

PRECISION 3+ POWERMETER



Works with
Apple Find My

VERSION 2
AUGUST 2023

USER MANUAL

4iiii

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1. INTRO

1.1 Your PRECISION 3+ POWERMETER

Congratulations on your 4iiii PRECISION 3+ Powermeter purchase complete with Apple Find My capabilities!



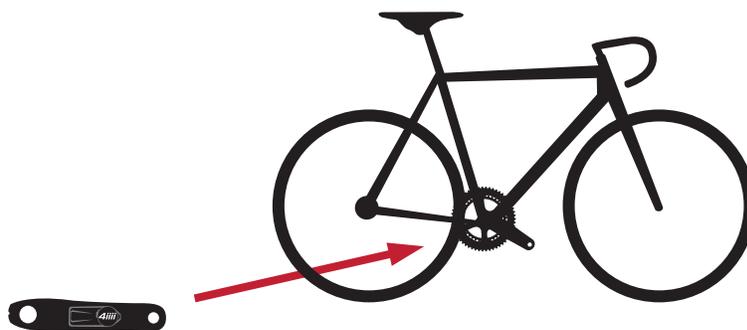
**Preinstalled
CR2032 Battery**

1.2 Installation

Install your crank with Precision 3+ Powermeter following the crank manufacturer's instructions.

The steps to install the crankset vary between models. Follow the manufacturer's instructions, or consult your local bike mechanic for assistance.

Installation instructions for your new Shimano crankset are included with the Ride Ready option.



1. INTRO

1.3 Get ready to ride (Quick Start)

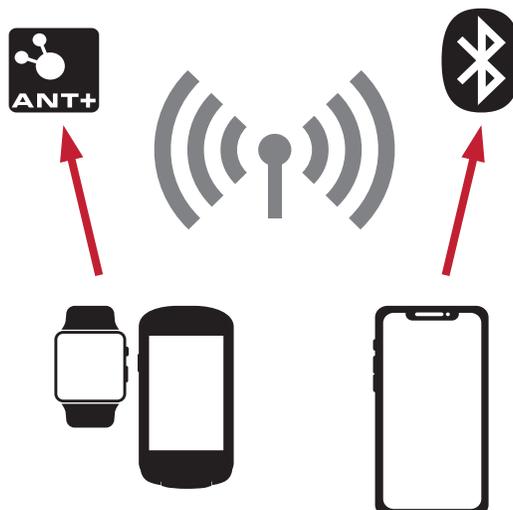
1. Wake up PRECISION 3+ by rotating the crank 3-4 times.



2. Pair with the 4iii app for updates.



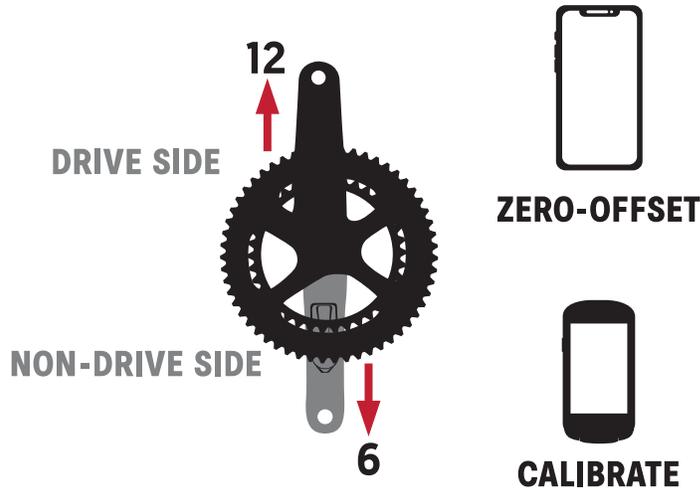
3. Pair your power meter with a compatible display unit using **ANT+ or Bluetooth**. Refer to Section 2.3 for full instructions.



4. Perform a zero offset (some units refer to this as calibration).

Refer to Section 3 for full instructions.

- Unclip and dismount. Hold the bike upright and stationary, and position the crank arms at 12 and 6 o'clock, with the non-drive side crank arm down.
- Select "Zero" or "Calibrate" on your display unit.



5. Connect to the Apple Find My app (Android users skip this step)

Refer to Section 5 for full instructions.

- Remove and reinstalling the battery on your PRECISION 3+ Powermeter **three times (x3)** to trigger Apple Find My pairing mode.
- From the Apple Find My app, add your PRECISION 3+ Powermeter.



2. PAIRING

Download the 4iiii app for iOS or Android to configure your power meter, update firmware and access advanced features.

Search for "4iiii" on the Apple App Store or Google Play Store.

