4iiii Android 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 *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.

SECTION 2.0
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**.

Tiiiip: 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!
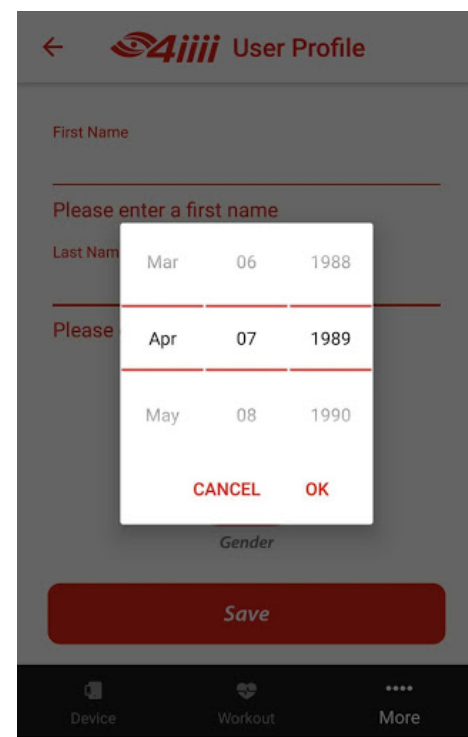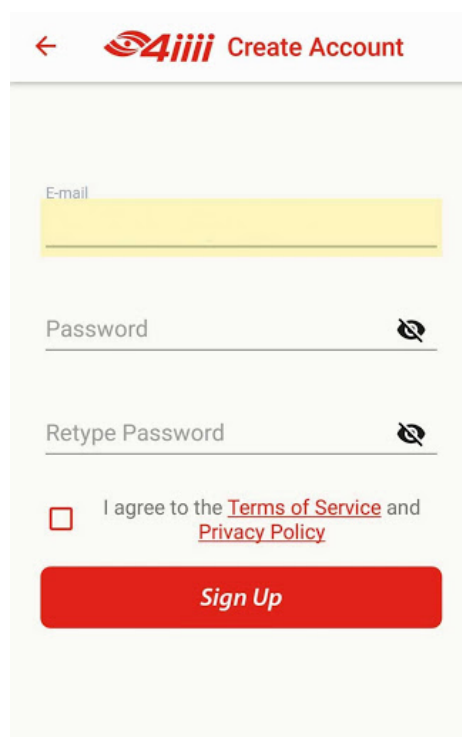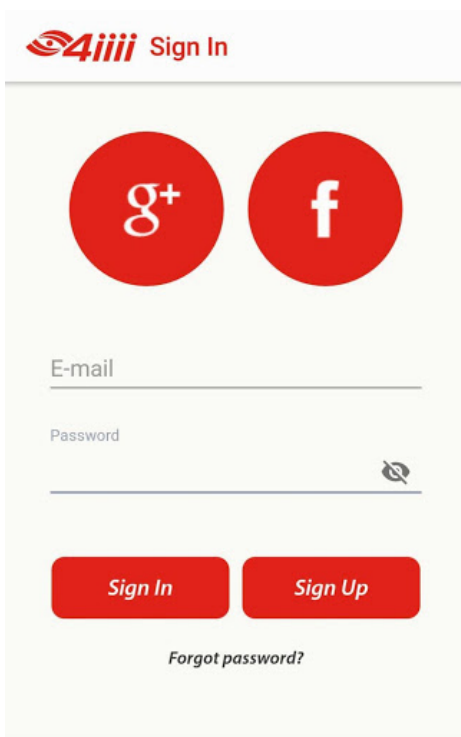
SECTION 3.0
POWERMETER FUNCTIONS

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

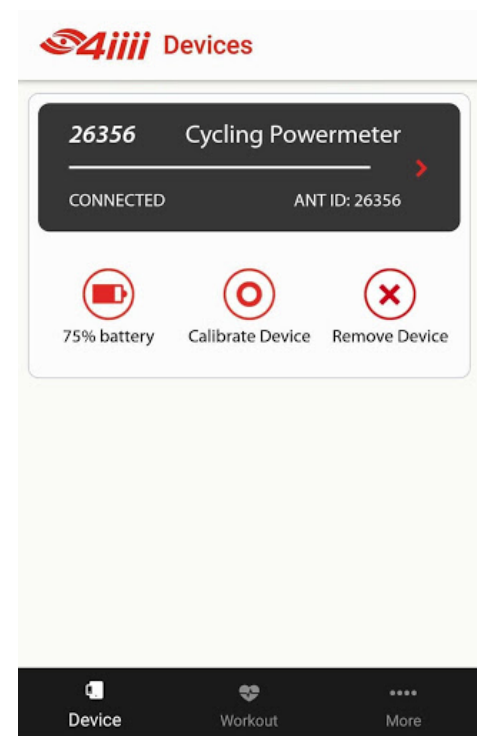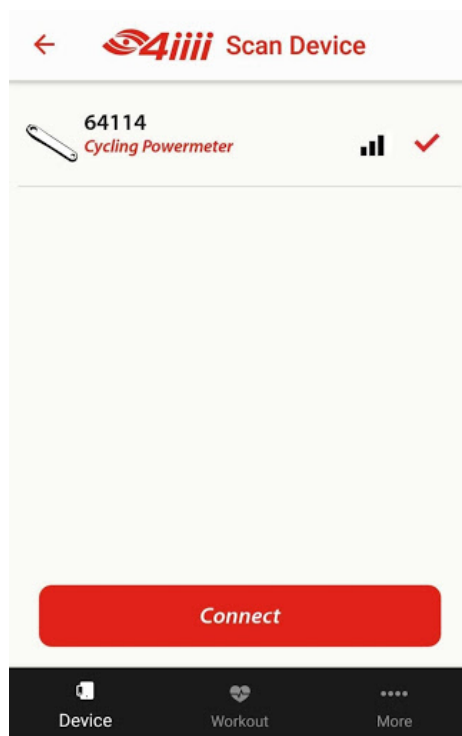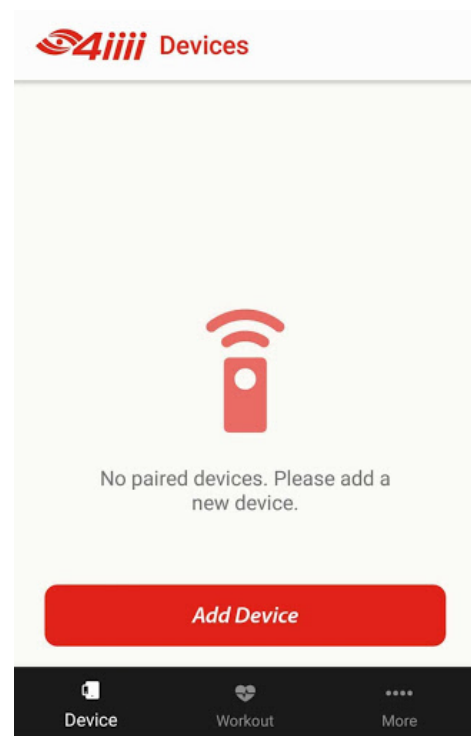**2.** Spin your PRECISION or *Podiiiium* Powermeter 3-4 times to wake it up.

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.**

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.

6. 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. A check mark indicates the devices selected.

