

This streamlined Quickstart Manual is designed to get you up and running with Sportiiiis as quickly as possible. For a more detailed explanation of Sportiiiis and the Sportiiiis Configuration Utility, please check out the full Sportiiiis User Manual, available at [www.4iiii.com/support](http://www.4iiii.com/support).

## Getting to Know Your Sportiiiis Unit

### **Speaker**

gives audio prompts either when triggered by TipTap or (optionally) when above or below zone for currently enabled sensor

### **Boom**

contains seven LEDs (Light-Emitting Diodes) that can be programmed by color and position to indicate where your performance is relative to the target zone for the currently enabled sensor

### **TipTap Sensor**

changes functions by simply tapping on the side of the unit

### **Micro-USB Port**

connect to computer to configure, charge, and sync your Sportiiiis unit

### **Multi-function Button**

capacitive-touch button (merely has to be touched, does not depress), powers Sportiiiis on and off and controls other functions



### **What you will need during set up:**

1. An ANT+ sensor: For instance, a Heart Rate strap (may be included in your kit) or Power Meter, Speed/Cadence, Footpod, etc.
2. The eyewear you will use when training
3. Nail clipper (or small wire cutter / scissors)
4. Computer (Windows or Mac OS) with available USB port
5. An internet connection

### **>>STEP BY STEP**

**1**

#### **Charge your Sportiiiis unit**

Plug your Sportiiiis unit into your computer via the USB cable included in your kit. (Sportiiiis takes about 75 minutes to charge when fully discharged)

While it's charging, you will see the LED's in the boom 'streaming'. Once fully charged, two LED's will glow a steady green.

## 2 Download and Install Software

Open a browser and go to: [www.4iiii.com/support.html](http://www.4iiii.com/support.html). Click on the “Downloads” tab and select the Application Installer for your operating system (Windows or Mac)

**Windows:** As the installer downloads it will ask if you want to “Run” or “Save” the file. Select “Run”. Follow the on screen prompts and when complete you’ll see a Sportiiiis icon on your desktop.

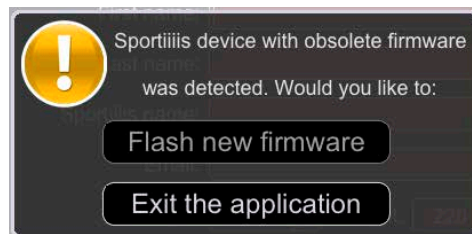
**Mac:** Depending on your version of Mac OS X, the installation may launch after download, or you may have to launch it manually from your downloads folder. Once launched, follow the on screen prompts to complete the installation. The Sportiiiis application will be in your Applications folder. (You can drag the Sportiiiis application icon to your dock for easy access)

## 3 Launch the Sportiiiis Configuration utility

**Windows:** click the icon on the desktop

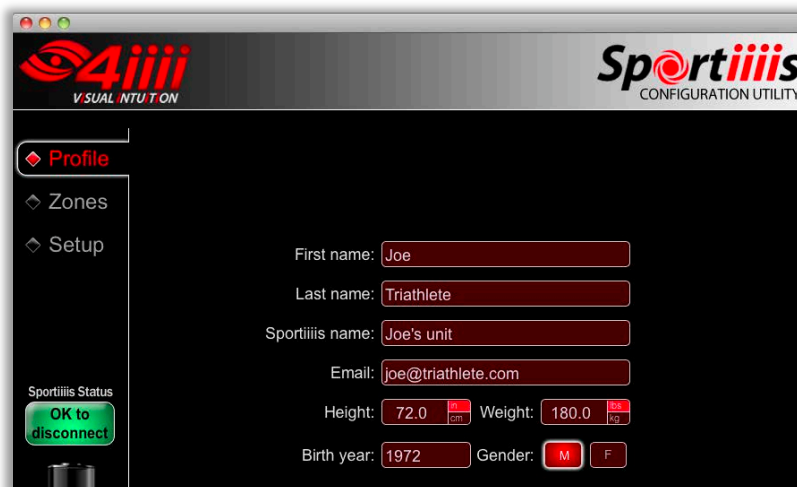
**Mac:** launch the program from the applications folder.

