# Welcome to Sport-iiiis!

Thank you for purchasing Sport-iiiis. Sport-iiiis is a heads-up display – it gives you the data you need to stay in your target range (zone) in any of several measures (including heart rate, cadence, power, and pace/speed) while running or cycling, without you having to look down at a watch, cyclocomputer, etc. It can pair with, and receive this data from, any ANT+-enabled heart rate strap, foot pod, power, or speed/cadence sensor.

When properly mounted to your glasses, the boom of the Sport-iiiis unit will be in your peripheral vision, so that its LEDs can tell you whether you are below, above, or in your zone by their color (green, yellow, orange, or red) and position.

Through the downloadable Sport-iiiis software interface for your Windows or Mac OS computer, you can set up the Sport-iiiis unit and configure the zones for your individual needs.

What's in the Box?

Sport-iiiis Unit

(2) Mounting Brackets

Tie Wraps

USB Charge/Sync Cable
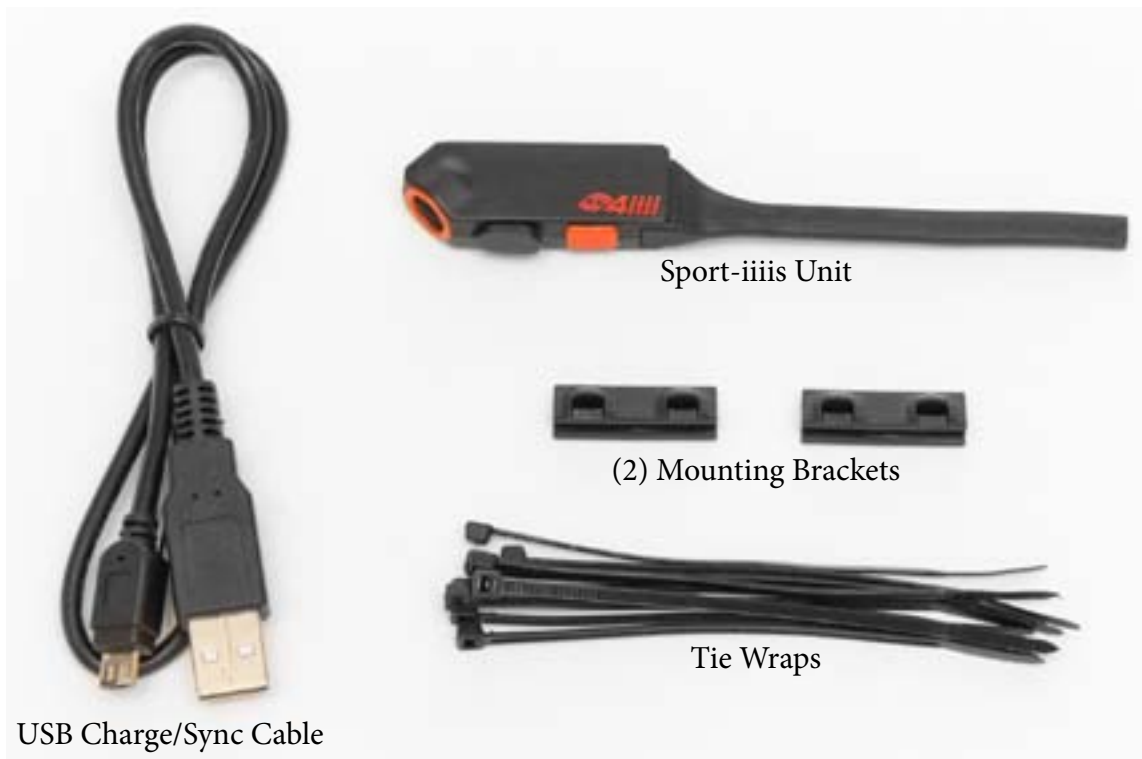
Getting to Know Your Sport-iiiis Unit

Speaker
gives audio prompts either when triggered by Tip-Tap or (optionally) when above or below zone for currently enabled sensor

Micro-USB Port
connect to computer to configure, charge, and sync your Sport-iiiis unit

Power Button
capacitive-touch button (merely has to be touched, cannot be depressed), powers Sport-iiiis on and off and controls other functions

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 your currently-enabled sensor