5. Press **Connect**.

Tiiiip: A crank graphic beside the ANT+ ID indicates whether it is the Drive Side or Non-Drive Side Powermeter.
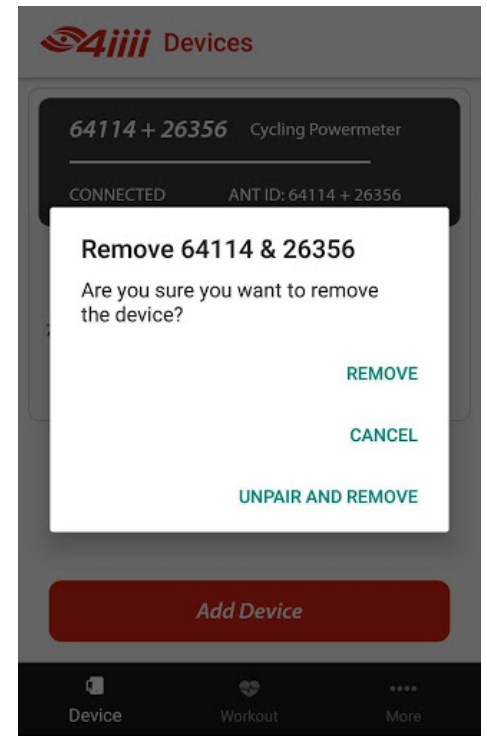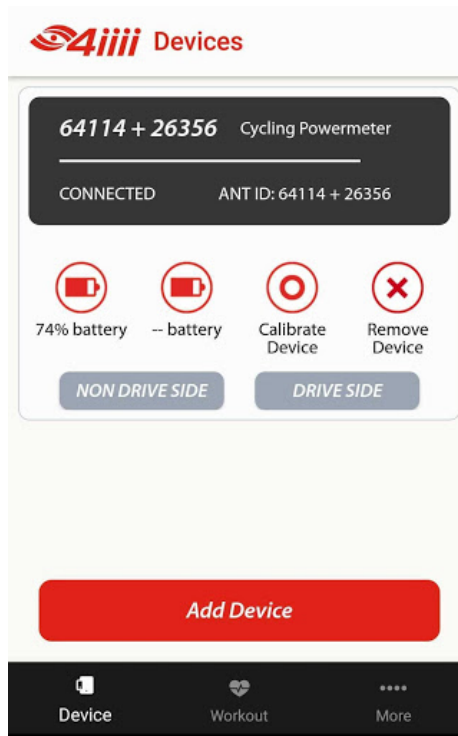
6. Your PRECISION PRO or *Podiiiium Pro* Powermeter will now be paired and connected and ready to use.
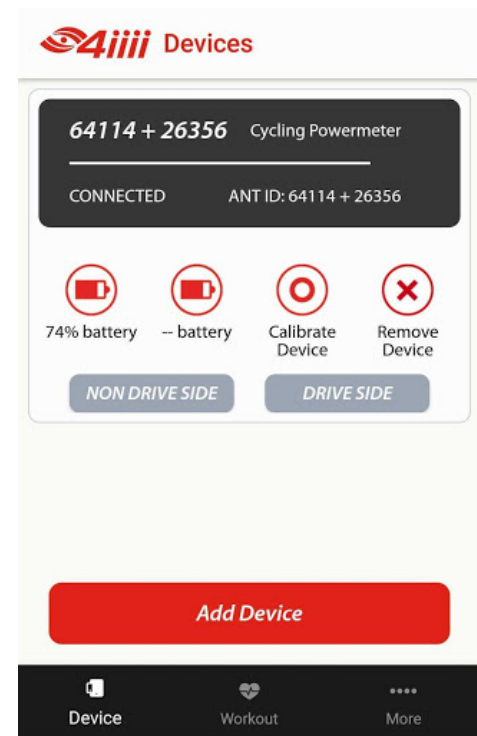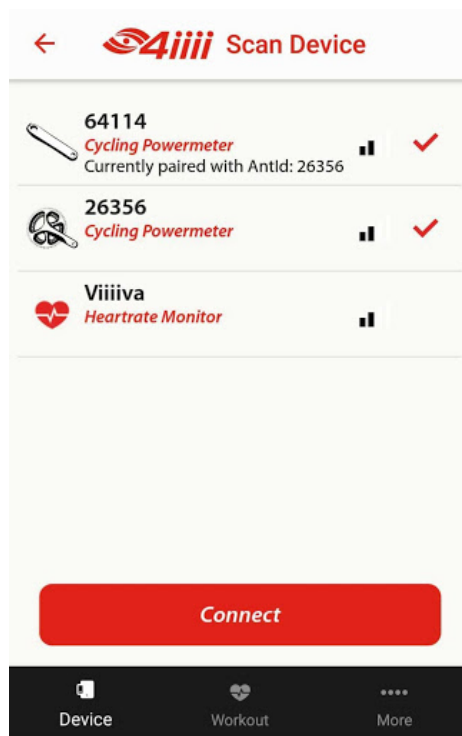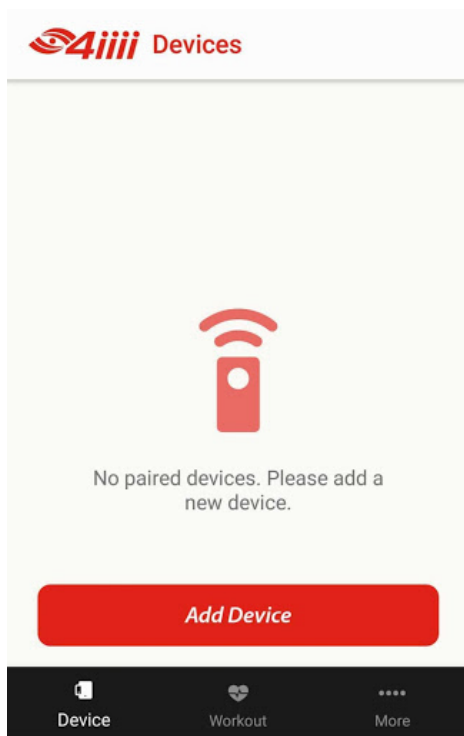
3.3

Unpairing a Dual Powermeter

1. Connect to your dual Powermeter.

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.

3.4

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.

