



4iiii Android App

4iiii Android App User Guide

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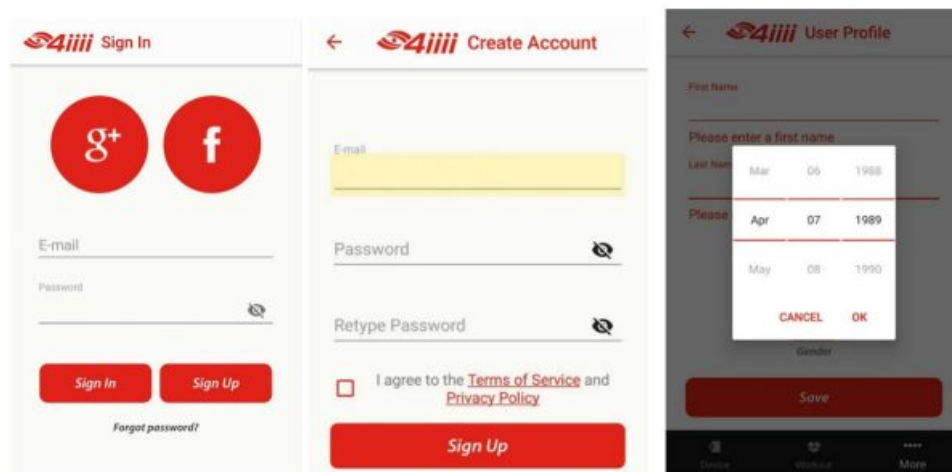
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INTRODUCTION

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 Viiiiva, 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.

GETTING STARTED



1. On the Google Play Store, search for 4iiii and download the app.
2. Open the app and create a new account by selecting Sign Up.

Tiiiiip: If you have created an account on the 4iiii Android app prior to version 2.0.0, you will need to create a new user account.

3. Once you have an account, go to the More page and 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!

POWERMETER FUNCTIONS

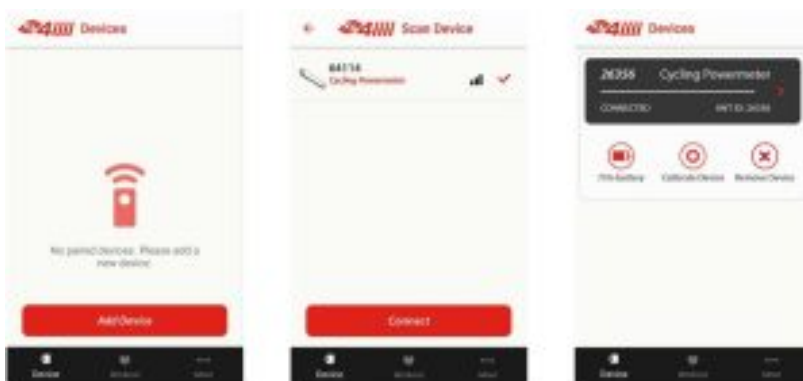
The 4iiii app enables the initial setup of your Powermeter, and give you access to troubleshooting and additional functions.

Connecting to a Powermeter

1. Open the 4iiii app and log in.
The app will take you directly to the Devices tab.
2. Spin your PRECISION or Podiium Powermeter 3-4 times to wake it up.
3. Select Add a Device
4. Select your Powermeter from the list of available devices. A check mark indicates the device is selected.
5. Press Connect.

Tiiiiip: 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.

