BackBeat FIT

User Guide

plantronics®

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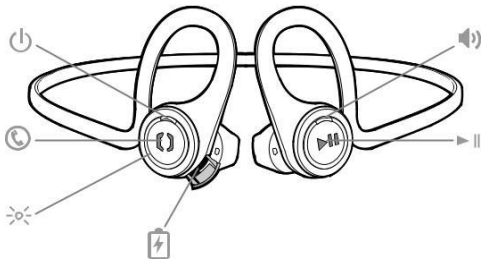
Welcome

Congratulations on purchasing your new Plantronics product. This guide contains instructions for setting up and using your Plantonics BackBeat Fit.

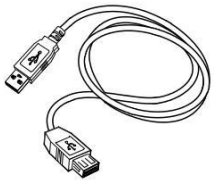
Please refer to the safety instructions for important product safety information prior to installation or use of the product.

What's in the box

Headphones



USB charge cable



Get paired

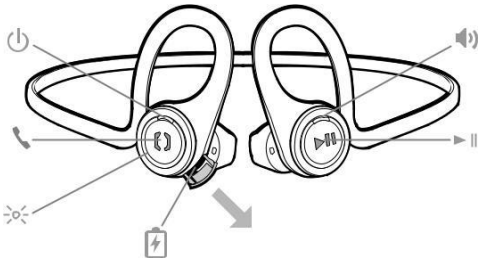
The first time you power on your headphones, the pairing process begins.

1. Power on the headphones by pressing the power button until you hear "pair mode" and the LED light flashes red and blue.

2. Activate Bluetooth® on your phone and set it to search for new devices.
   - **iPhone** Settings > Bluetooth > On*
   - **Android** Settings > Bluetooth: On > Scan for devices* **NOTE** **Menus may vary by device.*
3. Select “PLT_BBFIT.”
   If necessary, enter four zeros (0000) for the passcode or accept the connection.

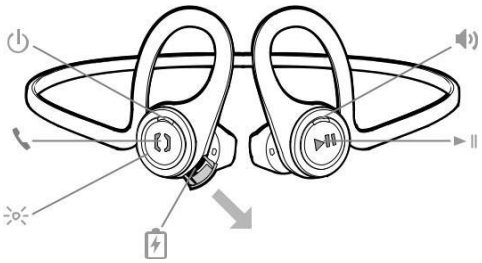
   Once successfully paired, you hear “pairing successful” and the indicator light stops flashing.

Headset overview



	Power button
	Headset indicator light
	Call button
	Charge port
	Volume button: Increases or decreases volume
	Audio button: Play or pause music, track forward or track back

Take control

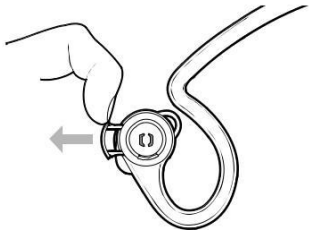


Power on or off	Press the Power button until you hear “power on"/"power off."
Play or pause music	Tap the Audio button.
Skip to next track	Press the Audio button twice.
Play previous track	Press the Audio button until you hear the confirmation tone to restart the current track. Press the button twice (each press until the confirmation tone sounds) to go to the previous track.
Volume	To increase the volume, tap the Volume button. To decrease the volume, press and hold the Volume button.* *Android phone must be set to medium/high or audio will sound to low.
Mute	While on a call, tap the Audio button. You will hear “mute on” or “mute off.” An alert repeats every 5 minutes when mute is on.
Pairing mode	To enter pairing mode after the first pairing process, start with the headphones powered off and then press and hold the Power button until you hear "pairing."
Reconnect	Your headphones try to reconnect after a lost Bluetooth connection. If they can’t, press any button once or manually reconnect via the phone’s Bluetooth device menu.

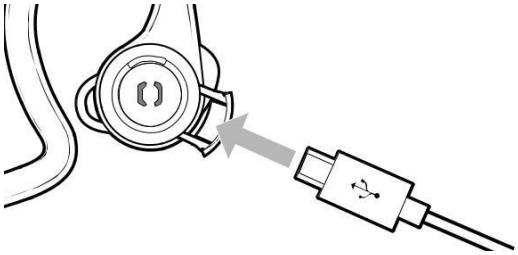
Charge

The door covering the charging port is located on the right headphone. Open it with your fingernail. For best performance, fully charge your battery before use.

NOTE *Quick Charging: the headphones can charge for 15 minutes to provide approximately 1 hour of music listening time.*

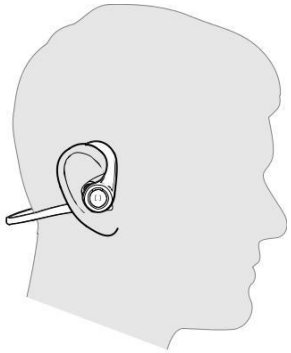


It takes up to 2 hours to fully charge the headphones from a completely drained battery state. While charging, the indicator light is red and turns blue once charging is complete.



Fit

1 For the best sound performance and a secure comfortable fit, drape around the back of your head.



2 Rotate the eartip between a plus and minus 20° range to achieve an optimal fit and sound experience.

Check battery level

To check the battery level tap the Power button while your headphones are powered on. Your headphones will announce battery status.

"Battery full" = fully charged

"Listen time 6-8 hours" = battery level 6-8 hours

"Listen time 3-5 hours" = battery level 3-5 hours

"Listen time 1-2 hours" = battery level 1-2 hours

"Battery low and power off" = drained battery

DeepSleep Mode

If you leave your headphones powered on but out of range of your paired phone for more than 10 minutes, your headset will conserve its battery power by entering into a DeepSleep mode.

Once back in range with your phone, press the Power button to exit DeepSleep mode. If your phone is also ringing, tap the Call button again to answer your call.

Specifications

Talk/Listening time	Up to 8 hours listen/6 hours talk*
Standby time	Up to 14 days*
DeepSleep mode	Up to 6 months
Operating distance (range)	Up to 33 feet from phone or tablet
Headphones weight	24 grams
Languages	Using BackBeat FIT Companion Application, change the headset voice prompt languages over the air. Choose from US English (default), UK English, French, German, Swedish, Spanish, Mandarin, Japanese.
Audio	• HQ custom SBC codec • 13mm neodymium speakers • Frequency response 50-20,000 Hz • Total Harmonic Distortion <3% • Sensitivity 105 dBspl/mW @ 1 kHz
Noise reduction	Digital Signal Processing (DSP): voice enhancements • Full duplex echo cancellation • Real time noise reduction • Voice clarity • Whisper mode (auto mic gain control) • Automatic ambient adaptation control <1sec.
Sweat and moisture protection	• P2i nano-coating for sweat and moisture protection • Ingress Protection (IP) rating of 57 -waterproof in fresh water up to one meter (1.28 ft) for 30 minutes
Charge connector	Micro USB charging
Battery type	Rechargeable, non-replaceable lithium-ion polymer
Quick charge	Charge empty battery 15 minutes for up to a full hour of music listening.
Charge time (maximum)	2 hours (Power requirements 5V DC - 180 mA)
Bluetooth 3.0	• Class 1 device • Advanced Audio Distribution Profile (A2DP) v1.2 • Audio/Video Remote Control Profile (AVRCP) v1.4 • Handsfree Profile (HFP) v1.7 • Headset Profile (HSP) v1.1

Operating and storage temperature	32°F – 104°F (0 – 40°C)
Service and support	www.plantronics.com/support

NOTE * *Performance is dependent upon battery and usage and may vary by device.*