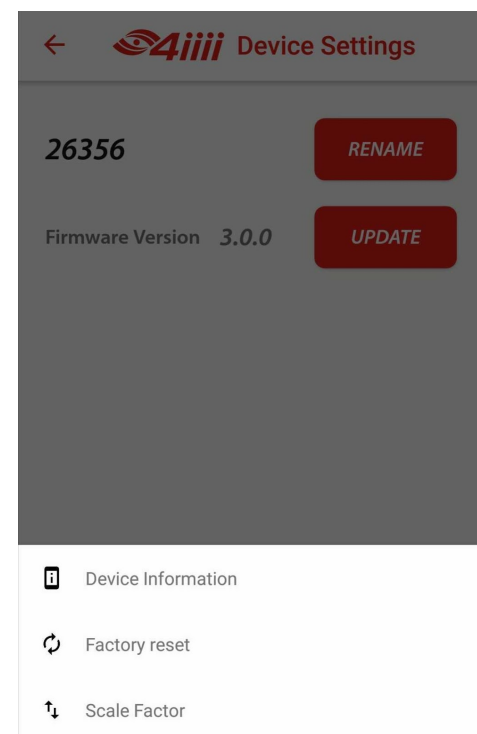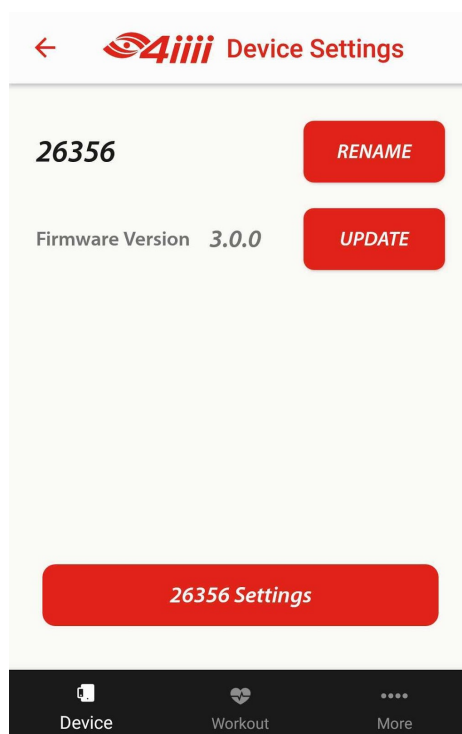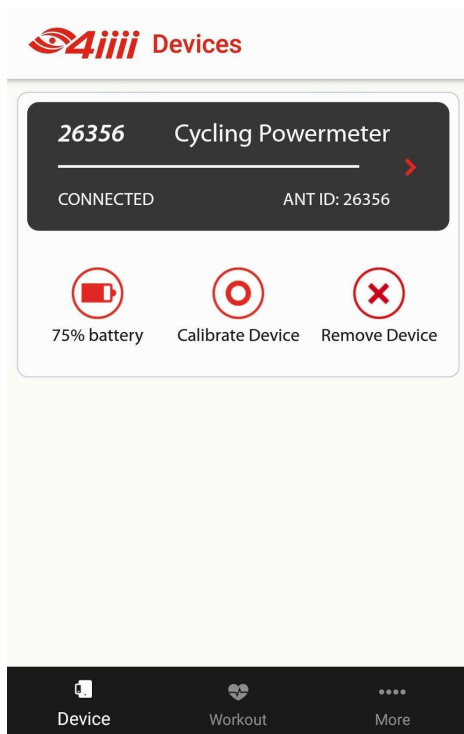**4.** Select **Continue**. Wait for a prompt that this was successful.
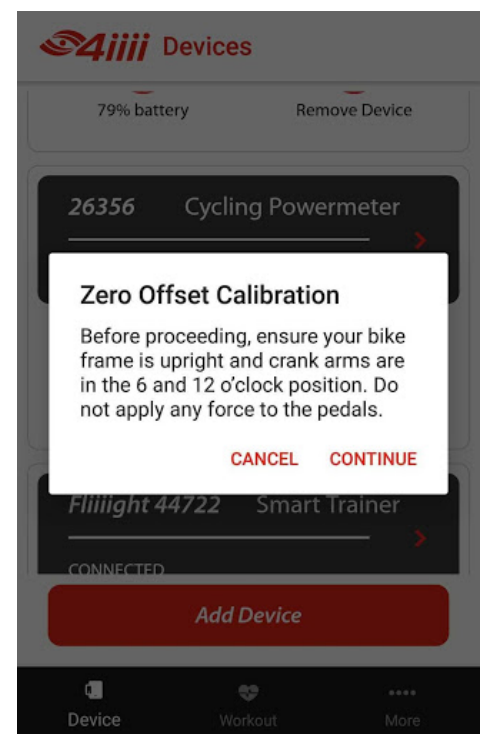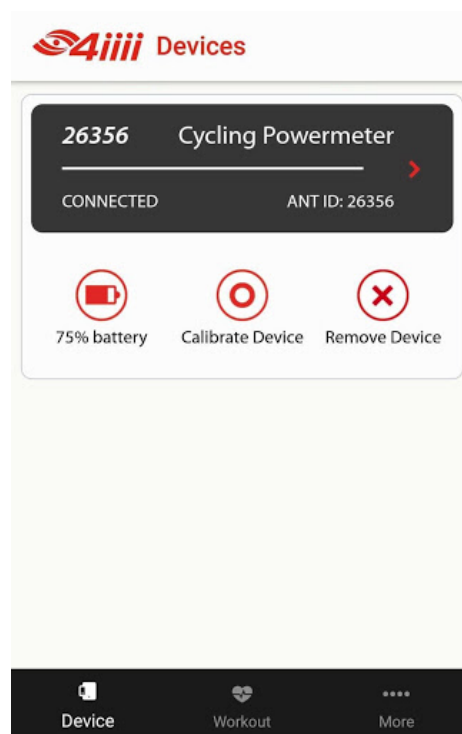
3.5

Accessing Device Settings

1. Connect to your Powermeter.

2. Starting from the **Devices** tab, navigate to **Device Settings**:

   a. Single-side Powermeters: Select **PRECISION** or *Podiiiium*.

   b. Dual Powermeters: Select **DRIVE SIDE** or **NON-DRIVE 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.

4iiii Devices

26356   Cycling Powermeter

CONNECTED   ANT ID: 26356

75% battery   Calibrate Device   Remove Device

Device   Workout   More

4iiii Device Settings

26356   RENAME

Firmware Version   3.0.0   UPDATE

26356 Settings

Device   Workout   More

4iiii Device Settings

26356   RENAME

Firmware Version   3.0.0   UPDATE

Device Information

Factory reset

Scale Factor

3.6

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 **Devices** tab.

2. Select **Remove Device.** You will be returned to the **Add Device page.**

3. You are now able to connect to another *4iiii* Powermeter.

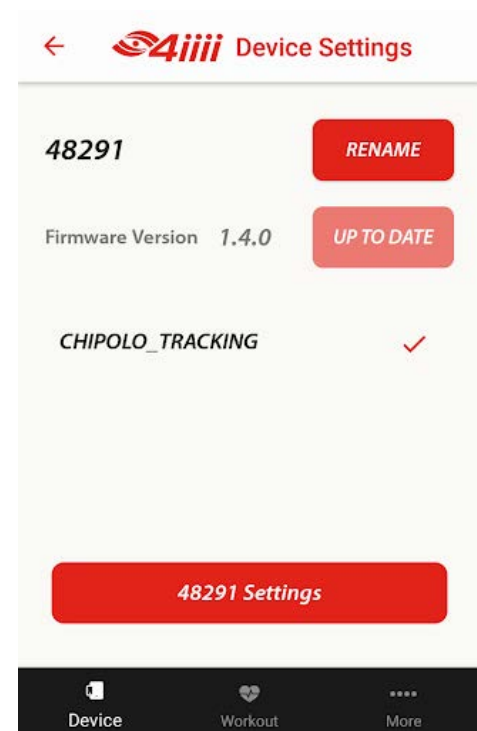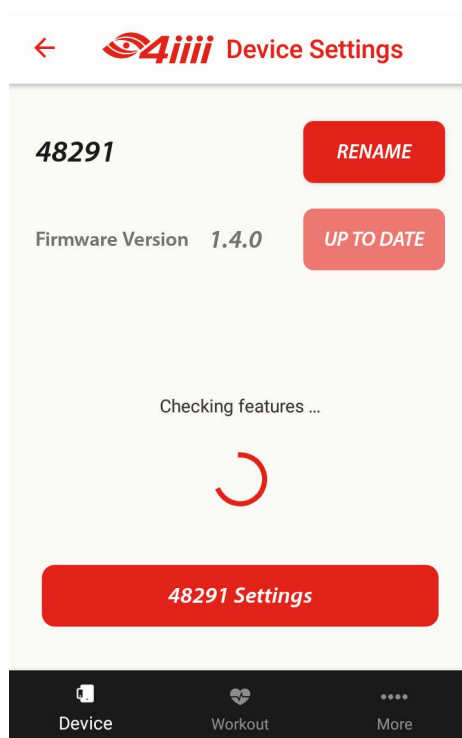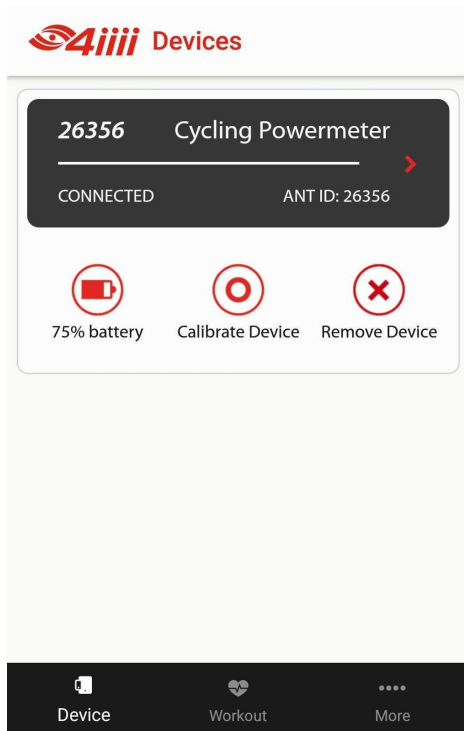# SECTION 4.0
CHIPOLO FINDER FEATURE