6. Your PRECISION or Podiium Powermeter is now connected and ready to use.

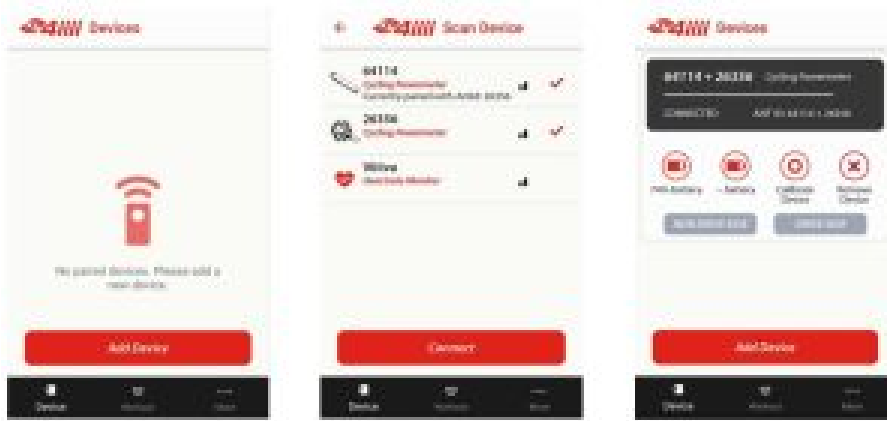


Pairing a PRECISION PRO or Podiium Pro Powermeter

1. Open the 4iiii app and log in.
The app will take you directly to the Devices tab.
2. Spin your PRECISION PRO or Podiium Pro Powermeter 3-4 times to wake it up.
3. Select Add a Device.
4. Select both the Drive Side and Non-Drive Side Powermeters. A check mark indicates the devices selected.
5. Press Connect.

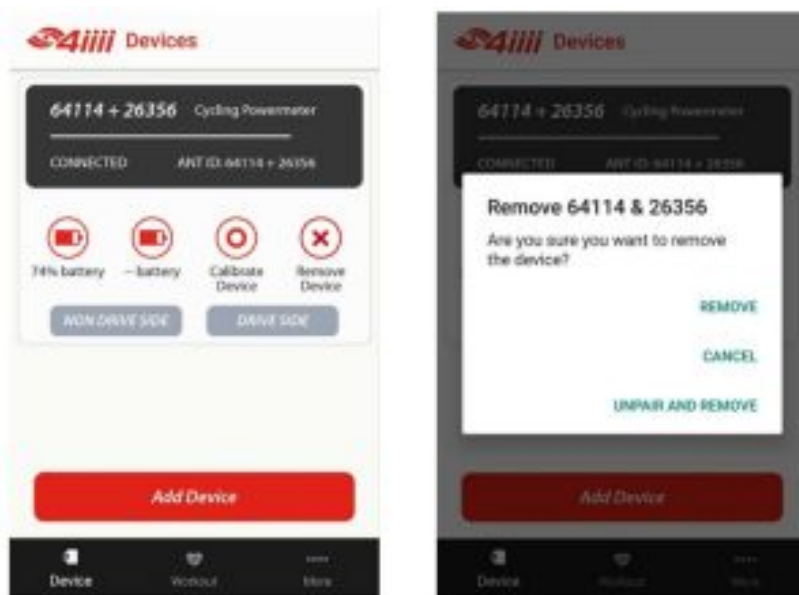
Tiiiiip: A crank graphic beside the ANT+ ID indicates whether it is the Drive Side or Non-Drive Side Powermeter.

6. Your PRECISION PRO or Podiium Pro Powermeter will now be paired and connected and ready to use.



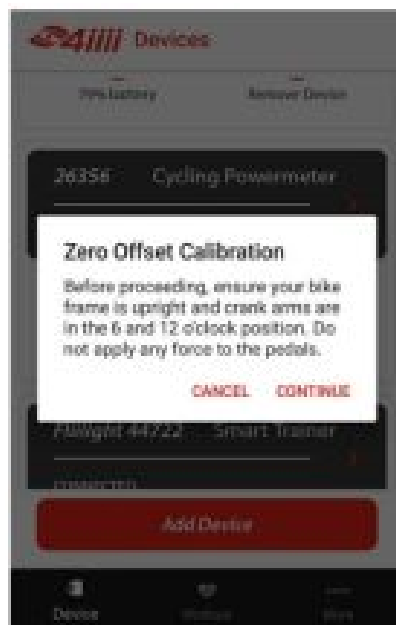
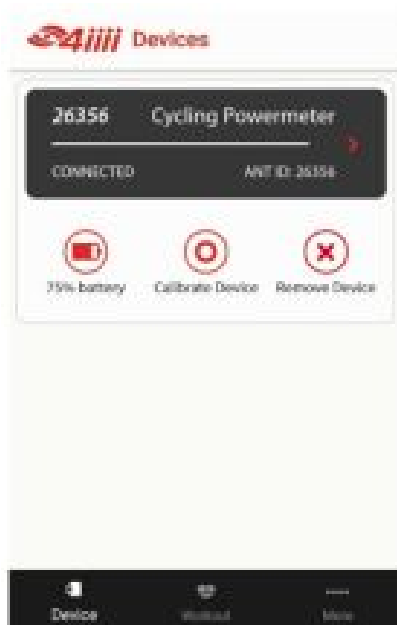
Unpairing a Dual Powermeter

