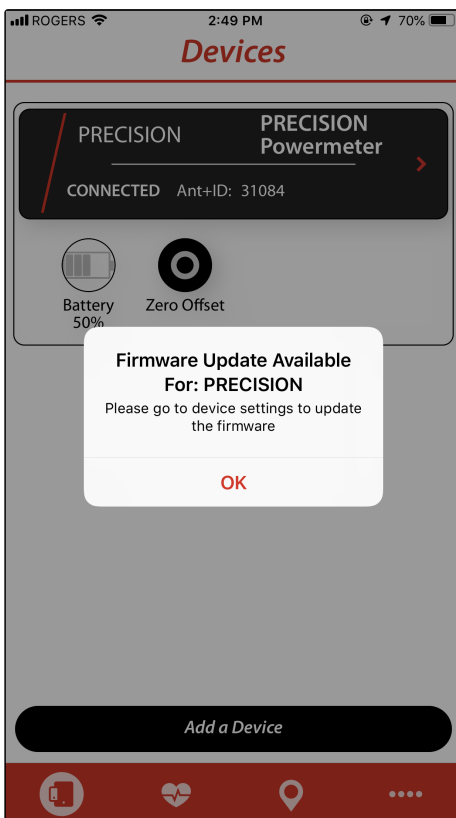# SECTION 8.0
FIRMWARE UPDATES

1. If a new firmware update is available, you will be prompted when you connect to your *4iiii* device.

Tiiiip: We recommend updating your firmware if prompted. We're always making improvements and adding new features!

2. Select your device to view **Device Settings.** Select **Update Firmware**.

Tiiiip: Do not close the app during a firmware update.

SECTION 9.0
MORE CUSTOM SETTINGS

9.1

Renaming a 4iiii Device

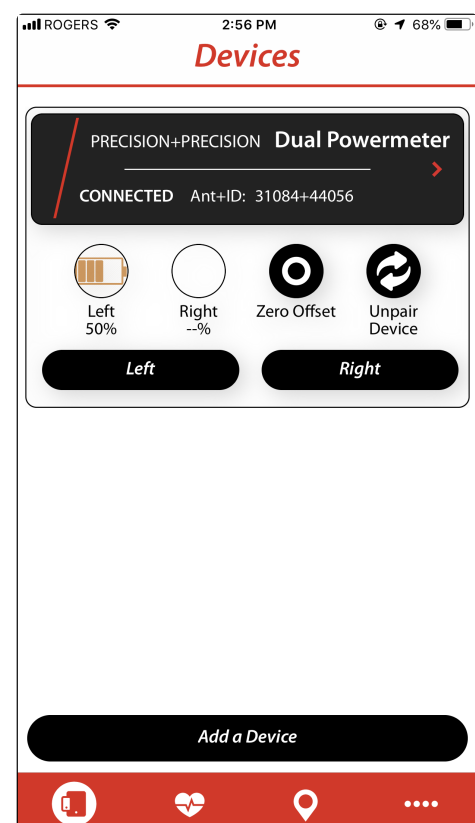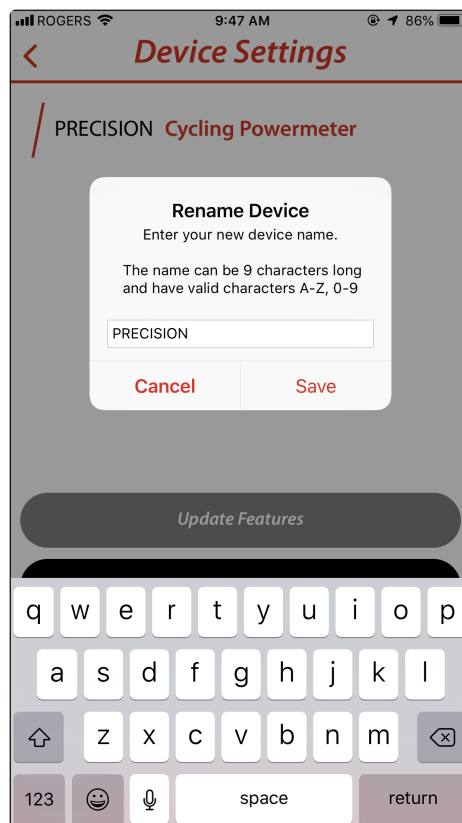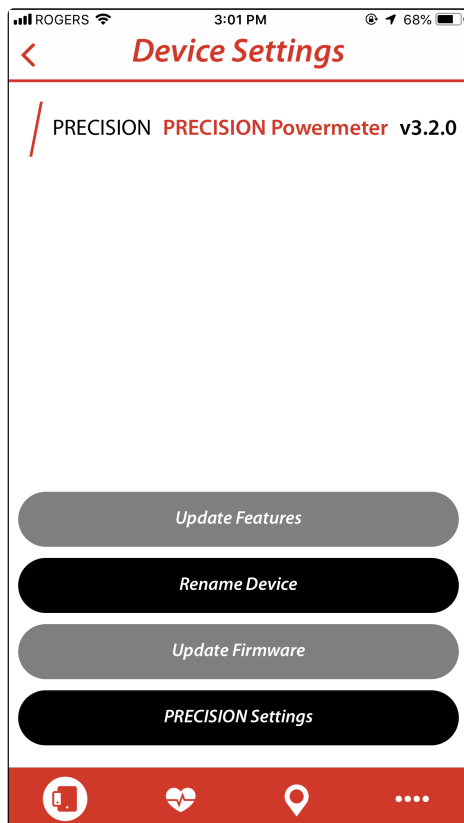This name will appear whenever you connect to the device over Bluetooth®.