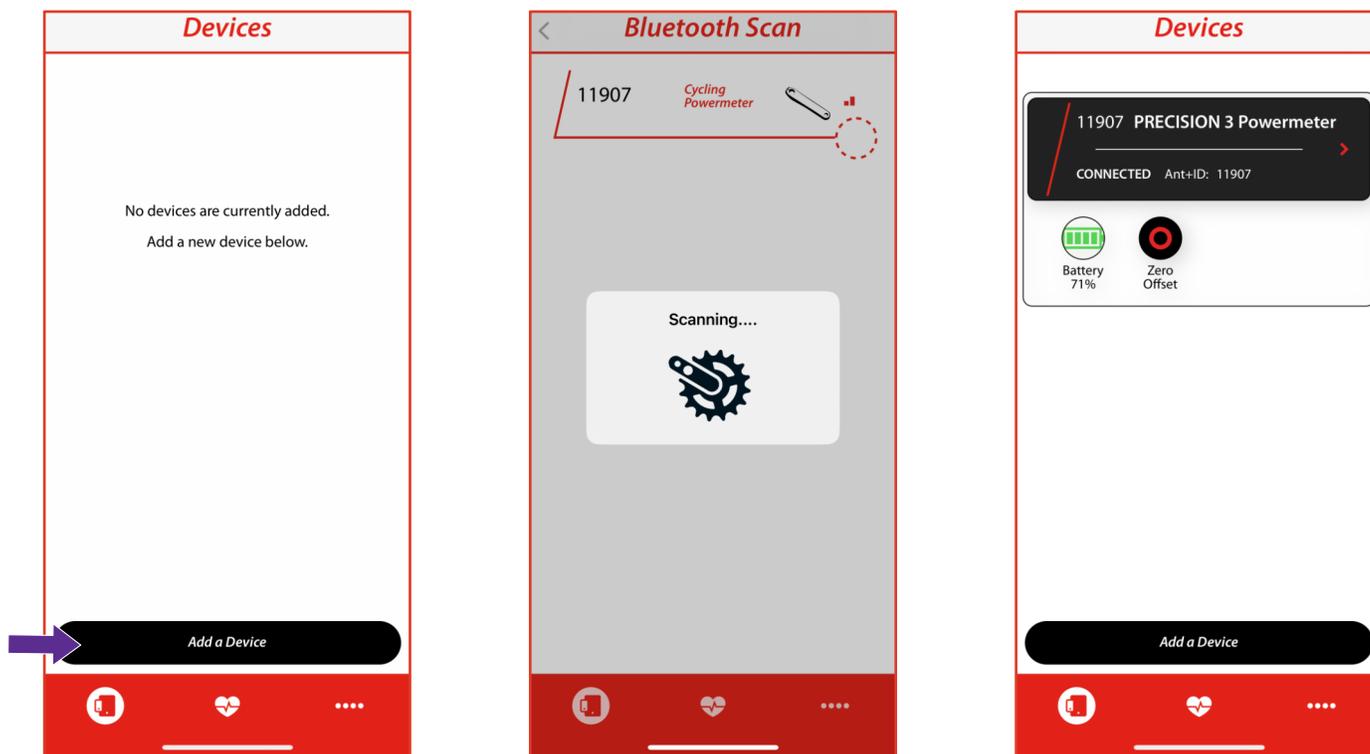
Find the complete **4iiii App User Guide** at 4iiii.com/docs



2.1 Pair with the 4iiii app

1. Open the 4iiii app and log in. If this is your first time using the app, you will need to create an account. Once you have logged in the app will take you directly to the Devices tab.
2. Spin the crank 3-4 times to wake up your power meters.
3. Select **Add a Device**.
4. Select your power meter from the list of available devices. A check mark indicates the device is selected.
5. Press **Connect**.

Tip: You can identify your power meter using the ANT+™ ID numbers etched onto the side of the pod.



2.2 Compatible display units

To view and record power and cadence data from your power meter, pair it with a compatible head unit or smart watch. Compatible devices pair with your power meter using one of the following protocols:

- Bluetooth
- ANT+

Consult the head unit or watch manufacturer for compatibility and pairing instructions.

2.3 Pair with a display unit over ANT+

Pairing steps vary between display units. Consult your display unit's user manual for specific instructions.

The following are generic instructions for ANT+ enabled display units:

1. Turn on your display unit.
2. Spin the crank 3-4 times to wake up your power meter.
3. Navigate to the "sensors" menu on your display unit.
4. Add a new sensor.
5. Select only your power meter ANT+ ID from the list of available devices and connect.

Tip: Your power meter's ANT+ ID is etched on the side of pod.

Once paired, most display units will remember your power meter and automatically connect when both devices are on.

POWER METER METRICS

Additional power metrics can be added to your display unit's workout screen. Consult the display unit's user manual for instructions. Fields that are available on many display units include:

- Power (1 sec. 3 sec. 10 sec.)
- Normalized Power
- Intensity Factor
- TSS (training stress scores)
- Power Balance (dual power meters only)
- Cadence

3. ZERO OFFSET

3.1 Zero Offset using your display unit.

Zero offset (calibrate) your power meter using your display unit before riding. For optimal performance, allow the power meters to adjust to the ambient riding temperature before performing a zero offset. This normally takes just a few minutes.