Functions of the Power Button

ACTION	SPORT-IIIIS POWERED ON	SPORT-IIIIS POWERED OFF
press Power Button (unit beeps once)	start/stop session	show remaining battery power
hold Power Button until unit beeps twice	turns Sport-iiiis unit off	turns Sport-iiiis unit on
hold Power Button until unit beeps three times	switch bike/run mode	pair sensors
hold Power Button until unit beeps four times	--------------	clear all paired sensors & pair

TipTap

Your Sport-iiiis unit contains an accelerometer, which allows it to respond to single and double "taps," as seen below:
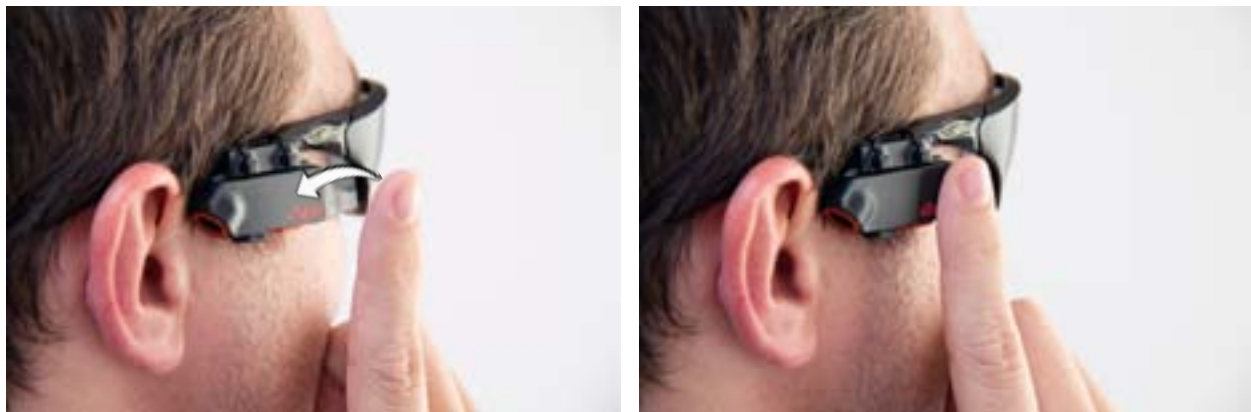
While it is powered on, a single tap will cause your Sport-iiiis unit to ennuciate the measurement from the active sensor, and a double tap (two taps in rapid succession) will switch between currently paired sensors.

Download and Set Up the Sport-iiiis Software

Both Windows and Mac OS versions of the Sport-iiiis Application are available for download at:
http://www.4iiii.com/support.html

Windows Software Installation:

1. Download the Sport-iiiis Application Installer from http://www.4iiii.com/support.html

2. Double-click on "installSport-iiiis.exe" to activate the Installer.

3. Click on "Close" in the Installer's dialog box once installation is complete.

4. Double-click on the "Sport-iiiis" shortcut on your desktop to open the Sport-iiiis Application.

Mac OS Software Installation:

1. Download the Sport-iiiis Application from http://www.4iiii.com/support.html

2. Drag Sport-iiiis Application to your "Applications" folder.

3. In your "Applications" folder, find the "Sport-iiiis" icon and double-click on it to open the Sport-iiiis application

Create Your Profile

Enter your name, email, height, weight, birth year, gender, unit of measurement (English or Metric), and desired run display (pace or speed) to set up the initial configuration.

You may always update this later by clicking on the "Profile" tab and making any desired changes.

Set Your Target Zones

In addition to the optional ANT+ heart rate strap, your Sport-iiiis unit is compatible with any ANT+-enabled bike (power, speed & cadence) and run (foot pod) sensors.

You can choose target zones for the data provided by each of these sensors by clicking on the "Zones" tab in the left column of the Sport-iiiis software interface and then choosing the appropriate activity type ("Run" or "Bike") in the upper right of the interface window. Then, on the bottom of the interface window, choose the sensor for which you would like to adjust the zone setup (Heartrate, Pace, and Cadence for Run, or Heartrate, Speed, Cadence, and Power for Bike).

The diamond in each zone indicates the LED color for that zone, and it can be moved up and down to adjust the LED color for that zone.

To adjust the boundaries for each zone, simply click on the boundary you would like to adjust and drag your mouse in the appropriate direction to increase or decrease it as desired.

In this menu, you may also choose whether your Sport-iiiis unit will beep when you move between zones (by clicking on "Enable zone change beeps") and whether your Sport-iiiis unit will give you voice prompts (by clicking on "Enable voice prompts").