4.1

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.
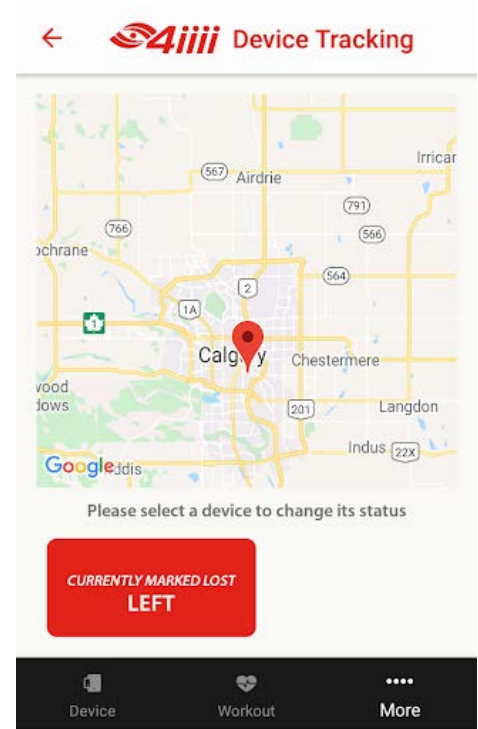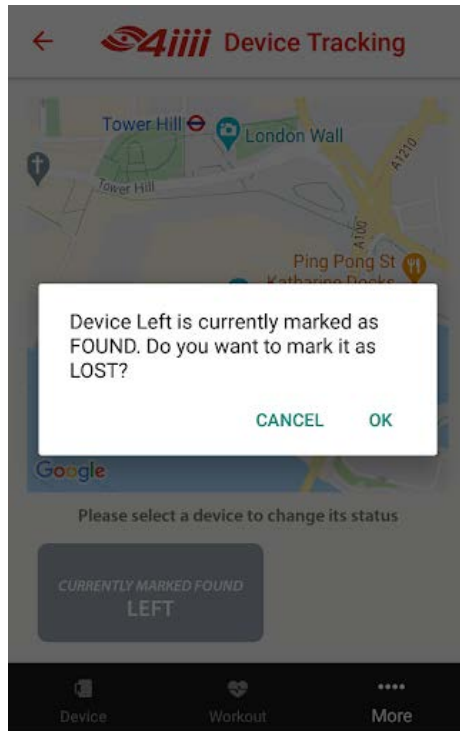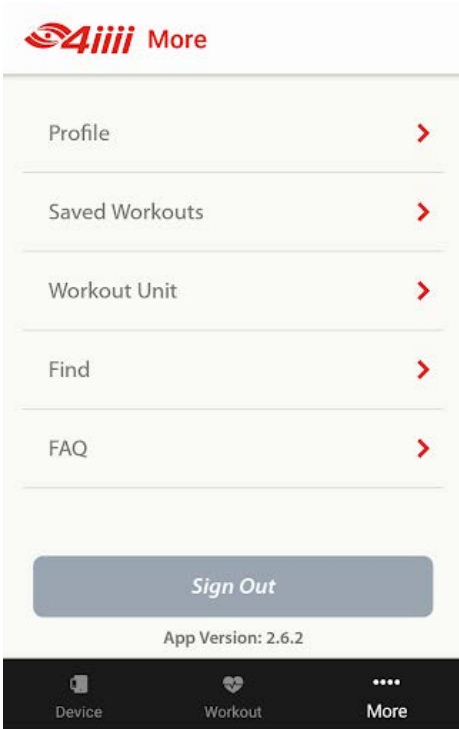
4.2

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**.

SECTION 5.0
Viiiiva FUNCTIONS

5.1

Connecting to Viiiiva

1. Open the *4iiii* app and log in. The app will take you directly to the **Devices** tab.
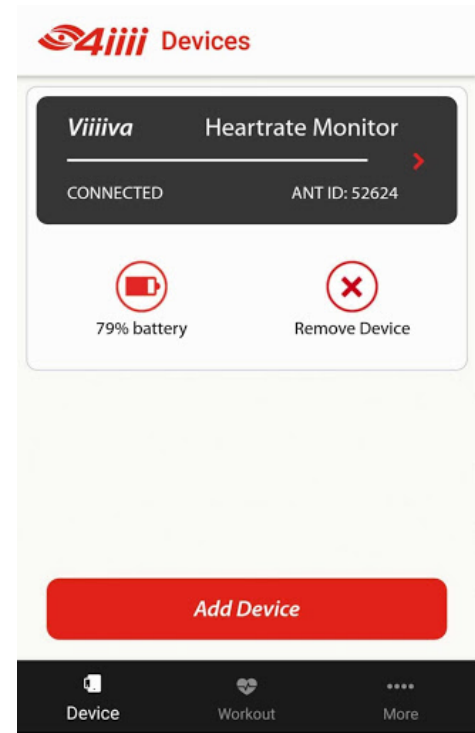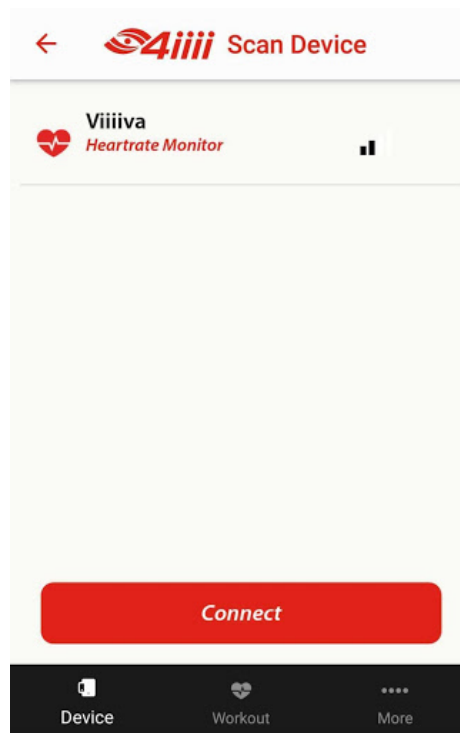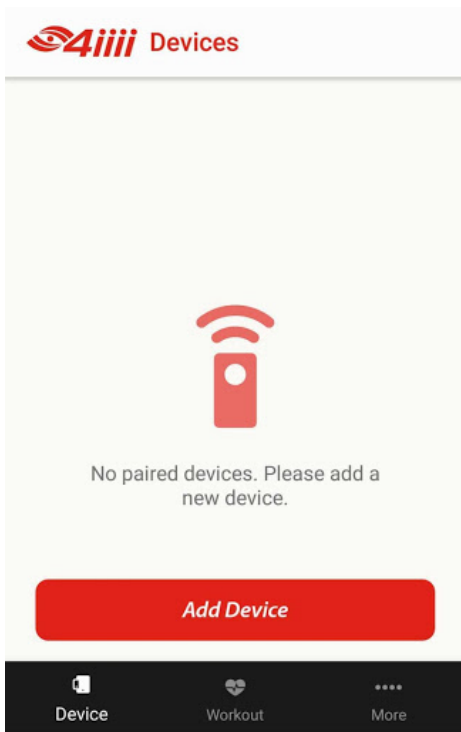
2. Wake up your *Viiiiva* by either rubbing on the two metal leads or by wetting the strap contacts and putting on the *Viiiiva*.