1. Connect to your dual Powermeter.
2. From the Devices tab, select Remove Device.
3. A dialogue box will pop up. Select UNPAIR AND REMOVE.
4. You will now be able to connect to each side separately.



Calibrating a Powermeter (Zero-Offset)

1. Connect to your Powermeter. Start from the Devices tab.
2. With the bike upright, position your crank arms at 6 and 12 'o clock and hold the bike still.
3. Press the Calibrate Device icon.
4. Select Continue. Wait for a prompt that this was successful.



Accessing Device Settings

1. Connect to your Powermeter.
2. Starting from the Devicestab, navigate to Device Settings:
 - Single-side Powermeters: Select PRECISION or Podiiium.
 - Dual Powermeters: Select DRIVE SIDE or NONDRIVE SIDE to view Device Settings for that side.
3. View Firmware Version and available updates from the Device Settings page.
4. Select Settings for more options.



Device Information: View ANT+ ID, serial number, boot version and software development version.

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

Scale factor: Scale factor allows you to adjust for a left/ right leg imbalance when using a single sided Powermeter.

Connecting to a Different Powermeter

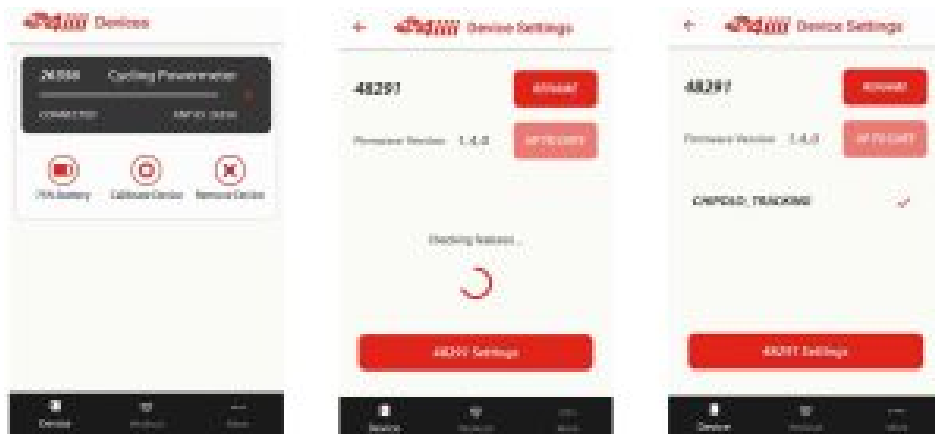
You can only connect to one single-side Powermeter at a time. No other single-side Powermeters will show up in a search.

1. To remove a Powermeter from the app, start from the Devicestab.
2. Select Remove Device. You will be returned to the AddDevice page
3. You are now able to connect to another 4iiii Powermeter.

CHIPOLO FINDER FEATURE

Enabling the Chipolo Finder Feature

1. Connect to your Powermeter and select it to navigate to Device Settings.
2. The app will check for available features. Select Chipolo_Tracking to enable it.
3. A check mark indicates Chipolo _Tracking is enabled.