1. Unclip and dismount from your bike for the zero offset.
2. Spin the crank arms 3-4 times to wake your power meter.
3. Connect your power meter with your display unit.
4. Place your crank arms at 12 and 6 o'clock, with the non-drive side crank arm down. Hold the bike stable and upright.
5. Use your display unit to calibrate your power meter.
 - A. Navigate to the Zeroing or Calibration menu.
 - B. Press "Zero" or "Calibrate".

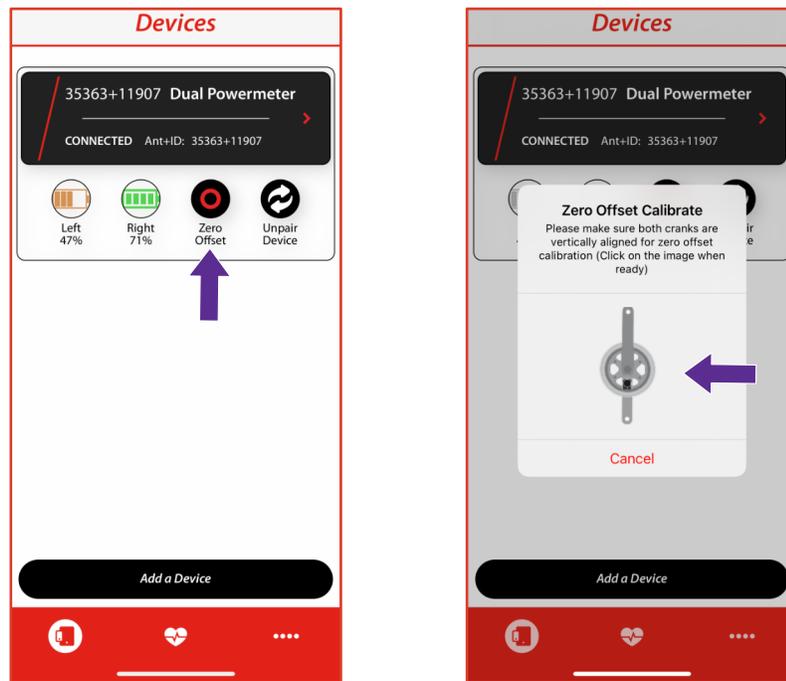
Tip: If you receive an error message, check that the bike is stable and upright and the cranks are in the correct position before trying again.



3. ZERO OFFSET

3.2 Zero offset using the 4iiii app

1. Unclip and dismount from your bike for the zero offset.
2. Spin the crank arms 3-4 times to wake your power meters.
3. From the **Devices** tab, click the **Zero Offset** icon below your power meter's name.
4. Place your crank arms in the 12 and 6 o'clock positions, with the non-drive side crank arm downwards. Make sure the bike is stable and upright. Then tap on the crank arm image.



3.3 ANT+ Zero offset response codes

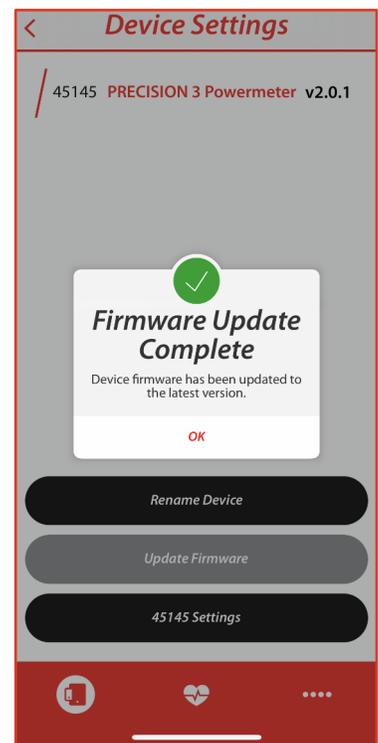
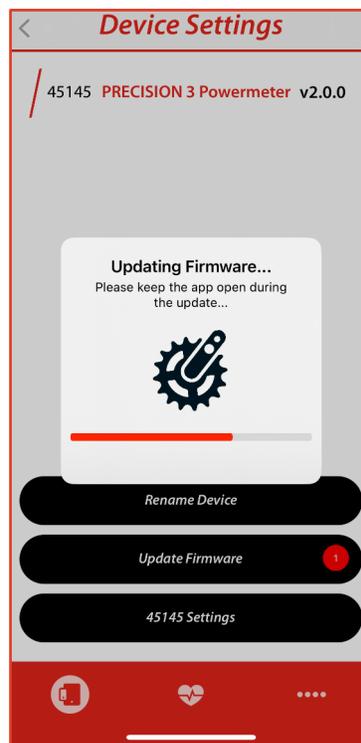
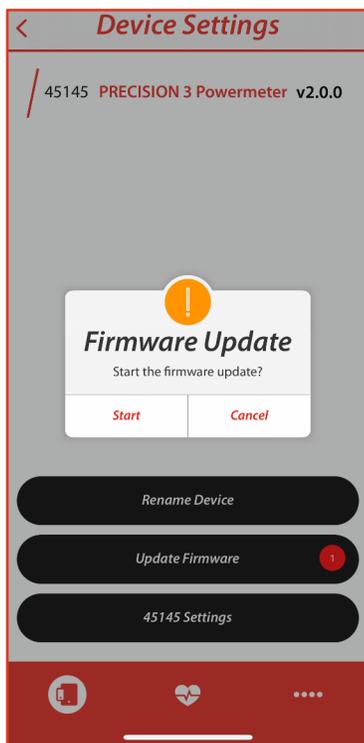
TWO DIGIT RESPONSE	RESULT	DESCRIPTION	WHAT TO DO
10	Success		Go ride!
20	Error	Crank movement detected	Keep your bike steady
40	Error	Firmware mismatch	Connect to the 4iiii app to update your firmware
50	Error	Firmware error	Connect to the 4iiii app to update your firmware
0	Error	Power meter not found	<ul style="list-style-type: none">• Spin crank arms four times to wake up power meter• Replace battery

