

# Viiiiva

## HEART RATE MONITOR



VERSION 1 – JANUARY 2026

# USER MANUAL

*4iiii*

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# 1. INTRO

## 1.1 Your Viiiiva Heart Rate Monitor

Congratulations on your 4iii Viiiiva Heart Rate Monitor purchase!



**Battery Cap**

**Preinstalled CR2032 Battery**

## 1.2 Prepare your Viiiiva

**1. Prepare your strap.** Wet the conductive pads on Viiiiva's strap with a few drops of water to ensure good contact to the skin.



# 1. INTRO

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**2. Adjust your strap.** Wrap the strap around your chest and attach the pod by sliding it down onto the connectors, make sure the arrows on the back are pointed up. To ensure an accurate heart rate signal, adjust the strap to fit snugly just below your pectoral muscles with the pod centred.

**Note:** *Inaccurate heart rate data will be detected if the pod is worn upside down.*



**3. Pair your Viiiiva.** To view and record heart rate data from your Viiiiva, pair your monitor with your head unit, smart watch, or the 4iiii app. Compatible devices pair with your heart rate monitor using one of the following protocols:

- Bluetooth
- ANT+

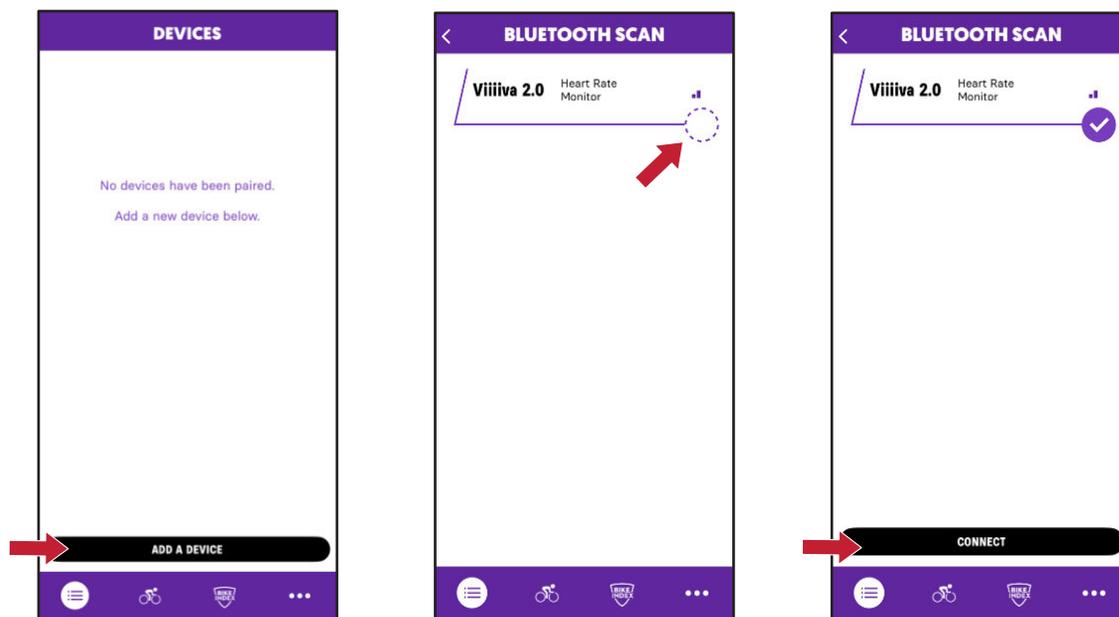
# 2. PAIRING

Download the 4iiii app for iOS or Android to use your heart rate monitor by clicking below:



## 2.1 Pair with the 4iiii app

1. Open the 4iiii app and log in. If this is your first time using the app, you will need to create an account. Once you have logged in the app will take you directly to the Devices tab.
2. Moisten the conductive pads and put on your heart rate monitor.
3. Select **Add a Device**.
4. Select your heart rate monitor from the list of available devices. A check mark indicates the device is selected.
5. Press **Connect**.