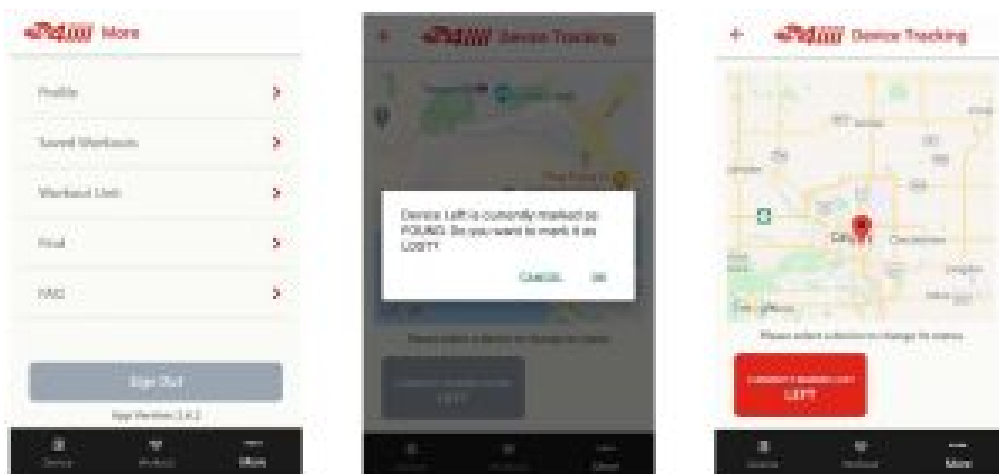


Finding a Lost Device

1. Select the More tab from the menu at the bottom of the screen.
2. Select Find.
3. Select the device you wish to mark as Lost. Select OK.

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

4. Select the device name again to mark it as Found. Select OK.



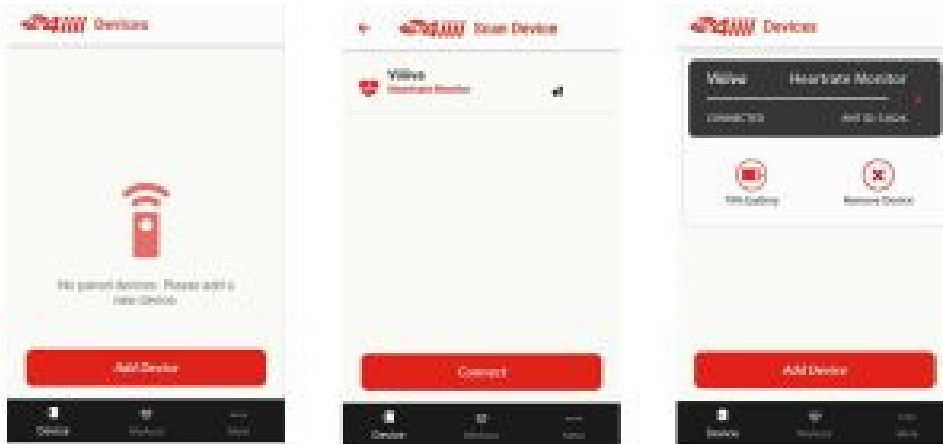
Viiiiva FUNCTIONS

Connecting to Viiiiva

1. Open the 4iiii app and log in.

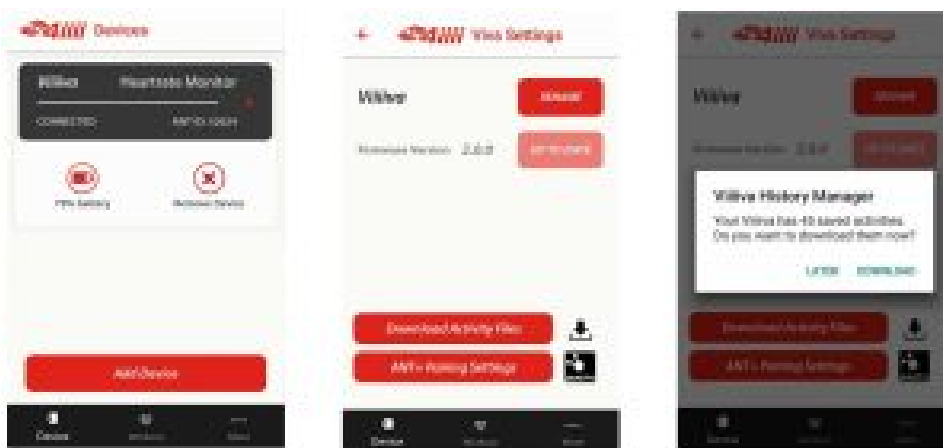
The app will take you directly to the Devices tab.