3. Select **Add Device**.

4. Select *Viiiiva* from the list of available devices. A check mark indicates the device is selected.

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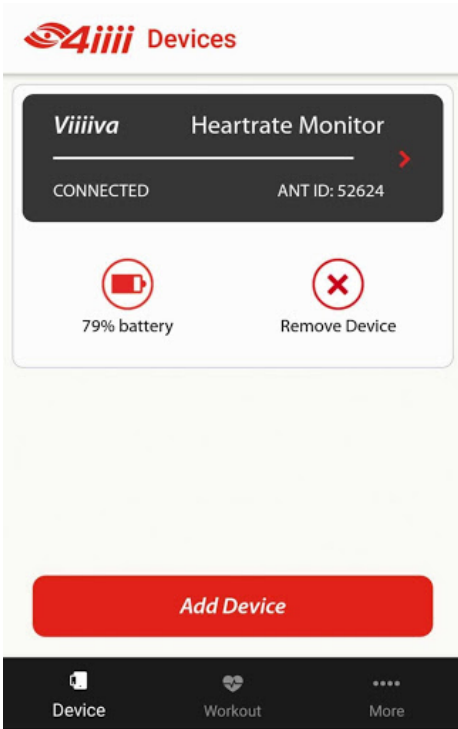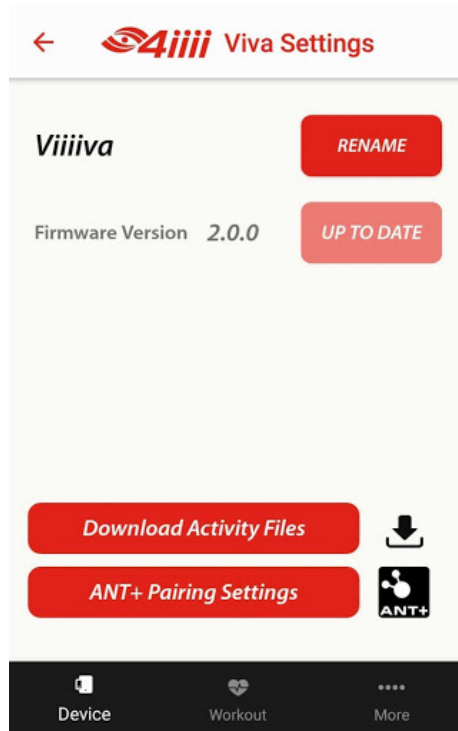
6. Your *Viiiiva* is now connected and ready to use!

5.2

Downloading Saved Workouts from Your Viiiiva

1. Connect to *Viiiiva*.

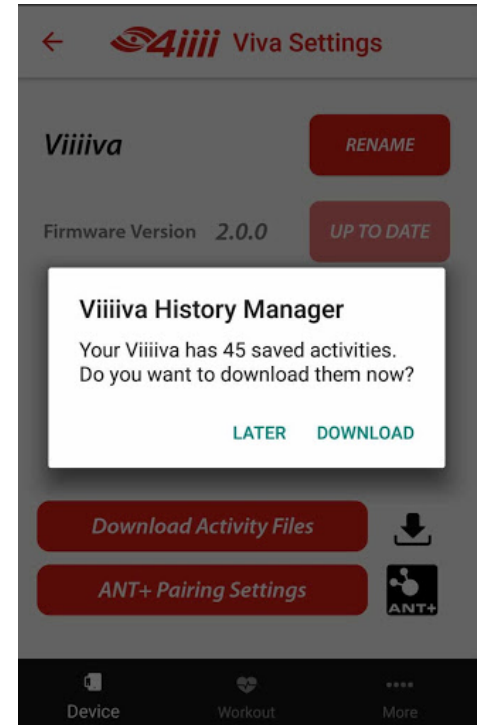**2.** Select *Viiiiva* to view **Device Settings**.