1. Connect to your *4iiii* device and select it to open up the **Device Settings** screen.

Tiiiip: For a dual Powermeter, select **Left** or **Right** to access the Device Settings for that side.

2. Select **Rename Device**. This will open a dialogue box where you can enter your new device name.

Tiiiip: You can only use alphanumeric characters and the maximum length is 9 characters.

3. Select **Save**.

Screen 1 — Device Settings

📶 ROGERS 🛜 3:01 PM 🔋 68%

Device Settings

PRECISION PRECISION Powermeter v3.2.0

Update Features

Rename Device

Update Firmware

PRECISION Settings

Screen 2 — Device Settings (Rename dialog)

📶 ROGERS 🛜 9:47 AM 🔋 86%

Device Settings

PRECISION Cycling Powermeter

Rename Device
Enter your new device name.

The name can be 9 characters long and have valid characters A-Z, 0-9

PRECISION

Cancel   Save

Update Features

q w e r t y u i o p
a s d f g h j k l
z x c v b n m ⌫
123 🙂 🎤 space return

Screen 3 — Devices

📶 ROGERS 🛜 2:56 PM 🔋 68%

Devices

PRECISION+PRECISION **Dual Powermeter**

CONNECTED Ant+ID: 31084+44056 ›

Left 50%   Right --%   Zero Offset   Unpair Device

Left   Right

Add a Device

9.2

Changing Workout Unit (Metric or Imperial)

.ıll Bell 🛜 3:58 PM 76% 🔋	

More

Profile

Edit Profile   ›

General

FAQ   ›

Settings

Workout Unit   ›

Fit Files

Fit Files   ›

App Version: 2.4.0
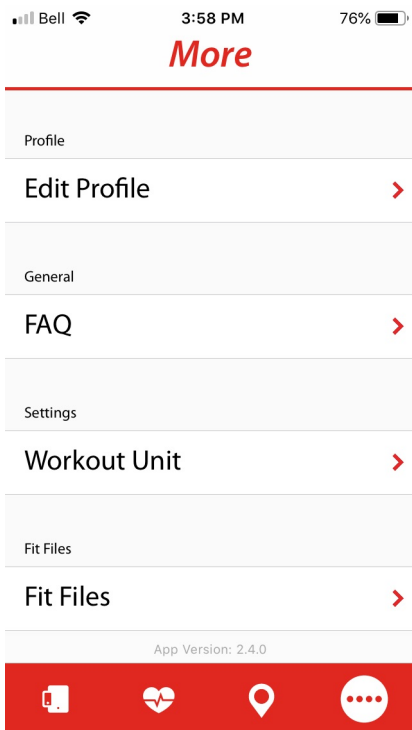
1. Select the **More (....)** tab from the menu at the bottom of the screen.

2. Select **Workout Unit** to toggle between Metric and Imperial.

3. Select **OK**.