Note: If a newer version of firmware is available for your Sportiiiis unit the “update Firmware” dialog box will appear. Click “Flash new firmware” to continue (do not disconnect Sportiiiis until the update is complete)



## 4 Enter your Profile

Click on the profile tab and enter your information. (Your data is automatically saved as you type)



## 5 Set up your Zones

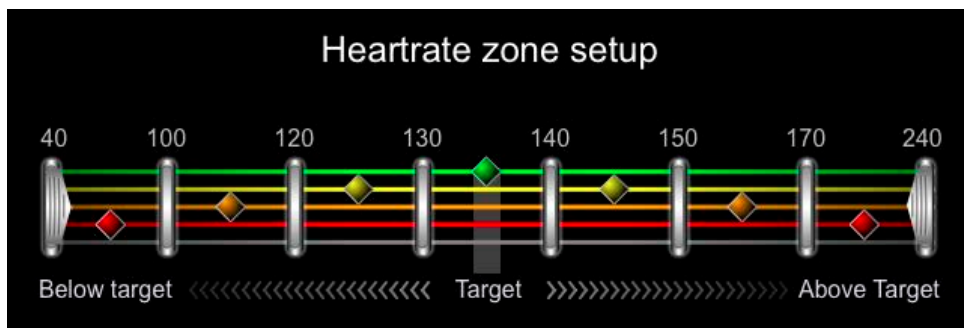
Click on the Zones tab. This is where you customize how the LEDs respond to the input from ANT+ sensors



### Example - Setting up a Zone workout:

In this example, we'll set up for a run with a target heart rate zone of 130-140 bpm.

- a. Click and drag the Slider to the left of the target zone (center LED) and set the value to 130. (the number above the slider will change as you move your mouse) Repeat with the slider to the right of the target zone, setting this to 140. (you'll notice if the value of the slider you are controlling "bumps" into the value of an adjacent slider, the adjacent slider's value will automatically be changed)



- b. Next, work your way out to the left and right of your target zone and create the zones that will help guide you to your target. We recommend the first adjacent zones be 10 bpm wide and the second, 20 bpm.
- c. Click the “include in auto announce” button if you would like the current sensor included in regular spoken updates (go to Setup > Audio to configure how often these announcements occur).
- d. When you are finished, click on the “Ready to Upload” button. This will upload and save the values to the Sportiiiis unit.
- e. Repeat this procedure for other sensors you’d like to configure by clicking on the icons at the bottom of the screen.

### 6

#### **Setup tab – Configuring Sportiiiis**

Many features of the Sportiiiis unit can be configured in the Setup section (Audio Volume, Auto announce interval, LED brightness, etc.). The default settings should be sufficient for most circumstances; however, we encourage you to modify these settings to personalize your experience. To learn more please see the Sportiiiis User Manual.

When making any changes, remember to click on the “Ready to Upload” button in the SideBar to upload the changes to Sportiiiis.

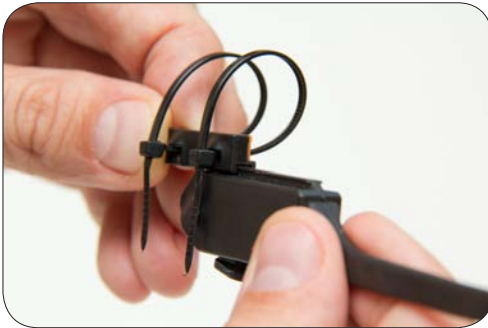
(continued on next page)

**7 Mounting Sportiiiis on your glasses**

1. Insert tie wraps into mounting bracket loosely, as shown below:



2. Slide the Sportiiiis unit into the mounting bracket.



3. Align the Sportiiiis unit on your glasses as you'd like it to be mounted. At this point, choose whether you'd like the boom on the inside or the outside of the lens.



**Boom Outside Lens**

**Boom Inside Lens**

4. Carefully tighten the tie wraps to fix the mounting bracket in place.



5. Slide the Sportiiiis unit off of the mounting bracket and cinch down the tie wraps tightly.



6. Cut the excess tails from the tie wraps.



7. Slide your Sportiiiis unit back onto the mount, bend the boom into its final position.



## 8 Using Sportiiiis

### Multi-Function Button:

The multi-function button is used to turn Sportiiiis on and off, as well as control a variety of other functions. It is activated by touching and holding your finger on the button until you activated the desired function, based on the number of beeps given by the unit.

#### *Multi-Function Button Actions*

Touch & hold button	SPORTIIIIS POWERED ON	SPORTIIIIS POWERED OFF
2 Beeps	turns Sportiiiis unit off	turns Sportiiiis unit on
3 Beeps	switch run/bike mode	pair new sensors
second set of 3 Beeps	adjust volume	clear all paired sensors & pair new

### Pairing Sensors:

If you purchased the heart rate strap with your Sportiiiis unit they are already paired and ready to go. If you would like to pair with another heart rate strap, put the strap on to activate it, then tap and hold the multi-function button until you hear the second set of three beeps. This will delete the 4iiii's heart rate sensor and pair with your strap. You will hear an audible confirmation if the heart rate strap was found.

To pair with additional sensors simply activate the sensors then tap and hold the multifunction button until you hear three beeps. You will hear an audible confirmation for the sensors that have been found and paired with Sportiiiis.

### TipTap function:

Two important features of Sportiiiis are controlled by simply tapping on the side of the unit.

#### *TipTap Actions*

1 Tap	Audio feedback of currently displayed sensor
2 Taps	Switch to next paired sensor

For best results, hold the unit with your middle finger and tap sharply with your index finger.

