

4iiii 13804001

4iiii Fliiiight Smart Trainer Instruction Manual

Model: 13804001

INTRODUCTION

The 4iiii Fliiiight Smart Trainer is an innovative indoor cycling trainer that uses magnetic resistance to provide a quiet and immersive training experience. Unlike traditional trainers, the Fliiiight does not require wheel removal and operates without contact with your tire, making it exceptionally quiet. It is compatible with popular cycling applications like Zwift via ANT+ and Bluetooth Smart.

PRODUCT OVERVIEW

The Fliiiight Smart Trainer is designed for ease of use and portability. Its unique magnetic resistance system ensures a smooth and silent ride.



Image: 4iiii Fliiiight Smart Trainer in an open, ready-to-use position. This image shows the trainer fully unfolded, ready to accept a bicycle wheel.



Image: 4iiii Fliiiight Smart Trainer viewed from the front, showing the wheel cradle. This perspective highlights the mechanism where the bicycle wheel rests.

SETUP GUIDE

- 1. Unpack and Inspect:** Carefully remove all components from the packaging. Ensure all parts are present and undamaged.
- 2. Unfold the Trainer:** Gently unfold the trainer legs until they lock into place. Ensure the trainer is stable on a flat surface.
- 3. Install Your Bicycle:**
 - Replace your bicycle's rear quick release skewer with the specialized quick release skewer provided with the Fliiiight trainer.
 - Place your bicycle's rear wheel into the trainer's cradle. Ensure the quick release skewer ends are securely seated in the trainer's axle cups.

- Tighten the quick release lever to secure the bicycle.
 - Adjust the magnetic resistance unit so that it is close to, but not touching, your wheel's rim. The Fliiiight operates without physical contact with the rim.
4. **Charge the Battery:** Connect the provided charging cable to the trainer and a power source. The built-in lithium-ion battery allows for approximately 2 hours of operation on a full charge.
 5. **Connect to Devices:** The Fliiiight trainer supports ANT+ FE-C and Bluetooth Smart FTMS. Turn on your preferred cycling application (e.g., Zwift) on your smartphone, tablet, or computer and search for available devices. Select the Fliiiight trainer to connect.

Important Note: The Fliiiight trainer is only compatible with aluminum wheels. Do not use with carbon wheels or aluminum wheels that have steel pins inside the rim, as this can interfere with the magnetic resistance and potentially damage the unit.

OPERATING INSTRUCTIONS

1. **Power On:** Ensure the trainer is charged. There is typically a power button or the unit activates upon sensing wheel rotation.
2. **Start Your Cycling App:** Open your chosen cycling application (e.g., Zwift, TrainerRoad) on your connected device.
3. **Select Workout/Ride:** Choose your desired workout or virtual ride within the application.
4. **Begin Cycling:** Start pedaling. The trainer will automatically adjust resistance based on the terrain or workout profile in your application.
5. **Monitor Data:** Your cycling application will display real-time data such as power output, cadence, and speed, transmitted from the Fliiiight trainer.

MAINTENANCE

- **Cleaning:** Regularly wipe down the trainer with a soft, damp cloth to remove dust and sweat. Do not use abrasive cleaners or solvents.
- **Storage:** When not in use, the Fliiiight trainer can be folded for compact storage. Store in a dry, cool place away from direct sunlight.
- **Battery Care:** To prolong battery life, avoid fully discharging the battery frequently. If storing for an extended period, charge the battery to approximately 50% and recharge every few months. Note that the internal battery is not user-replaceable and has a finite lifespan.

TROUBLESHOOTING

- **Trainer Not Connecting to App:**
 - Ensure the trainer is powered on and charged.
 - Verify Bluetooth or ANT+ is enabled on your device.
 - Close and reopen the cycling application.
 - Try restarting your device.
 - Ensure no other devices are simultaneously connected to the trainer.
- **Resistance Not Changing or Applying Correctly:**
 - Check that the trainer is properly connected to your cycling application and that the application is sending

resistance commands.

- Ensure the magnetic resistance unit is correctly positioned near the rim without touching it.
- Verify that your wheel is aluminum and does not have any steel components that could interfere with the magnetic field.
- If using Zwift, ensure the trainer is selected as the controllable trainer.

• **Trainer Not Charging or Holding Charge:**

- Ensure the charging cable and power adapter are working correctly.
- Try a different power outlet.
- If the trainer has been used for an extended period (e.g., 2 years or more), the internal battery may have reached the end of its lifespan. Contact customer support for options.

• **Unusual Noises:**

- Ensure the trainer is on a stable, level surface.
- Check that the bicycle is securely mounted and the quick release is tightened.
- Verify that no part of the bicycle or trainer is rubbing against each other.

SPECIFICATIONS



Image: Detailed specifications and compatibility information for the 4iiii Fliiiight Smart Trainer.

Feature	Description
Model Number	13804001
Expanded Dimensions (L x W x H)	552mm x 741mm x 450mm
Folded Dimensions (L x W x H)	565mm x 470mm x 110mm
Reference Weight	7.9 kg
Rim Material Compatibility	Aluminum only (not compatible with carbon wheels or aluminum rims with internal steel pins)
Usable Wheel Sizes	650C - 750C, 26 - 29 inches
Resistance Type	Magnetic
Maximum Reproducible Gradient	7%
Power Measurement Accuracy	+/- 1%
Power Range	0 - 2200 Watts
Cadence Range	40 - 160 RPM
Communication Protocols	ANT+ FE-C, Bluetooth Smart FTMS
Battery Operating Time	Approx. 2 hours

Battery Type	Lithium-ion 3000mAh
Compatible Devices	Smartphones, Tablets, PCs (Macbook, Laptops), Apple TV (requires Bluetooth Smart or ANT+ on device)

WARRANTY AND SUPPORT

For warranty information and technical support, please refer to the official 4iiii website or contact their customer service directly. Keep your proof of purchase for any warranty claims.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question