## 2.2 Pair with a display unit

Pairing steps vary between display units. Consult your display unit's user manual for specific instructions. The Viiiiva will pair ANT+ to ANT+ device or BLE to BLE device. The following are generic instructions for display units:

1. Turn on your display unit.
2. Moisten the conductive pads and put on your heart rate monitor.
3. Navigate to the "sensors" menu on your display unit.
4. Add a new sensor.
5. Select your HRM from the list of available devices and connect.

Once paired, most display units will remember your heart rate monitor and automatically connect when both devices are on.

# 3. MAINTENANCE

## 3.1 Cleaning and storage

- Store your heart rate monitor in temperatures no colder than  $-20^{\circ}\text{C}$  ( $-4^{\circ}\text{F}$ ) and no warmer than  $70^{\circ}\text{C}$  ( $158^{\circ}\text{F}$ ).
- Prepare a mixture of warm water and a mild soap. Separate the pod from the strap and set it aside then use the mixture to hand wash the strap.

**Note:** *DO NOT wash the strap in a washing machine as it can damage the sensors.*

- Using a soft rag dipped in the mixture wipe down the pod.

**Note:** *Keep liquids away from the pod when the cap is off for maintenance.*



## 3.2 Battery life and replacement

The Viiiiva boasts a battery life of 540+ hours to last through your toughest workouts! It comes with one CR2032 lithium coin cell battery, replacement CR2032 batteries can be purchased wherever batteries are sold.

**Tip:** *We recommend avoiding CR2032 batteries with a bitter coating as it has been shown in tests to be non-conductive. This can lead to connection problems or dropouts with your 4iiii heart rate monitor.*



1. To replace the battery, remove the cover by prying it with a flathead screwdriver or similar tool.
2. Use the same tool to gently pry the battery from the cap.
3. Place the new battery into the cap with the '+' symbol facing the battery cap.
4. Return the cap to the pod and snap it into place.

**Batteries must be disposed of properly, including keeping them away from children. Even used batteries may cause injury if ingested!**

# 4. SPECIFICATIONS

PARAMETER	SPECIFICATION
Chest Size	Fits chest size from 66-132 cm (26-52")
Auto Power Down	3 minutes without valid heart rate signal
Transmission	ANT+ & Bluetooth®
Battery Type	3V CR2032 Coin Cell
Battery Life	540+ hours
Operating Temperature Range	0 to 50°C (32 to 122°F)
Storage Temperature Range	-20 to 70°C (4 to 158°F)
Data Transmission Range	3 meters (9.5') (Typical)
Water Resistance Level	IPX7
Heart Rate Range	30 to 240 BPM in 1 BPM resolution
Input Sensitivity	5% duty cycle
Frequency	32.768 KHz
Weight	<46g (including battery)

# 5. TROUBLESHOOT

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For additional troubleshooting assistance, please go to [4iii.com/support](https://4iii.com/support)

## 5.1 Viiiiva isn't pairing

- Make sure your Viiiiva is awake by dampening the conductive pads and putting it on.
- Try replacing your battery.

## 5.2 Viiiiva is not reporting heart rate data

- Ensure your Viiiiva is being worn right side up. The 4iii logo should be right side up and the arrows on the back of the pod should point up.
- Make sure the strap is worn snug.
- Make sure your Viiiiva is awake by dampening the conductive pads.
- Try replacing your battery.
- Wash the strap; a build up of sweat and dirt can affect the conductivity of the strap.

# 6. WARRANTY

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By purchasing this product you acknowledge and agree to the terms of this limited warranty.

4iiii Innovations Inc. ("4iiii") warrants this product to be free from defects in material and workmanship, under normal use, for a period of two (2) years from the date of original purchase (the invoice date) to the original purchaser.

Defects that have resulted from improper or unreasonable use or maintenance, accident, excess moisture, insects, improper or inadequate packing for shipment, lightning, power surges, or unauthorized tampering, alteration or modification are not covered under the limited warranty. 4iiii will, at its sole discretion, repair or replace the defective product with a comparable product, at no charge to the customer for parts or labor, with the customer to be responsible for all shipping and handling costs [and with return shipping and handling costs to be paid for by 4iiii after the product has been repaired or replaced]. Replacement products may be new, refurbished or reconditioned and are warranted for the unexpired period of the original purchase, or 30 days from the date of shipment, whichever is greater. Any products replaced by 4iiii shall be the property of 4iiii.