As soon as you have made any changes to your zone settings in the Sport-iiiis Application, the Upload Status Button in the left column of the interface will turn yellow and say "Ready to upload." Your Sport-iiiis unit will not be updated with the new settings until you click on the Upload Status Button to begin the upload to the unit. Once the upload is complete, the Upload Status Button will turn green and say "OK to disconnect."

Save and Load Your Target Zone Profiles

Once you have customized a Zone Profile for a sensor, you may save that profile by clicking on the "Save" button to the right of the Profile Name. When you do this, a dialog box will open up prompting you to name this new Zone Profile. Once you have entered the name, click on the "Save" button. The dialog box will disappear and the Profile Name will change to that which you just saved.

You may also load Zone Profiles that you have previously created and saved by clicking on the "Load" button to the left of the Profile Name. When you do this, a dialog box will open that will allow you to choose from all of your saved Zone Profiles for that sensor. Simply choose the profile that you would like to load and click on the "Load" button to load that Zone Profile. You will then have to upload that profile to your Sport-iiiis unit by clicking on the Upload Status Button.

Set the Preferences for Your Sport-iiiis Unit

To set the preferences up for your Sport-iiiis unit, simply click on the "Setup" tab in the left column of the Sport-iiiis Application interface and choose the parameter (LEDs, Audio, Sensors, TipTap) that you would like to change on the upper right.

LEDs

Use the Configuration buttons to set the Sport-iiiis unit up for the eye that you will be using it on ("Left eye" or "Right eye").

Use the sliders to adjust the maximum brightness ("Max brightness"), the sensitivity of the unit to ambient light ("Ambient light adjust"), the time the LED will continue to blink when you remain in the same zone ("Time to autofade"), and the blink rate of the center zone ("Center-Zone blink rate").

TipTap

Use the slider to adjust the sensitivity of your Sport-iiiis unit to TipTap input.

Audio

You may enable the Sport-iiiis audio functions by clicking on the "Audio enabled" button.

Use the slider to adjust the volume level of your Sport-iiiis unit.

Sensors

Enter your wheel circumference in millimeters so that, when using a paired ANT+-enabled speed/cadence sensor, your Sport-iiiis unit can give you accurate speed data on your bike

As soon as you have made any changes to your Setup in the Sport-iiiis Application, the Upload Status Button in the left column of the interface will turn yellow and say "Ready to upload." Your Sport-iiiis unit will not be updated with the new settings until you click on the Upload Status Button to begin the upload to the unit. Once the upload is complete, the Upload Status Button will turn green and say "OK to disconnect."

Firmware Updates

When it is running, the Sport-iiiis Application will automatically check for amd download firmware updates for your Sport-iiiis unit (this feature requires your computer to be connected to the Internet).

Whenever it has downloaded any updates, the Update Status Button in the left column of the interface will turn yellow and say "Ready to upload." When this occurs, simply click on the Update Status Button to upload the new firmware to your Sport-iiiis unit. Once the upload is complete, the Upload Status Button will turn green and say "OK to disconnect"

Charging Sport-iiiis

To charge your Sport-iiiis unit, uncover the micro-USB port on the bottom of the unit and plug in the included USB 2.0 Charge/Sync Cable. Plug the other end of the cable into one of your computer's USB ports a USB power adapter.

When your Sport-iiiis unit is connected to your computer and you are running the Sport-iiiis Software Application, the battery icon on the bottom left of the interface will indicate the charge status and percentage of battery power currently available in your Sport-iiiis unit.

Mounting Sport-iiiis on Your Glasses

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

2. Slide the Sport-iiiis unit into the mounting bracket.

3. Align the Sport-iiiis unit on the 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 (extra tie wraps are included so that you can change your mind later).

Boom Inside Lens

Boom Outside Lens

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

5. Slide the Sport-iiiis unit off of the mounting bracket and cinch down the tie wraps as much as possible.

6. Cut as much of the excess tails from the tie wraps.

7. Slide your Sport-iiiis unit back onto the mount, bend the boom into its final position, and go out and enjoy your Sport-iiiis unit!

Technical Support

Technical Support is available from 4iiii by both phone and email from 9am-5pm Mountain time.

Phone: 1.800.218.3095 or 1.403.800.3095

Email: support@4iiii.com