4. CONFIGURE

4.1 Update firmware

If a new firmware update is available, you will be prompted when you connect to your PRECISION 3+ Powermeter in the 4iiii app. We recommend updating your firmware if prompted.

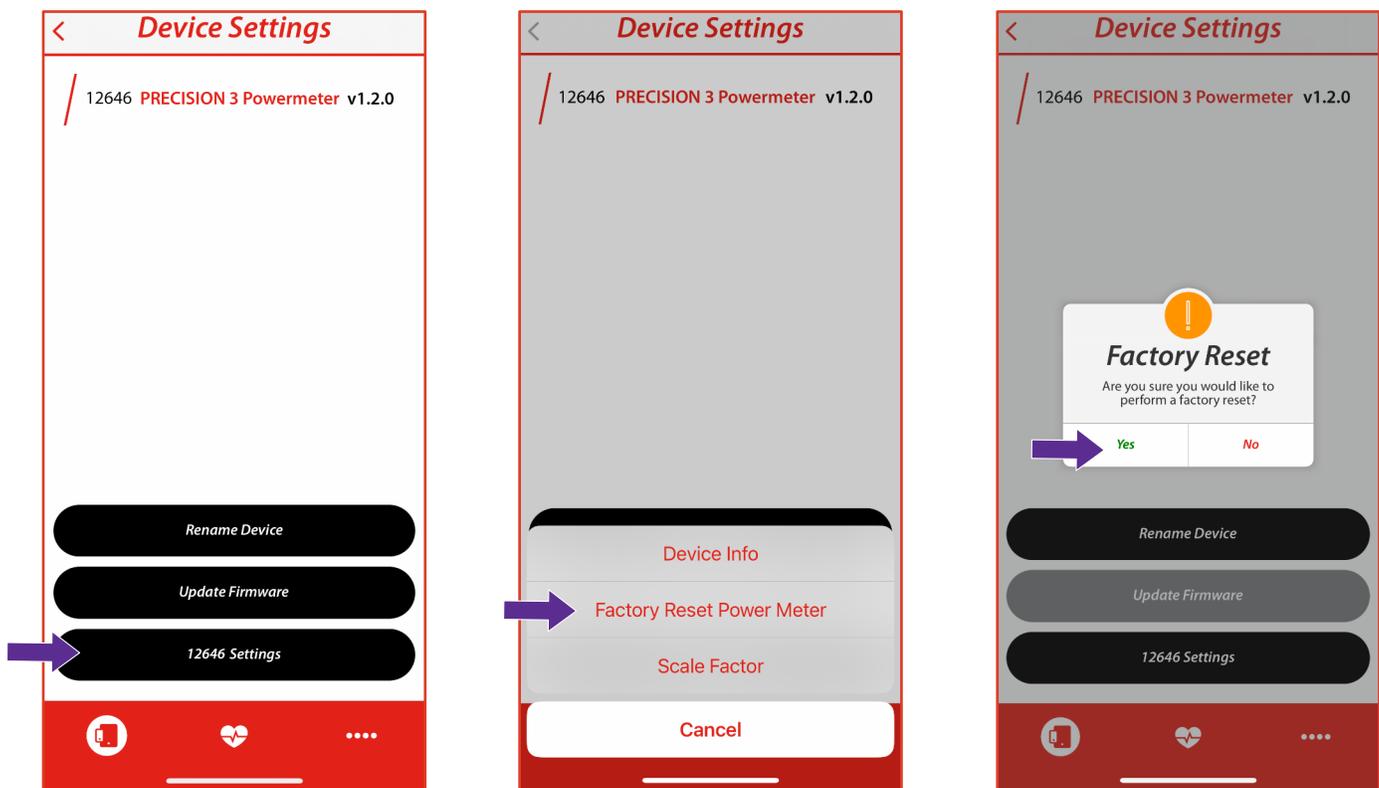
1. Connect with PRECISION 3+ Powermeter in the 4iiii app.
2. Select PRECISION 3+ Powermeter from the **Devices** tab to view **Device Settings**.
3. Select **Update Firmware** (iOS) or **UPDATE** (Android). **Do not close the app during a firmware update.**
4. The 'Update Firmware' button will be grey'd out if there are no updates available.