2. Wake up your Viiiiva by either rubbing on the two metal leads or by wetting the strap contacts and putting on the Viiiiva.
3. Select Add Device.
4. Select Viiiiva from the list of available devices. A check mark indicates the device is selected.
5. Select Connect.
6. Your Viiiiva is now connected and ready to use!



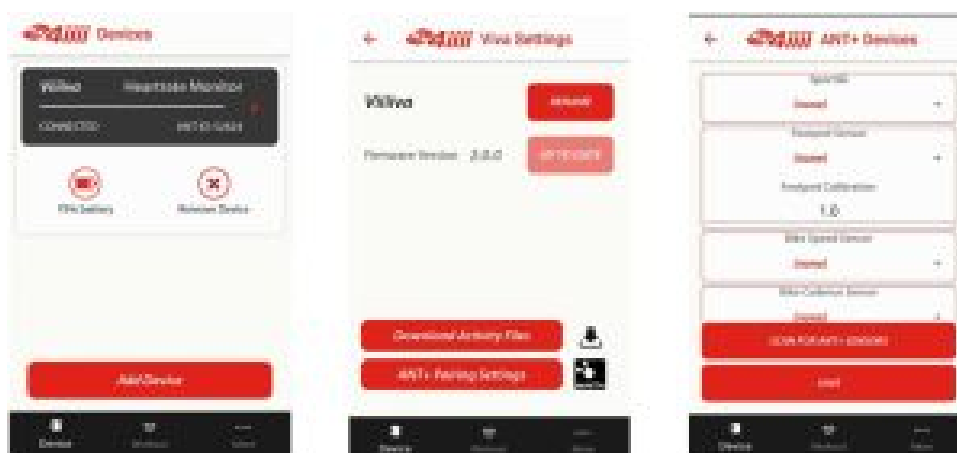
Downloading Saved Workouts from Your Viiiiva

1. Connect to Viiiiva.
2. Select Viiiiva to view Device Settings.
3. Select Download Activity Files.
4. A dialog box will pop up. Select DOWNLOAD.



Connecting Other Devices to Your Viiiiva (Pass Through)

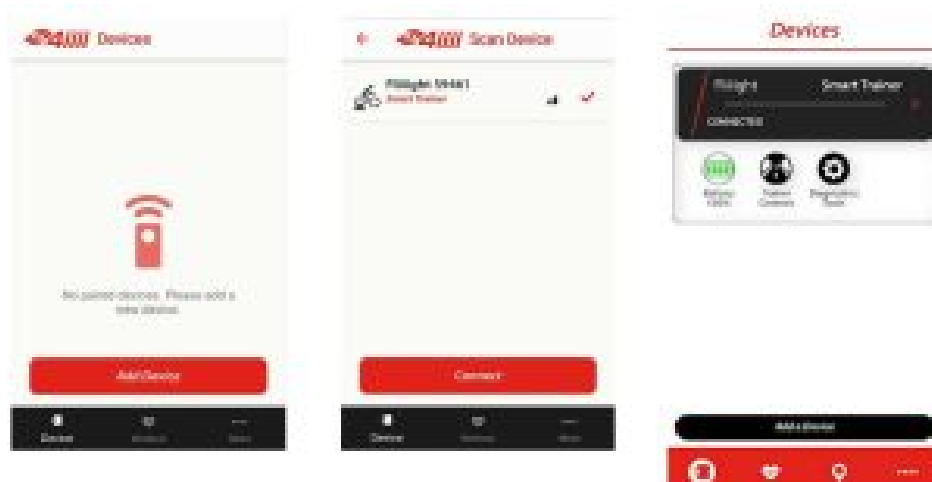
1. Connect to Viiiiva.
2. Select Viiiiva to view Device Settings.
3. Select ANT+ Pairing Settings.
4. Select SCAN FOR ANT+ SENSORS.
5. Scroll to find the type of sensor you are connecting, then select your sensor from the drop down menu.
6. Select SAVE. Once they are connected, whenever the paired device is awake and Viiiiva is on, Viiiiva will record its data and transmit it via Bluetooth® along with the Viiiiva data.