WHERE PERMITTED, THE PROVISIONS OF THIS LIMITED WARRANTY ARE TO SUPERSEDE AND REPLACE ANY OTHER WRITTEN WARRANTY, WHETHER EXPRESSED OR IMPLIED, WRITTEN OR ORAL, INCLUDING ANY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE.

IN NO EVENT SHALL 4iiii BE LIABLE FOR ANY DIRECT OR INDIRECT DAMAGES OR OTHER RELIEF ARISING FROM ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES. To obtain warranty service, open a request at [4iiii.com/support](https://4iiii.com/support) for shipping instructions and an RMA tracking number. Return your product, freight prepaid, along with the original sales receipt as a required proof of purchase for warranty repairs, with the RMA tracking number written on the outside of the package to 4iiii.

WARNING: This limited warranty becomes null and void if the product is repaired by anyone other than an authorized person of 4iiii.

# 7. COMPLIANCE

**FCC ID:** O4GHRM25

**Model:** HRM25

**FCC 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.

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 may cause harmful interference to radio communications if not installed and used in accordance with the instructions. However, there is no guarantee that interference will not occur in a particular installation.

**Note:** Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

**ISED Certification Number:** 7666A-HRM25

**Model:** HRM25

**ISED Statement:**

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

1. This device may not cause interference.
2. This device must accept any interference, including interference that may cause undesired operation of the device.

L'émetteur/récepteur exempt de licence contenu dans le présent appareil est conforme aux CNR d'Innovation, Sciences et Développement économique Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

1. L'appareil ne doit pas produire de brouillage;
2. L'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

**RF Exposure Information**

This device is a radio transmitter and receiver. When in use, it is designed not to exceed the emission limits for exposure to radio frequency (RF) energy set by the FCC and ISED. This equipment complies with radiation exposure limits set forth for an uncontrolled environment.

Cet équipement est conforme aux limites d'exposition aux rayonnements ISDE établies pour un environnement non contrôlé.



This product must be disposed of according to local laws and regulations. Please contact your local authorities or your retailer to learn about recycling options in your area.

# 8. WARNINGS

<b>⚠ WARNING</b>	
<ul style="list-style-type: none"><li>• <b>INGESTION HAZARD:</b> This product contains a button cell or coin battery.</li><li>• <b>DEATH</b> or serious injury can occur if ingested.</li><li>• A swallowed button cell or coin battery can cause <b>Internal Chemical Burns</b> in as little as <b>2 hours</b>.</li><li>• <b>KEEP</b> new and used batteries <b>OUT OF REACH of CHILDREN</b></li><li>• <b>Seek immediate medical attention</b> if a battery is suspected to be swallowed or inserted inside any part of the body.</li></ul>	
<b>3V LITHIUM CR2032 BATTERY INCLUDED</b>	

Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children. Do NOT dispose of batteries in household trash or incinerate. Even used batteries may cause severe injury or death. Call a local poison control center for treatment information.

Do not mix old and new batteries, different brands or types of batteries, such as alkaline, carbon-zinc, or rechargeable batteries.

Non-rechargeable batteries are not to be recharged. Do NOT force discharge, recharge, disassemble, heat above (manufacturer's specified temperature rating) or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns.

Ensure the batteries are installed correctly according to polarity (+ and -). Remove and immediately recycle or dispose of batteries from equipment not used for an extended period of time according to local regulations. Always completely secure the battery compartment. If the battery compartment does not close securely, stop using the product, remove the batteries, and keep them away from children.

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Without permission granted by the NCC, any company, enterprise, or user is not allowed to change frequency, enhance transmitting power or alter original characteristic as well as performance to an approved low power radio-frequency devices. The low power radio-frequency devices shall not influence aircraft security and interfere legal communications; If found, the user shall cease operating immediately until no interference is achieved. The said legal communications means radio communications is operated in compliance with the Telecommunications Management Act. The low power radio-frequency devices must be susceptible with the interference from legal communications or ISM radio wave radiated devices.

# 9. CONTACT

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**For technical support please contact  
your 4iii authorized dealer.**

**Or visit**

**[www.4iii.com/support](http://www.4iii.com/support)**