4. CONFIGURE

4.2 Power meter factory reset

1. Wake up the power meter by rotating the crank 3-4 times.
2. Choose the device you want to reset and select **"Connect"**.
Tip: If you are uncertain about which device to connect to, the ANT+ ID is etched on the side of the power meter for easy viewing.
3. Select the power meter to enter the Device Settings screen and from there select the black settings button.
4. A list of options will come up, choose **"Factory Reset Power Meter"**, then when prompted, choose **"yes"**.



4.3 Advanced features

The 4iiii app can be used to customize the following features:

1. Rename your power meter.
2. Set scale factor compensation values, to compensate for left and right leg imbalances, or match your power output to a third-party power meter or smart trainer.
3. Enable third-party compatibility mode on Bluetooth (for dual power meters only). This allows you to connect to display units that do not support separate power data for the left and right leg for a dual power meter.

Go to 4iiii.com/docs and open the **4iiii App User Guide** for iOS or Android for instructions.

5. APPLE FIND MY

5.1 Setting up you power meter in the Apple Find My app

The Apple Find My network provides an easy, secure way to locate your power meter on a map using the Find My app on your iPhone, iPad, iPod touch, or Mac. Simply pair your compatible product with the Apple Find My app to view it right alongside your Apple devices. The Find My network is encrypted and anonymous, so no one else, not even Apple or the maker of your personal item, can view its location.

Please note that your PRECISION 3+ Powermeter pod will not start sending its location until it has been out of use for 4 minutes. Any rotation of the pod will trigger the gyroscope and switch the pod back from Find My mode to power meter mode.

To use the Apple Find My app to locate this item, the latest version of iOS, iPadOS, or macOS is recommended.

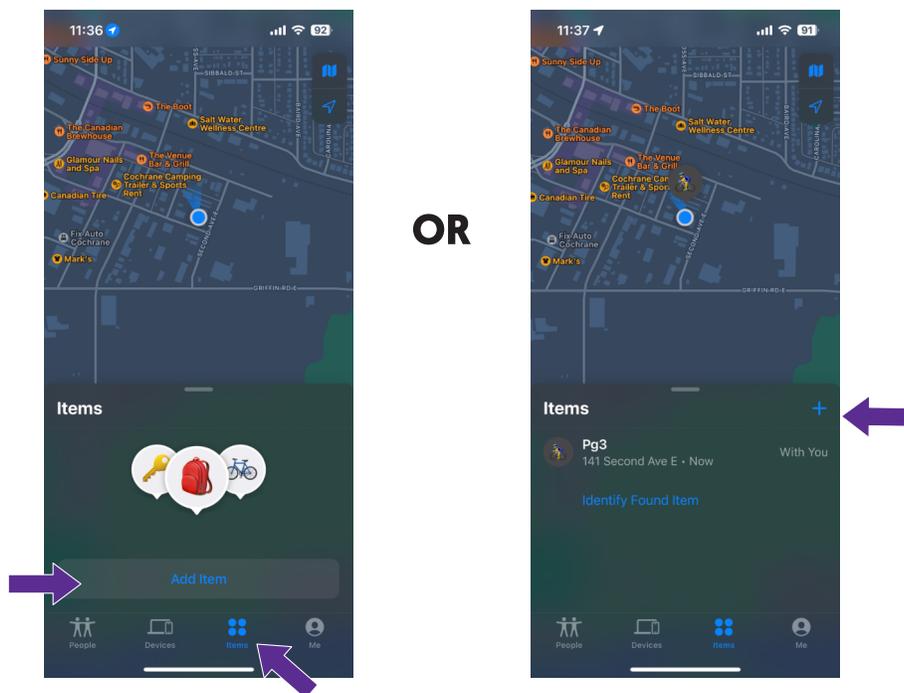
1. Enter PRECISION 3+ Non-Drive Side Pod Into Find My Pairing Mode

Do this by removing and replacing the battery **three times (x3)**. (Refer to section 6.2 **Non-Drive-Side Power Meter battery installation**) The pod will then start flashing **blue**. The pod will remain in this mode for 10 minutes or until the setup is complete.
Tip: If it does not start blinking, the pod is already set up in Find My.