3. Select **Download Activity Files**.

4. A dialog box will pop up. Select **DOWNLOAD**.

5.3

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.
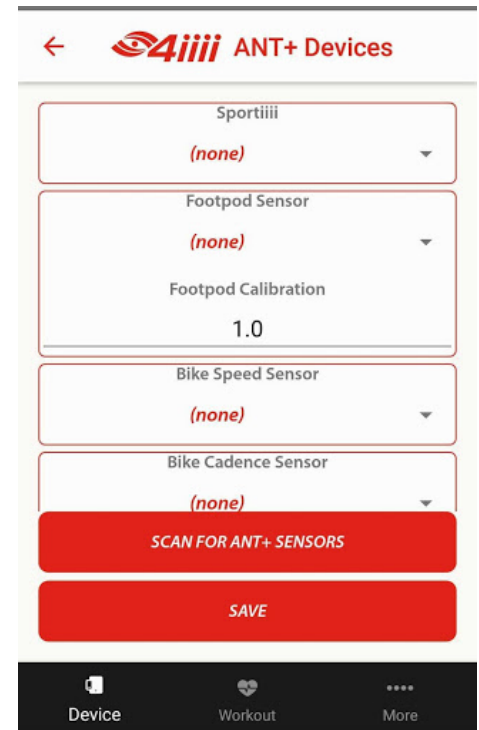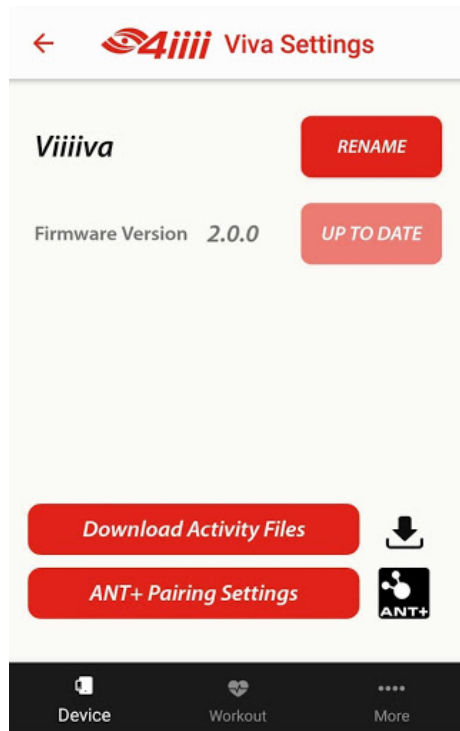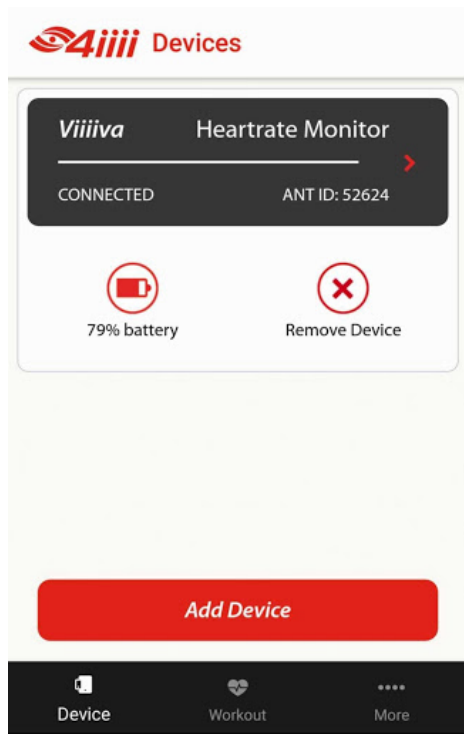
SECTION 6.0
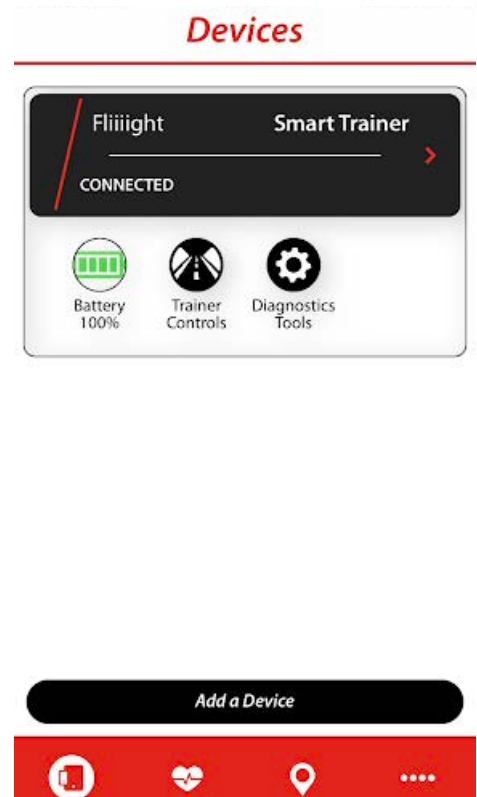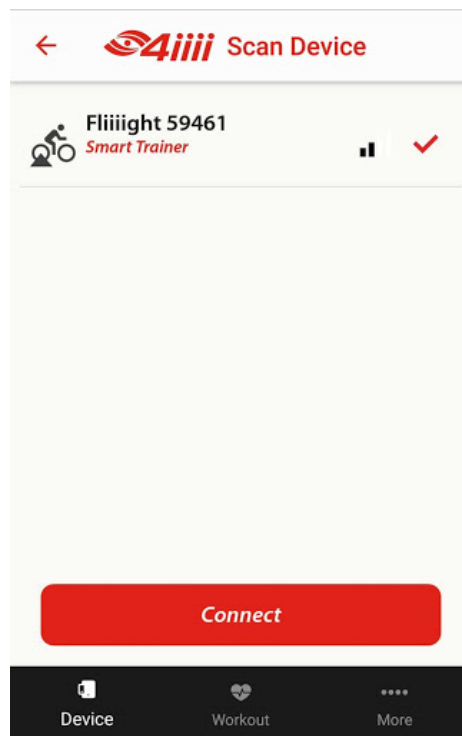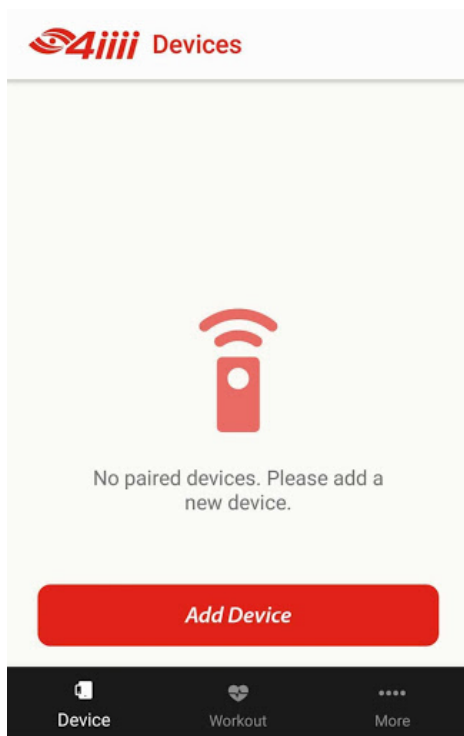## *Fliiiight SMART TRAINER* FUNCTIONS

6.1

Connecting to Fliiiight

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

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.
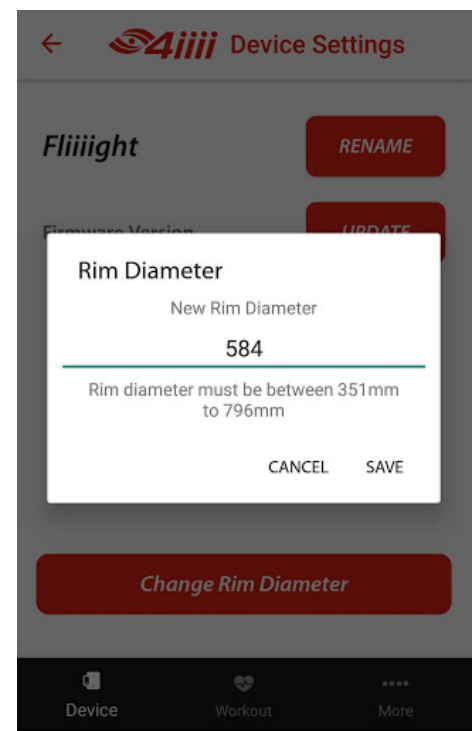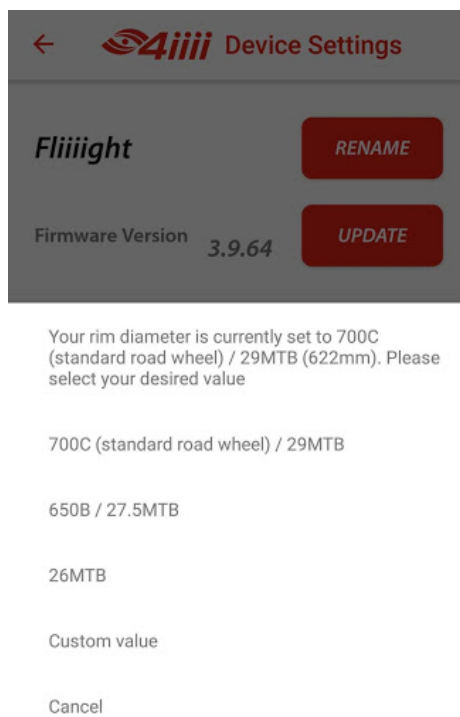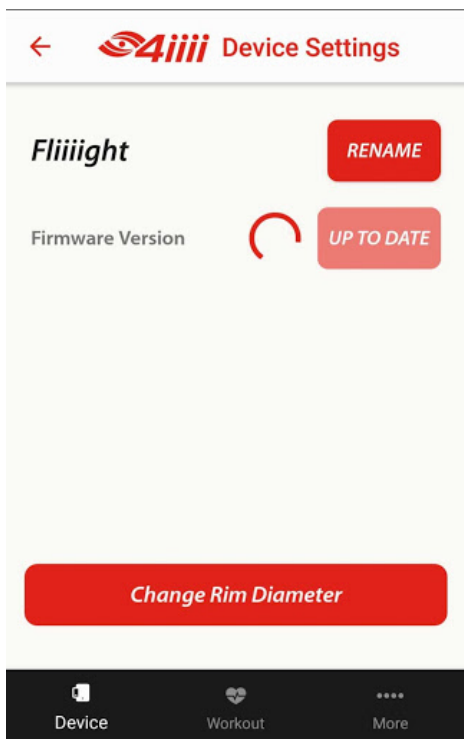
1. Turn on and connect to *Fliiiight.*

