

Viiiiva

HEART RATE MONITOR



QUICK START GUIDE

Get more out of every workout with the new Viiiiva Heart Rate Monitor. It's an affordable way to get accurate heart rate data, with a powerful battery life of 540+ hours that's built to last through your toughest rides.

The Viiiiva connects instantly to your 4iiii app and devices, giving you the crucial information you need to train smarter and elevate your performance.

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.



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

Pair your Viiiiva by following the instructions on your head unit, watch, or the 4iiii app. Click below to download the app:



4. Battery Replacement

The Viiiiva comes with one CR2032 lithium coin cell battery.

To replace the battery, remove the cover by prying it with a flathead screwdriver or similar tool. Use the same tool to gently pry the battery from the cap.

Place the new battery into the cap with the '+' symbol facing the battery cap.

Return the cap to the pod and snap it into place.



5. Cleaning

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.



THANK YOU FOR PURCHASING THE
Viiiiva HEART RATE MONITOR

Need additional support? E-mail support@4iiii.com