2. Open the Apple Find My app on your iPhone, iPad, iPod touch, or Mac and tap on 'Items' in the bottom banner.

3. Tap on 'Add Item' or the '+'.

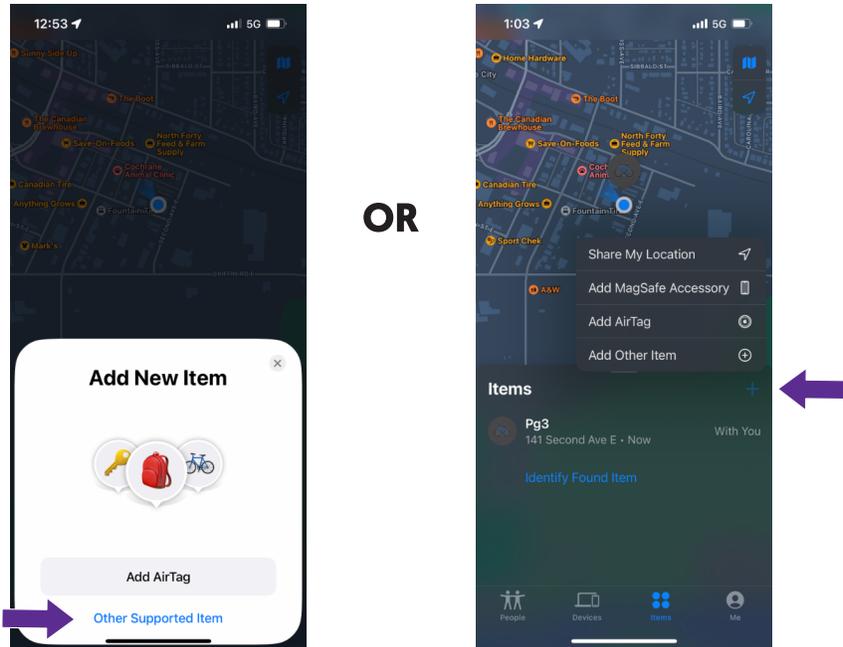
This screen changes depending on if you have another device already connected to the Apple Find My app or not.



5. APPLE FIND MY

4. Then tap on 'Other Supported Item' or 'Add Other Item'

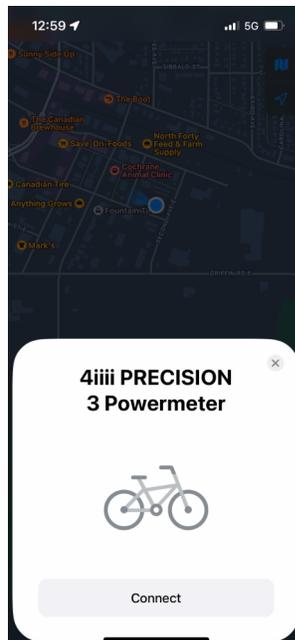
Again, this screen depends on if you already have another device connected.



5. The Apple Find My app will then search for nearby devices

You should see 4iiii PRECISION 3+ Powermeter popup, click 'connect'.

Tip: If you have paired your device before this may not pop up - simply reboot your iPhone to clear the cache and try again.



6. Next, simply give your power meter a name and emoji and you are all set up!

5.2 Serial number lookup

With your hand, firmly double tap the left crank on the side opposite the device to trigger the serial number lookup for the device. In order for this double tap to work, the device must be paired to an iPhone over Bluetooth. This can be done in one of two ways, first by selecting the device in the Find My app with the iPhone to which the device was paired with; or second, with the 'Identified Found Item' button in the Find My app. When double tapped under these conditions, the device will perform a triple green blink, indicating it is in serial number lookup mode.

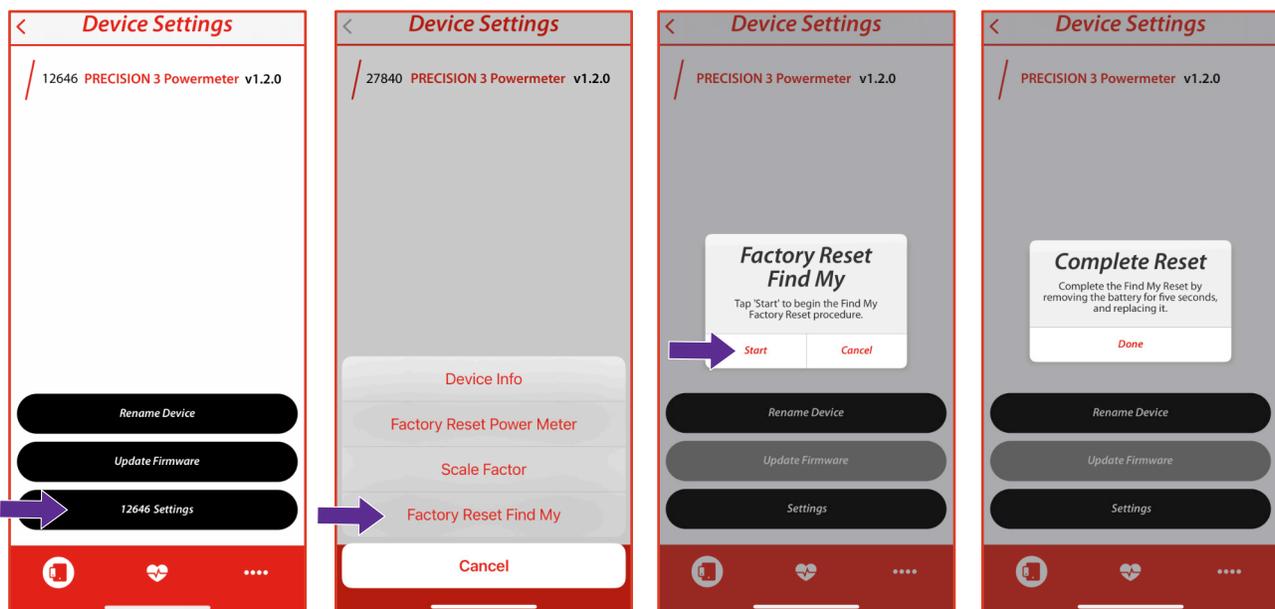
5.3 Disabling Apple Find My

Disabling Apple Find My requires removing the battery by rotating the battery cap counter clockwise 30 degrees. The battery and cap can then be lifted off of the main power meter body disabling the product.