2. From the **Devices** tab, select *Fliiiight* to view **Device Settings.**

3. Select *Change Rim Diameter*.

4. Select your wheel from the drop down menu.

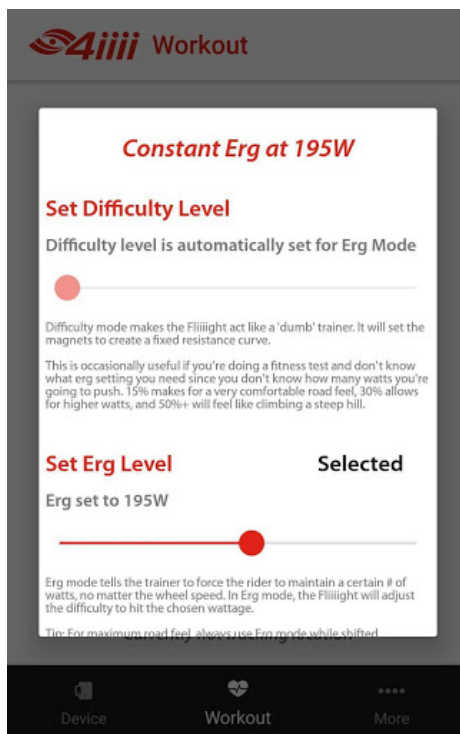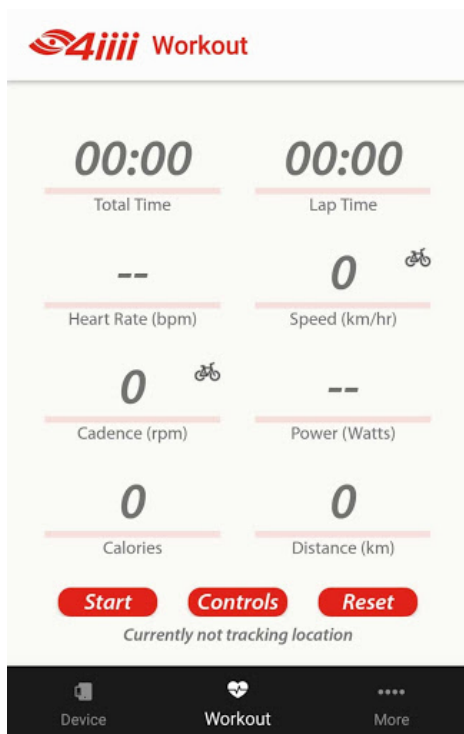**5.** Select **SAVE.**

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

6.3

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**.

SECTION 7.0
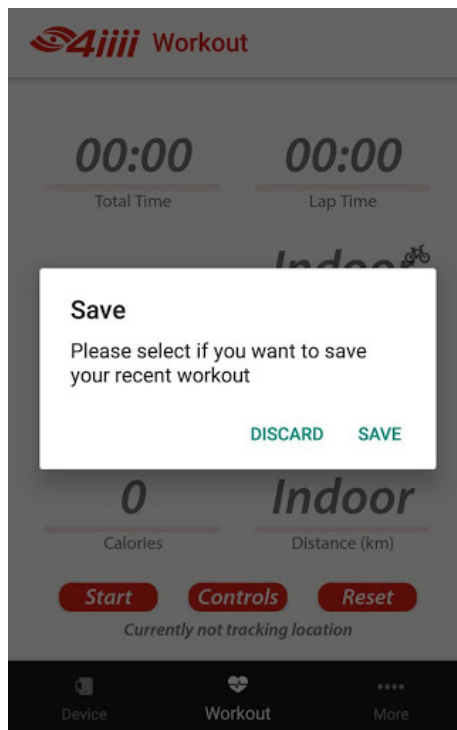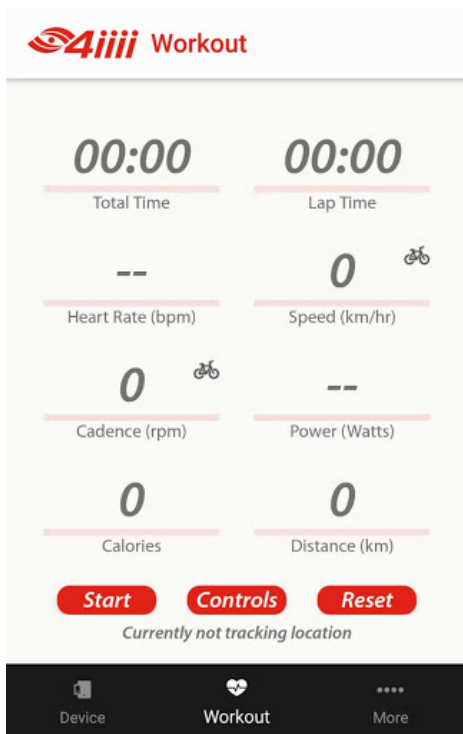# WORKOUTS

7.1

How to Record a Workout

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

2. Select the **Workout** tab from the menu at the bottom of the screen.

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

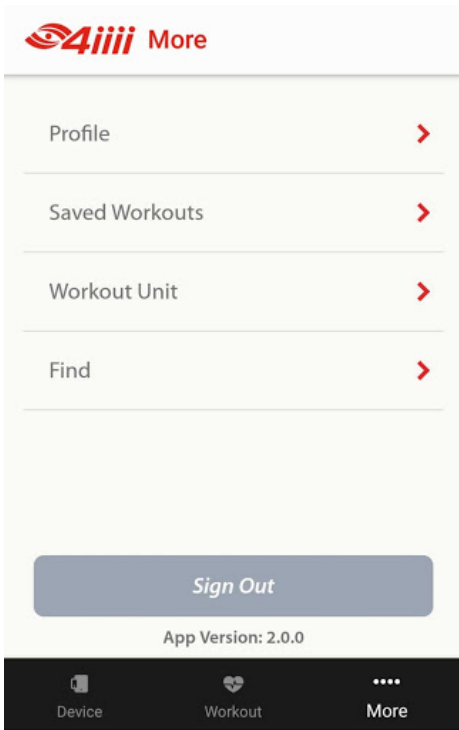**4.** Once you are finished your workout, select **Stop**, **Finish**, and **Save**.

5. Workouts will be saved as fit files, accessible under **Saved Workouts** in the **More** tab.
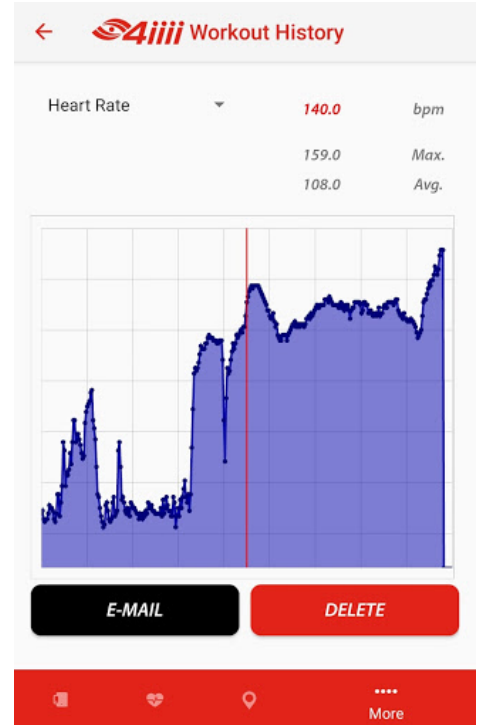
7.2

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.