Fliiiight SMART TRAINER FUNCTIONS

Connecting to Fliiiight

1. Open the 4iiii app and log in.
The app will take you directly to the Devices tab.
2. Turn on Fliiiight.
3. Select Add Device.
4. Select the Fliiiight SmartTrainer, then select Connect.
5. The Fliiiight Smart Trainer is now connected and ready to use.



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 Devices tab, select Fliiiight to view Device Settings.
3. Select Change Rim Diameter.
4. Select your wheel from the drop down menu.
5. Select SAVE.

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



Sending Smart Trainer Commands

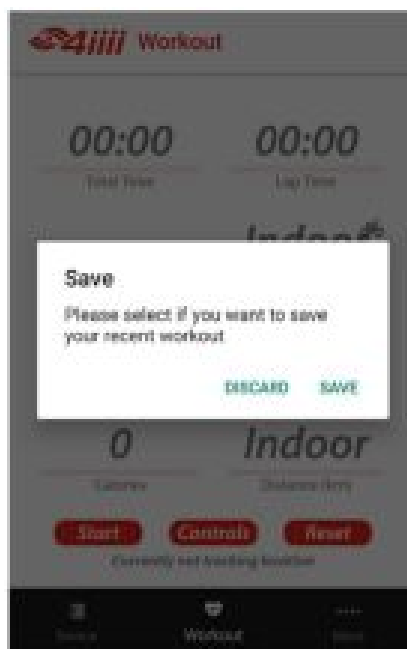
1. Connect to Fliiiight.
2. Select the Workout tab from the menu at the bottom of the screen.
3. Select Controls.
4. Adjust your ERG or Resistance target by dragging the dot left or right. The active setting will say Selected.



WORKOUTS

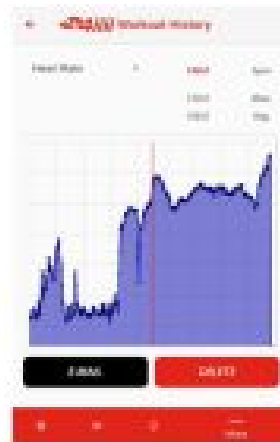
How to Record a Workout

1. Connect to your 4iii Powermeter, or Fliiiight SmartTrainer.
2. Select the Workout tab from the menu at the bottom of the screen.
3. Select Start to begin your workout.
4. Once you are finished your workout, select Stop, Finish, and Save.
5. Workouts will be saved as fit files, accessible under Saved Workouts in the More tab.



Sending Saved Files

1. Select the More tab from the menu at the bottom of the screen.
2. Select Saved Workouts.
3. Select the workout you wish to share from the list of available files.
4. Select E-mail. Follow the phone's dialogue to send a file.