5.4 Apple Find My factory reset

1. Wake up the PRECISION 3+ Powermeter by rotating the crank 3-4 times.
2. Choose the device you want to reset and select **"Connect"**.
Tip: If you are uncertain about which device to connect to, the ANT+ ID is etched on the side of the power meter for easy viewing.
3. Select your power meter to enter the Device Settings screen and from there select the black settings button.
4. A list of options will come up, choose **"Factory Reset Find My"**, then when prompted, choose **"start"**.
6. To complete the process you will be prompted to remove the battery for 5 seconds and reinstall. The pod will blink green to indicate the factory reset was successful.

Note: After an Apple Find My factory reset your power meter will automatically be renamed back to its ANT+ ID. You can rename it again to your preferred title by selecting **'rename device'** from the Device Settings screen.



6.1 Cleaning and storage

- Store your power meters in temperatures no colder than -40°C (-40° F) and no warmer than 60°C (140° F).
- Use only water and mild soap to clean your crank set. Do not expose the power meter to degreasers, or abrasive or corrosive cleaning agents. Do not pressure wash your power meters.
- Keep water or liquids away from the power meters when the caps are off for maintenance.

6.2 Battery life and battery replacements

Your power meter comes with one CR2032 coin cell battery, which allow for up to 800 hours of riding. Replacement CR2032 batteries can be purchased wherever batteries are sold.

1. Twist the cap counterclockwise to remove it. Do not pry the cap.
2. Remove the old battery from the cap by holding the cap by its edges and tapping it against a hard surface.
3. Place the new battery into the cap with the '+' symbol facing the battery cap.
4. Replace the cap and twist it clockwise to secure it.

Batteries must be disposed of properly, including keeping them away from children. Even used batteries may cause injury if ingested!



Tip: Check the condition of the o-ring on the battery cap when replacing your battery. To ensure a watertight seal, keep the o-ring lubricated with silicone grease and replace any o-rings that appear worn or damaged. Find the PRECISION Maintenance Tutorial video at 4iiii.com/docs. Replacement battery covers and o-rings are available from our online store.

7. SPECIFICATIONS

PARAMETER	SPECIFICATION
Accuracy (Power Error)	+/- 1.0 %
Battery Type	CR2032 Coin Cell
Battery Life	Up to 800 hours
Operating Temperature Range	0 to 50°C
Storage Temperature Range	-40 to 60°C
Weather Sealing Rating	IPx7
Cadence Output	30-170 RPM
Power Output, Maximum	0-4000 watts
Communication	ANT+ & Bluetooth®
ANT+ Range	15 meters
ANT+ Frequency	4 Hz
ANT+ Features	Cadence, Power, Zero-Offset, Torque Effectiveness, Pedal Smoothness, Left/Right Balance, Low Battery Notification
Bluetooth® Range	15 meters
Bluetooth® Frequency	2.400-2.4835 GHz
Bluetooth® Features	Cadence, Power, Zero-Offset
Weight	9 grams

8. TROUBLESHOOT

For additional troubleshooting assistance, please go to 4iiii.com/support

8.1 What do the power meter lights mean?

When you wake up your power meter, the light should turn red, green, and blue in sequence, then pause, then flash red 1 to 5 times to indicate the battery level.

START-UP LIGHT SEQUENCE

LIGHT SEQUENCE	MEANING
Slow blue blinks	Find My pairing mode
Red, Green, Blue	Start-up sequence
5 red blinks	≤ 100% battery
4 red blinks	≤ 80% battery
3 red blinks	≤ 60% battery
2 red blinks	≤ 40% battery
1 red blinks	≤ 20% battery

ZERO OFFSET SEQUENCE

LIGHT SEQUENCE	MEANING	SOLUTION
1 blue blink	Zero offset successful	
2 blue blinks	Error Code: Unstable gauge	Keep the bike and crank steady.
3 blue blinks	Error Code: Low battery	Check the battery level in the 4iiii app. Replace the battery.
4 blue blinks	Error Code: Mismatched firmware	Connect to the 4iiii app to update your firmware.
5 blue blinks	Error Code: Invalid Calibration	Connect with the 4iiii app.