SECTION 8.0
FIRMWARE UPDATES

1. If a new firmware update is available, you will be prompted when you connect to your *4iiii* Powermeter, *Viiiiva* or *Fliiiight.*
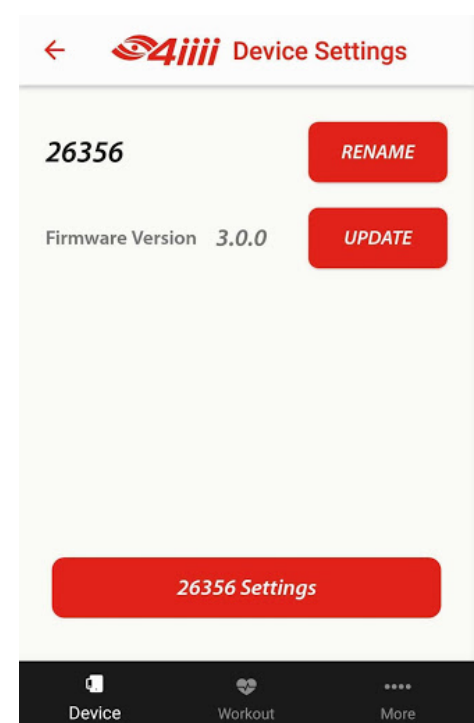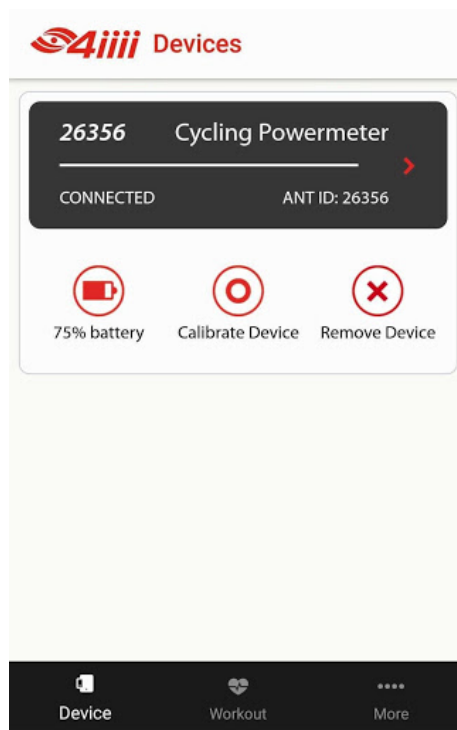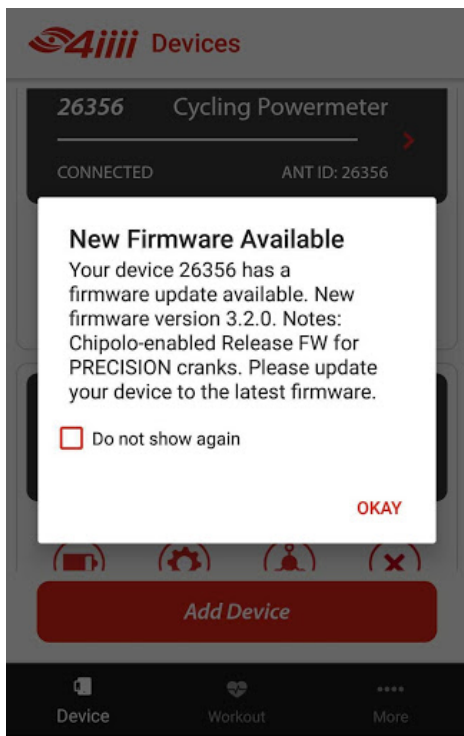
Tiiiip: We recommmend updating your firmware if prompted. We're always making improvements and adding new features!

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**.

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 view **Device Settings**.

Tiiiip: For a dual Powermeter, select **DRIVE SIDE** or **NON-DRIVE 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.

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

3. Select **Save**.
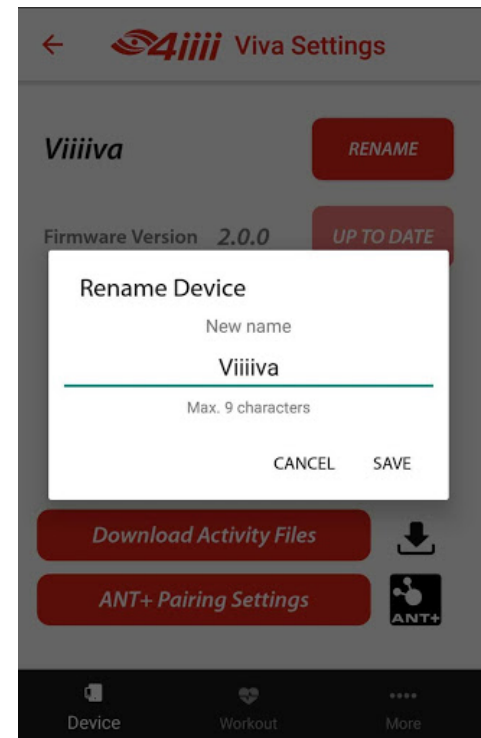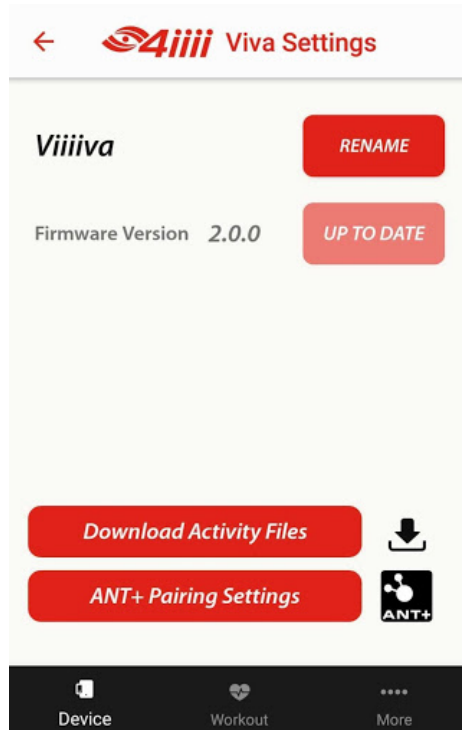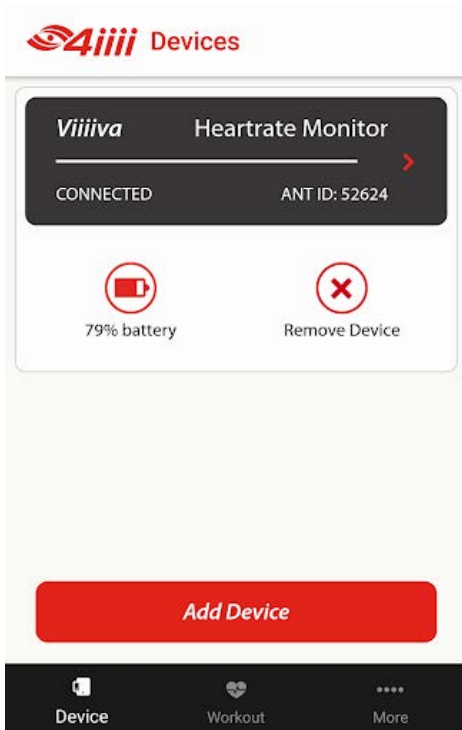
9.2

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**.