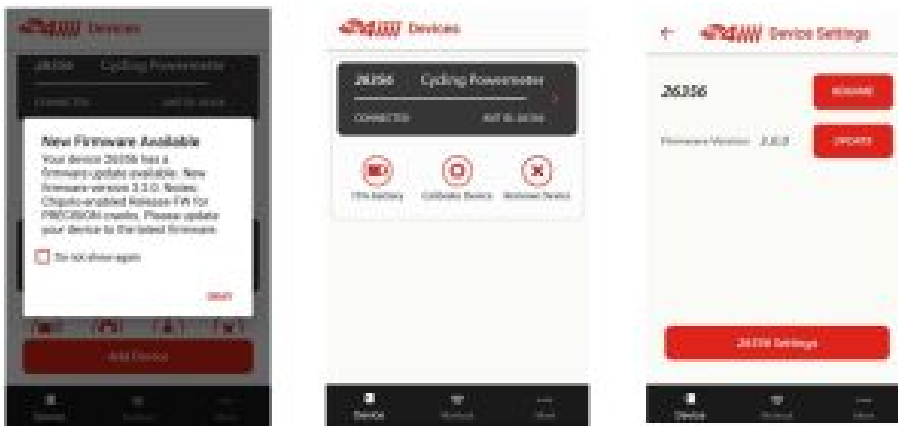


FIRMWARE UPDATES

1. If a new firmware update is available, you will be prompted when you connect to your 4iiii Powermeter, Viiiiva or Fliiiight.
Tiiiiip: We recommend updating your firmware if prompted. We're always making improvements and adding new features!
2. Select your device to view Device Settings.
3. Press the UPDATE icon.

If there are no new firmware versions available, the icon will read UP TO DATE.

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



MORE CUSTOM SETTINGS

Renaming a 4iiii Device

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

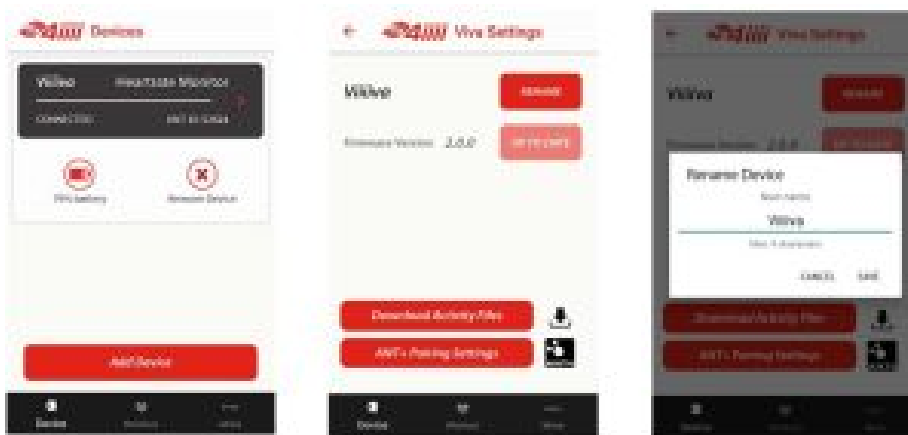
1. Connect to your 4iiii device, and select it to view Device Settings.

Tiiiiip: For a dual Powermeter, select DRIVE SIDE or NONDRIVE SIDE to access the Device Settings for that side.

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

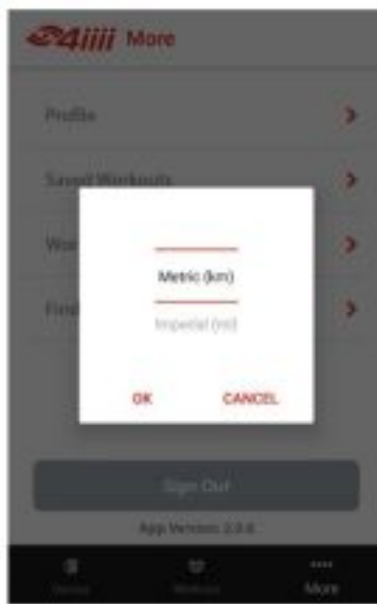
Tiiiiip: You can only use alphanumeric characters and the maximum length is 9 characters.

3. Select Save.




Changing Workout Unit (Metric or Imperial)

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.



For questions, please visit 4iiii.com/support

Documents / Resources

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