8.2 Troubleshoot Bluetooth and ANT+ connections

1. Make sure your power meter is awake by spinning the crank several times.
2. Check the battery levels using the 4iiii app.
3. Remove the power meter from the sensor list, and pair it again.
4. For Bluetooth: Ensure that the power meter is not connected to any other device or app via Bluetooth. Sensors can only be paired to one device at a time.

9. WARRANTY

By purchasing this product you acknowledge and agree to the terms of this limited warranty.

4iiii Innovations Inc. ("4iiii") warrants this product to be free from defects in material and workmanship, under normal use, for a period of three (3) years from the date of original purchase (the invoice date) to the original purchaser for Power meters.

Defects that have resulted from improper or unreasonable use or maintenance, accident, excess moisture, insects, improper or inadequate packing for shipment, lightning, power surges, or unauthorized tampering, alteration or modification are not covered under the limited warranty. 4iiii will, at its sole discretion, repair or replace the defective product with a comparable product, at no charge to the customer for parts or labor, with the customer to be responsible for all shipping and handling costs [and with return shipping and handling costs to be paid for by 4iiii after the product has been repaired or replaced]. Replacement products may be new, refurbished or reconditioned and are warranted for the unexpired period of the original purchase, or 30 days from the date of shipment, whichever is greater. Any products replaced by 4iiii shall be the property of 4iiii.

WHERE PERMITTED, THE PROVISIONS OF THIS LIMITED WARRANTY ARE TO SUPERSEDE AND REPLACE ANY OTHER WRITTEN WARRANTY, WHETHER EXPRESSED OR IMPLIED, WRITTEN OR ORAL, INCLUDING ANY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE.

IN NO EVENT SHALL 4iiii BE LIABLE FOR ANY DIRECT OR INDIRECT DAMAGES OR OTHER RELIEF ARISING FROM ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES. To obtain warranty service, open a request at 4iiii.com/support for shipping instructions and an RMA tracking number. Return your product, freight prepaid, along with the original sales receipt as a required proof of purchase for warranty repairs, with the RMA tracking number written on the outside of the package to 4iiii.

WARNING: This limited warranty becomes null and void if the product is repaired by anyone other than an authorized person of 4iiii.

10. COMPLIANCE

Apple Legal Notice

Use of the Works with Apple badge means that a product has been designed to work specifically with the technology identified in the badge and has been certified by the product manufacturer to meet Apple Find My network product specifications and requirements. Apple is not responsible for the operation of this device or use of this product or its compliance with safety and regulatory standards.

Apple, iPad, and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries. iOS is a trademark or registered trademark of Cisco in the U.S. and other countries and is used under license.

Apple, iPad and iPhone are trademarks of Apple Inc., registered in the U.S. and other countries. The trademark "iPhone" is used with a license from Aiphone K.K.

FCC ID: ZZNPM301

Model: PML300

FCC Statement:

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

The grantee is not responsible for any changes or modifications not expressly approved by the party responsible for compliance. Such modifications could void the user's authority to operate the equipment. The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure conditions without restriction.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: If any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

RF Exposure Warning

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

ISED Certification Number: 9896A-PM300

Model: PML300

ISED Statement:

This device complies with Innovation, Science and Economic Development Canada licence exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device. CAN ICES-3(B)/NMB-3(B)

Le présent appareil est conforme avec ISED Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes: (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement. CAN ICES-3(B)/NMB-3(B)

The device has been evaluated to meet general RF exposure requirements. The device can be used in portable exposure conditions without restriction.

L'appareil a été évalué pour répondre aux exigences générales d'exposition aux radiofréquences. L'appareil peut être utilisé en condition d'exposition portable sans restriction

RF Exposure Information

This equipment complies with ISED RSS-102 radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Cet équipement est conforme avec ISED RSS-102 des limites d'exposition aux rayonnements définies pour un environnement non contrôlé. Cet émetteur ne doit pas être colocalisé ou fonctionner en association avec une autre antenne ou émetteur.

11. WARNINGS



WARNING: Chemical Burn Hazard. Keep batteries away from children.

This product contains a lithium button/coin cell battery. If a new or used lithium button/coin cell battery is swallowed or enters the body, it can cause severe internal burns and can lead to death in as little as 2 hours. Always completely secure the battery compartment. If the battery compartment does not close securely, stop using the product, remove the batteries, and keep it away from children. If you think batteries might have been swallowed or placed in any part of the body, seek immediate medical attention.

Without permission granted by the NCC, any company, enterprise, or user is not allowed to change frequency, enhance transmitting power or alter original characteristic as well as performance to an approved low power radio-frequency devices. The low power radio-frequency devices shall not influence aircraft security and interfere legal communications; If found, the user shall cease operating immediately until no interference is achieved. The said legal communications means radio communications is operated in compliance with the Telecommunications Management Act. The low power radio-frequency devices must be susceptible with the interference from legal communications or ISM radio wave radiated devices.

12. CONTACT

**For technical support please contact
your 4iii authorized dealer.**

4iii Innovations Inc.

141 2 Ave E

Cochrane, AB T4C 2B9

Canada

Or visit

www.4iii.com/support